



NEWSLETTER

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This Week -

District Swimming Carnival

Good luck to all competitors from Tarago PS competing in the District Swimming Carnival this Friday at the Goulburn Aquatic Centre. **Tarago representatives are Ellie Lyons, Ashlee Chinnery, Josh Chinnery, Aislinn Wilson and Damek Evans.**

A permission note is attached for the above mentioned students.



Athletics

Athletics started last week with Marina from Athletics Australia. Marina will provide coaching to our students in preparation for our Athletics Carnival later on in the school term. We are so excited to welcome Marina back to our school and look forward to all the fun activities and skills we will be participating in.

Marina has also established a Little Athletics centre in our area for students and families that are interested. The details for this are on page 2.

Dental Health Check

Each year Greater Southern Area Health Service visit our school and conduct the School Dental Assessment Program and Brush In. This year they will visit on Tuesday 6th March. If you have not completed and returned the consent form, please complete and return before the day. All forms must be completed. Please read carefully.



Voluntary School Contributions

In consultation with the Principal and the P&C Association of Tarago Public School, this year's voluntary school contributions have been set. Voluntary contributions for this year are \$80.00 per child or \$150.00 for a family. This amount can be paid to the office and a receipt issued.

Sleep is Important

Attached to the newsletter is a flyer about sleep and sleep patterns for children. Please take the time to read and ensure you child is getting the best nights sleep for their health and wellbeing.

Tarago Show 4th March 2018

Don't forget to get your entries ready for the **Tarago Tomato Tourney** for this years show.



If you are interested in teaching your children to save money, why not think about Student Banking. It is simple & easy to set up.

Banking day is
Thursday.



Participation



Responsibility



Respect

More News

News from the K-2 Room

Yesterday we learnt about whales. We learnt that they are mammals that they breathe air. We went to the COLA and measured out how big a blue whale can be. Below are pictures of us measuring an imaginary whale. **Mr Katen**



MAYBE THIS BIG !! ↓



News from 3-6

Students in 3-6 have been preparing artworks for the 60th Annual Tarago Show. Pictured below are some of the students who have completed their entries for Cartoon/Caricature.

Mrs Katen



Southern Tablelands Athletics Club.

The club is located at the Windellama Hall (corner of Windellama and Oallen Ford Roads). We meet each Friday afternoon 5.30pm for a 6pm start. Parents can register their children on the <http://www.ACTlaa.org.au>.

There will also be coaching provided for registered athletes from Wednesdays 14th Feb 4.30pm - 5.30pm till season ends.

Next P&C Meeting is Tuesday 6th March 2018 @ 3.30pm. Everyone is welcome to come along,

as the saying goes 'the more the merrier'!!

We look forward to planning our students futures together.

Coming Up

	Monday	Tuesday	Wednesday	Thursday	Friday
Term 1 2018 Week 5 26/2 - 2/3			Athletics	Student Banking	
Term 1 2018 Week 6 5/3 - 9/3		Dental Health Check P&C Meeting 3.30pm	Athletics	Student Banking	

VIBESFEST
GOULBURN
SATURDAY 24 FEB
FEATURING
CASEY DONOVAN

WITH GREAT LOCAL SUPPORT ACTS:
MARK CHURCHILL BEATS - J | WINSOME YOUTH
POLLY HAZELTON | THE GRC ROCK CON STUDENTS AND MORE

DAUNTLESS MC PARKOUR WORKSHOP @ 4PM IN BELMORE PARK
Spaces are limited. Booking available through www.facebook.com/events/312783955898067

PROUDLY BROUGHT TO YOU BY:
be seen, Goulburn, Eagle, Mercure, Goulburn, Goulburn

FREE, ALL AGES EVENT FROM 5PM IN BELMORE PARK

Preparation Program for the Sacraments of Reconciliation and Eucharist St Mary's Parish, Bungendore 2018

In March and May 2018, St Mary's will be running preparation programs on the sacraments of Reconciliation (Confession) and Eucharist (First Communion). These programs are intended for baptised Catholic children who are in Year Three or above.



For both sacraments there will be a meeting for interested parents / guardians and children on Sunday 4th March at 9:30am in St Mary's Hall, 28 Turallo Tce, Bungendore. Preparation sessions for the children will be conducted during Sunday Mass at 8:30am on 4th, 11th and 18th March.

The sacrament of Reconciliation will be celebrated in St Mary's Church on Wednesday 22nd March at 6:30pm.

Preparation sessions for the children will be conducted during Sunday Mass at 8:30am on 20th and 27th May and 3rd June.

The sacrament of First Eucharist will be celebrated in St Mary's Church on Sunday morning 10th June at 8:30am Mass.

More details and enrolment forms on are on the parish website for the parish of Bungendore <http://www.stmarysbungendore.org.au/>

or on the mission website at <http://www.stgregorysparishqueanbeyan.com/sacred-room/sacraments-at-bungendore/>

or phone 6238 1247 (11- 5 Wednesdays) or email bungendore@cq.org.au

Goulburn Show 3-4th March 2018

This years theme '**KREATIVE KOALA**'. Tickets for students are attached.

Student Details

If, for any reason, details change for your child please advise the school immediately. Change of address or phone numbers must be notified to the school as soon as possible. In the event of an accident or injury we need to be able to contact you.

Please be aware that it is a Department of Education requirement that schools are kept up to date with student details.

School Website

www.tarago-p.schools.nsw.edu.au/

Have you looked at the schools website lately? If you misplace your newsletter, you can always find the most recent copy on our schools website. The calendar also has important dates and reminders on it and the photo gallery is updated when interesting things are happening at the school. It is a great way to keep informed as to what is going on in our school.

By school age, your child is probably sleeping through the night regularly without waking up. A good night's sleep is important for her growth, learning and development.

About sleep for school-age children

When your child sleeps well, they are more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps him to be a successful learner.

Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness.

At this age children need **10-11 hours sleep a night**. They're usually tired after school and might look forward to bedtime from about 7.30 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. The first few hours of sleep are usually the most restful. Most dreams happen in the second half of the night.

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep she needs.

Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day.

A bedtime routine might look like this:

6.45 pm: put on pyjamas, brush teeth, go to the toilet.

7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.

7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about many of the day's events and worries. If he/she is still thinking or worried when going to bed, it can cause a restless night or bad dreams.

You can help your child settle and relax for sleep by playing gentle music or a reading story together.

Good sleep habits

Your child might sleep better at night if he/she:

keeps regular sleep and wake times, even on the weekend

turns computers, tablets and TV off an hour before bedtime

has a quiet and dimly lit place to sleep

gets plenty of natural light during the day

avoids caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon.

