Hi everyone,

Last Friday, Mrs Whillas and I took students from Year 1 to Year 5 to Our Voice at the SCU where they shared ideas on sustainability and our project, as well as listening to other schools and speakers on the same topic.

This conference is specifically targeted at children and young people. It is about giving youth a voice where they can share, discuss and stimulate ideas about sustainability and the environment in a university setting. The conference aims to encourage children and young people to think critically about sustainability in their local region, share solutions and identify pathways for change in the future. The conference will also be documented to extend children and young people's voices to the wider community.

Students demonstrated excellent behavior and enjoyed the learning. We listened to 12 year old Holley Sommerville-Nott as the guest speaker on how important student voice is. She has many charities, launching a new one at the conference.

Our students chose workshops on bees wax for lunch wraps, koala badge making and information and turtle sculpture from recycled materials.

I would like to take the students down to the creek on Wednesday this week- weather permitting- to do some follow up site analysis. Students will need to wear suitable shoes to go down the track.

It is a great time to do frog spotting at the moment, especially after the rain. Take photos and mark the location of the frog. I saw some awesome photos of the Tusked frog from Jo's fab frog pond on the weekend- the eggs, tadpoles and through to final stages.

This Sunday is our jumble sale. Set up is from 8:30 with a finish of 2:30. Please bring cakes, biscuits etc to sell as well as other things. As per our market day, all food must state ingredients. Items for the sale can be left at the school on Friday.

Kathleen has booked the accommodation for the end of year family camp.
I have included an interesting article around bullying, being mean and rude. We are always discussing with our students how to get along with others. It is also important that they understand the language around hurtful things and how to deal with them effectively. This week we are focussing on Conflict and what it is and the best ways to deal constructively with conflict. Tone of voice when speaking, is also on the discussion table, as sometimes, students don’t often realise that the tone they use to say something can cause conflict.

Alison Bath

Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.

Only carry water. When out and about, carry water to quench your thirst.

Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Stop buying sweetened drinks.

Make water easily accessible.

Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Unsweetened milk. Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D.

Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.
to the person they are putting down." And while Whitson agrees that both rudeness and mean behavior require correction, they are "different from bullying in important ways that should be understood and differentiated when it comes to intervention."

Bullying is "intentionally aggressive behavior, repeated over time, that involves an imbalance of power... Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse -- even when targets of bullying show or express their hurt or tell the aggressors to stop." Whitson gives examples of multiple kinds of bullying, including physical and verbal aggression, relational aggression (like social exclusion, hazing, or rumor spreading), and cyberbullying. The key aspect to all of them is the ongoing nature of the behavior, which leaves the victims feeling powerless and fearful.

As we continue to improve our response to bullying, she asks all adults who interact with children to remember that "a child's future may depend on a non-jaded adult's ability to discern between rudeness at the bus stop and life-altering bullying."

To read Signe Whitson's entire article on HuffPost, visit [http://huff.to/1XIDuIT](http://huff.to/1XIDuIT).

# Charity Stall Roster

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30AM (Setup)</td>
<td>JO, Kizzy, Alison, Kathleen</td>
</tr>
<tr>
<td>11.00AM</td>
<td>John, Fumie, Tim, Kerry, Brie</td>
</tr>
<tr>
<td>1.00PM</td>
<td>Tim, Wendy</td>
</tr>
<tr>
<td>2.30PM (Packup)</td>
<td>JO, Kizzy, Tim, Wendy</td>
</tr>
</tbody>
</table>

36 Softdrinks (Ice/Esky)

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## Community Stall

**This Sunday**

**Tuntable Creek Public School**

Cold drinks

Bric-a-brac

Cakes

From 8.30am – 2.30pm