Principals Newsletter Week 4 ~ 20th February 2013

Mr Gillett organised such a wonderful swimming carnival in Week 2 that even the rare sun graced us with its presence! Thank you to all staff and parents for making sure that a great day was had by all. The Zone Swimming Carnival for all successful children will be held on the 27th February. Notes will be sent home with all the relevant information.

Thank you to all the new parents who attended the P&C last Monday. I am so very happy to see that our membership is growing and great ideas arising from this forum. Please keep attending and help us make great decisions so we continue to grow in a positive and representative way. Make sure that you mark the 2nd Monday of each month as P&C and come along to share the load. It was a terrific success!

Mrs Crump is doing a great job supporting the P&C and is available to answer any questions you have or to assist in any way. Mrs Crump’s CLO afternoons are Tuesdays and Thursdays. Our next P&C meeting will be on Monday the 11th of March at 6.00pm.

Meet and Greet Evening Meetings: Our Meet and Greet is on today. The programed sessions will begin at 5.00pm for parents with children in KD, KR1, 1E2, 2G, 5I6, and then at 5.30pm for parents of children in KR, 1L, 3W4, 4J5 and 5A6. We ask that, if possible, K-6 children not attend the sessions as there will be teachers and SLSO’s able to supervise in the playground. Please come along meet the teachers and staff and find out all you can about your child’s class.

Teachers will also make themselves available at mutually decided times for parents requesting interviews and for parents who may have missed out. Please make an appointment through the office or directly with your child’s teacher. I am looking forward to meeting you all this evening.

Text Books Packs: Thank you to all parents who have already purchased their children’s Book Packs, teachers are ready to commence formal work within their designated text books and are only waiting for all their class to have their books to begin.

We do not want to disadvantage any child nor do we want to delay this vital class work therefore if you have not done so already please send payments in to the office as soon as possible. Anyone experiencing difficulty meeting these payments please come and see me as we can assist by setting up a payment plan to expedite this process.
Kindy Club: A meeting was held last Monday to explain our Kindy Club operations. Notes were sent out to all parents who have indicated interest and have children eligible to begin Kindergarten at Tighes Hill School in 2014. If your neighbours and friends missed the meeting please ask them to contact the school so that we can make sure this program reaches all eligible preschoolers. Kindy Club began on Monday the 18th of February and will continue each Monday throughout this year for 30 weeks. Mrs Crump our CLO and Ms Holcroft Kindy Club teachers will be able to answer any enquiries for parents who missed our meeting.

Scripture: Lessons began this week with our very generous group of volunteer Scripture teachers. Thank you!

Student Information Update: Please make sure that if any information in regards to your child’s living arrangements, phone numbers, emergency contacts, medical records etc has changed in the last 12 months will need to be noted on the new Family Information Sheet included in an earlier newsletter. Please return these forms ASAP to Mrs Carlier in the office so that we can update our records. Current information allows us to contact family members and support ill children quickly.

Sun Safe Hats: Congratulation to most of our children who are now wearing appropriate hats to school each day. I just love all the positive comments by a great number of parents and visitors about the children, their wonderful behaviour but most particularly about how smart they look in their uniforms and hats. Well done!

Please help the children remember their hats each day otherwise they will have to sit out play and follow our “No sun-safe hat No play” rule. If you are experiencing difficulty purchasing a hat, please come and see me and we will make some arrangement. I don’t want a child to miss out on anything because of financial difficulties.

Lolly Pop Ladies: Please remember that the ladies at the crossing are there to help keep our children safe when crossing the street at the two designated pedestrian crossings. They are not there to continually monitor parking or ask you to move if you are parked inappropriately.

Please don’t call children to your car parked across the street as children won’t look both ways before running to you. All children must also walk any push bikes and scooters across the pedestrian crossing. Let’s model safe road rules and thank our Lolly Pop Ladies for keeping our children safe each day.

For added safety we ask that parents drive slowly whenever they are near the school and in our surrounding streets as 40km zones are always in place. A reminder to avoid doing U-turns, double parking, speeding or parking incorrectly, police do regular checks and community members have been fined on several occasions.

