

Term 1  
Week 5  
Thursday  
2/3/2023

# Tumby Bay Area School

Newsletter

## Leadership Report

Hi, Families of TBAS we have lots of news to offer in our second newsletter of the term so enjoy reading about all of the events, activities and learning taking place in our busy site.

### Governing Council

Last week we held our AGM and it was so wonderful to have great attendance and fill our GC with the full cohort of members according to our new constitution. It was fabulous to also move forward with our executive positions and be able to progress into our first general meeting with this structure complete. For 2023 our Governing Council is Sam Stasinowsky (Chairperson), Jason Bates (Vice Chairperson), Erin Bubner (Secretary), Niahm Holliday (Assistant Secretary) and Kelly Barnett (Treasurer). Our Council members are Leah Trenberth, Kristy Modra, Jess Bennett, Teresa Webb, Kyrie Phillis, Jennifer Moss, Sophia Modra, Alison Wilson and Rachel Read. Ryan Merrett and Sarina Weyland are our Staff Representatives and Nicky Prosser is a member as Principal of our site. Congratulations to these people for representing our community and helping to shape our school.

### Site Improvement Plan

Our Site Improvement Plan is in the second year of its three-year cycle and while we remain with a strong focus on reading and increasing all students' outcomes in this area, we look to measure this success in students writing. We will plan for explicit teaching in higher level thinking through talking and writing about reading, meta cognition processes where students are thinking about the learning, dialogic talk where we are discussing language features, deconstructing and constructing texts and using quality mentor texts for a variety of purposes and audiences. It is fabulous to be observing this in action as we walk through classrooms and hear our educators and students having rich and robust conversations about texts they are reading and how to scaffold this and utilise the quality structures and features in their own writing.

### Upcoming Events

We look forward to our swimming carnival this week as rescheduled due to the hot and windy weather of last week, thank you for your understanding and flexibility with this; we hope you will enjoy this day for those who are attending. Next Friday our R-12 Sports Day will be held and we know this event will be action packed and run seamlessly thanks to the many hours that go into preparations for the day. Please let Shane Masson know if you can help out either on the day or in the lead up, as there are always plenty of jobs to be done! Our Governing Council Fundraising Group are managing the canteen on the day so please do remember to get your orders in for lunch so they can be organised with this. Any additional donations of cakes or savoury items are also happily accepted as is any help in serving on the day.

As you know we have needed to reschedule our DUX and Reception Welcome assembly due the change of date for Swimming Carnival and we have just managed to name the date for this as Tuesday 14<sup>th</sup> March at 2:10 we are looking forward to this special celebratory event and hope to see you all there as well.



### Contact Details

PO Box 125, Tumby Bay SA  
5605  
Ph: 8688 2003  
Mobile: 0427 911 299  
E-MAIL:  
dl.0743.info@schools.sa.  
edu.au  
WEB: www.tbas.sa.edu.au

### School Values



TRUST  
RESPECT  
ACHIEVEMENT  
COMMUNITY

### 2023 Dates

Term 1 30/1/23-14/4/23  
Term 2 1/5/23-7/7/23  
Term 3 24/7/23-29/9/23  
Term 4 16/10/23-15/12/23

Bank Details  
BSB:633-000  
Acc:153475983  
Tumby Bay Area School



Government of South Australia  
Department for Education

“ To Do All Things Well “

## What's On

### Term 1

3/3/23	Swimming Carnival
9/3/23	RAP Presentations
10/3/23	Sports Day

#### Interviews

TBAS Parent Interviews will be held in Week 10 of this term on the 4<sup>th</sup> and 5<sup>th</sup> of April. You will soon receive a link to our online system to enable you to book these in. It is a great opportunity to speak with your child's teachers to find out how they are progressing, next steps to ensure they are reaching their highest potential and how we can all support this to occur. We would love to see every family involved and coming along to partner with us in this journey. We also remind all families to contact us at any time to organise a chat or a meeting with any concerns or to share information pertinent to your child.

