

# Tunable Creek Public School



Respect - Integrity - Participation

Tunable Creek Road The Channon

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Tuesday 26 July 2016



Hi everyone,

This Friday, Miss Jodie and I will be attending a special symposium in Lismore with many other principals and teachers on what is making a positive impact in schools and what evidence demonstrates this. The aim of the symposium is to bring together school academics from Canada and N.S.W. who are committed to school improvement. It should be a very interesting day.

This Term, I would like to meet with all parents regarding their child's report and their learning. This will be a three-way conference whereby students can show their learning, what they have achieved and their goals. With many changes in the curriculum it is important for parents to understand the learning progress of their children and how to effectively support them to learn. It is also valuable for our students to explain their learning and demonstrate their achievements.

I will send out a sheet next week for parents to fill out preferential times and dates to meet.

Look out later this week for a note regarding the Athletics Day at Dunoon on the Thursday 4<sup>th</sup> of August. I'm just awaiting the final organisation letter on times before I send out the note.

Last Friday, we made celery soup and sweet potato pudding. The students LOVED the soup, requesting the recipe, so I have included it in the newsletter.

Mrs Bath

"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." - Steve Young

## Upcoming Events

### August 1

EDUCATION WEEK

### August 3

P & C MEETING 2.30pm Art room

### August 4

Dunoon PSSA Athletics – Field (Dunoon PS)

### August 12

Dunoon PSSA Athletics – Track (Riverview Park)

### August 14

CHARITY OF THE DAY – The Channon Markets (Market stall)

### August 22

Lismore Performing Arts Festival Week (Day Rehearsal/Performance Night TBA)

### August 30

Lismore Performing Arts PJ Party

### September 2

TEAMS DAY – The Channon Oval

## Celery soup with crisp pancetta ( from Taste.com.au)

### Ingredients

### Nutrition

- ☐ 2 tbsp Coles Brand Pure Olive Oil
- ☐ 1 brown onion, chopped
- ☐ 1 bunch celery, thinly sliced
- ☐ 300g red washed potatoes, chopped
- ☐ 3 cups salt-reduced vegetable stock
- ☐ 100g pancetta
- ☐ 2 tbsp fresh mint leaves, plus extra to serve
- ☐ Select all ingredients

### Method

#### Step 1

Heat 1 1/2 tbsp oil in a large saucepan over medium heat. Cook onion and celery for 10 mins or until softened. Add potato and stock. Bring to the boil. Reduce heat, cover and simmer for 20 mins or until tender. Set aside for 5 mins to cool.

#### Step 2

Meanwhile, heat remaining oil in a large frying pan over medium heat. Cook the pancetta for 2-3 mins each side or until crisp. Transfer to a plate lined with paper towel. Break into shards.

#### Step 3

Add the mint to the soup. Use a hand blender to blend until smooth. Season. Ladle among bowls and sprinkle with pancetta and extra mint.

**NOTE: In our cooking, we didn't use pancetta and also replaced the vegetable stock with chicken stock.**



## Take the time for time with your children.

It may not always feel like it, but your child's favourite person is you! Lots of parents have very full days, but time with your child is very valuable. Children who spend time with their parents behave better and feel better about themselves. They have lots of imagination and love games. So get out and have some fun together! It will help your child be the best they can be.

- Find time where you can. Even 5 minutes a day talking face to face makes a difference.
- Turn off distractions like the phone or TV. Let your child know that they are important.
- Respond to your child's interests - if they are an active child: play outside; if they like to draw, sit at a table and be creative together.
- Make most of your time together relaxing and fun, only occasionally use it to discipline or to bring up unpleasant topics.
- Find activities you both enjoy. Sharing fun times creates lasting memories.
- Don't be discouraged if your child doesn't respond right away; try different activities until you find one you both enjoy.

## PACER (Parliament and Civics Education Rebate)

Students from our school have recently undertaken an education tour of the national capital, Canberra. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance for all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$60 per student under the Parliament and Civics Education Rebate (PACER) program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

# Dunoon PSSA Athletics (Track)

## Riverview Park

Friday 12<sup>th</sup> August 2016



I give permission for my son/ daughter \_\_\_\_\_ of Tuntable Creek Public School to participate in the Dunoon PSSA Athletics Track at Riverview Park, South Lismore on Friday 12<sup>th</sup> August 2016.

My child will travel to the event with

- ☐ Parent/carers  
☐ I need assistance

My child will be collected from Riverview Park by

- ☐ Parent/Carer  
☐ I need assistance

I understand that students are required to be in full (purple) school uniform

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Sign / Date

# Dunoon PSSA Athletics (Field)

## Dunoon Public School

Thursday 4<sup>th</sup> August 2016



I give permission for my son/ daughter \_\_\_\_\_ of Tuntable Creek Public School to participate in the Dunoon PSSA Athletics Field Events at Dunoon Public School on Thursday 4<sup>th</sup> August 2016.

My child will travel to the event with

- ☐ Parent/carers  
☐ I need assistance

My child will be collected from Dunoon Public School by

- ☐ Parent/Carer  
☐ I need assistance

I understand that students are required to be in full (purple) school uniform

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Sign / Date