

# Tunable Creek Public School



Respect - Integrity - Participation

Tunable Creek Road The Channon

ph: 66886212

Wednesday 29th April, 2015



Hi everyone,

Thank you to ALL our students who participated in the Cross Country last Thursday at Corndale. Whilst not a pleasant weather day, I was pleased to see everyone participating in their events. Well done to Mia, who made it to Zone Cross Country. It will again be held at Corndale with hopefully a sunnier day.

This Thursday, our school is hosting the Principal's Teaching Day. We will be discussing many issues around the new school plans, school excellence framework and What works Best in our schools. Mr David Silcock Principal, School Leadership and High Performance Learning, High Performance and Accountability. He has just recently returned from Canada where he and our Directors went to look at the Canadian Education system.

NAPLAN is next week. Students in Year 3 have looked at, discussed and planned strategies for the tests next week using previous NAPLAN material. It is a challenging few days for all students, so it is important that they have a good nights sleep and a healthy breakfast. ( See attached sheet)

Friday 15<sup>th</sup> May is **FOOD REVOLUTION DAY** with Jamie Oliver. We started with the day last year and decided to join in again as it was so much fun. Please read and sign the permission form for your child to take part.

To all  
Mums on  
Sunday  
10<sup>th</sup> May



## Upcoming Events

**May 12**

NAPLAN

**May 13**

NAPLAN

**May 14**

NAPLAN

**May 15**

Food Revolution Day

**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

# Healthy Breakfasts Can **ENERGIZE** Your Child for Testing!

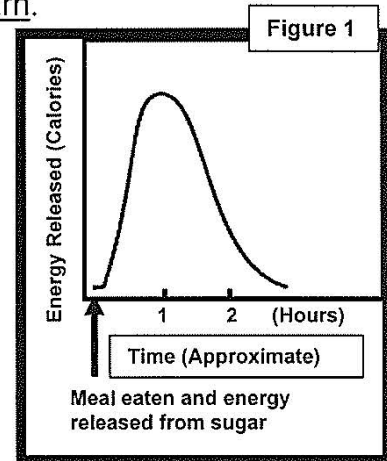
A **good night's sleep** and a **healthy breakfast** will help them do better on these tests and year-around! This is an excellent time to practice healthy breakfast habits and maybe even try a new breakfast recipe or two!

The kind of food eaten for breakfast makes a **big difference** in how long the meal will keep your child energetic, alert and ready to learn.

- A breakfast of sugar or starch (like a sugary breakfast cereal or a sweet doughnut) only lasts 1-2 hours. (See Figure 1)
- **With less energy** from a sugary breakfast (or no breakfast) children can become **sleepy, grumpy and unfocused** halfway through the morning.

Help your child do well at school—make sure they have a balanced breakfast **every day!**

- A **balanced** breakfast, consisting of **complex carbohydrates, protein and fat** gives energy and prevents a drop in blood sugar for several hours, until snack or lunch time.



- A meal which includes a **variety** of foods:
  - whole grains—whole wheat bread, brown rice, oatmeal
  - protein—eggs, lean meat, tofu, nuts, beans
  - fresh fruits and vegetables
  - low fat dairy—milk, yogurt, cheese

will provide the **most** benefits to a child, educationally, nutritionally, and physically.

- A balanced breakfast that keeps a child energized until lunch can be a quick and easy meal—at home, at school, or on the go.

## French Toast

Makes 4 servings

**3 eggs**

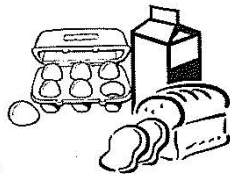
**1/2 cup** low fat milk

**1/8 teaspoon** salt

**8 slices** day-old bread

Spray or lightly grease large fry pan. Beat eggs, milk and salt together with a fork; pour mixture into a shallow bowl. Dip bread slices one at a time into egg mixture, turning to coat both sides. Place bread on hot fry pan. Cook until golden brown; turn and cook second side until golden brown. Serve hot with fresh fruit.

1 serving has 200 calories and 6 grams of fat.



## Yogurt with a Crunch

Makes 1 serving

**6 to 8 ounces** plain or flavored low fat yogurt

**1/4 to 1/2 cup** ready-to-eat breakfast cereal

**1/4 to 1/2 cup** sliced or chopped fruit (frozen, canned or fresh)

Place all ingredients in a bowl or large cup. Stir and eat with a spoon.

1 serving has about 300 calories and 3 grams of fat.

### Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

### Financial literacy

Does your child need help with business and economics? Here's info on credit cards, how to be responsible spenders and savers, and make consumer choices.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/business-and-economics/credit-cards>

### Application for opportunity class placement in Year 5 in 2016

If your child is seeking Year 5 opportunity class placement in 2016 you must submit the application online between

**Monday 27 April 2015 and 15 May 2015.**

The application website is at [www.schools.nsw.edu.au/ocplacement](http://www.schools.nsw.edu.au/ocplacement)

### Spellcheck

Is your child learning to spell? Struggling with the weekly spelling lists? Here are a few strategies that will help:

Find out more:

<http://www.schoolatoz.nsw.edu.au/zh/homework-and-study/english/english-tips/getting-your-child-used-to-writing>

### Homework planner

Kids and families run more smoothly when there's a plan - so print out our 2015 homework and study calendar, which includes key dates and school holidays.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>

### Help with ratios

Homework is full of tricky maths questions. Brush up on some of the maths terms your child uses in the classroom.

