

Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Tuesday 17th February, 2015



Greetings all,

We have had another very busy week at school. The weather has been wonderful and the students have been a pleasure to work with.

We have spent plenty of time in the gardens, preparing beds for our seedlings, practicing wheelbarrow skills, measuring plant growth, harvesting potatoes and sweet potatoes, and weeding the center of the tiered area which will be turned into a gravel path.

We squeezed a special cooking session in, so that we could use our left over Pesto, making delicious Pesto and Tomato scrolls with Puff Pastry. The students have been cooperative in the kitchen including cleaning up! The staff, have been making big changes in the Kitchen and we are all pleased with the current organization of the space.

We had a fantastic day at the Swimming Carnival on Friday, with most students participating in all of their age events. Ruby won a ribbon for her swim in the 50m freestyle event and came 3rd in her heat in the breaststroke event. Our P6 relay team, consisting of Lilly, Ruby, Hudson and Mia, came third, receiving ribbons for this event. Ava and Hailey had a fantastic time in the novelty events which were run by Ms Smith.

The students have also been engaging in lessons about the Bundjalung nation and British colonization, Music is everywhere, Singing Frozen in Japanese, and a variety of Math skills. They have been working hard on neat handwriting and book work.

Don't forget it is 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,
Miss Jodie x

Severe Weather Warning

Please note that for Wednesday to Saturday this week there is a severe weather warning for the Northern Rivers NSW. Please DO NOT travel through flood waters. School closures will be communicated through the Facebook page and/or via mobile message. Thank you and stay safe.

Upcoming Events

March 8

The Channon Art & Crafts Market

March 13

Stage 3 Enrichment – SCIENCE DAY @
Tunable Creek

March 27

Easter Scripture Presentation 12.30pm

April 2

Last Day of Term 1 2015

April 3

GOOD FRIDAY

April 6

EASTER MONDAY



Pesto / Tomato Scrolls

Ingredients

Basil pesto or tomato sauce
2 sheets Puff pastry
Shredded Cheese

Method

1. Separate sheets of puff pastry
2. Spread basil pesto over 1 sheet of puff pastry. Sprinkle with shredded cheese.
3. Spread tomato sauce over 1 sheet of puff pastry. Sprinkle with shredded cheese.
4. Roll cheesy basil pastry into a tight roll. Roll cheesy tomato pastry into a tight roll.
5. Cut each of the rolls into 1 cm wedges.
6. Arrange on a lined baking tray and sprinkle with extra shredded cheese.
7. Bake at 180oC for 20-25 minutes until golden brown.
8. Remove from oven and allow to cool. Enjoy! :-)



Education &
Communities

Friendships to boost your child's learning

If children are happy socially they tend to be more engaged in their learning. So teaching your child about the importance of making friends is as vital as learning their ABCs.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>

Assignment starters for the arts

Videos are great resources for getting kids enthused about their assignments. These pages on cubism, percussion and critical studies provide key points to help them get started and links to useful sites to assist with further research.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/the-arts/assignment-starters-for-the-arts>

Helping your Kindy kid succeed at school

A great way to kick off your child's formal education is to understand the school culture and what your child is doing in the classroom.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-kindy-kids-succeed-at-school>

Speech problems

All kids learn how to talk and listen at different rates but did you know there's a general pattern to your child's language development?

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/speech-problems>

Year 10 subject selection

How can you help your teen decide on subjects for Years 11 and 12? These tips talk about balancing choices based on your teen's strengths, while keeping their options open.

<http://www.schoolatoz.nsw.edu.au/zh/homework-and-study/planning-for-the-future/year-10-subject-selection>

Vocational education












Many kids now use Year 11 and 12 to get a head start on a traineeship or an apprenticeship, or gain other valuable industry experience.
















Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school>

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

***It is important that the rest of the family is checked for head lice, scabies and ringworm**



Information provided by NSW Health.

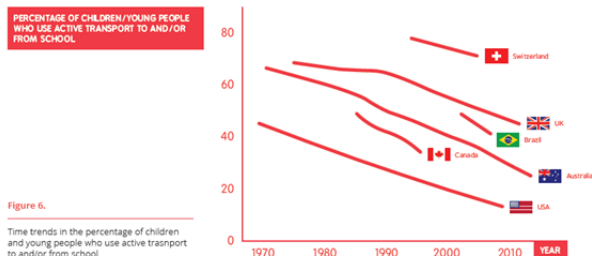
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2/2



Active Transport: What does that mean??

Active transport is defined as any form of human powered transport (e.g. locomotion on foot, or bicycle, skateboard, etc).



The majority of Australian primary and secondary school children do not use active transport to travel to and/or from school on a weekly basis. Both children/young people and parents should incorporate active transport into their everyday routines. Other than school journeys, replacing short car trips to a range of destinations (e.g. local parks, local shops, friend's house) with walking or cycling is feasible (e.g. 1 kilometre is about 15 minutes of walking) and will have a range of benefits both to the child and the environment. Fewer cars on the road make it safer for everyone, especially around schools and parks. Can you accompany your child in Active Transport until they are independent and competent enough to do it alone or with other children?



SIGN ON South Lismore Celtic Club House

2 Caniaba St South Lismore
(behind the tender centre)
12pm-3pm on Saturday 21st Feb 2015
We are open to all juniors to seniors so
even mum and dads can join the fun.
Contact Sally Bates - 0403791566
(after 3pm) for any additional information



SWIMMING CARNIVAL

