Hi everyone,

I thought I would start with a little quote from The Learning Brain newsletter.

“We all know how much better we feel, and function, after a good night’s sleep and how it is difficult for children to learn if they come to school without proper rest the night before.

Now research has shown how important it is for students to sleep well after learning a new concept and how critical it is for successful learning.”

Researchers from Royal Holloway, University of London have found that successful long-term learning happens after classroom teaching, after the learners have slept on the new material.

It has implications for teachers as well, suggesting that exceptions to a new concept should not be introduced until children have consolidated the standard rule after a good night’s sleep. For example, such as how the rule for pronouncing CH applies to church and chest but not to chorus and chef.

The Learning Brain Website has some fantastic findings and information on a variety of topics. One of my favourites are the tips for teachers and parents on helping students who experience difficulties with learning.

• Never lose faith in a struggling student
• The key is that in the end, it takes as long as it takes
• It’s about having positive conversations
• Take your time, celebrate often and build confidence.

If you are interested, have a look at www.learnfasthome.com.au

The COGMED training we have been involved in this term is from this website. We finish the activities at the end of next week. AND we will definitely be celebrating our achievements in working memory.
Thanks to everyone who came to the P and C meeting yesterday.

A few reminders from the meeting:

- REPORTS go this Friday 19th. If you would like to talk about your child’s progress, please contact the school to make an appointment. If you let Miss Kathleen know your preferred times and dates we will get back to you to confirm the appointment.
- EXCURSIONS: First day back next Term- **Everyone** to attend Life Education at Corndale (MONEY and NOTES RETURNED BY END of TERM 2)
- First Friday of next Term- The 26 Storey Treehouse Play- live on stage in Lismore (MONEY and NOTES RETURNED by THURSDAY 16TH JULY)
- Lismore P-12 College dance Taster for our students-notes to be returned

Alison Bath

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**Love those Legumes!!**

What are legumes?

Apart from nutritious AND delicious! They are:

- Dried or canned peas, beans and lentils.
- High in protein and fibre, and low in fat and cholesterol.
- Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- Cheap and very flexible in recipes.
- Good for freezing before and after cooking, and when made up into recipes.
- Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

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**Buying and storing legumes**

- Legumes are quite hardy and will store for a year in well-sealed containers.
- Look for uniform size, strong colour and a plump smooth appearance.
- There are many varieties available in cans, which means they require only minimal preparation.

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**Mexican Enrollada**

(Serves 6)

1 tbsp oil
1 large onion, chopped
1 med red capsicum, chopped
35 g packet salt reduced taco seasoning mix
810 gr can crushed tomatoes
750 gr can red kidney beans, rinsed and drained.
1 packet pita bread, halved

1. Saute onion and capsicum in oil until soft
2. add taco mix and cook 1 minute
3. stir through tomatoes, beans and heat through
4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.
Students from Tuntable Creek Public School will be participating in a Life Education Lessons (Healthy Harold) at Corndale Public School on Monday 14\textsuperscript{th} July 2015. The program will run from 9.30 am to 1.30pm.

Students will travel by bus to and from Corndale Public School, leaving Tuntable Creek Public School at 9.10am and returning by 2.30pm for the afternoon school bus run.

Costs will be $15 per student. Families: $20

Students are required to wear purple school shirt and sensible covered shoes. Please bring a packed lunch, morning tea and water. School hats will be taken for outside play.

Alison Bath
Principal

I hereby give permission for my child/ren ________________________________ of Tuntable Creek Public School to participate in the Life Education (Healthy Harold) lessons at Corndale Public School on Monday 14\textsuperscript{th} July 2015.

I understand that travel to and from the event will be by bus.

I enclose _____________

Name: _______________________________ Date: _______________

Signed: _______________________________
Students from Tuntary Creek Public School will be attending the showing of 26th Storey Treehouse (an adaptation of Andy Griffith’s book of the same name) at Lismore City Hall on Friday 17th July 2015.

Students will travel by bus to and from Lismore City Hall, leaving Tuntary Creek Public School at 9.30am and returning for the afternoon school bus run. Total cost for the day will be $10 per student, $15 per family. Tuntary Creek Public School has covered the cost of the entry to the play as part of CAPA studies.

Students are required to wear purple school shirt and sensible covered shoes. Please bring a packed lunch, morning tea and water.

Alison Bath
Principal

I hereby give permission for my child/ren ________________________________ of Tuntary Creek Public School to attend the showing of 26th Storey Treehouse at Lismore City Hall on Friday 17th July 2015.

I understand that travel to and from the event will be by bus at a cost of $10 per student / $15 per family.

I enclose __________________

Name: _______________________________ Date: _______________

Signed: _______________________________
**The BIG VEGIE CRUNCH**

Less than half of kids eat 3 serves of veg each day
Most kids eat 2 serves of fruit each day

Our aim is to set a record for the most children eating vegetables at one time... 11am on the 27th of August

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**THE DETAILS**

When: 27th August 2015
Where: Your school
Time: 11am
How to get involved: register your school's interest, go to [http://www.surveymonkey.com/r/7XJKQ3](http://www.surveymonkey.com/r/7XJKQ3)

For more information contact Northern NSW Health Promotion
Officer Kate Collins on [katecollins@health.nsw.gov.au](mailto:katecollins@health.nsw.gov.au)

Join our record attempt and get your school involved in the Big Vegie Crunch 2015!

