

Yesterday we went to Dorroughby Environmental Educational Centre – a great place for our home away from home due to the power outage.

Our theme for the day was Insects. We watched a power point on insects; watched 2 video clips –one on spiny leaf insects and the other on decomposing with insects. Both very interesting and informative. Then we met Lily. She is absolutely gorgeous!

We investigated insects outside with magnifying cubes and did a leaf shake onto a sheet . We discovered many mosquitos and spiders(which are not insects).

Students viewed insect bits under microscopes. They then designed their own insects using the correct structure and named their insect which they shared to the class.

During lunch time, we discovered a Birdwing Butterfly in the garden! We also watched the native bees moving in and out of the nest carrying their pouches of pollen.

After lunch, students made a little video clip on the Ipads using clay designed insects.

It was a great day of discovery.

Here's a quiz for you on Spiny Leaf Insects- answers on the next page (NO PEEKING)

1. What are spiny leaf and stick insects?
2. What happens if you feed them rose bush or eucalyptus leaves?
3. Can they fly?
4. What does parthenogenesis mean?
5. How long do they live?
6. How long do eggs take to hatch?
7. Who looks after the eggs?
8. What is a baby spiny leaf called?

'The Essential 55' is a book by Ron Clark, an American teacher, who decided to make a difference to all students by giving them a collection of effective rules covering all aspects of life.

There are many rules that I have shared with the students over the past week from the text that seem so simple and yet, make so much sense when presented in this format. My favourite is the opening statement:

I've added these in for you to have a look at and see what you think of the rules.

Upcoming Events

September 22

Lismore Cup Day – half day holiday

September 23

LAST DAY OF TERM 3

October 10

FIRST DAY OF TERM 4

SCHOOL SWIMMING SCHEME
COMMENCES (1 week only)

October 12

P & C Meeting 2.30pm Art Room

We are a Family

- We are a family. We will treat each other with respect and kindness. These rules are guidelines for how to do so. They are not the only rules we will follow, they are the core.
- We ARE a family, a family only works if everyone does their part.



Next Monday, students in Years 2-6 will be watching Fantastic Mr Fox. Year 2 to 4 recently finished studying the book and we will look at the difference in the movie presentation, discuss the characters and how they are portrayed. This movie is rated PG and needs parent permission to view. Could you please fill out the form and return before Monday.

regards

Mrs Bath

.....
Fantastic Mr Fox - Years 2-6

I give permission for my child/ren _____

to watch the movie 'Fantastic Mr Fox' as part of the Literacy program on Monday, 19th September.

Signed _____ Date: _____

_____.

Answers: 1. phasmids 2. Eat rose leaves-they turn bright green. Eat eucalyptus leaves- they turn a shade of brown. 3. Only the males fly. 4. Parthenogenesis- female insects can lay eggs without the help of a male and means that all the phasmids will be born female. 5. Females live to about 18 months, males to only 6-8 months. 6. Eggs take up to 2 years to hatch. 7. Eggs have a knob which attracts ants. The ants carry the eggs to their nest, eat the knob and leave the egg to hatch. 8. nymph



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.

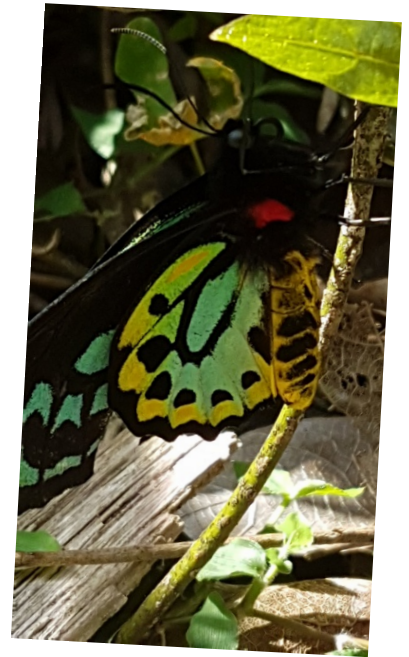
Could this simple factor play a role in the number of calories you may eat?

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.



Dorroughby Environmental Education Centre



FAMILY COME AND TRY DAY

Your Local Golf Club

FREE GOLF

SUNDAY OCTOBER 9TH 2016

9am - 12 noon

- Fun Day for all the family
- Games and activities for the kids
- Prizes and trophies
- Basic swing instruction
- All equipment provided
- All ages and skill levels welcome

Register online at www.golfmonth.com.au

Simply key in your POSTCODE and find out what's happening at your local Golf Club

Or simply contact your local Golf Club

Come & Try Fun Day
Softball & Teeball
Girls & Boys
SUNDAY 25th September – 10am – 12pm
Albert Park Softball Complex
Keen Street, Lismore, NSW

All Welcome
Fun & games for all
Sausage sizzle
Giveaways & prizes

0419 141 501
FarNorthCoastSoftball@outlook.com
[Facebook.com/FarNorthCoastSoftballAssociation](https://www.facebook.com/FarNorthCoastSoftballAssociation)

Sept-Oct School holiday tennis, multisport camps.

