Hi everyone,

Welcome back to a new school year.

If you’ve been past the school over the last few weeks, you would notice that we have a nice new COLA over the outdoor furniture. We were able to do this through a joint funding project. We can now finish up the garden area properly now and use this area for outdoor learning as well as an eating area.

As this year is the year of light, our Science Unit this term is on Earth, The Sun and The Moon. Today everyone put down their own thoughts on what they know about them, their shape, size and how they move.

We will be exploring Australian authors in English and delve more into Australian history and as always, working hard in Maths!

The Small Schools Swimming Carnival will be on in a few weeks’ time-looking forward to more ribbons again!

The 2014 End of Year Book is almost ready for publication. As we had the concert in the last week of school, I held off publishing it so that I could put Concert photos in.

Next Monday is our P and C meeting. We have a few important events happening this term that need to discussed, including The Channon Markets.

Look forward to seeing you soon,

Alison Bath

PLEASE NOTE: There is a technical fault with the school phone and fax lines. At this stage the school is not contactable by phone until early next week. Telstra are investigating the situation and hope to have it resolved as soon as possible.

In the meantime, we are contactable by email: tuntableck-p.school@det.nsw.edu.au or facebook: www.facebook.com/tuntablecreekps. We apologise for any inconvenience.
Leaving your child at home alone
Making some clear 'home alone' rules with your child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed.

Printable 2015 homework calendars
Kids and families run more smoothly when there's a plan - so print out School A to Z's 2015 homework and study calendar, which includes key dates and school holidays.

Swim and survive program
Lessons are for beginners through to confident swimmers keen to practise their technique (from infants to 12 years). See the map to find the pools where friendly swim teachers with AUSTSWIM accreditation teach across NSW.

Helping your child with career choices
A video interview with a career expert offers advice to parents about how they can assist their children to recognise their personal interests and choose a career that suits them.

Are active kids less likely to be bullied?
Researchers have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs.

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Free Healthy Lifestyle Program for kids 6.5 to 13 years
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Once I slowed down I realized that my daughter wouldn’t starve, I could find a way to get some cash back from a store, and that I was resourceful enough to deal with this situation.

I did some mental arithmetic and discovered that I could keep my miles per gallon quite high if I used cruise control and didn’t rush. At 42 miles per gallon or more, I could possibly make it. And if I didn’t, I would be close enough to have someone come and get us.

**Negative thoughts often sneak up when people are stressed, anxious, or depressed.** And once they take root, they can impede more helpful, critical, and logical thinking.

**Here are 5 simple and easy ways to manage negative thoughts when they appear.**

*Help your body relax:* breathe deeply 5 times; take a drink of water; loosen up your arms and legs, roll your shoulders. If you have the time, you can even do **progressive relaxation.** Having a body that is relaxed will make your mind less stressed and encourage new problem solving.

*Think of the ultimate worst case scenario.* I do mean worst case. In my example it would be that the car would run out of gas, my phone wouldn’t work to call for help and no one would stop for us, and we’d spend the night in the car. Extremely unlikely. **Coming up with the worst case scenario forces your mind to think outside the box.**

*Ask for help* from someone you trust. If you lost a job, ask a close friend for help understanding why. If you struggle with your weight, talk with your doctor. Don’t let shame or embarrassment keep you stuck. The more minds that work at solving a problem, the better.

*Make a plan.* It doesn’t have to be super long or incredibly detailed. The purpose is to give you an outline or a map of what to do next. My plan was to find all the cash I could, to estimate how far my car would go on the gas I had, talk to my husband for his thoughts on the situation, drive slowly to conserve fuel, and to look for a store that would take checks and allow me to get cash back.

*Replace the negative thoughts with positive ones.* Don’t just think them, though. Write them out and put them where you will see them: on your bathroom mirror, your steering wheel, as a screensaver on your computer.

Negative thoughts can bog people down and prevent them from problem solving. The more you can rid yourself of them, the freer your mind will be to problem solve rather than perseverate.

In the end, I was able to clearly think through a plan to deal with the problem. I made it home with the empty gas light on, but I made it home. And I wasn’t bitter or angry or stressed. Well, maybe a touch stressed…

-Jenise Harmon