



## Tighes Hill Public School

## Newsletter No. 14

Term 3 Week 8

12th September 2018

### Principal's Report

#### Regional Athletics Carnival

We are so proud of Alexis, Jules, Amie and Jemima who represented our school at the Regional Athletics Carnival last week. They all gave 100% in their events, with impressive results against a high level of competition. A special mention to Alexis, who will head to the State Carnival after finishing 2nd in the 100 metres and 1st in the 200 metres. Jemima is a reserve for the long jump after finishing 4th. Congratulations!



The next few weeks leading up to the end of Term 3 promise to be extremely busy. It's wonderful to see so many students and families supporting the numerous events and activities taking place in our school each day. Remember to keep an eye on the upcoming events by following our Facebook page and using our school app.

### Dates for the Diary

#### Thursday 13th September

Cluster Choir - rehearsal & performance evening

Navigating Parenting Workshop 2pm

#### Friday 14th September

Book Week Parade

#### Monday 17th September

Hall of Fame assembly 2pm

#### Tuesday 18th September

Year 4 High School Experience Day

#### Thursday 20th September

Hall of Fame morning tea

#### Friday 21st September

Year 5/6 Fair

#### Mon 24th, Tues 25th & Wed 26th September

Year 5/6 Canberra Excursion

#### Wednesday 26th September

Kinder Pirate Party Day

### Tighes Hill Public School

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[tigheshill-p.school@det.nsw.edu.au](mailto:tigheshill-p.school@det.nsw.edu.au)

#### Website:

<https://tigheshill-p.schools.nsw.gov.au/>

**Have you visited our**

**class blogs yet?**

## Principal's Report

Thank you to all of the parents and carers who attended interviews with their child's class teacher during the past 2 weeks. A strong partnership to develop every child's learning and wellbeing is crucial, and it was fantastic to receive such positive feedback about student growth and achievement.

I would also like to take this opportunity to thank all of my amazing teachers who work incredibly hard to make our school a better place where students are provided with so many opportunities to develop a lifelong love of learning.

### Book Fair

The Book Fair has arrived!!!! Feel free to visit our Library any day after school this week or at the Book Week Parade this Friday to purchase a book or two for your children. A percentage of the purchase price comes back to the school and is a great way to help support your school library. Hope to see you all at the library.



### Book Week Celebrations

Our Book Week Parade will be held this Friday 14<sup>th</sup> September. We invite all families to come along and join us for our annual celebration. It's always a terrific day and who doesn't love a chance to dress up.

### Whooping Cough

We have recently had a confirmed case of Whooping Cough in the school. If your child has been unwell with flu like symptoms (see Factsheet included in this newsletter), we strongly urge you to seek medical advice for your child.

Whooping Cough can be life threatening for babies and for students who have not been immunised. Please see the attached 'factsheet' from NSW Health for further information.

### Book Club Orders

Orders due 14th September

SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book

School Banking is on  
TUESDAY



**PLEASE**



**NO PEANUTS  
OR  
NUT PRODUCTS**

### Assemblies

Our assemblies are on Mondays

**K-2 from 2.15pm**

**Y3-6 from 11.40am**

in our upper hall

**Hall of Fame assembly**

Week 9 ~ 18th September 2pm



The next P&C meeting will be held

Monday 22nd October

**ALL WELCOME TO ATTEND!**

### Canteen News

Our canteen is open daily. The menu is on the school website with a link to online ordering.



# Principal's Report

## Motiv8sport

Motiv8sport are looking at running another clinic in Term 4. We have a lot of interest for Tuesday next term. Please return your expression of interest by this Friday 14th September by the latest.



## Assembly Awards ~ Term 3, Week 7 & 8

<b>KD</b>	Otis, Taleisha, Clinton, Anna
<b>KH</b>	Henry, Brooke, Grace, Arianna
<b>KTB</b>	Kalani, Sonny, Ollie, Elliott
<b>1C</b>	Tully, Sonny, Clementine, Evy
<b>1E</b>	Tobias, TJ, Ava, Benji
<b>2S</b>	Paige, Matilda, Matthew, Toby
<b>2W</b>	Oliver, Xavier, Archie, Stella
<b>3D</b>	Aiden, Isis, Felix, Evie
<b>3S</b>	Samara, Aubrey, Eden, Abbie
<b>4S</b>	Willow, David, Arlo, Connor
<b>4/5R</b>	Jack, Sidney, Alexis, Aiden
<b>5W</b>	Jasper, Sienna, Jemima, Mia
<b>6B</b>	Evie, Jack, Lachlan, Georgie
<b>5A6 OC</b>	Rowan, Oliver, Raquel, Ellen

