



Teven-Tintenbar Public School



Term 2 Week 5 - Monday 27th May 2019

Save the Date

Friday 21st June is our School Athletics Track carnival for K-6 students. We invite parents to come along and spend the day with us. If it is wet that day, or too muddy on the oval, we will use 28th June as our back up plan. 3-6 field events are happening during our sport afternoons each Thursday. We have not been able to get a high jump instructor this year.

Parent Helpers

We need your help. **Our children need your help.** We have some children who would benefit from reading to an adult on a regular basis. We would also like some of our children participating in MultiLit. No experience is needed for hearing children read, and Mrs Lasserre can train you with MultiLit in 20 minutes. When helping a child, you will be in the lunch seat area or, for KS and 1/2W- on the verandah. To help in our school, it is a legal requirement that you have a current

Working with Children Check (WWCC- available at RMS) and complete the 100 points identification form (available at our office)

School Community Charter

There is now a School Community Charter. It can be found at <https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/documents/school-community-charter.pdf>

We welcome feedback from our community as it assists us in modifying existing programs and activities to better suit our community. Recently we have acted on feedback in ensuring the intention of our excursion notes are clear for parents and about the use of screen time during breaks on wet days.

ICARE medallions

If your child has 3 unused A4 ICARE awards, they need to be shown to Mrs Canu before Friday 7th June to be included in this term's ceremony and

What's on ...

29th May

Netball Gala Day

30th May

No canteen

31st May

FNC Cross Country

3rd June

Mobile library

5th June

Canteen - 2 helpers needed

19th June

Medallion assembly/morning tea

21st June

Athletics Carnival

Music

Our students love practising their instruments with Fiona on Wednesdays. Please ensure you bring your instruments each week boys and girls.



Respect - Responsibility - Results

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morning tea. Medallions will be ordered on this day for arrival before the morning tea on Wednesday 19th June. So far we have one name on our list.

Round about pick up zone

Please do not park in the bus zone, especially on the far side of the staff carpark as it blocks the ability for the buses to leave the grounds. If you are parked anywhere in the circle you must **remain in your car** as per the pick up system.

If you need to come into the school to see a teacher before 3:50pm, please park on a surrounding road. By 3.50pm both buses have left and most children have been picked up so it is okay for you to park in the bus bay.

Parking in Hillcrest Drive

There is a grass walkway from our school through to Hillcrest Drive that is used by some of children who live in Hillcrest Drive. Children don't always think to check each way for traffic so we are asking for assistance to be very careful in this area and keep the walkway entry and exit points free of cars. This walkway is between house numbers 76 and 70. Likewise, to minimise risk, use the fact that Hillcrest is a looped road and we ask that you drive the loop rather than performing a U turn and /or reversing near children.

Bus Fares

When your child is travelling by bus to and from school, they need to show the driver their current bus pass.

The bus pass is only for one bus line-Blanches or Ballina. If travelling on a different bus service, or going to a friend's house etc, children need to pay a fare to the bus driver. This includes the short trip to Bright Horizons for students without a Ballina Buslines bus pass which is \$1.10. Please ensure your child has the right amount of money for bus travel if they don't have the right bus pass.

More details can be sourced from the bus companies.

Woolworths Earn and Learn

Woolworths have reintroduced their EARN AND LEARN program. Every time you shop at Woolworths, you earn tokens which are then donated to the school. The more tokens we get, the more things we can then 'buy' for the school.

Look out for the signage in the stores. Don't forget to ask your relatives and friends to donate their tokens to our school as well.



Tips to reduce screen-time:

1. Talk to your family

Explain to children that it's important to sit less and move more in order to stay healthy.

2. Set screen-time limits

Create a house rule that limits screen-time to two hours per day. More importantly, enforce the rule.

3. Set a good example

Be a good role model and limit your screen-time to no more than two hours per day. If your children see you following the rules, they're more likely to do the same.

4. Create a screen-free time period between the end of school and dinner time

This is an ideal time for children to be outside and be active. Encourage children to adopt activities such as kicking a ball in the backyard, playing outside with siblings or the family pet, going for a walk or ride, or joining a sporting team.

5. Log screen-time vs. active time

First, log how much time your family spends using screens (outside of school or work). Then, look at how much time the family spends being active. If you see that your family logs more hours using screens than being active, sit down together and set goals to increase your physical activity.

6. Be active during screen-time

When you spend time in front of the screen, do something active. Stretch, practice yoga poses, walk on a treadmill, or do body weight exercises such as squats or dips. Challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

7. Create screen-free bedrooms

Avoid putting a TV or computer in your child's bedroom. Children who have TVs in their rooms tend to watch more TV per day than those who don't. Having a TV in their bedroom can keep children from spending time with the rest of the family.