The Channon.



A fantastic tennis camp experience for kids of all standards. Try tennis for the first time, or improve your game while having heaps of holiday fun with school buddies and new friends.

- **Tennis Australia's ANZ Hot Shots Development Program.** Children will be put into groups depending on their age and tennis ability using the Hot Shots grading system (Blue 3-4 yrs, Red 5-8 yrs, Orange 8-10 yrs, Green 9+)



- Camp consists of a mixture of cross training using other sports for tennis related activities (cricket, soccer, t-ball) helping children to further develop their hand-eye co-ordination. Tennis is still the main focus.
- **Dates:** Oct 4, 5, 6. **Ages:** 4-13 yrs.
- **Times:** Camp 1: 9 -12 noon. **Camp 2:** 1-4pm.
- Prizes and competitions.
- \$40 per week, \$15 per day.
- Limited numbers-bookings essential.
- Conducted by Chris Herden- Tennis Australia Club Professional. USA college player, Former NSW ranked junior, 25 years international- Australian coaching and playing experience.

Enquiries and bookings: 4992 1753 0400 331 553 cherden2@myune.edu.au



Education

SCHOOL SWIMMING and WATER SAFETY PROGRAM

Message to Parents / Caregivers

Arrangements have been made to include a learn to swim program in our school curriculum.

The Department of Education and Communities School Swimming and Water Safety Program is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival. The Program is conducted over ten days. Each daily lesson is 45 minutes. Students will have two lessons each day for a period of one week.

All students from Tuntable Creek Public School, including those who have not reached a satisfactory standard of water safety and survival skills, and are unable to swim 25m confidently unaided in deep water, are eligible to participate in the School Swimming and Water Safety Program. The Program focuses on weak swimmers in Year K to 6 as well as students with special needs such as new arrivals in Australia and students with disabilities.

Instruction will take place at Lismore Memorial Baths.

The Program will continue **daily for one week** from Monday 10 October 2016 to Friday 14 October 2016. There will be no charge for instruction.

Transport will cost \$ 10.00 student/day; \$15.00 family (2 or more)/day. **Pool entry** will cost \$3.00 day/student.

The **total cost** for the 5 day scheme is one child: \$ 65.00 family: 2 kids \$ 105.00 family: 3 kids \$ 120.00

Each child should bring a; swimming costume, towel, blouse/shirt, hat and warm clothing on a cool day. Where instruction takes place in an outdoor pool, it is recommended that students use adequate sun protection, eg. an SPF 30+ broad spectrum, water-resistant sun screen reapplied regularly a rash shirt is also recommended (pool facility permitting).

Students will be assessed during the School Swimming and Water Safety Program for all water safety skills without wearing goggles.

Principal: *Alison Bath*

Date: *14th September 2016*

Return this section to the school by: FRIDAY 23RD SEPTEMBER 2016

SCHOOL SWIMMING AND WATER SAFETY PROGRAM CONSENT FORM

I hereby consent to the attendance of my son/daughter _____ of Tuntable Creek Public School at the School Swimming and Water Safety Program classes to be held at Lismore Memorial Baths from Monday 10th October to Friday 14th October 2016.

Travel will be by bus. **Total cost for 5 day program is \$**

In the event of injury or illness, I also authorise (on my behalf) the seeking of such medical assistance that my child may require. Special needs of my child of which you should be aware (eg. allergies, sensory impairment, etc):

Signed: _____

Date _____

TO BE RETAINED AT THE SCHOOL

Privacy Notice

The personal information provided on this permission note, will be used by the Department of Education and Communities for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely. Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper, on Television or on the School Sport Unit Website

These are the rules we will use in our classroom and throughout the school. (They were created by Ron Clark.)

Rule 1: Yes Mrs/Mr, No Mr/Mrs

When responding to any adult, you must answer by saying "Yes ____" or No, ____." Just nodding your head or saying any other form of yes or no is not acceptable.

Rule 2: Make Eye Contact

Make eye contact. When someone is speaking, keep your eyes on him or her at all times. If someone makes a comment, turn and face that person.

Rule 3: Good Sportsmanship

If someone in the class wins a game or does something well, we will congratulate that person.

