

7th November 2019 Term 3 Week 8

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Cruise into Kindy

LAST VISIT

NEXT

WEDNESDAY

9.30-11.00am

*Celebration
Playdate*

Dear Parents/Carers

Another busy week at Tanilba Bay PS. There is a lot going on with construction works at the moment, so if you hear the sound of jack-hammering as you enter the office block, that's our builders, hard at work putting a new kitchen into the staff room as well as updating the staff toilets. As for the children's toilets....after some plumbing problems, the D Block toilets are open. However, they're not looking beautiful just yet, as they will be painted later at the same time as all others, with new mirrors going in as well.

PBL: Hands and feet to yourself

This week's PBL message is to keep your hands and feet to yourself. On Assembly this week, we learned about how learning to be non-violent means learning to control our impulses. It is always a good thing to keep our PBL expectations front of mind and remember that this encompasses all of our values **BE SAFE**, **DO YOUR PERSONAL BEST**, **BE RESPECTFUL** and **BE FRIENDLY**.

Class Allocations for 2020: Reminder

Teacher/class allocations were posted to our website last week. Any preferences expressed should outline why being with a particular teacher would benefit your child's learning or wellbeing. You can also express a preference about students that you would like your child to be with/not with, provided your reasons relate to your child's learning or wellbeing. If you would like to express a preference, your preference must be emailed to timothy.harris1@det.nsw.edu by Monday 11th November.

Grandparents Day

WOW! What a fabulous turn-out for this very special event. It was great to see so many grandparents and friends supporting our Grandparents Day last week. We really appreciated the lovely feedback that we received from grandparents on the day and since. It was our pleasure to welcome you to our school and look forward to seeing you again.

Attendance

Every Day Counts....Regular attendance is an important part of ensuring that students get into solid learning routines. Attendance is a priority area for the Port Stephens network of schools, and we are aiming to continue to increase not only attendance rate, but children arriving on time and staying until the end of the school day. Please avoid collecting your child early from school unless necessary – teachers are currently working on end-of-year assessments and we don't want your child to miss a thing.

NAIDOC Video Viewing re-scheduled to November 25th: This week's Assembly is special Remembrance Day Ceremony from 10.30am

Mr Tim Harris, Deputy Principal

Calendar of Upcoming Events

Tuesday 12th November	Year 1 Excursion: Shortland Wetlands
Wednesday 13th November	Year 2 Excursion: Shortland Wetlands
Wednesday 13th November	Last Cruise into Kindy Visit: Celebration Playdate
Saturday 16th November	Tilli Festival: Star Struck Troupe to perform
Friday 22nd November	P&C COLOUR RUN
Monday 25th November	NAIDOC Video Viewing on Assembly 1.45pm
25th-29th November	Stage 3 Milson Island Camp
25th Nov – 6th Dec	SWIM SCHEME
Wednesday 27th November	AUTHOR VISIT: Chris Collin

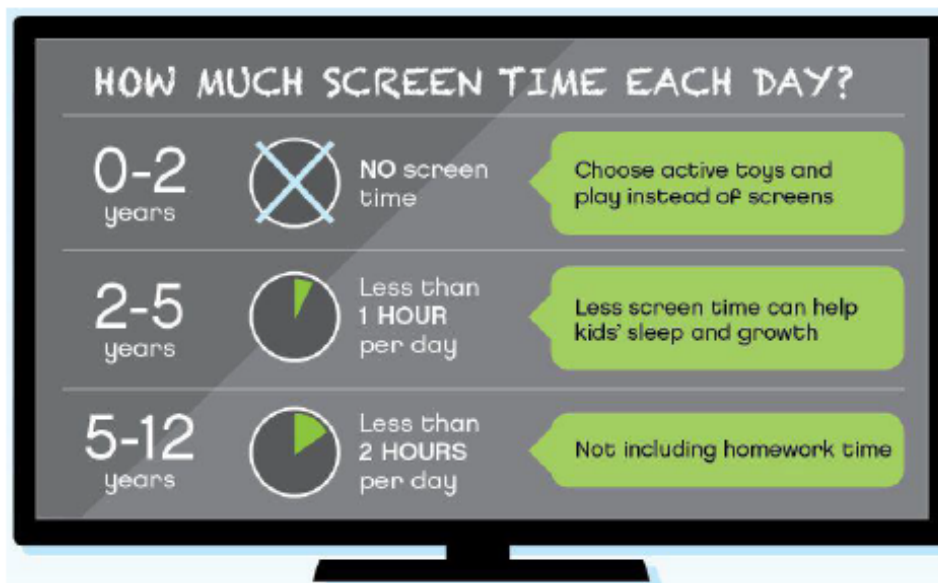
Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Stage 2 News



We are continuing our commitment to learning during Term 4! Our unit on *Tears in the Jungle* has moved into sustainability with a focus on deforestation, palm oil plantations and people as consumers of palm oil products.

