



## Principal's Message

Dear Parents and carers. Welcome to week five at Seaham Public School. It was wonderful to finally get back to some normality as we returned to school on Monday. We hope that our families continue to recover and have not been impacted too much by the recent extreme weather. We know access is still an issue for some and disruption to some of our bus services has also disrupted families this week. We also know that our young people can struggle with the trauma of dealing with these major events, particularly if it has an impact on their family.

There are a range of normal distress responses that your child might display. Staying connected and engaged with your child is one of the best ways to support them. Support can also be accessed through the following services:

- \* Kids Helpline 1800 551 800 or [www.kidshelp.com.au](http://www.kidshelp.com.au)
- \* Lifeline 131 114 or [lifeline.org.au](http://lifeline.org.au)
- \* Headspace 1800 650 890 or [www.headspace.org.au](http://www.headspace.org.au) (12 years old and above)
- \* Mental Health Line 1800 011 511 - provides advice and can link callers to the mental health services in the Local Health District.

Connecting To Country - I am currently attending 'Connecting to Country' at Murrook Cultural Centre. The three day program helps me to build my cultural awareness, hopefully allowing me to better support my teachers and families in delivering cultural education at Seaham PS. Yesterday was an amazing day as I was immersed in the history of our wonderful Port Stephens area. While I am away Mrs Oldfield will be relieving Principal. You can still contact me via the school mobile (0419282467) if it is urgent.

Community PBL - Next week we recognise two of our students at the Port Stephens Council PBL awards. Congratulations to Sophie McDonald and Chloe O'Farrell. Sophie has been recognised for her achievement in many sporting and extra curricular areas and Chloe for her citizenship and care of others. We also recognise Addi MacDonnell as our weekly community PBL nominee. Addi was spotted caring for the environment, cleaning up after the recent sports carnival. Well done to all.

## Dates For Diaries

Thursday June 12  
Assembly 3/4M

Thursday June 19  
Stage 2 Sydney Excursion

Tues July 1 - Fri July 4  
Stage 3 Camp

Friday July 4  
Last day for Term 2

Tuesday July 22  
Students return for Term 3

### Addi MacDonell



Addi has been nominated for going above and beyond at the Seaham athletics carnival. She spent her time at the end of the day ensuring the area was neat and tidy.

Addi picked up rubbish and assisted teachers in making sure the environment was clean.



## Port Stephens Council Community PBL Citizenship Awards

### Chloe O'Farrell

Chloe is an outstanding school citizen who always embodies the Seaham Public School PBL values of being a respectful, responsible learner. Chloe is a member of the school "Starstruck" team and can be relied upon to assist wherever she can. She regularly supports fellow members of the team with kind words or assistance with dance instructions. Chloe was also observed supporting students from other schools during the recent rehearsal. Chloe's care and compassion towards others is always evident and she is respected by all members of the school community.



### Sophie McDonald

Sophie's efforts towards extracurricular activities at Seaham Public School is a credit to her. Her outstanding athletic ability, commitment and sportsmanship has resulted in many achievements in 2025. Sophie has achieved age champion in athletics, outstanding results in cross country, is a member of the Port Stephens touch team and has represented the school in netball and rugby. Sophie also embodies our Seaham Public School values of giving her best and always playing to the rules.



## Boomerang Park Spay-Painting Workshop

Calling local young artists! Put your mark on Boomerang Park during a hands-on spray-painting workshop with local mural artists Peter and Stevi from Red Barn Studio at the skate bowl this Sunday, 1st June, between 10:30am and 3pm.

Please wear old long-sleeve shirt, long pants and enclosed shoes (you will get messy!)

We will provide food, drinks, spray paint, gloves and eye protection.

Session Times -

- \* 10am to 11.30am: Under 8 (water-based paints only)
- \* 12pm to 1.30pm: Ages 8- 12
- \* 1.30pm to 3pm: Ages 13+



### Skate Bowl Youth Art Day

Boomerang Park



## Debating News

We are proud to announce that the Seaham Serpents participated in their first debate of the Premiers Debating Challenge against Dungog Public School. The topic was "That debating should be compulsory for all Years 5 and 6 students," and our team made a compelling case against the topic.

Despite a tight debate and only one hour to prepare, both teams presented excellent arguments. While we didn't secure the win this time, we are confident that with continued practice and dedication, we will see a win in the future.