**Congratulations to all our children and staff.**

**Tony Selwood**

**PRINCIPAL**



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**Tighes Hill Primary School**



Tighes Hill  
Primary School  
@tigheshillps



*Get the  
Tighes Hill App!*



**\*Access newsletters**

**\*Find the latest events on our  
calendar**

**\*Send in absent notes when your  
child is away**

**\*Receive message alerts**

**Plus much more!**

## **Chess Coaching**

**Mondays 1.15pm - 1.55pm**

provided by the Sydney  
Academy of Chess. Cost - \$68  
per term. Please see Ms  
Armstrong for more details.

## School News

### Navigating Parenting Workshop

Our wonderful school counsellor, Bec O'Brien, will be running a workshop for parents this Thursday afternoon from 2-3pm in our community room. Bec was a provisionally registered psychologist before taking maternity leave and is qualified in both education and psychology. Bec has developed this program to empower parents so they feel equipped to deal with their children's strong emotional reactions; problem behaviours; anxiety, grief, anger and other uncomfortable emotions.

The program will be well suited for parents who sometimes feel at a loss when dealing with tantrums, defiance; children not listening; anxiety and associated behaviours such as school refusal.

The workshop is based on connection and compassion. It will be a safe, supportive workshop free from 'should's' and judgement. A range of resources will also be available.

If you haven't RSVP'd, please phone or email the office.



*Photo: Last week Bec delivered a program to all our Stage 3 students about managing anxiety and uncomfortable emotions.*

### Year 5/6 Canberra Excursion

There's not long to go until our Stage 3 students head off on their 3 day excursion to Canberra. Please ensure you have finalised your payment of \$310 by this Monday. Thank you to all the families who have already paid in full. Medical forms, itinerary and final reminders have been sent home with students. If you require another copy of these notes, please visit our school website or see the office. If you have any questions about our excursion, please let us know prior to departure.



# Tighes Hill Public School 2018



BOOK WEEK - WEEK 8 TERM 3

*Our Annual Book Week Celebration!*



**Come dressed as your favourite book characters that represent this year's theme!**

**SPECIAL BOOK WEEK FAIR OPENING**

**Monday 10<sup>th</sup> September 2.15 pm until 4.15pm**

**BOOK FAIR OPEN EVERY AFTERNOON DURING WEEK 8 FROM 3.15PM UNTIL 4PM**

**Our Book Parade Celebration will be held on:**

**Friday the 14<sup>th</sup> of September**

**CELEBRATION ASSEMBLY WILL BEGIN AT 1.20PM**

**Parents welcome from 12.20pm onwards for a shared lunch**

**The last day for book purchases will be Friday the 14<sup>th</sup> of September. Opening hours on this day will be 2.55pm - 4pm**

**Book Week Parade includes: K-2 performances   Prizes for best dressed   P&C food stall**



# YEAR 5-6 FAIR

## FRIDAY 21ST SEPTEMBER

Only 2 weeks to go until our Year 5/6 Fair!

Thank you to everyone who has been bringing in their money for this year's fair. All money needs to be in at school by Thursday 20th September so that students can receive their fair tokens. No money will be exchanged at the stalls on the day.

Our Year 5/6 students are organising lots of great stalls.  
**We are still in need of lots of donations of the following items:**

- ♦ Lollies
- ♦ Drinks
- ♦ Cakes for the cake stall (names need to be on containers, ingredients list and nut free)
- ♦ Ice-cream
- ♦ Ice cream cones
- ♦ Ingredients for pizzas (mozzarella cheese, pizza sauce, pineapple, capsicum, mushrooms, Lebanese bread)

Thanks for supporting our students. Looking forward to a great day!

Ms Armstrong, Mrs Welsh, Miss Ragan & Mrs Bowman

## LOTS OF GREAT STALLS!



Pin the tail on the donkey \$!



Trash & Treasure \$!



Cake Stall \$!

Splat the Rat \$!



Homemade pizza \$! per slice



Face Painting \$!



Hair & Beauty Salon \$!

Caricatures & Drawing \$!

