Reports to this newsletter:
• Public Speaking Workshop (selected students)
• Attendance follow up (some students)

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- Public Speaking Workshop (selected students)
- Attendance follow up (some students)

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<th>Dates for your diary</th>
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<td>Mon 9 June</td>
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<td>Thurs 12 June</td>
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<td>Tues 15 July</td>
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Book Club
Last day for orders tomorrow!

Keep in touch with what’s happening on Facebook!

LUNCH ORDERS
Roster tomorrow - Paul

- Meat pie $2.50
- Cheese/Bacon pie $2.50
- Vege pastie $2.50
- Sausage Roll $2.00
- Mini Pizza $1.50
- Juice $1.00
- Milk $1.20

Please write your order on a paper bag with the (correct if possible) mon-
ey enclosed.

Children with anxiety problems tend to see the world as a scary place. They can be overly sensitive to their feelings and lack confidence in their own ability. They may try to avoid situations they see as difficult and, as a result, do not cope with challenges in their environment.

Parents and other adults can help by supporting children to be brave. In order to be brave, children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.

A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them. Being a good model involves showing children how to cope with emotions (not just telling them).

Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school unnecessarily. Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success when anxiety is an area of difficulty.

Here at Towamba we value, encourage and develop resilience and strong mental health in our students in a number of ways, both directly and indirectly. In the playground, and in the classroom, it’s through our, “Safe, Fair, Fun and Friendly” philosophy where we encourage every student to have a go, try their best and value participation above winning – with a focus on constant improvement rather than perfection. Specific lessons which target discussion and broader views are taught each week to both K-3 and 4-6 and direct strategies are practised.

Together we are giving our community’s students a strong start in life and a better chance of being able to deal with life’s inevitable setbacks in the future.

Kathryn Davis
Principal

Playgroup
every Tuesday
9.30am In the MPR

Notes to come in yet for
•

Towamba Public School
Magpie Murmur

Week 6 Term 2
6 June 2014
SCLC Music Camp

DVDs of this year’s Music Camp and Concert, produced by Ross Mannell are now available to order at $10 each. Please contact the school office.

Movie Making at Bithry inlet

Arriving at Bithry Inlet, we explored the amazing log house and the beautiful landscape. All the schools arrived and shortly after we began. We were teamed up with Gabriella and Levi from Wyndham School. Not long after that we began making our first movie. The theme that we had to work with was, “A Helping Hand”. The setting was down on the beach and we had Gabriella and Mabel acting and Annalyse filming and Levi directing. We went back up to the house and watched all of the teams’ movies and they were all great. We made another movie called “The Teacher and Student”. With this movie we had a script to follow and it could only be twenty seconds long. We kept on working that whole afternoon. That night we all went back to Tanja Public School, had dinner and then watched a movie called Big Fish. We slept in the classroom and in the morning we went back to Bithry Inlet and made a movie called, “The Lost Thing”. When we had finished we went back to Tanja and edited our movies. Later our parents came and watched our movies and then we went home. Overall it was great because we got the experience to make some short movies and got to work with a lot of nice students from all different school. By Mabel and Annalyse

Art and Writing Workshop at Bournda

Driving to Bournda was a beautiful sight but we took a wrong turn and got lost, luckily Rachel was able to ring Dave at home and ask him to look at the note. He gave us directions and we got there in the end. Fortunately we weren’t late. Before we started we had a few quick games of handball and then we got split into two groups and started working. Annalyse and I were in the writing group. Before we started writing we went for a bush walk down to Scots Bay. We talked about global warming and pollution and how to help stop it. We began writing about what we talked about. We wrote for about an hour and then had lunch. After lunch the groups swapped and it was our turn to do art. In the art group we got to choose what we wanted to draw, we all did great drawings. We both hope that there will be less pollution in the future and that taking part in one of these activities could really help the environment by encouraging others to not pollute.

By Mabel and Annalyse

All the work produced by the Bournda Art & Writing students will be displayed at the World Environment Day dinner on June 5 at Tanja Hall. It will also tour the local libraries and will be at:

- Bega Library 6 June to 13 June
- Merimbula Library 13 June to 20 June
- Eden Library 20 June to 26 June

Make sure you have a look when you are in town!

Responsible Pet Ownership

On Tuesday we had Nina Rogan and her tiny poodle called Tinkabell come out to visit.

Ted: We learnt that you shouldn’t pat dogs on the head. We also learnt that if they are angry, you should be as quiet as a mouse and look down.

Oliver: When an angry dog runs up to you, you need to stop and stand still.

Hayden: We saw Tinkabell and she had a microchip in her so if she runs away the owners would be able to find her.

Jasmin: If you see someone with a dog you should ask if you can pat it. Never pat it on the head.

Alexis: You should make sure your pet always has water, food and a house.