Our talented team members included:

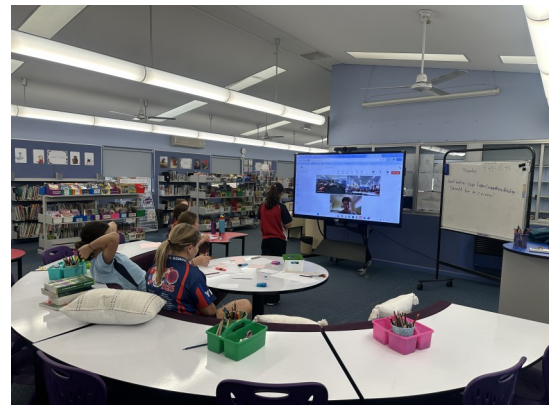
- **First Speaker:** Olive Zahra
- **Second Speaker:** Scarlet Rumph
- **Third Speaker:** Maddi Courtney
- **Fourth Speaker:** Indi Bostock

We would like to extend a special thank you to our chairperson, Florence Krieger, and our timekeeper, Meredith Black, for stepping up and helping us.

Congratulations to all team members for stepping up on short notice due to changes in scheduling. Your hard work and commitment to honing your debating skills are commendable.

We look forward to seeing the Seaham Serpents continue to grow in future debates!

Well done,  
Mrs Bowman



## Winter Uniform

The cold weather is upon us, as a result students are beginning to wear jackets and jumpers. We have noticed an increase in non-uniform 'branded' or sporting jumpers being worn. Please remember to wear your Seaham PS jacket or jumper, alternatively a plain navy jumper/jacket. We have been returning a large number of jackets/jumpers left around the playground, but this is only possible if students have written their name inside. If you need a school jacket/jumper they are ordered through the School24 app or we have a selection of donated items available for a gold coin donation through the office.

With the recent weather, understandably some students had opted for a gumboot type shoe to keep their feet dry and protect school shoes from water damage. Our grounds are beginning to dry up, and students are currently playing on hard surfaces so we would encourage all students to return to wearing their black school shoes. Gumboots provide very little foot support for a long day and can become a hazard for little people busy playing games and climbing on equipment.

Thank you for supporting our students as they work towards achieving their PBL badge. One of our passport checkpoints is 'Consistently wears school uniform'.

Kim will be placing an order for Winter Uniforms soon. Please make sure to check what you need and submit your orders by the end of next week to ensure sufficient stock is available. Your cooperation is greatly appreciated!





## Indigenous Game: Tambil Tambil

Pronounced '**tam-bil tam-bil**'

This is a throwing and dodging skills game.

### Players:

- Groups of 4-12 players

### Playing area:

- A designated area suitable for the activity.

### Equipment:

- Paper ball, sponge balls or soft fleece balls
- A small shield (bat) for protection only- optional.

### Game play and rules:

- One player represents a kangaroo. The kangaroo stands 10–15 metres in front of a group of players, who are spread out along a line.
- The 'kangaroo' hops or runs around in front of the group, dodging the throws until they are hit by a thrown ball. When hit, the player falls over, and the player who hit him or her becomes the new kangaroo
- A supply of balls is provided for the throwers. Players do not move out past the line to retrieve thrown balls unless the game is stopped and they are directed to do so.

### Variations:

- Players throw their weapons 'weakly' at each other by lobbing, rolling or bouncing tennis or sponge balls towards each other. (This is recommended for younger players.)

*Safety factors needed to be considered to avoid injury to the dodging player. The use of soft balls and keeping a distance of at least 2m is advised. Avoid aiming balls above the waist. It is possible to substitute a person for some types of targets.*



**Source:** Yulunga Traditional Indigenous Games | Australian Sports Commission (sportaus.gov.au)



Hunter New England  
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>

*Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.*

## CANTEEN

### CANTEEN OPENING HOURS

#### WEDNESDAY & FRIDAY

LUNCH ORDERS - **11:30am - 12:30 pm**

SNACKS - **1:30 - 2PM (OPTIONAL)**

#### MONDAY, TUESDAY & THURSDAY

SNACKS ONLY - **1:30 - 2PM**

Due to enrolled children's life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school. with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.

SCHOOL24

www.school24.net.au

### REGISTRATION

Go to: [www.school24.net.au](http://www.school24.net.au)

Press the [blue](#) registration button to create your account. Enter your unique school ID number to help us match your account with your school.

School Name registration ID:: **25376963**

You will then be asked to complete your personal details. Once completed click **Create Account**.

**ORDER YOUR SCHOOL LUNCH ORDERS OR UNIFORMS ON [SCHOOL 24](#)**

## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day



=

**3** days

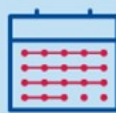


**30** mins  
per day



=

**18** days



Patterns of lateness  
can have a serious  
impact on your child's  
education.

education.nsw.gov.au