This glossary gives straightforward explanations and illustrated examples.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/maths/maths-a-to-z>



### Great reasons to be active for children and parents

- ✓ boosts confidence
- ✓ improves fitness
- ✓ makes bones and muscles stronger
- ✓ improves posture
- ✓ helps maintain a healthy weight
- ✓ lowers the risk of heart disease
- ✓ reduces stress
- ✓ improves sleep
- ✓ reduces the risk of cancer
- ✓ improves self confidence
- ✓ teaches you new skills
- ✓ develops better motor skills
- ✓ makes a person happier with their body





# Lismore NAIDOC Ball 2015

**SATURDAY 11TH JULY**  
LISMORE WORKERS CLUB | 6:00PM

Platinum Bar

Pre-event Canapés

Room 7/8

Main Event | 2-Course Meal  
Entertainment + DJ

FORMAL DRESS | 18+ EVENT

\$80 PER PERSON | TABLES OF 10 AVAILABLE

TICKETS AVAILABLE ONLINE | [WWW.TRYBOOKING.COM](http://WWW.TRYBOOKING.COM)

FOR FURTHER DETAILS PLEASE CONTACT NAOMI MORAN 0477 213 236

WE ALL STAND ON SACRED GROUND: LEARN, RESPECT & CELEBRATE



## SURVIVING ADOLESCENCE TOGETHER

Are you a parent or carer of a teenager?

Are you looking for some information or support in parenting your teenager?

Are you concerned about how your relationship with your teenager is changing?

### WHAT'S THIS COURSE ABOUT?

Surviving Adolescence Together is a parenting course that aims to support parents/ carers through one of the greatest transitions a family must face. This course is designed to help you understand and respond proactively to the challenges of adolescence, and to help strengthen your relationship with your teenager.

We all want teenagers to make it through adolescence safely and to develop into great adults. Yet, there are many factors that influence our teens for good and bad. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or carer.

Even though you may not feel it now, we believe the parent - teen relationship is key in helping families survive adolescence together.

### TOPICS COVERED

Through information sharing, exercises and group discussions we will explore:

- Adolescent development and changes in the brain
- How are relationships protective?
- The risks teens face and how it can all go wrong
- The struggles parents face in coping with all this
- Reflecting on parenting styles
- How parents and teens push each others buttons
- How to positively influence your teen and the roadblocks to this
- Practical strategies to reduce conflict, increase relationship connection and build your 'relationship bank account' to influence your teen and help them make wise choices.



### COURSE INFORMATION

COST: Free

DATES: Tuesdays 26th May, 2nd & 9th June

TIME: 10.30am to 1pm

ADDRESS: Byron Community Centre  
69 Janson Street, Byron Bay

(these are not separate seminars)

### CONTACT

Please call or email Steve  
9am-5pm Monday to Fridays

Bookings are essential

Steve - [reconnectballina@nrscd.org.au](mailto:reconnectballina@nrscd.org.au)  
w) 02 6686 4366  
m) 0429 190 210

### ABOUT US

Steve Marriott - family therapist/ social worker, works with youth and families through the 'Reconnect' and 'Getting it Together' programs of the Northern Rivers Social Development Council.



Byron Youth Theatre presents

## ALTERED STATES



Sunday 24th May

Performance 6-7 pm - Q&A after

DRILL HALL Mullumbimby

Entry \$10 (under 18 free)



## The Power of Compassion

A low-cost community workshop, part of the Compassionate Lismore project

To book and for further information go to  
[www.cbtraining.com.au](http://www.cbtraining.com.au)

### The Power of Compassion: How to manage Stress by Cultivating your Compassionate Mind

with  
**Prof. Paul Gilbert and**  
**A/Prof. James Bennett-Levy**

1 Day Workshop: Lismore Workers Club  
June 19th, 9.30-4.30

Cost: \$90 - or concession \$60

This workshop is likely to fill soon - so be quick!

Paul Gilbert  
(UK)



Paul is Professor at the University of Derby (UK). He is the founder of Compassion Focused Therapy, and author of *Compassionate Mind* (2009), *Compassion Focused Therapy* (2010) and *Mindful Compassion* (2013).

James  
Bennett-Levy



James is Associate Professor at the University Centre for Rural Health, Lismore. He has co-written 4 psychology books and is one of the prime movers of the *Compassionate Lismore* project.

### Why come to this workshop?

Do you find yourself frequently stressed at work or at home? Do you often pick up on your faults and criticize yourself harshly? Do you tend to notice your family's or colleagues' faults, and be unnecessarily critical about them? Does the home or work atmosphere sometimes turn sour? For many of us, hostile self-criticism - or criticism of others - is a way of life.

This one-day workshop is for people interested in finding a different path for their relationships with themselves and others. It is led by the founder of Compassion-Focused Therapy (CFT), Professor Paul Gilbert from the University of Derby (UK) and A/Prof. James Bennett-Levy from the University of Sydney's University Centre for Rural Health in Lismore.

Researchers have found that by deliberately cultivating self-compassion, we can reduce stress at home and work, and silence unhelpful self-criticism and shame. Compassion-focused practice enables us to develop greater well-being and more effective home and work lives. Paul and James will introduce us to self- and other-compassion skills and provide opportunities to practice different ways of cultivating compassion to improve well-being.

