

Parent Contact

Tasmanian State School Parents and Friends
Inc.



TASMANIA TOMORROW



On 30 June 2008, the Premier launched a new guide which will give students more detail about new post-year 10 options available next year. Your Guide to 09 provides a clear picture of the opportunities and programs available at the Tasmanian Academy, Tasmanian Polytechnic and Training Tasmania.



The Course handbook will be available on 30 September 2008 to guide students enrolling in the Academy or Polytechnic in 2009.

If you would like a copy of the Guide or the Handbook, or for general information, please contact the project team on 1800 469 997 or email: tomorrow@education.tas.gov.au.

MOVE WELL EAT WELL

The Move Well Eat Well Award will be available to Tasmanian primary schools in 2009. Similar to SunSmart, schools will be supported to meet key criteria which reinforce healthy eating and promote physical activity.

Every primary school will be invited to become part of this exciting initiative to support children's wellbeing. Support materials are currently being developed in collaboration with a range of Tasmanian health professionals, parents, teachers, local government and community based organisations.

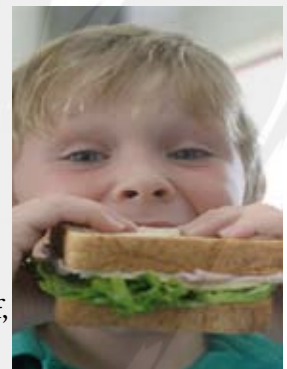
The Move Well Eat Well Award will offer

- Recognition of each schools' achievements
- New, tailored Tasmanian resources for teachers, parents and health professionals
- A whole school approach to promoting healthy eating and physical activity
- A simple framework for planning and action
- Clear links to the Tasmanian Health and Wellbeing curriculum

Why not encourage your children's school to take part? By becoming a Move Well Eat Well school, parents, staff, families and students can work together to help make healthy choices easier for all families.

We'll bring you updates in this newsletter, as the resources are developed and the school application process becomes available.

For more information in the meantime, contact Sue Moir, ph 6222 7328 or email movewelleatwell@dhhs.tas.gov.au



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Maggie Hamilton's What's Happening to Our Girls? Too much, Too soon.

How our kids are overstimulated, over sold and oversexed Maggie Hamilton interviewed girls, teachers, counsellors, law enforcement and medical personnel to get an insider's view on what girls are experiencing at present from birth to the teenage years.

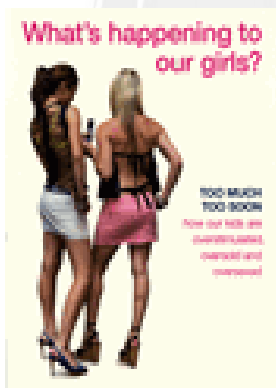
Maggie will talk about her book which is for parents and all those who want to better understand and support girls.

When: Friday 7 November
5.30pm – 6.30pm

Where: Launceston Library
Civic Square

Phone: 03 6336 2625

Launceston.Library@education.tas.gov.au



From the Presidents desk.....

Dear Friends

It was heartening to see the results of the recent National Literacy and Numeracy testing. Tasmanian was placed well within a National context doing slightly better in some areas and not so good in others.

The year 3 and 5 results, I think, confirmed that the extra emphasis being placed on the early years is paying off and that the investment being made by the government must continue and indeed increase.

We can see we still have work to do in years 7 and 9 and we need to be looking at different ways to support and improve these students' learning.

Parents must be active partners in their children's learning if they want them to reach their full potential. I encourage all of you, when you get your child's results, to have a conversation with your school to see what it means in relationship to your child's progress and future learning.

As always, we here at the State Body are available to help you if you have any concerns so don't hesitate to contact us. We represent School Associations as well as any other parent body within our schools and encourage your group to be a member of our organisation. Our strength as your representative is far reaching and we have a highly knowledgeable and active team working for you.

Have a great term 3. I look forward to representing you.

Jennifer Branch
President

NATIONAL CONFERENCE FOR PARENTS ROYAL ON THE PARK BRISBANE 20-21 OCTOBER 2008

WHY PRINCIPALS, TEACHERS AND P&Fs NEED TO BE THERE

For the first time in 10 years, Brisbane will host the ACCSO National Conference. This time around, the participation of teachers, principals and school P&Fs will be vital. ACCSO is the peak national council for all public school P&F and school communities.

