Cross Country

Congratulations to all students who participated in Friday’s annual K-6 Cross Country Run.

Altogether, 329 students ran the course which is approximately 650 metres per lap.
Thank you to the parents and teachers who helped set up and pack up or acted as officials during the day.
A special “Thank You” to the Stage 3 students who arrived at 8.00 a.m. to set up the track plus packed everything away at the end. This involves putting everything IN the trailer then getting everything OUT, then putting everything IN the sportstore. It’s a huge job that can only be done with many willing hands.
Thank you also to the many parents who supported all runners in their efforts.
Due to the many other events happening in our school, plus the fact that the Zone Cross Country (27th March) is on the day of our next K-6 Assembly, the winning House won’t be announced until early next term. Ribbons will also be presented then to the first 4 placegetters in all races.
Students who came in the top 6 places in the PRIMARY Age Races will receive notes this week from Mr Crowley with Zone details.

K.Gattenhof  Sportsperson  TPS

At Tomaree PS Great things happen!

Regional Swimming

Congratulations to our 8 swimmers who represented Port Stephens at the Regional Swimming Carnival last Thursday.
Riley Mather participated in 7 events and has made it through to State Swimming in the 200m Individual Medley and the 50m Breastroke.
The senior boys relay team - Riley Mather, Daniel Wilson, Kobe Gauta and Nashua Wykes - came 8th overall. The senior girls relay team - Jorja Webb, Alara Burke, Izabella Bartlett-Baldwin and Traelle Rixon - beat their zone time by 10 seconds and came 6th overall.
Dear Parents and Carers

Cross Country Carnival
Last Friday our school hosted a very successful Cross County Carnival with most students competing in their appropriate age event. It was an extremely warm day so conditions were tough for staff and students alike. Students showed great persistence and resilience while competing and I was extremely proud of them and their efforts.

A huge thankyou must go to staff who were up at the fields from as early as 7am to set up and were on duty for the entire time – mostly on their feet and in the sun. They were wonderfully supported by a fabulous group of parents who took up places along the track encouraging, supporting and monitoring our children. A big thankyou must also go to all students whose behaviour was excellent, who supported their peers and were actively engaged in the day’s events.

A group of 48 students will now travel to Raymond Terrace to participate in the Zone Cross Country Carnival on Friday 27th March. Those students will receive more information shortly. Please see a report on the carnival further on in this newsletter. School Plan for Improvement

At the end of 2014, we had an extensive evaluation of our school plan. During this time, students, staff and parents were given the opportunity to have their say in what we do well in our school and what we could do to make improvements. From this evaluation, we are developing our plan for the next three years. This plan will be available on our school website soon. We have developed three strategic directions which will drive our decision making for the next three years. They are:

![Strategic Directions]

In previous newsletters, parents have been invited to be involved on these committees, and I thank those of you who have responded. As we begin to implement these directions, you will notice some changes to the way we do things. We look forward to continuing to make our school the best it can be.

What’s on this week?

- Hunter AFL Visit
- Thursday – Peer Support Training Day for Stage 3 Students
- First sitting of Parliament

Kindest regards
Michele Walmsley
Relieving Principal
Coffee Afternoon – I will be hosting a coffee afternoon for all parents on Wednesday, 11th March from 2.00pm, at Papa’s Cafe, in the Salamander Shopping Centre. Please come along for a coffee and a chat.

I am now working on Mondays, Thursdays and Fridays for the rest of the term. If you need to contact me please ring the office on 4981 1444. Alternatively, you can email me on debbie.hersant@det.nsw.edu.au

Check out this tip which will help you support your child in developing really good reading strategies that support fluency and comprehension. http://creatingalearningenvironment.com/?p=18

Please remember that there is no parking at the front of the school before 9:30. The area out the front is a drop off zone only. This zone allows you to pull up, help your children out of the car and leave. This should take no longer than 3 minutes. Fines of over $300 have been issued!!

HARMONY DAY CELEBRATIONS
TUESDAY MARCH 17th

K-6 Students are invited to celebrate Harmony Day 2015.

Reading from around the world - Classroom activities.

‘Bali in Motion’ - visiting performance.

‘Tastes of Harmony’ - Special international menu at the Canteen.

Multicultural dress up day - Out of Uniform
Tuesday 17th March 2015

The Canteen will be joining it the Harmony Day celebrations on 17th March by offering a selection of food from around the world. We are excited to give the students a chance to try foods from around the world.

As we are expecting this day to be very popular the form below must be filled in and returned with payment to the canteen by Friday 13th March.

