

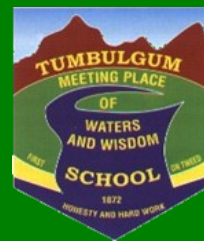
Tumbulgum Public School

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Term 2 Week 7 2018

Principal: Jenni McKeon

Welcome to Brenda

Brenda Stuttle is engaged as a Student Support Officer (SSO) and has an important role to fill at the school. She will be working closely with the teachers to provide support for wellbeing. The school currently runs a number of programs that enhance emotional and social development, as well as supporting transition and personalised student needs. We will be adding to these including a preschool music program on Friday mornings at 9:30 starting next week.



Brenda brings with her a wealth of experience and knowledge. Working with children of all ages for nearly 30 years, she has qualifications in Early Childhood, Counselling and Community Services. She is well known to our children, having been active in our community as a volunteer. Brenda is looking forward to getting to know your children and you in the coming weeks.

Brenda is funded by a program which includes a grant from the Department of Education, money from our school budget and community contributions. The Tumbulgum Community Association are great supporters of the school and money raised from the Trivia night next month will go towards funding Brenda.

Preschool Music Program

As part of Brenda's job, we are introducing a preschool music program, Music, Movement and Merriment. She will be running the program on Fridays during school term with Lissie Stanton from 9:30 to 10:15. Please encourage any families you know with preschool children to come along. They will need to ring to confirm their place. It is a bargain at \$5 a family.

Far North Coast Dance

Congratulations to the students and staff on a very successful concert on Tuesday night. I was so proud of how the students performed and behaved themselves throughout the long day. Concert events such as this are very important for children on a number of different levels, but many parents have commented to me on the personal growth and sense of achievement their children have felt as

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TERM 1 2018	
Term 2 Week 8	Friday 22 June—Athletics training 9:30—Music, movement and merriment for preschoolers
Term 2 Week 9	Tuesday 26 June—Brisbane Excursion 8am-5pm
Term 2 Week 10	Friday 6 July 2018.—Athletics training and Last day of term
Term 3 Week 1	Monday Staff Development Day Tuesday—Students return Wednesday—Athletics field events Cudgen Thursday—Athletics track events Cudgen

result of participating in the concert. It was a great team effort, especially coordinating with another school.

Trivia Night

Have you registered for the Trivia Night yet? It promises to be a great fun night! The Tumbulgum Community Association have been very supportive of the school's employment of a Student Wellbeing Officer and the funds raised will go towards our \$7000 community target. Hope to see you there!

Hats

Please make sure your child has their hat at school every day. We often go out to play games or practise athletics and without hats it makes it very difficult to organise. Green broadbrimmed hats are available from the office. Alternatively bottle green bucket hats can be purchased at Big W, Kmart or Best & Less.

Jenni McKeon - Principal





**Far North Coast
Dance**



Learning about bees

As part of this term's science project, K12 have been learning LOTS about bees. How lucky were we that Lulu and Pearl's grandparents are experts, and offered to visit the school to teach us some more. The children learnt lots and had a wonderful time. Thank you so much for your visit!



Murwillumbah Tennis Club are having a **Free Tennis Day** to celebrate our new Book a Court system. Come on down to find out more about how to Book a Court and what our club has to offer. There will be free play, Hot Shots, Hit the Target, BBQ, games and prizes.

When: Saturday 30th June, 10am - 2pm.

Where: Murwillumbah Tennis Club, Knox Park, Brisbane St, Murwillumbah

Contact: coastcommunitytennis@gmail.com

Some Growth Mindset Ideas to try at home

FAMILY RITUAL IDEAS

that teach important lessons

Read the list together as a family and check off the rituals you would like to implement!

Rituals That Teach Responsibility

- ☐ Assign each family member a specific task when setting the table.
- ☐ Create a rotating chore chart on a whiteboard that changes each Sunday.
- ☐ Choose a particular time each week when the entire family comes together to clean the house.
- ☐ Find projects that the entire family can collaborate on (shelling peas, painting a wall, etc.)

Rituals That Promote Kindness and Compassion

- ☐ Practice Loving Kindness Meditation: think of your loved ones and send them positive thoughts. Say, "May you feel safe. May you feel happy. May you feel healthy."
- ☐ Find a place to volunteer as a family (a nursing home, an animal shelter, etc.)
- ☐ Have each family member share one kind thing they did that day.

Rituals That Boost Positivity

- ☐ "Family cuddle time" - when everyone arrives home, pile into bed together and cuddle for five minutes.
- ☐ Play "High, Low, Buffalo" - each family member shares the high and the low points of their day, then anything else they would like to share ("Buffalo").



Rituals That Build Strong Family Connection

- ☐ End each evening with a calming massage before bed.
- ☐ Choose a few favorite songs to use as "goodnight songs."
- ☐ Choose a few favorite stories that you read each night.
- ☐ Say, "Goodnight, nose!" while tweaking your child's nose, then, "Goodnight, toes!", and so on.
- ☐ Before saying good-night, say, "Mommy loves you. Daddy loves you. Grandma loves you," and so on.
- ☐ Have each family member contribute something to dinner preparation.
- ☐ Take turns cooking everyone's favorite meals.
- ☐ Sample dinners from different cultures each month.
- ☐ Have weekly "theme" dinners, like Taco Tuesday, Pizza Fridays, etc.

Rituals That Develop a Sense of Belonging

- ☐ Create special greetings and farewells like "See you later, alligator!"
- ☐ Have a personalized handshake with each of your children.
- ☐ Go on a hayride each year around the holidays.
- ☐ During the holidays sing songs that hold significance to your family.
- ☐ On New Year's Eve, watch family videos to reflect on the year.
- ☐ Keep a "Gratitude Jar" throughout the year.
- ☐ Make a special cake for each family member's birthday.
- ☐ On birthdays, allow kids to eat anything they want for breakfast!
- ☐ Invent and celebrate family holidays like Kid's Day.
- ☐ Go on monthly (or weekly) nature walks.
- ☐ Create a theme night like a board game night or a movie night.
- ☐ Have pancakes each Sunday morning.
- ☐ Camp out in the living room monthly or every so often.





MUSIC, MOVEMENT & MERRIMENT

Pre-school music program with trained music and early childhood teachers, Brenda and Lissie

FRIDAYS IN SCHOOL TERMS - 9:30-10:15

\$5 per family

Babies - 5 year olds

Call to secure your place - 66766237



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Tumbulgum Tavern

On

Tuesday 17th July

6pm Rego

6.30pm Start

Cost \$10.00 per person (Tables of 8) +
team donation of a gift basket per table

Special Guest Quizmaster
from 4CRB radio station



Great fun, prizes and raffles

**Fundraiser to
help with Student
Wellbeing at our Local School**

Hosted by the Tumbulgum Community Association

For Bookings contact Rob Stuttle 02 6676 6556

For more info go to

www.facebook/groups/tumbulgumcommunity/

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