

Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

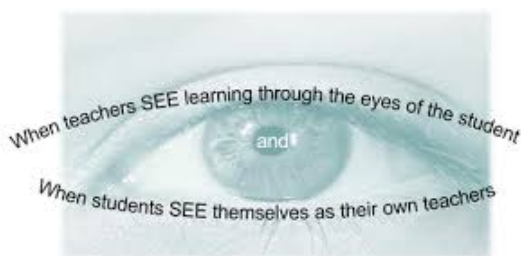
ph: 66886212

Tuesday 19th May, 2015



Hi everyone,

Miss Jodie and I spent Sunday and yesterday at a course on visible learning building the capacity of learners to learn. Visible Learning^{plus} is a professional development program for teachers that explores how evidence can be used to create innovation in the learning environment. Our work is focused on John Hattie's research and the principles of Visible Learning and visible teaching. This outstanding research involved millions of students and represents the largest ever evidence-based research into what actually works best in schools to improve learning.



Over the next few months we will be looking at the evidence we have at our school on what does make the greatest impact on our students' learning and where we need to grow to ensure we continue to do so.

Food Revolution Day

If you had been walking past our school on Friday during the creating of our special sandwiches, you would have thought we were doing building reconstruction. The noise from the kitchen as the children had to Squash/mash/break the veges.... was incredible to say the least.

Thank you to Adam (Reuben's dad) who was our guest chef for the event for helping with the cooking.

At the end of the creating, there were definitely lots of 'yums' and 'wows' about the taste.

Last week we included a photo of a butterfly in our newsletter and I forgot to put in the information to go with it! The gorgeous little butterfly played around while we were gardening and yes, even sat on Miss Jodie's nose! We were unsure what type it was so an email to the Sydney museum provided us with the information.

Our little butterfly is a small green-banded blue, officially known as *Psychonotis caelius*.

Upcoming Events

May 21

Waterwise Challenge

May 29

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

June 8

Public Holiday – Queen's
Birthday

June 18

Matinee performance
Aladdin (Rivers P-12)
Lismore City Hall 10-11am

June 26

Last Day Term 2

"Everyone faces challenges in life. It's a matter of how you learn to overcome them and use them to your advantage."

Celestine Chua

happytoinspire

The Caterpillar is pale green and hairy, with a pale edged dark dorsal band. It lives on the underside of a leaf of its food plant, which can be :

- Red Ash (*Alphitonia excelsa*, *RHAMNACEAE*), or
- Pink Ash (*Alphitonia petriei*, *RHAMNACEAE*).

(Photos-courtesy of **Bob Miller and Ian Hill, Don McNicol**)



The Rivers P-12 learning Community

Alison Bath



Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development.

An ideal environment allows for developing and testing skills in safe, creative play. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);

- Learn how to use equipment safely and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking

Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think as risk being divided into two components:

A CHALLENGE: something obvious to the child where he/she can determine their ability and decide whether to take that risk

A HAZARD: something unseen or not obvious to the child that often results in injury!

Both are Risks

Managing risk and challenge

Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including:
- The likelihood of coming to harm;
- The severity of that harm; and
- The benefits, rewards or outcomes of the activity.
- Observing the children and identifying those who need greater challenge or specific support
- Establishing and displaying expectations for behaviour
- Actively encourage children to assess risks and possible consequences
- Establish a systematic maintenance program

Benefits of Risk Taking

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure
- Development of self-confidence and well-being
- Engagement with the natural environment and natural elements
- Learning through experience
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.

From: <http://www.kidsafensw.org/playground-safety/challenging-play-risky/>



Education & Communities

Public Schools NSW

Food Allergy Week 17-23 May

Did you know that 1 in 10 babies born in Australia will develop a food allergy? The Food Allergy Week website has lots of great information, ideas and resources to help you be more allergy aware. Find out more: <http://www.foodallergyaware.com.au>

Is your child making friends at school?

Kids who get on at school tend to be more engaged in learning. Here are some ideas on how to help your child with social skills: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>

Mastering spelling

Are you checking your child's weekly spelling homework? Try talking to your child about how you spell, and what you do when you don't know how to spell a word. Here's some advice about how to help your child master spelling.

Find out more: www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/getting-your-child-used-to-writing

Year 10 subject selection

In Year 10 students are asked to select subjects for Years 11 and 12. Here are some tips to help your teen choose well.

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

Choosing a mobile phone

What should you consider when choosing a mobile phone for your child? Here are some ideas to help you through the process:

<http://www.schoolatoz.nsw.edu.au/en/technology/using-technology/choosing-a-mobile-phone>



Nimbin Aged Care & Respite Services
A social support service for all elders, for people with disability and for all carers in our local communities



Social Groups & Bus Outings
May-June-July 2015

Nimbin Social Centre at Bottlebrush Studio
81 Cullen Street (rainbow painted building)
Social for Seniors groups every Tues & Weds 9.30am-1.30pm
Drop-in Mon-Fri 10am-2pm—pop in for a cuppa, a chat, free internet

BUS OUTINGS	THE CHANNON SOCIAL GROUP	KONORIGAN SOCIAL GROUP
 Tues 9th June Picnic Morning Tea: Grams Farm Lake Lunch: Austral Café M'bah	Thurs 21st May 11.30am-3.00pm Lunch at The Channon Pub Thurs 18th June 11.30am-3.00pm Nimbin Garden Party Thurs 23rd July 11.30am-3.00pm The Channon Pub	Mon 25th May 11.30am-3.00pm Bring a Plate Lunch Mon 22nd June 11.30am-3.00pm Bring a Plate Lunch <div style="text-align: center;">  Christmas in July! Mon 27th July 11.30am-3.00pm </div>



Home visits:
For carers and cared for—would you like a home visit? Call us to discuss this option

Tel: 6689 1709





ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A Four-session program for parents and carers
at **Ballina Youth Service**
32 Swift St

Starts **Wednesday the 27th of May, 2015, at 6:00pm**

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration required

Course is Free

Register for this course by contacting **Steve Bowden** on **66 815 511**

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had

had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Steven Bowden, youth case manager, who has successfully completed Parentshop's Engaging Adolescents training.

For more information contact Steve on 66 815 511 or 0447 181 208
steven.bowden@bdcsa.org

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective
-

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au