

TULLAWONG TALES

TERM 1 2019 - WEEK 4

EDITION 2



ADDRESS:

Tullawong State School
60 - 94 Smiths Road
Caboolture Qld 4510

TELEPHONE NUMBERS:

Office:

5431 4666

Fax:

5431 4600

Absentee Line:

5431 4660

The Hub (Special Ed Unit):

5431 4681

Tuckshop:

5431 4629

EMAIL:

admin@tullawongss.eq.edu.au

WEBSITE:

www.tullawongss.eq.edu.au

FACEBOOK:

www.facebook.com/TullawongSS



Great State
Great Opportunity

PRINCIPAL'S SAY

Every year millions of children suffer the devastating effects of bullying. Bullying damages the physical, social and emotional well-being of its victims.

Bullying is learned, harmful and controllable. It involves not just the bullies and victims, but also bystanders, families and friends.

Before we talk about what to do if you see bullying or your children are bullied, we need to understand what BULLYING really means.

Bullying is **DELIBERATE, REPEATED** and involves a **POWER IMBALANCE**.

Bullying can take several forms - Physical Bullying, Verbal Bullying, Social/Emotional Bullying and Cyber-Bullying.

Physical Bullying - poking, pushing, hitting, kicking, fighting

Verbal Bullying - yelling, taunting, name-calling, insulting, threatening, teasing

Social/Emotional - rude gestures, excluding, spreading rumours, ignoring, manipulating friendships

Cyberbullying - sending hurtful messages or images by internet or phone, posting hurtful comments on social media

Victims of bullying can suffer symptoms such as:

- Feeling tense
- Feeling tired and sad
- Suffering headaches or anxiety
- Problems sleeping
- Depression
- Abdominal pains
- Constipation
- Being withdrawn
- Poorer grades

Bullies not only hurt others, they also hurt themselves and their future lives. As bullies grow older they show higher rates of:

- Aggression
- Poor school results
- Convictions for crime
- Traffic violations
- Drink driving
- Depression
- Suicide
- Emotional breakdowns

IMPORTANT INFORMATION

Supervision is provided for students from 8am in the designated covered areas and must be collected from school by 3pm. If you are unable to collect your child by this time, you will need to make alternate arrangements.

Students being picked up before 2:35pm must be signed out by a parent/carer at the school office.

Phone messages to students cannot be guaranteed after 2pm as students are on lunch break.

Please make sure all contact details are up to date - phone numbers, e-mail address etc. Please see office staff.

PAYMENTS FOR EXCURSIONS

When an event or excursion is created, an invoice will be automatically sent to your email address. Please ensure your email address is up-to-date.

Preferred payment methods:
BPoint - you will need your CRN and invoice number which is on the bottom of your invoice

(If you have not received an invoice, the school can provide this information)

Bank Transfer - contact us for our bank details

Cashier - open daily from 8am to 10am

Please note schools are NOT permitted to take credit card payments over the phone.

What you should tell CHILDREN about bullying:

- **Bullying is not acceptable and will not be tolerated.**
- **If a child bullies you, it's O.K. to stand up for yourself, walk away, or ask a friend or adult for help.**
- **Responding to bullying by fighting back doesn't usually work—and may make matters worse.** Violence encourages more violence and fails to solve problems.
- **It is important to report bullying when you see it *and* when you hear about it.**
- **Bullying does not have to happen.** Working together with adults and peers, there are specific things you can do to prevent and stop bullying.

Cyber bullying has been in the news lately. Many parents/carers have asked what they can do to minimise the risk for children. Here are some tips for you to consider:

- Keep computers in visible places
- Check mobile phones
- Talk to your children about safe and responsible use of the internet and mobile phones
- Talk about the dangers of cyber-bullying
- Remind children not to share any personal information online
- Encourage children to tell you if people are asking them to be friends or keep secrets online

Some parents/carers have spoken to me about bullying and that it has been ongoing for a considerable amount of time. If you become aware of any bullying or harm please follow through with a report.

First and most importantly we need to model respectful language in front of children. I have heard about and witnessed some interactions between adults that have not been appropriate in front of children. If we want our children to be safe and happy, then our words and actions need to model what we want. There is an old saying:

**"Watch your thoughts, they become your words;
watch your words, they become your actions;
watch your actions, they become your habits;
watch your habits, they become your character;
watch your character, it becomes your destiny."**

If you have any questions or concerns about bullying, please contact the school for more information or advice.

