

# Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Wednesday 11<sup>th</sup> February, 2015



Greetings all,

As you may know Mrs. Bath is away until Monday the 23<sup>rd</sup> of February. We have heard from her, and all is well. In the mean time I have taken on the role of relieving Principal, and what a wonderful challenge that has been.

It is lovely to be here on a daily basis; we had a fantastic week last week and achieved great things.

On Wednesday we planted a variety of Kitchen Garden seeds, which have begun to sprout, and on Thursday we weeded and turned 3 of the garden beds in preparation for the seedlings. On Friday we harvested Basil, Capsicums, Oregano, Chives and Tomatoes and cooked up some delicious Basil Pesto Pasta (using Bunya, Pistachio and Pecan nuts) and some Stuffed Roasted Capsicums. All of the students enjoyed these very simple recipes.

I have been very impressed with the student's behavior and educational developments. They have been working well and putting great effort into their activities. On Friday Mia was the spelling champion, getting 100% in her test. Certificates went out to: Hudson for consistently being engaged and on task, to Ruby for listening well in every activity, and to Hana for beautiful handwriting in all written work.

As is common at this time of year, there have been a few Department reminders and policy updates. Two such policies which may affect families are related to **School Attendance** and **Prescription Medicines**.

It is very important that all student absences must be 'explained' and 'justified'. We have attached a page of 'notes', which we encourage you to complete and send in, following any student absences. This will assist us in keeping our records accurate.

In regard to medications that students may need to take during school hours, it is important that **only** prescription medications (prescribed by your doctor), can be bought to school. These medicines must be in the correct packaging and clearly marked with the students' name, storage suggestions, and exactly when the dose is required. This must be handed in to the office for administration by a trained staff member.

## 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



**Next Friday 13<sup>th</sup>**, 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. Thank you to all those families who have notified us of their means of transport to and from the pool.

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

Look forward to seeing you soon,  
Miss Jodie x

### Stuffed Baby Capsicums

#### Ingredients:

Olive oil, to grease  
8 baby red capsicums  
1 x 250g pkt SunRice Mediterranean-Style Tomato Rice in 90 seconds  
2 shallots, ends trimmed, thinly sliced  
1 tablespoon shredded fresh basil

#### Method

1. Preheat oven to 180oC. Brush baking tray with oil to lightly grease.
2. Cut the tops from the capsicums and reserve. Cut around the seeds and white membrane and discard. Place the capsicums on the prepared tray.
3. Cook the rice following packet directions. Transfer to a bowl. Stir in the shallots and basil. Divide the rice mixture among the capsicums and replace the tops.
4. Bake in oven for 15 minutes or until the capsicums are tender and the rice is heated through.



### Helping your child with homework

How do you help your child while allowing them to develop independence? Teachers talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

### Technology talks

Find out about all the technologies your child could be using at school, at home and on the go. Scan the A-Z list for overall knowledge, find out how gadgets work, what their good points are and other usages you may need to be aware of.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology>



### Jargon buster

Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA's? This list of common abbreviations or terms will help you to become familiar with the world inside school.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

### Avoiding injuries

Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain?

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/ways-to-keep-your-childs-back-and-posture-healthy>

### Maths questions

Are you in search of an educational game to sharpen your child's maths skills and recall? Maths Monkey's Quest features maths questions on topics ranging from addition and subtraction to ratios and percentages. It's aimed at children from Years 3 to 8.

<http://www.schoolatoz.nsw.edu.au/about/mobile-applications/maths-monkey-s-quest>



Attention: Newsletter editor

From: Jacki Scutt  
Lismore District Manager  
North Pacific Coast Region

[jackiscutt@bigpond.com](mailto:jackiscutt@bigpond.com)

Thank you for considering running a notice for Lismore Girl Guides in your school's newsletter.

If you have any questions please call me on 0427728269

Thank you for your time and assistance.

Jacki Scutt



### Lismore Girl Guides

Would you like to get involved in your community and help girls develop skills for life?  
Lismore Guide District is looking for women 18 years and over interested in leadership.

You will be supported in becoming a Leader of Guides: training, mentoring, resources and friendship. Challenge yourself as you enable girls and young women grow into confident, self-respecting, responsible community members.

Call Jacki Scutt on 0427728269; please leave a message if unanswered  
Or email [jackiscutt@bigpond.com](mailto:jackiscutt@bigpond.com)

Or to find out more about Guides visit our website: [www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)

# Baseball 2015

## JUNIOR Come & try day

### Sunday 1st March

#### 10am Albert Park

**FREE**  
Glove, Ball, Bag  
& Drink Bottle for  
all AUSSIE T BALL  
players under 10  
with  
registration

### CLUB SIGN-ON DAYS

**LISMORE WORKERS**  
3,10,17, 24 & 31 March  
**Contact 0414 226 497**  
[workersbaseball50@gmail.com](mailto:workersbaseball50@gmail.com)

**MARIST BROTHERS**  
3,10,17,24 & 31 March  
**Contact 0438 417 344**  
[maristbros.baseball@hotmail.com](mailto:maristbros.baseball@hotmail.com)

**NORTHS BEARS**  
4,11,18 & 25 March  
**Contact 0458 122 445**  
[northsbaseball@gmail.com](mailto:northsbaseball@gmail.com)

**EASTS REDBIRDS**  
5, 12, 19, 26 March  
**Contact 0431 021 085**  
[redbirdsbaseballclub@gmail.com](mailto:redbirdsbaseballclub@gmail.com)

6 – 19 years at  
**ALBERT PARK, LISMORE**  
**4.00pm – 5.30pm**

Veggie Prices dropped 10% since last year,  
according to the CPI.

There's never been a better time to increase your  
family's vegetable consumption.

- Send carrot sticks, cauliflower or sugar snaps for Crunch & Sip
- Add grated carrot and mixed lettuce to lunch sandwiches or wraps
- Aim for at least one yellow AND a green vegetable on your dinner plate
- Half the plate should be yellow and green vegetables, a quarter meat/ fish/ chicken/ lentils/ beans and a quarter starchy potato/ rice/ pasta.
- Add grated or chopped vegetables to pasta sauces, stews and casseroles

Try to make at least  
**half the meal**  
**vegetables**  
for a healthier meal



**TIPS**

- ✓ As a quick check, put all the ingredients on the bench before you start cooking and make sure about half are vegetables.
- ✓ Canned and frozen vegetables are just as good for you as fresh.
- ✓ Try to serve a mixture of colourful vegetables every day.
- ✓ Look out for low-cost specials.

## ABSENTEE NOTE

Child's name:

Year:

Dates absent:

Reason:

Medical Certificate / Appointment card / Supporting Evidence attached: YES

Parent/Carer Name:

Signature:

Date:

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Dates absent:

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