SPINS Speech Pathology in Schools Program: Our Speech Pathologists Mrs Thizbe Wenger and four Speech Pathology students are back at our school each Friday and will be working directly with Kinder, Year 1 and Year 2. All Kinder children will be screened at no cost to you. We are hoping to pick up on any speech needs quickly so that school programs can be devised to assist the children. They will be assisting the teachers to identify children who may need additional support with expressive, receptive and articulation issues in language and working closely to develop individual learning plans for these children. Furthermore they will be contacting parents if further assessment is required. You are more than welcome to come to school on a Friday to have a chat with the team.

Canteen: Thank you to all our canteen supervisors and volunteers for the wonderful service that you are providing for our school. The revamped menu looks awesome. Thank you everyone who worked so hard in Term 4 to achieve this. New volunteers are always welcome.
Principals Personal Best Assembly ~ Whole School Monday Week 5: We welcome all parents to our assemblies each week to celebrate with all our children. The first Personal Best Awards for 2013 will be next Monday. During our Student Welfare Policy and procedures review in 2012 it was decided that Principals Personal Best children would be rewarded with a Principal’s Morning Tea at the end of each term as well as the winners from each weekly assembly.

**ASSEMBLY AWARDS Week 3 & 4:** (K-2 assembly begins Week 6)

3W4 Kane Bushby, Dylan Driscoll-Williams, Gill Marrable, Neave Bailey, Samantha Phillips, Zakk Jones

4J5 Rhiannon Clark, Nelson Gardner, Brendan Rutherford, Cala Jones, Alysse O’Brien, Joseph Eastwood


5A6 Demaris Humphries, Rory Graham, Allan Parmenter, Matilda Dempsey, Mitchell Hunt

**Congratulations Everyone!**

**Fantastic Effort!**

Tony Selwood
Principal

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**Tighes Hill Public School Swimming Carnival Report**

Wednesday 6th February marked the date for Tighes Hill’s Swimming Carnival, an annual event keenly anticipated by all Primary age students.

A perfect late summer day encouraged all levels of swimmers to take to the pool to participate and put into practice their abilities and enthusiasm for the water in summertime.

Thanks to all the parents and teachers who attended on the day to encourage the children, and special thanks to those who were timekeepers and ‘in pool’ supervisors for the two 25m sessions, you helped make the day possible.

Congratulations to the Zone qualifiers and overall champions. The Zone swimming event is to be held on Wednesday 27th February at Lambton Pool.

Well done to all the students on the day – it was all about you and it was great to see so many in the pool enjoying the water.

Chris Gillett
Sport Coordinator

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**Got It! Tip Of The Week**

Praise your children for trying and not for being perfect. Try to help your child focus on their effort in giving things a go and not necessarily for the outcomes of their efforts.
Did You Know?

You can support your child’s health care needs at school by:

- Inform the school of the health needs of the child at enrolment or when health conditions develop or change.
- Liaise with your child’s Doctor to develop necessary Health Care Plans for Asthma, Diabetes, Epilepsy or Anaphylaxis.
- If required, provide prescribed medication and ‘consumables’ for administration by the school.
- Where relevant, collaborate with the school in planning to support the child’s health care needs at school including updating information and reviewing plans.

Tiger Tales – Opportunity Class Blog

Click on the link below or scan the QR code to visit the new Tiger Tales OC blog:

http://tigheshilloc2013.edublogs.org

Subscribe by email to receive the latest news, updates and photos from the OC!

Canteen Meeting

We are holding an important meeting to form a Canteen Committee and discuss daily procedures. The meeting will be held next Monday 25th February at 6.00pm in the Staffroom. To make this a successful meeting we needed as many people as possible to attend. Even if you’re not a regular volunteer your contribution to this meeting is valued.

