

# Tucabia Public School

Mookin Street, Tucabia NSW 2462

P 0266448217 F 0266448172

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



Term 4 Week 2

Oct 18 2017

## Dentist Visit K & 2

Next Monday 23rd October representatives from NSW Health will be attending our school to deliver dental health messages. They will be conducting a whole school assembly then doing free check ups for Kindy and year 2 students. These check ups can only be completed if the student brings back the permission note which they have already received this week.



## Canteen

This week I have included the canteen sheet for the whole term. This is particularly useful for people who would like to order for the whole term. Saves having to remember each week.

Next week we are having home made beef pie with mash and gravy. Mmmmm.



## Snake Safety

WE have already had a local carpet snake visit school and it is timely to talk at home and school about what to do if your child sees a snake.

1. STOP—don't go near the snake. They can not harm you if you are away from them.
2. BACK UP—move backwards from the snake so you can keep an eye on it and see if it moves somewhere.
3. TELL—let an adult know. The adult will make the judgement to wait and let it leave or if it is appropriate to contact a local snake handler to remove it.



It is a good idea to discuss the types of snakes that will be found around Tucabia and to appreciate that they do play a part in the ecosystem.

WIRES suggest you make your home undesirable to snakes by clearing any edges, piles of wood or rubbish and keeping the lawn well mown.

WIRES also state most snake related injuries happen when people attempt to handle the snake, so keep away.

**WIRES — 66434055**

## Jacaranda Thursday

Thursday 2nd November is Jacaranda Thursday and is a gazetted half day public holiday for our school. Clarence Valley schools understand the significance of Jacca Thursday and support this important community event. A note has been attached to the newsletter that is a permission note for students to attend the morning festivities and for it to be recorded as a justified absence from school.



## SGHS—Creative Arts Day

Year 4 students are really looking forward to the creative arts day being hosted by South Grafton High School tomorrow. It is a wonderful opportunity for students to be involve in experiences with specialty teachers and mix with students from other schools, developing independence and having fun too. Have a great day.

## Live Well at School

Below is part of the information from Healthy Schools communications with schools, which was interesting about children and sleep.

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

***Mounting evidence points to poor sleep resulting in a sluggish metabolism, poor performance at school and increased 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 are:-***

*Consistency: going to bed and rising at a regular time*

*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.*

### Diary Dates

- October 23—Dental Visit

- October 24—Kindy Transition
- November 2—Jacaranda Thursday

# Community News



The aim of the After the Storm program is to help parents who have experienced domestic and/or family violence to:

- understand the effects of domestic and family violence on children
- to learn ways to talk and listen to their children about their experience
- to encourage children's resilience
- to support parents in strengthening their relationship with their children and to enhance parenting skills.

**6 sessions – 9.30am to 12pm @ CRANES 3-7  
Prince St Grafton**

**OCTOBER 25 & NOVEMBER 1, 8, 15, 22,  
29**

**Free childcare available (limited  
spaces)**

**BOOKINGS ESSENTIAL**