



Tunable Falls Community School

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7 March 2023, Term 1, Newsletter 3, Next issue due 21 March 2023

Parent Update:

What a wonderful camp! We came back tired yet rejuvenated after 3 beautiful days of learning and connecting. Watching our kids play hard from dawn 'till into the night, it was clear what a great community they have amongst themselves - it was particularly lovely to watch them all look out for the smallest among them. Camp offers great opportunities for strengthening connections within our school through shared work, play, conversation, and laughter. I'm sure you all share my deep gratitude to our staff who went above and beyond over three days jam-packed with activities, and to the committee who made it all happen. *Camp photos will be available to view via the Parent Portal on the school website, ask René if you need help with logging in.*



The Committee are hoping that the **Family Camp** can return this year after a 3-year hiatus. Happening in the last week of the spring holidays (first week of October) and with destination TBA, *this camp is entirely parent run. If it's going to happen, we need a Camp Sub-Committee to form and take it on.* If you are interested in making it happen, get in touch asap.

The school's **AGM** is coming up soon on April 28. The Committee is hoping for some fresh energy, currently running short-handed with 3 members. It's a big job to run a school as special as ours, but many hands make light work. If you would like to be a part of the governance of our beautiful school, please attend the AGM and consider joining. Chat to a past or present committee member if you're curious about what is involved.

School lunches are happening again, fortnightly on a Monday, but we need more parents on board to make it regular. Lunches cost \$4 with orders taken in the morning, the school will text families the day before to announce what's on the menu. It's always a relief to have a break from prepping lunches! A lunch shift counts as a roster day and can be great fun if you team up with other parents. Support with menu, recipes etc is available.

On the topic of shared meals – there will be a **parent dinner** on Thursday, 23rd March. Please contact the office or Blossom if you can help with prepping, cooking, or serving on the day. These dinners are such a great way to get our school community together and share some delicious food. See you there!
Elowyn 😊

School Calendar:

- **Term 1 Ends**
Fri, 31 March 2023
- **Term 2 2023 Begins**
Wed, 26 April 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

Committee Meetings:

Thu, 9 March, 3pm
Thu, 16 March, 3pm
(At school, subject to change)

NAPLAN

15-27 March 2023

Parent Dinner

Contact Blossom if you can help with prepping, cooking, or serving.
Thu, 23 March

Garden Day

Families welcome.
Wed, 29 March

TERM 1 SPORT: Volleyball

Ruben will be organising sport on Fridays. The nets have been set up and the kids are excited about learning a new sport.

Drink Bottles:

All children are to bring their own drink bottles.

Especially important on Thursdays for CIRCUS.

2023 Camp at Flat Rock



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



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
Blossom Gillard	President	0497 800148	blissbloss@gmail.com
Contact regarding complaints/compliments, TFC liaison, TFC work levies.			
Adjana Flow (Kristoff Brunet de Courssou)	Treasurer	0481 090 348	adjana.tfcs@gmail.com
Contact regarding fees, and social media.			
Bart Bunting	Member	0400 398 603	bart@bunting.net.au
Contact regarding liaising with teachers, and maintenance concerns.			



Birthdays

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



Daisy
18 March



Learning and Support News

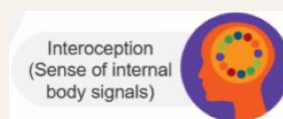
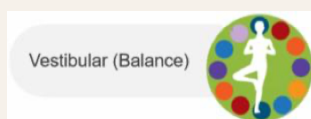
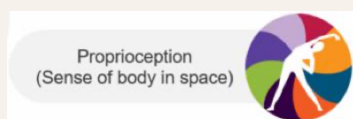
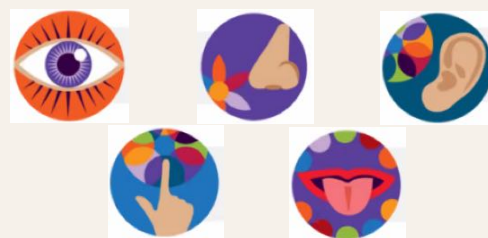
Learning and Support News

Children may need additional support at home or school for various reasons. Sometimes the support needed may be temporary (e.g., using a checklist to help them pack their bag independently). At other times it may need to be in place for a longer period (e.g., seeing a counsellor to help deal with a significant loss), or permanent (e.g., wearing glasses to read). This week's info snippet is about sensory processing. If you feel your child may have sensory processing needs and you'd like to discuss how to support them at school or home, please reach out to me or your child's teacher.

