

Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Wednesday 20th July 2016



Hi everyone,

A great start to Term 3 when I opened our ICAS Computer results today. (This test was completed last Term for those students in Years 3- 6.) Congratulations to Hailey and Kira who both received a Merit Award and to Gypsy, who receives a Credit Award. All other students receive a Participation Award.

Term 3, as always will be a busy one. Notes went home yesterday regarding the Performing Arts Festival which is on during the week beginning 22nd August. It would be appreciated if you could please return this note to the school office by Friday 22nd July.

Before then, will be participating in the Small Schools Sports Day at Dunoon- 4th August and Athletics – at Riverview Park, on the 12th August.

This Term we are participating in The Premiers Sporting Challenge. Students have their own form to complete and mark off the amount of sport/PE they do every day. This is marked off in 20 minute time slots. Students can earn a bronze, silver or gold certificate depending on the amount of time they have done.

Our school was also successful in receiving a Sporting Grant for this Term, which will pay for Gymnastics coaching and equipment. We are also allowed to apply for further funding next Term for future sporting activities. This grant is funded by the Australian Sports Commission as part of increasing sport in schools. Gymnastics will begin next Thursday.

It will certainly have a sporting time this Term.

Mrs Bath

Upcoming Events

July 22

Pie Orders to be returned to school

August 1

EDUCATION WEEK

August 3

P & C MEETING 2.30pm Art room

August 4

Dunoon PSSA Field Events – Dunoon PS

August 12

Dunoon PSSA Tract Events – Riverview Park Lismore

August 14

Charity of The Day – The Channon Markets (Market stall)

August 22

Lismore Performing Arts Festival Week

August 30

LPAF – PJ Party

September 2

TEAMS DAY – The Channon Oval

Gymnastics Lessons

10 Week Program

Commencing 28th July 2016

Melisa Marsh

Students from Tuntable Creek Public School will be participating in Gymnastic Lessons with Melisa Marsh, qualified gymnastic instructor. These lessons will be conducted on school grounds in normal school times.

The cost of these lessons will be covered by the Sporting Grant received from the Australia Government. The school will also be purchasing more equipment to support this program into the future.

GYMNASTICS LESSONS

Commencing 28 July continuing for 10 weeks (Term 3 2016)

I give permission for my son/daughter _____ of Tuntable Creek Public School to participate in Gymnastic Lessons with qualified instructor, Melisa Marsh, for a period of 10 weeks commencing on Thursday 28 July 2016.

Signed: _____ Date: _____

Name: _____



Key Word Sign NSW

Key Word Sign Presenters

- Jessica Rixon - Speech Pathologist
- Mary Maguire - Speech Pathologist

Key Word Sign Basic Workshop

20th August 2016 9.00am to 4:00pm

at

**Summerland Early Childhood Intervention
Rifle Range Road Lismore**

Cost: **\$55**

Come along and learn how to use Key Word Sign, natural gesture and other strategies to support communication with your children.

Tea/coffee and morning and afternoon tea will be provided

Please BYO lunch

Places are limited - please register your attendance by 15/8/16.

For more information and enquiries for future workshop dates contact

Mary Maguire 02 66 216 421 marymspeechie@gmail.com

Jessica Rixon 0404 136 209 jess.rixon@v7mail.com

Each participant will receive a Basic Workshop Certificate from Key Word Sign NSW



Teachers can count attendance at a Key Word Sign Basic Workshop towards MAINTAINING their accreditation at the level of PROFICIENT TEACHER.

Media Release

The Hon **Thomas George MP**

Deputy Speaker | Member for Lismore

THE NATIONALS
for Regional NSW

19 July 2016

SEARCH FOR CHILDREN IN LISMORE WHO FOLLOW IN FRED HOLLOWS' FOOTSTEPS

Nominations have opened for the second Fred Hollows Humanity Award in New South Wales and Member for Lismore, Thomas George is encouraging locals to get involved.

Professor Fred Hollows dedicated his life to helping others, saving the sight of disadvantaged people around the world.

The Fred Hollows Foundation is keeping Fred's vision alive through an award which recognises Year 6 students who follow in Fred's footsteps by showing care and compassion for others.

"There is no act of kindness too small. Whether it is volunteering, fundraising for a good cause or helping others, children in the Lismore electorate are making a positive difference in our community. This award is a great opportunity for their work to be recognised," said Mr George.

The award launched in NSW to great success last year and recognised the positive contributions of 97 students from 77 primary schools across the state.

Award recipients included a boy who volunteered at a nursing home, and a student who showed compassion by helping to look after her seven siblings at home.

Ryde East Public School student Keats Mackay was named the first Fred Hollows NSW Junior Ambassador and chose to support The Foundation's work in Bangladesh.

The Foundation's Founding Director Gabi Hollows said: "Fred used to say that the basic attribute of mankind was our ability to look after each other. The Fred Hollows Humanity Award will recognise students in NSW who have reflected this value in their own lives."

All nominees will be recognised at a presentation ceremony where the 2016 NSW Junior Ambassador will be announced. This Ambassador will be able to extend their humanity by allocating \$5000 donated by Specsavers to one of The Fred Hollows Foundation's programs to end avoidable blindness.

"I urge parents, teachers and other community members to nominate Year 6 students in the area and showcase the community spirit of the Lismore electorate," said Mr George.

