# **Kootingal Public School**



# STAR NEWSLETTER

"Caring, Learning and Achieving Together."

School Mobile: 0436 424 131(Emergencies) Email: kootingal-p.school@det.nsw.edu.au

Website: https://kootingal-p.schools.nsw.gov.au Facebook page: https://www.facebook.com/kootingalpublicschool

# Term 3 Week 6





**Medallion** Zara Steers

Gold Awards Zara Steers



Silver Awards

Percy Bradshaw, Zara Steers, Lilly Warner, Scarlett Blackwood, Rubie Warner, Havannah Williams, Adam Mack Pittman, Sonny Glover, Ella Seymour, George Bennett, Jasmine Harris, Arjay Carpenter, Ollie Carpenter, Tilly Maher and Indi Maher



## **Uniform Awards**

Chayce Brinkman, Thalia Byrnes, Harlee-Rose Reilly, Hudson Cocking, Shelby Fenner, Theodore Dubois, Axyle Curry, Jackson Price, Scarlett Blackwood, Jackson Attard, Tilly Maher, Benji Swinfield, Tom Capel, Abigail Jamieson, Indi Maher, Ariah Dean, Jesse Adams and Kieran Perkins





### **PBL Awards**

Lily Squires, Harlee-Rose Reilly, Hudson
Cocking, Hunter Ryan, Lilly Warner, Molly Avery,
Patrick Lye, Tyrese Austin, Jackson Attard,
Austin Davis, Evanna Brijesh, Chayce Tulley,
Thomas Capel, Maddison Bennett,
Sophie Corbett and Regardt Janse Van Rensburg



**Executive Team -** Relieving Principal - Rebecah Higgins Assistant Principal - (Kinder to Year 2) - Nicole Chegwyn Relieving Assistant Principal (Yr 3 to 6) - Miss Bennett Assistant Principal Curriculum and Instruction - Michelle Lord

# P & C Executive

President: Maree Merry Vice President - Nicole Chegwyn and Secretary: Scott Tulley Rebecca Vanella

Treasurer: Anne-Maree McGrath







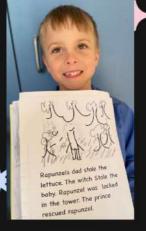




# Look how clever Kindergarten are at typing and publishing their writing.

























Star jumps



Skipping rope



Racket and ball







Workout Wednesday in 3/4M



Grapevine





Balance



Agility ladder



Ball skills





# **Bronze Awards**

Maison Manning - His effort and keen participation during drama activities

Fraser Clarke - Participating and listening well during class discussions

Raine Barnett - Her keen participation in language lessons every Friday

Cooper Baily - Wonderful sounding out and blending in reading groups

Nathaniel Blacklock - Showing great improvement and confidence when solving mathematical problems

Arlo Patterson - Completing a writing task independently writing focus and confidence

Isaac Bennett - Asking thoughtful questions that spark interesting discussions for learning

Jasmine Coonan - Showing great enthusiasm in science activities and discussions

Mitchell McGrath - Fantastic achievement in Mathematics when learning about inverse operations

Oaklee Sheumack - Finding her confidence in Mathematics when learning about inverse operations

Oliver Murray-Head - Improved effort in InitiaLit. Becoming more confident

Jax Semmler - Excellent participation in this week's drama lesson

Saphira Sheridan - Excellent participation in this week's drama lesson

Jasmine Harris - Excellent problems solving skills during number sense work

Hudson Zdencanovic - Excellent effort in creating an artwork inspired by Jackie French's book 'Fire'

Lucy Procter - Working towards improving her writing with every task

Leilah Higgins - Beginning to identify literary devices when analysing Jackie French's texts

Holly Elliott-Crowley - A settled start to her new class and school

Ellie Eccleston - Working towards improving her writing with every task

Kieran Perkins - Working hard in his Term 3 'Big Write'
Bentley Brown - Actively engaging in History at Calala Cottage
Museum

Abigail Jamieson - Excellent work in the creative writing workshop with Peel High students