Sensory Processing

Sensory processing needs are a common experience of at least 90% of autistic people but is also experienced by a certain percentage of non-autistic people. In children, "behaviour" (what we may see as disruptive in the classroom or the playground) can be a way of responding to their sensory processing needs.

In addition to the traditional 5 senses (sight, smell, hearing, touch and taste) there are 3 other senses that we process information about. These 3 are **proprioception** (awareness of location, movement and action of our body), **vestibular** (movement, speed, direction, orientation of our body) and **interoception** (the sense of knowing how we are feeling in our body and what we need).



We all have a metaphorical sensory "cup" which we want to feel full but not overflow. It may be large or small depending on our needs. If our cup is large, we need a lot of sensory input to fill it and feel satisfied. Conversely if our cup is small, it can easily overflow. For a great short video explaining this idea, watch: <https://www.facebook.com/HolisticHouseTherapies/videos/we-love-this-analogy-for-sensory-processing-what-fills-up-your-sensory-system-cu/798314457386066/> or <https://www.youtube.com/watch?v=ZmAgtzFJW0Q> for a longer explanation.

Our sensory preferences can change depending on:

- They type of sensory input
- The time of day
- If we are tired or sick
- If we are engaged in something that we enjoy
- Whether we are in a familiar or unknown environment
- Whether we are in the company of familiar people or strangers
- Whether we are in control of the sensory input



This information was taken from a professional learning workshop presented by Positive Partnerships: <https://positivepartnerships.com.au>

🌱 Ochitha (Learning and Support Teacher)



Buribi & Gooarng (K, Yrs1&2)

What a wonderful way to start the year! It was so good to be with the kids and so many families at Flat Rock. The community coming together for the little ones is what our school is all about. Talking to the kids this Monday morning the highlights for them from camp were the sandcastle/sculpture building, the big bike ride, the stories from Elder Lois Cook and the tree snake, and the baby tree snake spotted in the campground.



I agree with them and would add the beautiful multi layered art maps they all created of our campsite. Here are a few from the Buribi/Gooang kids.



This coming fortnight we are continuing our **investigations**- the shop continues to be a highlight, with additions of fabric painting and banksia creations inspired by camp. In **writing** we will be learning about persuasive letter writing and in **maths** we are focusing on the pairs of numbers that add to 10 and 20 ('fri ends of 10' or '20').

Up we grow,
Ishta

Yuruugin (Years 3&4)

Firstly, a big thanks goes out to everyone who made the camp so great. The community effort was beautiful. It was a treat to see the freedom the humble bicycle gave!



Straight back into the swing of things. With our **Sounds Write** program, we will see the /s/ sound out on Monday, then straight into the 's' spelling, which can be pronounced as /s/ or /z/. In **our narrative writing**, I have given the target of shortening our stories to allow a focus on dialling into the story's plan. I have been encouraging students to bring in, or find in the class library, a 'good fit' book for use during reading groups sessions. Specifically for the year 4's, these get used for one-on-one instruction. Levelled texts are still being used for targeting specific reading concepts for groups.

In **Maths**, we will use our time looking at fractions and different ways to handle word questions that involve them. The grouping strategies will segue perfectly into multiplication as both need students to be able to count in multiples. Flash cards will be also used as one of the strategies and are now a part of our regular practice to develop instant recall.

Our **wild critters** are coming along well. We have been showing a keen excitedness in their development, with final shaping of the wooden parts taking place this week before gluing together. The students using clay will be adding their final refining additions before painting can start.

Guruman (Years 5&6)

The camp was amazing and could not have happened without the generous support of parents. Your contributions are what make this a Community School. Thank you all so very much for your contributions.

