

Tunable Creek Public School

Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Tuesday 14th March 2016



Is the official day for St. Patricks Day , however, this Friday 18th is our celebration.

There will be lots of fun things- games, prizes for best dressed, jumping castle, food and lots more. Look forward to seeing you there.

You might like to pick out your name for the evening from the list below.

**What's your
LEPRECHAUN
name?**



The first letter of your name:

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

The month you were born:

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy

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Upcoming Events

March 18

BULLYING. NO WAY! Day

**St Patricks Day Dance/BBQ
Tunable Creek Hall 5.30pm**

March 21

1.30pm Easter Scripture Presentation

March 23

My First Year Photos (The Northern Star)

March 25

GOOD FRIDAY

March 28

EASTER MONDAY

March 31

FROG SPOTTING NIGHT & BBQ

April 8

Last Day TERM 1

April 27

TERM 2 – Students return

BULLYING. NO WAY! Is this Friday.

We will spend time looking at the positives- solving solutions. I will also be sending home a little card for both parents and students

From the notebook on Fixing Friendships

Different types of refusals- NORMAL, NASTY AND VERY NASTY and the different ways to respond to each one.

Normal- no offense intended. It's just factual with no ridicule of the child. Talk to your child about the body language from the group- especially the child delivering the refusal. This would be relaxed body posture, calm, friendly tone.

Response: Accept and use Supa Thinkin:

'Perhaps I can play tomorrow' "No big deal, I'll find something else to do." "OK, catch you later."

Nasty and Very Nasty-intentional criticism and denigration of the child or their skills. The body language of the group is unfriendly, sarcastic comments or straight out aggressive. The words are critical about the child and their skills

Response: Assert Stay Calm, use a strong voice, confident body language and words:

'It's mean to exclude people from games.' "You could have said 'No' more kindly." "You probably think that was smart, but actually, it was extremely nasty."

Response: Argue

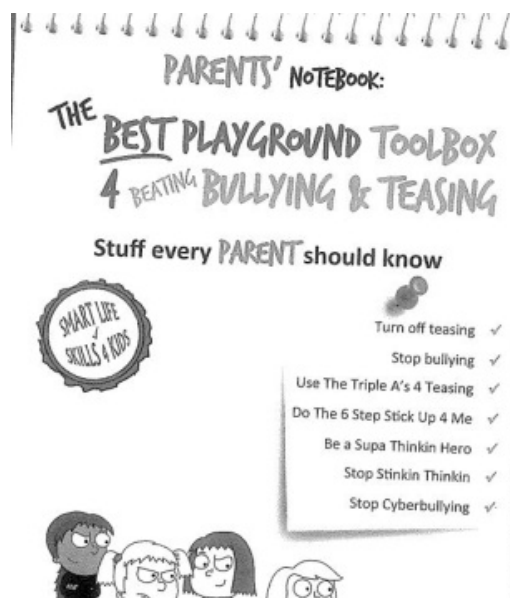
Creates more bad feeling and drama around the refusal.

"You're always nasty and I'm not your friend!"



NOT USEFUL FOR ANY REFUSALS

Mrs Bath



Myth: Healthy lunchboxes are more expensive



Above are two lunchboxes - the top one has the healthier options. We compared the cost of these two & the results are in... The healthier lunchbox is \$0.73 cheaper per day. That means if you have two children you could save nearly \$3800 over their schooling life by packing healthy options!