Oliver Towler - Huge improvement in his effort and word count in the termly 'Big Write'

Beau Caterer - Excellent work in the creative workshop with Peel High students

Lacey Felsman - Making connections and predications while studying 'Walking the Boundaries'

studying 'Walking the Boundaries'

Dakota Blanch - Showing improvement in her reading

Havanah Williams - Trying hard to workout and sound unknown words when reading

Ava Moxon - Designing a new book cover for a Jackie French novel

Ariah Dean - Great engagement in our Jackie French Unit





# Kindergarten 2026

COME & TRY DAYS

WEDNESDAY 10TH SEPTEMBER WEDNESDAY 17TH SEPTEMBER WEDNESDAY 24TH SEPTEMBER

1.45 - 3.15

ALL CHILDREN ATTENDING SCHOOL NEXT YEAR ARE WELCOME TO ATTEND

FOR PLANNING PURPOSES
PLEASE RSVP BY FRIDAY 5TH SEPTEMBER IF YOUR
CHILD IS ATTENDING
0267603332

# Enrolments now open for

Kindergarten 2026



Kootingal Public School

# **Mrs Higgins Principal's Message**

Hello families and students,

With the weather warming up, it feels as if Spring is just around the corner. We have had a lot of wonderful things occurring in our school with visits to the Kootingal Library, AFL program running and raising funds for worthwhile causes. Our students raised \$160 from our pyjama day which will be split between Stewart House and Pyjama Foundation which assists foster care.

**Uniforms** – With the changing weather we are seeing the progression into summer uniforms, but some mornings and days are still cool. Please ensure that those valuable jumpers and jackets are labelled so we can return them if need be and also check your child is bring home the right uniform.

**Book Parade/Grandparents Day** – We are getting excited for our book parade next Thursday. I cannot wait to see all the students' costumes and hear about your favourite books.

Parents, please remember this does not have to be excessive and please work within what is suitable for your family. The parade will start at 10am in our school hall followed by open classrooms for our Grandparents to come and see some of the amazing work of our students. There will also be a photo backdrop in the library, if you would like a great picture with the family. We then welcome you to enjoy a picnic lunch in our lovely school. Normal school routine will resume at 12.15pm.

Our P&C have grazing boxes available for preorder for this great day. These orders are due by this Friday 29<sup>th</sup> August. Payment can be made on the day.

**Excursions** – Just a reminder that Stage 2 Thalgarrah and Stage 3 Lake Keepit excursion payments are due by the end of the term. Miss Bennett is busy finalising student numbers and organising activities for these great experiences. Permission and medical information notes will be coming home soon to be completed for these events. Stage 2 parents should have received a link to complete the registration for Sport and Recreation. Please contact the school if you did not receive this email and please complete as soon as possible. The registration is due by Thursday 25th September.

Parent Teacher Interviews - Parent teacher interviews will occur on Tuesday 16th September and Tuesday 23rd September during the hours 4pm to 6pm. To book an interview parents will need to log onto Sentral Parent Portal and book 1 time slot with your child's classroom teacher. Please understand these are 10 minute interviews, so they are short and informative. Our teachers need to keep to the timeframe in order to meet all booked appointments. Bookings will open Monday 1st September.

Come and Try Kindergarten 2026 - We are very excited to be welcoming our new Kindergartens for 2026 very soon. During Weeks 8, 9 and 10 these wonderful students will be coming from 1.45pm - 3.15pm for our come and try days. All children attending school next year are welcome to attend and see what our school is all about. Please ensure you have RSVP by the 5<sup>th</sup> of September for planning purposes. Transition for Kindergarten 2026 will commence in Term 4.

**School Photos** - We apologise for the delay in receiving your school photos. After contacting the company and enquiring about the delay we are please to announce they have arrived today and will be sent home with your child.

**Important Dates** – We have locked in the following dates to put in your calendars for end of our year –

- Presentation Day Week 9 Monday 8th December starting at 10am
- Year 6 Farewell Week 9 Thursday 11th December
- Year 6 Graduation Assembly 2.30pm Week 10 Monday 15th December
- P&C End of Year Fun Day Week 10 Friday 19<sup>th</sup> December.