Regards,
Iqbal Singh
Principal

PREP

Reading is a very important life skill. Parents/ Guardians can support development of their child's reading by doing some of the following:

- Be confident that your child will learn to read. Give positive messages and involve them in everyday conversations and opportunities to read.
- Read aloud to your child. It helps them to learn about the language of books and will encourage them to enjoy books and reading.
- Read to your child in your home language if your first language is not English.
- Make reading enjoyable and talk about books, magazines and computer stories that you have read together.
- Try not to let television intrude on reading time. Make a special time for reading with your child, away from interruptions.
- Listen to your child read as often as you can, every day if possible, even if only for a short time.
- Give books in print or electronic form as treats and presents.

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/reading-with-your-child-at-home>

Tracy Hetherington
Deputy Principal
Prep

YEAR 1, 2 AND 3

Being **grateful** and **appreciating being cared** for and looked after is important learning for children during these formative years. Coming to school is an important milestone as children grow and develop. Here are some things that our children are **grateful for**:

- ✓ Air conditioning!! It is going to be very, very hot today. 37 is a big number
- ✓ My teacher 'cause she likes me. I give her lots of hugs. She smiles at me . . . at everyone
- ✓ My reading group . . . I like the new books . . . I read lots . . . I know my words . . . Mummy helps me with my sounds too
- ✓ My dad brings me to school every day . . . he makes my lunch and he tells me stories
- ✓ Building blocks . . . I can make dinosaurs and trucks and buildings and tall, tall buildings and everything
- ✓ I'm big now . . . I go to Nan at the gate now (pick up). She's got a sore knee so I walk to her. She's always there.

Being 4 weeks into the term, children and families have set into the **daily school routine**. As a school community, we value and appreciate **family efforts** to **organise** children with uniforms, school hats, baths, drink bottles, breakfast, lunches, fruit, homework, adequate sleep and emotional support. When children arrive to school with a strong sense of well-being, they are **calm**, on time, have food and know who is picking them up - they are **ready to learn**.

Helen Williams
Deputy Principal
Years 1, 2 and 3



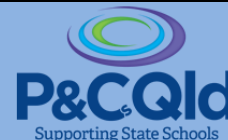
Keep up to date with
what's going on at
Tullawong State School

Find us on Facebook!
www.facebook.com/TullawongSS

SWOOP CAFÉ



Monday to Friday
8:00am to 10:30am
12:30pm to 3:00pm



Meetings held
last Monday
of the month
Hall Meeting Room
6:00pm

Uniform Shop Hours:
Monday - Friday
8am to 10am
1pm to 2:30pm

STUDENT SUPPORT STAFF

Guidance Officer
Pam Whitby

Chaplain
Ronni Castles (Mon-Wed)

Indigenous Co-ordinator
Tara Santo

YEAR 4, 5 AND 6

POSITIVE BEHAVIOUR AT TULLAWONG

Gala days are coming up on the 8th and 15th March. Gala days are for our students in years 4 to 6 who are successful on gaining a position onto our school sporting teams. Gala day notes will be sent home at a later date. If your child is participating in Gala day please ensure they come prepared with a hat, water bottle and sunscreen on these days. Good luck to all students trying out for a team!

To acknowledge the students' efforts in demonstrating our expectations of all by **Being Responsible, Respectful and Ready**, all staff are continuing to hand out 'Magnificent Magpie' (MM). Your child may receive a MM when they are sitting quietly in their line after playtime, when they are working conscientiously in the classroom, or when they are waiting their turn at the tuckshop. When the child receives a MM, they are tallied as they work towards a special reward when they have collected a certain number. The rewards will be the same amongst each year level, with all students across the school who receive 150 MM's, being invited to an end of term sausage sizzle. This is a way to positively acknowledge the behaviour of our students.

Ask your child these questions: "How many Magnificent Magpies have you received?" or "What did you receive your MM for?" Our teachers are constantly reminding the students of how they are going with **Being Responsible, Respectful and Ready**.

