



Friday , 8th November 2019

Tambar Springs

Public School



Newsletter

Term 4 Week 4 2019

Principal's Message

In the swim.

On the eve of another hot summer we have made a beeline to the Gunnedah pool to prepare ourselves for the swimming season.

Swimming ; is the only sport that can save your life. If you can swim it opens up a lifetime of fun activities. Pool parties, holidays at the beach (between the flags), social exercise with your friends (aqua aerobics), and even representing your school or surf club.

Not only is swimming a great brain building activity, it promotes confidence, builds strength and provides an all over body workout.

Our students at Tambar Springs were enthusiastic learners under the capable coaching of swimming instructor Keira Novley. Under the tuition of Keira the students eagerly participated and listened to instructions to gain the most benefit from the two swimming lessons each day over the week.

The thrill of learning a new skill was reflected in their faces with glowing smiles and a sense of achievement.

As we complete our lessons the next step is to keep practising those skills and offer supervised times at a pool to reinforce their hard work. It will pay off.

You never forget how to swim once you have learned .So stay healthy, get fit and find a pool near you.

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**Calling all Pre Schoolers** to participate in a wonderful experience at our Springers orientation every Friday this term .

**Presentation day** has just been set for 10:00am December 13<sup>th</sup> at the school . This will be followed by a morning tea held in our school kitchen hall area. All community members are welcome to attend and acknowledge the amazing achievements of our students.

**Main Image:** Students listen to the instructions of the swimming tutors, Keira Novley and Madeleine Birkett.

#### **DATES TO REMEMBER—**

- ♦ **Friday, December 13<sup>th</sup>**—Presentation Day 10:00a.m.
- ♦ **Tuesday, November 26<sup>th</sup>**— Healthwise—Oral Hygiene with Fiona— 11:30—12:15
- ♦ **Wednesday, December 4<sup>th</sup>**—Healthwise— Nutrition with Fiona— 12:00p.m.
- ♦ **Wednesday, December 18<sup>th</sup>**—last day of school for students.

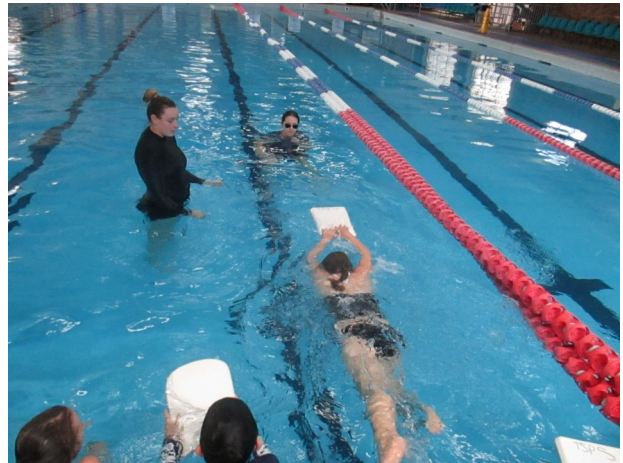


# Swimming

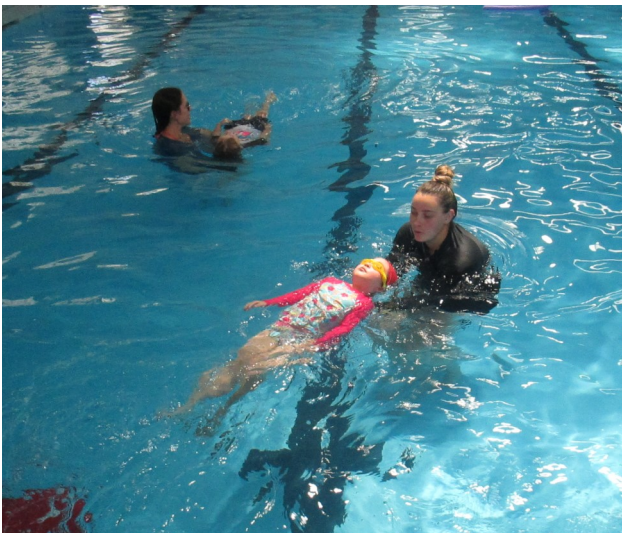
Miss Birkett watching Millie using the kickboard.



Amarni using the kickboard.



Andrea and Zac floating.



Zac and Andrea with Keira.



The whole group with Keira.

Matthew breathing.







Time for fruit break.



## At the Water Park



In swimming we are learning to swim. In backstroke we have to keep our hands by our sides. Miss Keira told us to kick with our toes pointed and legs straight. Miss Keira told us safety rules. We learned not to jump in the water if you can't see the bottom otherwise there might be a stick or rocks that you could slip on. We did freestyle which was hard. You have to blow bubbles through your mouth. We did pin drop on Tuesday in the deep end. You can't do a pin drop in the shallow end because you might hurt yourself.

*By Amarni Hunt*

Miss Keira showed me how to do pin drops, rockets, floating and treading water. I like the noodle horse races.

*By Zac Nelson*

I got to tread water. I learnt to do a pin drop. I swam and rolled on my back to rest.

*Matthew McMinn*

I learnt how to kick. I liked doing overarm. We floated on our backs.

*Andrea McMinn*

When we started swimming lessons Miss Keira wanted to see what we could do. We did a variety of swimming strokes such as freestyle and backstroke. We learnt about water safety because if something happens you need to know what to do to survive. When we enter the pool we have to slide down and put two hands on one side and slide our bellies into the pool.

*Amelia Nelson*



# Student Awards

The Student Achievement Award goes to:

**Andrea McMinn**

for contributing enthusiastically to shared reading and taking initiative to complete tasks.



## Week 2 Assembly Awards

**Andrea**

Wonderful behaviour on our excursion.

**Zac**

Being a wonderful, caring friend on our excursion.

**Matthew**

Excellent questions and responses on our excursion to the telescope.

**Amarni**

Excellent behaviour on our excursion.

**Amelia**

Excellent manners on our excursion.



## Matthew's 7th Birthday

We hope you had a great  
birthday Matthew!



Thanks to Angel & Stuart for bringing in these delicious cupcakes and watermelon for all the students to enjoy!