

# Tucabia Public School

Mookin Street, Tucabia NSW 2462

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Term 1 Week 6

Mar 1 2017

## School Activities

We are now in full swing and teaching and learning programs are going well. It is wonderful to see all the progress happening and all the smiling faces of kids learning, having a good time and being successful at school.

Please be aware that if you or your children are having any issues at school please make contact with your class teacher either in person or make an appointment through the office. We are keen to work with you and make sure everyone is able to work at their best and get the most out of our school.

## Go Satriya!

We all wish Satriya the best of luck and speed at the Mid North Coast swimming carnival. We are so proud of you.

## Tucabia Shop

Students from our school will no longer be going to the shop to pick up orders. It is an uncontrolled environment filled with traffic and stranger dangers and the risk level is too high. If you wish to order emergency lunches from the shop confirm with the staff that they will bring the lunches to the school for you.

## Assembly

It was fabulous to see family members at last weeks assembly. K-2 did a great job showing their constructed robots and telling us all about them. Our next assembly will be next Friday where 3-6 will be sharing some work. Community members are again invited to attend.



## Clean Up Tucabia

As part of our school's annual commitment to Clean Up Australia Day we will again be participating in a clean up of Tucabia. This will be happening this Friday 3rd March. We will begin first thing in the morning with K-2 focussing on inside the school grounds and 3-6 working on outside our fence line, working up the road to the park and showground then back to school. If any members of the community would like to join us you are more than welcome and the entire community will reap the benefit of it.



## Surf School

Surf school will be happening on Tuesday 14th and 28th March.

Thank you to the P&C who have offered to fund the short fall from the Sporting Schools grant so that there will be no cost to students to attend.

A permission note will come out next week which needs to be completed to attend.

Please be aware that the whole school is attending and will be no supervision at school.

## Canteen

Thank you to the people supporting the canteen and to Joy and Belinda for the delicious pizzas this week. Next week will be amazing fried rice being prepared by Jenny Stewart. We have extended the ordering time until **Monday morning** to help families. As you can appreciate we can not cater for orders on the day as ingredients have to be ordered and prepared in advance.



## OrderForm Over Page

### Diary Dates Term 1

- Mar 3 - Clean Up Tucabia

- Mar 14 - Surf School
- Mar 28 - Surf School

*Aspiring students to succeed by challenging potential*

# Canteen Order Form Tuesday 7.3.2017

Write the number of items in each box	Name
Return to school by Monday	
Fried Rice (Beef, bacon and vegetable) \$3 <input type="checkbox"/>	Popcorn 50c <input type="checkbox"/>
Jelly and custard \$1 <input type="checkbox"/>	Zooper Dooper 50c <input type="checkbox"/>
Popper \$1 <input type="checkbox"/>	Jelly 50c <input type="checkbox"/>
Custard 50c <input type="checkbox"/>	Total Cost

✂ ----- Please detach and return to school -----

## Community News



## Yuraygir United FC

- We are looking for new players!
- Never played, then learn new skills and join the winning *Bears*!
- Sign on for new players - Wooli Hotel Sat 4 March 4 - 6pm
- Returning players please register online as soon as possible at [www.myfootball.com.au](http://www.myfootball.com.au)

For more information please call Jake on 0408544545.

Transition to  
School Newsletter

# Parent Line

NSW

find us on



## Developmentally speaking

Some kids require additional support at school. They may struggle to connect socially, find it hard to concentrate in class or fall behind their peers in basic literacy and numeracy.

If you have concerns about your child's development speaking to a Parent Line counsellor may help you find the right strategies support and referral pathways. For children with additional needs, developing a good working relationship with the school early on is important. For resources to help, visit the Transition to School site at [www.transitiontoschoolresource.org.au](http://www.transitiontoschoolresource.org.au)

## Managing transitions

It is normal for kids to be exhausted after a day at school; this may lead to them experiencing emotional meltdowns. Learning and navigating new relationships is draining. It can help to have established afternoon routines which allow for some down-time. The family meal time is a good place to ask your child about their day and reconnect. Rituals for the end of the day, week, term and year will help your child transition more smoothly.

## Parents' own Feelings:

Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school. Speaking to an empathic and non-judgmental Parent Line counsellor can help develop strategies to manage those complex feelings.



An interpreter service is available to clients at no cost. Simply call us...

**1300 1300 52**

**9am-9pm Monday to Friday**  
**4pm-9pm Saturday & Sunday**

[info@parentline.org.au](mailto:info@parentline.org.au)

[www.parentline.org.au](http://www.parentline.org.au)



Transition to  
School Newsletter

# Parent Line

NSW

find us on



## We're a bit different...

We **open 7 days a week** and our counsellors are talking to clients long after most kids are in bed. We never get to 'meet' the lovely families who use our Line but that doesn't stop us building relationships with callers that last for years ... for the cost of a local call from a land line.



## Who will answer my call?

We have a team of 30 highly trained, compassionate counsellors who have lots of experience in working with families. We know every family is different and so we take the time to elicit what is important for each family...



## Transition to school

Transition to school is both an exciting and emotional time for families. It helps to have support to find information, ask questions and discuss problems. Parent Line NSW counsellors are trained to provide support to families making this transition.

## Working with emotions

**One of the best skills to teach little ones is how to calm and regulate emotions.** Two of the best ways to do this are to colour and to play with play dough. Rhythmic movements combined with parent and child working closely together is soothing for both.

To make a home made dough, mix ...

- \* 1 cup salt
- \* 2 cups plain flour
- \* 3 tbs cream of tartar
- \* 2 cups water
- \* 2 tbs oil

...with a few drops of food colouring and knead until mixed in and soft.



## Ask us a question...

Parent Line offers parents and carers the chance to contact us online. Email us a question to [info@parentline.org.au](mailto:info@parentline.org.au) visit our website to use online counselling or message us on Facebook.



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