

TERM 1 WEEK 7

Wednesday 13/3/2019



Tarago Public School

Calendar of Events 2019

Term 1 2019

Thursday 21st March
Harmony Day

Friday 22nd March Book Club
orders due

Tuesday 2nd April P&C
Meeting

Friday 12th April last day of
Term 1

Term 2 2019

Monday 29th April Staff
Development Day

Tuesday 30th April Students
Return

Tuesday 4th June TREC
Athletics Carnival

School Website

[www.tarago-
p.schools.nsw.edu.au/](http://www.tarago-p.schools.nsw.edu.au/)

NEWSLETTER

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This Week at Tarago Public School

Assembly

The first Assembly for 2019 was held last Thursday 7th March. Mr Katen was very busy handing out swimming ribbons from our recent, successful swimming carnival. His Principal's message was about how we speak to each another and how it can make others feel and that it is OK to want to do something different and to play with someone different for the day.

The Tarago Show featured highly in our Assembly, there were so many student exhibitors this year, with many being highly successful. The Tomato Tourney Colouring Competition was highly contested, congratulations to the winners and placegetters. *Pictures on page 2.* K-2 read the story of the Chinese New Year and learned that it is the Year of the Pig. They displayed the Chinese Dragons they have made from recycled material.

Moving into Year 7 2020

Year 6 students received an Expression of Interest for placement at High School for 2020. If you have not completed the EOI for your child please do so and return to the school office no later than the 19th March. Please read the information carefully, the local Government High School for Tarago PS is Goulburn High School. All EOIs must be returned.

Scholastic Book Club

Scholastic Book Club Issue # 2 for 2019 was sent home last week. If using a 2018 presentation book voucher please submit your order to

the school office. If possible please use the LOOP ordering system for all other orders.

Change of Plans

If for any reason your children are not traveling home by the regular means a parent MUST contact the school to notify the change of plans.

Something New

You may have noticed something new on our newsletter 'Spotted Around Tarago PS' this is to recognise the little things that are noticed around our school. Keep an eye out, you never know when it might be you !



Spotted around Tarago PS

- ◆ Jayden Calvo using lovely manners in the office.
- ◆ Glenn and Eve helping keep our school tidy.
- ◆ Josh Chinnery and Lachlan Graham leading the year's first assembly.
- ◆ Seth Saad for fair play for including the younger students in lunch time play.

P&C Meeting

The next P&C Meeting, will be held on Tuesday **2nd April 2019** at 3.30pm. Please come along and consider how you can help and support the students of Tarago Public School.

Tarago P&C email:

taragopc@gmail.com

◆ **Aspiration**

◆ **Responsibility**

◆ **Respect**

News from K-2

K-2 are learning about area and how we measure it in Maths this week. We are focusing on correct formation and direction of letters in Handwriting. Well done to those children who have embraced Home Reading and enjoying their Homework tasks. We have been covering many aspects of the curriculum through the story of The Three Little Pigs. The picture on the right is the result of Stem group activities the children have just completed. Have a wonderful week.

Mrs Beer

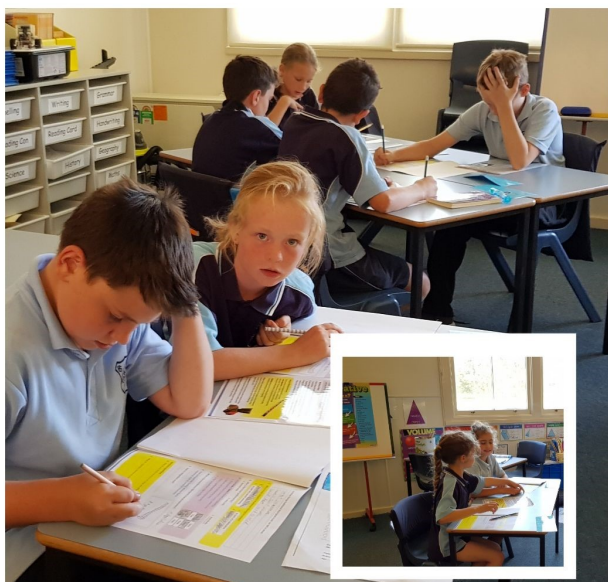


News from 3-6

Year 3-6 students are highly engaged and also enjoying their History topics. Year 6 - Australia's System of Government, Year 5 - Establishing the Colonies, Year 4 - Australia's First Peoples and Year 3 - Country and Place.

Pictured are enthusiastic 3-6 class members working collaboratively on their respective History topics.

Mrs Katen



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**.



Library

Students will have Library once a week with their teacher, 3-6 Library day is Tuesday, K-2 Library day is also Tuesday. As always, students need a library bag to borrow.



Coming Up

	Monday	Tuesday	Wednesday	Thursday	Friday
Term 1 2019 Week 8 18/03 - 22/03		High School EOI's due back		Student Banking	Book Club orders Due
Term 1 2019 Week 9 25/03 - 29/03				Student Banking	

TERM 1 ASSEMBLY



← Our MC's for Assmeby Lachlan & Josh ↑ Our Swimming winners and placegetters.



↑ Birthday girls Kayley & Lani
→ Tomato Tourney Winners from Tarago Show ↑
↓ K-2 Abigail, Jayden, Holly and Kit telling the story of Chinese New Year.



THE IMPORTANCE OF A GOOD NIGHT SLEEPS

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

Photomontage with Sally

When: Thursday 20 April

Time: 10 - 12

Age: 6 and older

Cost: \$25

Where: Civic Centre, Goulburn

Be inspired by the three photography exhibitions in the Gallery, in an exploration of the many possibilities of photomontage. Start by posing for the camera, miming everyday tasks and movements. Combine your photos with images from a range of sources including magazines, children's books and the internet, to create a new and super crazy story featuring you!

Student Details

If, for any reason, details or circumstances 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.

Absences

It is a legal requirement for parents to notify the reason for a student's absence from school. If you are sent an absence letter regarding an unexplained absence, please advise reason on letter, sign and return to school. Letters are going home and not being returned. Booklets to explain absences can be collected from the office.