

TERM 2 WEEK 8

Wednesday 15th June 2011



NSW DEPARTMENT OF EDUCATION AND TRAINING

# Tarago Public School

## NEWSLETTER

Braidwood Road

Phone 4849 4418

Tarago NSW 2580

Fax: 4849 4462

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

### Global Wind Day

Today is Global Wind Day and we were invited to attend a morning session at Capital Wind Farm. A bus bigger than the students are used to travelling on arrived at the front gate. I think the idea of a big bus excited some students more than wind turbines!

The weather really

was against us and most of the students froze (the staff did too!).

Due to the weather a few of the activities were cancelled but before that all the students got to go and have a look inside one of the turbines.

Some of our older students might remember our last trip

to Capital Wind Farm. We got to see some of the turbines being put together using an enormous crane and we even had some students see how many of them it would take to make a circle around the base of a turbine (from memory I think it was 23).

Hopefully next year it won't be quite so wet.

### Letterbox Drop

To the people who so kindly dropped a star into the school letterbox; thank you!

It's always nice to feel appreciated and I have to tell you, you made a lot of people's day

when we saw it. So thank you for your anonymous act of kindness.



### Student Banking

All families are reminded that student banking is available with the Commonwealth Bank. If you don't already have one and would like to open an

account please see Mrs Watson for forms. The process is made very simple for you. You bring in your bank book with your deposit (minimum of 10c) any Thursday (or every if

you're a keen saver) and Mrs Watson takes care of the rest. The bank even has the occasional competition to tempt savers. What a great way to learn the value of saving early.

### School Calendar

- **Wednesday 22nd June** - CWA International Day @ Tarago Hall 10am
- **Wednesday 29th June** - GCOPS concert rehearsal @ Bradfordville PS.
- **Friday 1st July** - Last day of term two.
- **Monday 1st August** - GCOPS Concert (3-6 students)

## Uniforms

Please, please, please make sure that students have their name (or family name) inside all items of clothing. Constantly we are finding clothes with no names. The other reason we are finding them is that students are failing to put their clothes into school bags when they take them off.

Some of our students have claimed

their clothes are being stolen, only for these items to turn up a week or two later in the wrong place. Our students aren't in the habit of stealing clothes but may, on occasion, pick up something that doesn't belong to them. This can be alleviated if students have names inside all their items of clothes. That way when something is inadvertently picked up by another

student it can be returned when parents see the name on it.

It must be incredibly frustrating for parents to have to continually replace lost items and all it takes are two things to stop having to do it: write names in clothes and tell students (just as we are) to put clothing in school bags when they take it off.

## Items of Interest

### Healthy sleep habits

When children sleep well, they'll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:

- set bedtimes and wake times - try

and keep these regular

- no TV/computer games one hour before bed

- no TVs in bedrooms

- no caffeine, high sugar or high spicy food 3-4 hours before bed

- comfortable temperature, light and noise levels in the bedroom

- warm milk or camomile tea can help induce sleep.

- convincing children that it is important to sleep well - reward them for complying with bedtime rules

- visiting your doctor and asking to be referred to a sleep specialist if your child's sleep problems persist or worsen.

**More info:** [http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html)

### Winter fire safety

Winter brings with it the danger of house fires from electric blankets, clothes dryers, candles and unattended fires and heaters. For NSW Fire & Rescue's winter checklist go to: <http://www.nswfb.nsw.gov.au/page.php?id=956>

## Behaviour

A timely reminder about behaviour at school and attendance on excursions. Students who cannot (or choose not to) follow instructions at school pose a major risk on excursions. If students don't listen to what is asked of them in the safety of the school grounds how do we know we can trust them to do the right and safe thing when we are out of school grounds, when

we are crossing a busy road, when we are in a public place and surrounded by people unknown to students? We cannot have one teacher trying to chase down a student who fails to stay with the group as that means the group (who are doing the right thing) miss out on that teacher supervision and interaction.

Students who have shown to

misbehave or be rude on previous excursions may not be asked to attend future excursions.

It is always lovely to receive positive feedback from people who see us on excursions and students who do receive it will continue to be offered excursions as they have proven to staff and parents that they can do the right thing.

## Soccer Knockout Day

Last Wednesday our year five and six students went to Goulburn to be part of a small schools soccer knockout team.

The teams were managed by Mr McCartney and Mrs Watson (from Laggan PS). Both the boys and the girls team did quite well during the day.

The weather in Goulburn was atrocious and I'm told the first game of the day was played in sleet. It was lovely, after the day, to get a report from Mrs Watson saying that the behaviour



was excellent and she wouldn't hesitate to have our students again.

If any player accidentally took home one of the shirts or a pair of shorts can you please return them to school immediately.