ENJOY

__________________________________________________________________________________________

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Quantity</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japanese Teriyaki Beef Stir-fry</td>
<td>$3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chinese Sang Choy Bau</td>
<td>$3.50</td>
<td></td>
<td></td>
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<tr>
<td>Mexican Cheese &amp; Salsa Nachos</td>
<td>$3.00</td>
<td></td>
<td></td>
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<tr>
<td>French Onion Dip with Veggie Sticks</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>Spanish Ham &amp; Veggie Frittata</td>
<td>$3.50</td>
<td></td>
<td></td>
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<tr>
<td>Thai Chicken Salad</td>
<td>$3.00</td>
<td></td>
<td></td>
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<tr>
<td>United Nations Fruit Salad with yogurt</td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Blueberry Pikelets(2)</td>
<td>$1.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aussie Anzac Biscuit</td>
<td>$0.50 each</td>
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</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Quantity</th>
<th>Subtotal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple &amp; Blackcurrant Juice</td>
<td>$1.50</td>
<td></td>
<td></td>
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<tr>
<td>Orange Juice</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Milk</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Milk</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Water</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Water</td>
<td>$1.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Water</td>
<td>$1.50</td>
<td></td>
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</tbody>
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TOTAL _____________________________

Please return Form and payment in full to canteen by 13th March.
To contact our P & C, email tpspandc@hotmail.com   Have a great week everyone!  Emily Perry—President P & C

The P & C AGM is coming up on Wednesday 18th March and I would just like to give a brief description of the executive roles. All the roles on the executive committee are made vacant and are re-elected at the AGM meeting.

ROLES ON THE EXECUTIVE COMMITTEE

The President is responsible for:

- chairing the P&C monthly meeting, which includes maintaining order and control of the P&C meetings;
- preparing a report for the P & C News on a regular basis;
- preparing an agenda for the coming meeting in conjunction with the Principal and Secretary;
- will liaise with the Principal for any issues raised at P&C or through correspondence;
- promoting the school in a positive manner to the school and wider community;
- supporting all sub committees in their endeavours;
- being a signatory on all committee accounts;
- being prepared to make themselves available wherever possible for members of the school and wider community;

The Vice President is responsible for:

- chairing the P&C meetings in the absence of the President;
- assisting the President & his team wherever possible;
- supporting all sub committees in their endeavours;
- promoting the school in a positive manner to the school and wider community.

The Treasurer is responsible for:

- maintaining P&C funds including banking any incoming membership monies received at P&C meetings;
- being a signatory on all P&C accounts;
- providing a written financial report at each P&C meeting regarding the status of the P&C General Account and Fundraising Account;
- ensuring that monies are paid over to the School as funds become available in accordance with the agreed cash flow budget;
- being required to support all sub committees in their endeavours i.e. handle monies/night banking at major fundraising events;
- promoting the school in a positive manner to the school and wider community.

The Secretary is responsible for:

- recording accurate minutes of each P&C meeting held, with particular attention being paid to any motions passed by the meeting;
- distributing the minutes within a reasonable time (within one week of each meeting) to the Principal, the President, Vice President and the Treasurer. This is vital for the follow up of any items raised by the meeting, for the preparation of the President's Report on any motions passed and Agenda items to be included in the P & C News;
- the preparation and distribution of correspondence as per the minutes or motions passed at each meeting;
- keeping a record of financial members and passing the membership fees over to the Treasurer for banking;
- the collection and distribution of all P&C mail;
- the copying and distribution of the minutes at each meeting;
- keeping a register of previous P&C minutes, correspondence and information tabled;
- promoting the school in a positive manner to the school and wider community.
As in past years we are offering students the opportunity to participate in these competitions to gain a measure of their achievement in an external assessment situation. These competitions are quite competitive and are usually undertaken by students with a talent or strong interest in the particular area. If you are unsure whether you would like your son or daughter to take part in any of the competitions you could speak to your child’s present or previous class teacher for advice.

All competitions will be held at school. The entry fee for all competitions is $8.00 with the exception of SPELLING which is $11.00 and Writing which is $17.00. The dates when each competition will be held are:

- Digital Technologies (Yrs 3-6 only) Tuesday 19th May
- Science (Yrs 3 – 6) Wednesday 3rd June
- Writing (Yrs 3—6) Monday 15th to Friday 19 June
- Spelling (Yrs 3 to 6) Tuesday 16th June
- English (Yrs 2 – 6) Tuesday 28th July
- Mathematics (Yrs 2 – 6) Tuesday 11th August

For those students who wish to take part the following procedure needs to be followed:

- Send payments and permission note in a single sealed envelope with your child’s name, class, and total amount enclosed clearly written on the outside of the envelope. Students may enter any or all of the competitions.
- Mrs Harrison will collect envelopes each morning.

