



Tunable Falls Community School

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117 Upper Tuntable Falls Road Nimbin NSW 2480

2nd April 2019 Newsletter 5

Term 1

Next Issue Due 07.05.19

From the committee

Hi Lovely Families, what a fun filled term we have had. The Gooyarnj class are just coming back from a fabulous excursion at Rummery Park where they enjoyed bush walks around Minyon Falls and Rocky Creek Dam. Thank you so much to Jaz and Joel for organising and packing the trailer and to the families who came to support. A big thank you to Ishta for all the organising. These excursions are important not just for the activities but for building relationships and strengthening bonds. Just a reminder that the first Saturday back will be our family work day. These days are important on a number of levels: one to get some work done around the school and they are a great way to catch up with other parents.



A big welcome to Jaz, Amanda and Rom who have joined our committee.

For a smooth and consistent administration, we have altered the role to suit one person for the four days. Sadly, Janelle is unable to commit to the four days so we will be saying goodbye at the end of the term. What a wonderful member of our team here at Tuntable. She will be missed. Fiona will now take the four days and we look forward to the

warmth and dedication of her work here at the school.

We sadly say goodbye to Dave who has worked hard within the school years. We wish Dave and his family the best. Member of school-

The second Thursday back will be our Parent Meeting. Now that a term has passed, you may have something that you would like to discuss. Come along and have a cup of tea and a chat.

Is anyone interested in helping with lunches for their roster day? We are in need of another parent for next Term. Please see Jaz if you are interested. If you would like to do a roster day but not sure about how, please see a committee member and have a chat about what you would like to do. We are always on the look out for great relief teachers. If you know of a teacher who would fit into our school culture, tell them to call us or send us their resume by email.

Have a fabulous holiday and we will see you in three weeks.

Cheers
Nicole

School calendar

Term 1 Ends Friday 5th April

Term 2 Starts Tuesday 30th April

Kindergarten Picnic Thursday 4th April

Family Work Day Saturday 4th May

Parent Meeting Thursday 9th May

Term 4 First week of School- Minjerribah Camp

Reminders:

Please check your newsletter for important forms attached.

Parking at the Hall and walking to school with your children/ child is preferred when possible.

We are a Nude Food School-please avoid using plastic wraps or packaged items in school lunches.

Contact a Committee Member if you'd like to get involved with the school.

Committee Meeting

Dates: Thursday 04.04.19

Parents with Sewing Skills Needed: To sew Pillow cases for students to cover their cushions when sitting in The Enchanted Circle. Please see Ginger if that sounds like you.

Boodabee Class (Kindy)



Spare Clothes
Picnic this Thursday 4th April

Gooyarnj Class (Middle)



Friends Of The Koala

On the Gooyarnj Camp we visited Friends Of The Koala (FOK). At FOK we learnt that a healthy koala has grey fur. They also have white fur on their chest and bottoms. The girls have fluffy ears, and the boys have a dirty mark on their chest which is a scent gland.

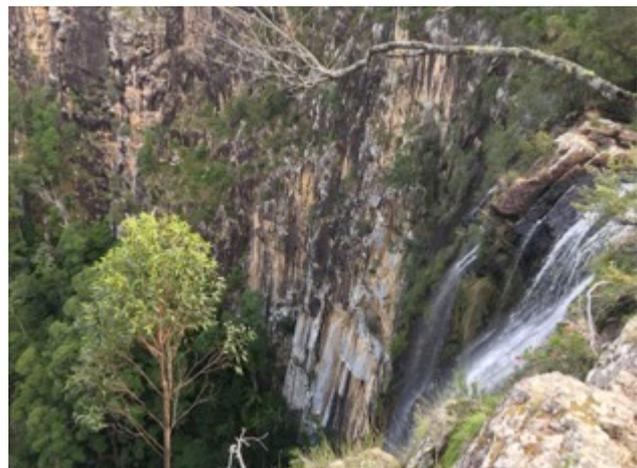
When a koala is sick it could have a dirty bottom, light brown fur, or red puffy eyes. If a koala comes close to you or into your camp or home it is most likely sick. If you suspect a koala is sick you should call FOK straight away. If a sick koala is treated early by FOK it can make a full recovery and return to the wild.

DID YOU KNOW?

