



Tharbogang Times

148 White Road Tharbogang NSW 2680

www.tharbogan-p.schools.nsw.gov.au

Phone: 02 6963 6242

Principal: Cheryle Glyde

Week 10 Term 4 2022

Monday 12 December 2022

Upcoming Events

Tuesday
December 13
Swimming
Lessons

Wednesday
December 14
6.30PM
Presentation
Night at
Tharbogang
Public School

Thursday
December 15
PBL Rewards
Day

Friday
December 16
Last Day for
Students
Clean Up Day

2023

Tuesday January
31
Return to school

Thursday
February 2
2-3pm Brumbies
visit

Presentation Night

This Wednesday is Tharbogang Public School Presentation Night. All families and friends are welcome to attend. Please arrive at 6.30pm promptly. Students are to wear clean full school uniform. To allow parents time to wash the student's uniform, Wednesday and Thursday will be a casual day. Can we suggest that children have an early night on Tuesday so children are ready for a late night on Wednesday.

PBL Rewards Day

On Thursday we have hired a water castle therefore students will need to bring swimmers, towel, water bottle and the P & C will have a barbecue for lunch.

Merit Certificates

Week 7



K-2

Cosima, Luciano, Rider,
Benny and Leannah

3-6



Back:

Amani, Riley, Lensovior, Benji
Front: Addison, Dean, Senna

Silver Award



Back: Riley and Benji
Front: Leylahn and Sebastian



Andrew and Sebastian

Merit Awards

Week 9

3-6



Back: Sebastian – Improvements in his math ability.

Julian – An improvement in her maths ability.

Rubina – Being a quiet and focused worker

Max B – His support with the Year 6 Graduation.

Front: Bavneet – Being a lovely friend to her peers.

Max A – Being so helpful.

Dylan – Being very mature and responsible when dealing with difficult situations.

Trey – His support with the Year 6 Graduation.

Quote of the Week

"Good words cost no more than bad."

– Thomas Fuller

Intensive Swimming Program

Last lesson tomorrow.

No Hat/No Play

Our summer months are upon us again. Our children need the protection of their hats therefore we will be implementing the no hat/no play policy. Please ensure your child/ren are wearing their hats when they leave in the morning.

[Help-seeking resources for school holidays](#)

Whole school community

• Be You support services infographic access here (and attached)

- [13YARN](#) Aboriginal and Torres Strait Islander Support – Crisis line

Staff

- Be [You Educator Wellbeing resources](#)

• Encourage staff to stay connected to their informal (friends, family and colleagues), formal

(EAP or GP/private mental health professional) and professional (mentors or teacher associations) wellbeing supports

[Primary Schools](#)

Students

- Kids Helpline [Positive self talk](#)
- Kids Helpline [Think calm thoughts](#)
- Kids Helpline [Resilience strategies for emotional strength](#)
- Kids Helpline [Problem solving](#)
- Reach Out [Ways to chill for cheap](#)

Families

- Telephone support: [Parentline](#) NSW 1300 1300 52
- Headspace [Keeping healthy over the holidays - for friends and family](#)
- Kids Helpline [Feeling sad over the holidays](#)
- Kids Helpline [Coping with Family holiday Stress](#)
- Raising Children Network [Signs of mental health concerns in pre-teens and teenagers](#)
- Raising Children Network [Helping pre-teens and teens manage emotional ups and downs](#)
- Kids Helpline: [My child struggles with mental health](#)
- Kids Helpline: [How Kids Helpline can help your child](#)

[Secondary Schools](#)

Students

- headspace [How to stay healthy over the holidays](#)
- headspace [Tips for a healthy headspace](#)
- headspace [Healthy headspace Action Plan](#)
- headspace [How to help a friend going through a tough time](#)
- Reach Out [Helping friends](#)
- Reach Out [Ways to chill for cheap](#)
- If your friend is not okay click [here](#)
- e-headspace flyer click [here](#)
- How to handle a tough time.
- You can find a variety of other headspace factsheets.

It can also be useful to have some information available about what to expect when receiving

support online or phone, such as:

- Reach Out's video about ['What happens when I call a helpline?'](#)
- Reach Out's factsheet ['How to call a helpline'](#)

[Help-seeking resources for school holidays](#)

[Secondary Schools \(cont.\)](#)

Work and Study Support

- headspace Work and Study Programs support 15-25-year-olds to plan a career, find

employment or work towards further education access here: [Work and Study Program and Career Mentoring Program.](#)

This information would also be helpful for parents of Yr. 12 students Families

- Headspace [Keeping healthy over the holidays - for friends and family](#)
- [Parentline](#) NSW (1300 1300 52) has tips and advice around a range of topics that can assist parents in supporting young people. Information relating to older children can be found here
- [Head to Health](#) is a go to place to help you find information, services and resources to help yourself or your young person.
- Reach Out has [tips to support teenager wellbeing](#)
- Beyond Blue has some tips on [Supporting healthy home and habits](#)
- [Beyond Blue](#) also has some practical tips on how to start conversations when you are

From the desk of the APCI

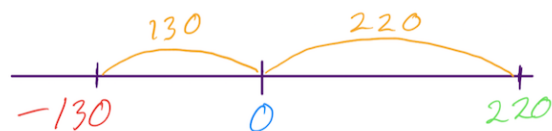
Helping your child at home with mathematics

If maths wasn't your best subject at school, trying to help your child can be nerve wracking, especially since it seems so different now.

The way that we teach mathematics is different these days. The focus now is not on the right answer; it's more on the strategies you're using to work out the answer.



- Maths today is about understanding number patterns, not learning by rote.
- There is always more than one way to get the right answer.
- Children are taught mental strategies, like using number lines, to figure problems out in their heads.
- Ask 'What is the question asking you?'
- Practise the times tables.
- Don't jump in with the answers.
- Stay positive.
- Talk to your class teacher if your child needs more help with the homework.



Visit this link to find out more and see many wonderful, practical strategies to help your child:

<https://education.nsw.gov.au/parents-and-carers/learning/maths/maths-tips/helping-your-child-with-primary-school-maths>

Student Representative Council

The SRC is selling ice blocks again. The ice blocks are 50c each.

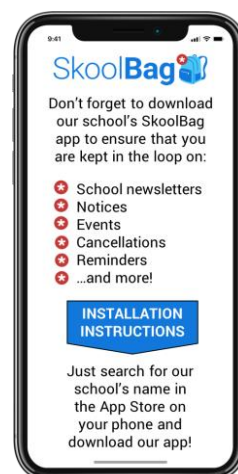
Instructions for Skoolbag

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 communicate easily with the school.

Parent Online Payment We accept payments for Tharbogang Public School via the school's website <https://tharbogang-p.schools.nsw.gov.au/>. Payment tab is on the top right-hand side.

School Facebook Page: Be sure to like Tharbogang Public School

Facebook Page also.



Tharbogang Public School TERM 3

Term Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
Week 10	12 Dec	13 Dec Swimming Lessons	14 Dec 6.30 Presentation Night	15 Dec PBL Fun Day	16 Dec Last Day for Students	17/18 Dec

Students Return January 31

The Athlete's Foot
SCHOOL REWARDS PROGRAM

\$5 IS DONATED BACK TO YOUR SCHOOL
FROM EVERY PAIR OF SHOES PURCHASED

The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!
email - glennisd@tatgth.com

THE ATHLETE'S FOOT GRIFFITH
PH: (02) 6964 2231

**USE YOUR
BACK TO SCHOOL
NSW VOUCHER AT**

The Athlete's Foot

**380 Banna Avenue
Griffith NSW 2680**

Year 6 Graduation

