Hi everyone,

Thank you for the warm welcome I have received from Tuntable Creek students, staff and parents I have met so far. Please come in to say hello, anytime.

It is going to be a busy and fun two weeks. As you are aware the Performing Arts Festival is in full swing, we have had our rehearsal today and we have a performance on Wednesday night and Thursday.

I feel very blessed be apart of such a wonderful experience for both the students and myself, Miss Jodie is truly an expert in her field.

Students need to be at the Workers Club by 6:00 pm on Wednesday night. I will be waiting for them up stairs in the foyer. The Thursday matinee performance begins at 10:30 am, so we will be leaving school by 9:35.

Tickets are still available online at www.lismoreworkers.com.au .

As a reward for all their hard work towards PAF this term, we have decided to celebrate Pyjama Day this Friday 29th August. Please wear your PJ’s to school. We will be having movie day watching Rio, Rio2 or possibly Frozen. All these movies are rated PG, so please return permission notes asap so that we can all enjoy this day. We will also be having a special lunch of pizza GOLD coin per person.

Lisa Blackburn
Relieving Principal

Upcoming Events

August 27
6.30pm PAF Performance Lismore Workers Club. Students to be downstairs by 6.00pm

August 28
Matinee Performance Lismore Workers Club (NO HEATUPS)

August 29
Regional Athletics – Riverview Park (GO LUNA!!!!)

September 1
Yr 6 Interrelate – Modanville PS

September 5
TEAMS DAY – The Channon Oval
3 P DAY – PYJAMAS, PIZZA & POPCORN!

To celebrate our performances at the Lismore Performing Arts Festival students will be “treated” to a day of Pizza and Popcorn to celebrate Pyjama Day.

So come dressed in your pyjamas, and get ready to celebrate our wonderful performance with Pizza, movies and popcorn!

Exercise for All

Exercise and food go together; both are needed for healthy development. Just as we need good food to build a healthy body we need exercise for our bodies to develop and reach their full potential.

Walking, swimming and cycling are great forms of exercise. Parents can support a healthy attitude by joining in exercise times such as walking the dog, walking to school, walking to do the shopping, cycling or playing in the backyard or park. Combine a bush walk or swim with a family picnic. It’s a lovely family time together as well as a chance to talk about your child’s thoughts and feelings!

I give permission for my child/ren __________________________ of Tunttable Creek Public School to watch Rio, Rio 2 and Frozen (G & PG rated movies) on Friday 29th August 2014 as part of celebrations for the student’s performance at LPAF.

I understand that there will be pizza and popcorn and a gold coin donation towards Tunttable Creek PS kitchen/garden program is required to participate.

I enclose _________ for pizza, popcorn, pyjamas and movies.

Signed: ____________________ Dated: _____________

Name: ____________________

GREAT FRUIT & VEGGIE IDEAS FOR BREAKFAST, RECESS & BRUNCH

Adding fresh fruit or veggies to breakfast, recces or brunch helps kids meet their recommended daily intake of 5 serves of veggies and 2 serves of fruit.

Try these quick ideas:

- Serve mashed avocado on an English muffin or bread roll with cottage or ricotta cheese and top with a cherry tomato.
- Mix 1 tsp honey with 2 tbs reduced fat cream cheese. Spread mixture over 2 ready-made pikelets. Top with a small sliced banana and sprinkle with a few dried cranberries or sultanas.
- Spread pikelets with smooth ricotta cheese then top with sliced strawberries and a scattering of blueberries.