

# Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

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Tuesday August 1<sup>st</sup> 2016



Hi everyone,

At this stage, the Dunoon PSSA Field Events to be held at Dunoon Public School tomorrow have been postponed to Monday 8<sup>th</sup> August. Please note the attached menu options for Monday. Students will need to wear their uniforms and suitable shoes. We will take the school hats with us.

As I mentioned last week, this Term, I would like to meet with all parents regarding their child's report and their learning. It is not meant to be a formal meeting but a three-way conference whereby students can show their learning, what they have achieved and their goals. I have attached a sheet for you to fill in regarding days and times in order of preference. I will confirm the meeting via a note home with your child/children.

While I was away on Friday at the North Coast Symposium on school improvement, the students were busy organising their own version of the Olympic Games with Mrs Lord. They will be competing in their chosen sports on the 16<sup>th</sup>/17<sup>th</sup> of August.

Today I sent home two sheets that require students to find out about their own heritage. We are looking at Family and Community this Term. Could you please help your child with this and return by next week. ( yes- homework for parents!)

Lollies at School.

In the last week I have noticed that students are bringing lollies to school and eating them before school time. I have spoken to the students about not bringing lollies; however, I would appreciate it if parents could also take the time to chat with them as well.

A huge thank you to Yeleena for sending in a tray of seedlings for our garden. Students enjoy looking after the garden and get extremely excited when they can see the results of their efforts.

## Upcoming Events

**August 1**

EDUCATION WEEK

**August 8**

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 23**

Lismore Performing Arts Performance

**August 30**

Lismore Performing Arts PJ Party

If my dreams can happen to me, your dreams can happen to you. Champions are not made on the track or field; champions are made by the things you accomplish and the way you use your abilities in everyday life situations.

– Bob Beamon

(World record holder for long jump from 1968 to 1991)

POSITIVEMOTIVATION.NET

Week Of Tastes August 1<sup>st</sup> to August 10th

**Seeing, Smelling, Hearing, Feeling and Talking TASTE** - that is what Week of Tastes is about! The *Week of Tastes* is a program that culminates in an annual event, designed to change childrens relationship with food

The *Week of Tastes* allows children:

- to understand how they use their five senses to appreciate food
- enrich their food vocabulary
- develop curiosity and a positive attitude towards new foods
- discover the diverse world of flavours
- and learn the link between good food choice and good health.

We will be participating in this again this week- lots of fun!

Mrs Bath

**Field Athletics Carnival – Monday 8th August @ Dunoon Public School**

Sausage Sizzle	\$2.50	Coffee/Tea	\$2.50
Hot pies	\$4.00	Poppers	\$1.50
Sausage Rolls	\$3.00	Water	\$1.50
Spinach Triangles	\$4.00		
Packet of chips	\$2.00		
Home baking (various)	\$1.00 -\$3.00		



**Sleep is Essential**

"Sleep is essential for a healthy life, and it is important to promote healthy sleep habits in early childhood," says Dr. Paruthi, of the American Academy of Sleep Medicine. "It is especially important as children reach adolescence to continue to ensure that teens are able to get sufficient sleep."

How much do you need?

- Infants between 4 and 12 months - 12 to 16 hours of sleep including naps.
- Children 1 and 2 years - 11 to 14 hours
- Children 3 and 5 years old - 10 to 13 hours.
- 6 to 12 years old- 9 to 12 hours
- Teenagers to 18 need 8 to 10 hours
- Adults, - 7 to 9 hours of sleep each day

Getting the right amount of shuteye is critical to kids’ developing brains and bodies. The consensus from the panel was that if children clock in enough hours of sleep on a regular basis, it will lead to a host of improvements, plus better overall mental and physical health. On the flipside, the researchers found that sleeping fewer than the recommended hours directly affected a child’s behaviour and increased their risk of a number of potentially harmful and life-long health problems.

Putting aside enough sleep for a child is one of the best ways parents can lay a foundation of healthy habits that children can take with them into adulthood. With more than one third of the adult population sleep deprived, sleep becomes paramount for children to avoid the consequences that come with a lifetime of sleep problems.