For students in our Middle and Senior School we will be sending home 'Traffic Light' letters prior to interviews. These will also give you an indication of how your child is travelling in their subject areas, and we invite you to reflect upon these as a tool to discuss with students and also discuss further at interviews.

#### Swimming Lessons

Students from the Year 3/4, 4/5, 5/6 and 7 classes have been busy over the last week participating in swimming lessons. Although the hot weather impacted some lessons scheduled for last week resulting in Wednesday and Thursday lessons being cancelled, students are now completing the swimming program this week in the lead up to the Swimming Carnival. These lessons provide students with the opportunity to build confidence and improve swimming techniques in preparation for the Year 4-12 Swimming Carnival due to be held this Friday. We look forward to cheering on our swimmers and everyone joining in on the fun.

#### NAPLAN

This week sees the Years 3, 5, 7 and 9 students take part in the National Assessment Program – Literacy and Numeracy (NAPLAN) Co-ordinated Practice Test. This practice test provides schools with the opportunity to confirm that administrative processes, devices and local networks at schools are in place prior to undertaking NAPLAN testing from Wednesday March 15<sup>th</sup>. Analysing the NAPLAN assessments provides teachers with another form of valuable information, to help plan next steps of learning for students. If you want to discuss what this looks like for your child, please contact your child's teacher or the front office staff, if you wish to make an appointment with leadership.

#### Student Voice

We congratulate these students on taking up the opportunity to represent their peers and work together as a community of leaders within our school.

At the Primary assembly held in Week 3, the Primary Student Voice Leaders were presented with their certificates and badges. Our Middle and Secondary Leaders will be presented with their certificates and badges at the upcoming whole school assembly.

#### Primary Leaders for Semester 1:

R/1 McPharlin: Sienna Chard & Lola Saunders

R/1 Stratford: Betty Georg & Mason LeBrun

2/3 O'Leary: Indianna Letton & Hewston Calderwood

3/4 Cullen: Ida Clark & Selena Collins

4/5 Merrett: Xavier McPharlin & Taylor Pumpa

5/6 Treasure: Arthur Pucci & Stella McCallum

This group will be led by our 2023 Student Voice Leaders, Thea Foster and Indie Hibbins

### **Middle School Student Voice Leaders**

Year 7: Amali Barnett & Skyla Modra

Year 8: Abbie McPharlin, Ashlee Phillis & Armani Gates

Year 9: Elke Allen

### **Secondary Student Voice Leaders**

Year 10: Indiah Bates & Charli Solly

Year 11: Liam Carr

Year 12: Sophie Stoddard, Katie Rynne & Cadence Newsham

Our Middle and Secondary students are all very busy engaging in a vast range of learning opportunities as well as swimming lessons, sporting events, school based apprenticeships and traineeships. Please see our school Facebook page for photos and more information on lots of the events and learning that is occurring.

### **Wellbeing R-12**

#### **The Resilience Project 2023**

#### **GEM- Gratitude Empathy Mindfulness and Emotional Literacy**

TBAS will be delivering this amazing program for the third year to all our students

R-12. Classes have started the Resilience Project program, completing learning tasks during the Wellbeing for Learning lessons or during homegroup sessions. The mental health statistics in this country are confronting, and it is our mission as a site to teach positive mental health strategies to help our young people to become happier and more resilient.

The Resilience Project shares emotionally engaging stories and ideas to help make the topic of mental health more accessible. The research is clear; the more positive emotions we experience, the more resilient we will be. The three key ideas that are proven to cultivate positive emotions are: **Gratitude**, **Empathy** and **Mindfulness (GEM)**. The program also has strong focus on Connection, Purpose, Kindness, Emotional Literacy and Physical Health.

If you haven't already, I recommended reading the book by Hugh van Cuylenburg, the Founding Director of the program.

**The Resilience Project: Finding Happiness Through Gratitude, Empathy and Mindfulness.** It is a truly inspiring book and will give you more insight into what the program involves. Hugh now has a new book titled **Let Go, It's time for us to let go of shame, expectation and our addiction to social media.** This text is also another excellent read and can be found online at the Resilience Project or in most book shops.