Athletics Field Events

Mr Ryan Bell will be at school tomorrow and we will be doing more skills building on techniques for high jump, long jump, discus and shot put, in preparation for the Athletics Carnival next Friday. Try outs will also happen tomorrow.
Athletics Carnival  next Friday 13 June at Wolumla
Thanks for the families returning their forms already. Check the front page to see if we are still waiting for yours. All students participate in an age race of 100m. Younger students under 8 years then participate in a tabloid sports program. Students aged 8 and up this year can participate in longer races (200m, 400m, 800m) and field events such as high jump, long jump, shot put and discus.
Please note: there will be no Kindystart on this day.
We encourage parents to attend to enjoy the traditional school sports carnival and cheer on your kids.
So far we have some students travelling by car and some by bus. The bus will have a special early departure time and a cost (see attached permission note for more information). Mini permission note page 4.

Public Speaking Student Workshops  Alicia, Annalyse, George, Jack, Sam, and Jasper
A permission note is attached for the selected senior students involved in this special day at Tathra school in the last week of term (Thursday 26 June) with Ms Davis.
We would greatly appreciate the services of two parent drivers or someone with a large capacity car to assist with transport. Please return the attached form as soon as possible so we can organise the transport arrangements.

SCLC Combined Choir and school item
A new CD with 5 tracks on it is going home tomorrow to students in the SCLC Combined choir. It includes the Brother/Sister tracks with the vocals, as well as the backing track. Please replace the previous CD. Also included is the song for the school Hula Hooping item– a shortened version of Pharrell Williams’ Happy.

End of Term 2 Assembly  Friday 27 June
Also on Friday 27 June will be our End of Term assembly in the MPR. Come along and share in what’s happened this term with the slideshow, presentation of Golden Magpie Nests, student work, music and an amazing parade of the day’s Crazy Hair creations too! Time to be confirmed next newsletter.

Crazy Hair Day Friday 27 June
On the last day of term we will be raising money for Cystic Fibrosis research by being part of Crazy Hair Day. Students can come to school in mufti on that day and be creative with some crazy hair!
Bring along a gold coin or two for CF research. Adults can come to the assembly with crazy hair too if they like! It will be a Kindystart day too– join in on the fun!

P&C News

Saturday 23 August
The P&C have agreed to run their usual tea and cakes stall at the Towamba Woodchop Carnival so we’ll be looking for volunteers to help run it on the day and donations of cakes for the stall.
Pop it in your calendars!

Proposed Paver Project
We would like all expressions of Interest in the proposed P&C Paver project in by the end of term please. The pavers are an opportunity to record your time at Towamba School and be part of it for the future, as well as fundraising for the P&C and therefore the students and families of the school. Another copy of the return slip is on page 4.
Get fit and have fun!

Zumba Exercise classes

Wednesdays in the MPR at school
5-6.30pm  No charge

For more information
Amber on 6496 7196
Lisa on 6496 7292.

World No Tobacco Day – 31st May 2014

Saturday May 31st is World No Tobacco Day. It is important that we remember the harm that can be caused to children through second hand tobacco smoke. There is no safe level of exposure to second-hand tobacco smoke. That is the smoke which smokers exhale after inhaling from a lit cigarette.

Breathing second-hand tobacco smoke can exacerbate the effects of other illnesses such as asthma and bronchitis. It can increase the risk of cardiovascular disease, lung cancer and other lung diseases.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children's airways are smaller and their immune systems are less developed, which makes them more likely to suffer negative health consequences of second-hand tobacco smoke such as bronchitis, pneumonia and asthma.

If you are a smoker, keep sporting and play grounds smoke free and think about making a difference to your families life. Call the QUITLINE or get support through Quitline 13 7848.

Athletics Carnival Friday 13 June Wolumla Recreation Ground

I give permission for ________________________________ to participate in the Far South Coast Small Schools Athletics Carnival at Wolumla.

☐ My child/ren will be travelling by private transport

☐ My child/ren will travel on the bus to the carnival. I will ensure my child is at the school at 8am to board the bus and enclose the bus fee of $5 per student. I understand that the bus will not wait if I am late.

Signed _____________________________ Phone: _____________________________

P&C Paver Project  Expression of Interest

☐ Yes I would be interested in purchasing _____ of these pavers at $50

☐ I would be interested if it were a little cheaper such as ______

☐ I know other people who would be interested (outside of the current school families)

☐ I would like to be involved in co-ordinating this project in 2015

☐ Other feedback: __________________________

NAME: ___________________________ Phone: ___________________________

ABSENCE & Partial Absence NOTE

My child ____________________________________ was absent from school on the date/s ____________________________________.

OR will be arriving late/departing early at (time) __________________________

due to ____________________________________

Signed ___________________________ Parent/Carer. Date: ___________________________