

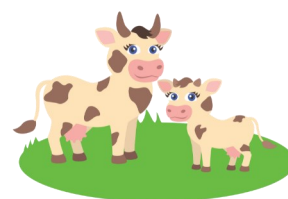


PREP RYAN - ON THE FARM

On Tuesday 15th August Prep Ryan ventured out to Blake's farm. We spent the morning patting, feeding and playing with the calves. Dairy Tas came out and cooked us a barbecue which was a highlight for many.

During our visit we were able to walk through the calving paddock where we saw a brand-new calf and a calf being born. Thank you to Annisa and Nathan for inviting us out and Dairy Tas for the barbecue and flavoured milk. Thank you also to the local companies that donated to our goodie bags:

AG warehouse - milkshakes ☺ Yolla Co-op - hats, beanies ☺ Elders - beanies, notebooks
De Lavel - fridge clip magnets ☺ Dairy TAS - activities, stickers, lanyards



Dear Families,

As we continue to surge through Term 3 I want to take the opportunity to thank our families for their ongoing support. We have noticed a massive increase in participation in events over the last fortnight as a result of this support. To see our students so well represented on the night at the Science Gig was amazing. Our Book Parade was also another example of this where we saw such large amounts of effort being put into the costumes by so many families. Our Upper Primary Maths Relay was no different. We had over 100 students competing against one another, working together in small teams to solve maths problems. They did it with such enthusiasm. Congratulations to the following students who now have their names on "The Golden Abacus:"

3/4 Winning Team: Hunter, Arlo, Bella, Zandah and Dmitri.

5/6 Winning Team: Elizabeth, Joshua, Xavier, Tyler and Alex.



Based on how our students performed in the Maths Relay, we will have some students represent Smithton Primary at the Cluster Maths Relay next Wednesday as they compete against Forest, Stanley, Edith Creek and Redpa.

This week is Teacher Assistant Appreciation Week and we have extended that to not just our official TA's, but also to other non-teaching staff within our school. The support, care and dedication you all show to our families, students and to the teachers is amazing. At Smithton Primary we have a bunch of support staff who go the extra mile, who do it professionally and with a positive attitude and make this place the amazing place that it is to work and learn in. Thank you very much.

Lastly, I want to continue to encourage as many to come along to the Performance with Claire Ann Taylor as possibly can. A reminder that families are most welcome to the afternoon performance in our gym at 1:15pm, this is a gold coin donation to come and watch. There are still tickets available to the evening performance for \$25. Tickets will be available at the door for those wanting to purchase with cash. The evening performance starts at 6:15pm and doors will be open at 5:45pm. Students will be performing with Claire Ann Taylor and her band, so this is a very awesome opportunity for our students.

With Winter almost behind us, which often is a difficult and busy time for our community, I continue to urge people to seek support if you need it, looking after yourselves and keeping an eye on those around you who may be struggling. I said it day one and I will continue to say it, we are better as a TEAM than we ever are alone, so keep in mind now more than ever that Together Everyone Achieves More.

Thanks,



Josh Smith
Principal



This Friday!!

**Claire Ann Taylor
& Smithton Primary students**

Friday 1 September, doors open 5.45pm

Experience a special evening as the students of Smithton Primary School collaborate with one of Tassie's most celebrated singer songwriters. Students from Prep to year 6 will accompany Claire and her band as she performs songs from her back catalogue and previously unreleased material.

All proceeds support the Smithton Primary School Parents and Friends.

Smithton Primary School

Cost: \$25.00 adults

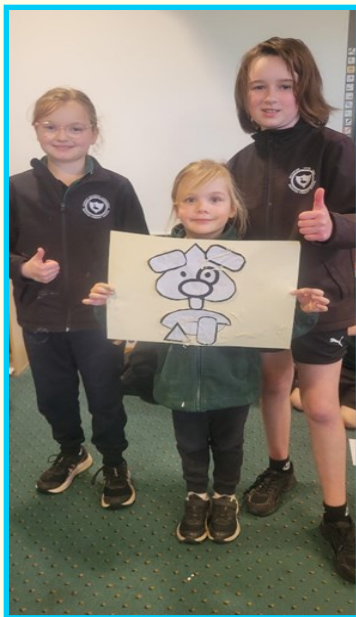
\$5.00 children

Bookings: Humanitix



Kinder Buddies

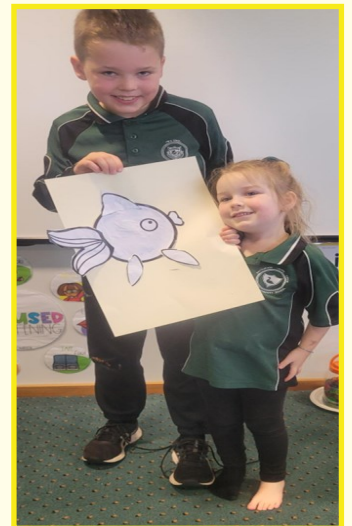
As part of Science week, 3/4 Underwood and Kinder Bilby enjoyed participating in a Science experiment that involved them working together as Scientists to discover a way to make glue that could be used to stick an animal together. The buddies were given only two ingredients, flour and water.



“Glue needs to be the right consistency.”

“Does the glue have to be clear?”

“I need more water!”



During week two Robot Man came to work with our Year Prep - 6 students.
It was great to see all the students engaged and having fun. Thank you Robot Man!!

