

Tintinhull Newsletter

Wednesday, 22 May 2019

Term 2, Week 4



Congratulations to all the Assembly Award recipients for week 4.



Principal's Award.



Kindergarten 2020

Information morning on Friday 7 June for families interested in Kindergarten 2020.



Dates For Your Diary

MAY

- | | |
|-------------------|--|
| <i>Friday 24</i> | Zone Cross-Country |
| <i>Monday 27</i> | Quizworx Puppets
Scripture performance at 2:15pm. |
| <i>Tuesday 28</i> | UNE Discovery Bus visit |

JUNE

- | | |
|---------------------|---|
| <i>Monday 3</i> | Assembly 1-2 class item |
| <i>Friday 7</i> | Kindergarten 2020
information morning.
10:00am - 12:00pm |
| <i>Monday 10</i> | Public Holiday |
| <i>Tuesday 11</i> | Choir performance at the
Tamworth Regional
Eisteddfod from 10:00am. |
| <i>Wednesday 12</i> | Child car seat safety
checks being held at school
from 3:00pm to 5:00pm.
<i>Bookings essential</i> |
| <i>Thursday 13</i> | Basketball knockout |
| <i>Wednesday 26</i> | Musica Viva concert at the
Conservatorium |

JULY

- | | |
|------------------|--|
| <i>Friday 5</i> | Athletics Carnival at
Regional Sporting
Complex. |
| | Term 2 ends |
| <i>Monday 22</i> | Staff Development Day |

Fortnightly school assemblies to be held Mondays at 3pm.

Cross Country

Our Cross Country carnival has been held for another year. We congratulate the 17 students who will be travelling to Nundle this Friday to participate in the zone carnival.



Good for Kids good for life 24HOUR MOVEMENT GUIDELINES

Australian Government
Department of Health

Have you **moved** enough today?

SLEEP
• 5–13 year olds need 9–11 hours per night.
• 14–17 year olds need 8–10 hours per night.

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day – the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.

Find out more at www.health.gov.au

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines



HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



Save the Date



Our end of year presentation will be held on Monday 16 December commencing at 10:00am.

Fun at Lunch

The bicycle track is up and running. Mr Mead, along with the students, are having a great time during the lunch break.



Parenting Survey of Children Aged 2 to 12?

The Parenting and Family Support Centre at the University of Queensland is conducting research into parents' opinions about parenting and parenting programs. If you have a child between 2 and 12 years, we would love to hear your views on parenting and the services that are available to you as a parent. You will need to complete a short survey. To find out more or to participate please visit. <https://exp.psy.uq.edu.au/parenting>

THE UNIVERSITY OF QUEENSLAND AUSTRALIA

Experiences of Parenting

Tell us what you think about Parenting!

Games, food, music, Bible stories, craft, and heaps more fun learning about Jesus!

KOOTINGAL Kids Club

3.30-5:00pm Thursday every week in School term time.
St Andrew's Anglican Church, Cnr Gate St and Denman Ave, Kootingal (next to IGA).

All K-6 Primary School aged kids welcome.
Parent/carer permission required. No cost.

For permission form or more details:
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