



TALLIMBA PUBLIC SCHOOL



Term 1 Week 6

**Tuesday 5th
March 2018**

This Week

Monday

Library

Tuesday

Sport

Mindful Warrior

Wednesday

Clean Up Australia

Thursday

Middle School

Friday

Swimming

Coming Soon

Healthy Harold

Contact Us

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N.S.W. 2669

Ph: 69 757251

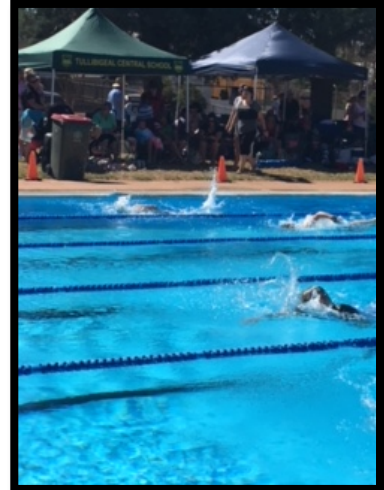
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p.schools.det.nsw.edu.au](http://www.tallimba-p.schools.det.nsw.edu.au)

Welcome to Week 6! ☺

Congratulations to all students who participated in the Lower Lachlan PSSA Swimming Carnival at Lake Cargelligo last week. All students improved their own personal swimming times and represented our school with pride. Thank you to all the parents who transported children to this day.



We welcome Miss Frew to TPS! Miss Frew will be working in our classrooms over the next few weeks while Mrs Reid is away.



We bid farewell to Mrs McCullough this week. Mrs McCullough has been an integral member of TPS and will be very missed. We would like to wish Mrs McCullough all the best on her new venture. Mrs Rayment will be relieving in the front office until the end of term.

The Big Vegie Crunch Success!

On Thursday 1st March at 10 am Tallimba Public School joined hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

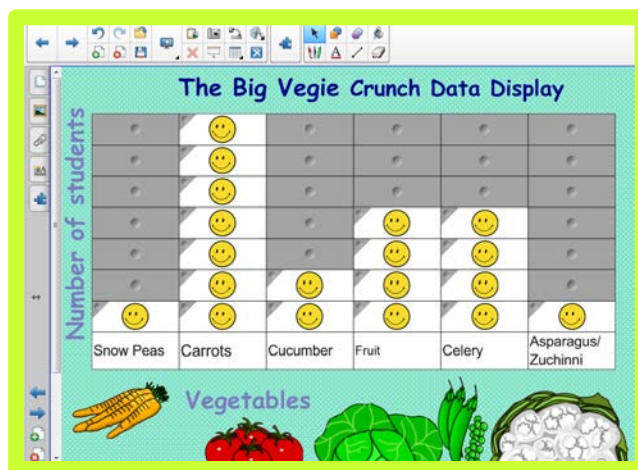
Thank you to everyone who helped make it a success by sending vegetables to school for Crunch 'n' Sip on the day.

As part of The Big Vegie Crunch program, Infants class visited Stage 2 class in the library where all students had an opportunity to taste a range of vegetables from a platter provided by Miss Goonan and Mrs Reid. Students enjoyed trying raw zucchini, baby roma tomatoes, cucumber, carrots, parsley, snow peas, sugar snap peas and even asparagus. It was great to see lots of adventurous little taste buds trying all the yummy veggies available.

During The Big Vegie Crunch, students listened to some vegie songs which included information about the nutritional value of vegetables. They enjoyed viewing and reading the interactive online text called 'The Magic Lunchbox'. Students discussed topics including healthy and unhealthy foods to put in lunch boxes and their favourite vegetables.



A data display was recorded showing which vegetables had been brought in. As you can see from the graph below, carrots were the most popular vegetable on the day!



COMMUNITY HELPERS

We are looking for parent/grandparent or community members to help listen to children in the infants class read. If you are interested in helping, could you please contact Mrs Kate Quade at the school on 6975 7251. Before you can come in it is a departmental requirement that all volunteers have a Working With Children Number. To do this go to Google on the internet and put in "Working with Children Application" then fill in the application and tick the box for **volunteers**. Print out the information and take this to the RTA, it will have an application number on it. This will not cost anything. Sorry for the inconvenience but this is a departmental requirement. Thank you.



