

# Tuntable Creek Public School

Tuesday, 10 August 2010 Term 3, Week 4

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DATE	EVENT
Thursday 12 August	SED's Meeting (Lismore)
Friday 13 August	World Environment Day Celebrations—Heritage Park (Hosted by Lismore City Council)
Monday 16 August to Friday 20 August	SASS Week
Tuesday 17 August	Dunoon PSSA Athletics Carnival—TRACK events Riverview Park, Lismore

Hi Everyone

Welcome to Week 4.

**New Building**—Last Wednesday Kathleen and I began moving into the new room and on Thursday the students enjoyed a Science activity in the new room with Mrs Larsen. It was lovely showing parents around the room on Tuesday afternoon after the P&C meeting. There are a couple of minor things which need to be completed but we are now able to utilise the room for lessons which is fantastic news.

**Assembly**—There will be **no assembly this Friday** as we will be attending the World Environment Day activities in Lismore which were postponed from last term.

**P&C Meeting**—Thank you to those parents who were able to attend the P&C meeting last Tuesday. A number of decisions were made regarding uniforms and the school sign. If you would like more information please contact our President Lisa Larsen.

**Athletics Carnival**—We have just been informed that Riverview Park is **CLOSED** for tomorrow. The Track Events will take place **next TUESDAY 17th August** at Riverview Park in Lismore. We are hoping to give the other schools some enthusiastic competition in the Ball Games and I am hoping all students take the opportunity to participate in all events. Being a small school gives us the advantage of allowing all students to participate.

**Primary Principal's Conference**—I attended the Primary Principals' Conference last Thursday and Friday in Port Macquarie. This Professional Learning opportunity was undoubtedly worthwhile. One of the workshops I attended was about engaging boys. Another was about how the brain works and how we learn. I am happy to share any information on these topics.

**Year 5/6 Sydney/Canberra Excursion**—The P&C have generously donated some funds to assist towards costs for each of the four students attending this excursion. There is a separate note attached to this newsletter regarding the payment of funds now required by Year 5/6 students. Please read this carefully.

**School Education Director's Meeting**—I will be attending this day on Thursday with all other Principals from the Wilson Network. The day will be spent looking at our four areas of priority for Professional Learning in 2011.

**National Partnerships**—As previously discussed Tuntable Creek PS will receive additional funding as part of the National Partnership program in 2011. As part of this we are undertaking a Situational Analysis in order to inform our School Management Plan. I have surveyed the students and staff and have attached a survey for you to the newsletter. I would really appreciate you filling some, or all of it, out and sending it back to school. Thank you in anticipation.

**Closing thought:**

"All of us do not have equal talent, but all of us should have an equal opportunity to develop our talent."-- John F. Kennedy

Till next time  
**Ms Voisey**  
Relieving Principal

THE ATHLETICS CARNIVAL (TRACK) TO BE HELD TOMORROW (WED. 12TH AUGUST) HAS BEEN POSTPONED DUE TO WET WEATHER. THE NEW DATE FOR THE ATHLETICS CARNIVAL IS TUESDAY 17TH AUGUST.

### Head lice

*Did you know?* Anyone can catch head lice regardless of their age, sex, or how clean their hair is.

*How can you get rid of head lice?* Daily combing using white hair conditioner with a fine-tooth comb is effective in getting rid of head lice and eggs (nits).

*How can you help reduce the spread of head lice?*

Regularly check your children's hair.

Teach older children to check their own hair.

Tie back and braid long hair.

