Dear Parents and the wider school community,

Resilience – now that we’ve begun the year it’s an appropriate time to sit down and talk to your children about how they are going socially and emotionally, how they are enjoying their peers and the activities they are doing in their Recess and Lunch times. Some children handle these times very well, others struggle a little and we have to look at strategies to develop their resilience. Supporting your child to solve their own problems in the school yard or with their peers can help them to handle difficult situations at school or at sporting events. Talk to your children about how you manage these situations, give them words to help them describe their feelings and explain to them that these feelings are normal and that all children experience these feelings from time to time. For children to experience issues with relationships is absolutely normal – how you support them as they learn to develop skills to handle these issues is critical. Remain calm, use family gatherings, birthday parties and sleepovers as opportunities to engage with your children about their social and emotional wellbeing and continue to talk to them in a positive way.

One again, if you are having any concerns about your child please come up and have a chat with Emily, Mandy or myself.

Regards
Phill Brown

Thank you to all the parents who came up to school last Tuesday to watch their children swim. It was great to hear such positive comments about how much their child had improved with their swimming this year. A huge thanks to Mrs Williams for running such a great program this term. The students have thoroughly enjoyed their sessions.
Parent/Teacher conversations
We sent home booking forms for the parent/teacher conversations that are being held in week 9, last week. If you haven't had the chance to do so please fill out the times that suit you best and return this form. We enjoy these opportunities to talk with you about how you feel your child is going at school.

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Student Representative Council sell 50 cent icy poles each day at lunch time.

Parents Club
Our parents club is looking for new members this year to help out with fund raising and other events at our school. If you would like to join please see Mrs Dodd in the office and she will help set a time for the next meeting.

Reading at Home – the last couple of days has reinforced to me the importance of parents as partners in the learning process. We always ask that you read to your children and, in turn, listen to them read. This time you have with your children is vital, not only because of the importance of supporting your children’s reading development but simply because they grow up very quickly and this opportunity to spend time with your children will not last long. We would urge you to use the time well; don’t simply read the story, engage with it, laugh about it or have conversations about your reading. Ask questions that go a little deeper than just ‘what is happening’. Talk about characters and the messages that the story is giving. Reading to and with your children can be great fun but it can also help them to become deeper thinkers, creative problem solvers and children who grow to love books.

Cluster Day - Devenish
Next Thursday 17th March is our first cluster day for the term. It is nice and close at Devenish with Roald Dahl’s genius coming to life on stage through the pure imagination of award winning performers Sarah Kinsella and Russell Fletcher. The show is filled with vivid scenes of your favourite Dahl characters: Gremlins, Witches, Twits & Foxes, Giants & Giant Preaches, Willie Wonka & Charlie Bucket, Matilda & Trunchbull, Bogtrotter and Gloop, Ghosts & Crocodiles, Dirty Beasts, heroes and villains of all shapes and sizes flash across the stage. Twists and turns, surprises, jokes, revolting rhymes - all inspired by the imaginative genius of Dahl - brought to life by the award-winning improvisation skills of our talented performers. Sarah Kinsella and Russell Fletcher weave magical props and costumes, stories from the author’s life, together with the audience’s suggestions and participation, to create a show that will inspire and delight! The grand finale will be the creation of a new Roald Dahl-inspired character and story, dressed and named by the audience, using invented words and scenarios created from the audience’s pure imagination.
We will be leaving Tungamah at 9 am and return by 3.00 pm.

The Tungamah PS Parents Club Footy Tipping Competition is on again this year. All fixtures need to be back at school by March 21st.
Cost is $25

A big thanks to Tom’s mum, Fiona, for giving up her time last week to sweep the pool.

Well done, Poppy and Jade for being awarded the taking turns award last week.
What is a healthy school lunch?

A healthy lunchbox has four components:

1. **A main item**, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. **A fruit or vegetable snack**, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. **A second snack based on a core food**, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. **And a drink**. A bottle of tap water is best, and plain UHT milk is also acceptable.

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**Parents Club News.**

Thank you to Danielle Lawrence, Keira and Jade Abley, Briony Dickens, Cassandra Chamoun, Russell and Rhonda Gatty for working at the BBQ at Woolies on Saturday. You raised $346.50 for the school. A fantastic effort.

**School Council News**

Thank you to all the parents who nominated for school council this year.

The 2016 school council comprises

- Tom Wren (President)
- Andrew Sampson (Vice President)
- Christine Purcell (Treasurer)
- Judi Dodd (Secretary)
- Colleen Young
- Fiona Wheeler
- Keira Abley
- Will Cooper
- Brendan Lawrence

Thank you Pamela O’Dwyer who has served the Tungamah School for 7 years. Thanks also goes to Siobhan Higgins and Des O’Kane for their service as well.

**Reminder that Footy Tipping must be in by next Monday with money. First game is Thursday 24th of March.**

You gotta be in it to win it!!!

Mistakes are proof that you are trying.