



BALGOWNIE RD, BALGOWNIE NSW 2519

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WHAT'S ON?

Thu 24.10.13	School Starters Playgroup in Hall 9.15am to 10.45am
Frid 25.10.13	Trivia Night 6.30pm in School Hall
Wed 30.10.13	Kinder Orientation – Session 1

Kindergarten Orientation. We welcomed our new families (and some returning ones) of our forty three Kindergarten students for 2014. The Early Years Team did a fantastic job of creating a relaxed atmosphere while being professional in providing the information that families need. Thankyou!

Thanks must also go to our hardworking P and C who not only baked for supper but also gave some handy hints from a parent's perspective and an open invitation to all families to be a part of our school community in any way they can.

Balgownie Students achieve high results.

Congratulations to our students who chose to complete an ICAS English or Maths test last term. They have performed extremely well and we are proud of their achievements.

Canberra excursion is wonderful. What a way to start the term with our Stage 3 students and their teachers seeing almost every sight there is in our nation's capital. All students upheld our fine reputation for behaviour when out of the school.

A big thank you to their teachers who reportedly slept for about three days after the excursion and have been heard muttering that they think they may be getting too old for overnight excursions. We know they will have their bags packed and be first on the bus next year and wouldn't miss it for the world. Thanks to Mr Loxton for his preparation, Mrs Burns, Mrs Birchall and Mr Barrett for making sure it all ran smoothly.

Thinking of applying for a Selective High School for Year 7 entry in 2015? This is for current Year 5 students who are high achievers academically who may wish to attend a selective high school. Our local selective high school is Smiths Hill High. For further information please see Mr Loxton or myself regarding applications. Online applications close Monday 18 th November. The address is: www.schools.nsw.edu.au/shsplacement.

23.10.13

TERM 4 – WEEK 3

Comprehension Skill 2 Predicting

Description: Learners use information from graphics, text and experiences to anticipate what will be read/viewed/ heard and to actively adjust comprehension while reading and viewing.

Example questions/ statements. Ask these before, during and after reading with your child or reading to them.

- What do you think will happen next?
- What words or images do you expect to see or hear in this text?
- What might happen next? Why do you think that? What helped you to make that prediction?
- Were your predictions accurate? How did you confirm your predictions?
- Have you read/seen/heard about this topic anywhere else?

Hints and tips. Before and after chart. Your child can list predictions before and during reading. As they read, they either confirm or reject their predictions.

Moving beyond resilience-building.....to character development. An interesting article from Michael Grose, Parenting Educator.

"Talent or persistence. Which would you choose for a child?"

I often ask this question at my parenting seminars and the responses are fascinating. Parents naturally want both. Sorry, but that's not an option.

When pushed most people choose talent over persistence, which in many ways reflects the current thinking around achievement. Intelligence, sporting prowess and ability in whatever it is we value will only get a child or young person so far. They need more than talent to achieve sustained excellence in anything they do. It is the character traits of hard work combined with their ability to stick at a task and see it through that makes all the difference.

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LIVING AND LEARNING

Renee has grit Malcolm Gladwell in his book **Outliers**, described twenty-something American student Renee, who took 22 minutes to work out a complicated math question.

The average student gives up after THREE minutes, preferring to ask for help than work through a problem. Renee is unusual as she persisted for 22 minutes until she got the solution. The funny thing is, is that she doesn't describe herself as a good math student. But she is highly successful at Math. **Grit rather than pure math talent are her forte.**

Character matters Cognitive skills by themselves aren't enough for children to succeed over the long journey. Many recent studies (most notably the work of US-based Angela Duckworth) have found that *character not cognitive ability is the single most reliable determinant of how a person's life will turn out.*

These traits include the inclination to persist at a boring task (**grit**); the ability to delay gratification (**self-control**) and the tendency to follow through with a plan (**conscientiousness**), which are invaluable traits at school, in the workplace and in life in general. Character works as an indicator of success when it's seen as **set of strengths and personality traits** rather than personal values such as loyalty, tolerance or forgiveness.

Character is forged under difficulty

The key character traits of grit, self-control and conscientiousness are forged under **hardship** and **duress**. This makes our current propensity to over protect and over indulge kids problematic. When kids continually experience easy success we set them up for failure because when they finally face up to difficult situations many lack the capacity to push through the tough times.

Encouraging kids to step out of their comfort zones and take learning and social risks is a massive challenge at the moment. *It's critical that we challenge children and young people to attempt activities where failure is a significant option overcoming set-backs and pushing through difficulties is how character is formed.*

Parents can actively promote grit and persistence in kids by making character part of their family's brand. They can focus on character in **conversations**. They can **share experiences** where character paid off for them in their lives. They can discuss how character **contributes to excellence** and success in every day live including at work, at school and in the sporting field. Character and its many components can become part the family narrative regardless on the age of children.

Keeping our kids safe.

