



TUNCURRY PUBLIC SCHOOL

TUNCURRY TIMES

What's on



Wednesday, 16 May 2018 Term 2 Week 3

REMEMBER to check Permission Notes or Flexibuzz for full details

Event	Day	Date	Cost	Payment Due
NAPLAN WEEK	Mon-Thursday	14 - 17 May 2018	Nil	
K-2 Assembly - school hall 2:10pm	Thursday	16 May 2018		
Forster Local AECG Community Barbeque	Thursday	17 May 2018	Nil	
Manning Zone PSSA Rugby League Knock-out - Tuncurry vs Forster	Thursday	17 May 2018	Nil	
National Walk Safely to School Day	Friday	18 May 2018		
Manning Zone PSSA Basketball Knock-out - Tuncurry vs Forster	Friday	18 May 2018	\$4	On the day
Manning Zone PSSA Soccer Knockout - Tuncurry vs Forster	Monday	21 May 2018	\$2	On the day
Visiting Author - James Roy - Years 4 and 5 students	Monday	21 May 2018	Nil	
Primary Assembly - school hall 2:10pm	Thursday	24 May 2018		
ICAS Science Test	Tuesday	29 May 2018		Prepaid
GRIP Leadership	Tuesday	5 June 2018	\$37	30 May 2018
P&C Fundraiser Disco - notes home soon **please note change of date	Wednesday	13 June 2018	\$5	On the night

Opportunity Commitment Pride Success

COMMUNITY ANNOUNCEMENTS

GREAT BOOKS FESTIVAL 2018

Year 4 and 5 students will be enjoy a visit from author James Roy on Monday 21 May. James is the author of both fiction and non-fiction for children and young adults. His books have won awards (CBCA Honour Books Captain Mack and Billy Mack's War - just to name a few!) and he is an advocate for boys' literacy. Check out his 'Chook Doolan' series in our library!



MULTICULTURAL WOMENS GROUP

Connecting multicultural women

Starting 13 June 2018

All sessions from 10:30 am - 12:30 pm

- 2nd Wednesday/month - Taree Library
- 4th Wednesday/month - Manning Regional Art Gallery
- No need to book - just come along!

The multicultural women's group is a chance to connect with other women and make new friends. There will be something interesting to do each session.

For more information please contact Jane at Manning Valley Neighbourhood Services on 6553 5121 or 0497 832 079.

YOUR LOCAL PCYC PRESENTS
BLUE LIGHT DISCO

Fri 15 June 6:30pm

TUNCURRY BEACH BOWLING CLUB

TIME: 6.30PM - 8PM

COST: \$5

AGES: PRIMARY STUDENTS YEARS 3-6

PRIZES AVAILABLE | FUN GAMES

CANTEEN AVAILABLE

NO ALCOHOL | NO DRUGS | NO PASSOUTS

All Blue Light events are drug and alcohol free and supervised by Police Officers

Blue Light

www.pycnsw.org.au

CANTEEN ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			17/05/18	18/05/18
			Marion Hall	Marion Hall
			Terry Hall	Terry Hall
21/05/18	22/05/18	23/05/18	24/05/18	25/05/18
Mel Camilleri	Natalie Hoare	Amie Stocks	Marion Hall	Marion Hall
Louise Morris				Jackie Gogerly
28/05/18	29/05/18	30/05/18	31/05/18	1/06/18
Mel Trotter	Natalie Hoare	Amie Stocks	Marion Hall	Marion Hall
Louise Morris	Paul Yates	Marion Hall	Terry Hall	Terry Hall

Cancer Council NSW Nutrition Snippet

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

Minty Yoghurt Dip recipe

Ingredients
8 tbsp plain reduced-fat yoghurt
1 lemon, juiced
½ clove garlic, crushed
¼ bunch mint leaves, finely chopped
Pinch of salt

Method
Place all ingredients in a bowl and mix together.
Variation – add finely diced cucumber for a refreshing crunch.

For more information visit www.eatittoBeatit.com.au or join us at [facebook.com/eatittoBeatit](https://www.facebook.com/eatittoBeatit)

Eat It To Beat It

Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted. That means no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some ideas for packing a waste-free lunch:

- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.

NSW PHONE 49246299

Did you know our **Uniform Shop** is open on: **Monday and Friday** 8:30am to 9:30am and **Wednesday** 2:15pm to 3:15pm