



Tea Gardens Public School News

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FROM THE PRINCIPAL'S DESK- BOUQUETS



Student of the Week!

Our student of the week is Zarlii Ray. Zarlii was selected this week for being a delightful, polite student who always does her personal best. She always follows our school expectations and is a delight to teach. Congratulations, Zarlii!

Zarlii receives a certificate and is rewarded with a \$5 voucher to the Ice Cream Shack. We look forward to announcing our next Student of the Week this Friday.

BOUQUETS

Stewart House Day –Mufti Day

Our school held a "Mufti Day" last Friday to raise funds for Stewart House. Students came to school out-of-uniform on this day and were asked to donate a gold coin for Stewart House. Our school raised \$369.50. What a wonderful effort. Thank you everyone who donated.

Author and Illustrator Visits

We were fortunate to be part of the Midcoast Council Great Books Festival last week. Author James Roy and Illustrator, Sarah Davis thrilled and inspired our students during their visits. It was great to watch the students interact and connect during these sessions.

National Simultaneous Storytime

Many thanks are extended to Miss Huish for coordinating this event at school level and congratulations to the lucky winners of the book, "Hickory Dickory Dash" as part of our event.

COMING UP

Stage 2 Great Aussie Bush Camp Information Session – today at 2.30pm in the school hall

The Stage 2 Great Aussie Bush Camp is fast approaching. A representative from the Great Aussie Bush Camp will be hosting an information session for parents, caregivers and students to discuss what to expect at the school camp, activities we will be undertaking and to answer any questions you may have in regards to the camp. A note went home last week including packing checklist, a medical consent form and current medication and dietary requirements. Please return this form by Friday 1 June 2018. This excursion will be held on 6, 7 & 8 June. **Payments for this excursion are overdue. Any students who have not yet finalised payment, please do so as soon as possible. Thank you**

ICAS – Science Assessments – Tuesday 29 May

Will be undertaken with students who have pre-paid for this testing component.

No Breakfast Club – this Wednesday 30 May

FREE Fruit & Veg Sense Workshop – Wednesday 30 May – 9-10am (See attached Registration form)

This free workshop is run by the Cancer Council NSW and will show you how you can easily:

- ✓ Save time and money making healthy meals
- ✓ Learn clever ways to entice fussy eaters
- ✓ Get a free recipe book simply by attending

Regional Cross Country – Friday 1 June

Our school has three students competing in the Regional Cross Country this Friday. They are: Amelia Henning, Noah Rodgers and Braiden Dvorik. We wish them well!

Tea Gardens Public School Annual Public Speaking Competition - 2018

As part of the Speaking and Listening strand in English students are required to deliver a prepared speech to an audience. Our school Public Speaking program will be commencing over the coming weeks. We appreciate the support parents give to their children when preparing their speeches. Students will be receiving notes this week outlining the topics.

Week 5 – Students will present their speeches to their class.

Week 8 – Stage Semi Finals

Week 9 – Grand Final

With the huge talent we have within our school it always proves to be a very close competition!

Cultural Enrichment Visits

Over the coming weeks, our students in Year 3-6 will be participating in a cultural program with Paul Callaghan in and around Yacaaba. Permission notes for these enrichment activities will go home today.

Official Opening of Parliament on Wednesday 13 June

We are looking forward to officially opening our Student Parliament. The Federal Member for Lyne, Dr. Gillespie has accepted his invitation and is looking forward to helping us celebrate this important event within our school calendar. We hope you will also be able to join us at the Official Opening. All parents are welcome.

It's back for 2018! The Lions "Recycle for Sight" Program and Tea Gardens Public School



Our student ministers are committed to the "Lions Recycle for Sight" program. The aim of the program is improving vision/ sight for poorer peoples throughout the world. The Lions "Recycle for Sight Australia" is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas.

So far, Recycle 4 Sight Australia has collected thousands of pairs of used spectacles, sunglasses, new frames and other equipment. The program distributes reggraded spectacles to many parts of the world to Lions Clubs, Rotary Clubs and other humanitarian organisations for distribution to poor people in need at no expense or obligation on the recipient.

At Tea Gardens Public School we think we can help too!

How can you help out?

Locate any old / used / discarded eyeglasses, sunglasses and reading glasses.

Drop these unwanted spectacles into the school office – our collection point.

We will then arrange, with the support of the Tea Gardens Lions Club, to have the glasses sent to the Lions recycling centre in Queensland where the glasses are tested and graded according to the lenses. The glasses will then be taken to poorer countries where people's eyes are tested and glasses given to improve their sight.

