



TPS Bulletin

Term 3 Week 2

30 July 2019

Student of the week: Congratulations **Kingsley!**

Allergy Reminder

We have some students at Tammin Primary School that have severe allergies to nuts. For them, exposures to these food items can be very dangerous and potentially fatal. We ask that you please don't send lunchbox items that contain nuts. For example, Spreads such as Peanut butter or Nutella. Nut bars and home made items containing nuts. Thankyou for your co-operation with this matter.

Coming up...

- ⇒ Wednesday 31 July - P&C Suasages \$2 Icy poles .50c
- ⇒ Thursday 4 August- Merredin College Info session 10am, 4/5/6 by rsvp
- ⇒ Monday 29th to Fri 2nd - NAIDOC Week activities
- ⇒ Friday 9th August - Kellerberrin X Country & Colour run
Parent helpers required on the day
- ⇒ Monday 19 August- - Book Week
- ⇒ Thursday 29th August - - School Development Day- No Students
- ⇒ Friday 6 Sept - Tammin Meckering Athletics Carnival

PRINCIPALS REPORT

I hope everyone enjoyed their holidays and as we start term three, the students have come back to school motivated and excited to get back into the classroom. This term the students will be getting ready for the two cross country events we have and our athletics carnivals. Morning fitness and sport sessions will be dedicated to training.

This term I am facilitating a DRUMBEAT program at the school. The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. It incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes. DRUMBEAT facilitates the social and emotional skills for healthy relationships and values. This process of re-connection with self and interconnection with others enables profound social and behavioural change. The lessons in term three will be run with eight students and we are hoping to continue this with another group of students in Term Four.

We have had a lovely start to our NAIDOC week celebrations, with Pastor Sealin Garlett as our guest speaker. Mrs Robinson has organised some fantastic activities for the students to do throughout the week. I would like to thank Pastor Sealin Garlett and Mrs Robinson for a wonderful welcome as we celebrate NAIDOC week at Tammin Primary School. We look forward to parents and caregivers joining us for our classroom activities each day.

A focus for this year has been reading comprehension and fluency and our results for Semester One show significant improvements. The staff have implemented Keylinks Guided reading into each classroom and a before school reading roster. The students are really enjoying the new reading series with such a wide variety of colourful and interesting fiction and non-fiction texts.

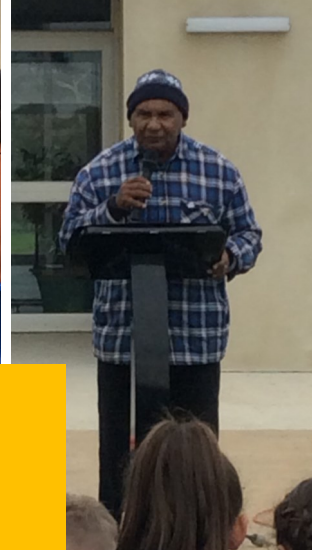
Thank you to all the staff, parents and students who completed the Tammin Primary School survey. Your opinions are important to us and are used as part of our self-reflection cycle. We will now reflect on the data provided to discuss areas we can improve on and celebrate our successes.

Sarah Sims

Principal



NAIDOC WEEK

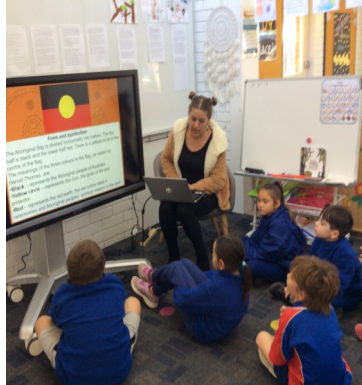


NAIDOC 's opening ceremony. Thank you to Pastor Sealin Garlet for the Welcome to Country and to Luke Websdale for the acknowledgment.

Didgeridoo with Frank and Trevor



History Story



Hand prints and painting.



