



# TPS Bulletin

Term 2, Week 4

21 May 2018

## Change to afternoon bus routine

There has been a change to the afternoon bus routine. Bus drivers now remain with their buses at the bus stop on Redmond Street.

Students are escorted to the buses by school staff. Please go to the bus stop if you need to see the bus driver after school.

## Garden

The school garden is currently undergoing some improvements and refurbishment. **Plant donations** are being gratefully received by Jaye and Leanne every Wednesday afternoon and Thursday morning. Anything at all from succulents to daisies and everything in-between! Rod is currently on leave until August.

## Coming up...

- ⇒ Wednesday 23 May- P & C fundraiser-sausages
- ⇒ Thursday 24 May-8:30am breakfast club
- ⇒ Monday 4 June -WA DAY public holiday School closed.
- ⇒ Thursday 7 June -P & C Meeting 7:30pm Tammin Hotel
- ⇒ Friday 8 June Primary Winter Carnival Yr 4-6
- ⇒ Thursday 28 June-Term 2 Assembly
- ⇒ Thursday 28 June-Barry Peters visit

## National Walk Safely to School Day

On Friday 18 May students enjoyed breakfast club and then walked around the school surrounds and to the park, all part of National Walk Safely to School Day. The theme for this years walk was 'UNTIL THEY'RE 10, CHILDREN MUST ALWAYS HOLD AN ADULTS HAND WHEN CROSSING THE ROAD'. Students then had some time together to read and discuss road safety with other students. To top off this big morning, students enjoyed shepherd's pie for lunch. Prepared by Mrs Thomson with ingredients supplied by the food pantry in Kellerberin, students are asking Mrs Thomson for the recipe! Thank you so much Mrs Thomson!





## **Fire drill**

A fire/emergency drill for staff and students will be held this week in accordance with Department of Education policy.

## **Winter carnival—years 4-6**

The year 4-6 winter carnival will be held in Cunderdin on Friday 8 June. As soon as we have received the fixtures they will be sent home to parents and caregivers. We are still looking for a football coach, please let the school know if you are able to assist. This would only be required for the day of the carnival, not training. We will also be asking for volunteers to umpire on the day. Three sports; minkey, football and netball. Please confirm with your child the sport they have elected to play. We would be grateful for any offers of assistance on the day.

## **Tammin P & C Association**

# **P & C Sausage fundraiser every Wednesday.**

# **Sausages \$2/icy poles \$1**

A P&C meeting has been scheduled for Thursday, the 7th of June at 7:30pm at the Tammin hotel. Please mark your diaries.

Please send any agenda items or apologies to Samara

## Student of the Week

# Congratulations Khloe!



### **SCHOOL-AGED HEALTH SERVICES PARENT SURVEY**

#### **Help the Department of Health to improve school-aged health services**

Do you have a child aged between three and 18?

Child and Adolescent Community Health and WA Country Health Service are reviewing the community health services provided to school-aged children and across Western Australia. You are invited to complete a short survey to help them understand what is important to you, what is working well and what could be made better.

For more information and to complete the survey, visit <http://healthywa.wa.gov.au/School-health-services>. The survey closes on Friday 8 June.

A link to this survey can be found in the news section of the school website.

## Help your child be a non-smoker

**Reinforce the non-smoking messages.** Make your house and car smoke-free zones. Don't allow them to light cigarettes for yourself or others. If there are smokers in the house, keep cigarettes where children cannot access them. Discuss the issue of smoking with your child when you see others smoke.

**Educate your children about the dangers of smoking.** Explain the long-term risks but emphasise the immediate risks to their health and wellbeing (for example, terrible smell, bad breath, stained teeth and fingers and less money in their pocket). Explaining the long-term risks may not have much of an impact, as young people can find it difficult to imagine 20 or 30 years into the future.

**Set a good example by being a non-smoker.** If you have found quitting difficult and are still a smoker, tell your child how you feel about it. Also, know that there is free local support available to help you quit.

Government of Western Australia  
WA Country Health Service

### Quit Smoking Options in the Wheatbelt

#### Wheatbelt Quit Smoking Program

Free local support and tailored advice on quitting methods, medications and strategies to manage withdrawals. Call Wheatbelt Public Health Unit on 9622 4320.



#### No More Nyumree Program



'No More Smokes' is a culturally appropriate program that provides support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2888.

#### Wheatbelt Community Alcohol and Drug Service

Free counselling programs to help people who are affected directly or indirectly by alcohol, drugs or related issues. Call Holyoake on 1800 447 172.



#### Quitline Telephone Counselling and Support



Speak to trained advisor as many times as you need, or use the call back service to receive advice to help quit smoking. Call Quitline on 13 78 48.

Developed by the Wheatbelt Tobacco Control Network 2018.

 LIKE US ON FACEBOOK  
[facebook.com/MyHealthyWheatbelt](https://facebook.com/MyHealthyWheatbelt)

For more information on smoking, go to [facebook.com/MyHealthyWheatbelt](https://facebook.com/MyHealthyWheatbelt), [www.quit.org.au](http://www.quit.org.au) or <https://www.betterhealth.vic.gov.au>.

## Quick Tip

Children who live in a household where adults smoke, are exposed to greater health risks. They may get sick more often, therefore need to go to the doctor or hospital more often. They are twice as likely to take up smoking in adolescence.

Make a commitment that your home and car will be free of smoke at all times. Insist that no-one smokes around your child. Every child has the right to grow up in a smoke-free environment.

To find out more visit [http://raisingchildren.net.au/articles/passive\\_smoking.html](http://raisingchildren.net.au/articles/passive_smoking.html)

# School shirts

Dear parents and caregivers,

If you have not already done so, please complete the uniform order below so your child can be provided with a new school shirt and return to the school as soon as possible.

Kind regards,

Jordana Yearsley

PRINCIPAL

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Please order the following for my child/ren

Child's name \_\_\_\_\_

Size (circle one) 4 6 8 10 12 14 16 Sml adult

Child's name \_\_\_\_\_

Size (circle one) 4 6 8 10 12 14 16 Sml adult

Child's name \_\_\_\_\_

Size (circle one) 4 6 8 10 12 14 16 Sml adult

Child's name \_\_\_\_\_

Size (circle one) 4 6 8 10 12 14 16 Sml adult

Please use school sample size to fit my child as I am unsure of the size that he/she will be.

Child/ren's name(s)

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