If you would like to engage in these practices at home, there are family or individual journals available. on the RP website <https://theresilienceproject.com.au/shop/> Several of our students have used these resources and gained a lot from the ideas and activities. If you would like to look closely at these resources, you will find a small display in our front office. We look forward to continually sharing the Resilience Project journey with you all. For any queries please do not hesitate to contact me at school.

Week 5 Resilience Project – Family Focus GRATITUDE.

At the end of each day discuss the following points:

- ◆ 3 things that went well for you today
- ◆ What are you looking forward to tomorrow
- ◆ Who was someone that impacted your day.





# Tumby Bay Win Open Boys Cricket

Tumby Bay 10/221 defeated Navigators 10/204 by 17 runs in a see-sawing Open Boys Cricket match played at the Tumby Bay School Oval in perfect sunny conditions.

With innings consisting of 40 overs Tumby Bay won the toss and elected to bat, but unfortunately lost opener Jesse Jackson in the first over. Hudson Franks joined Harvey Masson who both were too keen to increase the run rate and were dismissed for 8 and 9 runs respectively, to have Tumby in trouble at 3/28 after 7 overs.

Something special was required to get Tumby back into the game and Oz Richardson stood up and delivered in a man of the match performance. He quickly turned the game smashing 6 sixes to quickly retire on 51 off only 6 overs and was well supported by Luke Hennell 14. Alby McDonald then went on the attack after a cautious start scoring 53 which included 3 sixes in a last wicket partnership with Rylan Jefferson who scored 41 at number 11. Oz Richardson returned to the crease and moved to 75 not out until the last wicket fell, which took the score to 221 in the 38<sup>th</sup> over.

Franks and Richardson opened the bowling for Tumby making life difficult for the Navigators batters. Masson broke through with the vital wicket of E Pugsley with a low catch by McDonald in slips. Ben Devine, Lance Stasinowsky and McDonald were economic with their bowling, which allowed Fletcher Shields to break through with the next wicket with a sharp catch by Devine at square leg. The Lang twins steadied the ship and guided Navigators to 2/88 at drinks. R Lang retired on 50 next over and L Lang and M Fatchen benefited from a number of dropped catches to move the score to 142 until L Lang 34 was stumped by Franks off leg spinner Daniel Hennell.



Fatchen and R Pugsley took the score to 182 until Fatchen was finally dismissed for 31 caught by Jackson off McDonald's bowling. With 5 overs to go Navigators needed 40 runs to win with 6 wickets in hand and it was game on. The experience of Franks and Richardson bowling taking 3 wickets between them and Masson's wicketkeeping quickly changed the momentum Tumby's way. With the run rate rapidly increasing, this put pressure on the batters with Jackson's fielding effecting 2 run outs to leave Navigators all out for 204 in the last over.

## **Meringa**

Paige Dillon  
Chloe Shorthouse  
Natasha Hollier  
Lydia Smith  
Breanna Anesbury