The positive behaviour focus being taught this week falls under the **Be Respectful** banner and is '*keep my hands and feet to myself*'. Points discussed in class include:

1. *I stand/sit looking around me to make sure I am not bumping into another student*
2. *I walk giving other students personal space*
3. *I do not use my body to bump or move others*
4. *I politely ask others to move out of the way using 'excuse me'*
5. *I do not use my hands or feet when I am angry or frustrated.*
6. *I use my calm voice to say how I feel*
7. *I know where my hands and feet are in relation to my body.*

Jackie Savill
Deputy Principal
Year 4, 5 and 6

DATES TO REMEMBER	
28 th February	Student Leader Induction Ceremony
8 th and 15 th March	Gala Day
13 th March	Ditto Show - Prep to Year 3
15 th March	National Day of Action Against Bullying
21 st March	Year 3 Excursion - Caboolture Historical Village
25 th and 27 th March	Class Photos
1 st to 3 rd April	Year 6 Camp
4 th April	Prep - Year 3 Cross Country
5 th April	9 - 12 years Cross Country
5 th April	Last day Term 1

FROM THE GUIDANCE OFFICER

BEING A FRIEND vs BEING A PARENT

It is interesting when considering the number of children and adults alike who believe that a Mum or Dad should be a `friend' in preference to being a `parent'. The job of being a parent is so much more than being a friend and holds a great deal of responsibility. This is worth some discussion.

What does being a parent mean?

- Being there for your child - to talk with them, take them places, stay up late waiting for them to come home to know they are safe, helping them with homework that sometimes is beyond your own knowledge, having school meetings with teachers, preparing lunches for years on end (this alone would test any friendship)
- Being with them to celebrate the good times but also to help them through the difficult times (and at times the difficult times out way the good times)
- Even when they say "I hate you" you give them unconditional love by answering 'I love you' and adding `but I don't like your behaviour' (not many friends would last the distance if they felt unloved).
- Using tough love when needed (letting them know when they have done the wrong thing; getting them to take responsibility for their actions; setting limits)
- Saying 'no' - and sticking to your decision when you know it's in their best interest (this takes energy and strength to resist the emotional blackmail and the language that comes with this eg. you're ruining my life/my friendships/my future). Life not *always* going `your` way actually helps build resilience/ it's the struggles that make us stronger (we could go on and on with the benefits of `no')
- Letting them know what they are doing well but also letting them know what they may need to improve on (which they may not want to hear)
- Being honest but not harsh e.g. if an outfit is inappropriate who better to tell them than a parent (a friend most probably wouldn't)
- Being the shoulder to cry on but eager to talk through the issue causing the problem
- Modelling good behaviour and educating your child with skills needed for them to be ready for living in the community - socially appropriate people are more employable than those lacking such skills
- In drastic times - dropping everything and coming to their aid - at these times putting their needs before your own



It takes more than a friend to be a parent. It takes love, commitment, selflessness and endurance. Let's congratulate ourselves for lasting the distance.

Pam Whitby
Guidance Officer

SPORTS NEWS

Attached is the Sports District Trials Calendar for 2019. Children who are interested in trying out for a representative (District Team) are to see me and I will supply them with an information sheet for that sport and a permission note.



It is compulsory for all students to have permission from the school to attend District Trials. This information is also on the window of the Music Block - all can see on the way to music.

Geoff Buckman
PE Teacher

DITTO SHOW

Prep to Year 3 students will have the opportunity to attend a personal safety education program presented by Bravehearts called "The Ditto Show". This program helps provide children with the basic principles of personal safety. The Ditto Show is a 30 minute live performance with Ditto being the star attraction.

Cost: \$6.00

When: Wednesday 13th March in the Hall

The performance itself consists of:

- Your body's warning signs
- Yes and no feelings
- Scared and yucky feelings
- Good and bad secrets
- What to do if someone tells you a bad secret
- It's ok to say no if you feel unsafe or unsure



INSTRUMENTAL MUSIC

Our Instrumental music program is off and running for 2019, with students already well on their way to learning new notes, songs and concepts. We do still have a limited number of vacancies for beginners - please email us if you would like more information.

