



TPS Bulletin

Term 1 Week 4

26 February 2019

A Message from Mrs Sims

What a fantastic start to the year we have had. As the new Principal at Tammin Primary School, I could see straight away the commitment each and every staff member at the school has in ensuring the students' needs are catered for. We are currently working on whole school programming, targeting individual student needs and school grounds projects. If any parents are interested in being on the Grounds Committee, please contact the office as soon as possible, we would love to have a parent representative.

Last week I visited the Tammin playgroup and enjoyed a chat with the parents and children. It isn't a good visit unless you come back with a little paint on your shoes. They were busy painting and enjoying some snacks. The setup of the playgroup is fantastic with lots of social and learning opportunities. I am looking forward to further developing the connection between the school and the playgroup.

I recently spent some time in Miss De Cinque's classroom and thoroughly enjoyed working with the Kindy and Pre- Primary students on a word and letter search in a huge pool of coloured rice. The students loved the hands on approach to learning and couldn't wait to share what they had found. The students were also making a list of words beginning with 'A' and decorating the letter with crafty ants and jewels. While we were exploring, the year one and two students were busily working on their activities. Miss De Cinque is providing the students with a rich learning environment that definitely caters for each child's needs.

This term teaching staff will be undergoing professional development in Literacy and Mrs Packham and Miss Robinson have both dedicated time to complete professional development with a focus on languages. All staff completed first aid, anaphylaxis and asthma training before students returned at the commencement of this term.

This week the kindy to year four students have a Constable Care visit, we are getting the groups ready for the Central Districts Schools Tennis Classic and the whole school swimming carnival with Meckering Primary School in the up and coming weeks.

I hope you have a fantastic week.

Kind regards, Sarah Sims

WELCOME TO K/PP/1/2!

We have had a great start to 2019! Have a look at some of the fantastic things we have been learning about. 😊



In week 2 we learnt about how to be a bucket filler!

Blake: "I am a bucket filler because I am nice to everyone."

Claire: "I am a bucket filler because I share toys, paints and ice cream!"

Mardi: "I am a bucket filler because I smile at people."

In week 3, as part of our HASS learning area, we talked about our homes and what makes them special to us. We thought about what the front of our house looks like and did a great job drawing a picture with lots of detail!



We have also started learning our letter sounds in Kindy and Pre Primary! Last week we looked at the letter A. A is for apple, ant and astronaut!

STUDENT OF THE WEEK

Nate

CONGATULATIONS Nate!

Welcome Breakfast

The school will host a welcome breakfast for all staff, students, parents, caregivers and community members in the undercover area on Tuesday 5 March from 8:15am until 9:00am. Everyone is welcome to join us!

Swimming Carnival

The 2019 Meckering—Tammin Swimming Carnival will be held in Cunderdin on Friday 8 March.

We would like to thank the following parents for volunteering so far:

Mr Packham, Mr & Mrs Caffell, Mrs Joubert, Mrs Langford and Mrs Gannon.

Many hands make light work, so if you would like to help out and even take over from these volunteers during the day, please contact the school if you are able to assist with either judging or time keeping.

School Website

The school website has been updated. There is a lot of information about the school to be found by going to our site: www.tamminps.wa.edu.au

Labour Day Holiday

This Monday 4 March is a long weekend, for the Labour Day holiday. The school will be closed for staff and students. We hope you all have a safe and enjoyable long weekend!

Tammin Parents and Citizens Association

The Next meeting of the Tammin Parents and Citizens Association will be the AGM. There are several positions up for election including President, Vice President and Treasurer. Following the AGM there will be a general meeting.

WEDNESDAY 20 MARCH 7:00PM Venue TBC.

Please send any agenda items, correspondence and apologies to Samara.

Voluntary Contributions

Voluntary contributions can now be paid. Please find a copy of the contributions and charges below. The school bank details if you prefer to use EFT are BSB 086732 AC 508369140 Tammin Primary School.

2019 Charges and Voluntary Contributions – Years K - 6										
VOLUNTARY CONTRIBUTIONS		CHARGES – Extra Cost Options								
Curriculum Areas		<i>These costs are the estimated maximum cost and may be requested for incursions, excursions, camps or graduation during the school year.</i>								
Item	Cost	ITEM	K	P	1	2	3	4	5	6
The Arts	\$10.00									
Literacy	\$13.00	Incursions/Excursions	\$70.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00
Numeracy	\$13.00	Year 6/7 Graduation								\$40.00
Society & Environment	\$5.00									
Science	\$5.00									
Physical Education	\$4.00									
Subtotal Voluntary Contributions	<u>\$50.00</u>									

TOTAL PAYABLE	\$50.00
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A range of payment options are available and may be negotiated with the school. Contributions are payable by Monday 18 March 2019.

For more than one child attending TPS, a contribution discount applies:

- 2 Children **\$90.00**
- 3 or more Children **\$120.00**

School Council endorsed the level of Charges and Voluntary Contributions 12/10/2018.

Coming up...

- ⇒ Tuesday 26 February - PP-2 On-Entry testing all week
- ⇒ Wednesday 27 February - Constable Care K-4
- ⇒ Thursday 28 February - Breakfast Club
- ⇒ Monday 4 March - Labour Day holiday
- ⇒ Tuesday 5 March - 2019 Welcome Breakfast 8:15am
- ⇒ Friday 8 March - Tammin-Meckering Swimming Carnival Cunderdin
- ⇒ Thursday 14 March - Tennis Team compete in Northam
- ⇒ Friday 15 March - Interschool Swimming Carnival Cunderdin
- ⇒ Wednesday 20 March - P & C AGM 7:00PM Venue TBC



Building resilience through mindfulness

Resilience is a person's ability to cope with stressful events and bouncing back after the difficult times. It also helps mental wellbeing, in particular, dealing with stress and anxiety.

One way of building resilience is focusing on managing and responding to emotions in a healthy and positive way.

Mindfulness focuses on the present, what is going on inside you and your surroundings. Practising mindfulness can help your child pay attention to their thoughts and feelings in the moment, and manage them effectively.

Alongside mindfulness training, use the examples below to help your child voice, respond to and manage emotions:

- Use open-ended questions with your child
- Encourage your child to talk about feelings
- Acknowledged when your child is distressed
- Help your child regulate emotions
- Talk to your child about preparing for events
- Help your child to realise that difficult times are a part of life

For more information about building resilience in children visit <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience> or contact your local School Health Nurse.

Quick Tip

Prepare children for big life events that may be stressful by building their coping skills and resilience. Mindfulness training can help your child recognise thoughts and feelings they experience during a stressful event. Taking control of their thoughts and feelings can help reduce stress and anxiety.

Try these free mindfulness apps: Smiling Mind, DreamyKid and Headspace.

Recipe Link

<https://livelighter.com.au/Recipe/352/apple-crumble>