



# Tottenham Central School Newsletter

Monday, 9th December, 2013

Week 10 - Term 4

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We're on the web:  
<http://www.tottenham-c.schools.nsw.edu.au>



## Rocket Day

Last Tuesday, our Stage 4 Science students travelled to Tullamore to compete in the annual 3Ts Rocket Day against Tullamore and Trundle. Students were placed in groups in the week leading up to the day, to design, budget, measure and construct water bottle rockets that would be launched at the event.

As well as presenting and launching their water rockets, students also had a great time and lots of fun constructing paper rockets to compete for longest distance. The winning rocket reached a whopping 94 metres.

Results are still to be finalised but the current highest altitude reached is 82 metres – a massive effort!



Congratulations to all involved and to the students who proudly represented Tottenham Central School on the day.

## Reminders



Education & Communities

### December

Tuesday 10th  
K-6 disco

Wednesday 11th  
Year 7 transition

Thursday 12th  
Secondary Graduation Dinner

### Assemblies

Christmas Assembly  
Friday 13th December  
starting at 2.00pm

**P & C meetings are held every third Tuesday of the month in the school library at 7.30 pm.**

Everyone is very welcome to attend

**The next meeting is**

Tuesday, 17th December  
(to be confirmed)

# Principal's Message

Stage 5 students, Bridget Bennett, Hannah Smith and Sammy Dunn have successfully completed their Work Experience at Hornsby last week. Sammy worked at the GTW Dental Group, Hannah at the Asquith Golf Club and Bridget at the Edge Hair Salon. All three students displayed an excellent attitude and were outstanding representatives of Tottenham CS. My congratulations go to all three. This work experience program is organised in conjunction with the Hornsby Rotary Club, who have for many years generously supported our Year 10 Work Experience Program. The Hornsby Rotary Club welcomes our students, provides accommodation with Rotarians and organises suitable businesses for our students to work with. At the Rotary Club Meeting/Dinner on Tuesday night Sammy, Bridget and Hannah had to give a speech and presentation. Apparently all three did a wonderful job with many Rotarians commenting that the presentation was the best they had ever seen! Our thanks go to Hornsby Rotary Club for their on-going commitment to this program. Many thanks also to Mrs Lynette Jarvis for maintaining this link with Hornsby Rotary Club, and for preparing the students and transporting the students to and from Sydney.

'Science Rocket Day' launched successfully again at Tullamore CS last Tuesday. This is an exciting annual event with Stage 4 students from Tottenham CS, Tullamore CS and Trundle CS competing against each other to see who can produce the best rocket. The Trundle CS rocket travelled 94 metres which was very close to the record set a few years ago! My thanks to Miss Dwyer for preparing the Stage 4 students for this event and for transporting and supervising our students at Tullamore.

This week there are a number of events that I wish to draw your attention to:-

On Tuesday, 10<sup>th</sup> December, there will be the K - 6 discos in the library.

The Secondary Formal and Graduation Ceremony is on Thursday, 12<sup>th</sup> December, at the Golf Club commencing at 6.30pm.

The Christmas Assembly will be held this Friday, 13<sup>th</sup> December commencing at 2.00pm.

In the last week of school there are also two important events:-

On Monday the SRC are holding a mufti-day with the theme - "I want to be ..... Day." Class parties will also be held on this day.

On Tuesday, the 17<sup>th</sup> of December, the school's Presentation Ceremony will be held at the,

Tottenham Memorial Hall commencing at 10.00am. The Presentation Ceremony is one of the most important functions of the school year and is an opportunity for the TCS community to reflect upon and celebrate the achievements of the past year. It is important to note that all students must wear their best summer school uniform. I encourage everyone to attend this rewarding and enjoyable highlight of the school year.

It is expected that all students will come to school as usual and will then be walked to the hall at 9.45am. Families who have children who travel long distances by bus can, if they prefer, bring their children directly to the hall at 9.45am. Following the ceremony students will return to school for the remainder of the day.

Please note that the last day of Term 4 for students will be on Wednesday, 18<sup>th</sup> of December.

It is expected that all students will be able to take their Semester Two Reports home this Friday.

Have a good week!

*Steve Garrick*



## YOUR SAY

You are encouraged to use this space to give us any feedback on things which you feel you need to: congratulate a student, teacher or parent; let us know what you think of the newsletter format; make a suggestion or request.

