

Tunable Creek Public School

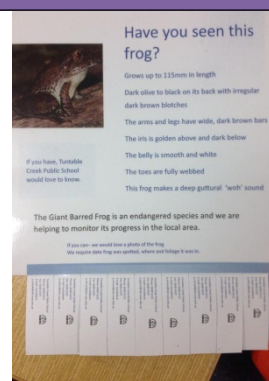
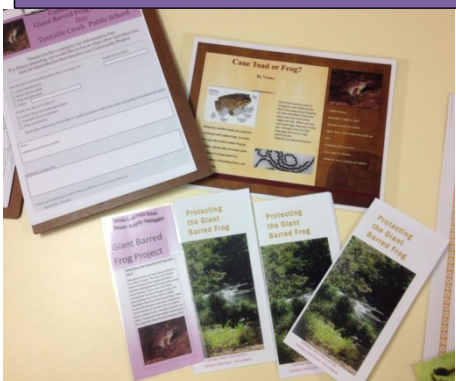
Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Tuesday 3rd February, 2015



Hi everyone,

Thank you for attending yesterday's P and C meeting and to those who bravely ate our Bunya Nut Cake. It was a nice cake and I have included the recipe for you. We also made Davidson Plum cordial and flummery last Friday. The students enjoyed the cordial but the jury is still out on the flummery!

Just a reminder that the main excursions we will **definitely** be working towards this year are:

Life Education- cost \$9 per student (discussion around parent transport)

Swimming Scheme- cost \$3 per student per day totaling \$30 for pool entry (final cost determined by bus quote and P and C discussion.)

End of year family camp- TBA as soon as quotes are in.

As discussed at the P and C meeting, **ALL money and notes for the excursion must be in before the excursion day.** Students who have not paid by the date will not be able to attend.

A payment scheme is to be set up to allow parents to pay off excursions over the year before the due date.

As always, the school does have a support fund for parents to help with any fees.

Next Friday 13th, is the Swimming Carnival at Alstonville Swimming Pool. As per previous years, students will travel with parents and meet at the pool due to the time the carnival starts and finishes. Please sign and return note attached. Students need to be at the pool by 9.45am. The day should finish by 1.30-2.00pm

Our turn at The Channon Markets is next month- 8th March. A roster will be sent out to put your name on to help on the day.

Look forward to seeing you soon,

Alison Bath

Upcoming Events

February 13

Dunoon PSSA Swimming Carnival
Alstonville Swimming Pool

March 8

The Channon Art & Crafts Market

March 13

Stage 3 Enrichment – SCIENCE DAY @
Tunable Creek

April 2

Last Day of Term 1 2015

April 3

GOOD FRIDAY

April 6

EASTER MONDAY

THE ONLY PERSON
YOU ARE
DESTINED
TO BECOME
IS THE PERSON YOU
DECIDE
TO BE
~ RALPH WALDO EMERSON ~



Bunya Nut Cake

Ingredients

- ☐ 750g Bunya nut kernels, husked
- ☐ 500ml milk
- ☐ 75g butter
- ☐ 300g sugar
- ☐ 6 egg yolks
- ☐ 6 egg white
- ☐ 100g almond meal
- ☐ 1 tablespoon baking powder
- ☐ 1 pinch salt
- ☐ 1 teaspoon almond essence

1. ☐ **Step 1** Boil kernels in large saucepan for approx. 2 1/2 hours until shell is soft enough to split to remove kernel.
2. **Step 2** Preheat oven to 180C.
3. **Step 3** Place kernels in food processor to reduce to a smooth paste or puree, adding carefully milk to soften the paste. Mix softened butter with egg yolks and sugar until smooth and fluffy, then hand-blend with the Bunya nut paste.
4. **Step 4** Beat egg whites to a firm consistency and again hand-blend with the Bunya nut, mix in one cup at a time, alternating with the almond meal and almond essence until all ingredients are fully mixed.
5. **Step 5** Pour mix into a 28cm spring form, lined with grease-proof baking paper.
6. **Step 6** Bake for 50min in centre of oven. Turn heat off and leave for a further 20 minutes before removing from oven to cool naturally. Do not place in refrigerator as this causes to produce surface moisture, affecting the decorating.
7. **Step 7** To create leaf pattern on cake, shake chocolate powder onto the cake, place real leaves or other decoration on chocolate powder and sprinkle icing sugar through a fine sieve over the leaves. Remove leaves carefully to reveal the pattern on the cake.



Beating Picky Eating

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge.

Some of the following ideas may be helpful:

- ✓ Remember: Parents choose “which” foods, children decide “how much”
- ✓ Create a positive environment at the table, make meal times pleasant
- ✓ Be a good role model
- ✓ Stick to a routine
- ✓ Provide the same meals for the whole family
- ✓ Take children shopping, involve them in planning and preparation
- ✓ Limit sweet drinks and juice so children have an appetite

If you are stuck in a constant battle, maybe try a different approach.

Leaving your child at home alone

Making some clear 'home alone' rules with your child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed. Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/development/leaving-your-children-at-home-alone>

Printable 2015 homework calendars

Kids and families run more smoothly when there's a plan - so print out School A to Z's 2015 homework and study calendar, which includes key dates and school holidays. Find out more at <http://bit.ly/2015SchoolCalendar>.

Swim and survive program

Lessons are for beginners through to confident swimmers keen to practise their technique (from infants to 12 years). See the map to find the pools where friendly swim teachers with AUSTSWIM accreditation teach across NSW. Find out more: <http://www.dsr.nsw.gov.au/swimandsurvive/about.asp>

Helping your child with career choices

A video interview with a career expert offers advice to parents about how they can assist their children to recognise their personal interests and choose a career that suits them. Find out more: <https://www.det.nsw.edu.au/vetinschools/schooltowork/parentscommunity/partnerships.html>

Are active kids less likely to be bullied?

Researchers have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs. Find out more: <http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/kids-who-are-less-likely-to-be-cyberbullied>



Experience The Magic Of Hosting

" In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon's parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn't have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in July 2015

Request student profiles now to find out more!

www.wep.org.au **1300 884 733** info@wep.org.au



Dear Parents,

Professional Guitar & Keyboard Tuition

We have an amazing opportunity to offer professional guitar and keyboard tuition to students. The program will be commencing in Term 1, 2015 and continuing throughout the year.

Enrolments Are Now Open!

If you would like your child to participate please enrol using one of the options below.

IMPORTANT! Spaces are limited and minimum numbers are required for lessons to run.

Option1: Enrol Online

Please enrol online via www.musiceducationaustralia.com.au It takes 2 minutes and you will receive a confirmation email confirming your enrolment.

Option 2: Phone 1300 889 179

If you don't have access to the internet you can enroll by calling the Music Education Australia office on 1300 889 179.

About Music Education Australia (MEA)

MEA is Australia's leading provider of school music tuition. We provide a wonderful opportunity for children to have quality group guitar and keyboard lessons at school.

- Small Groups (3-6 students)
- Caters for all ages & abilities
- Weekly 30 minute lessons
- Amazing Value = \$110 per term
- 70% less than private tuition
- **Instruments supplied during lessons**

We hope you can support this program.

Yours sincerely,

John Brett
Operations Manager
Music Education Australia
Phone: 1300 889 179
Email: info@musiceducationaustralia.com.au
Web: www.musiceducationaustralia.com.au