

Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Tuesday 21st April, 2015



Hi everyone,

Welcome back to a new Term of cooler mornings. I hope you have had a lovely Easter and holidays.

This week we are focusing on ANZAC day in our school work as it is the 100th year anniversary for Gallipoli. On Friday, students will receive a special remembrance penny for World War One during our Assembly. If you would like to purchase any of the pennies, we do have extras at a cost of \$2.50.

Cross Country is next Thursday, 30th April at Corndale. More information on times and course will be distributed in the next couple of days.

In Week Four, students in Years 3 and 5 will sit the NAPLAN test from 12-14 May.

Tuesday 12 May	Wednesday 13 May	Thursday 14 May
Language Conventions (spelling, grammar and punctuation)	Reading	Numeracy
Writing		

At the end of last Term, Books in Homes were sent home. This week the students will again have the chance to look through another set of books to order.

In the last newsletter, I mentioned early payments for excursions. Just a reminder that if you would like to start deposits for these excursions, they need to be sent in one a Tuesday in an envelope marked with the name of the excursion, child's name and the amount of money enclosed.

Thank you to Tuntable Creek Landcare group who recently donated six books to our school so that we can identify local rainforest plants. We appreciate the work that they have done at our local creek and at school as part of our Giant Barred Frog project and education.

Upcoming Events

April 27

Public Holiday – in lieu
Anzac Day

April 30

Dunoon PSSA Cross Country
@ Corndale

May 12

NAPLAN

May 13

NAPLAN

May 14

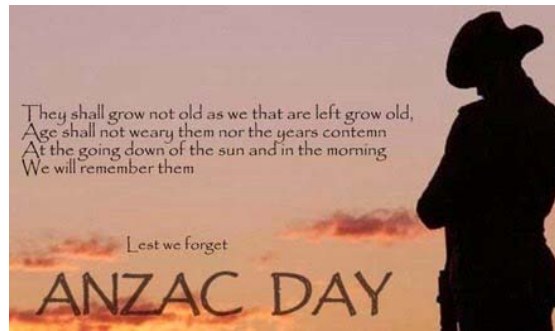
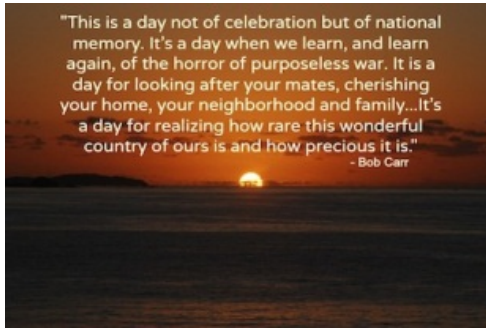
NAPLAN

May 29

Big Scrub Schools
Enrichment Day
Stage 1 – The Channon
Stage 2 – Dunoon
Stage 3 – Modanville


June 8

Public Holiday – Queen's
Birthday



Alison Bath

Candle Light Service




IN MEMORY OF DOMESTIC VIOLENCE VICTIMS

WHEN
Wednesday,
6 May 2015
5:30pm – 6:30pm

WHERE
Lismore City Hall
 Bounty Street, Lismore

Hosted by Lismore Women's Health and Resource Centre
 Ph: 6621 9800



FREE COMMUNITY EVENT FOR ALL AGES

This year, on average one woman has died at the hands of her partner every **THREE** days.

Domestic Violence is the biggest killer of women aged 20 -45.

1 in 3 women will be the victim of Domestic or Sexual Violence.

Domestic Violence is now occurring in EPIDEMIC proportions in Australia.

Please join us on 6th May 2015, to light a candle and remember the women and their families that have been affected by Domestic Violence.



Love those Legumes!!

What are legumes?

Apart from nutritious AND delicious! They are:

- ✓ Dried or canned peas, beans and lentils.
- ✓ High in protein and fibre, and low in fat and cholesterol.
- ✓ Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- ✓ Cheap and very flexible in recipes.
- ✓ Good for freezing before and after cooking, and when made up into recipes.
- ✓ Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

Buying and storing legumes

- ✓ Legumes are quite hardy and will store for a year in well-sealed containers.

