

TPS Bulletin

4 August 2023
Week 3 Term 3



A message from the Principal.....

Dear Parents and Guardians,

Welcome back to term 3! We are getting ready for another super busy term at Tammin Primary School and it is fantastic to see all our students back and ready to learn!

Staffing

We would like to welcome Mr Joshua Gough to our teaching team. He will be teaching our year 3-6 class and we are all excited to have him join us for the remainder of Semester Two.

NAIDOC Week

Last week students were involved in NAIDOC activities to celebrate Aboriginal and Torres Strait Islander culture. They learnt about the significance of NAIDOC day and made the Aboriginal and Torres Strait Islander flags.

We began our Bush Tucker Garden and the students planted Native Oregano, Old Man Salt Bush, Native Thyme and Geraldton Wax. We are looking forward to adding more to the garden as the term continues.

On Wednesday, Miss Stack worked with the students to make kangaroo stew and damper which we shared with some of our families who joined us for lunch. Students also explored Dreamtime Stories as we read How the Birds Got Their Colours and worked together to complete a writing activity and create a whole school bird artwork.

It was great to see how our two classes worked together during the week and well done to our older students for being excellent role models for our younger students!

Early Childhood Literacy

As part of the current Avon Network Early Literacy focus, Mrs Dixon and myself have attended a training day for the literacy program *PreLit* which we will be able to implement into our Early Childhood literacy program. We are looking forward to bringing this consistent program into Tammin Primary to assist our students in their literacy learning.

Interschool Cross Country

On Friday 18th August (Week 5) we will be participating in Interschool Cross Country in Meckering. Good luck to our team attending!

Thank you,

Emma De Cinque
Principal

Tammin Primary School

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Term Planner

- Wednesday 16 August—
School Council Meeting
- Friday 18 August—
Interschool Cross Country
- Wednesday 23 August—
P & C Meeting TBC
- Thursday 24 August—
Book Week
- Thursday 31 August—
Dude's Day Event
- Friday 1 September—
Athletics Carnival
- Wednesday 6 Sept —
K-2 Assembly
- Friday 15 Sept—
Interschool Athletics
Carnival Cunderdin
- Friday 22 September—
Last Day for Term 3

Future Dates

2023 School Development Days

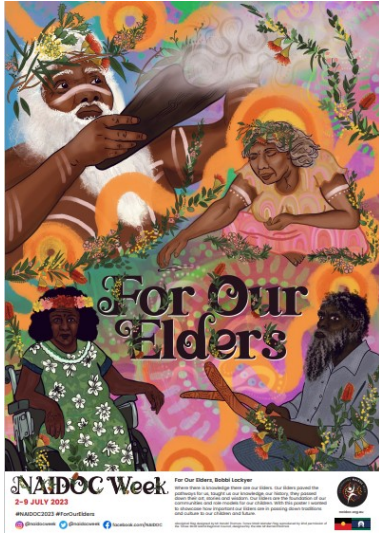
Monday 9 October

Friday 15 December





Damper



Dreamtime Stories & artwork



Bush Tucker Garden



Kangaroo Stew



A big thank you to
 Dan Jackson and Simon York
 for helping Mrs Dyer with the
 sand for the Early Childhood
 Playground.



VacSwim

Enrolments now open!
 Places are limited, so get in early.



Enrol your child in VacSwim swimming lessons during the October and summer school holidays. It's a fun school holiday activity and helps build your child's confidence and skills in the water. Visit the website and enrol now! <https://www.education.wa.edu.au/vacswim>

Voluntary Contributions 2023

Your contributions will be used to supplement school funding for example—School incursions and excursions, extra resources to support and extend learning programs etc.

Total Payable \$50

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

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

Payment Options

EFT Tammin Primary School
 BSB: 086 732
 AC: 508369140
 Reference: Students name



A note from the School Health Nurse

This Newsletter's information from your School Nurse Aimee is on Screen Time and Healthy Drinking

Screen time

Children and adolescents should not spend more than two hours a day on screen based activities.

Excessive screen time often leads to poor health, poor fitness and overweight.

Activities like surfing the net, social networking, watching TV and playing screen games can be educational and fun, but all involve sitting still for long periods of time. Set family rules around screen time and encourage your child to try a range of active pastimes, especially during daylight hours.

For more information, go to <http://raisingchildren.net.au>.

Drinks - what should children drink?

Drinking plenty of water is essential for people of all ages. When your child is thirsty, encourage them to drink plain water.

It is recommended that:

- children aged 5 – 8 years drink 1000ml per day (4 big cups)
- children aged 9 – 12 years drink 1500ml per day (6 big cups)
- young people aged 13+ years drink 2000ml per day (8 big cups).

Drinking milk is also important, as it provides children with the calcium they need for growing bones and teeth. If your child doesn't drink milk, try yoghurt, cheese or calcium-fortified soy milk.