Damper making

Volunteers Needed For Upcoming Carnivals

Helpers will be required for marshalling and timekeeping at the Kellerberrin Cross Country next Friday 9th August.

We will also require the usual assistance at the Tammin/Meckering Athletics Carnival on Friday 6th September. Please let the office know ASAP if you can assist with timing, place judging, handing out ribbons or jumps and throws. Thanks



HEALTHY MUESLI MUFFINS

RECIPE

Prep: 10 mins
Cook: 25 mins
Serves: 12

★★★★☆

Print

Back to Basics | Breakfast | Snack | Vegetarian | Lunchbox | Baked-goods | Apples

The image shows a recipe card for 'Healthy Muesli Muffins'. The card features a photograph of several golden-brown muffins topped with almonds, some in a muffin tray and others on a white plate next to a white mug. The recipe details include a 10-minute prep time, a 25-minute cook time, and a serving size of 12. It has a 4-star rating and a 'Print' button. At the bottom, there are category tags: Back to Basics, Breakfast, Snack, Vegetarian, Lunchbox, Baked-goods, and Apples.



A healthy lunchbox

It is important to encourage children to learn about healthy food habits from a young age.

Involving children in planning and preparing their own lunch boxes gives them the opportunity to learn about healthy eating, and it also allows them the choice of what goes into their lunchbox.

Children require a range of foods from all five food groups, fruit, vegetables, dairy, meat or an alternative and grains each day. Snacks don't have to be boring or bland. Some fun snack ideas include:

- Fruit: apple, banana, grapes or a fruit salad
- Vegetables: veggie sticks (cucumber, carrot or celery) with a healthy dip
- Dairy: Yoghurt, cheese cubes, sticks or slices
- Protein: boiled eggs, chicken strips or tinned tuna
- Grain: wraps or sandwiches, pasta dishes, homemade pizzas or healthy muffins

Make sure your children take a water bottle to school so they can refill it throughout the day. Sweet and savory snack foods such as muesli bars, biscuits and cakes should be limited in lunch boxes. Sugar sweetened drinks, such as fruit juice and soft drink should not be provided in lunch boxes. They can lead to excess energy intake and tooth decay. Instead choose water or low fat milk.

For more lunchbox ideas visit: <https://livelighter.com.au/Top-Tips/Choose-Healthy-Snacks>

Quick Tip

Eating all the colours of the rainbow will give you a great mix of all the vitamins, minerals and fibre and plant nutrients needed for good health. The more colour you and your children eat, the healthier you will be!

If the food looks fun and exciting, children are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website: www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html

Recipe Link

Healthy Muesli Muffins Recipe: <https://livelighter.com.au/Recipe/459/muesli-muffins>



Department of
Education



VACSWIM OCTOBER 2019

Enrol your children in
swimming lessons during the
October school holidays.

Choose from two programs:

9 Days

1 – 11 October
40 minute lessons

Prices:

\$30 per child / \$20 concession
\$81 for a family of three or more /
\$54 concession
(plus pool entry).

Enrolments close 25 August.

5 Days

7 – 11 October
35 minute lessons

Prices:

\$16 per child / \$10.50 concession
\$41 for a family of three or more /
\$27.50 concession
(plus pool entry).

Enrolments close 1 September.

Enrol now

Visit education.wa.edu.au/swimming or call 9402 6412.



MERREDIN COLLEGE

A Wheatbelt Independent Public School



INFORMATION SESSION

Mr Alby Huts - Principal of Merredin College and Mrs Liz Moody - Manager of Merredin Residential College will be visiting our school to inform parents and students of the advantages of schooling close to home at Merredin College.

The presentation will be available to students and parents from Years 4-6. Similarly we would like to invite secondary students and their parents during our District High School visits.

Information regarding transition days and the annual Open Day for potential students and their families will also be distributed.

Tammin Primary School

Thursday 1 August - 10am

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learning close to home