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<th>Canteen Roster</th>
<th>Thurs 21st Feb</th>
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<td>Mon 25th Feb</td>
<td>Karen Eastwood Monique Eastwood</td>
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Kinder, Year 1 & Year 2 Participation in Fun Friends

Term 1 2013 Tighes Hill Public School

Delivered by the Teacher as part of class activities and parent support with home activities

Fun Friends is a program that enhances children’s emotional resilience and their social skill development which will stay with them for life.

The GOT IT! Team, from the local Health Service, who have been working in the school have recently trained the K-Yr2 Teachers to be accredited facilitators for Fun Friends. The Kinder, Year 1 and Year 2 Teachers will now be able to run the program as part of their classroom activities during Term 1 2013.

All of the K-Yr2 children will be doing activities in class time giving them the opportunity to further build their social and emotional skills, helping them to improve their self-confidence, problem solving skills, ability to get along with others, make new friends, identify support people and to effectively cope with new or difficult situations. It engages children through games, role plays, puppets, story books and discussion.

The program also includes home practice tasks for the parent/carer and child to work on together, taking approximately half an hour each week. Setting a time aside on a particular day is a great way to manage this special time for you and your child. A Parent workbook or worksheets will be given to each child to take home to guide the parent and child in these activities each week.

“Children who are emotionally and socially skilled relate better to other children, teachers and parents. They are more competent in dealing with stress and school work”

(Aber, Jones, & Cohen 2000)

Thank you, from The GOT IT! Team
Raising Resilient children & being a Resilient Family

A Parenting Session for:
all Parents, Carers and your child’s family support people

Wednesday 13th March: 9.15am - 10.15am
(following BBQ breakfast 8.00am-9.15am)

VENUE: Tighes Hill Public School
Presented by the GOT IT! Team

As part of the GOT IT! Team’s work in our school this term they are offering an invitation to all our parents and carers and your child’s family support people to find out more about being a nurturing and resilient family.

Parenting is not an easy task for any of us and carries a lot of responsibility with no single right way to be a parent. A challenge of parenting is to raise well-adjusted, healthy children in a loving and predictable environment.

This parenting session will provide an opportunity to help you guide your children and your family in developing emotional resilience, problem-solving skills and enhancing the parent-child relationship through everyday home activities and routines.

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Please let us know of your intention to attend:

Tighes Hill Public School Parenting Session - Wednesday 13th March 9.15am - 10.15am

Parent/Carer name(s)..............................................................................................................................................will be able to attend

Child’s name: ..................................................Class: ..................Teacher: ..........................................................

Return this slip to class teacher

Thank you, from The GOT IT! Team

The GOT IT! Team is from the local Health Service and is currently working with the school this term to help build the social and emotional skills of our younger children.
All Junior Chess Players are invited to play!

**ONE DAY INDIVIDUAL CHESS TOURNAMENT**

A great way to “warm up” for the school teams tournaments starting in Term 2 but you don’t even have to be in a team to come along and enjoy playing chess.

**Sunday 17th March 13**

Newcastle PCYC
cnr Young Rd & Melbourne Rd Broadmeadow

While you can just turn up on the day, it helps get started on time if you enter in advance by email to david.absalom92@20gmail.com

**Entry $8**
**PCYC members $5**
Family discounts available

**Registration 9am**
**Play 9.30am to 3pm**
All players play all rounds:
You do not get knocked out!
Puzzles/Coaching between rounds
Bring your own lunch or use the PCYC canteen
Moving into Stillness

Mindfulness - Based Yoga and Meditation

Classes for 2013
113 Albert St, Wickham
Universal T. K. D. Academy

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<td>6pm - 7:30 pm</td>
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Term 1 – 6th Feb - 12th April Term 2 – 1st May – 28th June

There will be no classes in school holidays or on public holidays
This gentle yoga class is based on mindfulness practices, incorporating the union of breath and movement to prepare the body for meditation and present moment awareness. Yoga improves circulation throughout the body, reducing stiffness and lowering stress. This class is suitable for beginners to experienced practitioners, pre & post natal and those recovering from illness or injury.

Prices: Wednesday & Friday - Casual $18 & $15 concession

Please bring along a yoga mat and wear loose comfortable clothing, which doesn’t restrict your breathing. Yoga mats for sale at the venue $25 each.

