



Tunable Falls Community School

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4 June, Term 2, Newsletter 8. Next issue due 18 June 2024

Hello everyone, and Welcome to Winter! It's beginning to be properly chilly now, and although the evenings are a bit nippy, I'm loving the sunshiny days and keeping my fingers crossed that they'll hang around for a while.

We're in the sweet spot of term for me - everyone has settled into their routines, projects are well underway but not quite at deadline-stress-stage, the mad rush of end of term hasn't yet kicked in.

A few people have mentioned **that the gardens are looking spectacular** at the moment - big thanks to all parents and staff who have been putting in energy. **Special mention to Phillip, Tanya, Scott, Marcus and Lisa for their work in that space.** It's such a special thing for our kids to work and learn in the garden environment, which takes a lot to maintain - so thank you crew!

Big thanks also go to Nicole for arranging the most recent kitchen upgrades - fresh paint and better lighting. Thanks too to Bonnie and David for their efforts in the holidays, cleaning and prepping the space for new paint. Again - we are so blessed to have such great facilities and it wouldn't be possible without the collective energy of our parent community.



Before



After!

It's just 2 weeks now until our annual Winter Solstice Celebration. The Solstice is my favourite event of the year at school, such a special time to come together and celebrate the turning of the seasons. There are plenty of jobs to do to make the night a success - from preparing the bonfire and

School Calendar:

- **Term 2 Ends**
Fri, 5 July
- **Term 3 Begins**
Mon, 29 July

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 (undercover area)**

Committee Meetings:

Thu, 6 June, 3:15pm
Thu, 20 June, 3:15pm
(At school, subject to change)

Uncle Blue & Aunt Dolly:

Tuesdays, Week 7-10
Using Thursday bell times

Garden Day:

Wednesday, 12 June
Family members welcome

Winter Solstice Celebration:

Thursday, 20 June
How can you help? Pls contact the office.

Pyjama Day:

Tuesday, 25 June

Closed Shoes

All children need closed shoes on **Wednesdays** for Garden & Kitchen time.

Drink Bottles:

All children are to bring their own drink bottles.

Especially important on Thursdays for CIRCUS.

grounds, setting up and decorating on the night, to kitchen duties of shopping, prepping, cooking and serving. **Please get in touch with the office asap to let them know how you will be contributing.**

To great excitement from all the kids, **the RFS fire truck** made an appearance at school last week. It was a great opportunity to learn about fire safety from the pros and to get up close to the big red truck. The kids were very engaged and plied the RFS volunteer firefighters with great questions about different fire situation and the functions of all the different buttons, knobs, and hoses. **Thank you to Cameron, Nemo, Roger and Romany for organising this incursion.**



Over the last four weeks of term, we will have **Uncle Blue and Aunty Dolly** visiting our school on Tuesdays for art, craft, and cultural activities. These days will be using the **Thursday bell times** (see right hand column on the front page) so all the classes can have a full 1.5hour session each. Watch this space for updates on the kids' time with Uncle Blue and Aunty Dolly.

Finally, an important notice from the office: Bus rosters are agreed by parents at the beginning of each term. **Any variations to the bus schedule must be communicated to the office staff by parents ahead of time (ideally before 2pm on the day).** If kids are trying to arrange after-school plays or sleepovers, they can ask the office to contact their parent/carer, but it's not up to our admin staff to chase parents over afternoon arrangements. If they don't hear from an adult, kids will be sent home via their usual scheduled method. Thanks for understanding, last minute change of plans can be tricky for office staff to navigate during the busy afternoons. Please have a chat with your kidlets about this too :)

See you all for some songs by the bonfire xo
Elowyn 🍷



Birthdays

We would like to congratulate the following students on their birthdays.
Happy birthday precious possums!



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=tunablefallsschool%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/tunablefallsschool%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
Adjana Flow (Kristoff Brunet de Courssou) Contact regarding fees, and social media.	Treasurer	0481 090 348	adjana.tfcs@gmail.com
Cameron Blair Contact regarding liaising with teachers and complaints/compliments.	Secretary/ Acting President	0466 981 733	cameronblair@live.com
Hannah Gash Contact regarding liaising with teachers and complaints/compliments.	Member	0472 615 023	hannahpearl@hotmail.com



Learning and Support News

Sounds-Write

Our whole school phonics program is Sounds-Write.

Sounds-Write is an evidence-based, highly structured, synthetic, linguistic phonics program utilising an exciting and highly successful approach to the teaching of reading and spelling. Sounds Write offers an instructional method that is multi-sensory, structured, code orientated, sequential and explicit. These aspects are strongly recommended for teaching children to read and spell.



