



Tunable Falls Community School

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117 Upper Tuntable Falls Road Nimbin NSW 2480

8 August 2023, Term 3, Newsletter 10, Next issue due 22 August 2023

Parent Update:

Hello All,

Isn't it lovely to be settling into the term. By week 4 our routines are settling in and it's all starting to flow. I don't know about you, but it always takes us a while to get our mornings running smoothly again!

Please don't forget to book a **parent-teacher meeting** if you haven't already, a great chance to check in and connect with your child's learning.

Excitement is building for the end of term **Family Camp**. Notes went home last week. Don't forget to return your permission slips.

The kids had a great time **planting trees for the Creek Regen project** this week - perfect timing with this lovely rain we're getting in the evenings.

There are still lots of lurgies around at the moment; **please keep the kids at home if they are unwell**, practice regular hand washing, and all the usual measures to keep everyone as well as possible. The days are getting longer; surely, we'll see an end to snot soon!

From The Committee:

Contact the office if you can help with any of the following Roster Jobs:

- The **Fete** is coming up in term 4 on the **4th November**. We need a group of parents to form a **subcommittee to help organise the Fete**. This will count towards their roster day contributions.
- The **Spring Arts exhibition** will take place over the **September holidays**, we **need parents to help set up and pack down** the exhibit - Such a great venue for our kids to show off their artistic talents.
- The **Chook House** still needs to be pulled down and dismantled, it will be wonderful to open up that space for the school to use.

Most importantly - We really need a parent or two to step up and join the committee.

We currently have two members with changed circumstances who need to take a step back. The school cannot function as a parent run school without a committee of parents. So, if you've ever thought about it in the past, we encourage you to please consider joining the committee now.

The more people we have on the committee, the easier it is to share the workload. Yes, it is a big commitment but hopefully rewarding for you and your child. You, as parents of children at a parent-run school, have an obligation to participate in the functioning of the school through roster days. Parent participation is how this school functions, it is how we manage to keep fees low. Parent participation is a choice you make when you choose to send your child to a parent-run community school. Your energy and input as a parent at the school is integral to the whole school community.

Until next time, enjoy the spring showers, Elowyn 😊

School Calendar:

- **Term 3 Ends**
Fri, 15 Sept 2023
- **Term 4 2023 Begins**
Mon, 9 Oct 2023

School Bell:

- School starts: 9:05
- Recess: 11:00-11:30
Thu: 10:30-11:00
- Lunch: 13:00-13:45
Thu: 12:30-1:15
- School ends: 14:45
- **After school supervision ends (undercover area) 3:15pm**

Committee Meetings:

Thu, 10 Aug July, 3:15pm
Thu, 17 Aug, 3:15pm
(At school, subject to change)

TERM 3 SPORT:

Softball/Athletics

Ruben is coaching softball skills on Fridays.

Guruman: Writers Festival

Wed, 9 Aug

Book Week Dress Up Parade

Tue, 22 Aug

Yuruugin: Mt Matheson Walk

Wed, 23 Aug

Week 7: Athletics carnival

Whale Watching in Byron Bay

Tue, 5 Sept. Returning at 4pm

Garden Day - Families welcome

Wed, 13 Sept.

Drink Bottles:

All children are to bring their own drink bottles.

Especially important on Thursdays for CIRCUS.



Birthdays

We would like to congratulate the following student on their birthday.
Happy birthday precious possum!

