Greetings,

P&C Annual General Meeting is fast approaching
Our Parents and Citizens Association plays a valuable role in our school community by promoting the interests of the school and assisting with the school’s development and ongoing improvement.
By fostering general interest in educational issues, providing advice and recommendations to the Principal on issues affecting students and school operations as well as providing financial and other resources, the members of the P&C work together for the benefit of students and the school.
Our P&C Annual General Meeting will be held on Monday 25th March at 7:00 pm in the staffroom. All members of our school community are invited to attend. Any assistance you are able to give throughout the year would be most welcome and greatly appreciated. Getting involved in our P&C doesn’t mean you’re taking up a fulltime job. We know you are busy and we value any amount of time you can spare.

Back to school doesn’t have to be stressful
Whether you thrive on routine or loathe having a schedule to stick to, there is no denying that the onset of the new school year runs more smoothly with some sort of structure. Children of all ages need some guidelines and basic rules to follow to ensure all get to school on time. Here are just five tips for back to school that will help ease the early morning rush and see everyone out the door with a smile on their face (hopefully).

Plan ahead - Pack bags the night before, have uniforms (and socks/underwear) ready to put on. For girls - have hair ties/ribbons in one spot so they are right where they should be when they are needed. A few minutes spent in preparation the night before saves a lot of time in the morning.

Give children responsibility - Making your children responsible for their school books, shoes, lunchbox etc even at an early age, will encourage them to look after their things and know where they are when they need them. Likewise, giving children a hands-on role in putting their lunchbox together not only takes the pressure off parents but gives them a sense of ownership and choice, making it much more likely that the lunchbox comes back empty at the end of the day.

Promote time management skills - Make sure your children know what time they need to be ready by and let them know at regular intervals how much time they have left. Even young children can be encouraged to tell the time and know, for example, that when the big hand hits 8 o’clock, it’s time to go.

Ensure everyone gets enough sleep - Primary school children need, on average, 10-12 hours of sleep each night, and high school aged children need 8-9 hours. During the holidays, children get to stay up late when there is no school the next day. Try to get them back into a good sleep routine at least a week ahead of school starting. Not only will it help with the morning routine, their school work, friendships and overall well-being will benefit too.

Plan the afternoon routine - Many children have after school activities to fit in as well as their homework. Setting up a weekly timetable, with set homework times, free times, chores and sport or music lessons all included, can help children feel in control and calm. With a set amount of time to do homework in, children are often much more focused and productive. Put the timetable on the fridge or somewhere everyone can see it, so children can easily refer to it and know what’s coming up next. A little bit of planning on the parent’s part can make the school year less stressful and enjoyable for all in the household. Yet, even with the best of intentions, it’s easy to fall out of routine somewhere along the way. Setting up a good routine at the beginning of the year gives us something to go back to that we knew worked.

Have a great week,
Stewart Copeland
IMPORTANT DATES FOR YOUR CALENDER

| Fri 15th March | Stage 1 BBQ |
| Th 21st March | Harmony Day at Tyalla. Orange Mufti |
| Mon 25th March | P&C, AGM Meeting |
| Th 28th March | Easter Hat Parade & Easter Raffle |

CANTEEN ROSTER WEEK BEGINNING
MONDAY 18TH MARCH 2013

| Monday      | Kim Crowe  
|            | Alison Louden |
| Tuesday     | Alison Wilson  |
| Wednesday   | Craig Woods |
| Thursday    | Marie Keech  
|            | Craig Woods |
| Friday      | Kylie Sellings  
|            | Michelle Cutler |

ASSEMBLY CLASS WINNERS

Congratulations 1MW and 5-6SK for their safe, respectful attitude and behaviour during Fridays Assembly.

GARDEN CLUB

Jayden Crook and Brodhi Elford from 1-2AR proudly display a pineapple harvested from the Garden Club recently. The aubergines (egg plants) are also almost ready to pick.

AWARD WINNERS

Brendan Godfrey & Reuben Theobald received their Silver awards at the Week 5 Assembly.

Students of the Week - Week 5: Lani Chrisopoulos, Emily Addison, Zakk Beavan, Kyla Foulkes, Isaiah Melleuish, James Anderson & Paige Young.

Brodhi Elford, Arabella Koufis & Colby Owens received their Silver award at the Week 6 Assembly.

Students of the Week - Week 6: Jasmeen Singh, William May, Lamilla Kelly, Mikayla Beavan, Hannah Burns & Ausrae Harrison.
STEWART HOUSE

The Stewart House Donation Drive has begun again for 2013. Stewart House is one of Tyalla’s favourite charities that support some of our children. Make a donation and go into the draw to win a $4000 family holiday to any destination of your choice (excluding Coffs Harbour). Simply place $2 in the envelope, fill in the details and return it to Mr. G by the end of March. Good Luck.

TYALLA’S WEEKLY PBL WEEKLY NEWSFLASH

Whole School Focus- Lining Up/Moving around the school sensibly.

Value: Respect- an attitude of caring about others and treating them with dignity. Respect is valuing ourselves and others.

When we line up at Tyalla we sit in two straight lines with our legs crossed and we keep our hands and feet to ourselves. All students know how to wait patiently for their teachers to arrive. When students line up correctly they are being Safe because they are in the correct place, Respectful towards their peers and teachers and are showing they are calming down ready to Learn. When students move around the school they do so quietly to respect other students learning time. Students also know that they must walk on all concrete areas to show they are being safe, this reduces the chances of tripping over or running into others.

Discussion points with your child-
• Why can’t you run on the concrete at Tyalla?
• When you are walking in lines with your class what are some things you need to remember to ensure you are being safe and respectful?

HARMONY FESTIVAL

The Multicultural Harmony Day festival celebrates Coffs Harbour’s multicultural diversity. Festival goers will be served up a choice of multicultural foods, music, performance and dance.

Film Night: Saturday 16th March
Festival: Sunday 17th March
Botanic Gardens, Hardacre Street.

Tyalla is celebrating Harmony Day by wearing orange as part of the uniform. Please note that orange is the only colour the children can wear. Fun activities will be organised in the classrooms. This will go ahead on Thursday 21st March.

CANTEEN NEWS

Tyalla students will receive a ticket every time they buy a paddle pop on Mondays and Fridays. Write your name and class on the ticket, put in the box and two prizes are drawn every Friday. Good luck!

TYALLA BREAKFAST CLUB NEEDS YOU

Positions vacant! Tyalla breakfast club needs you. If you can spare 30 minutes from 8.30-9.00am on a Wednesday or Friday morning please contact the office. Meet new people and socialise while providing a nutritious breakfast to students. Your help would be greatly appreciated. Feel free to pop into the hall one morning to take a look.

Brigitte Hagan (Breakfast Club Coordinator)

NATIONAL DAY OF ACTION AGAINST BULLYING & VIOLENCE

This Friday, the 15th of March is National Day of Action Against Bullying & Violence. This year Tyalla has registered to participate. The National Day of Action Against Bullying and Violence is an opportunity for students, teachers, parents and the whole community to take a stand together against bullying and violence. This annual day provides a focus for schools who want to say Bullying No Way! And to strengthen their everyday messages that bullying and violence at school are not okay at any time. Students K-6 will be provided with the opportunity to learn about: Inner strength, how to be strong when they see a bullying situation, what a bystander is, how to be an active safe bystander. For more information please contact: Mrs Koufis, Welfare Committee Leader or for a copy of the school’s Anti-bullying Policy, please see Mr Copeland.

A website to visit at home for further activities is: www.bullyingnoway.gov.au