

# Respectful - Caring - Safe



## NEWSLETTER

Term 4, Week 7  
**TUESDAY**  
November 22nd, 2016

Dear Parents, Carers and Students,

Thank you to Mrs McHarg for relieving as Principal and to Mr Markham for teaching the Primary Class over the last two weeks while I have been on leave. Thank you also to Linda for keeping me informed of any important school issues. Veronica and I greatly enjoyed our trip to Vietnam and Cambodia and came away with a greater appreciation of their culture and lifestyle. It also affirmed that we are fortunate to live in the environment that we do.

This Thursday Jamie, Zayd and Layla will be spending the morning at the Bega Campus of the University of Wollongong as part of the Kids2Uni program. I am sure they will find the experience beneficial.

Congratulations to Luke, in Year 4, whose entry was chosen to be part of the 2017 Eurobodalla Calendar. He has been invited to attend its launch next Monday in Moruya.

The first session of our Kinder Orientation program takes place next Tuesday morning, November 29th. At this stage we are expecting 4 Kinder enrolments for next year.

Next Wednesday our Primary Class students head to Mogo for their three day excursion and will be joined by the Infants Class on Friday at Mogo Zoo. All permission notes and money should be returned as soon as possible to assist with the organisation. Thank you to Jo, Layla's mum, whose name was 'drawn out of the hat', and has agreed to assist me on the excursion.

Primary Class Mogo excursion 'what to bring' and medical notes were sent out yesterday along with the Infants Mogo Zoo excursion letter and these should be returned by the end of this week.

The following week will see the production of our school play 'Searching For Google'. I am looking forward today to seeing how it is progressing. Mr Markham has been very impressed with the way students are preparing for the play and the wonderful work being done by parents to help with costumes and backdrops.

In addition to this, teachers are currently preparing written progress reports for each student which will be given out in the last week of term.

Enjoy your week,

Regards, John Carter, Principal

### REMINDERS

- ⇒ RETURN SPECIAL LUNCH DAY ORDER & \$
- ⇒ PRIMARY - RETURN MOGO MEDICAL FORM & \$
- ⇒ INFANTS - RETURN MOGO ZOO NOT & \$
- ⇒ MORE HELP NEEDED FOR LITTLE GREEN THUMBS DATES FOR YOUR DIARY -
  - \* NOV 29 & DEC 6 KINDER 2017 ORIENTATION HALF DAYS
  - \* DEC 5 - PLAY REHEARSAL NAROOMA HIGH SCHOOL
  - \* DEC 7 - PLAY MATINEE AND NIGHT PERFORMANCE AT NAROOMA HIGH SCHOOL
  - \* DEC 8 - PLAY NIGHT PERFORMANCE AT NAROOMA HIGH SCHOOL
  - \* DEC 9 - WHOLE SCHOOL MONTAGUE ISLAND EXCURSION - LETTER TO BE SENT HOME SOON
  - \* DEC 10 - WORKING BEE AT SCHOOL
- ⇒ PAY STUDENT 24/7 INSURANCE
- ⇒ PAY VOLUNTARY SCHOOL CONTRIBUTIONS
- ⇒ MAKE SURE YOUR CHILD HAS THEIR SCHOOL HAT AT SCHOOL EVERY DAY

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**We're on the web!!**  
[www.centrtilba-p.schools.nsw.edu.au](http://www.centrtilba-p.schools.nsw.edu.au)  
**Find our full colour newsletter here!**



THANK YOU TO REBECCA AND RENEE  
FOR OUR LAST SPECIAL LUNCH DAY  
~ IT WAS SO YUMMY! ~



## SPECIAL LUNCH DAY

### NEXT TUESDAY, November 29th

Orders **MUST** be in by **THIS** FRIDAY MORNING, 9.30am, NOVEMBER 25TH

Absolutely **NO** late orders will be accepted !

### NEXT MONDAY IS TOO LATE !!

Note : EFT payments to **P&C** - **NOT** School. Please make sure you **INCLUDE YOUR NAME(S)**.

