



Tunable Falls Community School

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117 Upper Tuntable Falls Road Nimbin NSW 2480

30 May 2023, Term 2, Newsletter 7, Next issue due 13 June 2023

Parent Update:

Happy Birthday Tuntable! The 50th Aquarius festival was a lovely week of reunions, workshops, and celebrations, culminating in the fantastic party at the Tuntable Hall on Saturday. Here's a pic of some TFCS students enjoying the Red Eyed Frogs performance.

The excursion to Djanbung gardens was a highlight of last week, thanks to Robyn Francis for sharing her wealth of permaculture knowledge.

The winter chills have well and truly set in, please make sure you send plenty of warmies with your kids. While it can be hard to keep their shoes on, warm feet and head goes a long way to staying cosy. We still need chopped firewood and kindling for the classroom fires, a great way to tick off a roster day or two.

Along with the cold weather come the many winter lurgies. Flu and Covid are out and about in the community after 3 weeks of festivities in Nimbin. Please keep your kids home if they have any cold or flu symptoms. Hand hygiene is one very important way we can help each other stay healthy, so please remind your kids about careful hand washing after blowing their noses, going to the toilet, and before and after eating.

The Fingal Head camp was a great success, thanks to staff and parents for making it all possible. Remember you can use your Back to School vouchers to pay for the camp, get in touch with the office to do so.

Welcome to Steve, our new maintenance person! He started a few weeks ago and the school is looking better already – thanks Steve 😊

Excitingly, we welcome 2 new families to the TFCS community this fortnight: Welcome to Luna and her parents Bonnie and David, and sibling Coco. Welcome to Nemirah and her parents Lucy and Sean. We look forward to getting to know you!

The Winter Solstice gathering is now just 3 weeks away on Thursday, 22nd June. Please contact the office if you are able to help cook on the day, or help with set-up or clean-up. This is always a very special night and needs plenty of parent energy to pull it off. Can't wait to see you all there.

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

Committee Meetings:

Thu, 1 June, 3:15pm
Thu, 8 June, 3:15pm
(At school, subject to change)

Garden Day

Wed, 14 June
Families welcome to join in on the day's activities

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



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



Learning and Support News

This week's info snippet is about *self-care and well-being*.

Although this might sound clichéd, it is nevertheless true that to be able to support others, we need to look after ourselves. As a parent there may be feelings of guilt around taking time for yourself, but if your tank is low you can't give as much as you'd like to those you love.

WHY LOOKING AFTER YOURSELF IS IMPORTANT AS A PARENT

Raising children is an important job and looking after yourself helps you do the job well. That's because looking after yourself physically, mentally, and emotionally helps you give your children what they need to grow and thrive.

Looking after yourself involves looking after your relationships, your health and your wellbeing.

When you're focused on looking after babies or children, it's easy to forget or run out of time to look after these parts of your life. But looking after yourself is worth it – **it's good for you and good for your children.**

LOOKING AFTER YOURSELF: ACTIVITY, FOOD AND REST

Three things make a world of difference to your energy levels and ability to help your children grow and thrive:

- staying active
- eating healthy food
- getting as much rest as you can.

Regular exercise improves circulation, increases your overall metabolism, boosts the immune system and makes you feel good. A daily walk gets you out of the house and into the fresh air. A change of scenery can do wonders for your mood, or you can just jump around the house listening to your favourite music.

Healthy food gives you energy. Have some simple food on hand, like fresh vegetables cut up ready to eat with dips, fruit, yoghurt, and wholegrain bread.

When it comes to **rest**, there are two golden rules: go to bed early, and nap whenever you can!

DEALING WITH STRESS

Most parents feel stressed from time to time.

After all, raising children is an important and challenging job. For example, there are everyday challenges like getting yourself and the children out the door and off to school and work on time. And you might sometimes have to navigate bigger challenges like financial issues, health concerns, relationship issues and so on.

You can manage stress by thinking positively, using routines, staying connected with others, and making time for yourself. Even a few minutes alone to drink a cup of tea can help bring your stress levels down.

Asking family or friends for support – or just talking to others about how you feel – can take the pressure off too.

LOOKING AFTER YOURSELF BY GETTING SUPPORT

A range of services can help you as you navigate the challenges that come with raising children. You can get free parenting advice in every state of Australia by calling a [parenting hotline](#). There are also many [services and support options that](#) can help you.

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/parenting/looking-after-yourself>

In other news

LUNCH CLUB!

I have set up a lunch time space for calm and low energy activities for children who prefer a quieter environment in which to recharge and relax at lunch times. It is currently called "**Lunch Club**", but we might work on a catchier name!

Children have been enjoying games such as chess and Uno, doing mindfulness activities such as stacking blocks and learning to knit. Lunch Club is on every **Tuesday, Wednesday, and Friday** up 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.

🌱 Ochitha (Learning and Support Teacher)





Buribi & Gooarng (K, Yrs1&2)

Hello Families,

There is definitely a chill in the air but that has not interfered with our exciting *investigation stations* of insect making, creating with clay, running a doctor's surgery, tinkering and terrarium making. During *investigations*, the students have been recording 3D shapes and verbs both inside and outside the classroom. We noticed that some *investigation stations* shared the same verbs, demonstrating some students were doing the same actions across different stations. Once we started our search for 3D shapes around the school, we discovered they were everywhere and made up our playground structures.



With the Year 3-6 classes away attending a school excursion last week, we took the opportunity to take over the **school kitchen and garden to cook nachos and salad**. It was wonderful to pick the cucumbers and leafy greens for the salad and have some hard-working helpers to grate, chop and wash our bounty. Sharing the meal preparation and eating time is always special. These times provoke very interesting conversations around family favourite meals, who helps at their homes, who has jobs, what is grown in gardens and what is the best food in the world.