Call Lisa if you have any questions about suitability for the above classes or are interested in one on one private yoga sessions to develop your home practice $80/hour.
View www.lisapollard.com for detailed bio on Lisa’s Yoga & Meditation qualifications

lpollard2000@hotmail.com Ph 0403 186 146 www.lisapollard.com
Harmony Day Celebrations in Week 8
Harmony day is a day where the school community celebrates our diversity. Students are encouraged to dress in traditional clothing from another country or wear the colour orange 😊

The day includes:
Students and class performances at a celebration assembly concert celebrating music and dance from around the world
Students are encouraged to bring a traditional dish from another country for shared class lunch.
Families are encouraged to share their experiences about their travels and experiences overseas during a family share session.
Inter class sport events
Coin trail for school charities
Cultural art activities

Information notes about this event will be going home shortly. If any students or parents belong to differing out of school cultural groups involved in dance or music and would like to perform please contact Miss Beker in the library 😊

Thank You
Growers Best
Marketown Shopping Centre
Newcastle West

Growers Best very kindly supply our school with a box of fruit each week for ‘Fruit Break’.

Next time you visit, thank them on behalf of Tighes Hill Public School.

HELEN O’GRADY
DRAMA ACADEMY
2013
“Increase your child’s communication skills, self-confidence and creative talents.”
(Improvisation, Movement and Scriptwork)

CHARLESTOWN and NEWCASTLE
DRAMA CLASSES
WEDNESDAYS, FRIDAYS AND SATURDAYS

PRIMARY: 7 – 11 YEARS
YOUTH: 11 – 16 YEARS

Enrolments now being taken for 2013 - TERM 1
(CLASSES CONDUCTED IN THE HUNTER FOR THE PAST 20 YEARS)

Principal: Shane Skerly
Ph: 02 49 692338 for details
Email: dramacorp@bigpond.com
Community News

Sport Registrations

Port Hunter Basketball Club ~ “Pre Club Comp Skills Session”
All ages welcome, Tuesday 26th February 2013. Contact Nicole: nikeaston@bigpond.com
or 0431 486 080

South Newcastle Junior Rugby League ~ www.southnewcastlejuniors.leaguenet.com.au or call
Graeme Fitzgerald – 0407 093 662

Newcastle City Blues Junior AFL Club ~ phone Simon McCauley 0408 474 847

Boomerangs Baseball Club ~ www.boomerangsbaseball.com.au or Contact Blair 0438 483 154
or Michael 0408 630 662

Waratah Junior Rugby Club ~ Enquires – Bruce 4960 1659 bakerbktd@optusnet.com.au

Waratah Mayfield Junior Rugby League is registering players from 5 years – 18 years.
Beginners most welcome. Contact Joanne 0431 700274 or jo.paul.andboys@optusnet.com.au

Mayfield United Junior Soccer Football Club Registration Dates
Thursday 21st February 5.30pm–7.30pm & Saturday 2nd March 3pm-6pm @ McDonald's Mayfield.
Registration must be done online at www.myfootballclub.com.au
Fees are: U6-U7 = $110, U8–U11 = $145, U12–U18 = $160
New players to the club will receive a free pair of socks and shorts.
Teams are due in 5th March; this is your last chance to register with our club!
Contact Larissa on 0418 112 108 for more information.

School Veggie Garden Working Bee
Saturday 23rd February 2.00pm – 4.00pm
This Saturday, volunteers will be onsite at school working to spruce up the veggie garden.
Jobs will include: Planting seedlings & seeds (basil, beetroot, beans, carrots, herb, broccoli, chillies &
flowers) mulching & composting, mural painting / repairs & discussing ideas for veggie garden
activities for 2013.
Everyone is welcome to assist & any seedling / seed donations are appreciated.

Food Life Foundation

NEED HELP? ~ Low Cost Groceries
Thursday 10.00am to 2.00pm, 18 Albert St, Wickham
Fruit, Vegetables, Toiletries & more
Call 4961 3022