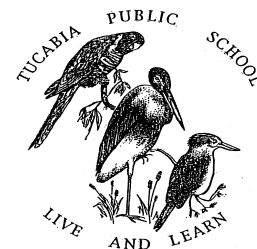


Tucabia Public School

Mookin Street, Tucabia NSW 2462

P 0266448217 F 0266448172

tucabia-p.school@det.nsw.edu.au



Term 2 Week 5

May 25 2016

FAST AND FIT!

Our four brilliant Cross Country runners have been busy training at school, running their 2 or 3 kms every day after Crunch and Sip. Their fitness and speed have improved immensely and they are now tapering down for their big run at the Mid North Coast Cross Country in Sawtell this Friday. Their goal is to finish in the top six.

Good luck Satriya Pope (2 kms), Jackson Moran, Emily Fletcher and Sunny Cowper (3 kms). You are all winners in achieving this level. We have only had a couple of students run at this event. Four in the same year is quite something! Our fitness programs combined with being active with sports on the weekend go hand in hand in helping our students reach their full potential. We are very proud of them all!

GRIP LEADERSHIP

"Aspiring to succeed by challenging potential" is our vision for all our students. Understanding leadership and the skills of being a good leader help our students thrive both at school and later in the world of the work. These are life-long skills employers are looking for and confident leadership will assist our kids to aspire to reach their goals.

Goal setting is a part of leading and Years 3-6 have written very relevant and succinct goals for themselves this term. Most of the students have already shown improvement by achieving their milestones. Aspiring to be a leader has been a goal for a number of students in the class. Many other goals are individual and varied. They range from reading, tables, spelling and being on time to art and writing. These students inspire us all!

Year 5-6 students will attend a GRIP Leadership Conference next Monday in Coffs Harbour.

Please return your notes Year 5-6! We need to organise transport.

BIGGEST CUP OF TEA

Our students coloured in their "cups of tea" for the Squatters Rest event. They thoroughly enjoyed creating bright, colourful cuppas!

TUCABIA, COWPER AND WOOLI ATHLETICS CARNIVAL

Every year we host an athletics carnival for students from the three local small schools. There is no winner, just a collaborative and fun event that adds a little extra competition for the children. From this carnival, we chose our entrants for the Small School Athletics carnival.

It is held at the Tucabia Oval and this year it is Cowper School's turn to run the canteen. Last week the Cowper P and C sent out an order form for lunches to assist with their catering. If your child is ordering on the day, please return the form with money enclosed, by this Friday. I am ordering their pumpkin soup! Thank you.

P & C

The P and C AGM was held recently. A keen and enthusiastic team are working hard to provide additional resources & programs for the children.

Congratulations and thank you go to the following members who accepted positions for 2016.

President — Belinda Delaforce
Secretary — Jenni Emery
Treasurer — Amy Moran
Uniform Coordinator — Elle Chellew
Canteen Treasurer - Elle Chellew
Canteen Manager - Joy Delaforce

The P & C are purchasing new 'feather' style flags for the school and busily planning a menu for the 125 year celebrations.

Diary Dates

- May 27 - Quizworks
- May 30 - GRIP Leadership Yr 5/6

- June 21 - Tucabia Athletics Carnival
- June 23 - Spelling Bee

Aspiring students to succeed by challenging potential

Parents – it's time to be Cyberwise too!

87% of parents are now discussing cyber issues with their kids – this is great news, but the annual research report from Intel Security reveals that there is still work to be done.

Intel Security's Cybermum, Alex Merton McCann's, top 5 cyber tips for parents.

1. **Connect With Your Kids:** Talk casually and frequently with them about the online risks, and make sure the communication lines are open. Foster discussions around relevant news stories or cases at schools
2. **Set Password Rules:** To show camaraderie and trust, teens may share their social media passwords with friends or acquaintances. Friend or not, this is a dangerous practice, so ensure that your kids understand the importance of personal security
3. **Read App Reviews:** Read the reviews for the apps your child is interested in, especially for any comments surrounding security. Personal recommendation is also great here, but another tip is to also encourage your kids to read the app's review before they hit download
4. **Establish Rules Together:** Work out a set of online rules. You could even consider a formal Internet agreement or contract. Make sure you include time allowed online as well as what information can and can't be shared online
5. **Up Your Tech Knowledge:** Stay one step ahead and take the time to research the various devices your kids use – but also stay knowledgeable about the newest and latest social networks too. I would recommend creating accounts for the social networks that your kids are using, so that you fully understand what they're interacting with.

