



TPS Bulletin

Term 1 Week 5

5 March 2019

Welcome Breakfast

It was lovely to see so many parents and caregivers join the staff and students for a bacon and egg breakfast this morning. Special thanks to Mr Sims and Mrs Dyer for cooking and preparing the burgers for us.



School Council Nominations

The School Council is the decision making body for the school that is representative of the school community. There are 2 positions vacant for parents/community representatives. Nomination forms were sent home on 27 February, copies can be obtained from the office. Nominations close this **THURSDAY 7 MARCH 2019** at 4:00pm.



News from the Year 3/4 Room

Mrs Packham



We have been learning the following greetings in Indonesian. Please ask your child how to pronounce each one and have a go at using it in the home-it's great practise for your child and you never know, it may come in handy if your family visit Bali in the future.

- ♦ Halo—Hello
- ♦ Salam kenal - Nice to meet you!
- ♦ Sampai jumpa- See you later! (until we meet again)
- ♦ Hai! -Hi!
- ♦ Selamat pagi -Good morning! (until about 11)
- ♦ Selamat siang -Good day! (11 - 3pm)
- ♦ Selamat sore-Good afternoon! (3pm until dark)
- ♦ Selamat malam -Good evening/night!
- ♦ Apa kabar? -How are you?
- ♦ Baik-baik saja- I'm very well!
- ♦ Sampai jumpa- See you later!



Sun, Earth and the Moon

The children had a hands-on experience investigating the size of the sun, earth and moon. The students were given a basketball, a marble and a peppercorn. With their partner/s they had to match and label each object to the sun, moon and the earth to indicate the relative size of each.

Designing our personal Coat of Arms that represents things in our life that are important.



STUDENT OF THE WEEK

James

CONGATULATIONS James!

Swimming Carnival– this Friday

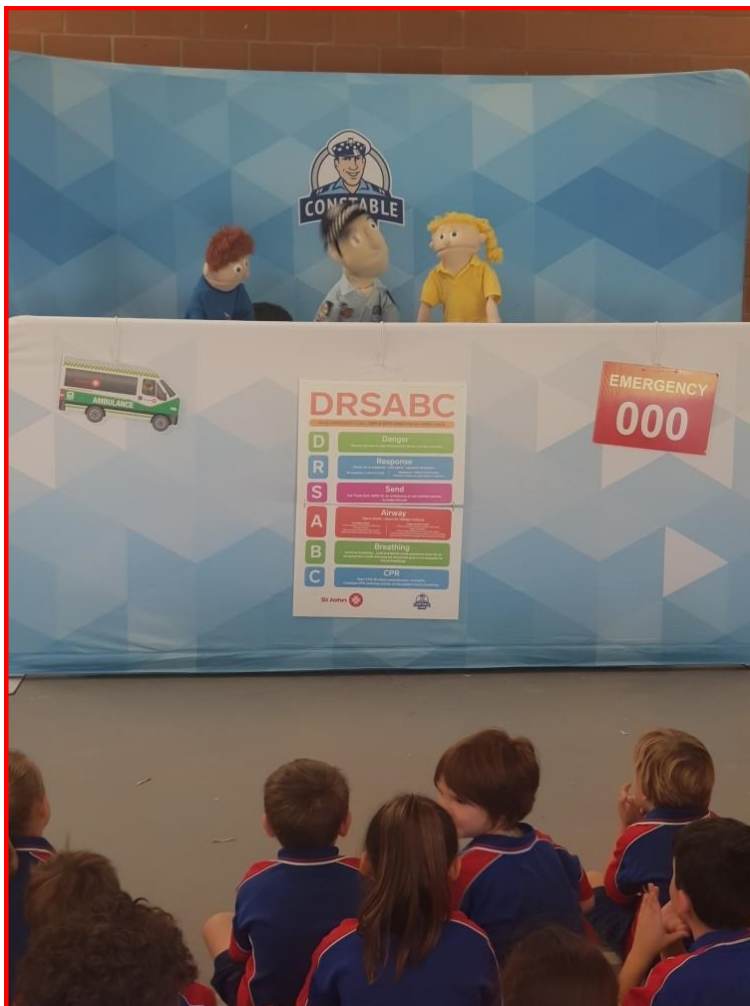
The 2019 Meckering—Tammin Swimming Carnival will be held in Cunderdin this Friday 8 March. Please be at the pool by 9:15am for a 9:30am start. The school office will be attended and open on Friday as usual.

The Interschool Swimming Team will be notified as soon as possible on Monday as the carnival is in Cunderdin on Friday 15 March. Permissions and lunch orders will need to be completed and returned by Tuesday.

Constable Care

Last week Constable Care visited Tammin Primary School. He introduced the K-4 students to DRSABC and First Aid using songs and puppetry. The students also learnt how to help in an emergency. After the performance the students completed activities in their class to extend their learning such as quizzes, brainstorms and most importantly role play scenarios of emergencies. The students each had a turn at being the injured, the witness and the 000 operator.





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.



TRIPLE P NEWSLETTER

Dealing with disappointment

By Professor Matt Sanders

Despite what certain sport shoe commercials might have you believe, life isn't always about winning.

It is equally important for the development of healthy self-esteem that children learn how to deal with disappointment.

As a reaction to not getting what they want, such as being chosen for a team, children may sometimes put themselves down, saying things like: "I'm dumb", "you hate me" or "I'm just stupid". If this happens, try to avoid being too sympathetic. Instead encourage your child to try again after the set-back and to enjoy the activity or game even if they aren't the winner.

Rather than simply reassuring your child that everything will be okay, you can help your child develop their own sense of worth by letting them know that you understand their feelings of disappointment and that you are there to help them work out a reasonable way of dealing with that disappointment.

Remember too, when you're helping your child with an activity or with homework concentrate on effort not results. Praising your child for trying and making an improvement will motivate them to continue trying at a difficult task.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program. For more information go to www.triplep-parenting.net or contact Donna Jasper 96352216 donna.jasper2@health.wa.gov.au

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 <i>Curriculum Areas</i>		CHARGES – Extra Cost Options <i>These costs are the estimated maximum cost and may be requested for incursions, excursions, camps or graduation during the school year.</i>								
		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...

⇒ Thursday 7 March - Breakfast Club

⇒ 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

⇒ Thursday 28 March - Assembly 9:00am

Go Health!

Getting enough sleep

School aged children need to achieve their required amount of sleep so they can grow physically and improve their learning, development and concentration. Getting enough sleep also has a positive impact on your child's behaviour!

The recommended hours of sleep for each age group are:

Ages 3 to 5: **10 to 13 hours**

Ages 6 to 13: **9 to 11 hours**

Ages 14 to 17: **8 to 10 hours**

Here are some tips to help your child sleep well:

Set up a sleep schedule. Try to wake up your child and get them to bed at the same times, even on the week-end.

Create a bedtime routine. For example, put on pyjamas, clean teeth, read them a story or let them read, say 'goodnight' and lights off.

Start winding down at least 30 minutes before bedtime.

Turn off technology 30 minutes before bedtime

Avoid stimulants in the afternoon that will keep your child up in the evening e.g. chocolate or sports drinks.

For more information visit <https://raisingchildren.net.au/> or see your local School Health Nurse.

Recipe Link

<https://livelighter.com.au/Recipe/340/easy-quiche>

