

Tucabia Public School

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Term 1 Week 7

Mar 8 2017

Go Satriya!

We all wish Satriya the best of luck and speed at the North Coast swimming carnival held today. 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.

Surf School

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

The permission is attached.

Please return the note by Monday to ensure your child can come.

Things that your children will need to bring:-

- Hat and sunscreen
- Swimmers and rashie.
- Towel and dry clothing to wear home.
- Lunch including plenty to drink.
- Sense of adventure.



Canteen

What an awesome response this week. Almost half of the school enjoyed Jenny's beautiful fried rice and enjoyed Joy's jelly and custard for dessert.

As it is Surf School next week there will be no canteen.

The following week Samantha will be making Kicken Chicken Kebabs. The order form will be in next weeks newsletter.

Easter Hat Parade

This year we will be having an Easter Hat Parade on Tuesday 4th April. We will be having a morning tea at 11:00 where we will be having hot cross buns for sale and the parade will begin at 12:00. After the parade we will be having a sausage sizzle bbq for lunch. All members of the community are welcome to attend.

Students will be making hats at school as part of arts and crafts lessons. If you wish to also make a hat at home with your child you are more than welcome to.



Please note that there are no prizes for the parade but all participants will receive an Easter treat.

School Fees/Book Packs

Thank you to the families who have already paid their school contributions. If you have not done so can you please make this a priority before the end of term. Small schools have small budgets and the initial outlay for books and supplies to begin the year puts a strain on our ability to pursue other priorities in the school. Fees are \$45 per student with a maximum of \$120 per family.

Diary Dates Term 1

- Mar 14 - Surf School

- Mar 28 - Surf School

- Apr 4 - Easter Hat Parade

Aspiring students to succeed by challenging potential

Clean Up Tucabia

Last Friday we participated in Clean Up Australia. Well done kids for doing your part to keep our beautiful school and village looking so good. A special thanks to Amanda and Henry Collett who joined the K-2 class. I must also congratulate the community as a whole. There was very little rubbish to speak of around the school or park areas.





Bringing Up Great Kids

6 Consecutive Wednesdays

15th, 22nd February
and 1st, 8th, 15th, 22nd March
9.30am - 12.30pm

3-7 Prince St, GRAFTON

A comprehensive program for parents covering, age development, communication, understanding behaviours, stress, rules and consequences and much more

For more details visit <http://www.childhood.org.au>

Building Resilience in Kids

One Day Workshop

Wednesday 29th March

9.30am—12.30pm

3-7 Prince St, GRAFTON

Resilience is one of the key components to lifelong happiness and well-being.

This workshop examines the essence of resilience and provides tips on how to help build resilience in our children



2 Consecutive Thursdays

23rd February & 2nd March

9.30am—12.30pm

3-7 Prince St, GRAFTON

Learn strategies for calming the anxious child, reducing melt-downs and teaching your child to self-soothe.
Suitable for parents with children aged 5—15yrs.

Calmer Kids



Talking with Children About Loss and Grief

2 Consecutive Thursdays

23rd & 30th March

9.30am - 12.30pm

3-7 Prince St, GRAFTON

This workshop is for parents wanting information and advice on how to talk to children about loss either through death, separation or major life change.



Managing Conflict in the Home Kids and Computer Games

CRANES will be running a series of workshops in 2017 focusing on managing conflict in the home with good communication. The first for the year focusses on concerns many parents have about the duration, content and safety of their child's gaming habits. Parents will explore strategies for approaching this issue without the drama

One Day Workshop

Wednesday 5th April

9.30am - 12.30pm

3-7 Prince St GRAFTON



For more information on other FRSP workshops visit www.cranes.au

FAMILY RELATIONSHIP SKILLS PROGRAM



The workshops are open to any male who has a strong presence in the raising of a child – fathers, step-fathers, grandfathers, uncles, male carers, etc.

There are six individual workshops running throughout the year. Participants are welcome to attend any or all of the workshops at any time

Where: Sunshine House, 10 Kemp St Grafton
Time: Evenings 6.30pm - 8.30pm
Cost: FREE

Date	Topic	Date	Topic
2/3/2017	Male Matters- The role of men in a child's life	17/8/2017	Male Matters- The role of men in a child's life
16/3/2017	Communication	31/8/2017	Communication
30/3/2017	Confidence, self-esteem & resilience	7/9/2017	Confidence, self-esteem & resilience
18/5/2017	Behaviour	26/10/2017	Behaviour
1/6/2017	Understanding Stress	16/11/2017	Understanding Stress
15/6/2017	Family Relationships	30/11/2017	Family Relationships

All FRSP calendars available at www.cranes.org.au

For enquiries or to register phone CRANES on 6642 7257 or email frsp@cranes.org.au