



Tumbarumba Public School

*Nurturing Tomorrow's
Citizens Today*

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GRAPEVINE

The GRAPEVINE can be accessed through the school website:
www.tumbarumba-p.schools.nsw.edu.au
OR on the Skoolbag app, available on smart phones.
Visit and join our Facebook Group - Tumbarumba Public School.

Principal's Message

It was wonderful to see so many of our children's parents and friends attending our education week celebrations. Children will engage in learning and school activities more effectively when they know their parents and carers are interested in their school life.

Musica Viva has been welcomed to our school the past 3 years and returns this year on Wednesday the 14th with a live performance by an Indonesian Gamelan ensemble – 'Makukuhan'. This concert will be open to all students and costs covered by the school.

Book Week Celebrations. Our annual book week parade will be held in Book Week in Week 5 on Tuesday the 20th August. Children choose a character from their favourite book and then each class will display their book and parade a costume they have brought from home in the hall at **2pm next Tuesday** for our enthusiastic parents and friends audience. (We always love costumes which are made from recycled materials!)

Our first **Book Fair** will also be on this day. Times are as follows:

8.35 - 9.05 am	11.05 - 11.35 am
1- 1.35 pm	3.05 - 3.30 pm

Please see the attached Book Fair catalogue/wish list. Reorders can be made for books only (not diaries or merchandise).

Please note that the **P&C is holding a Car boot sale** on this Sunday in the school grounds. I wonder what treasures you have to sell or discover. It may be a great chance to clean up some of your things – one man's trash is another man's treasure.

Our grant application for a **Breakfast Club** area has been shortlisted and now needs your vote to help it be considered. The more votes we have the more likely our application will be successful.

Please click on the following link You can vote online at mycommunityproject.service.nsw.gov.au or at your local Service NSW Centre.

For more information on how to vote, visit nsw.gov.au/mycommunityproject or please refer to the **Fact sheet for voters.**

TPS Biannual School Production will be held in Week 9 this term. Classes are already preparing for this memorable event where every child in every class is involved in creating our exciting, colourful foot tapping show. This year we will present a **matinee** and an **evening** show in Thursday the 19th of September. Tickets will be available at the door.

Jennifer Lumsden

Principal

CALENDAR OF EVENTS

Wed 14 Aug	Makukuhan performance, 9.10am K-6 (school sponsored)
Tue 20 Aug	Book Character Parade & Book Fair
Wed 21 Aug	P&C Meeting 6.30pm
Thu 22 Aug	Stage 3 Street stall
Fri 23 Aug	Assembly 2.15

RESPECT

RESILIENCE

RESPONSIBILITY

Colds are everywhere. The Royal Children's Hospital website has helpful information in the link on Kids Health Info. It is interesting that a healthy diet and frequent hand washing will help prevent your child catching a cold.

A virus is a germ that causes infections, such as the common cold, bronchiolitis, tonsillitis, ear infections, influenza, mumps and chickenpox. There are hundreds of different viruses.

Colds are very common in healthy children and on average preschool children get at least six colds per year. It is common for healthy children to have up to 12 viral illnesses per year in the first few years of life. It is also common for children to get sick from one virus shortly after getting better from a different one, so it can seem they are sick all the time. As children get older, the frequency of catching viral illnesses usually reduces.

Viruses can easily spread when children have close contact with each other. Most viruses are mild, and the best treatment is rest at home.

A virus can spread from person to person in tiny droplets from the nose (sneezing or a runny nose) and mouth (saliva or a cough). Viruses can also spread via vomit or faeces (poo), especially when someone has diarrhoea.

There is usually a delay between when a child is exposed to the virus and when they develop the illness. This delay is generally a few days, but some viruses may take up to two or three weeks before symptoms appear.

Good hygiene reduces the chance of getting viruses or passing them onto others. Good hygiene includes: regularly washing hands thoroughly; not sharing cups or cutlery; and encouraging children to cough or sneeze into their elbow and using tissues instead of hankies – teach your child to throw tissues into the bin as soon as they have used them and to wash their hands afterwards.

Stage 3 Friday Lunch Fundraiser

So far this year we have raised approximately \$2000 to help with the cost of the Stage 3 excursion to Canberra. This is an amazing effort and we would like to thank all the parents, Mr Ernst and students for supporting all of these activities. It has been a mighty and ongoing effort which not only financially assists our students and families; it also teaches them to value the real cost of school excursions to their families.