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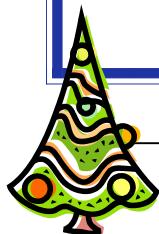
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Signed: \_\_\_\_\_

## School News



Christmas Assembly  
this Friday, 13th December—  
Start 2pm in the library

### K-6 DISCO

Our K-6 disco is being held tomorrow night, Tuesday, 10th December in the school library.

Times are as follows:

Yrs. K/1/2 - 5.30-7.00pm

Yrs. 3/4/5/6 - 7.00-8.30pm

All children are asked to bring a small plate of party food or a bottle of drink. Cost of the disco is \$1.00

### MERIT SYSTEM

This week we are very pleased to be able to congratulate Elyssa Pearce, Sophie Williams and Digby Lees, our final Platinum recipients for this year! Well done to these students.

Congratulations to Oliver Lees who has recently achieved Gold in the Merit system. Congratulations also go to Liam Humbert, Kaleb Miller and Zac Ayton who have achieved Silver. Well done.

### SCHOOL SWIMMING SCHEME

Swimming lessons will continue this week on Tuesday and Wednesday. As Wednesday will be the last day of lessons, students will be able to buy from the pool kiosk (no more than \$2 spending money). Please make sure your child brings their swimmers, towel, entry money etc, every day.

Thank you  
Mrs Adam

### CHRISTMAS ODDSPOT

If you received all of the gifts listed in "The Twelve Days of Christmas" song, you would receive 364 present. One for each day of the year. Don't believe me? Work it out for yourself!

### 2/3 ASSEMBLY ITEM

For year 2/3's assembly item students will need a Christmas shirt or a red or green shirt unless they have a specific part.

Thanks

Jodie Attenborough

### REMINDER - MEDICAL RECORDS UPDATE

*With only two weeks to go in this school year it is important that we have these forms to update our medical records.*

*Please fill out the form and return it to us regardless of whether or not your child has an allergy or medical condition. Thank you to the parents who have returned these forms already.*

*We need this form completed for all students to ensure we have the most up to date information on students' health. If the form/s weren't received or have been misplaced please contact the office for additional forms.*

Secondary Graduation and End of Year Formal  
Thursday, 12<sup>th</sup> December.

Please remember that the evening commences at 6:30pm, with a semi-formal dress code. The evening will conclude with a disco, finishing at 11pm, and all students need to be collected by a responsible adult at the end of the night.

### YEAR BOOK

The 2013 Tottenham Central School Year Book will be available for sale next week at the Presentation Ceremony. Cost \$10. Orders taken at school.

### CONCERT NIGHT DVDS

DVDs of Concert Night are available in the school office.

Disk 1: Opening curtain to Intermission,

Disk 2: Sound of Music, plus over 500 still photos.  
\$5 each – proceeds to the school's Merit System rewards.

### Term Dates

Term 4, 2013 ends

Wednesday, December 18th for students

Friday, December 20th for staff

Term 1, 2014 begins

Tuesday, February 4th for staff

Wednesday, February 5th for students

# School Calendar

## Term 4

<b>WEEK 10</b>	9	10 School disco	11 School Swimming Scheme concludes	12 Graduation Dinner	13 Whole school <b>Christmas</b> assembly  End of year reports sent home
<b>WEEK 11</b>	16 <b>I WANT TO BE DAY</b> Class parties	17 Presentation Day 10.00 am	18 <b>Students last day of school for 2013</b>	19 Staff development day	20 Staff development day

## Term 1, 2014

<b>WEEK 1</b>	3 February	4 Staff return for 2014	5 Students return for 2014	6	7 School Swimming Carnival
<b>WEEK 2</b>	10	11	12	13	14
<b>WEEK 3</b>	17 Gobondery/NARRAF tennis trials - Tottenham	18	19	20 ← ACCESS CAMP →	21 Gobondery/NARRAF swimming - Narromine

## CANTEEN VOLUNTEERS

The canteen is going to trial, running on Fridays, with volunteer parents. We would like two parents to work together and you would be rostered on for 1 day a month and even less if we get enough volunteers.

Hours will be 9.30am to 2pm. All training will be provided.

Duties include preparing morning tea and lunches (making pizzas and sandwiches and heating up food) serving at morning tea and lunch.

Can you please email Jane or phone by this Friday if you are interested.

rogbert5@bigpond.com or 68928251

## Sports News

### SWIMMING CARNIVAL NOMINATION

Nomination forms have been sent home for the swimming carnival next year. These need to be returned as soon as possible. For those parents with 8 year old children in Year 2 it is easier to complete the nomination form now and send it in then see how they go over the holidays. If you feel your child cannot swim in the carnival they can be taken out at the beginning of next year. On the nomination form is the house and colour of the house your child will be in.

### SPORT NOTES

Sport notes were sent home last week to allow your child to either walk to or catch a bus to the pool for sport next year. These need to be returned as soon as possible.



**VET WORK PLACEMENT**

As part of the HSC requirement for all VET (Vocation Education Training) subjects, students must complete 70 hours of Work Placement over Year 11 and 12.

During Week 8 of this term, seventeen students from: Tullamore, Trundle, Trangie, Yeoval, Tottenham and Peak Hill Central Schools, had the opportunity to stay at the Aussie Cabins in Dubbo and participate in one full week of Work Placement. For the students who attended this was their final HSC Placement. It was a wonderful opportunity for all the supervising staff to spend some quality time with an amazing group of young adults. We were constantly impressed by the: polite, positive, cooperative, punctual and well organised students who represented themselves, their families and schools so admirably during the week. These students have certainly set a high benchmark for behaviour, attitude and work ethic for future Work Placements.

Each of the students found their placement an incredibly rewarding and exhausting experience. It was a pleasure to visit each of the work places and to hear the praise and enthusiasm the businesses had for our students. Work Placement is a wonderful opportunity for our students to demonstrate their skills and talents and historically, a number of our students are offered part time work and apprenticeships as a result of their Work Placement.

Catherine Doyle  
Work Placement Coordinator



## Parent tips and brief stories

### READY FOR HIGH SCHOOL

Can you recall what you were most apprehensive about when you started high school? This video of Year 7 students explain why teens shouldn't be worried about starting high school, and how they can get off to a great start in the first few days. Watch the videos:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/what-happens-in-year-7>

### KIK MESSENGER

Does your child use Kik? Police have described it as "the No.1 social media problem involving teenagers", but most parents would barely have heard of messaging app Kik before last week. Find out what it is:

[http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology\\_glossary/7w0F/5353/Kik+messenger](http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger)

Why cyber safety experts are concerned:

<http://www.smh.com.au/digital-life/digital-life-news/experts-warn-of-apps-hidden-dangers-20131130-2yif3.html#ixzz2mYIkXFyd>

### CHOOSING SCHOOL SHOES

Are expensive school shoes the best option for happy feet? Let's face it. School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn't evolved much at all. Tips for choosing shoes:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes>

### TEACH YOUR KIDS TO BE WATERPROOF

As temperatures rise, the risk of drowning increases too. Review these water-safety tips to help keep your family safe this summer. Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/water-safety-tips>

### BOYS AND BODY IMAGE:

AUDIO: Rachel Friend talks with paediatrician Associate Professor Michael Kohn about the issue of body image and how it impacts on young men in particular.

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>

### GIRLS AND BODY IMAGE:

AUDIO: Rachel Friend talks with the Butterfly Foundation's Education Manager, Danni Rowlands about body image issues affecting young girls. Research shows young people feel under more pressure than ever to look a certain way.

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/girls-and-body-image>



## Other news

### YOUTH CLUB

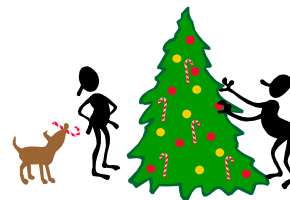
Thanks to Pete and Belinda Lindsay for running Friday night's Open House. This Friday evening we need a volunteer in order for Open House to run. Youth Club members are all required for their shift on the roster for the Youth Club's drink stand at the Christmas Tree, commencing at 6pm on Sunday.

### PONY CLUB

Our end of year get-together will be held at the Racecourse on Saturday, 21<sup>st</sup>, 5:30pm start, with a Christmas Light Run at the conclusion of the evening for those who wish to participate. Full details will be circulated to members asap. Nyngan Twilight Gymkhana is to be held on Sunday, 15<sup>th</sup>. I will try to circulate the program once it becomes available.

### THE COLOURS OF CHRISTMAS

The traditional three colours of Christmas are green, red, and gold. Green has long been a symbol of life and rebirth; red symbolises the blood of Christ, and gold represents light as well as wealth and royalty.



### THE WORD CHRISTMAS

Christmas is a contraction of "Christ's Mass," which is derived from the Old English *Cristes mæsse* (first recorded in 1038).

The letter "X" in Greek is the first letter of Christ, and "Xmas" has been used as an abbreviation for Christmas since the mid 1500's.



## Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

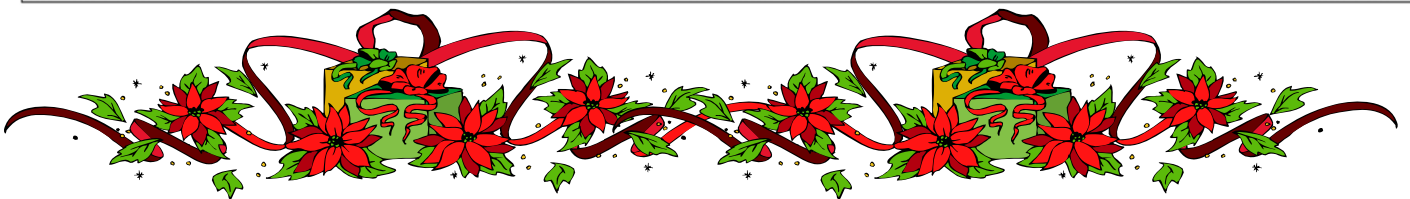
**Prices for nine lessons are \$65 for school-aged children and \$47 for preschoolers (prices exclude pool entry fee).**



For more information or to make a booking, phone 13 13 02  
or visit [www.dsr.nsw.gov.au/swimandsurvive](http://www.dsr.nsw.gov.au/swimandsurvive)



Office of  
Communities  
Sport & Recreation



The P&C Committee are kindly asking for donations of goods for the Xmas Hamper Raffle that will be drawn Tuesday, 17th December at Presentation Day.

Items can be taken into the school office or left in the basket provided at Foodworks.

All donations will be greatly appreciated.

Thanks,  
P&C Committee





# Tottenham Central School

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Ph: 02 68924006 Fax: 02 68924159  
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Principal: Stephen Garriock

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Dear Parents,

There has been an outbreak of head lice at the school, and your child may have contracted the condition. We are asking that all parents examine their child's hair for signs of lice infestation. The lice themselves are often hard to find because they move around on the head. Therefore, you should be looking for the eggs or nits. These appear as tiny silvery white specks attached to the hair shaft near the scalp. Dandruff and hairspray may look similar but these are easily brushed away, the eggs are not. Other signs of lice infestation may be a red rash and scratch marks on the scalp, nape of the neck or behind the ears.

If your child has contracted head lice do not be alarmed. Although the condition is unpleasant, it is easily treated with a specialised treatment, which is available from your local store. After using the treatment (according to the directions on the pack), use a fine tooth comb to remove the dead lice and eggs. Or apply conditioner to dry hair and keep combing for at least 20 minutes (this is a very successful treatment). Any articles which may harbour lice such as clothes, towels and bed linen, should be washed in hot water and detergent. Combs and brushes should also be washed in hot soapy water. As head lice are highly contagious it is suggested that you examine and treat all members of the family at the same time. Also to minimise the risk it would be advisable for long hair to be tied back securely.

Yours sincerely,

Stephen Garriock  
Principal



## CHRISTMAS TREE FACTS

The first person to decorate a Christmas tree with lights was reportedly the Protestant reformer Martin Luther (1483-1546). According to legend, he was so moved by the beauty of the stars shining between the branches of a fir tree, he brought home an evergreen tree and decorated it with candles to share the image with his children.

The earliest known Christmas tree decorations were apples. At Christmastime, medieval actors would use apples to decorate paradise trees (usually fir trees) during "Paradise Plays," which were plays depicting Adam and Eve's creation and fall.

The Germans made the first artificial Christmas trees out of dyed goose feathers.