This is a very easy way, as a school community, that we can help out other people less fortunate around the world. We hope you can get behind this very worthy cause. Last year, we were able to collect 567 pairs of old glasses. **How many pairs will we be able to collect this year?**

POSITIVE BEHAVIOUR FOR LEARNING- PBL

School Focus of the week is: COLA Expectations

Safety	Personal Best	Respect
Balls are for the back playground	Share this space with others	Keep our area clean
Walking space only	Welcome others to your game	

Lovey's Grocers IGA- My Rewards Program in Hawks Nest

Did you know, just by registering to be part of the free my rewards program during May, our school will receive \$5 (500 points) from each application. Just nominate for your rewards points to go towards our school. Many thanks to our parents and other community members who have already nominated our school to be the recipient of their community rewards!

MERIT AWARD WINNERS

Congratulations to the following Merit Award recipients who received awards at our weekly assembly.

Class	Student Name	Reason
Dingoes	Lexi Adams	Being a positive role model to her peers
	Kaden Walkinshaw	Being a helpful class member
Matildas	Andrew Landers	Making an excellent "bug" sculpture
	Ivy-Pearl Carter-Hughes	Trying her best in class
Dolphins	Jaxon Bowers	Being a beautiful friend
	Hayden Bates	For creativity in his natural environment art work
Thunder	Austin Nicholson	Settling into a new school very well
	Lily-Arna Hunter	Working hard in reading
	Jhanella Dolan	Being a positive role model in class
	Delilah Newlin	Excellent work in Maths
Jillaroos	Charlotte Clarke	Producing a higher quantity of written work
	Kathleen O'Brien	Working well with rounding numbers
Opals	Darcy O'Brien	An excellent approach to learning
	Ricky Nguyen	Excellent effort in Literacy
Redbacks	Anthony Eldridge	Making connections between text and real life
	Taylah Krohn	Making connections between text and real life

Assembly is held on Friday morning commencing at 9:10am and everyone is welcome. This Friday, the Ministers will be hosting the assembly.



The simplest way
to improve the health of your
family and save money




Come to our FREE Fruit & Veg Sense Workshop

Date: Wednesday 30th May 2018

Time: 9:00am – 10:00am

Venue: Tea Gardens Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

-  **Save time and money making healthy meals**
-  **Learn clever ways to entice fussy eaters**
-  **Get a free recipe book simply by attending**



**Eat It To
Beat It** 

Don't miss out – registration is essential. To book your place please register no later than **24/05/18** by:

Completing and returning this slip to the school front office.

Your name:

Your contact number or email:

“The Snack Shack” CANTEEN – WINTER MENU for Term 2 and Term 3

Pre-Ordered Items

Rolls and Wraps	Cost
Chicken & salad round roll	\$4.00
Beef & salad round roll	\$4.00
Ham & salad round roll	\$4.00
Chicken & salad wrap	\$4.00
Beef & salad wrap	\$4.00
Ham & salad wrap	\$4.00
Chicken, lettuce & mayo wrap	\$3.50
Egg, lettuce & mayo wrap	\$3.50
Extras: Cheese	\$0.50
Hot Foods	Cost
Ham & pineapple pizza	\$3.00
Hot chicken & cheese long roll	\$4.00
Hot chicken & gravy long roll	\$4.00
Hot beef & gravy long roll	\$4.00
Chicken fillet & salad hamburger	\$4.50
Drinks	Cost
Bottled water 500mls	\$1.50
Fruit juice 200ml popper -orange, apple or apple & blackcurrant	\$1.50

Sandwiches and Toasties	Cost
Vegemite sandwich	\$2.00
Cheese sandwich	\$2.50 toasted \$3.00
Ham & cheese sandwich	\$3.00 toasted \$3.50
Ham, cheese & tomato s/w	\$3.50 toasted \$4.00
Ham, cheese & pineapple s/w	\$3.50 toasted \$4.00
Corn on the cob	\$1.30 with butter \$1.50
Garlic bread	0.50c
Hot Foods	Cost
Chicken nuggets (4)	\$3.00 with sauce \$3.50
Chicken nuggets (6)	\$4.00 with sauce \$4.50
Chicken nuggets (8)	\$5.00 with sauce \$5.50
Chicken nuggets (10)	\$6.00 with sauce \$6.50
Party pie	\$2.00 with sauce \$2.50
Drinks	Cost
Chocolate flavoured low fat milk 300mL	\$1.80
Strawberry flavoured low fat milk 300mL	\$1.80
Milo – hot or cold	\$1.50

Available in snack breaks

Snacks, drinks and treats	Cost
Slush puppie (Small)	\$1.00
Slush puppie (Large)	\$2.00
Fruit smoothies (selected days only)	\$1.50
Seasonal fresh fruit cup	\$1.00
Apple slinky	0.60c
Milo custard	0.70c
Plain rice crackers	0.20c
Popcorn	0.20c
Pikelet (selected days only)	0.50c
Fruit / sweet muffin (selected days)	\$1.00

No pre-ordering required

Snacks, drinks and treats	Cost
Frozen juice drops	0.20c
Frozen pineapple ring	0.30c
Frozen grapes	0.50c
Frozen fruit soft serve	\$1.00
Frozen coconut & mango pops	\$1.30
Frozen yoghurt & fruit pops	\$1.30
Fresh orange juice frozen pops	\$1.00
Quelsh fruit stick	0.50c
Moosies –chocolate or bluemoon	\$1.30

Too sick for school?



