

# Tuntable Creek Public School

Wednesday, 18 August 2010 Term 3, Week 5

Tuntable Creek Public School Tuntable Creek Road, The Channon NSW 2480  
Ph: 02 6688 6212 Fax: 02 6688 6397 Email: tuntableck-p.school@det.nsw.edu.au

DATE	EVENT
Monday 16 August to Friday 20 August	SASS Week
Wednesday 18 August	P.P.A. Meeting
Thursday 19 August	Zone Athletics—Riverview Park Lismore

Hi Everyone,  
Welcome to Week 5.

**World Environment Day**-Last Friday was a fantastic day in Lismore. Students began the day with an Indigenous/Cultural activity. We then went to a WIRES activity, a composting/worm farm activity and lastly a water relay. We joined Eltham PS and Vistara for the activities and ended the day with a puppet show on the effects of pollution. Tuntable Creek PS won a composting bin and Wyrallah Road PS won a worm farm as part of the 'no rubbish' challenge. Thank you for supporting us to win!

**New Building**-The new room is lovely to work in and we have already used it a number of times for art and science. At some stage over the next few weeks we will need to organise an official opening. We will keep you updated.

**Assembly**-Assembly this Friday at 2.10 p.m.

**Athletics Carnival**-We had a fantastic time at the Track Events day in Lismore yesterday with the following results. Well done to everyone for participating in all events.

**Luna Spence**—Second place 9 year old boys 100m

**Robin Gough**—Second place 12/13 yrs boys 200m, Third place 12/13 yrs boys 800m

**Alex Larsen**—Fourth place 12/13 yrs boys Discus

**Tyrone Bradley**—Fourth place 11 yrs boys Discus

**Junior boys 4 x 100m Relay** Third place

(Luna Spence, Rio Grant-Beresford, Kaiyu Fujiki-Frame, DJ Larsen)

**Senior boys 4 x 100m Relay** Fourth place

(Kai Spence, Robin Gough, Alex Larsen, Tyrone Bradley)

**P6 4 x 100m Relay** Second place

(Kai Spence, Robin Gough, Luna Spence, DJ Larsen)

**Year 5/6 Sydney/Canberra Excursion**-Notes were sent home last week in regards to payments and dates. Please make sure you read these carefully in order for your student to be guaranteed a seat on the bus.

**National Partnerships**-A community survey was sent home with last week's newsletter. To date we have not had any returned. I would really appreciate it if you could spare a couple of minutes to complete this and send them back as soon as possible.

### Closing thought:

"No man ever achieved worthwhile success who did not, at one time or other, find himself with at least one foot hanging well over the brink of failure." -- Napoleon Hill

Till next time

Ms Voisey

Relieving Principal

## NEWS AND TIPS FROM DEPARTMENT OF EDUCATION & TRAINING



Education  
& Training

### Stay safe using webcams

Web cameras allow other people to see what you are doing, where you are, and what you look like.

What should you be aware of if your child is using a web camera?

- Do you know when a webcam is being used?
- Do you know who your children are talking to?
- Can you disconnect the webcam or securely turn it off?
- Can you control access to the camera through a password?

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

### Supporting your child in learning to talk

Your child has learned to talk and listen with your help and encouragement. You can continue to support your child's language development at school by doing some of the following:

- actively listen and respond to your child's talk
- encourage your child to talk about their interests, friends, pets, favourite books and favourite movies
- show your child ways of talking for different purposes, eg using the telephone, inviting a friend to play, giving a message
- encourage your child to talk about television, video and radio programs
- give your child a series of instructions to follow
- encourage your child to give messages to other family members
- have your child listen to stories and retell them to friends and family
- encourage your child to talk about drawings, paintings and models that they bring home from school
- encourage your child to read a variety of books and to retell the story in their own words
- plan and discuss family outings, eg going to the beach, park, friend's place, movie, zoo, museum, art gallery, sports events
- encourage your child to discuss and debate issues in the news and newspapers.

More great tips at <http://k6.boardofstudies.nsw.edu.au/go/parents/supporting-your-child-s-learning/talking-and-listening-in-k-6#support>

### Healthy eating

You can increase your child's fruit and vegetable intake by:

- leading by example
- hiding or disguising them
- making it "kid-friendly" - try bite size pieces or displaying it to look appetising.

More tips at [http://raisingchildren.net.au/articles/fruit\\_and\\_veg\\_pip.html](http://raisingchildren.net.au/articles/fruit_and_veg_pip.html)

### Sleeping

When children sleep well they will be more settled, happy and ready for school the next day. Children aged six to nine need **10-11 hours sleep a night**. They are usually tired after school and might look forward to bedtime from about 7.30 pm.

A bedtime routine is very important at this age. It helps your child wind down from the day. Keep the bedroom dark, cool and quiet so that your child can drift off easily.

A bedtime routine might look like this:

Time	Routines
6.30 pm	Put on pyjamas, brush teeth, go to the toilet.
7 pm	Quiet time in the bedroom with a book and a bedtime story or quiet chat.
7.15 pm	Goodnight and lights out!

More advice on sleeping at [http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html/context/325](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html/context/325)



As per DET policy there are regular cleaning and replacement of filters on the drinking water tanks. As part of this process water quality testing is conducted. With the recent testing it has become apparent that the tanks require "de-slugging" and therefore will be emptied and cleaned. This means that for the foreseeable future, it is advisable to send extra water with your children to school. The school will also be providing extra water throughout the day at school.

If you have any concerns please contact the school on ph: 66886212.



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