

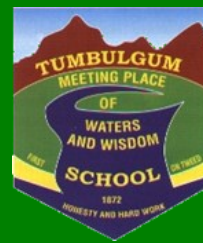
# Tumbulgum Public School

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Term 1 Week 2 2018

Principal: Jenni McKeon

## Information afternoon

Make sure you come along to our information afternoon this Thursday, where we will be sharing our timetables, routines, and teaching and learning programs. The K-2 session is on at 2:00pm before our first assembly of the year. Then senior class will be at 3:00pm. Students in years 3-6 are welcome to stay and find out what lies ahead in 2018. Sessions will be held in the classrooms. If you can't make the session, the information will be available in written form.

## P&C AGM

Thursday 1 March at 3:15pm is the first P&C meeting of the year. Come along for some afternoon tea and to have your say at school. All welcome.

## Playgroup

Just two more sleeps until playgroup is back. Get the word around town to anyone you see with preschool aged children. We'd love to see our playgroup grow this year, especially as there are lots of children, parents and carers in town who would benefit from the social connections playgroup provides. It is only \$2, and parents need only bring themselves, their children and some fruit.

## Tennis

Years 2-6 will be having tennis lessons every Monday this term with Gemma from Murwillumbah Tennis. Yesterday's lesson went very well, with some great skill shown. One of the things that pleased me most about the session was how some children who found it quite difficult hung in there and kept trying. I'm looking forward to watching the students improve with weekly practice.

## Tweed Small Schools Swimming Carnival

Good luck to our swimmers Jackson, Lalau, Jorja, Isla

### TERM 1 2018

<b>Term 1 Week 2</b>	Wednesday 7 Feb—Tweed Small Schools Swimming Carnival  <b>Thursday 8 Feb</b> 9:00–11:00 am—Playgroup starts back 2:00–2:30pm—K-2 information afternoon in the classroom 2:30–3:00—First assembly of 2018 3:00–3:30—Senior class information afternoon in the classroom
<b>Term 1 Week 4</b>	Monday 19 Feb—School photos
<b>Term 1 Week 5</b>	Thursday Mar 1 Week 3:15pm P&C AGM
<b>Term 1 Week 6</b>	Tuesday 6 March—Whole School excursion to Hytec Quarry

and Lolama, for tomorrow's Tweed Small Schools Swimming Carnival. I am looking forward to attending the carnival and seeing our students in action.


## Mindfulness

We have begun our mindfulness practice, using the Smiling Mind program. The children are really enjoying it and report feeling better after a session. The teachers certainly notice that our students are much calmer and more ready to learn. If you would like to join your child, or allow them access at home (it's great for calming and going to sleep), you can install the Smiling Mind app on phones or iPads, or join on any PC.

Jenni McKeon - Principal

One of the things I love about our school is how the children help each other and work with each other no matter what year they are in. I was watching these two at tennis yesterday. Great job Mia! She went over and gave Isabella a private tutorial, without even being asked. This is what we mean when we say 'Nurture and Encourage'.





**Tumbulgun Playgroup**

Come and enjoy a chat while your children have fun playing and socialising


For pre-school children from 0-5

A great way to meet other local parents and carers

**Tumbulgun Public School**  
**Fawcett Street Tumbulgun**

Every Thursday  
 9am – 11am  
 \$2 per family

Tea and coffee provided  
 Bring a piece of fruit for the children to share



Caring

Learning

Growing

Enquiries: 6676 6237



**The Blonde Baker**  
 Supplying the school with lunches daily!

**AWARD WINNERS**

Congratulations to these students who received awards last week.

**Class Award:** Ms McKeon—  
 Lalau for being a helpful student



## BOOK CLUB

Book club orders are due back this Friday.


It is most convenient for the school if you pay online.

The school doesn't participate in every issue, so if you want to earn your bonuses, you will have to have the issues delivered to home.

## Book Club LOOP

The EASIEST way for parents to order and pay for Book Club!

**KEEP THE READING MOMENTUM ROLLING AND EARN BONUS BOOKS!**



If you miss an issue, don't worry—it just takes two consecutive issues to get rolling again!  
 If your school is not participating in an issue, you can always order home delivery to get your **Bonus Book** via **LOOP**!

