

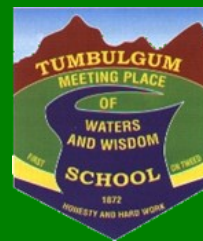
Tumbulgum Public School

11 Fawcett Street, Tumbulgum 2490

Phone: 0266 766 237 Fax: 0266 766 149

Email: tumbulgum-p.school@det.nsw.edu.au

Website: www.tumbulgum-p.schools.nsw.edu.au



Term 4 Week 2 2017

Principal: Jenni McKeon

SCHOOL SURVEY

You're invited to participate in the Tell Them From Me Partners in Learning survey designed for parents and carers. This survey complements student and teacher surveys, which focus on key areas for school improvement.

Why should you participate?

Parents and carers are an important and valued part of the school community. We will use the survey feedback to make practical improvements and to inform our school plan.

What does it involve?

It is an online survey, which takes about 15 minutes to complete. It is anonymous and voluntary.

How can you participate?

You can access the survey in your own time until this Friday, 20 October.

Have your say here: <https://nsw.tellthemfromme.com/tumby1>

STEWART HOUSE CONCERT

We are busy preparing for the concert in two weeks time. Keep an eye out for permission notes to travel by bus to Murwillumbah for the matinee performance and for details on getting your children into town for the evening performance. We have been allocated tickets for both performances and a note will also go out for this in the coming week.

BUNNINGS SAUSAGE SIZZLE

Our major fundraiser for the year is the sausage sizzle at Bunnings. It is a great day, busy, but fun. We've attached a note so you can volunteer your time to help out for some of the day.

KINDERGARTEN ORIENTATION

Kindy orientation started Monday and went well. There is still time to enrol if you know of anyone who has not yet done so.

Jenni McKeon
Principal

TERM 2 2017

Term 4 Week 2	Friday —20 October—Tell Them From Me Survey closes.
Term 4 Week 4	Thursday, 2 November—Stewart House Concert
Term 4 Week 6	Bunnings Sausage Sizzle —Sunday 19 November
Term 4 Term 9	Thursday December 7—Presentation Day Friday December 8—Multicultural Day/end of year party.
Term 4 Week 10	Last day for students—Friday 15 December

**NO CANTEEN ORDERS FOR THE
BEARDED BAKER THIS WEEK.**

**STAY TUNED FOR A NEW MENU NEXT
WEEK.**

AWARD WINNERS

Congratulations to these students who received awards last week.

Class Awards: Ms McKeon— Mia
Ms Cleary— Lulu

Values Awards: — Tahlia

Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

Preschool (3 – 5 years) 11- 13 hours/ night

School (5 – 12 years) 9 – 11 hours/a night

Teens (12 – 18 years) 8.5 – 9.5 hours/ night
Some hints for a healthy sleep:

Consistency: going to bed and rising at a regular time (be firm)

having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.

No screens (TV, IPADS, phones or game consoles) in the bedroom



**Join us on
Thursday
mornings
9-11am**

\$2 per family



LIKE US ON FACEBOOK

<https://www.facebook.com/tumbulgumpublicschool/>

Why not give the school a review on Facebook?

Kindergarten Orientation

How lovely to meet our new kindies on Monday. Lots of fun was had in Miss Cleary's room. We can't wait until next Monday for more fun!