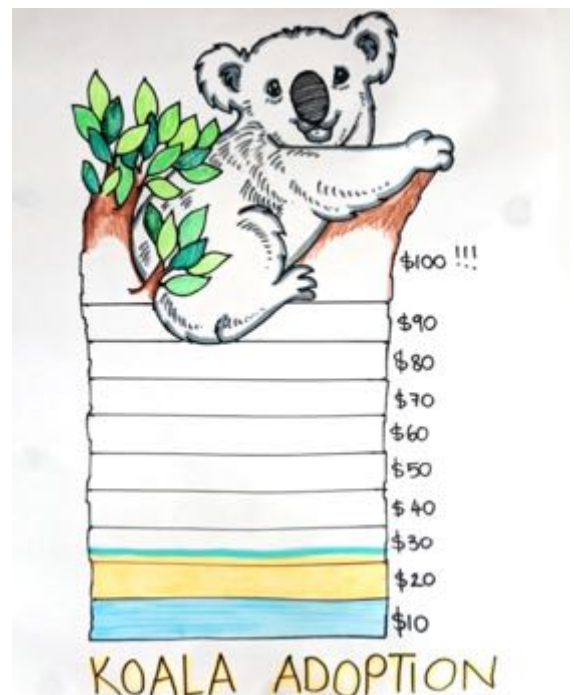


Koala Adoption Update

Our Koala Adoption fundraiser is going well. The kids have already raised \$24 😊

Thank you to all the kids who have contributed.
You are awesome!

Every little bit helps us reach our target of \$100.
Please encourage your child if they want to do something to help contribute to the koala fundraiser. This could be anything from a lemonade stand, selling cookies, or even doing a few chores around the house to earn a couple dollars.



Communication:

**Please visit our website for full details on the most recent
COVID-19 advice from AIS NSW, issued 14 Oct 2022.
<https://www.tunablefallsschool.nsw.edu.au/covid-safe>**

Calendar of Events:

On the school's website:

All events and excursions are added to the calendar of events, available from our website

<https://www.tunablefallsschool.nsw.edu.au/calendar-of-events>

Integrating the school calendar with your existing digital calendar:

Access the Google Calendar to get timely notifications of events and excursions.

<https://calendar.google.com/calendar/embed?src=tuntableschool%40gmail.com&ctz=Australia%2FSydney> In the bottom righthand corner, click to add 

Use this link to access the calendar from applications other than Google Calendar.

<https://calendar.google.com/calendar/ical/tuntableschool%40gmail.com/public/basic.ics>

Absentees:

- It is important to **call the Office by 9:30am** if your child is unable to attend school for any reason.
- If children arrive after 9:05am or are picked up before 2:45pm, parents/carers need to sign the **Late Arrival/Early Pick-Up Register** in the office.
- Please provide a **Doctor's Medical Certificate** to the Office if your child is absent due to illness for five **consecutive days** or more.
- If you are **planning time away from school** during the term, please complete an *Application for Exemption from School* form at the Office.

Committee:

The committee feels strongly about open communication at the school. Please keep our contact details handy and don't hesitate to contact whomever you feel comfortable with.

Committee Member	Position	Phone Number	Email
Zachary Rook <ul style="list-style-type: none">• Contact regarding liaising with teachers.	President	0401 243 515	zacharyrook@gmail.com
Adjana Flow (Kristoff Brunet de Courssou) <ul style="list-style-type: none">• Contact regarding fees, and social media.	Treasurer	0481 090 348	adjana.tfcs@gmail.com
Melody Atkinson <ul style="list-style-type: none">• Contact regarding complaints/compliments.	Secretary	0422 751 508	miss.melodious7@gmail.com
Bart Bunting <ul style="list-style-type: none">• Contact regarding liaising with teachers, and maintenance concerns.	Member	0400 398 603	bart@bunting.net.au
Blossom Gillard <ul style="list-style-type: none">• Contact regarding liaising with teachers, TFC liaison, TFC work levies.	Member	0497 800148	blissbloss@gmail.com



Learning and Support News

In my time here, student well-being (focusing on engagement, connection and emotional health) has been a considerable focus of mine. When students feel safe, supported, and heard, they actively participate in their learning, create, and maintain respectful friendships, and enjoy school more.