**Pie Drive** – Thank you all for your support of our P&C's Pie Drive. A grand total of \$2253 dollars was raised to assist with the 2026 Canberra Excursion. We are very thankful for the P&C's initiative of this and know it will make a difference to our students.

**Father's Day Stall** – Our Father's Day stall will be held next Tuesday, September 2nd. Siblings will be able to shop together from 9.00am to 9:30am. Gifts will range from \$6 to \$8.

**Boys Softball** - Congratulations to our boys softball team who have progressed to the State Championships. This will occur next term on the 4<sup>th</sup> of December. This is a huge accomplishment and wish the team the best of luck.

North West Athletics – We were so proud of all our students who competed at Zone Athletics last week. They displayed great sportsmanship, gave it their all and displayed support for one another. Well done to all the students for their efforts. A big congratulations to Olivia Hogg who received Junior Girl Champion. We wish the best of luck to Olivia Hogg, Ava Avery, Beau Caterer, Ruby Rule & Junior Girl Relay Team - Zoe Lye, Ava Avery, Leilah Higgins and Olivia Hogg as they compete at North West next week.



Wishing all our families a wonderful week. Take care, Mrs Higgins

# Message from the front office

Parents are able to make payments online through the Sentral Parent Portal. If payments are made online, signed permission notes must still be returned to the front office.

Voluntary contribution fees can be paid at the front office or online. They are \$50 per year per student.

# NSW Department of Education



# Compulsory school attendance

# Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

# What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling

Once enrolled, children are required to attend school each day it is open for students.

# The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

# What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

# NSW Department of Education

Following an absence from school you must ensure a that within 7 days you provide your child's school with a werbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

# ravel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

# My child won't go to school what should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

# What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

Application to the Children's Court - Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

# What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

# Working in Partnership

The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life apportunities.

# **Grazing boxes \$25**



Grandparents day Thursday 4<sup>th</sup> September the P&C will have grazing boxes for only \$25 available for a picnic lunch. Please pre-order for catering purposes and pay on the day. Just fill in the pre-order slip and return to front office at school before Friday 29<sup>th</sup> August.

Graxing box includes -

Bread stick, ham, fruit chutney, rice crackers, cheese, dip, Greek mix, salami, cabanossi, water crackers, various sweet treats, pretzels and fruit.

\_\_\_\_\_\_

# **Kootingal Public School P&C Grazing Boxes**

Please return to front office before Friday 29th August 2025

Name:	
How many grazing boxes:	

# SRCREPORT >

500

**JULY 2025** 

# What happened in Term 2:

Term 2 was a busy and successful term for the SRC! We are proud to have raised \$62 for Do It For Dolly Day, helping to support mental health awareness and provide resources for those in need. We also ran an out of uniform day and school disco, raising \$185 to go towards school improvements and student resources.

During NAIDOC Week, the SRC organised and ran a variety of Yulunga games at lunchtime, encouraging everyone to celebrate and participate in traditional Indigenous games. A big thank you to all students, staff and families for your continued support!



### Term 3 Events

The SRC is excited to be hosting a number of fundraising and awareness events this term to support children and families in need.

# Week 5, Term 3

### **PYJAMA DAY!**

On Friday Week 5 (22nd August), we're inviting everyone to wear their PJs and bring a gold coin donation to raise money and awareness for Children in Foster Care and Stewart House.

# Week 8, Term 3

### R U OK? DAY

On Thursday 11th September, we'll be hosting an R U OK? Day event to raise awareness around mental health and the importance of checking in with each other. Students will be able to wear a touch of yellow.



# Week 10, Term 3

# FOOTY COLOURS & JEANS FOR GENES DAY!

We will also be celebrating Jeans for Genes Day and Footy Colours Day, on September 26<sup>th,</sup> to raise funds for Children's Medical Research and support children living with cancer.

Keep an eye out for further information as each event approaches.





