



Tinonee Public School Times

All for each

tinonee-p.schools.nsw.edu.au

Relieving Principal – Joanne Elliott

21st June, 2018

Term 2 Week 8

Editorial

Wonderful! Awesome! Fantastic!

Just a few of the terms that were used to describe our dance performance at the Glasshouse on Monday night.

A huge thank you to Mrs Carter for coordinating and preparing our dancers. Thank you to Mrs Atkins for assisting on the night and for all the parents who supported our students participating in such an awesome experience.

The PSSA Soccer Boys travelled to Old Bar on Monday but were unlucky not to come away with a win. Well done boys on your enthusiasm and efforts. Thank you Mr Saville for coaching and coordinating.

Unfortunately the boys PSSA Hockey match in Gloucester was postponed due to the weather and the fields being closed.

Next Tuesday 4 students will participate in the Public Speaking Competition at Cundletown. Thanks to all staff for assisting our students to prepare for this competition.

The weather is holding off, so our Athletics Carnival will go ahead tomorrow. We look forward to seeing you there. Please ensure students have warm clothing and names on everything.

Just a reminder that if you move or change phone numbers, please update your details at the office.

Have a great week.

Joanne Elliott

Relieving Principal

What's On?

Fri 22nd June

Mon 25th June

Tues 26th June

Mon 2nd July

Athletics Carnival

Girls PSSA Hockey

**Public speaking at
Cundletown School**

NAIDOC Week

REMINDERS

Athletics Carnival

We wish to inform you that our annual Athletics carnival scheduled for Friday 22nd June will go ahead as planned. Students should wear warm clothing as a maximum temperature of 19 degrees Celsius is predicted. Students are required to wear appropriate footwear whilst racing and may bring running shoes with spikes but they must be carried until it is time for their race.

Please be aware that if we have significant rainfall overnight then the carnival may have to be postponed. A message will appear on the Tinonee Skoolbag app.



1KA Museum Visit

Yesterday, 1KA walked to Tinonee Museum for a guided tour with Mrs Hayden and Mrs Muxlow.

We toured the many museums rooms and looked at all the old artefacts. The baby room and the school room at the front were very interesting. We saw an old school desk that belonged to Jack weeks dating back to 1943 and learnt about that student at that time. The dining room and kitchen rooms gave us a glimpse of what life was like in the past. The students loved visiting the gaol and were all so well behaved that no one was locked away for poor behaviour. The children loved learning about our local history including the broom factory, Chapman's General store and the bustling life of the Manning River. The students had many questions and all were answered expertly by our tour guides. Our students were commended on their behaviour and interest in learning about life in the past.

If you're looking for an activity with your children, the museum is open Saturday afternoons from 12.30pm-3.30pm. We are fortunate to have this wonderful learning resource so close to our school and we encourage you to utilise it.

Many thanks go to Pam and Janette for their time, knowledge and patience with our Year One students. We had a great time.

For more info visit www.tinoneemuseum.org.au

Mrs Kelly

Glasshouse

Wow... Monday might have been cold and damp but this did not affect the student's spirits in their performance at the Lower North Coast Dance Festival. What a fabulous show! Everyone had a fantastic time performing in the prestigious Glasshouse in Port Macquarie and the students excelled themselves with their performance of the dance 'Coming Home'.

I would just like to say thank you to all the parents and their families for supporting this amazing event. Without you, we would not have been able to give these dancers the wonderful opportunity to perform at this event, let's hope we can continue this event annually. Also, a huge thank you to Mrs Atkins for being my second in charge and helping me with the students backstage.

Mrs Carter



After a week of wet weather, we are keen to light up the BBQ tomorrow for the annual Athletics Carnival. It's always a great family day of activity.

The online lunch orders for children, via Flexischools, have now closed so any last minute orders will need to be made using a lunch bag. (There's no need for parents to pre-order -just purchase on the day) Prices are as follows:

Sausage Sandwich	\$2.60
Juice Popper	\$1.00
Rissole Sandwich	\$3.00
Water	\$1.50
Chicken Kebab	\$2.50

Lunch orders from the normal Canteen Menu will not be available.