Dear TPS parents and carers,
Our next P&C meeting will be held on Wednesday 21st August 2019 at 6:30pm. P&C meetings are held in the school meeting room - which is the room right next to the main office. General information and FAQs about the P&C and what it's all about can be found on the FB Page - TPS Parents & Citizens. You can also come along to any meeting. Come and meet our committee and join in with our amazing members. All are invited and are very welcome to attend any of the P&C meetings.

Our Boutique Stall and Car Boot Market, is on the 18th August. These markets will not only be a big fundraiser for the P&C but also provide a wonderful and fun event for the whole community! For stallholders interested, the application form is attached to the Grapevine. Stalls and car boot stalls will be \$10 each and entry to the market themselves will be a gold coin donation. Don't miss this fab day out. You can find more info on the Facebook event 'TPS P&C Boutique Stall & Car boot Market'

A big congratulations to all those involved in the FOIM concert at the Opera House! The P&C is very proud of you all.

Contact details - PCtumberumba@mail.com or via our Facebook page.

Thank you
Regards TPS P&C

Term 3 Fundraising Schedule

Week	Food	Students
4	Spag Bol	Ted & Campbell C
5	Pizza Street Stall	Niane & Ethan To Be Announced
6	Fried Rice	Tahlia & Melissa
7	Spag Bol	Ajay & Troy
8	Chicken Soup	Heidi & TBA
9	Lasagne	DJ & Luke
10	Pizza Pin Wheels	Declan & Violet

We have a Street Stall booked for Thursday the 22nd of August. I will work out a roster of students to man the stall. If anyone would be able to donate a load of wood for a raffle on the day please let me know. The last one raised a lot of money. A huge thank you to the Smith family for the donation.

Jacqui De Abel

EDUCATION WEEK PHOTOS



TPS Recorder Group playing in Wagga



Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-11 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- about bullying and anxiety,
- how to be confident in social situations,
- how to better manage fears,
- helpful ways to act if they are bullied, and
- how to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.

WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- he or she is between 7 and 12 years of age
- he or she is being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life
- he or she is not accessing other psychological treatment (except medication). NOTE: Medication should be stable (same type and dose) before starting and during treatment.
- you and your child are proficient in English

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.



REMINDER

Fathers Day Gift Bags

Fathers' and Grandfathers' Gifts

are quickly being purchased (only 6 grandfather gifts left!).

Please order and pay by the 23rd of August

(to be sent home on the 30/8/19)

Fathers Day Gift bags: \$10 each

Grandfather gift: \$5.00 each

Please use the slip below

GENERAL PAYMENT SLIP

I enclose \$..... for the following payment/s:

Details.....Amount \$.....

Details.....Amount \$.....

Details.....Amount \$.....

Details.....Amount \$.....

Details.....Amount \$.....

Student Name: Class:

Name: Signature: Date:

Massed Choir Concert



FEATURING
Murrumbidgee Magic Chorus
Wagga City Rugby Male Choir
+ Local Artists

SUNDAY 25TH AUGUST
2:00pm TUMBARUMBA PUBLIC SCHOOL AUDITORIUM

MURRAY STREET, TUMBARUMBA, Admission by gold coin donation

COMMUNITY NEWS

All community news needs to be sent to school on alternative Mondays.

Notices can be emailed to: tumbarumba-p.school@det.nsw.edu.au

(please phone to confirm you have done this).

A REMINDER TO PLEASE KEEP THEM AS SHORT AS POSSIBLE.

TPS Disclaimer

Articles included in the Community News are accepted in good faith by TPS and published as a community service. No responsibility will be taken by TPS for any inaccuracies included.

Readers will be responsible for making their own assessment of the information provided.

KIDS FOR CHRIST

Kids for Christ will be held on **Friday 16th of August** from **3.05-5pm** in St Jude's Hall for children in Years K-6.

The cost will be \$3 each or \$8 per family of 3+children. Activities include craft, games, stories, songs and food. For further information phone Elaine on 6948 2435. Thank you.

TPS P&C BOUQUETTE STALLS AND CAR-BOOT MARKET 2019

**Boutique & Car-boot
Stalls - \$10 ea**
**Gold Coin Entry to
the Market**
**Stalls include pre-
loved, new, craft,
handmade, services
& boutique items**



Have some second hand goods to sell??
Do you have Boutique Goods?
Do you make some tasty treats??
Are you a local service??
Come and be part
of this wonderful
community market!!!!

