



TPS Bulletin

Term 4 Week 7

20 November 2018

Coming up...

- ⇒ Thursday 22 November-Breakfast Club
- ⇒ Friday 23 November-Cunderdin CRC Peter Rabbit free screening
- ⇒ Monday 26 - 2019 Kindy Orientation

Student of the Week

Congratulations - **MEGAN!**

FREE MOVIE UNDER THE STARS
Peter Rabbit

FRIDAY 23RD NOV
6:30PM FOR A 7PM
START

C.Y.O'CONNOR PARK

Join us for a night of fun as we watch Peter Rabbit on the big screen!

Popcorn, sausage sizzle and cool drinks will be available to purchase on the night.

BYO chairs, blankets, cushions and nibbles

 Cunderdin Community Resource Centre
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Positive Parenting

By Professor Matt Sanders

As a parent, you want to do the best for your child, but how do you know what's right? What do you do when your child answers back? Or is being bullied at school? Or starts telling obvious lies?

Over coming weeks, I will share some of Triple P's proven tips for the best ways to handle common behavioural and developmental problems in children. From battling disobedience to encouraging homework routines, I'll cover those everyday issues to help you work out some strategies to suit your family.

I'll highlight common "parent traps" and hopefully make the very important job of raising kids as enjoyable and rewarding as possible.

But remember, parenting is sometimes hard work and it may take time to tackle more difficult problems. **The good news is that help is always at hand. Throughout Cunderdin, Meckering and Tammin Avon & Central Wheatbelt Primary Health Child and Community Nurses are offering parenting support with Triple P, one of the world's most highly-regarding parenting programs.**

Tammin P & C

EGGS FOR SALE \$3/dozen pick up from the school from tomorrow—proceeds to the P & C. Thank you Ceri Pickering.

Fund raising shopping bags are still available. For more details and the order form see the news section of our school website.

www.tamminps.wa.edu.au



Cricket Blast Cup

Last Thursday our year 3-6 students participated in the BLAST cricket interschool competition. Our students persevered on what was a really hot day and as always, showed exceptionally good sportsmanship. Thanks to Kate U and Herlina for umpiring and also to Tanya and the Tammin Junior Cricket Club for catering. Sportsmanship awards went to Ree-anna, Ally and Mitch.



Healthy habits for a healthy weight

Our modern society makes it very easy for children to gain too much weight too quickly. More than a quarter of Western Australian children are overweight by the time they start school. It is so common that it is difficult to tell what is 'normal' anymore as overweight children may not look noticeably large.

As children move through puberty and into adulthood, being overweight often becomes more obvious and more difficult to manage. It is easier for children to move towards a healthy weight before puberty and adulthood.

The good news is that simple lifestyle changes for children and families help everyone. Think about changes that could work for your family, such as:

- more active play (try stopping at a park on the way home from school)
- walking to school two or three times each week
- plan active outings on the weekend
- make food portions a little smaller
- cut out some food treats

provide fewer soft drinks and fruit juices.

It is important to avoid discussing weight with children. Weight loss and dieting is not recommended for children, unless under medical supervision. Healthy habits help children to 'grow into their weight'.

Speak to your School Health Nurse or Child Health Nurse if you are concerned about your child's health or weight.

For more information visit <https://raisingchildren.net.au/school-age/nutrition-fitness>

Quick Tip

Help your child to introduce small, achievable, healthy habits every day. For some ideas, go to [Raising Children website](http://raisingchildren.net.au/articles/childhood_obesity.html) (http://raisingchildren.net.au/articles/childhood_obesity.html). For fun ideas on how to support children and families to be more active outdoors go to [Nature Play WA](#).

Cricket Blast School Carnival Yr 3/4 Comp.
Wheatbelt
15/11/2018 @ Tammin

FIELD				ROUND ONE (10.00am - 10.55am)			
1		Tammin 1 199	v			Keller 1 130	
2		Quairading 2 137	v			Meckering 1 78	
3		Cundy 1 62	v			Quairading 1 162	
FIELD				ROUND TWO (11.00am - 11.55am)			
1		Meckering 1 180	v			Keller 1 95	
2		Quairading 2 143	v			Cundy 1 120	
3		Tammin 1 77	v			Quairading 1 222	
4							
FIELD				ROUND THREE (12.30pm - 1.20pm)			
1		Cundy 1 89	v			Meckering 1 164	
2		Quairading 2 155	v			Tammin 1 174	
3		Keller 1 106	v			Quairading 1 155	
FIELD				ROUND FOUR (1.25pm - 2.15pm)			
1		Quairading 1 172	v			Quairading 2 94	
2		Cundy 1 123	v			Keller 1 128	
3		Meckering 1 98	v			Tammin 1 187	

Cricket Blast School Carnival Yr 5/6 Comp.**Wheatbelt****15/11/2018 @ Tammin**

FIELD		ROUND ONE (10.00am - 10.55am)	
1	Tammin 3 142	v	Cundy 2 196
2	Tammin 2 129	v	Meckering 2 166
3	Keller 3 96	v	Cundy 4 249
4	Keller 4 111	v	Keller 7 186
5	Keller 5 114	v	Quairading 4 171
6	Keller 6 69	v	Quairading 5 143
7	Quairading 3 132	v	Cundy 3 85
FIELD		ROUND TWO (11.00am - 11.55am)	
1	Quairading 5 152	v	Tammin 2 131
2	Quairading 4 110	v	Keller 3 50
3	Cundy 3 167	v	Keller 6 79
4	Quairading 3 180	v	Tammin 3 83
5	Cundy 4 260	v	Keller 4 128
6	Meckering 2 234	v	Keller 7 73
7	Cundy 2 160	v	Keller 5 106
FIELD		ROUND THREE (12.30pm - 1.20pm)	
1	Meckering 2 242	v	Cundy 2 142
2	Tammin 3 132	v	Keller 3 80
3	Cundy 4 275	v	Keller 5 64
4	Keller 6 74	v	Quairading 3 202
5	Quairading 5 97	v	Cundy 3 145
6	Tammin 2 216	v	Keller 4 115
7	Keller 7 120	v	Quairading 4 100
FIELD		ROUND FOUR (1.25pm - 2.15pm)	
1	Cundy 4 214	v	Tammin 2 106
2	Keller 7 86	v	Cundy 3 98
3	Keller 6 80	v	Tammin 3 159
4	Quairading 4 145	v	Quairading 5 122
5	Keller 4 107	v	Keller 5 162
6	Keller 3 114	v	Cundy 2 175
7	Quairading 3 165	v	Meckering 2 136