Thank you for:

- Making the menus for the various meals,
- Buying all the supplies,
- Reviewing and updating camping gear,
- Cooking the meals (especially those parents who did two or three shifts in the camp kitchen)
- Cleaning up after meals,
- Loading and unloading the camp trailer,
- Loading the firewood,
- Loading and unloading the bikes,
- Picking up and towing the trailers,
- Setting up the camp kitchen structure, tables, and cookers,
- Actively supervising and participating with the children during activities,
- Assisting students with their camping needs.



Things that could not have happened without your contributions:

- Meeting a local elder (Thank you Lois Cook), hearing local stories and learning about the local flora and fauna,
- Sharing meals with the whole school community,
- Participating in activities with all ages across the school,
- Discovering the wonders of the rockpools,
- Creating artworks with found objects,
- Making kites for flying on the beach,
- Seeing the shoreline along the extensive bike trail,
- Learning to ride safely,
- Discovering the local trees, shrubs, and beach life,
- Endless riding of bikes around the campground,
- And all the other joys of camping.

As Guruman teacher, it was very heart-warming to see my class embracing the opportunity to lead and support the younger students in all the camping experiences.

Thank you all,

Joe



SEE and STEAM with Emmy

What an amazing school we have! Thinking back on this fortnight I feel incredibly grateful for all those who make Tuntable what it is. Special thanks to my incredible colleagues who support each other through all that gets thrown our way and the parents who give time to brainstorm, problem solve, organise, come on excursions and camps, attack weeds in the garden, pull grant applications together, cook school lunches and be the community all our kids need.

And of course, the kids. My highlights this fortnight is from them- the best part of teaching.

"It's going to be so massive!" - Bobby amazed at our planned monster marble run from garden to classroom.

"I feel like nature is hugging me." - Grace @Mt Matheson

"I just want to sleep on that mossy log forever." - Arlo @ Mt Matheson

"This place is awesome." - Theo @ Lismore Revolve Shop

"Hello ocean, we're coming!" - Charlotte en route to Flat Rock

"Quick, quick I have a March fly for Mushu!" - Indikah stoked to find a good use for March flies by feeding them to a bearded dragon.

"Do you think I can lick the salt off the rock?" Escher considering whether to source some salt from a guano covered rock at Flat Rock.

WE NEED:

- manure for compost
- cut bamboo (any diameter, green or dried, lengths under 3m)
- old sheets for drop sheets
- PARENT VOLUNTEERS FOR GARDEN DAY 29/3





North Coast Independent School Swimming Carnival

How exciting for Escher, Lieka, Sibella, and Indikah to head to the combined Northern Rivers Swimming Carnival in Alstonville a couple of weeks ago. They were all very nervous... up until they had their first swim. Then they couldn't wait for the next and the next. "When do we do this again?" they all asked. Sadly, not until next year. BUT, they now have something to work towards. It would be great for an increase in the number of students participating next year.

The environment at the pool was very thrilling and quite new for our students. Being a part of the greater school community of our region provided a wonderful experience. It will be great when we head to the **soccer gala coming up** to experience it once again. Please make sure you have let Blossom or your child's teacher know if they will be playing. **Be a part of our local Nimbin Headers Football club and join up.** *Miniroos* train on Tuesdays 4:15pm as of now and the first game is Saturday 29th April. Log in to Football NSW to register.

Nicole 😊

Swimming Carnival. By Indikah

On Thursday Lieka, Escher, Sibella, Max and I went to a swimming carnival in Alstonville. It was Escher's go first. His goggles fell off. We still cheered for him though. Then it was Lieka's go to do freestyle and she did great! She came 4th. I did backstroke and breaststroke. First, I did backstroke. I leapt backwards and zoomed across the pool and came FIRST! Then, it was time for me to do breaststroke. I dove into the water very weirdly. Halfway through, a big gush of water went down my throat. I came last. Sibella was racing me too and she came first. The way back was a heck of a drive. I finally got back home, and I didn't have to do swimming ever again.

The END.

...except, not the end because I had to do swimming again that Friday.
Now it's the end.