We received some amazing feedback from Steve (Robot Man):

"Your staff and students made me feel very welcome".

I think I heard "Hi Robot Man" about 200 times by kids walking past, and when I was packing the van. Awesome kids."

We look forward to Robot Man returning in the future.

Robot Man



STAFF PROFILE



Sarah Ryan

PREP TEACHER

TELL US A BIT ABOUT YOURSELF

I grew up in Launceston, living there with my parents and two brothers. When I left school I was a bit unsure whether I wanted to be a teacher or go into social work. At 18 I moved to England and became an Au Pair for 12 months. As an au pair I had so many opportunities to travel, make new friends from different countries and I was able to volunteer in the local school. I loved working in the school and that helped to make my decision to come home and pursue my career in teaching.

In my spare time I like to eat chocolate, read books, head to the beach, travel, and spend time with my friends, family and Coco- my family's dog. Here are a few of my favourite things:

- o Colour: Purple
- o Food: Lasagne and chocolate
- o TV Show: Packed to the Rafters (the original)
- o Animal: Cows
- o Musical: Matilda

WHAT MADE YOU DECIDE TO WORK IN EDUCATION?

As a child I was lucky to have some very inspiring teachers who shaped me into the teacher I am today. I knew from as early as 5 years old that I wanted to be a teacher. Every day I am reminded of why I chose this career with all the wonderful people and incredible students I work with daily.

WHAT IS YOUR FAVOURITE THING ABOUT YOUR JOB?

The big, excited smiles on the faces of the students each morning when they enter the classroom, the light bulb moments when something clicks, the discoveries in our learning and joy of getting to work with these wonderful people. I love sharing these moments.

BOOK WEEK



BOOK WEEK



Nurse Rob's corner



SCHOOL HEALTH NURSES
Better health for better learning



Brrr it's cold outside!

The colder months are still with us for a little while yet and are a time we're more likely to catch viral infections (colds, influenza or COVID19). Did you know that children can get between 5 and 10 colds a year, while adults can get 2 to 4 colds each year? This is such an important time to take extra care of ourselves and our families.

Keeping our immune systems strong can help prevent catching colds and the flu. So, what can we do to help our immune system? Here are some suggestions:



Staying Healthy

Healthy Diet: Eating a varied, nutritious diet is a great way to help our bodies stay well. Remember to include 5 serves of vegetables and 2 serves of fruit. Broccoli, carrots, and cauliflower are great winter vegetables, and oranges, mandarins, and kiwi fruit are in season over winter. These are all great natural sources of vitamin C!

Exercise: this can be admittedly harder during the winter months but is important to maintain our activity as best as we can! Get outside whenever you can (rug up well if it's cold!) Be creative with indoor exercise – borrow exercise DVDs from your local library and try something new. Dance-offs are fun – get a little bit silly, get your heart rate up, and prepare to laugh a lot! See if the kids have any new, original ideas for indoor exercise!

Managing stress: Find time to do activities you love and that helps you to relax. Try mindfulness meditations – Smiling Mind is a great app that has lots of meditations/mindfulness ideas to help reduce stress and worries, relax your mind, and improve your resilience.

Sleep: make sure you're getting enough sleep, as lack of sleep can affect our immune systems. Sticking to a regular sleep routine—even on weekends—maintains the timing of the body's internal clock and can help you fall asleep and wake up more easily.

Keep warm: Wear layers of clothing. (We all know how easy it is to get caught out in Tasmania!) Keep curtains drawn and doors closed to block draughts. Have regular hot drinks and at least one hot meal a day. This is especially important for people with heart or respiratory problems such as asthma.

Hand washing: This is something that is so important to do, and to continue to teach our children to do. Hand washing is one of the **BEST** and **EASIEST** ways to avoid becoming sick. Keep well and stay warm!

Nurse Rob 😊



5-6

Winter Sport



Dates To Remember

September

Every Monday - 1:00pm to 2:30pm	Pre-Kinder - for children starting Kinder in 2024 (born in 2019)
Every Friday - 9:00am to 10:30am	Launching into Learning - Launchpad with Hayley Sharman (Birth - 5 Years)
Every Friday - 1:00pm to 2:30pm	Pre-Kinder - for children starting Kinder in 2024 (born in 2019)
Friday 8th	Year 3-4 Sports Expo
Friday 22nd - 9:10am	School Assembly
Thursday 28th	Country Gold - Launceston
Friday 29th	Last day of Term 3

October

Every Monday - 1:00pm to 2:30pm	Pre-Kinder - for children starting Kinder in 2024 (born in 2019)
Every Friday - 9:00am to 10:30am	Launching into Learning - Launchpad with Hayley Sharman (Birth - 5 Years)
Every Friday - 1:00pm to 2:30pm	Pre-Kinder - for children starting Kinder in 2024 (born in 2019)
Monday 16th	Term 4 - students return
Monday 23rd Oct to Friday 3rd Nov	Early Childhood Swimming



2023 School Term Dates

Term 1	Wednesday 8th February to Wednesday 5th April
Term 2	Wednesday 26th April to Friday 7th July
Term 3	Tuesday 25th July to Friday 29th September
Term 4	Monday 16th October to Thursday 21st December

Student Free Days

Tuesday 7th February
Thursday 6th April
Monday 24th July
Friday 3rd November

CONTACT DETAILS

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