



Tallong P.S.

A nurturing small school environment with caring and committed staff.

Dear Tallong families and friends,

Welcome to the 2020 school year. There have been some modifications to the structure of our 3 classes due to numbers. All students have transitioned well to their new grade. Our Kindergarten students have started off strongly and are very confident. We also welcome 4 new students and trust they will enjoy Tallong PS and achieve success.

We have some new staff, but their faces may be familiar as they have previously worked at Tallong before. Miss Nye and Mrs Morgan will be joining Tallong PS for 2020. We are also lucky to have Mrs Arts and Mrs Martin join us for 2020.

Class structure for 2020 is:

Koalas (K,1,2) - Miss Bullions (M,T) and Mrs Schaefer (W,T,F)

Kookas (2,3,4) - Mr Andrews

Kangas (4,5,6) - Miss Nye

Mrs Morgan will be looking after the library, supporting the teachers with RFF and Learning and Support. We have Mrs Kairl, Mrs Downing, Mrs Arts and Mrs Martin assisting our teachers as SLSOs. Our school counsellor is Mr Toner who is available once a fortnight.

Our administration staff, we welcome back Mrs Murray, Mrs Haigh and Mr Porter.

This year as you can see from the staff changes and additions we are targeting increased outcomes and improvement through support, small group work and specific programs.

To all our school families, I hope you have received the school messages that support is available through speaking with our school counsellors if needed due to the bushfires over the summer.

TALLONG SCHOOL BUS SERVICE

What a success! The Tallong Public School bus service has commenced. We have more than half the school using the service every day. This has reduced the traffic before and after school. If you need a bus pass, please speak to Mrs Murray in the office and she will explain how to apply.

The bus will use the staff car park to drop off and pick up students. I ask that parents do not use this as a pick up and drop off point. There is a new kiss and drop area located in front of the COLA. If students are not catching the bus, I ask that all students use the front gate to enter and exit the school.

There is parking still available, there is new signage explaining parking times due to the bus needing enough room for a turning circle.

As majority of our students are using the bus service, Breakfast club is currently being run for Term 1, but may cease.

TERM ACCOUNTS

Our Term 1 Account will be out at the end of Week 3, Friday 14 February. This will be itemised to help you budget for the term ahead. As in the previous year, the school will endeavour to have other Term Accounts out to parents by the end of Week 8 in the term prior. The due date for the Term 1 Account is set for Friday 13 March. Again, if there are any issues, please come and speak to me.

COMMUNICATION

Tallong Public School is able to be contacted through our school email or via telephone. If you wish to speak to a teacher, please contact the office or teacher to make a time with them. SEESAW is also available for communication with the teachers. In Term 1 we will have a 'Meet the Teacher' night and also parent teacher interviews.

Tallong will no longer be providing hard copies of the newsletter. From Week 2 onwards, our newsletter will be available through our website and school APP (schoolstream). Our website and school App is a way we communicate to our community and if you have any questions on how to utilise those services, please contact the school.

WHOLE SCHOOL ASSEMBLY

Our first whole school assembly will be hosted by the Kanga class on Friday 14 February at 2.30pm. Future assemblies will be listed in our calendar of events section of the newsletter. Our assemblies will occur in Weeks 3, 6, 9 and 10.

CHANGES IN ROUTINE

In 2020, some changes have been made. Sport, music lessons and library are now on a Tuesday. Midge lunch orders are now Wednesdays.

SCHOOL LEADERS 2020

Congratulations to

School Captains- Geordie R and Isaac D

Vice Captains - Breanna S and Jack M

Our 2020 leaders are very excited for the year ahead and are looking forward to fulfilling their role.

Due to our new sporting houses, 3 new leadership positions have been made available and in the early part of Term 1 the students will vote for their sporting house captains for 2020.

SWIMMING CARNIVAL

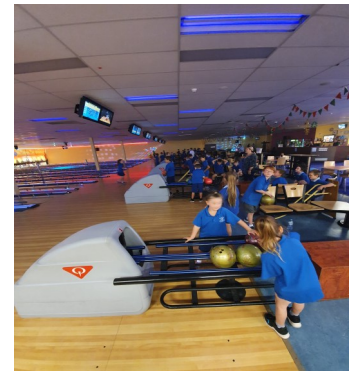
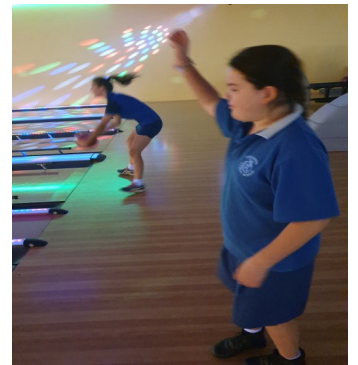
Our swimming carnival is being held at Goulburn Aquatic Centre on Wednesday 19 February. It is a K-6 event. This year we are combining with Marulan Public School. Permission notes need to be returned to your child class teacher.

