

# Tintinhull Newsletter

Wednesday, 3 July 2019

Term 2, Week 10



## Athletics Carnival

Yesterday the eldest child in your family received a copy of the information note about this year's carnival. On Friday 5th July our annual athletics carnival will be held at the Tamworth Regional Sporting Complex. Junior and senior students who would like to compete in the discus event need to be at the sporting ground at 8:00am.

It is requested that all remaining students arrive by 9am for a 9:15am march past. It is anticipated that the carnival will finish at approximately 2.30pm.

## P and C News

The P and C will be running the canteen again this year at the athletics carnival. I am asking for donations of baked goods for example muffins, cakes and slices. I ask that these goods come pre-wrapped to be sold individually and that we have a list of ingredients.

We are also needing donations of eggs. If you or a family member may have some available please leave them at the school office or drop off on Friday morning at carnival.

Last year this was a great fundraiser for the P and C.

## Earn and Learn Stickers

This year's program has now finished and we thank our students, families and wider community for your wonderful support.

We ask families to bring in any extra stickers by tomorrow (Thursday 4) to be included in the final count which has to be submitted by the end of this week.



## Dates For Your Diary

### JULY

Thursday 4	Week 10 Assembly 9:30am under the COLA  NAIDOC Activities
Friday 5	Athletics Carnival @ Regional Sporting Complex  Term 2 ends
Monday 22	Staff Development Day
Tuesday 23	Students return for Term 3
Wednesday 31	Year 5 opportunity class test for 2020 placement

### AUGUST

Monday 5 – 9	Education Week
Saturday 10	P and C Trivia Night

### SEPTEMBER

Saturday 7	P and C Science Night <i>More details to come</i>
Wednesday 18	Years 3 and 4 Cricket Blast
Thursday 19	Years 5 and 6 Cricket Blast

### OCTOBER

Monday 21	Book Fair week
Wednesday 30	Kindergarten 2020 Orientation 9:30am - 1:30pm

### NOVEMBER

Friday 29	Intensive swimming commences
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**Fortnightly school assemblies to be held Mondays at 3pm.**

# HOLIDAY @Kootingal Library WORKSHOP

## JUNIOR CODING AND CONSTRUCTION WORKSHOP

THURSDAY 11TH JULY 2019  
3PM TO 4PM - AGES 5 - 8

## THE HUNGRY CATERPILLAR AND KNITTING WORKSHOP

THURSDAY 18TH JULY 2019  
3PM - 4PM - AGES 5+



**BOOKINGS ESSENTIAL**  
CHILDREN MUST BE ACCOMPANIED BY AN ADULT  
PHONE KOOTINGAL LIBRARY - (02) 87603994

### PARENT'S MORNING TEA

While dropping the kids off at the Holiday Kids Club, join other parents and carers 9am each morning for morning tea (great coffee guaranteed) and a short talk on a parenting topic.

#### MONDAY

Coffee and chatting

#### TUESDAY

Building better relationships with your children

#### WEDNESDAY

Healthy eating for kids

#### THURSDAY

Keeping kids safe on the internet

#### FRIDAY

Raising children with learning and behavioural difficulties.

All events are free and will be held at St Andrews Anglican Church.



Cnr Denman Ave and Gate St. Kootingal.  
Office: 6760 3361  
Mobile: 0407 466 459 (Tory Couzer)  
Email: tory.couzer@gmail.com  
www.kootingalmoonbianglican.com

Kootingal Moonbi Anglican Church has adopted policies and procedures to prevent and respond to abuse of children and vulnerable people. All helpers in our programs have current Safe Ministry training and a Working With Children Check.



St Andrew's Church Kootingal.  
No cost. Registration form can be found at [kootingalmoonbianglican.com](http://kootingalmoonbianglican.com)

### 7PM WEDNESDAY 10 JULY

St Andrew's Church Kootingal.  
State of Origin. Pies, pizza, and the third game live from Sydney. Enjoy the big game on the big screen! No cost.  
High School age and up.

### 5.30PM THURSDAY 11 JULY

Kids Club Family Night.  
St Andrew's Church Kootingal. See what the kids have been doing at Kids Club. Meet our friends from Sydney running the Kids Club. Enjoy dinner together.

### 10AM SUNDAY 14 JULY

Family Church.  
St Andrew's Church Kootingal.  
A relaxed service with a kid friendly story or drama, songs, Bible reading, prayer, and morning tea. A great place to meet or make friends from your local community.



10th August

# TINTINHULL

P&C

presents...

TRIVIA NIGHT

BISTRO OPENS 5:30 PM

TABLES OF 10 \$15 P/P

OASIS HOTEL 583 ARMIDALE ROAD TAMWORTH

LOTS OF FUN GAMES AND PRIZES TO BE WON  
MEAT RAFFLES  
6PM START  
BOOKINGS ESSENTIAL AND PAID IN FULL BEFORE THE NIGHT  
Contact Kizzy 0428123576 to book



Nutrition Snippet

## The simplest way

... to make vegies easy to eat.

Vegetables don't have to be boring.

Prepare vegies in different ways and add flavor to make them appealing.



- Try our tasty salad [dressings](#)
- Make vegies interesting by serving with [sauces and dips](#)
- Combine vegetables with other foods and flavours that the family enjoy, try:
  - [Cauliflower and broccoli "Mac N Cheese"](#)
  - [Eggplant tagine](#)
  - [Beef and broccoli stir fry](#)
  - [Veggie and black bean tacos](#)
  - [Green frittata](#)
  - [Easy pizza](#)
  - [Sweet potato and lentil curry](#)

For more recipes and ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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