All entries must be received no later than Monday 30th March 2015 3:30 p.m. (Week 10 – Term 1.) No late entries will be accepted. Payments can be made to the school using credit card.

Please return THIS section to school by Monday, 30/3/15

2015 INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

I give permission for my child………………………………………… …………………… of class…………. to participate in the following 2015 International Competitions and Assessments for Schools (ICAS):

<table>
<thead>
<tr>
<th>Competition</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital Technologies (Yrs 3-6 only)</td>
<td>Tuesday 19th May</td>
<td>$8.00</td>
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<td>Science (Yrs 3 – 6)</td>
<td>Wednesday 3rd June</td>
<td>$8.00</td>
</tr>
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<td>Monday 15th to Friday 19 June</td>
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</tr>
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<td>Tuesday 16th June</td>
<td>$11.00</td>
</tr>
<tr>
<td>English (Yrs 2 – 6)</td>
<td>Tuesday 28th July</td>
<td>$8.00</td>
</tr>
<tr>
<td>Mathematics (Yrs 2 – 6)</td>
<td>Tuesday 11th August</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

TOTAL: Please find enclosed entry fee/s. ...$...........................

Parent Signature:__________________________________ Date:_________________________
February, 2015

Dear Parent/Caregiver

The Seasons for Growth programme has successfully operated over many years. We are currently planning for the successful continuation of this programme in Term 2. We will also offer this programme in Term 3, 2015.

Perhaps your child may benefit from this programme being offered by Tomaree Public School. The program focuses on the issues our kids face - such as self-esteem, managing feelings, problem solving, decision-making and effective communication. It focuses on Emotional Learning. It is facilitated in small groups of young people in the same age bracket.

Tomaree Public School is in the privileged position of being able to offer this program at no cost to the participants.

The Seasons for Growth Program runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a celebration session. Later in the year the group will have the opportunity to meet for two further sessions to build on their earlier learning. Confidentiality is assured, as the participants, including the adult companions, make a clear agreement at the commencement of the programme not to disclose any conversations held within the group.

‘Seasons for Growth’ has been running in schools Australia-wide for well over 10 years, with really positive feedback from young people, teachers and parents. It has also been evaluated internationally with very positive outcomes. Further details can be found on their very comprehensive website (www.goodgrief.org.au).

‘Seasons for Growth’ will commence during school hours in term 2, and will be facilitated by accredited companions. The companions have received special training to develop this program. If your son/daughter expresses interest in participating in this program, we would encourage you to talk to him/her about this. Should he/she decide to participate please fill in the tear-off section below and return to Greg Smith, School Chaplain or to Cheryl Mayers at Tomaree Public School, as a p.

We are pleased to be able to offer this important program and are confident that it will be a valuable learning experience.

---

TO ENSURE PARTICIPATION, THIS SECTION MUST BE RECEIVED PRIOR TO COMMENCEMENT OF THE PROGRAM. PLEASE RETURN TO Greg Smith (School Chaplain) or Class Teacher.

I give consent for ___________________________ Class________________________ to attend the Seasons for Growth Program and have discussed this with him/her. I also consent for one of the companions to use their own car for transport to the Celebration Session if necessary.

Parent/Guardian Name:_______________________ Signature:_______________________

Contact phone number: (hm)___________________ Mobile:________________________

Participant Name:_______________________ Class______ Signature:______________________-
TOMAREE HIGH SCHOOL
INFORMATION EVENING

2016 Year 7 Parents
Are invited to a
Parent Information Evening
Tomaree Education Centre
Wednesday 25th March 2015

Information Session from 7pm – 8pm
Optional High School tour from 6:00pm
Outline of primary to high school transition activities
CAPA, Academic Extension and Talented Sports
Classes application process

Application Packs for specialist classes available Term 1, 2015
Applications close 2.00pm Thursday June 11 2015.
CAPA Audition Day Tuesday July 14, 2015
Academic Selection Day Wednesday July 15, 2015
Talented Sports Selection Day Thursday July 16, 2015

For further information contact
Vicki McCleer vicki.mccleer@det.nsw.edu.au or ph: 4981 1444
HELEN O’GRADY
DRAMA ACADEMY
TOMAREE SCHOOL HALL
2015
“Increase your child’s communication skills, self-confidence and creative talents.
(Improvisation, Scriptwork and Performance)

DRAMA CLASSES - 2015
PRIMARY : 7 – 11 YEARS
4pm – 5pm
YOUTH : 12 – 15 YEARS
5pm- 6pm
MONDAYS: Tomaree Primary Hall

Principal: Shane Skerly
Ph: 02 49 692338 – dramacorp@bigpond.com
Facebook : helenogrady drama Newcastle.