To learn more about the award, or to nominate a young person, visit www.hollows.org/humanityaward before August 21.

Contact: Bronwyn Mitchell | Thomas George MP | 0427 213091

lismore@parliament.nsw.gov.au www.thomasgeorge.com.au
55 Carrington Street (PO Box 52), Lismore NSW 2480
ph 02 6621 3624 / 1800 369166 fax 02 6622 1403



Mid North Coast Concussion in Sport Education Workshop Series

Sports Medicine Australia in conjunction with Office of Sport NSW and Headsafe, are providing those on the Mid North Coast with a fantastic opportunity to gain a greater understanding of concussion in sport and the principles of management following injury.

These are free of charge and open to all in the community, with programs being held throughout September at the following locations:

Port Macquarie 13th Grafton 19th
Kempsey 14th Ballina 20th
Coffs Harbour 15th Tweed Heads 21st

To register for the community workshops please visit http://north_coast_headsafe_sma_nswsport.eventbrite.com.au/

Headsafe will also be conducting Level 1 Headsafe courses at Coffs Harbour on Friday September 16 and in Tweed Heads on Thursday September 22nd.

To register for these events please visit headsafe.com.au/events/

For any queries regarding either of these programs please contact the SMA Education team in NSW on (02) 8736 1200 or nsw.admin@sma.org.au



FREE

Parenting by Connection

This is a free six-week program that gives parents the tools they need to strengthen their relationships with their children.

It will assist parents to:

- meet other parents
- learn ways to help manage emotions such as anger/frustration
- strengthen relationships with their children, creating a longer lasting bond
- gain new ideas on managing their children's tricky behaviour
- increase play and fun activities with their children
- reduce stress from parenting

**Fridays, 10:00am – 1:00pm
12 August – 16 September 2016**

**Venue: Interrelate
5 Market st
Lismore**

**Bookings Essential – Phone Belinda Keech
02 6623 2750
0475 817 383
Belinda.keech@interrelate.org.au**

Sponsored by the YWCA Communities for Children Project.



HOST AN EXCHANGE STUDENT

February 2017



Who?

Welcoming Australian families from all walks of life. Host families come in all shapes and sizes; some have kids, some live on farms, some have horses for pets, some love rollerblading!

What?

Volunteer student hosting! As a not-for-profit WEP Australia cannot offer remuneration for hosting but we do offer 24/7 support. All students have their own money to cover costs outside your family's usual outlay.

When?

We have wonderful students arriving in Australia in February 2017. Some will be here for eight weeks, some for a semester and some for a year!

Where?

Students come from many countries in Europe, some Latin American countries and Thailand. They will be placed with host families in Queensland, New South Wales and Victoria.

Why?

Hosting is an amazing opportunity to open your heart and home to the world! You'll get to rediscover your own backyard, travel from the comfort of your own armchair and enrich your family dynamic!

How?

Contact us for a free information pack!

Contact us!

For more information or for a free info pack!

W: wep.org.au/host

E: info@wep.org.au

P: 1300 884 733

FREE

Circle of Security Parenting

Parents of young children (0-7 years) are invited to join our free six-week program that will help you:

- learn how to recognise your child's needs and better understand their behaviour
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your children

The program increases awareness of children's needs and develops an understanding of how our responses can meet those needs.

Tuesdays, 10.00 – 1.00pm
23 August – 27 September 2016

Venue: Interrelate
Market Street, Lismore

Bookings Essential – Phone 6623 2750
or 0475 817 383
belinda.keech@interrelate.org.au

Note: As per Seasons for Growth, this is another organisation's recognised program.

The Circle of Security is an internationally recognised parenting program, designed to strengthen and build secure parent-child attachment. Decades of university-based research has confirmed that secure children show increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness and an increased capacity to cope with challenging situations.



recently separated?
worried how this may impact
your kids? fighting with the other parent?
want to find better ways to support your kids during this difficult time?

I relate.

Interrelate can help with our unique six-week Parents not Partners program to give you knowledge, tips and strategies to be the parent you most want to be, through the challenging time of separation.

Wednesdays, 10am – 1pm
10th August – 14th September

Cost: \$150 – \$25 per session
\$90 = \$15 per session (Concession)
Payment Plans available
Payment required to secure your place
Venue: Interrelate Lismore
5 Market St, Lismore NSW 2480

Bookings contact:
66232750 or Lismore@interrelate.org.au



Why you should always serve unhealthy snacks in a small bowl.

It is often said that gaining weight is a simple matter of energy intake being greater than energy we use up. While this notion is certainly correct, it does not account for all the factors that drive one to eat more calories than we need.

Take for example the size of a bowl from which you eat your snacks.

Could this simple factor play a role in the number of calories you may eat?

Back in 2005, Wansink and Cheney performed a wonderfully simple study and found that when snacks are offered in a large bowl, people take 53% more food (146 extra calories) and eat 56% (142 calories) more than when offered the same amount of food but in a smaller bowl (roughly half the size of large bowl).

Take home message? If you have friends coming over for a party, or you're making snacks for yourself or your family, try the following: place the healthy snacks in large bowls and the unhealthy ones in small bowls. Theoretically, people should eat more of the healthy snacks and less of the unhealthy ones.