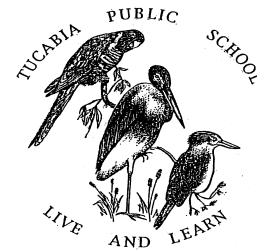


Tucabia Public School

Mookin Street, Tucabia NSW 2462

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Term 1 Week 3

Feb 10 2016

HOME READING

Reading is food for the brain! It creates imagination, dramatically improves vocabulary, helps with spelling and has a huge impact on a student's creative writing ability. Like all skills, we need to practice, even in Year 6. Older students will improve their speed, fluency and comprehension..

This year we have set a school reading goal. Every child reads a minimum of 100 nights. That equates to 25 nights a term, or 2-3 nights a week.

We see an impressive improvement in students who regularly read. Last year many children achieved 200 nights and their reading results are outstanding.

This week, home readers, reading logs and bags went home. Let's find a good book and read, read, read!

PARENT MEETINGS

Come along and meet your child's teachers at our after school meetings next week. Parent meetings are an excellent way to see what your child is learning and learn about the routines in class. We look forward to showing you our programs and answering any questions. Students who remain at school will be supervised.

Year 3-6 meeting with Mrs Lucas and Mrs Lund

Thursday 18th February at 3.00pm

K-1-2 with Mrs Bishop and a hearing talk by
Mrs Wall

Wednesday, 24th February at 3.00pm



Swimming Champions 2016

P AND C MEETING

Our first meeting of the year will be held on Wednesday, 16th February at 4:00pm in the staff room. Come along for a cuppa. All welcome.



Feb Diary Dates

- 12 - Clarence Small Schools Carnival
- 16 - P & C Meeting
- 18 - District Swimming Carnival

Aspiring students to succeed by challenging potential



At Tucabia School, they are sent straight to the tissue box to blow their nose and wash their hands. See the attached flyer for more details on a talk for parents in K-1-2.

CALENDAR OF EVENTS FOR TERM 1.
What's on this term? A calendar is enclosed.
Lots of fun times ahead



HEARING LESSONS

Mrs Wall, the Hearing Teacher will talk to K-1-2 and Years 3-6 students on the importance of nose blowing to reduce "glue ear" (Otitus Media.) Otitus media affects a very high proportion of students particularly during winter. Already we are hearing students beginning to sniffle.

Handwriting Tips

Students who struggle with handwriting may know the content, but have trouble putting their knowledge/thoughts onto paper. Creating messy, illegible writing after so much effort is frustrating and demoralising, and will lead to more learning issues as the student falls further behind.

General Tips

- ✓ Find a pencil grip that works and invest in a few.
- ✓ Write letters in different situations, eg. sand, shaving foam, foggy mirror, on concrete using chalk
- ✓ Warm up hands before starting to write.
- ✓ Encourage correct body posture, eg. sit at the desk, not laying on the floor, etc.

Tips for Home

- ✓ Encourage your child to learn keyboard skills.
- ✓ Put the alphabet in plain view when working on writing.

Make play-dough and get your child to roll snakes, make pinch pots, roll balls etc

- ✓ Help your child with written homework, eg. let them dictate to you.
- ✓ Use cutlery to eat to encourage fine motor skills.

Use pegs to hang out small items of clothing along a low line.

- ✓ Play games with small pieces, eg. Lego, jenga, marbles, etc.
- ✓ Write letters on your child's back and vice versa.
- ✓ Encourage the writing experience eg. add items to the shopping list, write down a dinner choice, write notes to each other, etc.

TUCABIA SCHOOL P AND C

What does a P and C do?

Uniforms

Canteen

Fundraising

Assists with swimming costs.

Helps with school activities

Encourages community
interest.

Gathers ideas on educational
matters.

P and C MEETING

NEXT WEDNESDAY

16th FEBRUARY

4.00PM – 5.00PM

STAFF ROOM

ALL NEW PARENTS

WELCOMED



Afternoon Tea Provided

Come along for a cuppa and discover
lots more about your school.