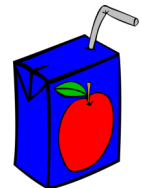
Water Fun \$!



Fortune Telling \$!

Nerf Wars \$!

Mystery Pong \$!



Lucky Dips \$!

Drinks \$!



Soccer Pie \$!



Ice cream \$!

Lucky Numbers \$!

Gladiators \$!



Jumping Castle  
\$! per turn



Lolly bags \$!

Egg Splat \$!

Ninja Warrior \$!



### Tighes Hill Public School Uniform Shop Opening Hours Term 3 - 2018



**The Uniform Shop is open every Wednesday afternoon from 2.30pm - 3.30pm and every second Friday morning.**

❖ Week 1 ~ Friday 27 <sup>th</sup> July	8.15am to 9.15am
❖ Week 3 ~ Friday 10 <sup>th</sup> August	8.15am to 9.15am
❖ Week 5 ~ Friday 24 <sup>th</sup> August	8.15am to 9.15am
❖ Week 7 ~ Friday 7 <sup>th</sup> September	8.15am to 9.15am
❖ Week 9 ~ Friday 21 <sup>st</sup> September	8.15am to 9.15am



**Orders can be placed on-line at [www.countryfeelinguniforms.com.au](http://www.countryfeelinguniforms.com.au)**

PO Box 445 Swansea NSW 2281

Phone: 0414 651 211

Email: [country.feeling@bigpond.com](mailto:country.feeling@bigpond.com)



## Merewether High School

An academically selective school for gifted and talented students

Information session – The Application Process  
Year 7 2020

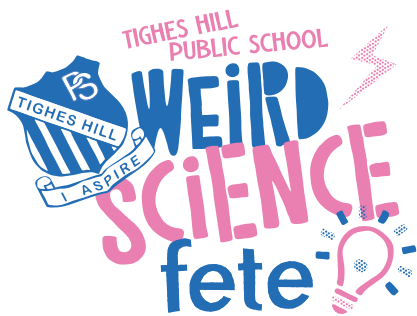
Parents of Year 5 students 2018 are invited to attend an information session about the procedures for applying for entry in an academically selective school for Year 7 2020.

When: Tuesday 16<sup>th</sup> October 2018

Where: Bensley Hall – Merewether High school  
Chatham Road Broadmeadow

Time: 4.00pm





## Our school fete is fast approaching (November 9th)!

Here's an update of where we are up to and how you can help.

### Class Stalls

Check out what your class is doing and speak to your coordinator about how you can help. Families shouldn't feel limited to your class allocation – you can contribute to all and any stalls and there are plenty of other jobs to be had. On the day of the fete, please give an hour of your time on a stall – if we all share the work, it will be easy and fun!

<b>KD</b>	Rebecca Parr & Nick Cassar
<b>KH</b>	Sally and Paula
<b>KTB</b>	Tammi Suprano
<b>1C</b>	Kate O'Mara
<b>1E</b>	Banaua Brown
<b>2M</b>	Lara Savage
<b>2W</b>	Cara Gray
<b>3D</b>	Karen Murray
<b>3S</b>	Leah Fawthrop & Sarah Nash
<b>4S</b>	Ingrid Moon, Charmaine Cambourne & Ali Raine
<b>4/5R</b>	Rohan Gladman
<b>5W</b>	Kaylene Hanwright
<b>6B</b>	Alex Wegner
<b>5/6A</b>	Phillip Stuckey

### Plants

### Popcorn

### Trash & Treasure

### Fill a cake box

### Corn on the Cob

### Hair

### Lollies

### Old Fashioned Fete Games

### Tie-dye Socks & Books

### Lucky Dip Bottles &

### Pre-loved Lucky Dips

### Ice cream

### tattoos

### Science Shows

### Plaster Casts & Masks

### Donations please!

- KD** + Plants – Drop off: The school garden (in the 2 weeks prior to fete)
- KTB** + Good quality trash and treasure – Drop off: Storage Shed near 4S (1st, 2nd, 5th, 8th Nov)
- 2W** + Bags of lollies  
+ Jars with lids – any size and shape (to fill with lollies!) – Drop off: 2W classroom (any time)
- 3S** + Second hand books – Drop off: Storage Shed near 4S (1st, 2nd, 5th, 8th Nov)
- 4S** + Small pre-loved toys and treasures (cars, plastic animals, soldiers, marbles, trading cards, trinkets, jewellery, crystals) Anything small enough to fit in the palm of your hand.  
+ Wrapping paper to wrap the treasures.  
+ Bottles for the lucky dip bottle stall (could be anything from a bottle of wine to a bottle of lollies or pasta sauce). Anything in a bottle or jar – Drop off: 4S classroom (any time)

We are also going to need **lots of prizes, big and small**. Are there any local businesses you shop at that you could ask to make a donation? Do you have anything at home? We'll need raffle prizes and competition prizes, silent auction prizes.

