



# THARBOGANG TIMES

Tharbogang Public School  
75 Braithwaite Road, Tharbogang  
[www.tharbogang-p.schools.nsw.edu.au](http://www.tharbogang-p.schools.nsw.edu.au)

Phone 02 6963 6242

Relieving Principal – Cheryle Glyde  
Week 5 Term 1 2018

Monday 26<sup>th</sup> February 2018

## Upcoming Events

### **Tuesday 27<sup>th</sup> February**

Soccer visit

K-2: 9.30-10am

Year 3-6: 10-10.45am

### **Thursday 1<sup>st</sup> March**

Zone PSSA

swimming carnival

### **Friday 2<sup>nd</sup> March**

Family BBQ 6pm on  
the school oval

Tuesday 6<sup>th</sup> March

P&C meeting and  
AGM 7pm

Friday 9<sup>th</sup> March

Whole School  
Assembly

### **Monday 12<sup>th</sup> March**

Young Leaders

Conference in Sydney  
Year 6 captains

### **Wednesday 14<sup>th</sup> March**

Riverina PSSA

swimming carnival

### **Tuesday 20<sup>th</sup> March School Counsellor Visit**

### **Wednesday 21<sup>st</sup> March**

Harmony Day

### **Tuesday 27<sup>th</sup> March**

School Counsellor  
Visit

## Principal's Message

We had a wonderful week of learning and activities last week where students were able to demonstrate their enthusiasm, effort, perseverance and achievement in a variety of fields. They performed well in the classrooms, in the playground and in extra curricula activities. I was extremely proud of our fantastic little school. We have great students **and a dedicated and extremely professional staff. Everyone is to be congratulated.**

## Small Schools Swimming Carnival



Tharbogang PS won the overall points score at last week's swimming carnival and was named champion school of the day. Every one of our students who swam helped us win this award. They swam with exceptional enthusiasm and effort, achieving many personal best results. I was so proud of them all. Special mention to our students named Age Champions: Fletcher Robertson

(Junior Boys Champion), Julia Sergi (11Years Girls Champion) and Harry Robertson (Senior Boys Champion). Our PP5 Relay team of Jack Furner, Julia Sergi, Fletcher and Harry Robertson have qualified to compete at the Riverina PSSA Swimming Carnival in Albury.



The following students have qualified the Zone PSSA carnival to be held on Thursday in Griffith. I will be the Small Schools Team Manager on the day.

**Riley and Ava Sillis; Darby, Fletcher and Harry Robertson; Senna, Lorenzo and Julia Sergi; Harry and Jack Furner.**

Congratulation and good luck in your events on Thursday.

## **Merit Award**

Congratulations to our Merit Award winners this week.



Back: Emerson Brown, Zoya Syed, Jack Furner and Riley Sillis

Front: Dylan Dwyer, Jasraj Singh, Max Brown and Christian Catanzariti

## **Visitors to our school**

On Tuesday, the students will participate in soccer sessions with skilled coaches. K-2 will be from 9.30-10am and Years 3-6 will be from 10-10.45pm. Students may wear their sports uniform for the day.

School Counsellor, Mrs Sandra Richardson, will also be visiting on Tuesday. She will be following up with students she worked with in 2017. If you have any concerns about your child and feel a visit with the counsellor may help, please don't hesitate to contact the school for an appointment.

## **Best Start Reports**

Mrs Nixon will be sending home Best Start Reports for every Kindergarten student this week. These are initial assessment results to inform parents of student readiness for school and provide starting points for teachers to provide personalised learning for each student. If you would like to discuss this report, please contact Mrs Nixon to arrange a suitable time.

## **Family BBQ**

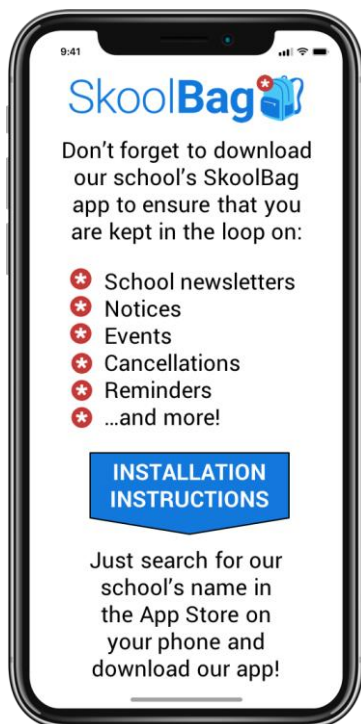
I am looking forward to seeing many of our school families at our annual BBQ and social get together on Friday. It is a great opportunity for everyone to get to know each other and connect with the school. This is especially true with our large number of new families this year. The P&C generously organise the BBQ and families are asked to bring either a salad, dessert or cake/slice. It is held on the school oval from 6pm with dinner being served at 7pm. If you haven't returned your RSVP, please do so by Wednesday to assist with catering.