Sounds-Write draws on well-established theories of learning and teaching, and focuses first and foremost on developing teacher knowledge, as this is the single greatest factor in improving student outcomes. It teaches all key elements of conceptual understanding, factual knowledge, and the essential skills of blending, segmenting and phoneme manipulation; all of which are necessary to learn to read and spell.

Some useful Sounds Write resources for parents and caregivers are available at the following link:
<https://sounds-write.co.uk/support-for-parents-and-carers/>

Safe on Social

We were fortunate to have Melanie from Safe on Social come to school for a student presentation on Monday, 3rd June. Students in Yuruugin and Guruman attended the presentation.

Safe on Social presentations are designed to be inclusive, empowering, and informative, leaving student audiences feeling confident and capable of making better choices for positive online experiences, teaching students how to navigate the online world with human well-being front and centre.



It was an excellent presentation and we will include some follow up materials for parents and caregivers in the next newsletter.

Thanks,
Kate

Sugar & Learning

A topic that we have discussed recently in our PDHPE lessons is the importance of a low-sugar diet and its significant impact on both health and academic performance.

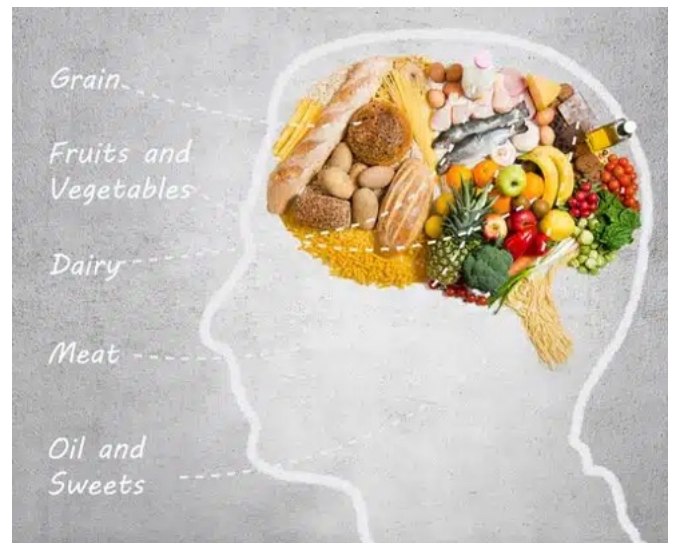
Firstly, a diet low in sugar is fundamentally healthier for children. Excessive sugar consumption has been linked to various health issues such as obesity, type 2 diabetes, and dental problems. By reducing sugar intake, we can help our children maintain a healthy weight, protect their teeth, and reduce the risk of developing chronic illnesses later in life. Furthermore, a balanced diet rich in whole foods, fruits, and vegetables provides essential nutrients that are crucial for the physical development and energy levels of growing children.



Moreover, there is compelling evidence that a low-sugar diet can lead to better educational outcomes. High sugar consumption can cause fluctuations in blood sugar levels, leading to energy spikes and crashes. These fluctuations can negatively affect a child's ability to concentrate, leading to decreased attention spans and lower cognitive function. In contrast, a diet that stabilizes blood sugar levels can enhance focus, memory retention, and overall brain function, thereby improving academic performance.

Studies have shown that children who consume lower amounts of sugar tend to have better grades and exhibit more consistent behavior in the classroom. By ensuring our children have a nutritious, balanced diet, we are providing them with the tools they need to succeed academically. A stable energy supply from wholesome foods can help them stay attentive and engaged throughout the school day.

Implementing a low-sugar diet does not mean eliminating all treats but rather making mindful choices about what our children consume. Encouraging snacks like fruits, nuts, and whole grains over sugary snacks and beverages can make a significant difference. Additionally, educating our children about the benefits of healthy eating can empower them to make better food choices independently.



There are some websites out there that have great ideas on low-sugar treats, if you search “low sugar snacks for children” and the research on its effect, if you search “educational benefits of low sugar diet”.

Joe Landers



Buribi (Kindy)

Welcome to the halfway mark of Term 2. We are enjoying observing the seasons change from autumn to winter as we measure daily temperature and rainfall; collecting data to form picture and bar graphs in maths. The children enjoy being little scientists and learning about the different instruments to collect scientific information.

In numeracy this fortnight the Buribi have been practicing 2D shapes rigorously; whether it's constructing, identifying, shape art, or finding them in their environment. It's safe to say they know their circles, from their squares, rectangles, triangles, ovals, hexagons, diamonds and stars. Furthermore, they have learnt the terminology side & corner to differentiate the different shape features, so test them out and see!



They have begun extending their knowledge of 2D shapes to 3D shapes, in preparation for making their lanterns for the upcoming winter solstice.

