

Tucabia Public School

Mookin Street, Tucabia NSW 2462

P 0266448217 F 0266448172

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



Term 1 Week 8

Mar 15 2017

Attendance

Thank you to the majority of families that recognise the importance of students coming to school every day.

If your child is away for some reason please be aware of the following legal responsibilities that you have.

1. You need to inform the school within 7 days of the absence giving a reason. After this time it is automatically registered as an "Unjustified Absence".
2. If you are late or need to pick up early it is your responsibility to take your child to the front office to have them marked in or out of school. You will then be issued a late or early pass to give to the class teacher.



Surf School

Surf school will be now on next Tuesday 21st and 28th March.

As a result of the new dates we require a new permission note which 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

We will not have canteen until Tuesday 4th April.

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.

Changes Of Routines

If you have any changes of routines please inform the school by note or call the office. Students can often become confused throughout a busy day and struggle to remember what is happening. This will avoid any confusion. Thank you.



Diary Dates Term 1

- Mar 21- Surf School

- Mar 28 - Surf School

- Apr 4 - Easter Hat Parade

Aspiring students to succeed by challenging potential

Surf School Permission Note

I give my permission for my child/children _____ to participate in the Surfing School activities being held at Minnie Water Beach on March 21 & March 28 2017.

I understand this involves water activities which will be fully supervised by trained staff. All relevant risk liabilities have been checked and ratified.

Travel will be by bus. There is no cost for this activity as the P & C are funding the travel component.

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



Imagine...
a suicide-safer community

Learn First Aid for

Suicide

Applied Suicide Intervention Skills Training (ASIST)

11th & 12th May 2017

South Grafton Ex-serviceman's Club,
2 Wharf St, South Grafton

8.30am – 4.30pm both days

This workshop is being offered **free** (normally \$250)

To attend please phone 02 6651 4093

This 2 day Workshop will equip participants to:

- ♦ Explore attitudes towards suicide
- ♦ Identify people who may be at risk
- ♦ Assess the degree of risk
- ♦ Engage a person at risk with confidence
- ♦ Intervene effectively to promote safety of a person at risk
- ♦ Undertake appropriate management or referral to local resources

For more information about
LivingWorks ASIST Workshops

Contact Lifeline North Coast

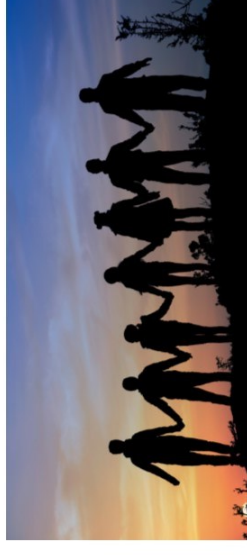
T: 02 6651 4083

E: Sharon.chisholm@lifecycle.org.au

W: www.livingworks.net



SUICIDE PREVENTION FOR FAMILIES



Family, Friends and Community Suicide Prevention Information Night.

For 18 years plus

- Recognise the signs
- Facts and myths
- Listening and hearing
- Supporting tools
- Self care

VENUE: 59 Duke Street Grafton.

Grafton Community and Function Centre.

TIME: 6pm-8pm.

DATE: Thursday 6th April.





Department
of Industry
Resources & Energy

Support to Pay Electricity and Gas Bills*



**Help is available to pay
your energy bills.**

**For information on
rebates and emergency
assistance go to:**

**[www.resourcesandenergy
.nsw.gov.au/rebates](http://www.resourcesandenergy.nsw.gov.au/rebates)**

**or phone Service NSW
on 137 788**

** eligibility criteria apply*

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

Family Energy Rebate* – \$150 or \$15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part a or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

NSW Gas Rebate* – \$90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

Medical Energy Rebate* – \$235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson's disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

Low Income Household Rebate* – \$235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

Life Support Rebate* – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

EAPA* – Energy Accounts Payment Assistance Scheme – helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPA is not means tested and you do not need to hold any DHS or DVA concessions cards to access this scheme.

HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebates or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post you application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

**If you have a DHS (Centrelink) Health Care Card you could qualify for the
Low Income Household Rebate and/or NSW Gas Rebate.**