



TUNCURRY PUBLIC SCHOOL

TUNCURRY TIMES

What's on



Wednesday, 25 July 2018 Term 3 Week 1

REMEMBER to check Permission Notes or Flexibuzz for full details

Event	Day	Date	Cost	Payment/Note Due
K-2 Assembly - school hall 2:10pm	Thursday	26 July 2018		
NRL Girls 7s - notes are due now	Thursday	26 July 2018		Tuesday, 24 July 2018
ICAS English Test	Tuesday	31 July 2018		Prepaid
Human Sexuality Year 6 - 11:30am to 1:30pm	Wednesday	1 August 2018		Tuesday, 31 July 2018
Primary Assembly - school hall 2:10pm	Thursday	2 August 2018		
Garden Working Bee - volunteers needed, please see Administration for note	Saturday	4 August 2018		8:00am - 12:00noon
P&C Meeting - 6:00pm in staffroom	Wednesday	1 August 2018		
Great Lakes Learning Community Academic Assembly - invitations have been sent home	Wednesday	8 August 2018		
Zone Athletics Carnival - notes home soon	Wednesday	8 August 2018	\$5	Friday, 3 August 2018
Education Week Open Day - invitations home soon	Thursday	9 August 2018		
Timbertown Excursion - Classes 3/2A, 3H, 4/3C, 4AF & 5/4G	Friday	10 August 2018	\$35	Prepaid
ICAS Mathematics Test	Tuesday	14 August 2018		Prepaid
K-2 Sports Carnival - notes home soon	Friday	17 August 2018		
Book Fair - notes home soon	Thursday	23 August 2018		

Opportunity Commitment Pride Success

COMMUNITY ANNOUNCEMENTS

INVITATION TO PARTICIPATE

Parents and carers of children aged 10 to 17 years WANTED to complete a free parenting course in Tuncurry, Taree or Gloucester.

The project will focus on investigating the effectiveness of the group parenting program 'Engaging Adolescents', with the outcome aim of enhancing parents' ability to engage more effectively with their adolescent children. Please pick up a flyer (from the Tuncurry Public School Administration Office) that contains additional information about this program.

If you are interested in volunteering to take part in this project please phone Sally Osborn on 0491 091 213 to book a short face to face intake interview, which will take place at the office of Manning Support Services. At the intake interview you will complete a pen and paper questionnaire, which will take between 15 to 30 minutes. All responses provided on the questionnaire will remain confidential.

This project has been approved by the Human Research Ethics Committee of the University of New England (Approval No. HE18-127-, valid to 19 June 2019).



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.





YOUR LOCAL PCYC PRESENTS

BLUE LIGHT DISCO

Fri 24 August 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



www.pycnsw.org.au

TRIVIA NIGHT - SUPPORTING OUR COMMUNITY

Alesco Senior College is holding a trivia fundraiser night to help raise money to support our wonderful students as they work towards their educational successes. The money raised will be used for resources, excursions, our end of year presentation day.

The trivia night will be held at **Sporties Tuncurry** on **Thursday, 23 August 2018**, starting from 5:30pm for dinner, with **Trivia beginning at 6:30pm**.

If you are keen to join us on the night, please call **6554 9215** or email Sally Shotton at sshotton@weahunter.edu.au to book a table or reserve your place.

WOMEN: CHOICE AND CHANGE

An 8 week course offers women a chance to meet with others who have had similar experiences, build self-esteem skills, healthy relationships, community connections and take responsibility for their own lives and those of their children.

Every Thursday, 2 August - 7 September 2018, 10:00am - 12:30pm

Contact: Kira-Lee Stephens or Shiralee Walker to register on 6551 1800.

CANTEEN ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		25/07/18	26/07/18	27/07/18
		Amie Stocks	Marion Hall	Marion Hall
		Marion Hall	Jodie Bell	Terry Hall
30/07/18	31/07/18	1/08/18	2/08/18	3/08/18
Mel Camilleri	Paul Yates	Amie Stocks	Jodie Bell	Jackie Gogerly
Louise Morris	Claire Fleming	Jodie Bell	Sinead Baker	Jodie Makin
6/08/18	7/08/18	8/08/18	9/08/18	10/08/18
Louise Morris	Michelle Smith	Amie Stocks	Jodie Bell	Jackie Gogerly
Ann Masters	Jodie Bell		Jason Harrison	Sara Snart

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