...to make a healthy afternoon tea.

Try these simple ideas for making snacks that will satisfy even the fussiest eater...

- Home made hot chips
  Slice potatoes into thin discs, and arrange on a baking tray sprayed lightly with olive oil. Grill until golden, and serve with a small amount of tomato sauce.

- Bite sized fruit with yoghurt
  It’s a fact- kids are more likely to eat fruit when it is cut up into small pieces. Try serving some diced fruit with a some reduced-fat yoghurt. It’s a winner.

- Vegie sticks
  These are so easy to prepare and make a super healthy afternoon tea. Try cutting up some carrot or celery sticks and serving them with hummus.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

FREE CLASSES ALL DAY
TIMETABLE TO BE ANNOUNCED

JOIN ON THE DAY
GO IN THE DRAW
TO WIN
12 MONTHS FREE MEMBERSHIP

SALAMANDER BAY
iGym247
OPEN DAY
SATURDAY
14 MARCH
270 SANDY POINT RD
9AM - 3PM
PH: 49 810 499

REFER A FRIEND
GO IN THE DRAW
TO WIN
6 MONTHS FREE MEMBERSHIP
Impetigo

Impetigo is an infection of the skin caused by either Staphylococcus or Streptococcus bacteria. The symptoms of Impetigo are either small blisters or flat, honey-coloured crusty sores, on the skin. Impetigo is sometimes called ‘school sores’.

How are they spread?

Boils and other skin infections are spread between people by:

- squeezing, scratching or through contact with an infected area
- using unwashed clothes, towels, or bed sheets that have been used by a person with a skin infection
- using grooming items (eg nail scissors, tweezers, and razors) that have been used by a person with a skin infection
- not washing hands carefully

How can you stop the spread?

Hand washing is important to prevent the spread of boils and skin infections.

- You should thoroughly wash all parts of your hands with soap and running water for 10-15 seconds
- before & after touching/dressing an infected area before handling or eating food
- after going to the toilet
- after blowing your nose
- after touching or handling unwashed clothing or linen
- Keep cuts, scrapes, and boils clean and covered to avoid infection
- Don't share personal items such as clothes, towels, or bed sheets (if you share a bed with someone, keep sores or wounds covered overnight) or grooming items such as nail scissors, tweezers, razors and toothbrushes
- Wash bed linen and clothing regularly

How are they diagnosed?

Most skin infections are diagnosed on the basis of their appearance and the presence of any related symptoms (eg fever). Your doctor may take swabs or samples from boils, wounds, or other sites of infection to identify the bacteria responsible. Some infections may be caused by bacteria that are resistant to some antibiotics. See the MRSA in the community factsheet for detailed information on infections caused by antibiotic resistant strains.

How are they treated?

Keep boils or other skin infections clean and covered

- bathe the boil or sore with soap and water or a salt water mixture
- apply a hot compress to encourage the boil to come to a head
- keep boils and other skin infections covered and change regularly

Do not squeeze boils

Drainage of skin boils or abscesses should only be performed by a doctor or trained nurse or health worker. In some circumstances infections may require treatment with antibiotics. If the sores spread or get worse, or the person becomes unwell with fever, see your doctor for further advice on treatment. Your doctor may prescribe antibiotics (by mouth or as an ointment). It is important to follow the recommended treatment and finish the full course of antibiotics.
PRE-WINTER SALE

Old Style Bomber Jackets $25
Sloppy Jumper $20
Pleated Netball Sports Skirt $10
Girls Bootleg Pants $15
Track Pants $15
Rainproof Jacket $20
Old Wide Brim Hats $10
Polar Fleece Vests $14
Rain Poncho’s $10

WHEN  Friday 20th March 2015 9.15-10.30am
WHERE  Outside the small hall
Cash only on the day
All items are limited in sizes, only sizes in stock are available, and no ex-
change or refund on sale goods
Any questions please call Jan Sheppard during shop hours on 4981 0011 or
Mel Kilby around school