

Tunable Creek Public School

Respect - Integrity - Participation



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

Term 4 Week 5



Tunable Creek Road The Channon

ph: 66886212

Tuesday 3rd November, 2015

Hi everyone,

Last Friday, Mrs Whillas and I took students from Year 1 to Year 5 to Our Voice at the SCU where they shared ideas on sustainability and our project, as well as listening to other schools and speakers on the same topic.

This conference is specifically targeted at children and young people. It is about giving youth a voice where they can share, discuss and stimulate ideas about sustainability and the environment in a university setting. The conference aims to encourage children and young people to think critically about sustainability in their local region, share solutions and identify pathways for change in the future. The conference will also be documented to extend children and young people's voices to the wider community.

Students demonstrated excellent behavior and enjoyed the learning. We listened to 12 year old Holley Sommerville-Nott as the guest speaker on how important student voice is. She has many charities, launching a new one at the conference.

Our students chose workshops on bees wax for lunch wraps, koala badge making and information and turtle sculpture from recycled materials.



I would like to take the students down to the creek on Wednesday this week- weather permitting- to do some follow up site analysis. Students will need to wear suitable shoes to go down the track.

It is a great time to do frog spotting at the moment, especially after the rain. Take photos and mark the location of the frog. I saw some awesome photos of the Tusked frog from Jo's fab frog pond on the weekend- the eggs, tadpoles and through to final stages.

This Sunday is our jumble sale. Set up is from 8:30 with a finish of 2:30. Please bring cakes, biscuits etc to sell as well as other things. As per our market day, all food must state ingredients. Items for the sale can be left at the school on Friday.

Kathleen has booked the accommodation for the end of year family camp.

Upcoming Events

November 8

P&C Charity Stall –
Tunable Creek PS (see
roster attached)

November 30

P&C Meeting 2.30pm

December 4

Scripture Christmas
Presentation

December 7

3 day Family Camp –
Binna Burra Lodge
Lamington National Park
(7 - 9 Dec)

December 15

School Christmas Concert

If we could look into
each other's hearts
and understand the
unique challenges
each of us faces,
I think we would treat
each other much more
gently, with more love,
patience, tolerance,
and care.

~Marvin J. Ashton

I have included an interesting article around bullying, being mean and rude. We are always discussing with our students how to get along with others. It is also important that they understand the language around hurtful things and how to deal with them effectively. This week we are focussing on Conflict and what it is and the best ways to deal constructively with conflict. Tone of voice when speaking, is also on the discussion table, as sometimes, students don't often realise that the tone they use to say something can cause conflict.

Not everyone
thinks the way you think,
knows the things you know,
believes the things you believe,
nor acts the way you would act.
Remember this
and you will go a long way
in getting along with people.

- Arthur Forman -

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Alison Bath



Signe Whitson, a child and adolescent therapist, has a timely message for parents and educators: "there is a real need to draw a distinction between behavior that is rude, behavior that is mean and behavior that is characteristic of bullying." In a HuffPost article, she clarifies the way she identifies the difference and asks adults to remember that distinguishing between them allows "teachers, school administrators, police, youth workers, parents and kids all know what to pay attention to and when to intervene."

She writes, "While I always want to be careful not to minimize anyone's experience... if kids and parents improperly classify rudeness and mean behavior as bullying -- whether to simply make conversation or to bring attention to their short-term discomfort -- we all run the risk of becoming so sick and tired of hearing the word that this actual life-and-death issue among young people loses its urgency as quickly as it rose to prominence."

So how does Whitson define the differences? Rude, she says, is "[i]nadvertently saying or doing something that hurts someone else." In children this takes the form of social errors like "burping in someone's face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed up pile of leaves in someone's face." The critical factor? "Incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to actually hurt someone."

Being mean involves "purposefully saying or doing something to hurt someone once (or maybe twice)." Unlike unthinking rudeness, "mean behavior very much aims to hurt or depreciate someone.... Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison

Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.

Only carry water. When out and about, carry water to quench your thirst.

Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Stop buying sweetened drinks.

Make water easily accessible.

Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.

Infused water. Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you'll have a delicious batch of infused water.

Unsweetened milk. Cow's milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D. Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.

to the person they are putting down.” And while Whitson agrees that both rudeness and mean behavior require correction, they are “different from bullying in important ways that should be understood and differentiated when it comes to intervention.”

Bullying is “intentionally aggressive behavior, repeated over time, that involves an imbalance of power....Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse -- even when targets of bullying show or express their hurt or tell the aggressors to stop.” Whitson gives examples of multiple kinds of bullying, including physical and verbal aggression, relational aggression (like social exclusion, hazing, or rumor spreading), and cyberbullying. The key aspect to all of them is the ongoing nature of the behavior, which leaves the victims feeling powerless and fearful.

As we continue to improve our response to bullying, she asks all adults who interact with children to remember that “a child's future may depend on a non-jaded adult's ability to discern between rudeness at the bus stop and life-altering bullying.”

