

Tunable Creek Public School

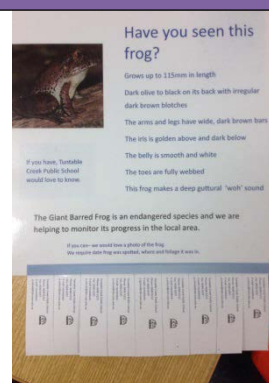
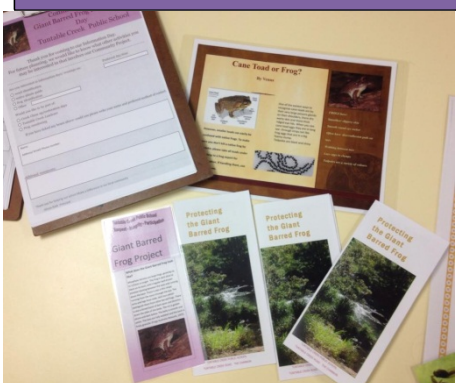
Respect - Integrity - Participation



Tunable Creek Road The Channon

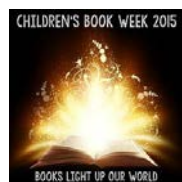
ph: 66886212

Tuesday 8th September, 2015



Hi everyone.

Next Tuesday is the Dance workshop day at The Channon Public School with teachers from the HighSchools. This is all part of the Rivers P-12 College initiative. Students will also be involved in other activities on the day as well including Tyko Drumming.



The Channon School has also combined this day with their Book Week activities and will be having a Book Character Parade on the day. We have been asked to join in. Students can dress as their favourite character for the day, however, they still need to be able to participate in dance activities and must wear sensible clothing and shoes. The parade will not be until 11:30, so if students would like to bring their costumes to change

into for the parade, rather than wear them all day, then they can. There will be 4 prizes overall for best dressed: pre-schooler; K/1/2; 3/4 and 5/6. (Students must be dressed as a book character to be eligible for a prize). There will be NO CANTEEN on the day, so please bring a packed lunch and water bottle.

If you are struggling to find a suitable costume please contact Miss Jodie (Wednesday at Whian Whian PS; or Friday at Tuntable Ck PS) as she has many options available at her home (costume hire \$5 per full outfit).

Students are to meet Miss Jodie at 9:00am at The Channon Public School front gate. Students can catch the bus home on the 2:30 bus run or picked up from the school. Please advise the school before the day on your child's travel arrangements.

Today is the last day to have stickers in for our Woolworths Earn and Learn competition. Thank you to all who have sent stickers in. Now the fun of counting them all up to see what we can get for our school begins.

I have attached the guidelines our students came up with for successful learning in our class and a poster on Mindsets.

P and C meeting will go ahead on Monday, 14th September at 2:30. Hope to see you all then.

Alison Bath

Upcoming Events

September 14

P&C Meeting 2.30pm
(Artroom)

September 15

Rivers College Dance Studio
Taster (Channon PS)

September 18

End of Term 3

October 5

Labour Day Holiday

October 6

Term 4 commences – all
teachers/students return

October 9

Pre-Kindy Program
commences

October 12

School Swimming Scheme (2
weeks program)

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

(Original source unknown)

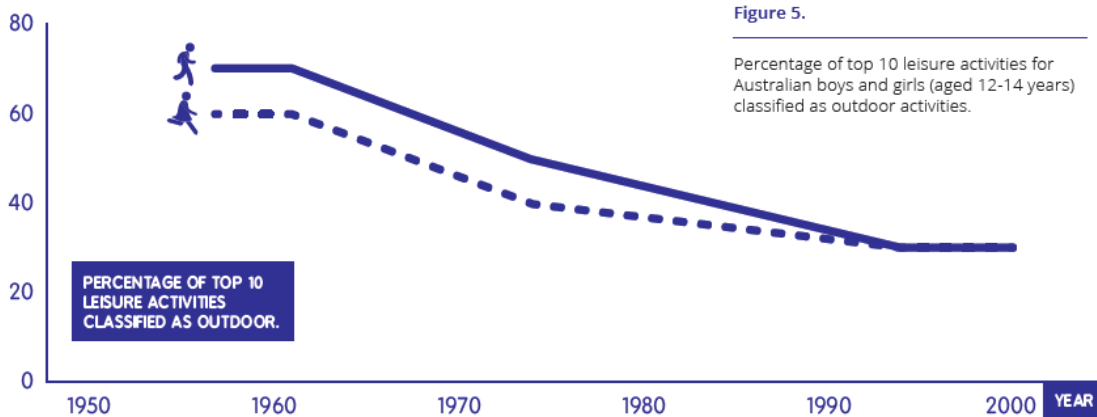
@sylvia duckworth

Seeing Daylight

Why is short-sightedness ("myopia") becoming so common in many countries? 30 - 40% and rising in the US, Europe and Australia? Too much reading? Too much screen time? It would appear that myopia, once rare in human beings, is the result of too much artificial light and not enough natural daylight, which is a thousand times stronger and has more blue and green wavelengths. Children who spend more time outdoors have sharper eyesight than those who play indoors, research from Queensland, Taiwan and Denmark have all revealed, and the mechanism is that artificial light weakens the eyeball's focussing mechanism. The answer: get your children outdoors for an hour a day, which is enough to improve eyesight in the growing years.

Figure 5.

Percentage of top 10 leisure activities for Australian boys and girls (aged 12-14 years) classified as outdoor activities.



PERCENTAGE OF TOP 10 LEISURE ACTIVITIES CLASSIFIED AS OUTDOOR.



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



Water Lab Wednesday - September 23rd and 30th

School Holiday water science experiments, investigations and games.

Find old favourites and new water challenges. Search for hidden water deep underground; sip water with a mega straw; make water play tricks on your eyes and brain and solve a giant jigsaw mystery!

Suitable for 5 to 12 year olds.

Dorrroughby Environmental Education Centre - 2101

Dunoon Road, Dorroughby

10am to 3pm, last entry 2pm

No bookings needed

Details: www.watersciencelab.com.au