## **Pintaboo**

Sophie Stoddard  
Cadence Newsham  
Liam Carr  
Lance Stasinowsky

## **Yarranyacka**

Katie Rynne  
Hudson Franks  
Harvey Masson  
Maisie Curtis

## TBAS CANTEEN PRICE LIST 2022 \*Updated Jan2022\*

<b>HOT FOOD</b>		<b>SANDWICHES</b>	
Pie	\$5.00	<i>White/Grain bread– please specify on order</i>	
Pasty	\$5.00	<b>Ham &amp; Cheese</b>	\$5.00
Sausage Roll	\$4.00	<b>Chicken &amp; Lettuce</b>	\$5.00
<b>Cheese Bacon Sausage Roll</b>	\$4.20		
<b>Potato or Meat Cheese Bacon Pies</b>	\$5.20	<b>Salad</b>	
<b>Sweet Chilli Tender (single)</b>	\$2.00	<i>Lettuce, carrot, tomato, cheese, cucumber</i>	\$5.50
<b>Chicken Chippies</b>		<b>Add meat:</b> Diced chicken, ham, turkey	\$6.00
<i>Bag of 5</i>	\$3.00		
<i>Bag of 10</i>	\$5.00		
<b>Hot Dog</b>			
<i>With Sauce</i>	\$4.50		
<i>Cheese &amp; Sauce</i>	\$5.00		
		<b>SNACKS</b>	
<b>Flame-Grilled Chicken Burger</b>	\$9.00	<b>Finger Buns</b>	\$2.50
<i>w lettuce, tomato, cucumber, cheese, carrot</i>		<b>Mini Muffins</b>	50c
<b>Pizza sub Hawaiian- Ham Cheese &amp; Pine</b>	\$4.50		
		<b>DRINKS</b>	
<b>Ham Cheese Croissant</b>	\$6.00	<b>Big M's 250ml</b>	\$2.60
		<i>(Choc or Strawberry)</i>	
		<b>Fruit Boxes 250ml</b>	\$2.50
		<i>(Tropical)</i>	
		<b>Kerri Fruit Juice 250ml</b>	\$2.50
		<i>(Apple, Orange, Blackcurrant/Apple)</i>	
<b>SALADS</b>			
<b>Garden Salad– lettuce, cheese, carrot, cucumber, tomato, beetroot</b>	\$ 7.00		
<b>Add meat:</b> Diced chicken, Sweet Chilli Tender, Turkey	\$ 8.00		
<i>Dressings: Italian, Balsamic, Mayo</i>			
<b>WRAPS</b>			
<b>Sweet Chilli Tender w Salad</b>	\$8.00		
<b>Plain:</b> Lettuce, cheese, mayo, sweet-chilli sauce			
<b>The lot:</b> Cucumber, lettuce, carrot, cheese, tomato, mayo, sweet-chill sauce	\$9.00		

# THE FACTS ABOUT VAPING

E-cigarettes or 'vapes' are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in.

E-cigarettes aren't water. The main ingredient in e-cigarettes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. E-cigarettes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about e-cigarettes is that they are harmless compared to cigarettes. This is not true. **E-cigarettes are not safe.**

## DO YOU KNOW WHAT YOU'RE VAPING?



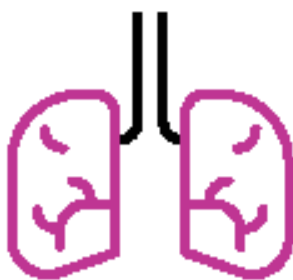
Many e-cigarettes contain nicotine making them **very addictive**



The nicotine in 1 e-cigarette can  
**=50**  
**cigarettes**



If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



E-cigarette aerosol **is not water vapour**



E-cigarettes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.



## E-CIGARETTES ARE DESIGNED TO BE APPEALING TO YOU

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for e-cigarettes make them appealing. **Many e-cigarettes also contain nicotine, which you can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. e-cigarettes are a new way to get young people addicted to nicotine, which is often difficult to quit.



## MOST YOUNG PEOPLE DO NOT VAPE

Vaping may seem popular, but in fact, research shows that the majority of young people do not vape.

You might think vaping is harmless, but it isn't, and **the serious consequences of e-cigarettes are just starting to emerge.**

Any take up of vaping by young people is worrying.



## NICOTINE IS HARMFUL FOR YOUR YOUNG BRAIN

Nicotine is a drug that is in many e-cigarettes and is very addictive for young brains. **It can cause long-lasting negative effects on your brain development.**

Nicotine changes the way brain synapses are formed in young people.

This can harm your ability to pay attention, learn and affect your mood and memory. Often, e-cigarettes have nicotine despite being labelled as not.

## RISKS TO YOUR PHYSICAL AND MENTAL HEALTH

E-cigarettes may expose you to chemicals at levels that have the potential to cause negative health effects. Vaping can impact your lungs and fitness. It can also leave you at increased risk of depression and anxiety. **E-cigarettes have been linked to serious lung disease.** Importantly, many of the long-term harms of vaping are still unknown.