As the temperature is expected to be cold, I'll have plenty of **hot bakery Meat Pies and Sausage rolls** to snack on plus there will be a pot of **homemade Pumpkin soup** on the stove! **Tea/ Coffee** and a delicious selection of **homemade slices** as well as **lots of treats for the children** will also be for sale. So bring along a little change for something special.

As its one of the Canteens busiest days, I will be in need of extra **parent volunteers** to help with preparations especially during the break times. If you can spare some time please drop in to see me.

Michelle Swannack
Canteen Manager

Volunteer Roster for next week

Friday 22nd

Athletics Carnival

Michelle & Vicki & Kate

Extra helpers needed please!

Phil & Liz on BBQ duty

Monday	Kerryanne	<i>Help needed please</i>
Tuesday	Liz & Kelly	
Wednesday	Rosalind Bonsor & Michelle	
Thursday	Cathy & Denise	
Friday 29 th	Michelle, Judy, Bronwyn & Vicki	

NAIDOC CELEBRATIONS

In Week 10, Tinonee Public School will be celebrating NAIDOC Week. This year's theme is "Because of her we can".

This is time where we celebrate the indigenous culture. Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

The events organised are as follows:

Monday – Official Opening Assembly with a special guest visitor Rebekah Wheeler

Tuesday – K-6 travelling to Wingham High School for the day to participate in rotational activities.

Thursday – Guest performance by Harrington Primary Aboriginal Dance Group. School based rotational activities throughout the day concluding with a sausage sizzle lunch.

Friday – Guest speaker, Ben Saunders.

Notes regarding these activities will be sent home closer to the date. This should be a great week where everyone can enjoy and relax before the holidays.

Mrs Martin and Mrs Elliott

Tinonee Boys Football clash against Old Bar Public School

On Monday 18th June, 14 boys from Tinonee Public School braved the horrendous weather conditions at Old Bar to take on a determined Old Bar football team. In difficult conditions. The Tinonee team went close to scoring on several occasions, only to be denied by the bounce of the ball. Torin had a great game in goals and Lincoln and Cooper were strong at centre back. Spencer injected his enthusiasm and pace as soon as he came on. We were 1 nil down at half-time. In the second half, Old Bar scored their 2nd goal. Tinonee scored their first goal in the 49 minute, with one minute remaining. At full time, Old Bar won the match with 2 goals to 1. The boys should be proud of their efforts, reaching round 3 of the State PSSA knockout with 2 great wins in previous matches.

Mr Saville



Hi

Mayela was lucky enough to be chosen to play half time at the netball at Qudos Bank Arena in Sydney on Sunday - Giants v Magpies Netball game. Mayela played goal keeper. You can see her in one of the photos going on to the court - she is at the front of the line in the blue bib.

It was a great experience for her and she had an amazing time.

Mayela was part of the Manning Valley Netball team representing this area.

Cheers,

Amanda Jones





YOUTH MENTAL HEALTH FIRST AID COURSE

**Learn skills and gain confidence
to assist young people experiencing
mental health problems.**

**4th
EDITION
2017**

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

LOCATION: Manning Base Hospital Staff Centre, Taree.

DATE: Monday 13th & Monday 20th August 2018 9am-5pm (must attend BOTH days)

PRICE: \$50 (includes manual, morning and afternoon tea. Lunch NOT provided)

MHFA INSTRUCTOR(S): Lauren Vaughan and Kylie Atkinson

CONTACT NUMBER: Jane Porst ph: 6592 9590

EMAIL: jane.porst@hnehealth.nsw.gov.au

ADDITIONAL INFORMATION: Please contact for registration and payment options
Registration fee has been subsidised by Manning Mental Health Services (HNELHD)

COURSE INFORMATION

- 14-hour Youth Mental Health First Aid (YMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.

www.mhfa.com.au



July School Holiday Program

Workshops - Movies - Games



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.



**MIDCOAST
Libraries**



Northcott



For activities that require bookings visit
www.midcoastlibraries.com.au

Central Library Locations

Taree Library
242 Victoria Street | 6592 5290

Forster Library
4-12 Breese Parade | 6591 7256

Gloucester Library
27 Denison Street | 6538 5258

Stay updated with what's happening at your library
www.midcoastlibraries.com.au