To help you can

- Report sick koalas
 - Plant more koala food trees – you can get them from FOK for \$1 each!
-
- When a koala is first born it's as small as a dollar coin.
-
- Before a baby koala can eat gum leaves, which are poisonous, it has to eat pap – which is mum's special poo! Yuk!

The Gooyarnj Class had a wonderful time on camp. We visited Friends of the Koala, went skating, camped in the forest at Rummery Park, cooked marsh mellows on the fire, had our food stolen by kookaburras, walked to the top of Minyon Falls, and explored the wildlife at Rocky Creek Dam. We can't wait for our next camp!



Goodaman Class (Upper)



Goodaman Brisbane Excursion 2019

First we went to Jellurgal Aboriginal Cultural Center in Burleigh Heads, QLD.

The Focus was on the awareness of indigenous art and technology, for example the intricate woven fish trap.

We then went did the Burleigh Heads headland bush walk.

The Headland bushwalk highlighted the beauty of the landscape and the causes of erosion.

Then at 12:30 we went to Bounce which was really fun.

At Bounce, students had the opportunity to develop their confidence in gymnastics in a space where they can push their abilities and develop their confidence.



Thursday 21st of March

In the morning we went to Frew Park Milton. Then we went to the Botanical Gardens at 11:30.

The focus was the adaptive properties of plants and trees, adapting to their environmental and climate extremes. Students observed a variety of adaptations including leaf shape and stem structure.

After that we went to the Planetarium at 1:15.

At the planetarium, students participated in a very unique and informative presentation displayed on a domed shape screen above them, that took students through the characteristics of our solar system planets and the planetary relationships of orbits and location.



At the end of the day, we went to Laser Force in Woolongabba which was really fun.

At laser force, students were equipped with lasers and sensors, and taken through a variety of activities focused on teamwork and strategies for most affective point scoring.



Friday 22nd of March

At 9:00 we went to the art gallery,

At GOMA, students participated in an art making activity where they re-imagined and represented the covers of books based on their personal reading of the text.

Then at 9:40 we went to the QLD museum: "NASA -a human adventure" display.

At the NASA exhibition, the focus was on the history and technology of space exploration through the viewing and interaction with artefacts and reproductions.

Then at for last event, at 12noon-1pm we did Q&A with Doctor Karl for the last bit of the day

Karl answered a variety of questions from students ranging from existence in sub-zero temperatures at Antarctica and why whales are no bigger or smaller than what they are.



We had lunch at the backpackers and headed home

By Honeymoon and Nala (and Joe)

Messages

From The Garden:

The Garden Celebration Day

As the heart of the school it's important to honour and celebrate our school garden. Thus the resurrection of the Garden celebration day tradition. Each term our school will celebrate our garden and honour the change in the seasons.

Last Tuesday was our first for the year, celebrating the season of Autumn in Tuntable falls we split the school into 3 groups that rotated between 3 workstations throughout the day.

The cooking station prepared a delicious Autumn feast using harvested food from our garden. The gardening station worked in the Ethno-Botany trail rebuilding the rain tunnel and planting over 50 walking stick palms!



The third station composed and rehearsed a karate sequence accompanied by the beautiful marimbas. Music chimed through the school and sweet smells wafted from the kitchen as the children got their hands dirty planting and laughing. After enjoying a delicious lunch and watching the performance the children sat captivated with the special storytelling by the Teachers.

What a beautiful and productive day it was and thank you for all the incredible parents that helped make it happen. You know who you are!

Also a special thank you to Amanda's daughter Khali King for donating plants to our rain tunnel.



Furthermore, we had the compost guru- Phil Dudman enthral our students with the importance of making a compost lasagne! The children were en- 'grossed' with his gardening techniques and especially all the Poo!

What a transformation our garden has had throughout the first term, full to the brim with produce and baby chickens on the way!

Have a lovely break- hope to see some more enthusiastic parents in the garden again next term.

Peace, love and compost lasagne!
Ginger.

CAN YOU SEW? WE NEED YOUR HELP!

Please contact Ginger if you can sew! Pillow cases are needed for students to sit around The Enchanted Circle

Message from Wise Warriors:

Hello Tuntable families! How are you all? So the last 2 weeks saw both Boodabee & Gooyarnj students come together to create a little performance on the grass to the sounds of Goodaman's beautiful marimba rhythms for Garden Day last Tuesday, what fun!