Think Pharmacy First.
Ask Your Pharmacist.

While this information has been checked by a pharmacist, it is a guide only.

Ask yourself:

- ◆ Is my child well enough to comfortably take part in the day's activities?
- ◆ Will my child pass on their illness to other children or staff?
- ◆ Will my child's teacher be able to care for my child without it impacting on their ability to care for other children?
- ◆ If I felt like this, would I go to work?

If you are unsure, speak to your pharmacist or doctor for advice.






Go to school

Could be catchy. Some restrictions for school



Don't go to school

Symptom	What to consider	Go to school?	Treatment
Fever	Children and older infants with a temperature of 38.5° or more		Give plenty of fluids and stay home until temperature is normal. Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child. If your child seems worse or there's no improvement in 48 hours, see a doctor or visit the hospital.
Diarrhoea	If your child has 2 or more consecutive bowel motions that are loose or watery. They may also have stomach cramps.	For at least 24 hours after diarrhoea has stopped 	Diarrhoea is a fairly common problem that usually lasts only a day or two. Diarrhoea must be monitored as it can cause dehydration which is potentially very dangerous in children. Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on oral rehydration salt formulations. They can refer you to a doctor if more treatment is needed or the hospital for severe diarrhoea.
Vomiting	If your child has vomited more than twice in 24 hours.	For at least 24 hours after vomiting has stopped	Watch for signs of dehydration and encourage small amounts of fluid frequently. Your pharmacist can provide advice on oral rehydration salt formulations and can refer you to a doctor if more treatment is needed or the hospital for severe vomiting.
Cough	This will depend on the severity of the cough. Trouble breathing, wheezing or a harsh cough can be the sign of something more serious such as bronchitis, pneumonia or whooping cough.		If your child has a severe cough, take them to see a doctor. If the cough is not severe your pharmacist can help you to identify whether your child has a 'productive' or 'dry' cough and a suitable treatment for them.
Rash	A skin rash could indicate a contagious infection such as chicken pox or impetigo.		A doctor should evaluate your child before sending them to school.












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Red eyes	Is the eye red and watery? The eyelids may also stick together on waking. This could be conjunctivitis which is highly contagious.		Unless your doctor has diagnosed a non-infectious cause, keep your child home from school while there is discharge from the eye and speak to your pharmacist about a suitable product.
Stomach ache	This can often be hard for you to judge as it could be caused by a number of things including constipation and even anxiety. If there are no other symptoms such as vomiting or diarrhoea, you might consider sending the child to school.		You might ask your child if there is anything making him or her sad or worried.
Sore throat	A sore throat and runny nose, but no other symptoms.		You can also speak to your pharmacist about products suited to your child's age to help relieve a stuffy nose and soothe their sore throat.
Earache	Evaluate along with other symptoms, such as a fever. Common conditions of the ear include infection, inflammation and wax build up and some of these can be quite painful and uncomfortable.		Your pharmacist can provide advice on treatment options and refer you to a doctor where necessary.
Runny nose	A runny nose, but otherwise fine.		Speak to your community pharmacist about whether there is a suitable product, such as a chestrub and nasal relief product to help ease your child's stuffy nose.
Itchy scalp	Head lice can cause intense itching. They live and breed on the scalp and are easily passed from student to student.		Your local pharmacy will stock special combs as well as shampoos, cream and other products which contain a special insecticide.
Hay Fever	Some of the symptoms can include sneezing; a runny or stuffy nose; itchy ears, nose and throat; red, itchy or watery eyes and headaches.		Your pharmacist can help you choose the best medicine for your child's symptoms. This may be a nasal spray, eye drop or oral antihistamines. Some of these medications should not be taken with other medications.
Asthma	Your child has been diagnosed with asthma.		Provide the school with your child's Asthma Action Plan and follow the school's policies with regards to medicine storage. Your pharmacist can also help ensure your child's asthma inhaler technique is correct.
Anaphylaxis	Your child has been diagnosed with anaphylaxis.		Provide the school with your child's Anaphylaxis Action Plan and follow the school's policies with regards to medicine storage.
Diabetes	Your child has been diagnosed with diabetes.		Most students with diabetes can participate fully in school activities. Make sure the school has your child's updated management plan. Speak to your pharmacist to make sure you (and your child if they are old enough) understand how to test their blood sugar; how to manage insulin levels and how to treat high and low blood sugar lev