

# TALBINGO PUBLIC SCHOOL

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

## Winter Uniform Order

The school will shortly be placing orders for winter uniforms. An order form has been attached and parents are encouraged to take this opportunity to buy the items needed for this winter season.

If you have any questions, please see Mrs Germantse in the office.

Please return the order form with your payment – correct money please, by Thursday, 28<sup>th</sup> March 2013.

## Healthy Lifestyle Program – Free!

Judy Reid from Murrumbidgee Medicare Local is planning to run a FREE Healthy Lifestyle Program in Talbingo commencing on Tuesday 26<sup>th</sup> March 2013 at 5.30pm at the Talbingo Public School.

The Healthy Lifestyle Program is ideal for anyone looking to improve their lifestyle – be it by healthy eating, increasing their physical activity or improving their wellbeing.

The 6 week program focuses on the practicalities of improving health, so we look at perfect portion sizes physical activity and go on a supermarket tour. Call Murrumbidgee Medicare Local today on 69233119 to find out more about the Healthy Lifestyle Program or contact Judy Reid on 0427185075.

## Easter Fundraising Reminder

Don't forget – donations of cakes, slices, biscuits and other saleable items are needed for the P&C Easter Saturday stall!

Thanks to the mums who have already helped out on the weekend roster so far.

Remember, if you are unable to help out on the days allocated, you need to arrange a swap and contact Janet with the changes. In order to make the activity worthwhile we need to make the most of every weekend.

**Saturday, 16<sup>th</sup> March 2013**

Wendy Fox & Stacey Radecic

**Saturday, 23<sup>rd</sup> March 2013**

Renee Reinders

**Saturday, 30<sup>th</sup> March 2013 – Cake Stall**

Janet Harris & Tegan Lesniak

If anyone would like to help Renee please contact her.

Tickets and cash tin will be left at the supermarket.

Please arrive at 9.30am and stay until midday.



P&C Subscriptions now due!

Please send your payment of \$4.00 to school

Thank you.

## Diary Dates

Week 8 – Beginning Monday, 18 <sup>th</sup> March 2013	
Wednesday	Cabramurra P.S. visit
Week 9 – Beginning Monday, 25 <sup>th</sup> March 2013	
Wednesday	Cabramurra P.S. visit
Friday	Good Friday public holiday
Week 10 – Beginning Monday, 1 <sup>st</sup> April 2013	
Monday	Easter Monday public holiday
Wednesday	Cabramurra & Mullengandra sleepover
Week 11 – Beginning Monday, 8 <sup>th</sup> April 2013	
Friday	Last day of Term 1

## Do You Have Any Concerns?

I would like to extend a reminder to you that if, at any time, you find that you have a concern about anything to do with the school, you are encouraged to come to the school and tell someone so that your concern can be resolved.

It is our aim to work with all of our school community to ensure that we do the very best we can to ensure a productive, safe and enjoyable experience for our students. However, should you feel that you must raise a concern formally, the NSW Department of Education and Communities has procedures for ensuring that complaints are handled fairly.

Information about how to lodge a complaint is available from the school office. This information is also available in the Department's Complaints Handling Guidelines, including a guide to Lodging a complaint. These documents can be accessed on the Department's Internet website at [HTTP://WWW.DEC.NSW.GOV.AU/ABOUT-US/HOW-WE-OPERATE/HOW-WE-HANDLE-COMPLAINTS/SCHOOLS](http://www.dec.nsw.gov.au/about-us/how-we-operate/how-we-handle-complaints/schools)

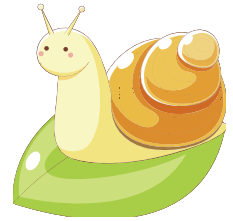
## Getting active

Kids and teens need at least 60 minutes of activity each day – including vigorous activity that makes them “huff and puff.” This can be accumulated throughout the day. Active kids will have the skills they need to be active adults.

- ★ Be a good role model – have a positive attitude to being active.
- ★ Make time to be active as a family – walk to the park, go bike riding, or take the dog for a walk.
- ★ Encourage active play – buy gifts that get kids moving, such as balls or skipping rope.
- ★ Limit ‘screen time’ – such as watching TV or using computers – to no more than 2 hours a day.
- ★ Park away from the shops or school and walk the rest of the way.
- ★ Make sure kids drink plenty of water when they are active.

*Community Health announcement*

# My Day Out



Hi can you find out what I am? I have a slimy body and a brown shell. Still can't guess; I'm Samantha Snail. I live in a luscious green garden.

When I come out it's about 9:00pm I'm eating a delicious soft green cucumber!!YUM!! Tonight I'm real happy because it's raining and not many hungry birds will be about. Snail's love the rain well I'm finished that delicious cucumber and time to move on.



Now Samantha is travelling to a different exciting garden when the snail alert siren goes off and there's a hungry mother magpie up ahead. Surely, it spots Samantha and swoops down and pick's her up. Luckily she is in her shell but unlucky she is going to the nest. Samantha drop's from her shell and land's on a blond hairy surface and it belongs to a surprised school girl of cause she screams.



There follows a bumpy ride like riding a wild bull in a rodeo. Eventually I fall off and can't find my shell. So I think I look terrible. Then a golden shell draw is happening and of course I entered. Surprisingly I won the golden shell draw. So I got a new home and lived happily ever after.



*By Madison*