To read Signe Whitson's entire article on HuffPost, visit <http://huff.to/1XIDuLT>

Whitson is also the author of the bullying prevention book for parents and educators, "8 Keys to End Bullying: Strategies for Parents & Schools" at <http://www.amightygirl.com/8-keys-to-end-bullying>



4 Free Visits

Calling all 6-8 year olds!

Come and visit us for a night of fun, friendship, activity and adventure!

Where—Lismore Scout Hall Magellan Street Lismore

When—5-6 pm every Tuesday night

Contact Paul O'Donnell for more information on 66227728 or 0478598100





Learning Difficulties Coalition
NSW Inc.

Oct 2015

LDC Regional, Rural & Remote Schools E-Update

OCTOBER ARTICLE

HYPERFOCUS

Everyone knows that children with ADHD struggle to focus and concentrate, especially on something that doesn't interest them. But, "hyperfocus" (which is common to ADHD) is the ability to "focus very intently on things that do interest them", usually because instant feedback is provided. It is this aspect of ADHD which has led to some people believing that "they can concentrate if they want to".

Unfortunately this is not how hyperfocus works. Most kids with ADHD cannot always control it and therefore their performance can be quite scattered. A child that used "hyperfocus" to create an impressive and detailed diorama on rainforests, may then struggle to recall and use this same information in a class quiz.

Hyperfocus can definitely be a positive aspect of ADHD, however it needs to be monitored carefully (especially in children) to ensure that they don't end up playing computer games all day oblivious to other tasks that need to be done and at the expense of interacting socially. Most children who hyperfocus will be unaware that they are doing it, it is almost like a trance. Which means to break this trance the parent/teacher needs to gain their attention – eg speak to the child (perhaps standing in between the child and what they are doing), they may need to wave a hand in front of them, tap them on the shoulder, etc, and certainly allow a few minutes for them to shift to the next activity.

Ensure you don't raise your voice, as the child is not being intentionally disobedient, their brain just needs time to register the change.

Parents/teachers can set up guidelines beforehand about how long the child will be allowed to do the activity, this way the child has warning that there is an end in sight. It's always worthwhile talking to your child about "the way his or her brain works" so they can understand and hopefully harness this positive trait in the areas they need it.

References: "Learn About ADHD: Focus on Hyperfocus" by R Flippin and "Under the Spell of Hyperfocus" by E Halliwell, M.D. www.additudemag.com

Have you read this article...
Mothers reveal what it's really like to have a child with autism: <http://www.news.com.au/lifestyle/parenting/mothers-reveal-what-its-really-like-to-have-a-child-with-autism/story-fnet085v-1227529258387>

Have you seen this book...
100+ Ideas for Supporting Children with Dyslexia, by G Reid & S Green
Available from www.silvereye.com.au \$24.99

Have you googled this website...
<http://languageplaynetwork.com/>



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PO Box 140 Westmead 2145
F: 02 9689 2871
E: info@ldc.org.au
W: www.ldc.org.au

Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS
1 year School M'ship \$50
3 year School M'ship \$135

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT

ADHD TOOLKIT
This booklet on ADHD covers areas such as the nature of ADHD, Behaviour Management, Learning Support & Social Skills. It includes strategies for parents, teachers and health professionals.

\$10 for LDC members
\$15 for non members
See www.ldc.org.au for details

The Federation of Parents and Citizens Associations of NSW



We would like to Cordially invite you to Attend our

"Increasing Parent and Community Engagement " Forum

North Coast Electorate

Purpose
To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their future.

When: Thursday 12th November 2015

Where: Mullumbimby High School
9 Jubilee Ave Mullumbimby NSW 2482

Registration From: 6.00pm
Time: 6.30pm - 9.30pm

Topics

- Youth Mental Health
- Gonski
- Small schools

Guest Speaker/s

- NSW Department of Education
- Local MP
- Secondary Principals Council
- Primary Principals Association
- Teachers Federation
- Headspace

Participate:

- In Q&A sessions with speakers
- In group discussions

Supper and Light refreshments will be provided

To attend please Register online until 10/11/2015



Directions

Your



To Register please click here

"This Program is funded by the NSW Government and Administered by the NSW Department of Education and Communities"

SUNDAY 8TH NOVEMBER CHARITY STALL ROSTER

<i>8.30AM (SETUP)</i>	JO KIZZY ALISON KATHLEEN
<i>11.00AM</i>	JOHN FUMIE TIM KERRY BRIE
<i>1.00PM</i>	TIM WENDY
<i>2.30PM (PACKUP)</i>	JO KIZZY TIM WENDY

36 SOFTDRINKS (ICE/ESKY)



COMMUNITY STALL THIS SUNDAY

TUNTABLE CREEK PUBLIC SCHOOL

Cold drinks



Bric-a-brac



Cakes

From 8.30am – 2.30pm