With such a large group and limited time it was a good challenge and I think we all pulled it off together pretty well. A tired hot mob of Gooyarnj were first up on a steamy morning 2 weeks ago to problem solve the challenge, and they came up with a few favourite moves. Then Boodabee students followed enthusiastically along afterwards, and with some guidance, added a few more fave moves.

We put this all together into a simple workable linear combination that the children could 'own' as their creation, and enjoy knowing and performing with confidence. Children proudly called the moves by name in practice, learnt a lot about 'peripheral vision' when working in a line, their teamwork skills were developed, alongside focus and self-confidence.

The second week (the day of performance) we broke into 3 groups in the morning and went over our moves with Goodaman's marimba magic! Thank goodness for air-con in the Goodaman room! Shirts were donned, and before long we were ON out on the grass karate chopping our way through the beat. All the students did so well, and it was all over in a flash! Funny how creation time and rehearsals can be 90% of the timeframe, and performance is like a flash of lightning. I hope families in attendance enjoyed the little demonstration the students created for you. As always feel free to contact me directly with any queries regarding what your child is learning in karate, or any other enquiries.

Warmly,
Sensei Rachel
0427 778 837.

Message from Lisa:

Hello families,

Gross and fine motor development are a focus for educators (particularly in the Early Years) as they are SO important.

Gross motor skills involve the 'big muscles' of the body- those which require whole body movement. These muscles are responsible for core stabilising and performing everyday functions, such as standing, walking, and sitting upright. It also includes hand-eye coordination skills such as ball skills (throwing, catching, kicking). Gross motor development is focussed on:

- balance and coordination

- muscle strength and endurance
- attention and alertness (sensory processing)
- body awareness (including proprioception)
- muscle movement planning (praxis)

There are many things our children do everyday to develop these muscles including games that involve lower and upper body strength, and trunk and postural control. Playing on the playground, in the sandpit, swimming, balancing, throwing and catching, swinging, and bike riding are all important. The garden, Karate, Circus, and Performing Arts are some of the planned lessons at school that actively contribute to the development of our children's gross motor skills.

When children are experiencing difficulty with gross motor activities they become fatigued easily, find it difficult to 'program' their movements if they involve more than one action, and have difficulty focusing. As with all skills, practise is the key!

Fine motor skills involve the use of the smaller muscle of the hands. Efficient fine motor skills require a number of independent skills to work together to appropriately manipulate the object or perform the task. There is an age-appropriate development of fine motor skills as core trunk and shoulder strength improve with age, size, and use allowing the arm and hand to be used with greater control. We can assist with the development of fine motor skills both at home and school through:

Play including

- Construction skills using Lego, Duplo, puzzles, train tracks
- Doll./teddy/toy dressing and manipulation
- IT use (e.g. mouse and stylus manipulation, typing)
- Manipulating cars, trucks
- Playdough, clay, kinetic sand
- Craft and construction using tape, string, wool, recycled materials
- Games such as connect 4, chess, pick up sticks.

Self care including

- dressing – tying shoelaces, doing up sandals, zips, buttons, belts
- eating – using cutlery, opening lunch boxes and food bags
- hygiene – cleaning teeth, brushing hair, toileting.

Home jobs including

- Washing-using pegs and hanging clothes
- Cooking- cracking eggs, mixing, using tongs and other implements effectively, cutting
- Sewing/mending, knitting, needle work, felting
- Gardening-digging, planting, writing markers

Academics skills including

- Pencil skills (scribbling, colouring, drawing, writing)
- Painting
- Scissors skills (cutting)
- Reading books

When children are experiencing difficulty with fine motor skills they become fatigued easily, lose self esteem, and may become disengaged or disruptive. Some of the activities I've mentioned may cause them frustration. If you have concerns about your child's motor development, you can discuss your concerns with their teacher or with me.

I hope you have an enjoyable holiday with your beautiful kids.
Take care,
Lisa



ART making WITH Nicole

The Gooyarnj class were very lucky to have Art Teacher and Mum Nicole Piesto Devery to run a wonderful lesson in creating 'Cyanotypes'. These artworks came out beautifully and the students were all so engaged and very impressed with their amazing art works.

Well Done!

