



Tunable Falls Community School

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18 March 2025, Term 1, Newsletter 3. Next issue due 1 April 2025

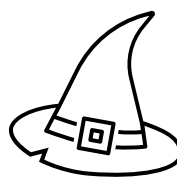
Hello Everyone!

Here we are, getting to the busy last few weeks of Term 1 already. Ex-cyclone Alfred managed to cause a lot of fuss and bother, but thankfully didn't do too much damage locally - apart from the dreaded mould which has been attempting to devour anything with the slightest exposure to damp. I hope everyone made it through the week at home without going too stir crazy, I know my kids were itching to get back to all the fun of school by the end of the week.

There's LOADS of fun stuff happening over the next couple of weeks, so I hope you're feeling super social! This Tuesday 18th March the school will celebrate multiculturalism with a Harmony Day feast cooked by the Guruman class, accompanied by African music by Cynthia Denton. Parents are welcome to come along and join in.

Coming up in week 9, 4 April, I am extraordinarily excited about the return of the **SPOOKY DISCO!** Last year's event was a smashing success as you may remember.

This is the first major fundraiser of 2025 by the Year 6 class for their Rights of Passage trip. For newcomers to the school, each year the graduating Year 6 group goes on a trip near the end of the year. They choose where to go and what to do, and they are responsible for raising the funds to get there and making all the arrangements (with practical support from their parents, and financial support from the rest of the school community who get to attend all their cool gigs!) This year the Spooky Disco is moving to town, being held in the Nimbin Hall on Friday 4th April from 5-9pm. Definitely not a night to miss!



School Calendar:

- **Term 1 Ends**
Fri, 4 April
- **Term 2 Starts**
Mon, 28 April

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 3:15pm

Committee Meetings:

- Thursdays, 3:15pm
(At school, subject to change)
- AGM - 8 May, 3:15pm

Term 1 Events:

- Guruman Camp, 19-21 March
- Harmony Day, Tue 18 March
- Garden Day, Tue 1 April
- Gooarng Sleepover, Thu 3 April

TUE & WED

Closed Shoes

Important for safe participation in STEM activities and Garden & Kitchen time.

WED & THU

Hair Ties

Important for safe participation in the kitchen and at circus.

In news closer to home, the teachers have been very impressed by the caring and welcoming attitude of older students towards the new Buribi kids.

This year we welcome to the school: Atlas and her parents Eliza and Kade, Giri and his parents Kelly and Nishant, Koa and his parents Talissa and Preston, Kaiona and his parents Aleesha and Wintah, Matilda and her parents Alex and Isaac, and Kobi who is joining his sisters at big school. We also welcome back Gabriel and his parents Luka and Fabien. Please say hi when you see our new families and make them feel welcome.

The new turf on the top soccer field is thriving, the goals were set up a few weeks ago and the kids have been absolutely loving the space. Big thanks to everyone who contributed to this wonderful improvement to our school grounds.

Our annual Family Camp is being held at Stradbroke Island this year during the Spring holiday, 6-10 October.

The Committee is calling for a **sub-committee to form** to start organising the Family Camp.

The Family Camp is not a school camp, but rather a relaxed social time for the school community to spend time together and connect. As such, it is organised and run by parents with a bit of help from the school. This is a longstanding tradition at the school, so there is already a lot of how-to knowledge for a sub-committee to draw on.

Please get in touch with René in the office if you would like to help on the sub-committee.



(Family Camp, Woody Head 2023)



Don't forget to put **May 8th** in your diaries - the **school AGM** will be held 3:15pm at the school. Please remember to email the committee before the end of March if you have any issues, concerns, or suggestions that you would like to be included as an agenda item for the AGM. Chat to a committee member if you're interested in joining the committee and want to know more.

In other community news; this **Sunday the 23rd**, there will be the official opening celebration for the **Nimbin Rainbow Walk, from 10am-2pm**. The ribbon will be cut at the Alternative Way entrance, where there will be free kid's activities in the morning with Fitness Kidz on the Rainbow Power Co lawns. Along the walking trail you will be able to check out the gorgeous new art installations and chat with the artists who created them as you make your way along the path towards the Headers grounds, where there will be games, face painters, music, food trucks, tea and coffee, and all kinds of fun. It looks set to be a great day, and an opportunity to check out the Walk if you haven't yet. It's a beautiful addition to our recreational spaces in town that we will be enjoying for generations to come. Hope to see you there :)

Look forward to seeing you at one of the many fun things, soon!

