Dear Parents, Carers, Students and Community Members,

Welcome to week 7 and an exciting week for all.

K/1/2/3 have their swimming school every day this week and 4/5/6 are going on their excursion to Midjinbul so we hope the weather is beautiful for them all. It will be very quiet at school!

4/5/6 swimming school will take place next week, week 8.

We have a number of activities coming up as the school year comes to a close, make sure you check the calendar in this newsletter so you don't miss out!

Students on Gold level:

K/1 – Shantelle Hippi, Michael Link, Gracie Martin, Ronald Ward, Derek Hickling-Torrens, Robert Adams, Tasharni McGrady, Alfred Avery, Shaileigh Avery, Ponjum Ward,

Year 1/2/3 - Annabelle Johnson-Brady, Riley Torrens, Shakylah McGrady, Anne-Maree Avery, Oscar Martin, Dellmay Simon, August Avery-Robinson, Pierre Hippi, Donald Simon.

Year 4/5/6 – Amber Avery, Bing Williams, Abby Martin, Harriett


Well done to all!

Lesley Mills
Principal.

The Christmas Tree/Dance/Carols night will be held at Tabulam School on Tuesday 15th December commencing at 6pm. Cost for a present from Santa will be $6 per child enrolled at Tabulam School or the Tabulam Pre School. A note is attached to the end of the newsletter. Notes and money must be paid by Monday 14th December.
On **Thursday 19th November** at the Casino Cultural Centre in Walker Street Casino, they will be organising applications for **free birth certificates** from 10am to 5pm.

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<th>WEEK</th>
<th>WHAT'S HAPPENING</th>
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<td><strong>Monday 16th – Friday 20th November</strong>&lt;br&gt;4/5/6 Excursion&lt;br&gt;<strong>Monday 16th – Friday 20th November</strong>&lt;br&gt;K/1/2/3 – Swimming School</td>
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<td>8</td>
<td><strong>Monday 23 Nov to 27 Nov</strong>&lt;br&gt;Year 4/5/6 Swimming School&lt;br&gt;<strong>Tuesday 24th November</strong>&lt;br&gt;K/1 Assembly</td>
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<td><strong>Tuesday 1st December</strong>&lt;br&gt;Dr. Jackie Andrews</td>
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<td><strong>Tuesday 8th December</strong>&lt;br&gt;Annual Presentation&lt;br&gt;<strong>Wednesday 9th December</strong>&lt;br&gt;Book Giving Assembly&lt;br&gt;<strong>Year 6 Dinner</strong> – 6.30pm at Casino RSM&lt;br&gt;<strong>Thursday 10th December</strong>&lt;br&gt;Attendance Rewards Day – Casino Pool&lt;br&gt;<strong>Friday 11 December</strong>&lt;br&gt;ABC Broadcast</td>
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<td>11</td>
<td><strong>Tuesday 15th December</strong>&lt;br&gt;Christmas Tree/Dance Night&lt;br&gt;6.00pm start&lt;br&gt;<strong>Last day for students is</strong>&lt;br&gt;Wednesday 16th December.&lt;br&gt;<strong>Students return to school</strong>&lt;br&gt;on 28th January, 2016.&lt;br&gt;<strong>Transition begins on</strong>&lt;br&gt;1st February, 2016</td>
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**Christmas Tree/Dance & Carols Night** ($6 per child)

I would like my child .................

Who is **enrolled** at Tabulam School
To receive a gift from Santa.

Signed: ...........................................

Parent/Carer $ .............

I would also like my child .................

Who is **enrolled** at Tabulam Pre-School.

Signed: ...........................................

Parent/Carer $ .............
Some samples of Jungle posters have been working on.

Yr. 4/5/6
Inviting you to celebrate your community over a BBQ breakfast

Tabulam

Friday 11th December 6.15am until 11.00am
#UNTOLDTABULAM

Do you have a connection with Tabulam, its history and its people?

We invite you to a breakfast BBQ and live broadcast by ABC North Coast at the Tabulam Public School.

We also invite you to bring photos or objects that tell stories about your connection to Tabulam or your life on the NSW North Coast.

ABC North Coast will broadcast live from Tabulam from 6:15am, talking with the community and beyond about the town’s rich rural and indigenous history, discuss current and future issues and explore the regions food, music, language, art, sport and more.

The live broadcast will also feature stories created with Tabulam residents: the unsung heroes of your community, river stories, the talent of the regions makers and creators and the premier of Tabulam’s first ever radio play.

For information or to register your interest contact ABC North Coast 1300 659 994 or email abcnorthcoast@your.abc.net.au

THE UNTOLD VISION: ABC North Coast has a vision to share ALL the stories of the WHOLE North Coast community locally and nationally because we think our stories are important and inspiring. To do this we focus and spend time with communities whose stories are largely UNTOLD. This is a time to celebrate and reveal issues and histories we should all know about.

abc.net.au/northcoast
Principals
Mr. Neil Schmitter

If you will be attending Monday evening on 6/6/2017, for catering purposes, it would be appreciated if you could please let the school know morning tea to follow.

Parents are also invited to attend the Orientation Day Assembly at 9:30am with a

on the Flame Tree Lawn.

The evening begins with a short meeting in the Ten Welsh Hall at 7:00pm followed by

information Evening on Monday, 16th November, 2015.

parents and Careers of Students enrolled in Year 7/8 are invited to our final

Oriental 2015-2016
Casino High School

unsweetened milk. Low milk or none milk are all fabulous
Refesh drinks.

platform. Morning you’ll have a delicious brunch or

or having it as a standalone dish. In this

Interest water. Milk in fruit (fuscus) or

the afternoon or put it in colourful, e.g.

water pikture in the refrigerator or on.

Stop Buying Sweeetened drinks.

Tea to a point of almost nothing there.

with sugar. Each day add more and more

water to each sweetness drink until

are 100 percent free on still boiled

Water down juices. Yes, even things that

carry water to your tissues.

Cutting our own siding per day.

buying juice through store per day. Stay by

Decreasing the Fructose: If you think this is

Help Bold the sugar. Drink no lakes.

some things you can do to

overdose those sweets. Provide

 refinery. From the sweetness

High, go faster. birds need to be re-

drink: it will take time to break the bad

many children are used to sugar.

Bake Sweeet drinks.

unrefined sugar. Cows, milk, orange

fruits. Other sugars per day help:

Highly flavoured milk or none milk are all fabulous

unrefined sugar. Cows, milk, orange

unrefined sugar. Cows, milk, orange

unrefined sugar. Cows, milk, orange
We connect families to services

Far North Coast Family Referral Service is a free local service for children, young people and families that provides access to a broad range of support services to help a family cope better.

We can connect you to services like:

- Employment, education and training services
- Housing
- Access to Government services and community organisations
- Family support services
- Intensive family support
- Drug and alcohol services
- Other support options

Each family has different issues and ways of coping and we can assist you to explore the services and support programs available to you. We work with families from Grafton to Tweed Heads.

Parenting can be a tough gig...
Family Referral Service is your link to support.

1300 338 774 or 02 6623 2780
(Tweed Heads residents call 02 6623 2780)
support@familynorth.org.au

NSW Health
Social Development Council
interrelate