



Tinonee Public School Times

All for each

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Principal – Karen Austin

22nd August, 2019

Term 3 Week 5

Editorial

Hi everyone.

Thank you to all students, staff and parents/carers who made our book fair and book week parade such a success. Unfortunately I had to be in Newcastle on the day, but I enjoyed hearing the 'tales' and viewing all photos.

Our cleaner, who is absolutely fantastic, has asked me to send a message to all families. The skip bins in the lane (belonging to school) are for school rubbish only. It has been noted that some people are putting personal household rubbish in the bins, therefore filling them up quickly and inhibiting space for our school rubbish. The bins come at a cost to the school and we have doubled the use of the skip bins, not realising this is the cause. Thank you to all families and community for respecting this request.

PRACTICE MINDFULNESS to reduce anxiety in children - A simple way to directly reduce anxiety among children is to practice mindfulness. Mindfulness of late, has become a buzzword in education, as it gains credence as a key determinant of positive social, emotional and physical wellbeing. **Practicing mindfulness doesn't necessarily mean sitting still with your eyes closed for an hour a day.** Mindfulness can be practiced in all aspects of our lives, from mindful eating to mindful communication with others. It can be as simple as noticing our actions and considering their consequences for the people around us, our environment and ourselves.

Hunter New England health NSW will be providing programs within our school on personal nutrition, oral health and hygiene. We are starting with Year 2 on oral health care and other groups will follow K-6. Should there be any queries about the program, please do not hesitate to ask me.

Our canteen is in desperate need of emergency volunteers – volunteers on a list, when there is someone away sick, not an every week commitment. Please see me if you are able to assist. Thank you for your ongoing support.

Have a great week. Karen

What's On?

Fri 23 Aug	2M Assembly 12:15pm Boys Soccer Gala Day
Thurs 29 Aug	Tim Faulkner 1:30pm Kinder visit
Fri 30 Aug	4/5C Assembly 12:15pm
Fri 6 Sept	Zone Netball Gala Day 4/5S Assembly 12:15pm
Fri 13 Sept	KR Assembly 12:15pm

REMINDERS

INTENSIVE SWIMMING

Our School Swimming and water safety program commences on Monday 9th September and continues until Friday 13th September, the program is open to all students who are unable to swim 25m confidently unaided in deep water. The program focuses on children in years 2 and 3 but is open to weak swimmers in Years 4 and 5. As well as students with special needs such as students with disabilities. The cost of the program is \$55.50 and can be paid at the office.

BILLABONG EXCURSION FOR YEARS K-2

Students K- 2 will be attending an excursion to Billabong Koala and Wildlife Park on Wednesday 25th September, 2019. Students will depart school at 8:30am sharp and return by approximately 3:00pm. Cost of the excursion will be \$30 per student and \$20 for the siblings. Money can be given to the class teacher or if paying by eftpos please come in and see the ladies in the office.

KINDER TRANSITION

Just a reminder that our next kinder transition day will be Thursday 29th August from 9:30am – 11:00am. Hope to see as many of you as possible here to join in the fun.

Mrs Royan

FATHERS DAY STALL

The P & C Father's Day stall will be held next Friday the 30th August. Gifts are available for purchase ranging in price from \$1.00.

BOOK PARADE



CANTEEN

Liz & I put our *Super powers* to good use cooking up a delicious morning tea for parents who came to celebrate Book week and see the children parading in all their wonderful creations.



Streets Paddle Pops are back! Streets have recently changed their Paddle pop recipe to fall in line with the 3.5 star rating required under the Healthy Canteen guidelines. From next week we will be stocking **RAINBOW PADDLEPOPS**. The Paddle pops will replace Blue Moon Moosies.

Michelle Swannack
Canteen Supervisor



Canteen Volunteers for next week

Friday 23rd	Michelle, Judy, Bronwyn & Vicki
Monday	Kerryanne & Sylvie
Tuesday	Amanda & Lauren
Wednesday	Liz Halfacre <i>Help needed please</i>
Thursday	Michelle
Friday 30th	Michelle, Judy & Vicki

