



Tunable Falls Community School

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14 June 2023, Term 2, Newsletter 8, Next issue due 25 July 2023

Parent Update:

Wow, can you believe this is the last newsletter for the term? Where did it go? The last day of Term 2 is Friday, 23 June, and Term 3 begins Monday, 17 July. **School reports** will be ready for pick-up from the office during the last week of term, Tuesday – Friday. Any uncollected report cards will be mailed out.

If you get a chance, take a look in the school's **lost property** for clothes, shoes and stray lunchboxes before the term ends; there's always quite a collection by mid-year.

Sadly, we will be **saying goodbye** to our Kindergarten teacher **Heather** at the end of this term. We wish her all the best on her next life adventure, thanks for everything Heather! We are very grateful to welcome Ginger back to the school in Term 3 as our Kindy teacher, thanks Ginger 😊

We also farewell Marishia, who joined the school as counsellor in 2022. Big thanks to Marishia for all your help and guidance, all the best for whatever comes next.

A few reminders from Committee and Staff:

Chicken Coop – Is there a parent out there that would like to dismantle the old chicken coop for their Term 2 roster days? An easy way to get them ticked off. If so, contact Blossom or the office before end of term.

After-school play – *After-school supervision ends at 3:15pm, and is only in the undercover area.*

Classes end at 2:45pm, so please make sure you are at school by 3:15pm to actively supervise your kids if they are in the playground after school. Staff cannot ensure student safety outside of this time and area.

Nude Food – We are a Nude Food School, which means we aim to produce as little non-biodegradable food waste as possible. Please try to send your kids a healthy, nutritious lunchbox that doesn't include packaged foods. A good mix of proteins, fats and carbohydrates, vegetables, and a little fruit, will help keep bellies full and minds sharp.

And finally, by time of print it will be just a little over a week until the magnificent **Winter Solstice Celebrations on Thursday, 22 June**. Please give your child a snack in the afternoon before the event and dress warmly, arrive at 4.45 for a 5pm kick-off.

It's not too late to join in as a helper, get in touch with the school to see how you can help on the night.

Can't wait to see you all there for another beautiful night of song, fire, delicious food and wonderful company.

Stay Cosy,
Elowyn 😊

School Calendar:

- **Term 2 Ends**
Fri, 23 June 2023
- **Term 3 2023 Begins**
Mon, 17 July 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, 15 June, 3:15pm
Thu, 22 June, 3:15pm
(At school, subject to change)

Winter Solstice

Thu, 22 June, 5pm
Please contact the office if you can help with set-up, cooking, etc.

TERM 2 SPORT: Soccer

Ruben is running soccer drills on Fridays.

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 students on their birthdays.
Happy birthday precious possums!



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=tunableschool%40gmail.com&ctz=Australia%2FSydney> In the bottom righthand corner, click to add  Google Calendar

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

<https://calendar.google.com/calendar/ical/tunableschool%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 Contact regarding liaising with teachers.	President	0401 243 515	zacharyrook@gmail.com
Adjana Flow (Kristoff Brunet de Courssou) Contact regarding fees, and social media.	Treasurer	0481 090 348	adjana.tfcs@gmail.com
Melody Atkinson Contact regarding complaints/compliments.	Secretary	0422 751 508	miss.melodious7@gmail.com
Bart Bunting Contact regarding liaising with teachers, and maintenance concerns.	Member	0400 398 603	bart@bunting.net.au
Blossom Gillard Contact regarding liaising with teachers, TFC liaison, TFC work levies.	Member	0497 800148	blissbloss@gmail.com



Learning and Support News

Mindfulness at School

Earlier this year, as part of an Australian Government Department of Education Emerging Priorities Program, we were given the opportunity to gain 12 months free access to the **Smiling Mind Mindfulness for Primary Schools Program**. All the teachers agreed that this would be a helpful resource for teaching our kids social-emotional skills and strategies as a whole school, so after attending some training a few weeks ago, we have started introducing lessons. If you have any questions, feel free to contact me or your child's teacher.

Check out <https://www.smilingmind.com.au/at-home> for some background about the program and how it can be applied at home.

There is a **free Smiling Mind app** which has specific programs for adults, kids, and families which you might like to explore.

There is also a YouTube channel:

https://www.youtube.com/channel/UCSP_8_QEFYdi0gY2F3CXfA

🌱 Ochitha (Learning and Support Teacher)

MINDFULNESS IS LIKE A GYM FOR THE MIND



Mindfulness is the practice of focusing attention on the experience of the current moment, with an attitude of non-judgemental acceptance and curiosity¹.