Keep a fine-tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

There is a great video about preventing and treating head lice at [www.youtube.com/watch?v=RmhOMrP\\_XqE](http://www.youtube.com/watch?v=RmhOMrP_XqE)

### Lunchbox idea - Gluten-free pear muffins

(Free of egg, dairy, gluten, nuts and soy)

Canola oil for greasing or use silicone tray

2 tsp gluten-free baking powder

$\frac{2}{3}$  cup rice milk

2 eggs or equivalent egg replacer

(Skinless pears, followed by golden delicious apples have the least natural chemicals which some people may react to)

2 cups soy-free gluten-free self-raising flour

$\frac{3}{4}$  cup lightly packed soft brown sugar

$\frac{1}{3}$  cup canola oil

2 ripe pears peeled, cored and mashed



- Preheat oven to 180°C. Lightly grease a 12-hole muffin tray with canola oil.
- Sift flour and baking powder into a large bowl and add the sugar. In a separate bowl, combine the rice milk, oil and egg (or replacer). Add the wet ingredients and mashed pears to the flour mixture and use a metal spoon to mix until just combined. Spoon into the muffin pan.
- Bake for 18-20 minutes until a skewer inserted comes out clean. Leave for 5 minutes before turning out onto a wire rack.

Variation: If your child is tolerant to moderate food chemicals, replace the pears with two large ripe bananas mashed, or  $\frac{1}{2}$  bunch of rhubarb washed and cut into 2cm pieces. Increase the rice milk to  $\frac{3}{4}$  cup if using rhubarb.

### Lunchbox idea - Salmon rissoles

(Free of gluten, egg, dairy, nuts and soy)

1 x 210g can pink salmon, drained

2 tbsp finely chopped onion

2 tsp gluten-free baking powder

$\frac{1}{4}$  cup finely chopped parsley

1 cup mashed potato

$\frac{1}{2}$  cup gluten-free plain flour

Salt and pepper to taste



- Flake salmon. Mix with all the other ingredients.
- Divide into eight portions. Shape into rounds, flatten slightly and shallow fry in canola oil until golden. Drain on paper towels.

More great recipes at [www.schools.nsw.edu.au/schoolparents](http://www.schools.nsw.edu.au/schoolparents)

### Cyber-safety tip

#### Keep computers out in the open

Your child might think twice about looking at inappropriate websites and won't be able to chat to their friends all night and neglect their homework if the computer is in a common area of your home. More cyber-safety tips at [www.schools.nsw.edu.au/click](http://www.schools.nsw.edu.au/click)

**RESCHEDULED**

**ATHLETICS TRACK EVENTS**  
**RIVERVIEW PARK, SOUTH LISMORE**  
**TUESDAY 17<sup>TH</sup> AUGUST 2010**

I hereby give permission for my child/ren \_\_\_\_\_ of Year \_\_\_\_\_ from Tuntable Creek Public School to attend and participate in the RESCHEDULED Athletics TRACK Events at Riverview Park, South Lismore on Tuesday August 17<sup>th</sup> 2010.

I understand that travel to and from Riverview Park will be by bus at a cost of \$7.00 per child.

Students will be leaving the school at 8.30am for a 9.30am start at Riverview Park, South Lismore. I understand that afternoon bus services may be affected by the running of events on the day and not the fault of the bus company.

Canteen services are available on the day and details will follow in a separate note.

I have enclosed \_\_\_\_\_ for bus travel to and from Riverview Park.

Name: \_\_\_\_\_ Signature of Parent/career: \_\_\_\_\_

Date: \_\_\_\_\_

**WORLD ENVIRONMENT DAY**  
**HERITAGE PARK, LISMORE**  
**FRIDAY 13<sup>TH</sup> AUGUST 2010**

I hereby give permission for my child/ren \_\_\_\_\_ of Year \_\_\_\_\_ from Tuntable Creek Public School to attend and participate in the World Environment Day organised by the Lismore City Council at Heritage Park Lismore on Friday August 13<sup>th</sup> 2010. This is a rescheduled event.

I understand that travel to and from Heritage Park Lismore will be by bus and that the full cost of travel will be covered by Lismore City Council. Students will be leaving the school at 8.30am for a 9.30am start at Heritage Park, Lismore. Afternoon bus services may be affected, however we will try to keep this to a minimum.

There is a prize to the school who produces the least amount of waste and we encourage all families to support a "Zero Waste" lunch.

Name: \_\_\_\_\_ Signature of Parent/career: \_\_\_\_\_

Date: \_\_\_\_\_