KINDERGARTEN 2020



2019 END OF YEAR FUN DAY

I just wanted to praise our students on the way they represented our school whilst out at the Highlands Ten Pin. They played fairly, had fun and were great ambassadors of our school.



2019 YEAR 6 FAREWELL



What a great night, the Year 5 and Year 6 students had a great time. They enjoyed the food and the dancing. It was great to see the slide show of the students primary school lives and to hear their thoughts during the presentation. Thank you to the teachers and parents for organising the event.

Regards,

Scott Osborne
Principal



VIBESFEST
GOULBURN

Featuring
Mitch Tambo

SATURDAY 15 FEB, 2020

• FREE, ALL AGES EVENT •
FROM 4PM IN BELMORE PARK

SUPPORTED BY: THE RICH PITCHER, M FUNK,
JUVENILE FISHBOWL, BROMAGS BAND, MARIAH K, BLUE DONUT,
MISPLACED & MARTYRED FEAT. SOPHIE PALMER

Meet & Greet with *Mitch Tambo* at 3pm

WORKSHOPS FROM 4PM:

- Singing for Kids (Primary School age)
- Drumming/Jam sessions with
- Parkour workshop with PCYC
- Flourish Music Therapy

PROUDLY BROUGHT TO YOU BY:

FOR MORE INFORMATION:
Visit: [Vibesfest2020](https://www.vibesfest2020.com) or www.goulburnaustralia.com.au

MIDGE - CANTEEN ORDERS

New day - **WEDNESDAY**

The Midge has put together a new menu for 2020.

Healthy alternatives have been added along with the favourites still available.

Orders in strictly no later than Friday @9am week before.

Lunch orders will not be available on WEDNESDAY 19TH FEBRUARY due to the swimming carnival.

Next P&C Meeting

***Tuesday 3rd March, 2020
@ 7:00pm, All welcome!***

***We will be holding a P&C Welcome
BBQ on Friday 7th Feb @3pm.
See you all there !***



Your 



Bundanoon Swim Club
20 November - 18 December 2019
29 January - 4 March 2020
First Swim Wednesday 20 November
Registration from 5pm 20 November at the pool
Races Start 6pm
Free Sausage Sizzle 1st week

For more information call Michelle on 0448 836 656
email: bundanoonswimmingclub@gmail.com
Like us on Facebook: Bundanoon Swim Club

Membership Cost: First child \$50 Siblings \$45



Karate at the Tallong Hall

Tuesday's & Thursday's

5:00pm Children

6:00pm Adults & Teens

For more information please see John Wilson at the hall.

2020

Back to SCHOOL SPECIAL

\$20 Start up Packages INCLUDING UNIFORM

2 Weeks FREE Classes

Active Kids Provider

Claim your FREE \$100 here!



www.lambertkarateandfitness.com
0423 958 485 f /lambertkarate
GOULBURN - CROOKWELL - MARULAN

LAMBERT KARATE DOJO & FAMILY FITNESS CENTRE

Netball Registrations Now Open

Goulburn District Netball Association

Juniors:

Play on Saturdays, starting 28th March, 2020

Net-Set-Go 10am Ages 5-10

Junior 11am Ages 11-12

Intermediate 12:15pm Ages 13-15

Cadet 1:45pm Ages 16-18

Seniors:

Play on Monday nights, starting 30th March, 2020

Men (TBC)

Women's 6:15pm, 7:15pm and 8:15pm
Ages 18+

Our registration link is here: <http://goulburnna.nsw.netball.com.au/content.aspx?file=39174|67001a>

Upcoming registration days:

* Goulburn Square 15.2.20 10am-3pm

* 'Come and Try Day' Carr Confoy Park Eastgrove 21.2.20 time TBC. This day will involve players from NSW Swifts and GWC Giants

Please note registrations days are to provide information/answer questions and accept cash payments.

ALL players are required to register online through their MyNetball Login.

If you are uncertain on how to do this,

Please contact gdna.vicepresident@hotmail.com to have your password reset or login issued.