The drinking of cordials, soft drinks and fruit juices should be limited, as the sugar in these drinks may contribute to tooth decay and unhealthy weight.

Energy drinks and artificially sweetened drinks are not suitable for children.

For more information go to <https://livelighter.com.au/>

Don't forget to pack Crunch&Sip®



Crunch&Sip®
is a set time for your
child to eat vegetables
or fruit and drink water
in the classroom.

crunchandsip.com.au

Supported by



Choose Your Own Adventure Muffins



Prep: 10 Cook: 25 mins Serves: 12

Method

1. Preheat oven to 200°C. Lightly grease a 12-hole muffin tray with oil spray.
2. Mix the flours and sugar together in a large bowl.
3. In a separate bowl, mix the yoghurt, oil, egg and mix-ins
4. Add this wet mixture to the flour and sugar mixture and stir until just combined. Be careful not to over-mix.
5. Spoon into muffin tray and bake for 20-25 minutes, until lightly golden and a skewer inserted into the middle comes out clean.

Note: This mixture will make 24 mini muffins. Smaller muffins will cook quicker so check them after 15 minutes.

Ingredients

- olive or canola oil spray
- 1 cup self-raising flour
- 1/2 cup wholemeal self-raising flour
- 1/4 cup sugar
- 200 g low-fat natural yoghurt
- 2 tbs canola oil
- 1 egg
- mix-ins- choose from the list below or create your own!

Variations

- Banana-rama: 2 mashed bananas + 1/4 cup rolled oats
Coco Jambo: 1 small can crushed pineapple (well drained) + 2-3 tbs desiccated coconut
Halloween: 3/4 cup grated pumpkin + 1 tbs allspice
Apple-y ever after: 1 grated apple (skin on) + 1 tsp cinnamon + 1 tsp vanilla essence
Berry-licious: 1 cup fresh or frozen berries
Tutti-fruity: 2 tbs chopped dried fruit.



Teen Triple P Seminars

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of teenagers

Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

Is this you?

Your baby's almost an adult, or at least that's what he or she thinks. So life at home can be a little strained. Maybe your 13-year-old son grunts instead of speaking to you. Or your 14-year-old daughter wants to go to parties with people you don't even know. It's not that you've got a "wild" kid. You'd just like to make sure things don't get out of hand.

What are Teen Triple P Seminars?

Teen Triple P Seminars are for large groups of parents – perhaps 20 or more. They're informal presentations, a little like a public forum.

There are three seminars in the Teen Triple P Seminar series. You can choose to do one, two or all three of them. They deal with the most common parenting issues we all face, such as how to encourage responsible behavior, improve family relationships, deal with independence or manage problems at school or with friends.

The three seminars are:

- Raising Responsible Teenagers
- Raising Competent Teenagers
- Getting Teenagers Connected

Where do I go for a seminar?

Seminars will usually be organised by a community organization like a local school, child health center or a church group and be held in a public space like a clubhouse or hall.

What Happens at a Teen Triple P Seminar?

Each seminar lasts 90 minutes. There's no homework and no follow up. But you'll be given a tip sheet to take home to remind you of the great ideas you've heard. You'll be able to start positive parenting straight away, to get back on track with your teenager – or be ready for what's ahead.

Being held at Cunderdin District High School on
Tuesday 1 August, Tuesday, 8 August and Tuesday, 15 August 2023
from 6pm - 7.30pm

Register your interest for catering and attendance purposes on 96353 300 or email emma.bradbury2@education.wa.edu.au

A sausage sizzle will be provided along with a creche for families who require child minding services whilst attending the program.



Department of
Education

Shaping the future

Kindergarten enrolments are now open for 2024

If your child will be **4 years old** by
30 June 2024, enrol them in
Kindergarten now.

Visit your local public school or community kindergarten
to apply. **Applications close 21 July 2023.**

Find out more:
education.wa.edu.au/enrol



TERM 3 2023 PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
	10	11	12	13	14	15	16
1	17 Staff Development Day	18 Term 3 Commences	19 School Photo Day 	20	21	22	23
2	24 NAIDOC celebrations	25 NAIDOC celebrations	26 NAIDOC celebrations	27 NAIDOC celebrations	28 NAIDOC celebrations	29	30
3	31	1 August	2	3	4	5	6
4	7	8	9	10	11	12	13
5	14	15	16 School Council Meeting 7.30 am	17	18 Meckering Interschool Cross Country	19	20
6	21	22	23 P & C Meeting TBC	24 Book Week	25	26	27
7	28	29	30	31 Dude's Day Event	1 September Tammin Meckering Athletics Carnival	2	3
8	4	5	6 K-2 Assembly	7	8	9	10
9	11	12	13	14	15 Interschool Athletics Carnival Cunderdin	16	17
10	18	19	20	21	22 Term 3 Finishes	23	24
	25 King's Birthday	26	27	28	29	30	1 October