Mindful Warrior Workshop

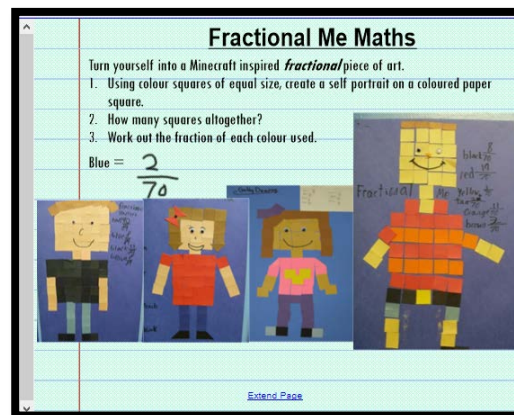
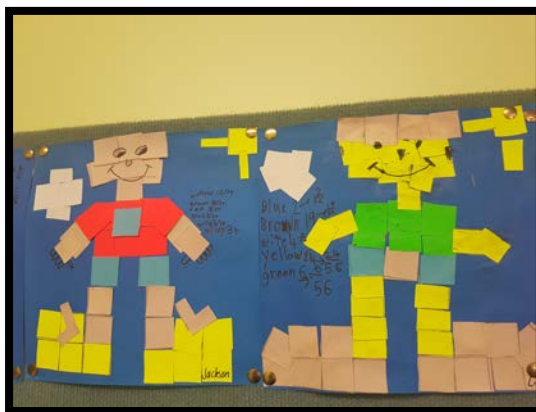
We hosted the lovely Anna Gannon, Mindful Warrior today. We learnt to recognise our strengths and weaknesses, our fears and what we are grateful for. We also did calm breathing, mindfulness colouring and drumming. We had a great time and cannot wait until she returns in two weeks ☺



Stage 2 Learning Snapshot

Stage 2 have had a fantastic and busy start to learning this year. Our learning work samples are now on display in the classroom to highlight our learning achievements throughout the year. We have recently set our individual reading and writing goals which we are working towards in our daily literacy sessions.

Last week in Maths lessons we investigated the topic of fractions. At the end of the week we created 'Fractional me' displays. This involved made pictures of ourselves using paper 'parts' that were measured to be equal in size. We then needed to write as a fraction how much of each colour was used to make ourselves.





West Wyalong Pirates Junior Rugby Union



Training commences this Wednesday, 7th March 2018 at 5:30pm

If you have a boy or girl 5 years and over, we are still taking registrations, so come along and try rugby on Wednesdays at 5:30pm at the Perseverance Street Grounds.

Registration fees this year also include socks, shorts and sausage sandwiches after each training session. The costs are as follows:

- Under 7s (unisex non-tackle) - \$60
- Under 8s to Under 16s (unisex tackle) - \$100
- Girls Touch 7s - \$70

If you choose to use your NSW Active Kids Voucher to pay for your registration, then the balance of your voucher can be used to purchase club apparel, such as a bag or jumper. The voucher is available to ALL school children valued up to \$100 per child. If you have not yet applied for your voucher, please visit Service NSW (<http://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>). You will need your Medicare card.

For further enquiries please call 0410 602542.



CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at local sites in the following areas:

Tallimba

Monday to Friday, part time, casual and relief positions available.

Flexible shift times, experience is preferred but not essential.
Training and uniform provided.

Please send your résumé to:
Joss Facility Management,
PO Box 667, Griffith NSW 2680

Or for more information contact Charmaine
Ph: 0428 606 009 between 8:00am – 4:30pm Monday to Friday

A working with Children Check is required for this position

West Wyalong Anglican Church

CANDY STRIPE FAIR

Friday 16th March 2018

2.30pm—6.00pm

Parish Centre — Court Street West Wyalong

LOTS OF STALLS

Heavenly Treats Sainly Sweet Gone Potty B B Q Drinks
Tea House Krafty Kritters Fresh is Best

CHILDREN'S CORNER

Face Painting Hoop-La Honey Pot

ENTERTAINMENT

St Mary's War Memorial School Choir
West Wyalong Primary School Choir
Wyalong Primary School Choir
West Wyalong Choristers
Ungarie Town Band and Recorders

Music from Stan Dodgson, Terry Butcher and Frank Leary

MAJOR RAFFLE

1st Prize	\$150 of Fuel
2nd Prize	Trailer load of Wood
3rd Prize	Crocheted Rug
4th Prize	Framed Jigsaw Puzzle



Brower's 12th Charity Walk 2018 Yahoo from Yiddah

Starting at YIDDAH SILOS 9am, total distance 23kms

Saturday, April 14

Registration sheets available from Quade Moncrieff
Livestock & Property

Forms must be picked up by Tuesday, April 10 and \$5 rego fee, to cover insurance costs, must be paid on registration

All funds raised go to

West Wyalong Can Assist and Country Hope

*All participants, friends, family and supporters invited to the Metropolitan Hotel
for a barbecue, raffles and entertainment
(under 18's must be accompanied by a responsible adult)*

For more information please contact

0415 515 161, 0427 722 219 or 0447 740 409

Dairy Foods

The Australian Dietary Guidelines recommend we should include a variety of foods every day from all five food groups.

How much dairy should I have?

	Serves per day			
	4-8yrs	9-11yrs	12-13yrs	14-18yrs
Boys	2	2 ½	3 ½	3 ½
Girls	1 ½	3	3 ½	3 ½

What's a serve?

- 1 cup of milk
- 2 slices of cheese
- ¾ cup of yoghurt
- 1 cup of soy milk (with added calcium)
- 100g firm tofu

Fruit Joke

Knock knock! Who's there?
Lettuce! Lettuce who?
Lettuce in and you'll find out!

Who Am I?

I am from the same family as onions.
I am green and white.
I am long and straight.
(Tell Mrs McCullough your answer)

Last Week's Quiz Answer
Peach