In Drama we have been working on improvisation, movement, space and character development. Working with the book, *Where The Wild Things Are* the children are having fun creating their own version of a 'wild thing'.

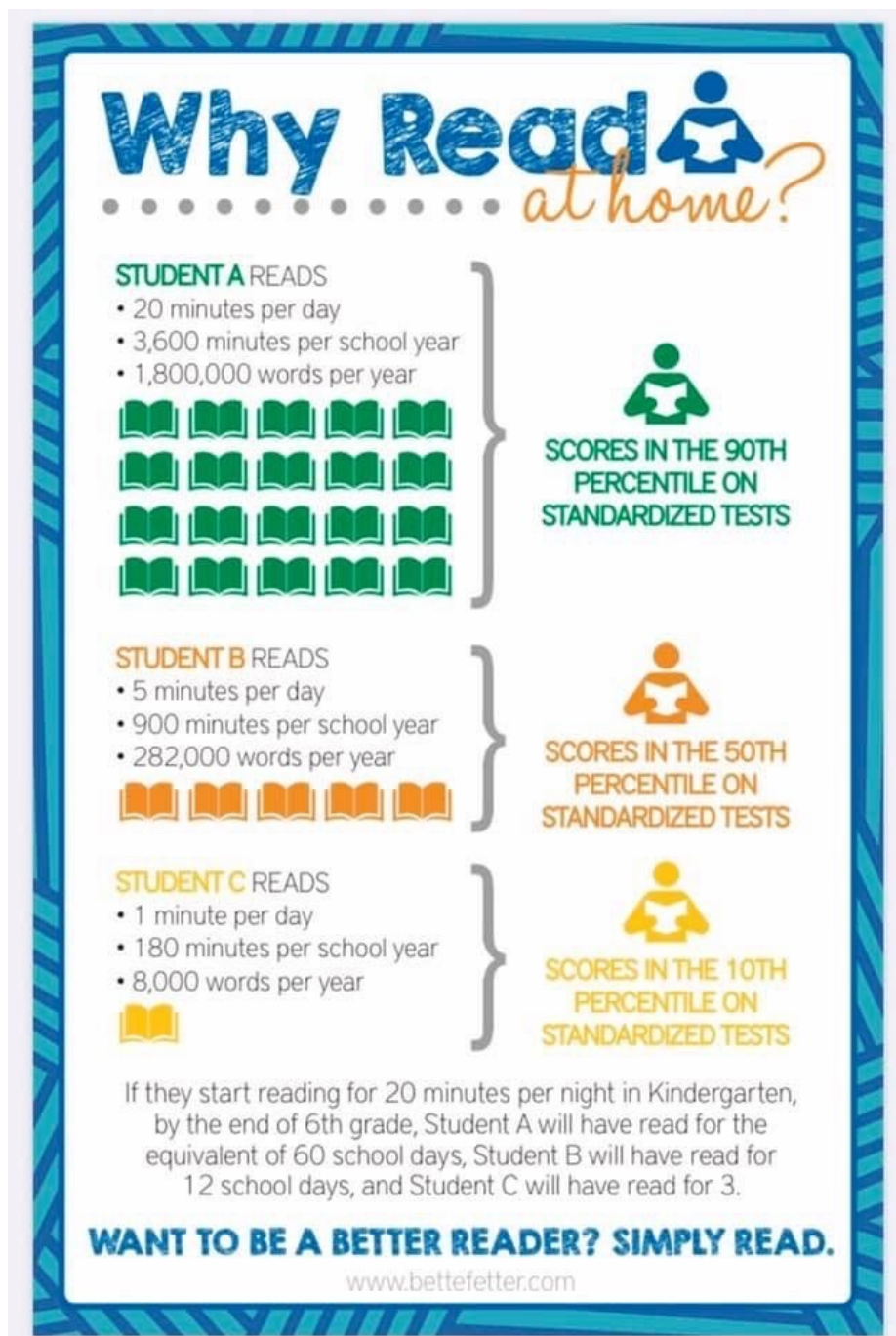


The warmer weather is here. Please ensure that the children have a hat each day. In particular, children must wear a hat for their PE lesson and sport. Where a child does not have a hat for play time during lunch and recess, they are required to play in the covered areas.