Last but not least, we need **volunteers to help with the BBQ** on the day.

*thank you!*

Tighes Hill Fete 2018 Committee  
thfete2018@yahoo.com



***Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.***

# Whooping Cough (Pertussis)

Last updated: 28 June 2018

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

## Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.

- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

## **Immunisation for older children**

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

## **Immunisation for adults**

A booster for adults is recommended for:

- women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided through GPs and hospital antenatal clinics.
- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

## **If you are a close contact of someone with whooping cough:**

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## **How is it diagnosed?**

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

## **How is it treated?**

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

## **What is the public health response?**

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

## **Identify - Protect – Prevent**

[NSW Health whooping cough campaign:](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx)

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)





# NEWKULELE Festival

**General admission on Saturday and Sunday is FREE for all the family**

The weekend includes workshops plus over 50 groups and solo performers showcasing the ukulele and accompanying instruments.

Come along and watch kids from local schools perform from 9am to 12 noon on Sunday, 21 October 2018.

Tickets to the evening concerts and workshops are available by visiting the Newkulele Festival's website [www.newkulelefestival.com](http://www.newkulelefestival.com)



**MARKETS • WORKSHOPS • TWO EVENING CONCERTS • FREE DAYTIME**

**Newcastle City Hall  
19 – 21 October 2018**

## Kids Workshop



**Perfect for kids of all ages**  
**Presented by: Tom the Pom**  
*12:00pm - 1:00pm*  
*Sunday 21 October 2018*

No uke, no experience, no worries. This workshop will have everyone strumming along. Music is in your hands with the mightiest of instruments, the ukulele. Each child will learn about rhythm, pitch, harmony, tempo and tone while working towards playing a song as a ukulele ensemble.

**Tickets \$12 (Limited to 50)**

## Beatboxing Workshop



**Bandmouth, beatbox & beyond**  
**Presented by: Mal Webb**  
*2:10pm - 3:10pm*  
*Saturday 20 October 2018*

Around the world and into your gob, vocal explorer and songwriter Mal Webb takes you on a lip to lung journey. Sideways yodelling, beatbox/mouthdrums/vocal percussion, harmonics/throat singing, mic technique, looping, advanced clapping and vocal distortion are all explored on the way to being a band with your voice.

**Tickets \$20 (Limited to 50)**

## Good for Kids good for life

### KEEPING ACTIVE IN WINTER

Indoor activities don't have to be boring! Although it's getting cold outside there are still plenty of ways to get the heart rate up this winter!

Here are some ideas that involve indoor active fun:

- Free indoor play grounds in shopping centres
- A visit to the science museum (often free entry)
- YMCA kids programs
- Gymnastics
- Indoor Trampolining
- Bowling
- Ice Skating
- Indoor skate parks, sports and swim centres



Why not look into what is available in your local area today and ask if they do discount deals for seasonal entry?



PHONE 4924 6499



## HOLIDAY CLINICS

### SCHOOL HOLIDAY PROGRAM

THURSDAY 4<sup>TH</sup> OCTOBER AT GRANGE OVAL, MARYLAND  
ADDRESS - GRANGE AVENUE, MARYLAND 2287  
TIME: 10:00AM - 1:00PM

### PLAYNRL HOLIDAY CLINIC AT THE HOME OF THE WALLSEND/MARYLAND TIGERS

The PlayNRL Holiday Clinic is a day program for kids aged 5-14 of any gender that focuses on fun, fitness and participation.

**Cost:** \$40 per child which includes a PlayNRL Holiday Pack.

**What to bring:** Hat, water bottle & lunch

**Game Development Officer Contact Details:**

**Name:** Luke Lawrence **Phone Number:** 0402 892 487 **Email:** llawrence@nrl.com.au

REGISTER NOW AT [www.playnrl.com](http://www.playnrl.com) UNDER THE CLINICS & PROGRAMS SECTION

**PLAYNRL.COM**