If you are using a school instrument, you do need to have returned your loan agreement form before this instrument can be taken home. Where applicable, fees will also need to be paid, or a payment plan arranged with the office, before instruments can go home. If you could please sort this out as soon as possible, it would be wonderful. Students will lose these vital weeks full of excitement and willingness to practise if they can't take their instrument home and we would hate to see students fall behind because of a piece of paper.

We would also like to welcome Ms Karen Dyer who is joining us this term.

Please don't be afraid to drop in see us or email should you have any questions or concerns regarding the instrumental music program.



Yours in music,
Heidi Cooper
hcoop28@eq.edu.au

EVERYday
counts
attendance matters

He/She is only missing just . . .	That equals . . .	Which is . . .	From Prep to Year 12 is . . .
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 $\frac{1}{2}$ years
1 hour per day	1 day per week	8 weeks per year	Over 2 $\frac{1}{2}$ years

P&C VOLUNTEER PROGRAM

Do you have a spare $\frac{1}{2}$ hour once a week?

Want to make a valuable contribution to the Tullawong Community?

Volunteering is not only good for the community, it is good for you!!!

If you have ever volunteered, you may have noticed that you felt fantastic afterward. Maybe you saw a little boost in your mood and that you made a difference. The benefits of volunteering are countless. Many journals and reports have studied the benefits to volunteering in recent years. They find that volunteering is one of the best things you can do for yourself and the world. It has been shown to build community and improve mental and physical health.

If you volunteer at school we will reward you with CREDIT. We can't do a lot, but we want to acknowledge your contribution. For every 20 hours of volunteering the school will provide a free coffee for the volunteer and a \$10 credit at the tuckshop for your children.

What can you do?

- Volunteer in the tuckshop - once/week, once per month/once per term, once per semester/once a year
- Come in for a working bee or volunteer to help in the grounds once/week, once per month/once per term, once per semester/once a year
- Come in to help students with their reading
- Come in to assist supervising play or run lunchtime activities
- Run a club - dance, chess, sport, reading, art, gardening etc
- Help at school discos
- Assist in the uniform shop
- Assist in the coffee shop
- Help with the gardens
- Do some cooking with students and/or parents

Put your name down at the school coffee shop for anything you think you can help us with. We will love to have you involved.

VOLUNTEERS

Volunteer Training must be completed each year. Thank you to the parents and carers who completed the volunteer program using the face to face sessions. Our office is currently updating the volunteer register with blue card information and registering volunteers.

If you missed the face to face session, please register at the office to complete the on-line training modules when you next come to volunteer. This will ensure that you are up to date.



STUDENT ABSENCES

ABSENCES:

To notify student absences please select one of the following:

- Phone the student absence line: 5431 4660
- Phone the school: 5431 4666 and select Option 1
- Written letter from parent/carer

If we are not notified of an absence by 10:00am we will text parents/carers as a reminder.

It is essential you reply to this text with student's name, class and reason to stop follow up texts being sent and an unexplained absence being recorded.



LATE ARRIVALS:

All students arriving after 8:40am must obtain a late slip from the office.

Students will be marked absent until a late slip has been generated. You may receive a text to notify you of your student's absence if there is a delay in obtaining a late slip.

EARLY DEPARTURES:

All students being picked up before 2:35pm must be signed out at the School Office by a parent, carer or nominated person on the student's emergency contact list prior to being collected from class.

LONG ABSENCES:

For absences longer than 10 days parents must complete an Application for Exemption form which will be submitted to the Principal for consideration and approval. These forms are available from the School Office.

NEWS FROM THE DENTAL VAN



The sooner children begin getting regular dental check-ups, the healthier their mouth will stay throughout their lives.

Early check-ups help prevent cavities and tooth decay, which can lead to pain, trouble concentrating and other medical issues. Youngsters with healthy teeth chew food easily, learn to speak clearly and smile with confidence.

All year 6 students have been given a medical consent form to take home. We ask that **all** forms are returned by the end of March. If your child is seen by your family dentist please indicate this on the form.

It is important to have a dental examination to prevent pain or infection which can require urgent treatment.

Skipping dental appointments may not seem like a big deal, but oral issues can develop and progress extremely quickly whether or not you notice it. By keeping on top of your dental cleanings and check-ups you're doing yourself a big favour in the long run.