Elowyn xo

Hi there Tuntable Falls Community School,

It's been a long time coming but I am very excited to finally let you know that the rainbow road walking track - student tile project has finally been installed and completed!

All of the student tiles made it through the kiln and the installation process without any breakages so everybody who painted a tile will be able to find their tile on the wall!!

There is a community open day coming up on Sunday from 10 a.m. till 2:00 p.m. where students, family and community members are invited down to walk the rainbow road, meet the artists and enjoy other festivities. Here is a Facebook link to the event: <https://www.facebook.com/share/p/16Jz5LohEH/>



I would like to send a special thanks to all of the staff at Tuntable Falls Primary School who were involved in helping me to facilitate this project back in December 2023! I sincerely apologize for the delay in installing them, however originally it was planned for the tiles to be installed prior to the path being constructed, and then after the tiles were made, it was decided to wait until after the path had been laid to go ahead with the installation.

And I would like to send a huge congratulations to every single artist who painted a tile!!! they are simply fantastic!!!

Warm regards,
Crisanne Fox



Birthdays

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



Tuntable Falls Yr 6 Presents

A Spooky Disco



\$10 Entry

4th April 5-9pm @ Nimbin Town Hall

Spooky dress up theme

Food & Drinks available

All minors must be accompanied by an Adult

NIMBIN RAINBOW WALK

GRAND OPENING!!

Aquarius Park

11a, Alternative Way

23rd March 2025

10am-2pm

Nimbin Rainbowwalk is fully funded by the Bushfire Local Economic Recovery Package, & co-funded by the Australian & NSW Governments



Communication:

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
Hannah Gash	President	0472 615 023	hannahpearl@hotmail.com
Contact regarding liaising with teachers and complaints/compliments.			
Adjana Flow (Kristoff Brunet de Courssou)	Treasurer	0481 090 348	adjana.tfcs@gmail.com
Contact regarding fees, and social media.			
Cameron Blair	Secretary	0466 981 733	cameronblair@live.com
Contact regarding liaising with teachers and complaints/compliments.			
Sean Spain	Member	0490 178 927	seanspain@gmail.com
Contact regarding liaising with teachers and complaints/compliments.			
Dorje Van Yzendoorn	Member	0438 910 275	lorddorje@gmail.com
Contact regarding liaising with teachers and complaints/compliments.			



Learning and Support News

Support after a Natural Disaster

Dear Parents and Caregivers,

The school recognises that the recent weather events may have triggered feelings of fear and uncertainty for both children and adults.

We are here to support students and families. Please find a list of resources attached which may be useful for your family following ex-cyclone Alfred.

Please reach out if you have any questions, or if your child is needing additional support at school.

Warmly,

Kate (Learning and Support Teacher)



Supporting Primary Aged Students: Information for Families

1. **Monitor media exposure**

Children can become anxious after listening to or watching repeated stories about weather events. Limit their exposure to news and other programs with potentially distressing images and sounds.

3. **Listen to understand how they are feeling and thinking**

Gently encourage (but don't force) children to talk about their thoughts and feelings. Reassure them that their emotions are normal. Be prepared for them to ask the same questions repeatedly as they try to process events. Stay patient, offering simple, honest, and thoughtful explanations that help them build a realistic understanding.

4. **Provide children with opportunities to express their feelings**

Children need comfort, reassurance and support, and to know that they are safe and are being looked after. Conversation starters:

- 'How can I help you feel better?'
- 'It's okay to feel worried. Want to talk about it?'

5. **If your family has had previous experience of an extreme weather event?**

Children are best supported when somebody important to them knows how they are feeling. Nurture your family with time and attention and be ready to have open, age-appropriate conversations about what they are thinking and feeling and how they are responding to talk about a weather event.

You might try conversation starters like:

- 'I notice you seem a little quieter/more anxious/a bit edgier) than usual. I wonder why that is?'
- 'People seem to be talking a lot more about a weather event again. How is that making you feel?'
- 'I can see you are feeling a bit worried about the rain as it might be reminding you of when we were flooded. It could be a while before we feel completely safe in wet weather, but why don't we just snuggle together and do a jigsaw/watch a movie/play a game to help ourselves feel better.'
- 'What would help you feel calmer right now?'

6. **Be aware of how you talk in their presence**

Shield children from in-depth adult discussion about these events, especially if they cannot join in at their own age or stage of development.