Our recent trip to **Djanbung Gardens** was an insect rich learning experience that was guided by Fionn, Emmy and Robyn Francis. We send a big thank you to all of them for kindly sharing their knowledge with our students. It really was a wonderful day of making insect hotels, finding micro insects living in trees and being introduced to a magnificent turkey (unfortunately I have forgotten his name... Gobbles, I suspect the students would have remembered).

FAMILY REMINDERS:

We are always on the lookout for **items to tinker with**. If you have anything to contribute such as old clocks, locks, calculators, watches, unused toys, toasters (anything that can be pulled apart really), please drop them into Ishta's room.

We send out **home readers and homework folders** to those who have requested them on Monday afternoons. Returning readers is helpful to keep the resources in circulation as well as indicating that you would like more.



Great to see lots of warm layers being worn at school. **Names on clothing** will help us get them home to you.

Take care,
Heather and Ishta.

Yuruugin (Years 3&4)

Hello All!

We are rounding off our **information reports on Miso soup** in week 6. Once that is complete, our research skills gone over as a whole class will be used to write an information report on a choice of either yogurt, sauerkraut, or any other fermented food the child might have special knowledge of.

Due to a busy few weeks with less class time than the average fortnight, we will finally wrap up the **'or' sound** on Tuesday. Children will have a spelling test to match words to their correct spellings, and their yellow dictionaries will be updated with any gaps. Once that is done, we will be **moving onto the 'air' sound**.



In **Maths**, we will take a look at **money**, which ties nicely into our subtraction strategies and decimal work from the previous weeks, and then patterns. Then, we will branch out into 2D and 3D shapes for the Year 3 and 4 groups respectively.

We are starting **Smiling Mind** this week as a resource that aids mindfulness practice.

Lastly, any morning sessions where any parents have free time to visit, we are open doors (and arms). Tuesday and Friday mornings are where you can see our reading group rotations in the first session.

Stay well!

Ruben





Guruman (Years 5&6)

On Friday morning, May 19, Peter, Jeevan's dad, took us for a tour of the regeneration project behind the Community's hall. We were shown the areas where lantana had been cleared with brush-hooks and machetes; no machinery was used due to the steep inaccessible nature of the site. In the cleared area, many pioneer species of trees had come up, such as tamarillos, bleeding hearts, macarangas, and wild tobacco, their seeds spread by visiting pigeons. Weeds such as lantana, devil's fig, devil's tomato, cestrum and seeded bananas had come up in the area and were being regularly weeded out. Pioneer rainforest trees such as pencil cedar and brown currajongs have also come up, as well as red cedars, sandpaper figs, red ash, tree ferns, lillypillies and bracken ferns. We also saw a well-established camphor laurel which is currently providing stability for the slope and cover for the establishing trees. This may be removed in the future once the other trees are more established.

It was all very educational, and we got tamarillos. Thank you, Peter.

FINGAL HEAD CAMP

Last week in week 4, the Guruman and Yuruugin classes went to Fingal Head Camp, but a lot of the people did not go. I did not go because I was sick. They went to their campsite, but the wind was too strong, so they needed to change the camp site. When they were setting up, the gazebo blew away and broke. They got to eat coconuts. I heard that they were really good.



They went to the beach and discovered a crystal circle in lava rock. After they were on the beach playing soccer, they all piled up, trying to kick the ball. They saw heaps of different types of animals: ghost crabs, whales, and a dog that they adopted. They did a beach clean-up and got a lot of rubbish at the beach. They found heaps of crabs, fossils, a shell with something in it, a dead pufferfish that spurting out juice when it was stomped on.

I heard that the food was really good, all thanks mostly to Petria. They had pesto pasta, tofu and rice, and satay sauce. The next night, they had nacho cheese, and hot chocolate and marshmallows. For breakfast, they had cereal and toast.

One of the activities they did was making sandcastles. Escher made a 2-metre hole. And they went on a thing where you run with a parachute tied to you. When you unclipped it, you end up going really fast. It feels really fast because you are not held back by the parachute. They went to the lighthouse and saw the whales. They went to the river beach that had bull sharks and there were massive waves. They went to the nursery. They were shown the plants that they are growing

for regeneration. They have been making birdhouses with another school. They also saw a big termite mound in a tree. It was giant. It was massive. The kookaburras use it as a nest once the termites are finished.

Indigenous Elders, Aunty Louenna and Uncle Ernie from Tweed Byron Local Aboriginal Land Council, welcomed us to country and told us local stories. For example, in the story about the Echidna, the Echidna ate all their food until it got super big so they threw spears at it and those spears are its spikes now. There is a cliff where the Echidna rested. The Echidna was shoed away but came back.

Everyone adopted Aunty Louenna's dog named Sandy, who pooped in Jaavren's swag.

They were told how the leaves from mangroves soak up the salt and they taste very salty when you lick them. They went on a bush walk lead by the Ranger who showed us around. They also visited the mangroves.

And I heard that everyone had a great time.

By Lieka Vos





Sports



 LEGACY PROGRAM

 Richmond Valley Council

BASKETBALL

EVERYONE'S GAME

IT'S FUN & FREE

5-10 YEARS (9AM-10AM) SKILLS
10-17 YEARS (10AM-2PM) 3x3 GAMES
(mixed teams will be organised on the day)

BASKETBALL
FREE BBQ
MUSIC
PRIZES

SAT 10TH JUNE

 **CASINO INDOOR SPORTS STADIUM**
COLLEY PARK

Please register on the link below or scan the QR code