Sunny Winter days 😊
Ginger.





Gooarng (Yrs. 1&2)

This fortnight we are well and truly a toy factory! There are toys of all shapes and designs, from robots to softies. The one criteria has been that they must have a moving part. The kids came up with the brilliant idea of adding wire to the inside of the softies. The kids made wheel axels with Emmy and some have built onto these, thinking about balance and weight distribution as they create.

Huge thanks to Blossom and Jax for coming in a few times to help. I honestly couldn't do it without your help.



In Maths the kids have been enjoying, and doing a great job, during our number talk. The kids have been solving a given problem and then discussing all the different ways the answer can be found. This fortnight we've been focused on using different sized blocks to find length and moving towards using this to understand fractions.

The kids and I are all looking forward to our winter fires.

Huge thanks to Lewis for stocking the classroom with kindling and firewood.

Up we grow,
Ishta





Yuruugin (Yrs. 3&4)

Hello All!

In English, we are diving deeper into our Narrative Writing with extra planning for Characterisation. Our characters are going on expeditions, and I want our students to know how to give an Origin Story so the characters are more interesting to the audience. In week 7, we will be looking at co-ordinating conjunctions to compare and contrast.

In Maths, we will be looking at Chance, using examples that involve working out the Probability and fairness of certain mathematical situations. They will be able to use language such as 'outcome', 'equally likely', 'likely' and 'unlikely' as well as be able to record information in activities that involve Chance.

In History, pairs of students have chosen a form of transport that they will make a poster presentation of. They will show what they see as the pros and cons are of each mode of transport, as well as the name of individuals who used such methods of moving around. Who knew a hot air balloon was ever taken as a serious form of expedition transportation for any explorer in history? I've learned here too, because it turns out that despite the cons, it has been attempted not just as a joyride.

We are cutting and trimming the wooden lantern parts, and have had the flowers pressed. In the next weeks we will glue the wooden parts together, and then start the paper mache part of the process.

A special mention goes out to Djuna for making an especially engaging performance of a translator for the Aztecs to Hernan Cortes during drama games. She got into role and gave the class a tremendously memorable laugh.

Dates to Remember

Garden Day: Wednesday 12 June (Parents, please confirm your attendance)

Winter Solstice: Thursday, 20 June

Ruben





Guruman (Yrs. 5&6)

Bush Tucker and Bush Medicine, by Indi and Lieka

This information is about Australian plants, told by a wise person called Lois Cook, an Indigenous Elder from Ballina who visited us at Flat Rock Camp, where she welcomed us to her Country and took us on walks to learn about bushtucker and bush medicine.

Lomandra: You can break it into 4. You can eat it. But it doesn't fill you up. You can dye it and you can use it to tie.

Banksia: Is medicine for your heart.

Charcoal: Is good for your tummy. It gets all the bad stuff out.

Pandanas: Is for weaving, doing baskets or traps, and it's also edible.

Tuckeroo: Is for sucking on when you don't have any water; it hydrates you and wets your mouth.

Native Sarsaparilla: Is a vine that is edible and you can use it as medicine as well.

Bloodwood tree sap: Is for medicine. You put it underneath your tongue and suck on it.

Bottle Brush: Seeds and nectar for the miniature Banksia are medicine and food for the birds.

Paper Bark Wood: Is an antiseptic. You can wrap babies that are sick, wrap around a broken bone and wrap your food.

Cork Wood: Makes you sleep. It was used in the wars for anaesthetic.

Lillypilly: used for eating / edible.

Lemon Grass: Is used for eating and making sorts of tea, and also weaving.

Midginberries: These are just yummy to eat, I think you can also eat the leaves.

Story Time!

When Lois was little, every day after school her, and her friends swam in the ocean riding dolphins, and sometimes turtles.

Thank you very much Lois for your wisdom.





SEE/STEM with Emmy and Akash

Highlights from SEE/ STEAM

Burubi are hammering, gluing and embroidering like mad to get their lanterns ready for the Winter Solstice celebration on Thursday 20th June. Lisa, Mandy and I were so impressed by their beautiful, calm and cooperative effort as they worked on their embroidery last week.

Gooanj completed and tested their little model cars and got started building mini Jack-in-the-Boxes to investigate the forces at play in springs.

Yuruugin delighted in rummaging through the Maker Space entrails to find materials to use in constructing their Mars robots, shuttles and settlement models. Watching their eyes grow wide and smiles spread when we learnt about the International Space Station was magic.

Guruman have had loads of fun designing, building and testing model bridges. Miela and Jeevan's held an impressive 23kg! We have continued our nature journaling, writing to our STEMpals and are beginning to design and build solar powered boats.