#BIGVEGIECRUNCH

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**Nimbins Holiday Club Winter Program**

Dear friend,

We are operating from the Nimbins Community School, (81 Cullen St, Nimbins) and an excursion day please meet us in the Nimbins Central School car park at 9am. Day runs between 9am and 3pm, for children aged 5 – 12. Please read the dates and venues below carefully, and book to avoid disappointment. To book phone Nimbins, on 66991502 (between 10 am and 4 pm) or text Kylie on 0417573351. Please note that the basic fees is $12 per day and more on excursion days. Parents must sign consent forms for any excursions. Please ensure that your child wears appropriate clothing, covered shoes, brings a hat, and has adequate food and drinks for the day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Nimbins Community School and Park</td>
<td>$12</td>
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<tr>
<td>1st July</td>
<td>Ant&amp;Cos, Dance, Music and more</td>
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<td>We will be making our own snow crystallal</td>
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<td></td>
<td>Snow flakes and crystals</td>
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<tr>
<td>Thursday</td>
<td>Excursion – Ten pin bowling and Arts Party @ Lismore Gallery</td>
<td>$3.5</td>
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<tr>
<td>2nd July</td>
<td>We are visiting Lismore Ten pin to have a bowl, then we are going to</td>
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<tr>
<td></td>
<td>the Arts Party @ Lismore Art Gallery for some creative, fun activities</td>
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<td></td>
<td>Please bring food, water and socks</td>
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<tr>
<td>Monday</td>
<td>Nimbins Community School and Park</td>
<td>$12</td>
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<tr>
<td>6th July</td>
<td>Ant&amp;Cos, DvD, Games, Music and more</td>
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<td></td>
<td>We will be making snow globes and snowmen</td>
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<tr>
<td>Tuesday</td>
<td>Nimbins Community School and Park</td>
<td>$12</td>
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<tr>
<td>7th July</td>
<td>Ant&amp;Cos, DvD, Games, Music and more</td>
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<td></td>
<td>Modelling clay and candy factory visit</td>
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<tr>
<td>Wednesday</td>
<td>Nimbins Community School and Park</td>
<td>$12</td>
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<tr>
<td>8th July</td>
<td>Ant&amp;Cos, DvD, Games, Music and more</td>
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<tr>
<td></td>
<td>Music and dance party</td>
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</tbody>
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Funded by NSW DEC

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**Pre-Instrumental 5 week music course for primary school aged children**

Learn the foundations of reading music and understanding music concepts through song, rhythm and movement
Introduction to strings, voice, piano, guitar, drums and wind instruments with visits from our inspiring teachers
Explore instruments from our range of musical resources
Learn songs as a group

Bookings: 6621 2266
e-mail: admin@nrca.edu.au

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**Limbs4Kids**

Limbs4Kids - Australia’s first program for children living with limb loss launched

As of today all Australian children and young people with limb differences and those who care for them have a website to call their own – www.limbs4kids.org. The Limbs4Kids website is an initiative of Limbs4Life, Australia’s peak organisation for families and persons with limb difference.

The Limbs4Kids program and its website is the first of its kind in Australia, providing comprehensive information and resources for patients and healthcare professionals caring for children and young people with congenital and acquired limb difference.

Melissa Hosker, Chief Executive Officer of Limbs4Life, said that “the national Limbs4Kids program and website will support and encourage the thousands of Australian families who care for children born with limb difference or who have a limb amputated during their childhood”.

In Australia it is estimated that over 2,500 children and young people have a limb difference. A limb difference may be caused by a congenital condition identified during pregnancy or soon after birth, or as a result of a limb amputation due to birth trauma, infection or cancer. Some children with a limb difference also have a genetic condition which others may not and can easily accelerate at birth.

The Limbs4Kids website is a key feature of the new Limbs4Kids program, established in response to needs identified by parents of children with limb difference and end-users researched by research conducted for Murdoch University. The Limbs4Kids program guidelines written in collaboration between patients, other peer support, providers, “bias demands”, and research and is a knowing knowledge about limb difference in the wider Australian communities.

A key feature of the Limbs4Kids website is the Learning Centre. “The Limbs4Kids Learning Centre is the first online library of its kind in Australia, containing information about the key physical, social and educational challenges experienced by children and young people with limb difference. This library also contains stories that particularly affect families caring for a child with limb difference and provides tips for how to address them,” said Melissa.

Additional website features include an online kids Link forum, comics, videos, publications, three magazine and opportunities to access peer support or become a trained Peer Support Volunteer.

The Limbs4Kids program is generously facilitated by franchisees who, like Limbs4Life, are committed to ensuring all children with limb difference and their caregivers receive access to informed and timely support.

Visit the Limbs4Kids website at [www.limbs4kids.org](http://www.limbs4kids.org)

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**Media Enquiries:**

Melissa Hosker (CEO, Limbs4Kids)  
Ph: 0417 573 253  
Media: 0417 573 253  
E: melissa@limbs4kids.org

Fiona Wastell (National Manager, Limbs4Kids Program)  
Ph: 0419 782 254  
Media: 0417 327 237  
E: fiona@limbs4kids.org

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**Attached Images:**

1. [logo](#)  
2. [logo](#)

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**About Limbs4Life:**

Limbs4Life provides information and support to families and persons with limb differences who are living or working in the community. For more information visit [www.limbs4kids.org](http://www.limbs4kids.org)