You're not vaping water. When you inhale from an e-cigarette you can be exposed to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
  - toxins such as formaldehyde and heavy metals.
  - ultrafine particles that can be inhaled deep into the lungs.
  - flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).
- E-cigarettes have even been known to explode causing serious burns.



## SELLING E-CIGARETTES TO PEOPLE UNDER 18 IS ILLEGAL

It is illegal for anyone to sell or supply any e-cigarette to people under 18 years of age, including retailers such as tobacconists, convenience stores and service stations. **It is also illegal to sell e-cigarettes to friends or contacts under 18 on social media.**

There are a number of retailers who might illegally sell you e-cigarettes. This is a crime.



## THE SIGNS YOU ARE ADDICTED TO VAPING

How do you know you are getting hooked on vaping?

Nicotine addiction from e-cigarettes is the same as for smokers.

**This can mean feeling irritable or anxious, as well as craving to vape.**

You may also experience a lack of concentration when you can't vape and you can have trouble sleeping.



## NICOTINE FREE MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled. Most e-cigarettes contain nicotine – they just don't put in on the pack.

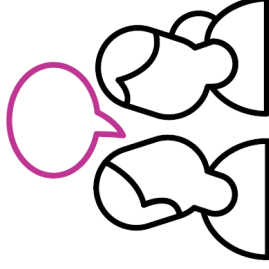
Remember that nicotine is a poison. Given the poor labelling, it is safest to assume that all e-cigarettes contain nicotine and to keep them out of the reach of small children.

## GOOD REASONS TO NOT VAPE

Remember most young people don't smoke or vape. You don't want vaping to come between you and your friends.

**Have a reason or two that you can tell your mates why you don't want to vape.**

For example, "Vaping is not for me because I don't know what's in it" or "I care about my health and fitness and don't want vaping to ruin it" or "E-cigarettes may taste or smell good, but I've heard they can contain nicotine and I don't want to get hooked like a cigarette smoker".



## SPEAK UP IF YOU'RE WORRIED

When it comes to vaping, if you are worried about yourself or a friend, speak to a trusted adult so they can support you to find professional help should you need it.

## WHERE TO GO FOR MORE INFORMATION

To find out more about the health risks of vaping, visit [www.sahealth.sa.gov.au/vaping](http://www.sahealth.sa.gov.au/vaping)



Government  
of South Australia  
SA Health

## **IMMUNISATION INFORMATION FOR PARENTS / LEGAL GUARDIANS OF YEAR 8 and 10 STUDENTS**

The SA School Immunisation Program will be offered at your school by the District Council of Tumby Bay

### **All Year 7 and 8 students will be offered:**

1 dose of the human papillomavirus vaccine, Gardasil<sup>®</sup> 9

1 dose of the diphtheria, tetanus, whooping cough vaccine, Boostrix<sup>®</sup>

### **All Year 10 students will be offered:**

2 doses of the meningococcal B vaccine, Bexsero<sup>®</sup> at 2 separate visits.

1 dose of the meningococcal ACWY vaccine, Nimenrix<sup>®</sup>

Immunisation consent packs will be sent home with all Year 7, 8 and 10 students.

It is important that you read the information contained in the packs before you give consent for your child to be vaccinated at school.

Further information and videos for high school students are available at:

<https://www.health.gov.au/news/school-based-vaccinations-for-teens>

If you have any further questions about the program,  
please contact District Council of Tumby Bay

**All parents/legal guardians are to complete, sign and return the Consent Cards, even if you do not consent for the student to be vaccinated at school. Students aged 16 years and above can consent for themselves.**

If you do not receive an Immunisation Consent pack from your child please ask at the school office.

**School Immunisation Program records may be required for future employment or travel.**



# Tumby Bay and Districts OSHC News

## GOVERNING COUNCIL

### POLICY UPDATES

The Fees & Attendance Policy and Grievance Procedure have been Updated and approved on 28th February by the School Governing Council.

Changes begins Monday 27th March, Week 9.

The Government provides families with 52 allowable absences per year. Families can use their absence days for any reason. Fees & Attendance Policy update will be given to parents to read, sign and return.