Japan Goulburn Friendship Club

Open to all students in the Goulburn Mulwaree District who have an interest in all things Japanese. Come along to the first meeting of the Japan Goulburn Friendship Club, supported by Goulburn Mulwaree Council and the Goulburn Mulwaree Youth Council.

The film *Howl's Moving Castle* will be screened, an animated fantasy film, directed and exquisitely illustrated by master animator, Hayao Miyazaki of Studio Ghibli.

5.30pm - 7.30pm 7 February 2020
Goulburn Mulwaree Council
Civic Centre - Council Chambers
184 Bourke Street Goulburn NSW
Enquiries to Bev McGreevy:
nokatunga@me.com, or
Council on 48234444

友情

Information for parents and carers

Large scale distressing events impact our communities in many ways. As with the drought the recent bushfires have impacted a number of our communities and have been unsettling and stressful for many students. Children cope with traumatic experiences in different ways and there is no one 'standard' pattern of reaction. If you are concerned about your child, its important to discuss your concerns with their teacher(s) and seek support from the school counsellor or other professionals you know.

Distress may be related to:

- having been directly at risk/exposed to fires (loss of homes, pets, personal belongings)
- Being concerned about family or friends
- Being exposed to distressing media coverage including injured wildlife, and
- Feelings and memories resulting from previous experiences and other instances of grief and loss.

There is no such thing as a typical reaction. Some may show much distress or they may ask many questions and appear preoccupied with the event. Some of these reactions may appear immediately but others may not show themselves for weeks or even months later.

Some reactions may include sleep disturbances, regressive behaviour (thumb sucking), nightmares, fear of the dark, clinging to parents/carers, loss or increase in appetite, physical complaints that have no medical basis, aggressive behaviour, competition with sibling for parent attention, withdrawal and/or loss of interest in regular activities.

Children look to the significant adults in their lives for guidance on how to manage their reactions. Parents and teachers can help children cope by remaining calm and reassuring them that they will be all right.

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families. After a traumatic event, children need comfort, reassurance and support, and to know that they are safe and being looked after.

How you can support your child

- Children need comfort, reassurance and support and to know that they are safe and being looked after. Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs.
- Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes and returning to school. Keep to your regular routines and activities as much as possible.
- Listen to your children's concerns. Listen closely to what they are asking or saying, and if they are looking for factual information, or if the questions are expressing anxiety about the bushfires. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel. Correct any misunderstandings or confusion.
- Keep your responses appropriate to the age and emotional maturity of your child. Young children often need reassurance more than facts.
- Monitor their exposure to television/social media stories regarding the fires. Children can be distressed by watching repeated images. Explain to them it might not be a good idea to keep on watching repeated images.
- Include your child in planning any changes resulting from the current situation.
- Support your child to stay connected to friends.
- Be aware of how you talk. Adults need to be conscious of the presence of children when discussing the effects of natural disasters. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

Most importantly, look after yourself. When you are feeling cared for you are better able to respond to the needs of your children.

Where to get help

While most children will bounce back after a traumatic event, some children may show some prolonged distress and may benefit from professional support. Please contact your school to discuss the most appropriate support for your child.

If you would like additional support, the following services are available:

- The school counsellor
- Your local GP
- Kids Helpline - 1800 55 1800– kidshelpline.com.au
- Headspace - 1800 650 890– eheadspace.org.au
- Parent Helpline - 1300 1300 52
- Beyond Blue - 1300 22 4636
- Mensline - 1300 789 978
- Lifeline - 13 11 14



Calendar of Events

TERM 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	3/2	4/2 Sports Day P&C Meeting 7pm	5/2 Playgroup Lunch Orders	6/2 Newsletter	7/2 P&C Welcome BBQ 3:00pm
Week 3	10/2	11/2 Sports Day Library Music Lessons NRL West Tigers Visit	12/2 Scripture Lunch Orders	13/2	14/2 Assembly 2:30pm Hosted by the Kangas Term 1 Accounts sent home
Week 4	17/2	18/2 Sports Day Library Music Lessons	19/2 Swimming Carnival– Goulburn Playgroup NO LUNCH ORDERS	20/2 Newsletter	21/2
Week 5	24/2	25/2 Sports Day Library Music Lessons	26/2 Scripture Lunch Orders	27/2	28/2

Remember the best way to keep in touch with what is happening at our school and receive newsletters is with the School Stream app.
Download it today, it's FREE! Once downloaded search for 'Tallong Public School'.