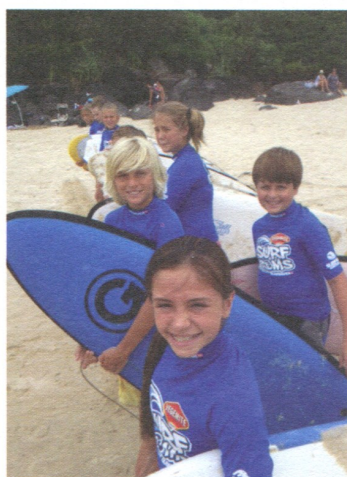


Tweed Heads Public School Newsletter



Monday 4 August 2014 - Term 3 Week 4

Upcoming Events...

Wed 6 Aug	National Tree Day - Bunnings Project
Monday 11 Aug	P&C Meeting - 6pm in the library
Tues 12 Aug	UNSW Maths Competition
	Mufti Day - dress 'Australian' - (School Spectacular Fundraiser)
Wed 13 Aug	Next School Assembly - 2pm
Mon 18 - 22 Aug	Book Week
Mon 25 - Wed 28 Aug	Stage 3 Camp
Tues 26 Aug	K-4 Campout - THPS Playground
Mon 1 Sept	Gold Coast Eisteddfod
Fri 19 Sept	Last Day of Term 3
Mon 6 Oct	Labour Day Holiday
Tues 7 Oct	First Day of Term 4 for everyone - Staff & Students
Fri 10 Oct	Early Birds Program - Kinders 2015

What's happening in our school community...

Education Week

Our open morning for Education Week last Wednesday 30 July was a great success. It was wonderful to see so many parents and visitors attend to support their children. The Special Education Week Assembly was entertaining with a number of children receiving awards, performances from the Dance Group, Drumbeats and the whole of the school singing with Stage 2 & 3 on percussion and our Recorder Group accompanying to make a real musical spectacular. Many thanks to the canteen for providing morning tea for our visitors.

Thank you

THPS would like to thank Gurmanjot's parents, Prabhjot Singh and Gurdeep Kaur, for donating the lovely cake on Wednesday 30 July for our Education Week morning tea. They are the owners of "Star Cakes and Café" in Bay Street. We thank them for their generous donation to our school.

Book Fair

Thank you to the parents/carers/grandparents who supported the Book Fair last week it was a great success. We were able to purchase over \$700 worth of new library books from the Book Fair.

Tweed District Athletics

Last week thirty-one THPS students competed in the Tweed District Athletics Carnival which was held over 2 days, Wednesday 30 July (field events) and Friday 1 August (track events). All students performed to the best of their ability and achieved great results, especially in running events.

Four students, Bella - 100m, Lachlan - 100m and 800m, Lachlan - 100m and 200m, Sarada - 100m have qualified for the Far North Coast Athletics Carnival which will be held on Friday 15 August at Byron Bay.

Well done to all students who represented our school and good luck to those who are going on to the next carnival.



Good True Beautiful

Jacquie McAllum - Principal

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School P&C Association meets monthly.
Please refer to our school calendar.

Touch Gala Day

On Monday 28 July a selected group of girls and boys were chosen to represent THPS in a Touch Football Gala Day. Each team played three games with the girls winning two games and the boys winning one. We didn't win all three games that we played but we still tried our hardest and are proud of what we achieved.

Written by Zetah and Chloe



Cooking Program - KM

Last week KM enjoyed our Cooking Program. They made 'Custard Tooty Fruity Cups' and all enjoyed both the cooking and eating of this delicious treat. Tomorrow 1H will be cooking 'Custard Tooty Fruity Cups' and 'Tuna and Avocado Sushi Sandwiches'.

Mufti Day

Dress up '*Australian*'

When: Tuesday 12 August

Gold Coin Donation

Lunchtime: Disco in the hall with prizes.

Money raised is going towards costs of the trip for the School Spectacular Dance Group to travel to Sydney in November.

Thank you for your support!



Snapshot of Learning Form - Blue Note

The Snapshot of Learning form is a survey designed to help us develop school programs to cater for the needs of students at THPS. Please complete a form for each student in your family and return it to the class teacher.

P&C News

P&C MEETING

The next meeting will be held on **Monday 11 August at 6pm** in the library. Everyone is welcome to come along.

CampOut with Kids

This is the first time the CampOut with Kids Program has been held at THPS. It is a fantastic program where one parent and child camp at school overnight and take part in activities together that develop and build on their parent/child relationship. The activities will be facilitated by teachers who have volunteered to take part in the program. There can only be one child with one parent/carer per tent. The total program cost per pair, parent/carer and child is **\$15.00**. Please note the maximum number of participants for the CampOut with Kids Program is 40 students with 40 parents. Please return the note and payment to the front office ASAP.

The payment of \$15.00 per pair will provide:

- CampOut with Kids 'show'bag of program materials and treats for the child.
- Evening meal (main and dessert)
- Supper (drink and biscuit/slice)
- Breakfast (toast and drink).

The P&C will be catering for this event.

Fire Pit needed for CampOut

If any family could provide a good safe fire pit based on a 44 gallon drum or similar, or failing that, a family member who could fabricate one if the school provided the materials, it would be greatly appreciated.

Enrolments for 2015

We are currently taking enrolments for Kindergarten in 2015. If you have or know of an eligible child (who must turn 5 by 30 July 2015) please contact the school office for an enrolment package. Our school is looking forward to welcoming new students to our Early Bird Program which commences in the first week of Term 4 (10 October 2014).

Absences

When a child is absent from school, the school needs notification by phone, a written note or you can come into the school to notify the office staff.

Spare uniforms needed

We are in desperate need of any spare clothing for the pool in the office. If you have any old school shirts, shorts, skorts or jumpers/jackets please send them into the office.

If your child comes home wearing a borrowed item of clothing please wash and return it to the office as soon as possible.

Thank you

Education Week Awards

KF	Tyce	Kyeema
KM	Beau	Montana
1H	Anna-Lea	Levi
1M	Perle	Mitchell
2C	Anna	Alyssa
3/2F	Tiala	Charlie
3S	Lilly	Liam
4M	Chelsea	Oceania
6/5C	Moana	Hirina
6/5R	Kirra	Michaela



School Banking

If any student would like to start banking, please call into the front office for more information.



'How to S-t-r-e-t-c-h the Food Dollar' and 'Eat Healthy'

Vegetables: Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it's good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies: minimise the chopping and cutting, clean skins rather than peeling, don't soak your vegies and try not to overcook.

Meat, chicken, fish: When you're buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods

for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.

Milk: Powdered (dried) milk contains all the nutrients of fresh milk and it's very convenient. If you make it up the night before it's very like fresh in the morning. It's also very good for using in cooking.

Think about **carrots** for Crunch & Sip/ Fruit Break:

Carrots are

- rich in Vitamin A, potassium and fibre,
- they don't bruise,
- kids love their crunchy texture and sweet flavour.

Community News

ALLEYGATORS BASEBALL SIGN-ON

When: Sunday 10 August Wednesday 13 August
 Sunday 17 August Wednesday 20 August

Times: 9am - 12 noon 3 - 5pm

Where: Coplicks Family Sport Park,
 corner Tallebudgera Connection & Andrews Road

For more information please phone **0419 765 997** or visit the website www.alleygators.baseball.com.au