If cancellations are requested this Policy update will be followed.

Vacation Care bookings need to be booked by 3rd April to ensure we can provide the child to staff ratio.

Thank you

## ARRIVAL & DEPARTURE

OSHC has purchased an ipad for parents to sign their children in & out of care.

The ipad has been updated with family emergency contacts. It is your responsibility to inform us of any changes to your contacts or phone numbers.

In **VACATION CARE** parents will need to sign their children in on the ipad when arriving and on departure. Thanks you



**Variety of the program** Our warm weather has helped shape our program. Cooling off under the sprinklers a favourite with some children.



Wet Wild Wednesday  
Louie Lucas Xavier Liam



Other children chose to help with the cooking.  
Indianna, Sophie, Lucas



Quiet areas are set up for hama beads, drawing, learning indoors and outdoors.

### Welcome to Leo Southall



who is attending OSHC after Kindy



Mason and Rory persist with Hama beading



Charli, Luka, Rory play Harry Potter connect 5



Brock teaching Rette and Alec a new card game.

**Reflection: Opportunities & Possibilities**  
When children build relationships at OSHC they are more willing to voice their opinions. Please inform us if you know of something your child would like to revisit OSHC.



Eva teaching single skipping

Responsible Person on the night can be

contacted on our OSHC Mobile 0491 974 590 send a text or booking enquiry.

Director : Laurette can be contacted for bookings, accounts & enquires on 0428 810 408

Week 6 from Tuesday 7th March—Laurette, Danica & Brittany will be away.

# Community News

**My passion is to help each student overcome their hurdles to reach their fullest potential.**

- 22 Years experience S.S.O.: curriculum and special education
- Fully qualified Playberry Dyslexia Solutions
- Diploma: Children's Services
- Cert 3: Students with Disabilities



Dyslexia Remediation Primary maths support  
Learning Difficulties: diagnosed or otherwise

Improved confidence  
Reduced stress  
Improved classroom engagement  
Improved success

*2 vacancies opened up this year  
Testimonials available*

Phone/Text: 0428117707  
Email: [denisebuttery@bigpond.com](mailto:denisebuttery@bigpond.com)

**Colour Tumby 5km Fun Run - 8am, Saturday March 11.**

*This event is inclusive and caters for all ages and abilities (both runners and walkers are welcome).*

*Get into the spirit of the Colour Tumby Festival and dress in your brightest colourful attire with prizes for the most colourful runner.*



**Categories include;**

- Kids (11yo and under) – special events on the lawn after 5km
- Junior 5km 12-17yo male and female
- Senior 5km 18yo + male and female

*The run will start and finish from the Tumby Bay Yacht Club, with presentations and kids running events to follow.*

Enter at <https://www.sportitude.com.au/events/colourtumbyfunrun>



Ungarra & Districts  
Community Sports Club Inc  
Ph. 8688 8034

## UNGARRA & DISTRICTS COMMUNITY SPORTS CLUB AGM

Wednesday 15th March 2023, 8pm  
At the Ungarra Complex  
ALL WELCOME  
any enquires or apologies contact...

Mark Cameron 0474327248  
Emily Forrest 0407708028  
[ungarracomplex@gmail.com](mailto:ungarracomplex@gmail.com)

## Port Lincoln Soccer Association

### 2023 COME AND TRY DAYS

Sunday 5th March and Sunday 19th March  
Kirtan Point Soccer Oval on Matthew Place

4 to 6 year olds 9:30 - 10:30am

7 to 9 year olds 11am - midday

Season commencing Sunday 7th May

**New players and families are  
welcome to attend!**

For further details contact

Richard 0456 733 330

[portlincolnsoccerassociation@hotmail.com](mailto:portlincolnsoccerassociation@hotmail.com)







Tumby Interchurch Council  
Invites you to an

# Easter Trail

Sunday 2nd April  
1pm - 4pm

Get your map & bag  
Plus start the trail at  
St Margaret's Anglican Church  
21 Lipson Road  
(the church with the street library)

Activities, crafts, gifts & more