



Tingha Public School Tinny's News

'Learning from the past - Valuing the present - Creating the future'

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We're on the Web!

www.tingha-p.schools.nsw.edu.au & on Facebook - Tinny Times

Totally Proud & Strong

Term 2 Week 7

11th June 2025

Every minute of every day counts

Calendar of Upcoming Events

12/6 - Regional Cross Country in Coola

26/6 - Small Schools Athletics Carnival

4/7 - NAIDOC march in Inverell

4/7 - Last day of Term 2

Visitors to the school

All visitors to the school must present to the front office and sign in using the school check-in.

Updating contacts

If your details have changed e.g.: phone number, address or emergency contacts. Please ring the office to update on 67 233 437. Thank you.

School Bell Times

8.30am Gates open
8.55am Morning Assembly
9.00am Class learning
11.15am Lunch
12.00 noon Class learning
1.15pm Recess
1.45pm Class learning
2.55pm Home time



Merit Award recipients



PBL Class Award recipients

Principal's Award and PBL Bear recipients



With the cold weather arriving, please ensure your child wears a warm jumper/jacket to school with their name in it to avoid it being lost.



SPOTLIGHT ON 3/4/5/6












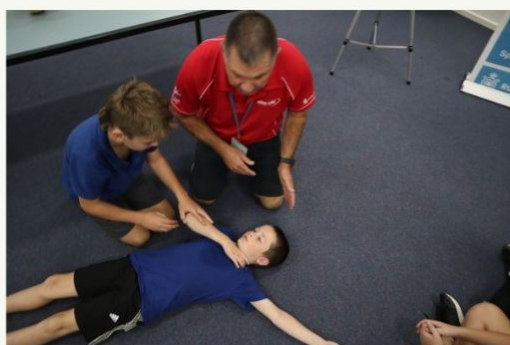
Music with Jessie and George





Learning how to use CPR in an emergency

RESUSCITATION CHART		
D	DANGER Use all senses to check for dangers to yourself, others and the patient. Ensure the area is safe. Move the patient only if the danger cannot be eliminated.	
R	RESPONSE Check for a normal response by talking to the patient, asking them their name and squeezing their shoulder. DO NOT move the patient if the injury is the result of a fall.	
S	SEND FOR HELP Send a bystander to call for help and an ambulance as soon as possible. Dial 000 and ask for Ambulance attendance.	
A	AIRWAY Open mouth and check for foreign objects. If objects are present place in recovery position and clear airway with fingers. DO NOT move patient if the injury is the result of a fall.	
B	BREATHING Check breathing. Look for rise and fall of chest. Listen for breathing sounds. Feel for breaths on the cheek and for chest movement. If breathing is present keep the patient in the recovery position and monitor.	
C	CPR If no breathing to present commence CPR. Give 30 Chest Compressions to every 2 breaths @ 100 Compressions/minute.	
D	DEFIBRILLATION Apply defibrillator (if available) and follow the voice prompts or instructions on the device. AED - Automated External Defibrillator Continue CPR until responsiveness or normal breathing returns	
FIRE & SAFETY AUSTRALIA www.fsau.com.au 1300 88 55 30  		







Learning how to make prints



Kola



2025 Badge Ceremony



Canteen News

The canteen will be operating again this year on Wednesdays. There may be the occasion when the canteen will be closed due to volunteer commitments. If there are any parents/caregivers who would be able to help in the canteen for a few hours (8:30am to 12noon), please contact the school and speak with Alison in the canteen.

A reminder that we do not sell hot food at recess as the canteen is closed at that time. Lunch bags are sent home every Tuesday when the canteen is operating. Please have lunch orders and money in by no later than 9:30am to ensure lunches are cooked properly.

There is a NO booking up policy in the canteen. All orders need to be paid for Wednesday mornings before 10am.

P&C News

If you are a Parent/Carer who would like to be involved in your child's school, the P&C is a great way to be supportive and at the same time help raise money for the benefit of our students both in and out of the classroom. A new date and time for our AGM will be organised in the near future. **Please remember the canteen relies on having a functioning P&C for it to remain open.**

Regular school attendance

Regular school attendance, including coming on time, is essential for school learning success. Regular night time and morning routines, such as bedtimes and meal times, assist students to be ready to learn when they step into the classroom. It also ensures they can maximise their time in the classroom for educational benefit.

Sleep

For children to learn and grow at their best they need a night time routine to ensure they get enough sleep so they can concentrate on their learning in class and make good decisions with their behaviour. Teachers have noticed that a number of students have been coming to school extremely tired, even to the point of needing a sleep during the day. It is important that you support your child/children in getting enough sleep every night.

HOW MUCH SLEEP SHOULD CHILDREN GET?

Age Group	Sleep Requirement
Preschool (ages 3 to 5)	10-13 hours
Elementary School (ages 6 to 13)	9-11 hours
High School (ages 14 to 17)	8-10 hours

FOX 13's The PLACE
92° 1:24
FOX 13