Huge thanks to Renee & Shannon (Logan's parents)

### STUDENT NAME(S):

ITEM	CHILD'S NAME IF MORE THAN ONE CHILD	ITEM COST	QTY	TOTAL
Sushi roll with soy chicken, shallots, carrot, cucumber and mayo in <b>SEAWEED</b> paper.		\$2.50		
Rice paper roll with soy chicken, shallots, carrot, cucumber and mayo in <b>RICE</b> paper.		\$2.50		
Strawberry and Pineapple Ambrosia (with strawberries, pineapple, marshmallows, coconut and sour cream)		\$1.50		
<b>Note: EFT payment to P&amp;C</b> (please <u>circle</u> if paying by EFT) <b>TOTAL AMOUNT ENCLOSED</b>				\$





# Searching For



## When!

Wednesday, December 7th  
Matinee 11am & Evening 7pm  
Thursday, December 8th  
Evening 7pm

## Where!

Narooma High School Hall

## Cost!

Adults \$7  
School Students Free  
Preschoolers for tickets  
phone 4473 7210 for the door  
Or purchase them at the door







The INFANTS CLASS  
and their TEDDIES





## Week 7 - Eat More Fruit and Vegetables

Did you know 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.

- ☺ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- ☺ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- ☺ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

### How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day - both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels - see table below.

Recommended serves of fruit and vegetables by age

Age	Fruit		Vegetables	
(years)	(serves/day)		(serves/day)	
	girls	boys	girls	boys
2-3	1	1	2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub>
4-8	1 <sup>1</sup> / <sub>2</sub>	1 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>	4 <sup>1</sup> / <sub>2</sub>
9-11	2	2	5	5
12-18	2	2	5	5 <sup>1</sup> / <sub>2</sub>

Note: One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).  
One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils)).

### Fresh fruit is a better choice than juice

- ☺ While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.
- ☺ One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

Source: [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

**More help is needed with 'Little Green Thumbs' as Liane and Rebecca are not available every Monday.**

**If you can help on any Monday from 2-3pm, just come along to the school - it would be greatly appreciated.**



# KINDERGARTEN 2017 ORIENTATION

If you know of anyone who may be interested in starting their child at Central Tilba PS next year, please advise them to contact the school ASAP

**NEXT Tuesday, November 29th, 9am - 12.45pm**  
**Tuesday, December 6th, 9am - 12.45pm**

The timetable for these two days is as follows:

- 9.00-9.10am Arrive at school (be sure to bring a hat).
- 9.15am Bell rings and lessons commence for the day (parents are welcome to stay as long as necessary for their child to be settled).
- 10.45am Five minute fruit break in their classroom. Children should bring a piece of fruit or vegetable.
- 11.00am Bell rings for a 20 minute break. Children should bring recess snacks and a water bottle (NO lollies, chewing gum or sugary drinks permitted).
- 11.20am Bell rings and lessons recommence.
- 12.20am Children eat lunch in their classroom. Children should bring lunch and a water bottle (NO lollies, chewing gum or sugary drinks permitted).
- 12.30pm Bell rings for a 20 minute break.
- 12.45pm Parents should collect their pre-school children.

Parents, please note that on the first orientation half day our 'School Information Kit' will be distributed by Linda in the office. This kit includes our School Information Booklet, school enrolment form, bus transport form, private vehicle conveyance subsidy information (if applicable), uniform order form, plus other information for parents of children starting school next year, all contained in a library bag. If you have any questions or queries whatsoever, please do not hesitate to ask.

## Week 7 - Learning Continuum - Speaking (Literacy)

Please note that the information presented in this Newsletter is of a general nature. For specific information related to your child, it is recommended you speak with your child's teacher.

By the end of **Year Five**, a child should be able to:

- ☺ Appropriately question the viewer idea put forward, and express disagreement with sensitivity to the perspective of others;
- ☺ Uses multimedia to enhance meaning when communicating ideas and information to others;
- ☺ Discuss the use of different registers for different purposes, audiences and contexts;
- ☺ Logically develop arguments and points of view when planning more formal oral texts such as speeches and debates;
- ☺ Use active listening strategies such as rephrasing ideas and clarifying and repairing breakdowns in communication.

Don't forget ... if you can help with our major play production

## - Searching For Google -

Contact the school, Sandy, Christina, Adele, Jo or any other involved parents to find out when working bees are being held.  
There's so much to do with costumes, scenery, props, etc.  
Lots of help needed to make this another great success!



# Community Notice Board

Please note: the NSW Department of Education and Training does not endorse any product or service advertised in this newsletter.



**THE TILBA CWA** would like to invite you to our annual Christmas Event Carols in the Hall on Saturday 3rd December at 5pm. The event will begin with a sausage sizzle, tree decorating and a Christmas themed raffle. There will also be sweets and tea/coffee available. Local musicians will perform to help us sing along to our favourite Christmas Carols. And finally, to get you into the Christmas spirit there will be a visit from Santa. We hope you can join us! All profits from this event will go towards helping our local community.

