

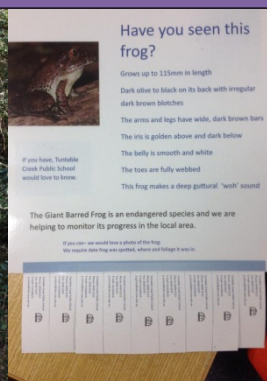
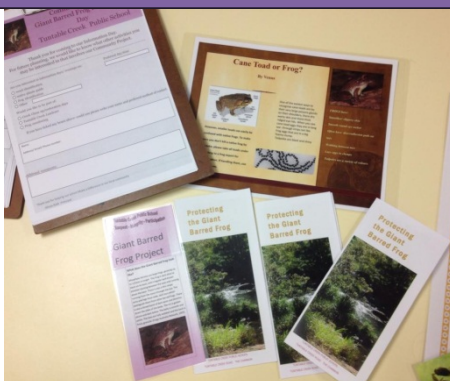
Tunable Creek Public School

Respect - Integrity - Participation



www.tunableck-p.schools.nsw.edu.au/

Wednesday 29th October 2014



Hi everyone,

Thank you everyone for your support at our Community Information Day. Well done to all of our students who shared their knowledge with the community, our Mayor Jenny Dowell and Councillor Greg Bennett.

I would also like to acknowledge Hannah Rice from Richmond Landcare, Christine Freeman, principal of Dorrroughby Environmental Education Centre, Georgia Shapter from The Macadamia Castle and Rous Water for supporting our afternoon.

I have attached the survey sheet if you missed it today. Please distribute to others as well who could not make it so that we can do more planning. We will certainly be looking at a night monitoring of the frog before the breeding season is over.

Last week's Australian Primary Principal Conference was very interesting. Speakers included John Maclean OAM, Geoffrey Robertson QC, Ian Jukes (Executive Director of an international educational leadership), Frank Crawford (education consultant) Sue Langley (CEO of Emotional intelligence), The Hon. Anna Bligh and Darryl Lovegrove.

I also had the chance to meet up with principals from across Australia- a great sharing time with similar schools.

- Swimming School starts next week. Please ensure that your child has their name on all clothing, towel and bag. It is also wise to put in an extra bag for wet swimmers and towel for the journey back to school.

Alison Bath

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

Malcolm X

Alison Bath - Principal

Upcoming Events

October 31

WORLD TEACHERS DAY!

6.00 – 8.00pm Small Schools
DISCO

November 3

School Swimming Scheme 10 day program

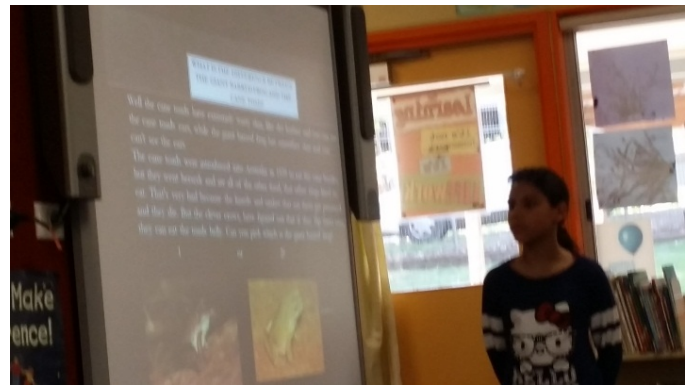
November 21

ICC Cook Island Cricket Team skills visit

November 26

10.30am ICC Cook Island Cricket Team
game (Lismore)





Fitness Improves Academic Performance

Another study (in January 2014 Journal of Adolescent Health "The Effects of Changes in Physical Fitness on Academic Performance Among New York City Youth") has found that being fit improves school performance. For both boys and girls a substantial increase in fitness from the previous year resulted in a greater increase in academic ranking while a decrease in fitness was associated with a decrease in academic scores.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids be more active

- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven't previously been very active.



Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$67 for school-aged children and \$48 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit
www.dsr.nsw.gov.au/swimandsurvive or phone 13 13 02



Invitation to Animal Welfare Complaints Community Forum

Sunday, 30th November

10.30am to 1.30pm

Northern Rivers Community Legal Centre

Gan Ngha Training Room

Level 2, 16 Carrington St LISMORE (above the Salvos Op Shop)

RSVPs ESSENTIAL

Morning tea and light lunch provided

The Northern Rivers Community Legal Centre's Animal Law & Education Project, in partnership with the Animal Defenders Office invites you to attend a community forum to discuss the effectiveness of our current reporting system for animal welfare complaints and enforcement of our existing animal welfare laws. The forum will provide an opportunity for people to share their experiences in reporting animal welfare concerns, with an aim to:

- Identify key problems and concerns with complaint and investigation processes;
- Develop an understanding of the broader issues and constraints which may impact on enforcement outcomes; and
- Identify positive and effective aspects of the complaint and investigation processes.

AGENDA

Coffee and tea on arrival

Acknowledgement of Country

10.30am: Emma Davies, solicitor with the Animal Defenders Office will speak about the aims of the ADO research project (see attached)

10.45am: Anne Schillmoller, Adjunct Fellow and lecturer in Animal Law, Southern Cross University will deliver a short presentation giving an overview of the inadequacies of our current animal welfare laws.

11:10am: Angela Pollard, Coordinator, Animal Law & Education Project to facilitate round table discussion with participants

1.00pm: Wrap up - record key problems, concerns and constraints as well as positive aspects of complaint and investigation processes

1.30pm: Lunch

With permission, Emma Davies will also be recording participants' experiences in reporting complaints and the outcomes of investigations.

For **RSVPs** or if you require any additional information, please contact Angela Pollard at:

nrrlc@clc.net.au



IT'S SO EASY TO HELP

Bring any excess fruit or veges from back yard gardens to the Lismore Community Garden each Wednesday morning from 8.30am to 12 noon and we deliver it to local food charities. Please help us "Stop the Rot" and redistribute this valuable resource of fallen fruit that often goes to waste.

SHARING FOOD AND CARING FOR COMMUNITY

As we go into summer, many back yard gardens will be overflowing with abundance. How many times have you heard "I've got so much fruit on my trees, I don't know what to do with it all"? Here's a great way to share resources and strengthen the ability of local organisations to help vulnerable people.

If you would like more information about our project, please call me on 0420 640 411 or 6625 2806.

Thank you for any support you can provide.

Warm regards,
Kerry Gibson (on behalf of the Lismore Food Tree Group).

Empower U

Limited Part
Scholarships Available

World Class Course for 14-25 year olds Ballina 21-23 Nov 2014

Learn Advanced Living Skills

- Goal Setting
- How to manage emotions
- Breaking through Barriers
- Money skills & wealth building
- 6 Steps to career success
- Communication, family & Relationships



"I have learnt how to set realistic goals and achieve them. I now have a strength, I didn't before. This has helped me see everything positively and with a brighter, broader perspective. I've learnt amazing communication and coping skills."

"This was a truly life changing experience. All of the ideas we were taught about are excellent. We had superb lessons on career advice, financial advice and many other important life skills."

The Participants will walk away from the weekend with

- An absolute certainty and belief within themselves that they can achieve anything
- The tools and strategies to take that belief and take immediate action as they are now equipped to achieve what it is they want

Dont miss out - enroll NOW at
Empoweringlocalyouth.com.au
or 0412734454 Ask for Tim



LISMORE RECYCLING & RECOVERY CENTRE OPEN DAY

A fun event for all ages!

Sunday, 9 November 2014 9am-2pm

- Tours of our new Materials Recovery Facility (MRF).
- Guided walks of Lismore Rainforest Botanic Gardens.
- Interactive performances by The Greenhouse.
- Sausage sizzle.
- Competitions and prizes.

Join the recycling revolution and learn about saving waste for a better future.

Lismore Recycling & Recovery Centre
313 Wyrallah Road, East Lismore.

Please note: The facility will not be accepting rubbish and/or recycling on this day.