Janelle and Kathy
Dental Van
0418 753 997



Tullawong Family Playgroup

Every Thursday during Term

8:30am – 10:30am at Tullawong SS 'The Hub'

For more information please contact

Trish on 5431 4666

Please bring a hat, water bottle and morning tea

Our Playgroup is open to ALL members of our local community





Tullawong Indigenous Playgroup

Every Tuesday during Term

9:00am - 11:00am at Tullawong State School 'The Hub'

For more information please contact

Tara on 5431 4648



Our Playgroups are open to ALL members of our local community



Helping Hands Outside School Hours Care



0447 028 132



tullawong@helpinghandsnetwork.com.au

From the coordinator:

Term one has been off to a cracking start! It's been so wonderful to get to know all the children through games, group times, and over hearty meals of pancakes and fruit platters.

Throughout the term, the children have shown a great deal of character development as they are taking more responsibility over their actions, reaching out in kindness more, and offering a helping hand to those in need.

It's been so wonderful seeing the children focus on themselves, and grow the goodness in them to go on and support others.

If your children do not currently attend and would like to come to our before, after school or vacation care program you can now register online at www.helpinghandsnetwork.com.au

Or for further assistance give our friendly accounts team a call on **1300 612 462**

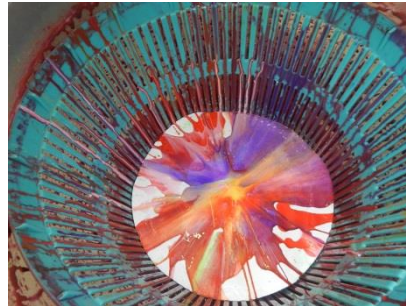
Have a fantastic week!!

From Alex Clegg and the team

What's been happening:

The last few weeks have gone by so quickly! During this time the children have had many opportunities to flex their artistic talents.

During the week our wonderful educators Peta and Ingrid have created incredible art activities based on the children's interests. Specifically they have been interested in old school toys (from GI-Joes to ball rollers and pinwheels) so this has been a focus in the craft.



In addition to this fun, our Before School Care kids had the awesome chance to give back to the teachers who have been so wonderful to them this year. We talked about how thankful our children were for the teachers and role models here at Tullawong.



What's coming up:

Coming up soon, our children have been excited about eating healthy, yummy things. Just this week they have decided to make delicious fruit juices throughout the rest of the term and have suggested a whole banquet of healthy meals for us to share in the afternoons.

Please do not hesitate to come see us in the office (based in the school hall) or call on 0447 028 132.

We are more than happy to answer any of your questions and help wherever we can.

Our mission

To provide parents and schools with peace of mind by providing a safe, fun leaning and play environment for children.

Our corporate values

- **Considerate** – Be there for others
- **Passionate** – Bring energy and determination
- **Courageous** – Challenge ourselves.

The values we share, guide our behaviour as we work towards our vision to **build brighter futures together.**

**WE PROVIDE BREAKFAST AND AFTERNOON TEA EVERYDAY AS WELL AS FANTASTIC ART, CRAFT, SPORT AND COOKING EXPERIENCES THAT YOUR CHILDREN WILL LOVE!
COME IN AND CHECK OUT OUR PROGRAM!**

**HOMEWORK CLUB OPERATES EACH AFTERNOON IN THE HALL.
EDUCATORS ASSIST WITH COMPREHENSION OF TASKS AND READING.**



Enroll now
to secure
your place

www.helpinghandsnetwork.com.au

Amazing activities will keep
everyone entertained!



Let us worry about your child's
homework.
Homework club runs
Monday – Thursday 3:30-4pm

Helping Hands Tullawong

Before and After school care
CCS Fee Estimates

	Before School	ASC After School
FULL FEE =	18.50	24.50
85% CCS	\$3.57	\$4.73
80% CCS	\$4.44	\$5.90
75% CCS	\$5.31	\$7.07
70% CCS	\$6.34	\$8.21
65% CCS	\$7.08	\$9.39
60% CCS	\$7.45	\$10.55
55% CCS	\$8.83	\$11.72
50% CCS	\$9.70	\$12.86



Fee includes
Breakfast and Afternoon
Tea



These prices are an
estimation base on the CCS
percentage in which
families receive.

To find out our CCS
percentage please go to
the link below

<https://www.childcaresubsidycalculator.com.au/>