# Join us

Year 5 boys interested in applying at Farrer Memorial Agricultural High School for Year 7 in 2027 are invited to join us for our Experience Day.

2025 EXPERIENCE DAY

This is a great day to discover what it's like to be part of Australia's only selective agricultural high school for boys.

Students will engage in interactive classes, explore state-of-the art facilities, make new friends and see what's possible. Learn about our broad curriculum which encompasses many career-focused opportunities in addition to agriculture.

Register on the <u>Farrer website</u>. Limited spots available!

For more information email farrer enrolments@det.nsw.edu.au or phone 02 6764 8607. 585 Calala Lane Tamworth 2340.

www.farrer.nsw.edu.au

### DATE:

FRIDAY, 26TH SEPTEMBER 2025 FROM 8:30 AM TO 2:30 PM MORNING TEA AND LUNCH PROVIDED



585 CALALA LANE, CALALA NSW 2340 T: 02 6764 8600 www.farrer.nsw.edu.au

# **Canteen and P&C News**

# **Birthday Buckets**

Make your child's birthday special with a birthday bucket. \$20 will get a light up bucket of zooper doopers that will be delivered to your child's classroom with a helium balloon for the birthday child to take home. Please pre-order at least one week in advance at the front office along with payment. Payment can be made online to the P & C Bank Account - BSB 932-000, account number 789117 or cash. Please SMS confirmation of payment to 0461 309 495. A photo of your child receiving the Birthday Bucket can then be sent to you.

# **Parent Helpers**

If anyone wants to help in the canteen on a Wednesday or Friday from 9am till 12pm please email the P&C email with your availability and we will add you to the roster.



# Kootingal Public School P&C Canteen Menu 2025

Canteen open first break Wednesday and Friday

Hot Food			Sandwiches, Salads &Wraps	100	3
Cheese Pizza	\$	3.00	All salad contains - lettuce, grated cheese, grate	ed ca	arrot,
Ham & Cheese Pizza	\$	3.50	tomato, beetroot, cucumber & mayo		
Chicken & Cheese Pizza w/ bbq sauce	\$	3.50	Salad Tub	\$	5.00
Sausage Roll	\$	4.00	Chicken Breast Salad Tub	\$	5.50
Meat Pie	\$	5.00	Ham Salad Tub	\$	5.50
Grilled Chicken Burger	\$	5.00	Chicken Tender Wrap	\$	4.50
Grilled chicken fillet, lettuce, cheese & Mayo			Chicken tender, lettuce, grated cheese & mayo		
Cheeseburger	\$	5.00	Fish Wrap	\$	4.50
Lean Beef Pattle, cheese & tomato sauce			Crumbed fish fillet, lettuce, grated cheese & mayo		
Fish Burger	\$	5.00	Chicken Breast Salad Wrap	\$	5.00
Crumbed fish fillet, lettuce & mayo			Ham Salad Wrap	\$	5.00
Chicken Breast Gravy Roll	\$	5.00	Salad Wrap	\$	4.50
Lasagne	\$	5.00	Salad Roll	\$	5.00
Macaroni & Cheese	\$	5.00	Chicken Breast Salad Roll	\$	5.50
Spaghetti	\$	5.00	Ham Salad Roll	\$	5.50
Butter chicken & Rice	\$	5.50	Salad Sandwich	\$	4.50
Fried Rice	\$	5.00	Chicken Breast Salad Sandwich	\$	5.00
Chicken Nuggets	\$0	.80each	Ham Salad Sandwich	\$	5.00
Ham & Cheese Toasted Sandwich	\$	3.50	Chicken Breast, Lettuce & Mayo Sandw	\$	4.50
Chicken Breast & Cheese Toasted Sandw	\$	3.50	Cheese Sandwich	\$	2.50
Cheese Toasted Sandwich	\$	3.00	Vegemite Sandwich	\$	2,50
Hash Brown	\$	1.00	Egg, Lettuce & Mayo Sandwich	\$	3.00
Corn Cob	\$	0.50			
Chicken noodles	\$	2.00	Frozen Snacks - available after lunch orders ex	eten	
Cheesy Gartic Bread	\$	2.00	Chocolate Moosies	\$	2.00
			Frozen Juice Cups	\$	1.00
Drinks			Quelch	\$	0.70
Bottled Water	\$	2.00	Frozen Yoghurt	\$	2.50
Assorted fruit poppers:	\$	1.50	TNT	\$	1.50
Apple, Tropical, Orange & Apple/Blackcurrant					
Chocolate & Strawberry Milk	\$	2,50	Snacks - available after lunch orders eaten		
Chill J:	\$	3.00	Milo (cold or warm)	\$	2.00
Raspberry, Lemonade, Apple Cola,			Popcorn	\$	1.00
Watermelon, Grape & Orange/Passio			Sunbites	\$	1.00
			Cheese Stick	\$	1.00
Extras			Apple Stices Bag	\$	1.00
Tomato Sauce	\$	0.70	Carrot Sticks Bag	\$	1.00
BBQ Sauce	\$	0.70	Cucumber Sticks	\$	1.00
Cheese	\$	0.70	Assorted Fruit	\$	1.00