“Mindfulness has been found to improve emotion regulation, mental health, attention, memory and learning”



LUNCH CLUB

It has been wonderful to see children taking up the opportunity to engage in relaxing, low stimulation lunchtime activities during LUNCH CLUB over the past few weeks. We've had repeat attendees and others popping in and out at different times. LUNCH CLUB is on every Tuesday, Wednesday, and Friday in the Guruman room from 1.15 to 1.45. If your child has mentioned that sometimes they find the playground environment a little overwhelming or they don't have anything to do at lunch times, let them know about LUNCH CLUB. It will continue to run next term and I will put a reminder in the first newsletter back.

If you have any of the following lying around, we would love donations of ...

- knitting needles or crochet hooks (size 5 or larger)
- left over balls of yarn
- jigsaw puzzles
- toilet roll or paper towel tubes

♻️ Ochitha (Learning and Support Teacher)





Buribi & Gooarng (K, Yrs1&2)

Hi Dear Families,

Buribi & Gooarng are getting ready for our **Winter Solstice Celebrations**. We have been creating our lanterns with pressed flowers and bug silhouettes in our 'stained glass windows'. Before then we also have **Garden Day** coming up. What a beautiful way to finish the term.

The last weeks have seen us writing our **bug information posters**, where the kids are demonstrating how much they've learned about the minibeast world throughout the term.

In Gooarng we are learning and strengthening our understanding of **multiplication** (times, groups of) and increasing our **stamina for independent reading**. The kids have picked their own '**good fit books**' (please ask your child to explain what this is 😊) from the library and are loving our quiet 'read to self' time.

On Fridays with Fionn the kids have been learning about the **seasons and the indigenous seasonal calendar**. They have been making mandalas relating to seasonality and place and working on perimeter and mapping using coordinates in maths.

We look forward to seeing you all at the Winter Solstice gathering.

Warm regards, Ishta & Heather



Hello families,

Unfortunately, I will be resigning from my position at Tuntable Falls Community School. Like many others in the area, my family has had to make many unforeseen changes in the last 18 months and with sadness, this is a change I have to make. I thank you all for inviting me once again to be a part of your very special school community. It has been wonderful to be a part of the children's journey from preschool to primary and I look forward to hearing about the next adventures.

Warmest regards,
Heather Jessup.



Yuruugin (Years 3&4)

Hello All,

We are finishing off our **information reports** on our fermented foods of choice. We will spend our last two weeks completing and presenting them in small posters.

We are continuing with the 'air' sound in our **Sounds Write** program.

In **Maths**, we will be looking at volume and capacity (helpful to know when working out how much cabbage will fit the sauerkraut pot for Wednesday), time, chance, and data.

Smiling Mind has begun, and we have been introduced to the concept of the breath being like an anchor in getting some focus on what is happening in and out of us. Anytime you prompt your child to put their hands on their belly and take a belly breath, it links to class!

Report cards will be ready for pick-up from the office during the last week of term, Tuesday – Friday.

Be well!
Ruben





Guruman (Years 5&6)

Ezekiel and Jag-Jag

I got a parcel one day. I opened it and I found a spotty kitten. "What a strange kitty," I thought. To research this type of kitten. Finally I realised it was no cat but a jaguar! I didn't want to send it back, so I decided to keep it and nurture it by calling him Jag-Jag.



Over time, I felt very protective over Jag-Jag, as I knew he was special.

Jaguars are endangered, and maybe someone might want to steal him. Thankfully, I live in the rainforest with lots of room, so he can run and hide. I made sure he was safe, by setting up a perimeter, so he cannot leave the property unless he is with me. Cameras were also installed for his safety, and I could observe his eating. Usually I gave him lots of good food, like steak, mince, chicken and fish, so he would not hunt animals. I was happy that Jag-Jag ended up becoming my wild friend.

As time went on, Jag-Jag and I became more in sync, as our friendship grew. He became a companion to me. He was a good listener, a protector and even a cuddle-buddy! Jag-Jag made me feel secure and loved, just like family. In fact, pets are members of families!

Love your pets

Jag-Jag!



Guruman artwork by Max, Luna, and Astrid.





SEE and STEAM with Emmy

RECONCILIATION DAY 2023

