

# Tunable Creek Public School

Respect - Integrity - Participation

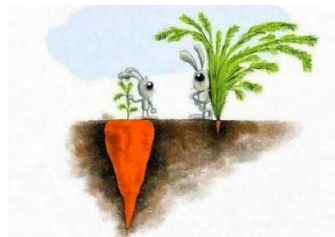


Tunable Creek Road The Channon

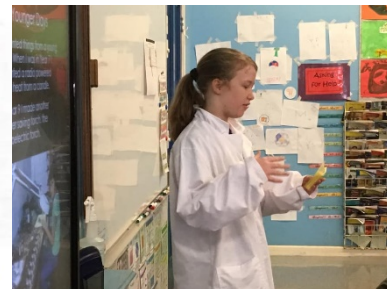
ph: 66886212

Tuesday 23<sup>rd</sup> July, 2019

NOBODY IS GOOD AT  
EVERYTHING, BUT EVERYBODY  
IS GOOD AT SOMETHING.  
  
FIND AND FOCUS ON YOUR  
STRENGTHS.



SETTING STRONG FOUNDATIONS IN DIFFERENT AREAS  
OF LIFE



Hi everyone.

It's great to be back and to see all students eager to start the term. Thank you to everyone for looking after the school while I was away. I am busy catching up on all of the amazing things the students have been doing and where I need to take their learning next. A couple of students were quite happy to show how much taller they are than me.

It is sad to see Mrs Bennett leave our school. She has played a big part in supporting all our students over the years. Miss Jodie will now be here on Monday instead of Friday and I will be taking over Mrs Bennett's role as Support Teacher.

Another change to staffing will be Miss Kathleen. She will now be here for full days every second Monday.

Yesterday, staff spent time looking at the School Plan to look at Where to next? What goals we need to achieve, student needs and future planning. Keep an eye out in future newsletters for where we are moving forward to over the next two terms.

This term, I will be using a Strengths-based Approach with the students. The theory relates to helping students recognise and understand their strengths, so that they build a strong foundation on which to develop resilience and self-esteem when they face challenges.

I have included a little bit of homework for you – in letter sent home today-to help start this process off at school. It is really important that students see parents and teachers working together to support them. ( more updates as we move through the program)

Netball is the choice of sport for 8 weeks of this term. It will start next Thursday. Students will need to ensure that they have suitable footwear for the activities which will be at school.

Look forward to catching up with you all soon.

Mrs Bath

## Upcoming Events

**Thursday 1 August**  
NETBALL – Sporting Schools commences

**Thursday 8 August**  
Dunoon PSSA Athletics – Field Events (Dunoon Public School)

**Friday 9 August**  
Dunoon PSSA Athletics – Track Events (Riverview Park Lismore)



### Fruit & Veg Month 2019

Did you know that only around 5% of adults and children eat the recommended amount of fruit and vegetables.

Celebrate fruit and veg month during September:-

- Keep ready cut veggie sticks in the fridge to grab for snacks
- Keep a fruit bowl stocked with colourful fruit
- Pack some veg as well as fruit for crunch & Sip
- Get the kids involved with choosing or picking and preparing fruit and veg
- Try to include vegetables at every meal e.g banana or other fruit on toast or cereal, add salad to sandwiches, add chopped or grated veggies to pasta sauces, soups, frittatas and stir fries.