# Term 3, 2025

# Please be aware dates many change due to unforeseen circumstances throughout the term.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 6	Aug 25 Playgroup 9:30am to 11am Bronze Assembly 2:45pm AUSKICK AFL 3:40pm to 4:40pm	Aug 26 K-2 Sport Multi Sport Day Infant AFL Program	Aug 27	Aug 28 3-6 Sport Primary AFL Program	Aug 29
Week 7	Sept 1 Playgroup 9:30am to 11am Stage 2 Library visit AUSKICK AFL 3:40pm to 4:40pm	Sept 2 K-2 Sport P&C Fathers Day Stall Infant AFL Program	Sept 3 Stem Challenge day at Peel High school	Sept 4 3-6 Sport Book Parade and Grandparents Day Primary AFL Program	Sept 5
Week 8	Sept 8 Playgroup 9:30am to 11am Bronze Assembly 2:45pm AUSKICK AFL 3:40pm to 4:40pm	Sept 9 K-2 Sport	Sept 10 Kindy 2026 Come and Try 1:45pm to 3:15pm CAPERS Rehearsal 9:30am to 2:30pm Scholastic Book Club Issue 6 due	Sept 11 3-6 Sport R U OK? Day	Sept 12
Week 9	Sept 15 Playgroup 9:30am to 11am	Sept 16 K-2 Sport  Parent/Teacher interviews  P&C Meeting 6pm to 8pm	Sept 17 Kindy 2026 Come and Try 1:45pm to 3:15pm	Sept 18 3-6 Sport	Sept 19 Year 5 Aspire Leadership Course
Week 10	Sept 22 Playgroup 9:30am to 11am Silver Assembly - Host 3/4M, item KL - 2:20pm	Sept 23 K-2 Sport Parent/Teacher Interviews	Sept 24 Kindy 2026 Come and Try 1:45pm to 3:15pm	Sept 25 3-6 Sport	Sept 26 SRC Fundraiser - Footy Colours and Jeans for Genes Day



Clothing Pool will be open on Tuesday and Wednesday from 9:30am to 3pm.

Please come to the office.

















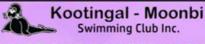


- Scully Park offers 45min-1hour Stroke Development sessions 7 times/week.
  - Choose your time.
  - Choose your session.
  - Come as many times as you like.

For details email:

secretaryspsc@outlook.com





# COME AND TRY SESSIONS!

Have you ever wanted to join a swimming club and unsure about what to expect?

If so, you now have a chance to try it out at no cost as we host 3 FREE Come & Try SQUAD sessions for potential swimmers. This is open to any age that can swim 25M or more.

Kootingal Moonbi is a club that caters for all levels of swimmers with two highly experienced & qualified coaches.