For stallholder enquiries please email
Tumbarumba Public School P&C
PCTumbarumba@mail.com
Or call Brooke 0422 960 641

SUNDAY 18TH AUG 2019 10AM – 2PM

CONTACT
0422-960-641
PCTumbarumba@mail.com



**Tumbarumba Public School
Parents & Citizens
Boutique Stalls & Car Boot Markets
Sunday 18th August 2019
Stallholder Application Form**

General Information

Applicant Name(s):

Business Name (if applicable):

Mailing Address:

Email Address:

Contact Number(s):

Description of products/services:
Select all that apply & specify if you have a gazebo stall or car boot

Pre-Loved Items Homemade Goods Boutique Items Services New Goods Pre-packaged food items Other (please specify below)

Describe clearly the range of products and/or services you intend to supply at the Market (this is essential in ensuring (1) similar stalls are not co-located when space are allocated and (2) in determining if independent insurances and coverages are needed)

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Insurances:
Independent insurance requirements vary depending on proposed product/service and determined at the sole discretion of the organising committee. If additional coverage is needed you will be notified prior to the event. General stallholders are not required to provide insurances as are covered by the school insurance.

Select those insurances already held (leave blank if none). Please provide certificate of currency

Level of cover

General Stallholder Product Liability Public Liability Other (detail)

Specific Requirements:
Please note below if your stall has any specific requirements such as a power outlet. Please note all stallholders are required to provide their own power cords, tables, chairs and gazebos etc. Stalls will be located under the COLA and vehicles for the car boot sale will all be located on the oval (please note some stalls may be required to be on the oval due to space restrictions) Stallholders and vehicles can arrive at the school grounds for setting up from 8:30am. Access via the gates on Selwyn St. The grounds will be closed to vehicle access from 9:30am. Stalls are limited to 3m x 3m spacing, please note below if you require more space. There will be someone at the markets to advise of your stall location. Car boot on the oval are by first in/first served basis.

Please return this form with payment of \$10 per stall and any other required documentation before Wednesday 14th August 2019 to PCTumbarumba@mail.com or drop it to the front office at TPS, addressed to the P&C.

Payment can be made via direct bank transfer only – contact Brooke for details 0422 960 641

WHO IS THE BULLY?

HAS YOUR CHILD BEEN DISPLAYING BEHAVIOURS INCLUDING

- Talking about 'getting even' with others?
- Not taking responsibility for their actions?
- Coming home with items that aren't theirs?
- Being unable to understand other's feelings?
- Putting other children down in conversations?

THESE MAY BE SIGNS THAT YOUR CHILD IS BULLYING OTHERS.

Bullying is either an obvious or hidden behaviour causing physical and/or psychological harm to others. It is an ongoing misuse of power through repeated verbal, physical and psychological behaviour.

WHAT YOU CAN DO...

1. Remain calm. Separate the behaviour from the child.
2. Explain that bullying is unacceptable behaviour and why.
3. Explore the reasons why your child is behaving that way.
4. Encourage them to see how others may feel
"how would you feel if..."
5. Praise respectable behaviour.

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



HAVE YOU GOT A RED BEAST IN YOUR HOUSE?

DOES YOUR CHILD

- Start screaming and lose their ability to listen and see correctly?
- Kick and swear?
- Become unable to share with siblings or friends?
- Throw objects around the house?

These can be signs that your child is struggling to understand feeling angry. Help your child understand feeling angry by

1. Telling them it is ok to feel angry, everyone does.
2. Telling them it's not ok to hurt someone else when feeling angry.
3. Taking deep breaths in and out with your child.
4. Having your child sit in their calm space.
5. Talking with your child about why they are feeling angry.
6. Having your child squeeze a stress ball and count out loud until they feel calm.

For parents try to stay calm and fair-minded when assisting your child to understand feeling angry.

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



GOT IT PROGRAM UPDATES



FUN FRIENDS PROGRAM UPDATE...

FOR STUDENTS IN KINDER TO YEAR 2, THIS WEEKS FUN FRIENDS SESSION IS ALL ABOUT...

SESSION 9: GIVING OURSELVES A PAT ON THE BACK

- How to reward ourselves when we've tried our best!
- How to plan a party, step by step

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



FUN FRIENDS PROGRAM UPDATE...

FOR STUDENTS IN KINDER TO YEAR 2, THIS WEEKS FUN FRIENDS SESSION IS ALL ABOUT...

SESSION 10: FAMILY, SCHOOL, NEIGHBOURS AND FRIENDS

- Role models and their modelling/empowering/identity forming influence in children's lives
- Our family, friends and teachers can help us become brave and we can help them too

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