Rule 4: Discussion Rules

During discussion, respect other student's comments, opinions, and ideas. When possible, make statements like, "I agree with Mitchell, and I also feel that..." Or "I disagree with Natasha. She made a good point, but I feel that..." or "I think Steven made an excellent observation, and it made me realize..."

Rule 5: Do Not Brag

If you win or do well at something, do not brag. If you lose, do not show anger. Instead, say something like, "I really enjoyed the competition, and I look forward to playing you again," or "Good game," or don't say anything at all. To show anger or sarcasm, such as "I wasn't playing hard anyway. You really aren't that good," shows weakness.

Rule 6: Conversation

When asked a question in conversation, you should ask a question in return. If someone asks, "Did you have a nice weekend?" you should answer the question and then ask a question in return.

Rule 7: Coughing, Sneezing & Burping

When you cough, sneeze or burp, it is appropriate to turn your head away from others and cover your mouths with the full part of your hand (or arm). Using a fist is not acceptable. Afterwards, you should say, "Excuse me."

Rule 8: Smacking Your Lips

Do not smack your lips, tsk, roll your eyes, or show disrespect with gestures.

Rule 9: Say Thank You

Always say thank you when given something.

Rule 10: Receiving a gift

When you are given something from someone, never insult that person by making negative comments about the gift or by insinuating that it wasn't appreciated.

Rule 11: Random Acts of Kindness

Surprise others by performing random acts of kindness. Go out of your way to do something surprisingly kind and generous for someone at least once a month.

Rule 12: Answer all questions in complete sentences.

Rule 13: Rewards

It is rude to ask if you are getting something for good behaviour. You should be good and try your best because you are trying to better yourself, not because you are anticipating a reward.

Rule 14: Organization

You will make every effort to be as organized as possible. This includes: the neatness of your desk and the area around it as well as the order of your notebook/binder.

Rule 15: The Casual Clause

While you are with a substitute teacher, you will obey the same rules that you follow when I'm with you.

Rule 16: Protocols

We will follow certain classroom protocols. We will be organized, efficient, and on task.

Rule 17: Do Not Save Seats

Do not save seats. If someone wants to sit down, let him or her. Do not try to exclude anyone. We are a family, and we must treat each other with respect and kindness.

Rule 18: Clean up after yourself

After we eat, we will clean up after ourselves. This includes cleaning off the tables and making sure we haven't left any trash on the floor or around the eating area. It is important to be responsible for your trash no matter where you are and to be sure not to litter.

Rule 19: The Bus

When we ride on a bus, we will always sit facing forward. We will use an appropriate volume. We will never turn around to talk to other students, stick anything out the windows, or get out of our seats. When we exit the bus, we will always thank the bus driver and tell him/her to have a good day.

Rule 20: Food

Whenever food is offered, whether it be on a buffet or treats in class, never take more than your fair share. You never want to be greedy and try to get more than you should, not only because it is wasteful, but also because it is disrespectful to others when you do not leave enough for them.

Rule 21: Doors

If you approach a door and someone is following you, hold the door. If the door opens by pulling, pull it open, stand to the side, and allow the other person to pass through first, then you can walk through. If the door opens by pushing, hold the door after you pass through.

Rule 22: Excuse Me

If someone bumps into you, even if it was not your fault, say "Excuse me."

Rule 23: Cutting

Never cut in line. If someone cuts in front of you, do not say or do anything about it. Let it happen, but let me know about it. I will handle the situation. If you fuss with someone who has cut in line, you will get in trouble as well. It's not worth it; just let me know what happened.

Please handle ALL disputes with other classmates in the same manner, by coming to me with any problems before you take matters into your own hands. If you take matters into your own hands, you will be in just as much, if not more trouble than the original offender.

Rule 24: Other Students

If any child in this school is bothering you let me know. I am your teacher, and I am here to look after you and protect you. I am not going to let anyone in this school bully you or make you feel uncomfortable. In return, I ask that you not take matters into your own hands; let me deal with the student.

Rule 25: Be Positive

Be positive and enjoy life. Some things just aren't worth getting upset over. Keep everything in perspective and focus on the good in your life.

Rule 26: Accept Mistakes

Accept that you are going to make mistakes. Learn from them and move on.

Rule 27: Be Honest

No Matter what the circumstances, always be honest. Even if you have done something wrong, it is best to admit it to me, because I will respect that.

Rule 28: Carpe Diem

You only live today once, so don't waste it. Life is made up of special moments, many of which happen when caution is thrown to the wind and people take actions and seize the day.

Carpe diem - Latin for Seize the Day

Rule 29: Be the Best

Be the best person you can be. By being the best you can be, we will be the best class we can be.

Rule 30: Be welcoming

Greet visitors and make them feel welcome