



## Teven-Tintenbar Public School



Term 1 Week 7 - Monday 11th March 2019

### ICARE medallions

If your child has 3 unused A4 ICARE awards, they need to be shown to Mrs Canu before this Friday. Friday 15<sup>th</sup> is the last day for Term 1 ICARE medallions as these will be ordered on this day for arrival before the morning tea on Wednesday 27<sup>th</sup> March.

### Save the Date- Eater Raffle

Our Easter raffle and hat parade will be held on Friday 12<sup>th</sup> April. We will start the celebrations with the Hat Parade at 11.30 (new time) followed by the raffle and a picnic lunch. We are starting earlier this year as many families leave earlier for holidays, meaning some children have missed out on the festivities in the past. We hope you can join us.

### Parking

We are three weeks into our new parking system. Thank you to everyone for your understanding. Just

a reminder that if no one parks and leaves their car in the bus bay, we can have pickups from 3.25 at the front of the school. If the bus is there, park on the far side and we will safely walk your child to your car. When attending an afternoon assembly, please don't park anywhere in the bus bay.

### Parent-teacher interviews

Parent-Teacher interviews will be held in weeks 10 and 11 this term. Each teacher will provide a booking sheet next Monday.

If your child has an Individual Education Plan (IEP- for children on funding support) or Personalised Learning Plan (PLP-for Aboriginal or Torres Strait Islander children)) you will be contacted soon by the school to arrange your IEP or PLP meeting with the class teacher, who is the author of the plan.

If teachers are making learning adjustments for your child, these will be discussed and provided to you at the class interviews.

### What's on ...

12th March

Canteen Orders due by 9.30am

14th March

Canteen open

27th March

ICARE medallion assembly

28th March

P & C AGM

29th March

Cross-Country @ TTPS

12th April

Hat Parade @ 11.30am



Students in 1/2 S are ready to do writing activities using some of our new furniture

Respect - Responsibility - Results

teventint-p.school@det.nsw.edu.au | Ph 6687 8210 | www.teventint-p.schools.nsw.edu.au

## Small Schools Cross Country

The Small Schools Cross Country will be held at Teven-Tintenbar PS on Friday 29th March. As the track runs around the inside of the school perimeter, no cars can enter or leave the school grounds during the races. There is no parent parking allowed on site. You will need to park in the surrounding streets. Please don't block anyone's drive way and be mindful of the quality of the neighbours grass verge when parking. The road between the school and Fredericks Lane (near the pedestrian entrance) is a private road - please do not park there at all. Road rules need to be followed- don't park too close to a corner, don't block traffic, don't block driveways

There will be parents from five other schools who will also be looking for parking. If you are only coming to watch younger children, you might consider arriving at lunchtime as this is when other schools are leaving.

Please note both sets of fixed equipment is out of bounds for the duration of the carnival, including pre-schoolers, as there is no teacher supervision in this area.

Please note that dogs of any size are not allowed on any school sites.

There is a sausage sizzle and shop available for purchases.

The APPROXIMATE times for each race are included below

10:40-12/13 yo boys/girls

11:00- 11 yo boys/girls

11:20- 10 yo boys/girls

11.40- 8/9 yo boys/girls

12.00- lunch break- other schools

are leaving

12:30- 7 yo boys/girls

12:40 – 5/6 yo boys/girls

## Late to school

It is a **LEGAL REQUIREMENT** that an adult sign children in to school when they are late in the morning, even if your child is only 2 minutes late.

This means that will you need to go to the office and sign in the early/late book giving valid reasons why they are late. Your child will then receive a "pass" ticket to give to their teacher who will then know they have been signed in by an adult. If you do not attend with your child, it will automatically be classified as an unexplained absence and may result in a referral to the Home School Liaison Officer (HSLO).

## Lost property

Our lost property area is located between the Year 4/5 & 5/6 classrooms on the hooks or in the tub. Any items left at the end of term will be cleaned and used in our sick bay. Please put your child's name on EVERYTHING. It makes it so much easier to return property to its owner.

## School Locker

If you need to stock up on School Hats or uniforms then School Locker at Ballina is the place to go. You can jump on their website and view the items that they stock for our school and it will give you a price.

However, The School Locker may not have long pants for sale. They were

not high selling items when the uniforms were sold through the school, and were cheaper for parents to buy at Target or Big W.

## Canteen

The Canteen will be open this Thursday 14<sup>th</sup> March. Students should have all received an order form, which needs to be returned to the office no later than Tuesday 12<sup>th</sup> March by 9.30am.

## Tintenbar Tennis Club

Tintenbar Tennis Club is having an open day this Sunday 17<sup>th</sup> March. Everyone is welcome at the Tintenbar Oval, Fernleigh Road, Tintenbar from 8.30am to 11.30am.



### Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

Preschool (3 – 5 years) 11- 13 hours/ night

School (5 – 12 years) 9 – 11 hours/a night

Teens (12 – 18 years) 8.5 – 9.5 hours/

night. Some hints for a healthy sleep:

- Consistency: going to bed and rising at a regular time (be firm)
- having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, IPADS, phones or game consoles) in the bedroom



# Canteen

## Pre Order Lunches

### Thursday 14<sup>th</sup> March

**ORDERS IN BY TUESDAY 12<sup>th</sup> March by 9:30am**

**Sorry no late orders!**