Our children who consistently write in cursive, producing neat quality work, have begun to receive their special TBPS pens. Congratulations to those students who have achieved this milestone! Over the next few weeks we will be celebrating more and more students who are proud of their effort.

Lisa Walker
Assistant Principal





Canteen Menu



Sandwiches and Wraps

Pre Order
Toasted – no charge (Rolls add 20c) wholemeal

Chicken Salad	\$3.10
Chicken, Lettuce, Mayo	\$2.70
Chicken or Ham	\$2.50
Ham Salad	\$3.10
Ham, Cheese, Tomato	\$2.90
Ham and Tomato	\$2.70
Ham and Cheese	\$2.70
Salad	\$2.50
Salad and Beetroot	\$2.70
Egg	\$2.30
Egg and Lettuce	\$2.40
Cheese	\$1.80
Vegemite	\$1.20

Healthy Options Lunch or Recess Pre Order only

Fruit salad tub	large \$1.50	small \$0.70
Fruit Kebabs	\$0.50	
Vege Sticks & Hummus dip	\$1.00	
Traffic Light Bite		
cheese, cucumber and tomato bites	\$0.30	
Piece of fresh fruit	\$0.80	
Fresh seasonal fruit eg: apples, pears, oranges * variety subject to availability.		
Crunch & Sip pack	\$1.50	
Bottle of water and piece of fresh fruit (purchased before school or with lunch order)		
Garden Salad tub – lettuce, carrot, egg	\$1.80	
cucumber, tomato, cheese, beetroot		
Garden Salad tub + ham or chicken	\$2.60	



Great Choice Hot Food Options Pre Order \$3.50

*No filling changes to set hot wraps or sliders

Knights Wrap (chicken fillet, cheese, tomato)	
Mega Wrap (Knights + loads of salad)	
Hunger Buster Wrap (Char grilled chicken, full salad, sauce or mayo)	
Sydney Swans Sensation Wrap (chicken breast pops, cheese, tomato & sauce toasted)	
All Star Wrap (Char grilled chicken, lettuce, tomato, cheese and mayo)	
Slider: Chicken with lettuce and mayo	
Slider: Beef and cheese with salad	
Beef Lasagne/Twista Pasta	
Corn on the Cob	\$0.80

Drinks/Frozen Choices

600ml Water	\$1.00
300ml Moove Milk (choc, strawberry)	\$1.40
300ml Plain Milk	\$1.00
200ml Popper (apple, orange, apple-blackcurrant)	\$1.20
50ml Frozen Juice Cup (apple, orange, blackcurrant)	\$0.60
Frozen Yoghurt (Strawberry/Vanilla Bean)	\$1.60
Fresh Yoghurt tub (strawberry)	\$1.10
Chill J (watermelon/orange-passio/grape)	\$1.60
Frozen Fruit Bag (grapes or pineapple)	\$0.70

Occasional Hot Food Options

Chicken Dinosaurs (6)	\$3.00
Chicken Dinosaurs (3)	\$1.50
Potato Gems (10)	\$0.80
Nachos	\$3.50
Pizza (Ham and Cheese)	\$2.50
Lean Sausage Roll	\$2.00
Small Lean Chicken & Veg Pie	\$2.00
Large Lean Beef Pie	\$2.60
Extras	
Sauce (tom, bbq, sweet & sour)	\$0.30

Occasional Snacks

Red Rock Chips (Sea Salt)	\$1.00
Grainwaves	\$1.00
Muffins (low fat blueberry)	\$1.40
Chocolate Mousse Smackers	\$0.70
air popped popcorn	\$0.60
Pikelets (Recess only)	\$0.10
Iceblock choices (over the counter)	
Quelch sticks (pure fruit juice)	\$0.50
Juicies (pure fruit juice)	\$0.60
Snap Stix 99% fruit juice	\$0.70
TNT's (sour raspberry)	\$0.60
Moosies (choc & blue)	\$1.00
Fat Free Ice Cream Cups	\$1.00

NSW Healthy School Canteen
Strategy

Everyday foods Occasional foods