Hi everyone,

Not long now till the end of the year and our Christmas concert. The students had a rehearsal today and they sound fantastic. Watch out for all the final details in next week’s newsletter. Don’t forget to bring something in for the raffle.

Last week I forgot to welcome Anchali to our school. It is lovely to have her here. Miss Jodie was very proud of how she joined straight in with our concert rehearsal.

Swimming is ON next Monday and Tuesday for our final two days of lessons. Please remember to put in the towels and swimmers again!

Last Friday afternoon from 5 p.m. to 7 p.m. Tuntable Creek Landcare had a working bee down at our creek. We cleared many weeds from the site and I must make special mention of Ruby, who did an awesome job clearing off the stairs and pulling out privet! Awesome Ruby!

Congratulations also to Ruby, for winning the Macadamia Industry colouring competition. She received a little bag of goodies for her efforts as well as a certificate. Venus, Kira, Hudson and Luna were also finalists in the competition. Well done everyone.

On the 14th of December both Tuntable Creek Landcare and the Hall are the charity of the day at The Channon Markets. If you can help by either providing cake or on the roster, please let Lina know.

Last week I sent home notes regarding the option of having the chaplaincy program at our school next year. From the response provided, we will not be applying for the program at this stage.

Northern Rivers Wildlife Carers sent out our calendar this week. We sponsored a page in the calendar- the month of April. Our school name and website address in on the page. If you would like to buy a calendar, they are $15 and can be purchased at the front office.

Alison Bath
Fitness Improves Academic Performance

Another study (in January 2014 Journal of Adolescent Health "The Effects of Changes in Physical Fitness on Academic Performance Among New York City Youth") has found that being fit improves school performance. For both boys and girls a substantial increase in fitness from the previous year resulted in a greater increase in academic ranking while a decrease in fitness was associated with a decrease in academic scores.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids be more active

- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.

Summer holiday fun
Book your children into one of our fun-filled camp next school holidays. Your children will be kept busy and active while learning new skills and making new friends. You’ll have peace of mind knowing your children are safe and well looked after.

For details, visit Sport and Recreation website www.dsr.nsw.gov.au/kidscamps/

Avoiding homework drama
Bell Shakespeare’s artistic director, John Bell, discusses Shakespeare and how to make it accessible. He says to tell your teen not to worry about the language; to concentrate on the characters, the dilemmas, and the problems they face, and find out how to identify with the protagonists in the story.


For the love of science
Science is a method of engaging with, and trying to understand, the world. Professor Tim Flannery says if a child is interested in pursuing science, encourage them to develop persistence and humility – the idea that they won’t always be right.


Pleasures of free play
Allowing free time for children to play on their own, making up games and activities, can help kids to be comfortable in their own company, teach them how to cope with boredom and, importantly, foster their imagination.


Succeed in science
Award-winning scientist and teacher Dr Mark Butler lists his 10 top tips to give your teenager the edge in the study of science.


Helping teenagers celebrate safely
Parties are part and parcel of a teenager’s life. While most celebrations go off without a hitch, they can go wrong and get out of hand – particularly if the party is unplanned.

Here are some tips to help ensure your teenager and their friends have fun but remain safe.