AGENDA ITEMS

Coming up this year – 125 Year
Celebrations in Term 3

Fundraising

Canteen

Question Time / Ideas

Treasurers Reports

Principals Report

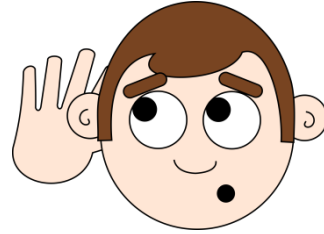
Come and be part
of this great little

Tucabia Public School - Term 1 2016

Term One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
1	25 Jan Holidays	26 Jan Australia Day Public Holiday	27 Jan SDD	28 Jan Students return	29 Jan	30 31 Jan
2	1 Feb	2 Feb Ulmarra and Friends Swimming Carnival	3 Feb	4 Feb	5 Feb	6 7 Feb
3	8 Feb	9 Feb	10 Feb	11 Feb	12 Feb Small Schools Swimming Carnival	13 14 Feb
4	15 Feb	16 Feb	17 Feb <i>P. and C. Meeting. 4:00pm.</i>	18 Feb <i>Parent Meeting. Year 3-6. 3:00pm.</i>	19 Feb District Swimming Carnival	20 21 Feb
5	22 Feb	23 Feb Surfing – K-6	24 Feb <i>Parent Meeting K-1-2. 3:00pm.</i>	25 Feb Debating Day – Coffs Harbour.	26 Feb	27 28 Feb
6	29 Feb	1 March	2 March	3 March	4 March Clean Up Australia Day	5 6 Mar
7	7 March	8 March	9 March	10 March	11 March	12 13 Mar
8	14 March HALOGEN YOUNG LEADERS CONF. BRISBANE Years 5/ 6	15 March Surfing K-6	16 March Fishing Workshops Year 3-6	17 March Responsible Pet Ownership K-2	18 March	19 20 Mar
9	21 March	22 March	23 March Fishing Workshops	24 March HARMONY DAY	25 March Good Friday	26 27 Mar
10	28 March Easter Monday	29 March	30 March Fishing Workshops	31 March	1 April	2 3 Apr
11	4 April	5 April SCHOOL PHOTOS	6 April Fishing Workshops	7 April	8 April	9 10 Apr
Hols	11 April	12 April	13 April	14 April	15 April	16 17 Apr
Hols	18 April	19 April	20 April	21 April	22 April	23 24 April

OTITIS MEDIA and HEARING LOSS

- Does your child have a hearing loss?
- How would you know?
- What can you do to help?



- **OTITIS MEDIA** is a **silent disease** and causes **HEARING LOSS**.



- It can affect your child's SPEECH.
- It can affect your child's HEALTH.
- It can affect your child's EDUCATION.
- It can affect your child's SOCIAL LIFE.



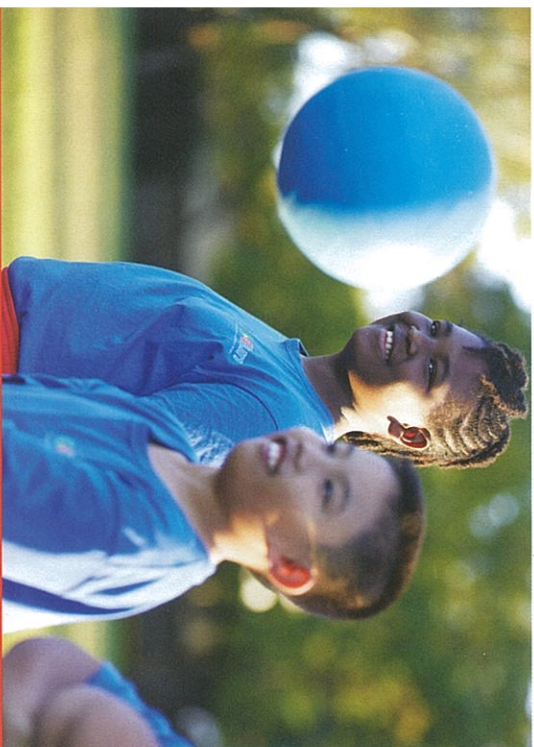
If your child has sore ears or does not seem to be hearing you, see your AMS, doctor, or community health centre.

You are invited to an information session about OTITIS MEDIA AND HEARING LOSS, presented by your local Hearing Support Teacher from the Department of Education at the K-1-2 PARENT INFORMATION AFTERNOON ON WEDNESDAY 24TH FEBRUARY

CAN'T HEAR, CAN'T LEARN!



H e a l t h y • A c t i v e • H a p p y • K i d s



Help get your 7-13 year old healthy, active & happy

Go4Fun® is an interactive program that helps kids and their families adopt a positive, long-lasting attitude towards food and exercise. Kids get to meet new friends, play games that get their heart rates up and learn tips for a healthy life – all for **FREE!**

Parent Testimonial

"My daughter loves going to the group and has made new friends with the other children and they are accepting of each other. She makes a conscious effort with the foods she chooses, checks packets at the supermarkets and is more willing to do exercise and suggests it more". **Debbie Smith – Go4Fun® mum**



Who can participate?

The program has been specifically designed for children aged 7-13 years who are above a healthy weight, and their parents.

What happens on the Go4Fun® program?

The program consists of 10 sessions, once a week for 2 hours. Highlights include:

- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy and effective ways to improve your child's nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- The chance to try delicious and healthy new foods!



Why join Go4Fun®?

- ✓ **FREE** healthy living program to help 7-13 year olds and their families to lead healthier lives
- ✓ Get expert advice on healthy eating
- ✓ Make new friends
- ✓ Feel more confident and boost self-esteem
- ✓ Get fit playing fun games
- ✓ Set goals to be active and eat healthy

How to Register

Call 1800 280 900

SMS 0409 745 645 for a call back

Register online at www.go4fun.com.au