The conference has been designated a key professional development opportunity for parents and friends associations, teachers, principals, education and social administrators and schools.

further information is available at:

www.accsso.org.au

the first Family-School Partnership Bureau newsletter is now available at:

www.familyschool.org.au

Teachers Who Inspire

Eleven inspiring Tasmania teachers made the finals of the National Excellence in Teaching Awards. The eleven teachers are among 318 in the running for the Australian Scholarships Group Inspirational Teacher Awards.

They are Sue Howearth and Sally-anne Wright of South Hobart Primary. Andrew Webber (Hutchichs). Simon Bennett (Collegiate). Narelle Henderson (Lenah Valley Primary). Julie Winlow (Huonville Primary). Hamish Cunningham and Steve Robins (Gagebrook Primary). Gay Hawks (Dunalley Primary). Louise Ashton (Scotch Oakburn College Newstead) and Annette McCulloch (St Brigid's Primary).

Good luck everybody!

Spring Is in the Air!!!

Spring is one of the most beautiful times of the year; warm sunshine, gentle breezes, the smells of blossoms in the air... Ah, Ah Ah-choo! Excuse me! Oh, I forgot about the hay fever and allergies.

The name hay fever comes from back in the early British countryside when people developed sneezing and red itchy eyes after working around hay and other grasses.

In Australia about one in five people suffer from spring allergies, which can affect the whole body, or just the nose and eyes, creating, hay fever, asthma, and eczema. Many allergy problems are caused by exotic and imported grasses that have spread through Australia, the two most common being Ryegrass (*Lolium perenne*) and Couch or Bermuda grass (*Cynodon dactylon*). Of course, there are other sources and reasons for allergies.

Why does spring tend to be worse for allergies and why do some people suffer more than others?

By looking at the type of season we are moving into and the type of person we are, we can begin to see some correlation between the different types of diseases, that each of us can suffer at different times of the year. Begin by moving the diet from the heavier, warming, building-up foods to lighter foods.

Start to increase salads and fresh juices in the diet again. Adding chlorophyll-rich foods such as spirulina, chlorella, wheat and barley grasses to your diet will help with clearing allergies; they are also anti-inflammatory and immune enhancing. Start the morning with a big glass of water with half a lemon to cleanse your liver and wake up your body systems. It is best to do a cleanse suited to your constitution, your time constraints, your age (children can do mild cleanses, too) and budget.

A way to cleanse the sinuses, when irritated by allergens, is with a special pot for the nose called a Netti pot. It has a long spout for putting into the nostrils and pouring warm salty water into to remove excess mucus and irritants. In any treatment plan, exercise is very important, to stimulate the lymphatic system (the body's filter system) and to increase circulation and blood supply. Yoga exercises incorporate breathing that can help clear nasal passages.

Remember that natural therapies can give immediate relief, and yet to eliminate the symptoms, it takes staying with a treatment plan long enough for your body to cleanse and heal.

May this spring be a refreshing time of renewal for you and your family!

article source:
www.msnbc.msn.com
www.ezinearticles.com
www.questionia.com

EVENT

What: Festival of Kites



When: Sunday, 26 October

Time: 10.00am to 3.00pm

Where: Churchill Park,
Launceston

Free family fun day. Come along and fly a kite! For further details phone *Community Development, Launceston City Council* on 6323 3381.



**Lots of Children's Activities, Free Family Day
Music, Loads of Entertainment, Yummy food**

*Brought you by Launceston City Council, Launceston east tamar, Playgroup
Tasmania and Northern Children's Network inc.*

TASSP&F ANNUAL CONFERENCE

Proudly Sponsored by

- **Veolia Environmental Services (Australia) Pty Limited (Veolia)**

Veolia Environmental Services prides itself on its position as one of Australia's most responsible and generous corporate citizens and believes that lending support to the communities within which they operate is of prime importance.
<http://www.veoliaes.com.au>

and a Special Thank you to the following:

- **Eveready / Energizer / Schick**
for their supply of promotional footballs and keyrings.

SOUTH HOBART PRIMARY SCHOOL COLONIAL FAMILY FAIR

Saturday 4th October

10am-2pm

Stalls, displays, rides, markets, toys, plants,
entertainment, competitions and so
much more



Come Parent's, Friend's,
Carer's and the wider
Community, there's something for everyone
and a whole lot more!

Anglesea Street, South Hobart

If parent's, carers or friends have any concerns regarding their children's school education please contact our friendly staff 6234 9488 or admin@parenstandfriendstasmania.asn.au or any of our Executive Committee representatives around Tasmania.



All submissions to Parent Contact to be made no later than the 25th of each month.
Please send information to Yasmin:
admin@parenstandfriendstasmania.asn.au
or phone 03 6234 9488
fax 03 6234 9378

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