



# TALLIMBA PUBLIC SCHOOL

*"A Little School Achieving Big Things!"*

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**Monday 14<sup>th</sup> August 2017**

**Term 3 Week 5**

## Principal's Report

Welcome to Term 3 Week 5.

Last week I attended training on NAPLAN as **NAPLAN is moving online. This means moving NAPLAN from the current paper-based tests to computer-based assessments. The transition to NAPLAN online will commence from 2018. Our school will be participating in NAPLAN Online Readiness test in Week 9 of this term.**

The school readiness test is a 'practice run' for schools to assess their technology as we prepare to transition to NAPLAN Online. It provides an opportunity for schools to become familiar with the NAPLAN Online assessment platform but is not an assessment of student ability.

Our Book Week parade is coming up very soon next week! We are very excited at Tallimba Public School to be celebrating with a dress up character parade on Wednesday 23 August. Students are encouraged to come to school dressed as their favourite book character. They will also be participating in a range of fun literacy based activities programmed around some of the CBA shortlisted texts this year. We hope you can join us for our Book Week Parade at 2pm.

The Trent Barrett Shield was held in Temora last week. Elvis attended the day and participated in many games of Rugby League. He had a great day and represented our school with pride.



The Primary students attending the combined excursion to Victoria have received their itineraries, behaviour contracts and medical forms. Could you please return the completed forms and outstanding money at your earliest convenience?




Students have been busy training in their breaks for upcoming Western Athletics Carnival in Dubbo.

Please remember:

- \* Library is on Wednesdays.**
- \* Sport is held on Thursdays.**
- \* Learning Journals for both classes are due on Fridays.**
- \* Students attending the Primary Combined Schools Excursion to Melbourne, Ballarat and Bendigo: money and notes are due by Friday 1st September (Week 7).**

I hope you have a great week! ☺

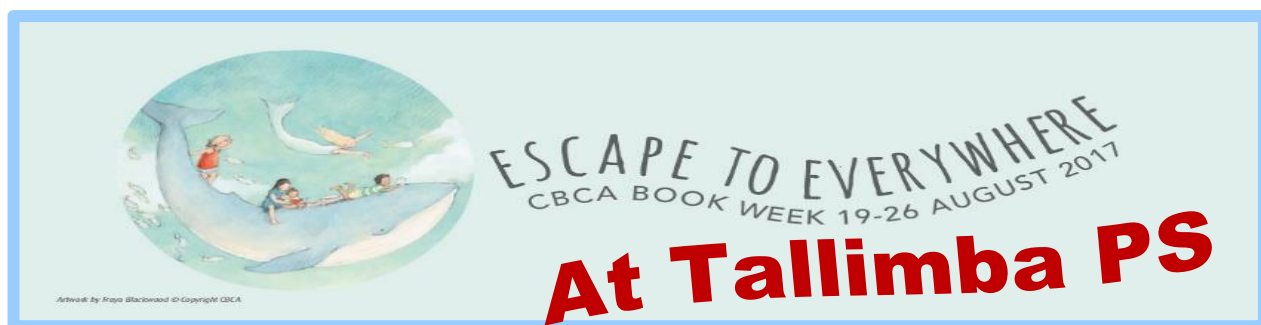
## UPCOMING DATES

Monday	Tuesday	Wednesday	Thursday	Friday
August 14	August 15	August 16 P&C AGM & GENERAL MEETING 1PM  LIBRARY	August 17 <b>SPORTS</b> 	August 18
August 21	August 22	August 23 <b>Book Week Parade</b>  LIBRARY	August 24 <b>SPORTS</b> 	August 25

# Book Week

Our Book Week parade is coming up very soon, next week! We are very excited at Tallimba Public School to be celebrating with a dress up character parade on Wednesday 23 August. Students and staff are encouraged to come to school dressed as their favourite book character. They will also be participating in a range of fun literacy based activities programmed around some of the CBA shortlisted texts this year. We hope you can join us for our book Week Parade at 2pm.

On the day students will be engaged in a number of learning activities based on some of the quality children's texts that have been shortlisted this year. One such book is *A Patch from Scratch* by Megan Forward. It would be much appreciated if students could bring in a pair of **gardening gloves** for the activities inspired by this text on the day.



**Date: Wednesday 23<sup>rd</sup> August Time: 2pm**

## A Quick Bite ...

### What is "Sometimes"?

Occasional Foods, commonly called "sometimes" foods, provide little to no nutritional value and are not needed as part of a healthy diet.

The Australian Guide to Healthy Eating says to eat these foods only sometimes and in small amounts but what does this mean?

It is different for everyone but to stay healthy these foods should be limited as much as possible.

Save them only for special occasions and don't make them part of your day to day meals or snacks.

For under 2s occasional foods should be "never" foods. Allow them to experience a full range of everyday foods before they start to taste occasional foods, and they'll be on their way to enjoying the best food for good health.



Act now! <http://www.health.gov.au/food-essentials/> discretionary food and drink choices

For more information visit

[www.mhhd.health.nsw.gov.au/services/health-promotion-1](http://www.mhhd.health.nsw.gov.au/services/health-promotion-1)

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**Health**  
Murrumbidgee  
Local Health District



## A Quick Bite ...

### Eight (8) food swaps you can make today

If you want to make some changes to your family's eating you could start swapping some of the common occasional foods for healthy everyday foods. Swap foods like:

- White bread, muffins, crumpets, and pasta for *wholemeal varieties*
- Soft drink or cordial for water. Try fruit pieces added in for extra flavor.
- Sour cream for reduced fat *greek yoghurt*.
- Sugary cereals for *porridge with banana and dates*.
- Biscuits or cakes for *fruit bread or wholemeal crumpets and pikelets*
- Packet of chips for *popcorn or rice crackers*
- Fruit roll ups for *dried fruit (30g)*
- Pre-packaged fruit yoghurt for *plain yoghurt with fresh, tinned or frozen fruit*.



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### West Wyalong Little Athletics 2017/2018 Season

Registrations will be open online from

**Tuesday 1<sup>st</sup> August 2017**

[www.lansw.com.au](http://www.lansw.com.au)

To welcome the new season we will be having a FREE sausage sizzle on

**Monday, 14<sup>th</sup> August and Monday, 21<sup>st</sup> August**  
**2.30pm-4.30pm at McAlister Oval**

Come meet the new committee and find out more about having fun and making friendships at Little Athletics.

New registrations need to bring a BIRTH CERTIFICATE or BLUE BOOK to register. Completion of registration and pick up of athlete packs will need to be done on either of these dates. **Competition begins Monday, 28<sup>th</sup> August 2017 at 4pm.**

Cost:

**Tiny Tots (4years) \$60**

**Under 6 – 17**

**\$70 for the first child**

**\$60 for all additional children excluding Tots**



A SMALL COIN PURSE WAS FOUND IN THE LIBRARY ON THE DAY OF OUR BOOK FAIR. PLEASE CALL US IF YOU THINK IT MIGHT BE YOURS.

The Weethalle Annual Show is being held on 20<sup>th</sup> August 2017. We will not be making school entries this year, but we would like to encourage individual entries to be submitted. If you would like to see the show schedule, it can be found in our school office.

**P&C Annual General Meeting followed by General Meeting.**  
**1pm, Wednesday 16<sup>th</sup> August.**  
**Come along and be a part of what makes our little school great.**