## **Working With Children Check**

Could all parents please consider applying for a Working With Children Check for volunteers, as this is a requirement of the department for any volunteers in our schools?

This includes listening to reading, helping in the classroom, transporting students to events etc. There is no cost and must be done online. If internet access is an issue or you need support, contact the school.





### **Instructions for Skoolbag**

Install on your phone and receive instant notifications and reminders from the school; give permission for your child to attend events; send in absent notes; and generally communicate easily with the school.

**School Facebook Page** Be sure to like Tharbogang Public School Facebook Page also.

### **Parent Helpers**

If you can spare any time to assist in the classroom with listening to students read, helping small groups or individuals with Maths or English activities etc., please contact your child's teacher. Your assistance

would be greatly appreciated.



### **Moving into Year 7**

**Moving into Year 7** booklets and enrolment forms for Year 6 students enrolling in Year 7 in a NSW Government School in 2019 have been distributed to our current year 6 students. Year 6 parents complete this to indicate their preference for the school in which they would like to enrol their child for Year 7 and return to school **no later than Friday 16 March 2018**.

### **Permission to Pick Up Students**

If you have not returned a list of names for people authorised to pick up your students from school, please do so asap. Student safety is paramount. Your support with this matter is greatly appreciated. Thanks to those who have already returned this note already.

Keep Smiling and Be Happy,

*Cheryle*

### **Quote of the Week**

**"The purpose of education is to replace an empty mind with an open one" Malcolm Forbes**

### **Winter Uniforms**

Orders for Winter uniforms will be taken soon (an order form will be sent home with the newsletter in the near future) so please have a think about what you may need to order for your child.

### **Coles Sports for Schools**

The Coles Sports for Schools program is back for 2018. Tharbogang Public School has a collection box at Coles in Griffith and also one in the office at school. There will be a weekly tally recorded on the notice board in the foyer



area so everyone can see out progress. Please remember to collect your vouchers and those of anyone else willing to donate, and either put them in the box, with our school name on it, at the front of the Coles supermarket or send them into school with your child. The more vouchers we collect, the more sports equipment we can receive. Thank you all for your support.

### School Assembly

Congratulations to all award winners at last weeks whole school assembly. They were very well deserved that is for sure.



# Tharbogang Public School

# 2018

# Family BBQ



WEATHER PERMITTING

**Friday 2nd March 2018**

**Mingle from 6pm  
7pm dinner**

**Tharbogang Public School Oval**

**RSVP by Wednesday 28th February 2018**



Bring along your non-alcoholic drinks, a picnic blanket and/or chairs and get to know our school community at a relaxed and friendly evening while the kids bounce on a jumping castle (weather permitting)

Sausages and chicken kebab BBQ dinner will be provided. Please bring a plate to share. If you have a child in K-2 please bring a dessert, cake or slice. If you have a child in 3-6 or children in each class please bring a salad, entrée or nibbles.

Family Name : .....

No. of adults : .....

No. of children : .....

Dietary requirements (e.g. vegetarian, etc) : .....

I will be bringing a :    dessert    or    salad/starters    (please circle)

OR

☐ Sorry, we can't make it



## Years 3-6

Students in years 3-6 have had a busy few weeks with lots of learning activities occurring throughout the day. Routines have been set with self-regulation and independence being a focus. All students are reminded that their own learning is the most important thing and for this to occur they must be organised and have everything they need ready to start so that time wasting is minimised. Managing distractions and not distracting others continues to be an area targeted for improvement.

### Home Learning and Reading

Weekly home learning continues to be provided for those students choosing to return it. As it is only given to those who complete it, it is best to return it by Friday so it can be marked over the weekend. Each student is provided with activities that practise lessons they have had to reinforce taught concepts or areas identified as in need of improvement.



There are also options that include family and life skill activities. Class Dojo points are awarded for completion. The Home Reading Log each student was given should also be returned weekly so I can see continuity of effort. Nightly reading is a habit all students would benefit from and ideas for parents to help are included on the inside of the Reading Log.

### Class Information

**English**- Continued focus on writing using paragraphs, correct punctuation, grammatical use of parts of speech and spelling activities based on mistakes made in writing and common spelling rules e.g. 'i' before 'e' except before 'c'

**Maths**- Fractions, decimals and percentages

**Science**- Earthquake science with students completing a Powerpoint presentation either individually or in pairs. This will then become part of an oral presentation to the class, which will be assessed.

**Geography**- with Mrs Dal Nevo

**Creative and Practical Arts**- Complete ceramic art and class paintings.

Mrs Glyde



# Easing children's anxiety

***“Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.”***

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

## ***Staying calm***

Anxiety is a normal part of life and can be managed, but it takes time.

It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

## ***Making a plan***

**Encourage** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

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