Children may respond to the anxieties felt and expressed by the people around them. They often see and hear far more than adults are aware of, and they will take their cues for how to respond from you. Signs that your child has been negatively affected by information about a weather event might include:

- becoming clingy towards a parent or carer.
- changes to sleeping or eating patterns, or both
- the emergence of new physical complaints – such as stomach ache or headache.
- changes in mood – such as being more easily irritable, or shutting down
- appearing on edge and frightened

7. **Understanding Real Word Events - Birdie's Tree**

You may like to use the Queensland Health Birdie Resources.

- Link to [Birdie and the Cyclone Flipbook](#) and video
- Link to [Birdie and Mr Frog Online Game](#)
- [Children and stressful events](#) video for parents (4 minutes).
- Read the story and talk about the pictures. Help students to understand what a cyclone is, and what happens after.

Resources - After the Weather Event

- Be You. [Psychological First Aid](#)
- Headspace. [How to cope with the stress of natural disasters](#)
- Emerging Minds. [What parents and caregivers can expect during and immediately after a disaster or community trauma](#)
- MacKillop Services. [Supporting your child following a natural disaster](#)
- Australian Red Cross. [Helping children and young people cope with crisis](#)
- Dr Rob Gordon. [Children and Trauma Video](#) (2min 35)

Services

Kids Helpline

Kids Helpline is Australia's free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years old.

- Phone: 1800 55 1800
- Email a Kids Helpline Counsellor [Link](#)

Parent Line

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 years old who live in NSW.

- Phone: 1300 1300 52

13YARN

13YARN ensures Aboriginal & Torres Strait Islander people who are feeling overwhelmed or having difficulty coping can receive culturally safe and appropriate health services where and when they are needed 24/7.

- Phone: 13 92 76

Mental Health Line

The Mental Health Line is a NSW Health service staffed by mental health professionals. This service gives NSW residents access to expert mental health advice, support and referrals. Where appropriate, they can put you in contact with the local mental health crisis or acute care team.

- Phone: 1800 011 511

Podcasts

- For nervous system support and coping with anxiety after a natural disaster: <http://www.stressless-guide.com/fires-podcast/>
- Similar podcast – Australian based: <https://www.abc.net.au/listen/programs/after-the-disaster/after-the-disaster-episode2-helping-our-kids/13553432>



Buribi (Kindy)

It has been so wonderful connecting with all the Buribi parents at our meetings. I love showcasing all their amazing work and seeing the pride on the parents faces.

In class we are working on **building sounds with S A T I M N O P B C D**. I hope you are all getting into a healthy homework habit. Reading, especially, is important to engage with regularly. Remember I change the homework folder and their library books each Monday.

In Maths we have been exploring patterns, engaging with shape, colour, object, creature, number, body percussion and nature patterns.

They are learning about different ways to sequence patterns such as
A B A B A B / A B C A B C A B C / A B C D A B C D / A B B A B B / A A B A A B

They have had a lot of fun using hands on materials in the classroom to represent these different sequences.

We have loved reading books about **different families** and sharing unique things about our homes and families.

Atty: "I have a stepsister and a whole brother; we have the same mum and dad."

Kaiona: "At home I love playing with Koa and my Guinea pigs."

Tilly: "At my house I love snuggling my bunny rabbits."

Koa: "At my house I love playing with my animals, I have hundreds of them."

Giri: "I love playing outside with Oak and Jack. They aren't my brothers, but they are like my family."

Kobi: "I love gardening with Nanna Nell."

On our world map we have also plotted where our ancestors came from before Australia and noticed that some of our ancestors come from really far away and some have lived in Australia for thousands of years.

- **Garden day is on Tuesday the 18th of March** – Families are welcome to join in with the day's fun activities.
- **Please take note of the dates for the upcoming whole school camp in Term 2, 21-23 May.** Use this lead up to get your family ready for camping, including applying for your *Working with Children Check* if you don't already have one. The school organises the food and cooking equipment, but you'll need your own sleeping setup. I really hope you can all attend this special tradition and be aware there are plenty more camps to come so adequate equipment will go a long way in a school that camps so regularly. Have a chat with me if you need any more information.

Peace, love and sunny autumn days,
Ginger





Gooarng (Yrs. 1&2)

Hi families,

We have all been a bit tired and getting back in the swing of things after ex-cyclone Alfred's visit.

Investigations has been wonderful for some play based regulating learning. This week we made our 'up we grow' chart and measured our heights as we learn about measuring lengths and area.

