



# TPS Bulletin

Term 1 Week 3

18 February 2020

## From the Principal

The term is progressing very fast with several events occurring. Most of the children have settled well into the new routine and I am confident that they are all working effectively in core subject areas. Thank you to Sarah Haythornthwaite and Jayne York for getting together to ensure that planning is well structured and sequential.

It was lovely to meet up with those parents who came to the Welcome Breakfast last week. It is always good to get the perspective of parents through discussions and regular contact. For those who were unable to attend, please feel welcome to come up and have a chat.

## P & C Annual General Meeting

The Annual General Meeting of the Tammin P & C will be held in the school library on **W E D N E S D A Y 11 M A R C H a t 7 : 0 0 P M .** There are several committee positions needing to be filled this year, including the Vice President, Secretary & Treasurer roles. Several other important 'working' roles will also need to be filled this year due to the recent departure of several helpful P&C members. Please send any apologies or agenda items to Samara Wheeldon.

# 2020 Tammin Meckering Swimming Carnival

Our swimming carnival will be held at the Cunderdin Swimming Pool on Friday 6 March. Permission forms have been sent home today. This is a school event and participation/attendance is required.

## Sunsmart Tennis Classic

Congratulations to the following students on their selection to participate in the 2020 Tennis classic to be held in Beverley on Wednesday 26 February.

Nbah, Sophie, Mitch, Kaylee, Griffen and Charlotte-Jane.

## 2020 Term Planner

The 2020 term planner is included in this bulletin. In addition, breakfast club is held at the school every Thursday morning from 8:30am, everyone is welcome! Monday and Thursday are lunch order days and Friday we have early close at 2:35pm.

**Congratulations to our  
Student of the Week!**

# CLAIRE



### Coming up...

- ⇒ Thursday 20 February - Breakfast Club
- ⇒ Monday 2 March - Labour Day Public Holiday
- ⇒ Friday 6 March - Swimming Carnival Cunderdin
- ⇒ Friday 13 March - Interschool Swimming Carnival-Cunderdin

**We have quite a selection of second hand shorts and skorts that are excess to our needs. These are available outside the staffroom available for anyone who would like some.**



# Triple P Positive Parenting Seminars

(for parents of children 3-12 years)

## Free Seminars for Parents

All parents want to have a positive relationship with their child. Sometimes this can be challenging when children are demanding, disobedient, defiant, throw temper tantrums or are generally disruptive.

Parents are invited to attend free parenting seminars to learn:

Effective parenting strategies

Ways to encourage positive behaviour

How to promote your child's development

Practical, effective ways to prevent or manage common child behaviour problems.

Triple P suggests simple routines and small changes that can make a big difference to your family. These parenting seminars will leave you feeling more confident to deal positively and effectively with common child behavioural and emotional issues.

Each 90 Minute seminar includes a presentation and an open discussion and question time.

**Parents may choose to attend just one, two or all three of the following seminars:**

### **Seminar 1: The Power of Positive Parenting (Tues 18<sup>th</sup> Feb 2020 9.30am – 11am)**

This seminar introduces parents to the five core principles of positive parenting:

1. Ensuring a safe, engaging environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

### **Seminar 2: Raising Confident, Competent Children (Tues 25<sup>th</sup> Feb 2020 9.30am - 11am)**

This seminar shows parents how to use positive parenting principles to teach children important values and skills, to enable them to do well at school and beyond.

### **Seminar 3: Raising Resilient Children (Tues 3<sup>rd</sup> Mar 2020 9.30am - 11am)**

This seminar discusses how parents can help their children learn skills to manage their emotions. Parents will learn practical ways to help children recognise and accept feelings; express their feelings appropriately, develop coping skills, and deal with upsetting or stressful events.

**Seminars are being held at Cunderdin District High School.**

**9am for a cuppa. Seminars start at 9.30am and will finish by 11am.**

Please complete details below and register your interest at the Cunderdin School Office or

email [Cunderdin.dhs@education.wa.edu.au](mailto:Cunderdin.dhs@education.wa.edu.au)

A Crèche facility may be available. If you are interested in using this please contact

Donna Jasper (School Nurse) on 96352216 or [donna.jasper2@health.wa.gov.au](mailto:donna.jasper2@health.wa.gov.au) for details.

## **REGISTRATION FOR: POSITIVE PARENTING SEMINARS CUNDERDIN TERM 1 2020**

Name of parent(s) wishing to attend: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email Address: \_\_\_\_\_

[www.triplep-parenting.net](http://www.triplep-parenting.net)