Place your Issue 1 **LOOP** order now ▶

# Q&A: Things you need to know to help young minds thrive

## Who is Smiling Mind?

Smiling Mind exists to help build individual mental health and wellbeing, through pre-emptive tools that are accessible to all. We are a 100% not-for-profit organisation committed to seeing mindfulness meditation on the Australian National Curriculum.

## What is mindfulness?

Just as we teach kids to eat well and stay fit to keep their bodies healthy, teaching children how to proactively care for their mind is equally important.

Many children live busy lives in a state of mindlessness. This is the same as being on autopilot, or taking a back seat and letting thoughts and emotions drive actions and behaviour. Mindfulness puts the child's mind in the driver's seat. Instead of reacting, thinking in circles or repeating old habits, they can choose to act in ways that are both clear and empowered.

## What is mindfulness meditation?

Mindfulness meditation is about becoming aware of the present, noticing thoughts as they come and go, and observing one's breath and any physical sensations. It's a simple skill that can be a life-changing practice. It is not about stopping the mind. It's about focusing on the present moment in a non-judgemental and curious way.

Scientific research has shown that mindfulness meditation assists with managing stress, builds resilience and compassion, and improves focus.

## Why is mindfulness meditation needed in the classroom?

In our busy, often overscheduled culture, children can be overstimulated and over exposed to technology.

Research has shown that mindfulness meditation strategies can:

- improve learning readiness by enhancing working memory, processing and the ability to focus on one task, encourage brain development in areas important for cognitive and emotional processing and wellbeing, and improve the classroom dynamic by reducing anxiety, heightening optimism, improving attention and reducing aggression.

## What are the benefits?

Each pre-emptive program is designed to assist young people to deal with the pressure, stress and challenges of daily life. This includes helping with sleep, wellbeing, managing emotions, concentration and school behaviour including dealing with bullying.

Smiling Mind programs also aim to assist with:

- stress management
- increased resilience
- increased creativity
- better decision making; and
- fostering a sense of calm, clarity and contentment.

Adolescents participating in mindfulness based stress reduction programs have reported reduced symptoms of anxiety, depression and somatic distress, while experiencing increased self-esteem and sleep quality. Mindfulness meditation has also been found to increase empathy and compassion by activating the limbic region of the brain.

## Where is the evidence?

In a 2015 study, Deakin University, Insight SRC, Young and Well CRC and Smiling Mind collaborated to survey 12 schools, 104 educators and 1,853 students to assess the impact of our mindfulness programs. We monitored students' stress, fatigue levels and wellbeing over eight weeks and found that those who participated in our program reported significant improvements in sleep, engagement with school, and reductions in classroom disruptions and bullying. They also noted improvements in emotional wellbeing and marked reductions in psychological distress, especially for those students who were more at-risk for anxiety.

The results confirm the findings of similar studies undertaken by UCLA, Harvard, Oxford, Monash and Johns Hopkins universities.



## Future Focussed Learning Skills

The senior class are using Buzz Math to reinforce and extend their maths learning. They can even use it at home, on their iPads or computers. Here's what the students think.



I think Buzz Math is fun and challenging, and you get to learn a lot.—Flynn

*I like Buzz Math because it is fun. You can do maths and it is exciting. You will be happy and you will be smart.—Iolama*

I love Buzz Math because you can explore new things. It is a fun, awesome and cool website to discover. You can play it on any device such as your phone, desktop, laptop and iPad. I rate Buzz Math a 9/10.—Jackson

*Buzz Math is awesome because I love love love love maths so much.—Olivia*

I learn heaps of new things like the meaning of numbers, operations and even geometry. You get to change your profile and play cool maths games too, and I like that.—Isla

*I have learnt more about times tables and division and more. Buzz Math is challenging and lots of fun. There is something for everyone.—Dylan*

Buzz Math is a fun way to learn new things. It is a great way to understand things better, and you get to go on a mission.—Mia

*Buzz Math is an intricate and amazing website about math. It has its pros and cons. Here are the pros—you can do math with ease, make your own custom profil and have examples of your work. Here are the cons—kids can be silly with the calculator and paint tool. It is an easy to use software application and an easy way to learn maths with a bit of fun mixed into it.—Josh*