

Tunable Creek Public School



Respect - Integrity - Participation

Tunable Creek Road The Channon

ph: 66886212

Tuesday 6th September 2016



A fun day was had by all students on Friday at TEAMS Day at The Channon oval. Years 3-6 worked well as a team in T-Ball, with some great hits that went for metres! K-2 students joined in with Goolmangar students, having lots of fun.

NEXT WEEK-Tuesday 13th



Country Energy has informed us that they will be working in our area next Tuesday, which means that we will be without electricity for the day.

Dorroughby Educational Centre has kindly allowed us to use their facilities for the day. Students will be travelling by either bus or car:- we will confirm this for you as soon as I have the final details. **However, the cost for the day is \$5 per student.** We will be doing a unit on Insects while we are there. It should be quite an interesting day. **There will be NO canteen or heat-ups- please bring a packed lunch and recess, including a drink bottle.** Students will return to school to catch the normal bus route home in the afternoon.

Thank you to the parents who have returned their note for student conferences. It is great to see our students take responsibility for their learning and talk about what they have done at school.

On Tuesday 20th September, we will be hosting the Stage One Interest day. Students from other schools will be attending for a Science Day. A note is attached to the newsletter for our Stage One students regarding the day.

Mrs Bath

Upcoming Events

September 7

P & C Meeting 2.30pm (Art Room)

September 13

POWER OUTAGE – Dorroughby Educational Centre Day Out \$5/student

September 22

Lismore Cup Day – half day holiday

September 23

LAST DAY OF TERM 3

October 10

FIRST DAY OF TERM 4

"If you change the way you look at things, the things you look at change."
- Dr Wayne Dyer



Stage One Science Day- Tuesday 20th
September 9:30 to 2:30

Tunable Creek School

On our Science Day we will:

- Build a balloon-powered car
- Make ladybug tightrope racers
- Explore colour science with grape juice and
- Make a kaleidoscope

Come and have a fun day.

Please bring your own recess and lunch, drink and hat.



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 shut-eye 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 behavior 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.



TUNTABLE CREEK PUBLIC SCHOOL
DORROUGHBY EDUCATIONAL CENTRE DAY
TUESDAY 13TH SEPTEMBER 2016



Due to a power outage throughout Tuntable Creek area, all students from Tuntable Creek Public School will travel by bus or private vehicle with Mrs Kathleen McMahon to Dorroughby Educational Centre on Tuesday 13th September 2016 to participate in an Insect Environmental Educational day.

Students will leave Tuntable Creek Public School at approx. 8.30am by bus and/or private vehicle and return to school for normal afternoon school bus runs.

Cost of the bus and hire of the Dorroughby Educational facilities will be \$5 per student. This cost has been subsidised by Tuntable Creek Public School to keep costs down.

Please ensure that your child has a packed lunch and morning tea (no heatups) and a bottle of water. School hats will be taken for each child. Also please ensure your child wears appropriate footwear (joggers/boots).

Mrs Bath

TUNTABLE CREEK PUBLIC SCHOOL
DORROUGHBY EDUCATIONAL CENTRE DAY
TUESDAY 13TH SEPTEMBER 2016



I give permission for my son/daughter _____ of Tuntable Creek Public School to travel by bus (or private vehicle with Mrs Kathleen McMahon) to and from Dorroughby Environmental Education Centre on Tuesday 13th September 2016 to participate in Insect Educational Day due to a power outage at Tuntable Creek Public School.

My child has a packed lunch, appropriate footwear and bottle of water.

I have enclosed \$_____ (\$5/student for bus & facility hire)

Signed: _____ Name: _____

Date: _____