Last week I took part in some professional learning focusing on whole school well-being – student well-being, staff well-being and school community well-being. During this session I learnt about the [Australian Student Wellbeing Framework](#), which supports Australian schools to promote positive relationships and the wellbeing of students and educators within safe, inclusive and connected learning communities. There is a section dedicated to parents and carers with lots of information on an array of topics including communicating with your child and the school, sleep, online safety and much more.

Check out the link: <https://studentwellbeinghub.edu.au/parents/>

There is an info sheet attached to this newsletter that you might like to read (“Wellbeing: What’s it all about?”)

It is with some sadness that I inform the school community of my departure from Tuntable Falls Community School at the end of this term. Life brings many changes, one of which brought me and my family to Nimbin two years ago. Another change has meant a 2000 km move North to where my family has already relocated and where I will be going at the end of Term 3. I was fortunate enough to become connected to this beautiful school soon after arriving in Nimbin and have had the pleasure of working with many students and families during that time. Tuntable is a very special place and I feel grateful for the time I have had here: the staff I have had the good fortune to work with and learn from and the children who make every work day interesting and rewarding. Thank you.

🌱 Ochitha (Learning and Support Teacher)



Wellbeing: What's it all about?

What are some of the factors that make up wellbeing?

- Being involved in supportive relationships
- Feeling that your life has meaning and purpose
- Feeling connected to others in your community
- Feeling a sense of control of your emotions
- Engaging in activities that are important to you

Wellbeing and your child

As a parent you want your child to be safe and happy throughout their time at school, and beyond. Here are some ways you can lay the foundations for your child's wellbeing and, at the same time, support the school to build on and enhance these vital skills.

- Build strong, healthy and trusting family relationships.
- Make time for open communication to build close family ties.
- Get involved in your child's education to show you value learning.

Research tells us that young people who feel safe, connected and secure, and have loving and trusting relationships, are more likely to be active participants in their learning and to achieve better physical, emotional, social and educational outcomes.

Wellbeing is linked to improved learning outcomes. When children experience learning success, their wellbeing is further enhanced – so wellbeing and learning go hand in hand!

Your role as a parent

As a parent your role is fundamental to the health, safety and wellbeing of your child. While there are different parenting styles, some features of parenting are associated with higher levels of children's wellbeing and success at school.

- Showing warmth to your child via expressions of affection, love and support
- Setting limits and boundaries to encourage your child's self-control
- Encouraging your children to share and talk about their worries
- Sharing your own concerns and worries with your children in a sensitive way

Find out more

Discover more about the [Australian Student Wellbeing Framework](#), and how you can help build your child's social and emotional skills. Work in partnership with the school to promote the wellbeing of everyone in a safe, supportive and positive learning community.

Websites

Parents and schools work together to promote the wellbeing of children and young people. Learn more from these websites.

- [Child protection, health and safety services](#) (Raising Children Network)
- [Sleep for children's health and wellbeing](#) (Murdoch Children's Research Institute)
- [The move to high school - An opportunity to improve health and wellbeing](#) (Murdoch Children's Research Institute)

Podcasts

These podcasts have some good tips for promoting family wellbeing. Find them by searching in your podcast app.

- [Australian Institute of Family Studies](#)
- [Emerging Minds](#)
- [Happy Families with Dr Justin Coulson](#)





Buribi & Gooarng (K, Yrs 1&2)

Hello Families,

Thank you all for booking in for **parent teacher meetings**. It's always good to touch base with you and let you know how your child is traveling at school, emotionally, socially, and academically.

It has been such fun inspiring the kids to create characters for their **story telling** this term. Last week we began bringing them to life by making them out of air-dry clay. I am constantly blown away by your children's imagination, creativity, and modelling skills. There are whales, Willy wagtails, echidnas, owls, gnomes, and shape shifting Pokémon to name a few. I can't wait to support them to create the story that these characters will be at the centre of.

To help us in this process we have a **storytelling workshop on Wednesday this week with Leanne Logan**.