**NAROOMA & DISTRICT LITTLE ATHLETICS** - Had their registration day last Thursday and their events commenced yesterday. They will be holding fun event nights on Mondays from 4.30pm with a \$2 sausage sizzle to finish up. Children must be born before April 2012 to participate. Any enquiries please contact Kylie McLaren on 4476 8103.

## **THE GIRL CAMPAIGN WORKSHOP**

When: Saturday 10 December 2016, 9am – 2.30pm. Where: Dr Mackay Community Centre, 9 Page Street Moruya NSW 2037. Cost: \$20.00 per person. Girls 10-13 years are invited to attend a one day workshop designed to build resilience and self-confidence. Join Kimberli Eke, founder of The Girl Campaign in a gorgeous bell tent for a day of fun. Participants will learn to have a greater appreciation for the beautiful girl staring back from the mirror. Kimberli has been running The Girl Campaign for various age groups along the South Coast of NSW. Wear comfortable clothes and bring a packed lunch. Payment to be made on the day. Bookings essential (max 20 participants). For more information or to book your place please contact Zoe Morgan, Coordinator, Community Development and Youth: T: 02 4474 7470, E: [zoe.morgan@esc.nsw.gov.au](mailto:zoe.morgan@esc.nsw.gov.au)

**WHITE RIBBON DAY** - Eurobodalla Domestic Violence Committee - Sat, Nov 26th. Everyone and anyone who wants to make a stand against domestic violence in our community is invited to come along and take part in a short walk in Moruya on Saturday, November 26th. Where: Russ Martin Park Rotunda to Riverside Park. When: 9.45am for 10am start. Enjoy further activities in the park from 10.30am, including the announcement of the winners of the Posters For Peace Competition (details below). Wear a White Ribbon as a personal pledge not to commit, condone nor remain silent about violence against women and children.

**ART FOR PEACE** - 'Children and young people choose non-violence'. The Eurobodalla Domestic Violence Sub-Committee invites children and youth to:

- Create an A4 'Poster or Peace' promoting non-violence campaign running from Nov 25th to Dec 10th.
- Posters should be submitted to SEWACS Moruya by Nov 18th. Entries will then be displayed at the Moruya Library.
- Use the slogan 'Children and young people choose non-violence'.
- The posters will be displayed at White Ribbon events and used for promotion of non-violence in the community.
- Two gift vouchers of \$30 will be awarded on Sat Nov 26th at the Riverside Park Moruya White Ribbon Event.

For more info please contact Zoe Whymark at South East Women and Children's Services on 4474 3226.

**RENEWABLE ENERGY EXPO** - Narooma, November 26-27th. For more info contact Rotary Club of Narooma 0434 197 110, website [expo.naroomarotary.org.au](http://expo.naroomarotary.org.au).

**NAROOMA REDBACKS SOCCER CLUB AGM** - The club's AGM will be held at 7pm Thursday 1 December in the boardroom, Club Narooma. All welcome! For more info email Julia at [julianjulia@bigpond.com](mailto:julianjulia@bigpond.com).

## Coming up at Four Winds...

Wednesday 7 December 2016  
Professor Mick Dodson AM  
"On Indigenous Recognition"  
Four Winds Radical Voice #3 Series  
5.30 - 7pm. Refreshments from 5pm  
Adults \$20. 16yrs & under FREE



Saturday 17 December 2016  
Carols in the Pavilion  
with the Choir of St James  
8pm. Refreshments from 7pm  
Adults \$40. 16 & under \$20



27 - 30 December 2016  
Summer Outdoor  
Movies @ Four Winds  
Meet Hollywood star ...  
Mia Wasikowska (Alice in Wonderland)  
and enjoy a magical 4 nights of  
family movies under the stars  
in the Four Winds Sound Shell



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27 NOV WOLLONGONG // UNI BAR

Tickets: [musicnsw.com/indent](http://musicnsw.com/indent)

INDENT MUSICNSW NSW ARTS NOW APRA AMCOS

You are invited to the Tilba CWA Christmas Event  
**Carols in the Hall**  
at Central Tilba  
Saturday 3<sup>rd</sup> December at 5pm

There will be:

* Sausage sizzle	* Sweets / Tea & Coffee
* Carol Singing	* Tree Decorating
* Visit from Santa	* Christmas Raffle

