

Tunable Creek Public School

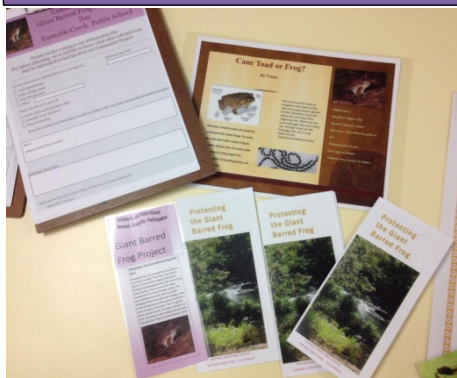


Respect - Integrity - Participation

Tunable Creek Road The Channon

ph: 66886212

Tuesday 29th March 2016



Hi everyone. Time to move on from the bunny hop to the frog hop. **THIS THURSDAY - 31st March at 5:30 p.m.** we will have a BBQ and then move on down to the creek to do a little frog checking. It won't be a late night.

Please bring:- a torch, mozzie repellent

Please wear: good walking shoes and long pants

There is a Landcare meeting here beforehand at 4:30- new members welcome.

The sign for our project is now out the front of the school. We will have an official opening next Term in the form of an afternoon tea, so that we can invite people who have played a part in our project.

Next week Author Wendy Lawrence will be visiting to present our students with their Books in Homes. Wendy has been to our school previously. She is a Wildlife Carer, specializing in raptors. I have had the pleasure of helping her with a Boobook owl that had come into care. She is also the author of Boo, a beautiful book about a little Boobook owl.



Homework- thank you to those students who have completed homework this Term. It is great to see students taking on their own learning by setting goals and trying to use different strategies to help them succeed.

Mrs Bath

Upcoming Events

March 31

FROG SPOTTING NIGHT & BBQ

April 4

Visit from Author Wendy Lawrence

April 8

Last Day TERM 1

April 25

ANZAC DAY

April 27

TERM 2 – Students return



WALK OR RUN FOR BREAST CANCER RESEARCH
SUNDAY 8 MAY ... MISSINGHAM BRIDGE AMPHITHEATRE
THE MOTHER'S DAY CLASSIC, BALLINA

The Mother's Day Classic is a national fun run / walk held annually to raise awareness and funds for breast cancer research.

This year will be the fourth Ballina event - one of more than 100 regional and capital city events held throughout the country on Mother's Day, Sunday 8 May.

Breast cancer is still the most common cancer affecting women – one in eight will be diagnosed in their lifetime.

Unfortunately, you're hard-pressed these days to come across someone who has not been touched by this dreadful disease in some way ... be it a wife; a mother; a sister or friend.

The Ballina event on Sunday 8 May will commence from Missingham Bridge Amphitheatre. Pre-registration is encouraged and is open until 11:59pm on Wednesday 4 May at: www.mothersdayclassic.com.au otherwise, on-the-day registrations will open from 8:00am, with participants starting their walk or run from 9:00am.

The course once again covers approx. 4.5km along the foreshore of Shaws Bay, finishing back at the Amphitheatre for a post-walk breakfast and great prizes for our "best dressed".

Everyone is welcome, including our four-legged friends who can participate for a gold coin donation entry fee. We look forward to seeing Ballina light up with PINK this Mother's Day and hope you can join us.

	Register online by 4 May	Register on-the-day from 8:00am
Adult (over 18 years)	\$20.00	\$25.00
Child / Concession	\$10.00	\$15.00
Family (1 adult + up to 4 kids)	\$30.00	\$40.00
Family (2 adults + up to 4 kids)	\$50.00	\$60.00



Did You Know?

In NSW, most children (90%!) do not eat the recommended amount of vegetables.

Some ideas to try:

An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. Children are quick to pick up if you don't like something or are avoiding eating some-thing, and may often imitate your eating habits!

Offer vegies in a positive, casual way and believe your child will enjoy them. They may not of course, but it's best to start out by thinking positively!

Children's food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies

Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don't overcook them so they're soggy. Over-cooking can make vegies' taste, texture and smell unpleasant, and makes them lose their goodness.

Raw vegies like capsicum strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with younger children as they make great finger foods.