- ✓ Look for uniform size, strong colour and a plump smooth appearance.
- ✓ There are many varieties available in cans, which means they require only minimal preparation.

Mexican Enrollada

(Serves 6)

1 tbsp oil

1 med red capsicum, chopped

810 gr can crushed tomatoes

750 gr can red kidney beans, rinsed and drained.

1. Saute onion and capsicum in oil until soft

2. add taco mix and cook 1 minute

3. stir through tomatoes, beans and heat through

4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.

1 large onion, chopped

35 g packet salt reduced taco seasoning mix

1 packet pita bread, halved



Story-time



For Aboriginal & Torres Strait Islander families with children 0-5 years of age

Stories, songs & craft!!!

Where: The Goonellabah Library

Upcoming dates in 2015:

- Tuesday 28th April, 1.30-2.30pm - Storytelling & music with Mereki
- Tuesday 19th May, 1.30-2.30pm - Stories, songs & craft with Library staff
- Tuesday 9th June, 1.30-2.30pm - Stories, songs & craft with Naomi Moran

Transport available

For more information contact:

Zoe Dodd at the YWCA NSW Goonellabah

6625 5809 or 0425 366 979



An experiential 10 week program for men interested in exploring their experiences of Grief and Loss

Starts Wednesdays 22 April-2015, 6pm to 9pm

Venue: Men & Family Centre

1 Club Lane, Lismore

What is grief and loss?

How has it affected me?

Grief and loss can affect many areas of men's lives – including death of loved ones, the loss of family, loss of health, relationships, home, employment, and the loss of the closeness, support identity, or meaning, that can go with them.

How can I deal with it? What if I don't?

The group provides a safe and respectful environment for men to identify and explore the impact of loss and grief on their lives and to discover and share positive ways of rebuilding.

For further information and to confirm a place in the group call

David at the Men and Family Centre on 02 66 226116 from

Tuesday, Wednesday or Thursday, or simply leave a message on answering machine.

David Noakes

Front of House Manager

Events Coordinator

Tuesday & Wednesday 9-2, Thursday 9-1.

www.menandfamily.org.au

Listen Learn Understand
www.whatmencando.net

My Kids & Me

strengthening relationships with kids in care

Parenting Course

My Kids and Me is a 7 week course specifically designed for parents whose children are in Out of Home or Kinship Care. It is led by two trained and experienced facilitators. The course covers the following topics, How Did We Get Here, What's It Like For You, Looking After Yourself, Talking and Listening, The Legal System, What's It Like For Your Kids and Where To From Here.

Prior bookings are essential for this course.

Dates	Mondays, May 11 th – June 22 nd
Time	10 am – 1pm
Place	Killdare House
	NRSDC 16 Keen St, Lismore
Cost	Free
For more information or to register please call:	
Belinda Keech 6623 2750 or 0475 617 383	



The course is presented by:



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Lismore City Council
Annual Community Grants Scheme 2015
Opens Wednesday 9am, 22 April – Closes 4pm, 18 May

Information and electronic forms will be provided on Councils website

www.lismore.nsw.gov.au

Council will host an **Information Session**
10am – 12pm, Wednesday 22 April
Council Chambers, 43 Oliver Ave, Goonellabah

The Information Session will provide guidance on how to apply for funds and an opportunity to discuss your organisation's or project's eligibility. You are encouraged to attend if your organisation is considering applying for funds.

Go4Fun

FREE!

Free Healthy Lifestyle Program for kids 6.5 to 13 years

- ✓ Helps kids reach a healthy weight
- ✓ Fun games & exercise for kids
- ✓ Build self-esteem & motivation



CALL: 1800 780 900



Health
Northern NSW
Local Health District

**Register NOW for Term 2
GSAC - Goonellabah**