The weather is also going to add an interesting element into our weather reporting in Investigations in the coming weeks. As we transform the dramatic play space into a weather reporting station, the kids will make weather symbols and have the opportunity to play with reporting the weather and being a weather film crew.

If you have an old microphone or other film materials that you are willing to donate, please bring them in. We'd be very happy to receive them, thanks.

HOMEWORK:

Please return homework folders on *Mondays*. This is the only day I am able to change over readers and work sheets.



- **Garden day is on Tuesday the 18th of March** – Families are welcome to join in with the day's fun activities.
- We are all excited for **our class sleepover** at the end of the term, Thursday, 3 April. Can't wait to see our classroom transformed with the kid's blanket forts!
- **Please remember the upcoming *Whole School Camp in Term 2, 21-23 May.*** Use this lead up to get your family ready for camping, including applying for your *Working with Children Check* if you don't already have one. The school organises the food and cooking equipment, but you'll need your own sleeping setup.

Up we grow,
Ishta



Yuruugin (Yrs. 3&4)

Hi All,
We got back into full swing and we were all in good spirits after our nature enforced sojourn at home. Hope all is well!

In English we have been having a lot of fun diving into Kombucha and Jun information reports. Now we are ready to look at yoghurt, and then we will be preparing our final drafts on the topic of the fermented food/drink of our choice.

In Grammar, we will be looking at the using coordinating conjunctions in compound sentences following words to compare and contrast. The following words/terms will be used: *Equally, similarly, alternatively, likewise, on the other hand, furthermore* and *in addition*.



In Maths, we just started our maths unit with the topic 'Questions can be asked and answered by collecting and interpreting data'.

So far, we have practices tallying our favourite kombucha bottle designs and have a class written trivia quiz to find out what the most common scores are. At the end of next week, Week 8, we start looking at how fractions represent multiple ideas and can be represented in different ways.

- **Garden day is on Tuesday the 18th of March** – Families are welcome to join in with the day's fun activities.
- **Please remember the upcoming *Whole School Camp in Term 2, 21-23 May.*** Use this lead up to get your family ready for camping, including applying for your *Working with Children Check* if you don't already have one. The school organises the food and cooking equipment, but you'll need your own sleeping setup.

All the best,
Ruben





Guruman (Yrs. 5&6)

Two amazing stories of alliteration by anonymous authors:

Lovely Lilybelle the lamb

Lovely Lilybelle is a lamb.

Lovely Lilybelle loves ladders, and she loves laces to tie her shoes.

Lovely Lilybelle drinks a litre of water a day. She came across a lot of lads while she was labelling her book. Lovely Lilybelle lives near a lake. Lately, she has seen lots and lots and lots of ladybirds.

Lovely Lilybelle loves her friends Lucy, Luna, Lila and Lola. They are lovely too.

Lovely Lucy drives in her lane because she loves to be safe. Lovely Luna turns on her lamp at night.

Lovely Lilybelle is the loveliest lamb in Luna Park, and Lovely Lilybelle's mum is named Lily. Lovely Lilybelle was named after her mum Lily.

Lovely Lola carries a lantern when it gets late.

Lovely Lilybelle looked very lush; she lived near a lump. Lovely Lilybelle listens to lyrics while she eats lychees. Lovely Lilybelle has a luxurious bed; it's very low. Then she went to sleep.

The end.

King Kai

King Kai likes many things: kaleidoscopes, kangaroos, ketchup, ketchup with kababs, kelp and Kings.

King Kai has a friend called Kelp. Kelp is yummy.

There is a keeper keeping King Kais kelp safe in ketchup bottles. Ken has a room that destroys kettles in King Kai's kingdom. King Kai uses king fishers to fish king-sized fish.

King Kai's friend is a kind kid in kindergarten called Ken. Kelp owns a kiosk. King Kai has a key to his keyhole that locks his king-sized bedroom. King Kai eats ketchup with kumquats, kiwifruit and kababs. King Kai has kilos of kindling for a fire that cooks kababs.

King Kai has an army of karate champions. Ken got been kidnapped but King Kai's karate champions saved Ken. King Kai lived happily ever after.

The end.

- **Guruman Camp** is just around the corner, Wed-Fri, 19-21 March.
- **Garden day is on Tuesday the 18th of March** – Families are welcome to join in with the day's fun activities.
- **Please remember the upcoming *Whole School Camp in Term 2, 21-23 May.*** Use this lead up to get your family ready for camping, including applying for your *Working with Children Check* if you don't already have one. The school organises the food and cooking equipment, but you'll need your own sleeping setup.