When: Sunday 7th, Sunday 14th & Sunday 21st September

Where: 360 Fitness Club

Time: 10am-11am

Register your interest at:

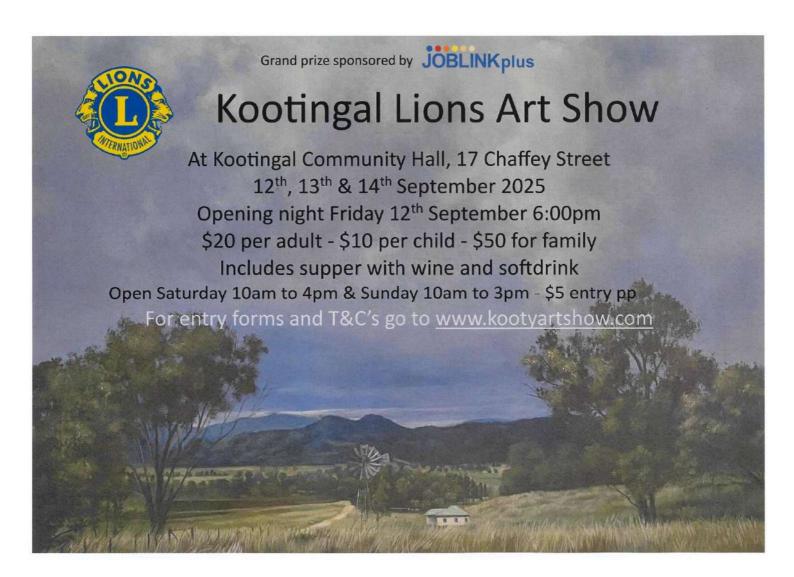
(Registration due by 12pm each Friday for the Sunday you would like to

attend)

Email: kootingalmoonbiasc@gmail.com

Call Kristy: 0429 056 010 Message through Facebook







Following extensive consultation with Cricket NSW and community members, the upcoming 2025/26 season will be seeing junior cricket in Tamworth move from a schools-based competition to a club-based competition.

The competitions will be transitioned into age-based competitions to align with junior representative and pathways cricket competitions. Furthermore, the change to club-based cricket will also provide a clearer pathway for cricketers to move through the junior space into senior cricket as they continue to grow and enjoy the game of cricket.

Currently in Tamworth there are 6 clubs that children can register with. To make for fun competitive competition, ideally, we would like all of the clubs to have good representation in all areas of participation and all age groups.

For those starting out in cricket, all of the clubs are going to continue to run a combined Saturday morning Cricket Blast program. As per previous years, the youngest group will commence at 08:00, with the older group commencing at 09:30. Each club only has one registration point as per the links below:

Bective-East Cricket Club	https://www.playhq.com/cricket- australia/register/ecd5ce	
North Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/85ff4b	
Old Boys (Stars) Cricket Club Tamworth	https://www.playhq.com/cricket- australia/register/606f94	
South Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/66da79	
Tamworth City United Cricket Club	https://www.playhq.com/cricket- australia/register/7eb77e	
West Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/779309	

In the Junior Cricket space (under 9s, under 11s, under 13s, under 15s and under 17s), competitions will be run in a similar fashion to last year. Under 9s and 11s will be played on Saturday mornings, under 13s and 15s will be played Friday nights, and under 17s will be played on Monday nights. Currently in Tamworth there are 6 clubs that children can register with and each club only has one registration point as per the links below:

Bective-East Cricket Club	https://www.playhq.com/cricket- australia/register/62d5dc			
North Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/8c6497			
Old Boys (Stars) Cricket Club Tamworth	https://www.playhg.com/cricket- australia/register/386672			
South Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/b7d5fc			
Tamworth City United Cricket Club	https://www.playhg.com/cricket- australia/register/f0e5c3			
West Tamworth Cricket Club	https://www.playhq.com/cricket- australia/register/9910a9			

If you have any questions, please do not hesitate to contact me.

Kind regards,

ChrisSkilton

Chris Skilton

Email: tica 2340@outlook.com Mobile: 0402 136 206

# RESILIENCE PROJECT.

# **Choosing a Gratitude Mindset**

# SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

# **HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?**

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

# **FAMILY CHALLENGE**

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:







