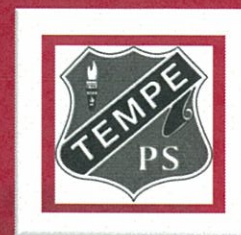


# "Tempe Talk"



*Quality teaching with exceptional opportunities in a diverse and caring learning environment for your child.*

Unwins Bridge Road, Tempe 2044  
Email: [tempe-p.school@det.nsw.edu.au](mailto:tempe-p.school@det.nsw.edu.au)

ph: 9558-3780 fax: 9558-8940  
Website: <http://www.tempe-p.schools.nsw.edu.au>

Thursday 27th March 2014

Term 1 Week 9

## FROM THE PRINCIPAL'S OFFICE

### **Sydney East Regional Swimming Carnival**

Congratulations to our South Sydney Zone representatives at the Regional Swimming Carnival: Max R (3/4M), Charlotte W (3/4M) and Nell P (1/2F). All three students swam personal best times and should be very proud of their achievements at reaching such a high level of competition.

Thanks and credit is also due to Mr Mark Holden, who dedicated a lot of time and effort in his role as coordinator of the Regional Carnival.



### **Harmony Day**

Well done to all our students, staff and parents who supported our Harmony Day celebrations last Friday. The school was a sea of orange, and there are lots of fantastic artworks around the classrooms reflecting the diversity of our multicultural school community.

Now we look forward to our next celebrations – Kindergarten's Teddy Bears Picnic on Wednesday, and the K-6 Easter Hat Parade in the last week of school.

### **Recognising Support Staff**

Relieving as principal in the office for the week while Mrs Sinclair is on leave, I am impressed as always at the amazing efforts of all our support staff who contribute so

much to the operation of the school, through their support of the students, staff and parents. A huge thank you to Mrs Rosita Severino and Mrs Joanna Misomikes in the office, Mr Garry Carden (General Assistant) and Mrs Rita Tselepis (Gardener), and Ms Gail Cotterell and Mrs Fran May (School Learning Support Officers). We really appreciate all your hard work!

Mr Hugh Miller – Relieving Principal

## 2014 DIARY DATES

### Term 1

02/04 Kindergarten Teddy Bears' Picnic  
02/04 Stage 1 Toy Incursion  
07/04 P&C Meeting  
11/04 Last day Term 1  
18/04 Good Friday  
20/04 Easter Sunday  
21/04 Easter Monday  
25/04 Anzac Day

### Term 2

28/04 School Development Day (staff return)  
29/04 All students return Term 2  
30/04 Got Game program K-6  
05/05 P&C Meeting  
13/05- Year 3/5 NAPLAN  
14/05 Year 3/5 NAPLAN  
15/05 Year 3/5 NAPLAN  
21/05 Zone X Country  
02/06 P&C Meeting  
9/06 Queen's Birthday public holiday  
27/06 Last day Term 2

## ASSISTANT PRINCIPAL'S MESSAGE

### **SRC Aprils Fools Day Mufti Day**

The SRC is holding its very first fundraising event for 2014 on Tuesday 1st April. Students are invited to bring a gold coin donation to school and wear mufti on the day. They are also encouraged to join in the fun of April Fools Day by coming to school prepared to play an Aprils Fools Day trick on a friend!



### Stage 1 Toy Incursion

On Wednesday we welcome the CSIRO to Tempe PS to present and engaging and fascinating learning experience to our Year 1 and 2 students. They will bring a selection of old and new toys and let students explore the differences between them, and investigate the mechanics of old and new toys. Remember that payment must be made to the class teacher by Tuesday at the latest – no payments can be made on the day of the incursion.

### Early Stage 1 Teddy Bears' Picnic

Also on Wednesday, Kindergarten students will be bringing their favourite teddy or soft toy to school (labelled with name), and enjoying a special event with it – our annual Teddy Bears' Picnic! There will be lots of fun activities and a delicious picnic to finish off. All parents are invited to come and join in the fun, and parent helpers are needed to assist us in running all the activity stations. Please let your Kindergarten class teacher know if you can help out.

The Teddy Bears' Picnic will be held on the field, or in the hall in case of rain.

Ms Carole Priday, Mr Hugh Miller and Mr Craig Dickson



### Easter Hat Parade and Easter Egg Raffle

On Thursday 10th April 2014, Tempe Public School will be holding its Easter Hat Parade at the school canteen from 9:30am. Each child will make a hat in class which they will wear during the parade. There will be no judging of hats, as all hats are winners.

Students are asked to bring in an Easter egg for our Easter egg raffle. These eggs are to be given to their class teacher by Monday 7th April 2014.

The eggs will go into gift baskets that will become prizes. Each child who brings in an Easter egg will automatically be placed into the raffle. At the end of the Hat Parade the raffle will be drawn.

Thank you



Mrs Albanakis and Mrs Spelta

### UPCOMING CELEBRATIONS & EVENTS

#### Earth Hour – 29<sup>th</sup> March, 8:30pm

Earth Hour is an international sustainability movement, where individuals and businesses are encouraged to turn off all lights for an hour. Earth Hour aims to increase awareness of the impact we have on our world through the use of fossil fuels and electricity.

[www.earthhour.org](http://www.earthhour.org)

#### World Autism Awareness Day – 2<sup>nd</sup> April

Autism, a developmental disability, is a lifelong disorder that impairs social interaction, communication and behaviour. World Autism Awareness Day aims to increase understanding of the disability.

[www.un.org/en/events/autismday/](http://www.un.org/en/events/autismday/)



### Fantastic Music classes 2 year olds to Adults

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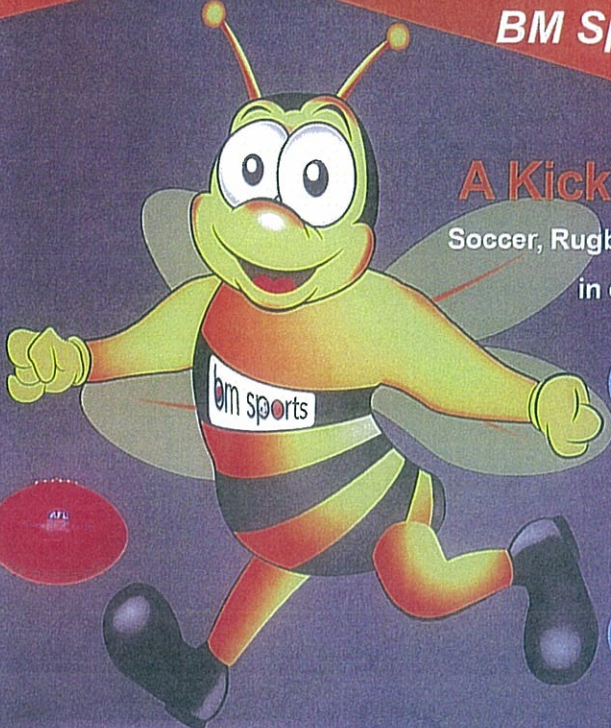
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**BM Sports Sydney**  
Presents




**A Kick in the Park**  
Soccer, Rugby league and AFL all  
in one Clinic!



**Date**  
22nd of April



**Location**  
Arncliffe Park




**Age**  
5-12

**Participant  
Pack for Each  
Child**

Cost: \$50 per child with after program care (3:30pm to 5:30pm) available for an additional \$10

Time: 9:30am to 3:30 pm



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✉ [jacob.ansell@bmsports.com.au](mailto:jacob.ansell@bmsports.com.au)

☎ 0402572738

### LAST CHANCE TO AUDITION FOR THE CHOIR *Voices of Sydney*

*Voices of Sydney Choir* (formerly Sydney Region Choir) is an auditioned and official DEC choir for public school students from Years 5 – 12, with great performance opportunities.

- If you like to sing, and would like to sing in a choir, and
- If you would like to perform in great events (including the 2014 Schools Spectacular )

Then come along to a weekly rehearsal before the end of this term and join the rehearsal.

- Tuesday afternoons at Sutherland Public School. 4.00pm-5.30pm (Deb and Therese)
- Thursday afternoons at Darlington Public School 4.30pm – 5.45pm (Kipi and Helen)

Please ring, text or email to find out more - or turn up to a rehearsal and meet the choir.

Heather Causley Manager- 0400 808 603 [causleys@bigpond.net.au](mailto:causleys@bigpond.net.au)



More information on the website [www.sydneyregionarts.det.nsw.edu.au](http://www.sydneyregionarts.det.nsw.edu.au) –  
Music Programs- Sydney Region Choir (the 2013 information is still current for this year).



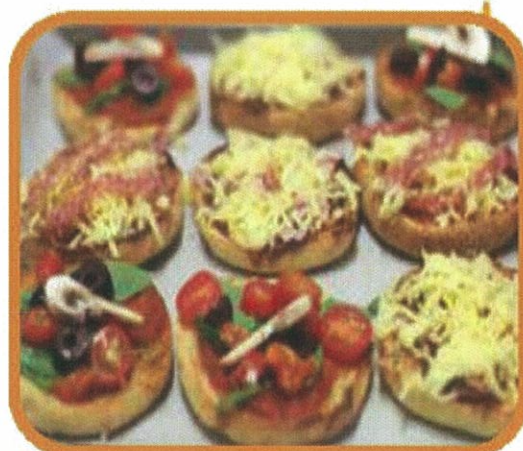
# The simplest way

to increase your vegies

## **Eat vegetables throughout the day**

It's hard to get all your vegies at dinner. Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes

- mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.



## **Decrease the meat in your meals and add more vegetables**

For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.

*Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!*

## **Add vegetables to all your meals**

Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

**For more information visit**  
**[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)**  
**or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**