

# Tintinhull Gazette

Tintinhull Public School

85 Tintinhull Road, Kootingal, NSW, 2352

Phone: 67609273 Fax: 67609361

Email: [tintinhull-p.school@det.nsw.edu.au](mailto:tintinhull-p.school@det.nsw.edu.au)

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



Term 3 - Week 3

Thursday, 30 July 2015

## From The Principal

Today our Year 5 and 6 students led the learning in our school for over two hours. This was a fantastic peer support program. The students from K-4 all really enjoyed the activities and had a lot of fun learning.

The activities were circuit building in science, drama, paper plane challenge, designing and building with blocks, dance, gross motor activities and art. Well done to all the Yr 5 and 6 students on a wonderful job!

Uniform – I understand it has been cold recently but **HOODIES** and other coloured tops are not part of our uniform. Please, if you require our uniform red jumper, see Mrs Fowler at the office. **For one week only** red jumpers are on sale for half price, i.e. \$7.50.

Andrew Rodgers

## Cupcakes 4 a Cure



September is 'Childhood Cancer Awareness Month'. To help raise much needed research funds to find a cure for childhood cancers we are looking at holding a Cupcake morning tea.

For this fundraiser to be successful we are asking for parents to bake a batch of cupcakes. Thank you to the parents who have volunteered to bake. However we would like two more volunteers to make it a success.

A date will be set if we get enough people able to bake cupcakes. Please see Mrs Fowler in the office if you can assist.

## Eat It to Beat It Program

Nutrition Snippet

### The simplest way

...to make a healthy curry

#### Chickpea + Veggie curry

- 1 teaspoon canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon curry powder
- 400g can chickpeas, drained and rinsed
- ½ zucchini, chopped
- 3 carrots, chopped
- 1 cup frozen green beans
- 400g can tomatoes (no-added-salt)
- 165g can reduced-fat coconut milk
- 4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve



#### Method

Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes -- Add the rest of the ingredients and simmer with the lid off for 15-20 minutes -- Serve with rice

*Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.*

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



## Peel Valley Small Schools' Athletics Carnival

**Just a reminder that the above carnival is on tomorrow Friday, 31<sup>st</sup> July at Dungowan.**



## Woolworths Earn & Learn 2015

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 15<sup>th</sup> July to Tuesday 8<sup>th</sup> September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school which is situated on the verandah of the office.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

## Assembly Awards

### Merit Certificate:



Koby Urquhart, Logan Cross, Jayden Rankin, Baynen Miller and Henry Moran

### Bronze and Silver Certificate Awardees:



Micaiah Newlands(B), Hannah McPherson(S), Madison Roe(B), Brayden Tape(B), Shayla Stead(S) and Finn Appleby(S)

### PROUD Awards:



Matty Rodgers, Jack Tolhurst, Mia and Shakiya Fletcher, Logan Cross



## Dates for Your Diary

### Week 5

Monday 10 <sup>th</sup> August	Fruit & Veg parent workshop 3.45 to 5.15pm
Tuesday 11 <sup>th</sup> August	Excursion to Farrer farm for Years 1 and 2
Thursday 13 <sup>th</sup> August	Taster lessons for Year 6 students attending Oxley High School in 2016. 1pm – 2:30pm
Friday 14 <sup>th</sup> August	PSSA Zone Athletics carnival

### Week 6

Thursday 20 <sup>th</sup> August	Taster lessons for Year 6 students attending Oxley High School in 2016. 1pm – 2:30pm
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### Week 7

Wednesday 26 <sup>th</sup> August	Newcastle Permanent Maths Comp. for Years 5 and 6
Friday 28 <sup>th</sup> August	Bush Dance – SRC fundraiser



## Photos From Today