Mathematically the kids have been learning **fractions** and this next fortnight will be learning about **time** - o'clock, half past and quarter past - so please explore these concepts in conversations at home.

In the **Gooarng** class we have begun our learning of **vowel digraphs**. The last fortnight we learnt the different spellings of the sound /**ae**/ - as in play, tail, steak, and game. This coming fortnight we will be learning the different spellings of the sound /**ee**/ - as in me, tree, beach, and these.

Up we grow,
Ishta and Ginger





Yuruugin (Years 3&4)

Hello all!

We have been having a lot of fun with our 'Amulets, Talismans and Totems' unit. We will be looking at the rune 'Algiz' this week, a protective symbol of Norse origin that is linked to protection and guided teaching. We continue to have fun with our "Ojo de Dios" weavings and some students will branch out to individualized amulet choices in art.

In **English**, we are looking at **adverbs** and **adverbial clauses**. They can really help us work out where commas go. In our story writing, I am iterating the idea that amulets in our stories are best thought of as something that instils belief in a character, rather than a magic bullet that solves all of a character's problems. We also continue with the 'ue' sound, and 'oe' sounds in sounds write.



In **Maths**, we will be focused on **division and fractions**. We will work specifically on working out **equivalent fractions to solve addition problems**. I must note that we have been making great progress as a whole with our multiplication flash cards!

UPCOMING EXCURSIONS:

In Week 6, 23rd August, we will be going on a **walk to Mount Nardi** for the morning.

In Week 8, 5th of September we will be visiting **Wategos Beach for some nature watching** (hopefully spotting some whales).

Ruben





Guruman (Years 5&6)

We have kicked off the term with some pretty profound stuff. The **Smiling Minds mindfulness** sessions have involved exploring some great concepts such as curiosity, open mindedness, persistence, awareness of the senses, mindfulness in movement, personal strengths, optimism, setting goals, decision making based on personal values and gratitude. It is very impressive witnessing the class extend themselves with their awareness and understanding. We have begun to apply **the language of feelings and needs within story writing**, and to create characters that move through an emotional journey.



This has all been balanced out with lots of time learning **new board games that introduce the language of fractions**. Also, we have begun learning **two part marimba-ukulele songs**, which are sounding better and better every day. Ukulele chord patterns and strumming patterns are completely new to the class and they are picking it up very quickly and capably.

The **artwork** that Guruman are producing is very impressive, with very diligent **measuring, gridding and copying**, **further developing the skills of sketching**. There are many variations on the end result, all of them spectacular.

The big event for this week is the **Writers Festival**, but more about that next time!

Guruman is moving in leaps and bounds.
Joe.





SEE and STEAM with Emmy

SEE/STEAM HIGHLIGHTS

Buribi/ Gooarng

- investigating material properties and the effect of forces by making fresh pasta and scones
- beginning construction of bamboo wind chimes
- exploring Tuntable with a walk up to the delicious Mandy Orchard.

Yuruugin

- investigating changes to the Earth's surface through processes such as tectonic plate movement and erosion
- helping to prepare cassava from the garden for cooking
- beginning to make models of Earth



Guruman

- experimenting with different types of propulsion for rockets including bicarb/vinegar and air pumps
- designing and beginning to build our bush shelter
- cooking spring rolls and green paw paw salad and then delicious pumpkin soup with garlic bread
- strengthening nature connections with sit spots and journaling



REQUESTS:

- Parent volunteers to **drive up to Mt Nardi and walk the Mt Matheson loop** with Ruben, the Yuruugin kids and myself. 9-1:30 Wednesday, 23 August.
- Helping hands on Monday afternoons for the next few weeks **to assist Buribi and Gooarng construct bamboo wind chimes.**
- **Cooks for school lunches.** We are growing great produce in the garden, and we need your help to make sure it gets gobbled up by the hungry kids.
- **Manure** for making compost.
- Parents to attend and help on **Garden Day.** Wednesday 13/9