It has been a challenging week with the smoke in the air. We are mindful of all our children, especially those with asthma. We have already:

- Cancelled fitness on Monday
- Provided an indoor venue for lunch for those who would prefer not to be out in the smoky atmosphere.
- Spoke to all children on assembly about ways to keep themselves safe and the importance of telling a staff member if they feel unwell.

We have since received a recommendation that outdoor sport be cancelled for the remainder of the week. We will not be holding outdoor sport this week.

We will make a decision each day, depending on the conditions, whether to open the indoor venue or not.

I would also like to thank the fire fighters and other volunteers who are working up in the Southern Highlands and wish them all well.

Have a wonderful week.

Aloma Stewart

Congratulations to the following students who have demonstrated our values of *Respect, Responsibility* and *Real Learning* and earned themselves a wrist band!
Well done!

Ashley Jones
Jack Rouse
Mason Fanning
Natasha Trajcevski
Natasa Zeljkovic
Lochlan Cohen
Sky Rogers
Liam Hamilton
Liesl Lindenau
Cameron Welsh
Jesse Newman
Ellie Iskra

And well done to the following students who achieved their PBS badge!

Hannah Sproal
Lara Picciolini
William Newman

Thought of the Week

I take the good with the bad, and I try to face them both with as much calm and dignity as I can muster.

- Arthur Ashe



LIVING AND LEARNING

Joke of the Week

Q: Why is tennis such a loud game?

A: Because each player raises a racquet.

CANBERRA

On week 2 Term 4 on the 16th of October, Stage 3 left for a three day excursion to Canberra.

At 8.00am we said our good byes to our school and our families then hit the road. Our first stop was the High Court, where we got to see the three court rooms. Next we stopped at the Australian Museum where we saw lots of old antiques (like Mrs Burns) and Phar Lap's heart "wow that's huge". After the museum we went on a relaxing cruise around Lake Burley Griffin, then headed to our motel (The Sundown Motel) for a quick look. After dinner we left for the AIS where we learnt about previous Olympics and the different types of sports.

Day 2-Questacon was where we saw some great science based activities and went on the awesome rides such as the Freefall.

At the War Memorial we learnt about the wars and conflict. We payed our respects to the fallen, by placing a poppy on the Wall of Remembrance next to soldier's names. Our last stop before dinner was Old Parliament House where we learnt some more about the democratic process and voting.

That night at the CSIRO we did some hands on experiments and checked out some critters. After a quick ascent up 850 meters to Telstra Tower where it was sooo cold and windy we saw Canberra at night. It was spectacular. Then we were back to our motel for sleep.

Day 3- After a pack up and tidy up, we headed for Parliament House which we were keen to see as we had been studying Government last term. Did you know that there are over 460 rooms and 2500 clocks. We also got to role-play passing a bill in Parliament.

Sadly we then had to head off back to Balgownie. We would like to say a huge THANK YOU to Mrs Burns, Mrs Burchill, Mr Barrett and Mr Loxton for giving up their time (and sleep) to take us on this excursion for 2013 Stage 3 had a fantastic time.

Kate Critcher, Molly Drain - Yr 5



CANTEEN ROSTER 2013 Week 4, Term 4

Day	Date	Name
Mon	28.10.13	Ailsa Bailey Jane Morrison Lisa Sheedy
Tues	29.10.13	Mary Papakosmas Mandy Fanning Jo Mortimer
Wed	30.10.13	Joanne Welsh Nicole Prior-Sproal
Thurs	31.10.13	Tracey Koschny Michelle Morton Help Needed
Fri	1.11.13	CLOSED

**NEXT P&C MEETING
WEDNESDAY 13TH NOVEMBER 2013**



LIVING AND LEARNING

P&C NEWS

BUNNINGS BBQ

Thank you to the people who have committed to helping with the Bunnings BBQ on Sunday 17th November. We still need more volunteers to ensure the day runs smoothly! If you or your partner can help out for an hour or 2 please contact Scott Spencer on 0419875540 or email Scott.Spencer@bluescopesteel.com

SCHOOL VEGIE GARDEN

The vegie garden currently has rainbow spinach, english spinach, lettuce and herbs which are ready for picking. A couple of lucky kids have also tasted our first raspberries! Please help yourself to anything in the second garden bed from the teacher's car park. Harvest rainbow spinach, english spinach and lettuce by taking the large outer leaves so the smaller inner leaves continue to grow and the plant can keep on producing. I am in the garden most Thursday and Friday mornings before school so please feel free to come and chat to me (Vanessa) about taking some delicious fresh vegies home to try. Why not try the following salad recipe for english spinach.....

Roast red capsicum with english spinach, fetta cheese and mint

2 large red capsicums, halved, seeds removed
6 Balgownie Public School english spinach leaves, roughly chopped
3 tablespoons of finely chopped mint
50 grams of crumbled fetta cheese
2 teaspoons of capers (optional)
1 tablespoon of olive oil
squeeze of lemon

1. To roast red capsicums, place under a grill until skins turn black. Remove from oven and when cool, peel skins from the capsicums. Discard skins.
2. Slice red capsicums into strips.
3. Add capsicum strips to salad bowl with washed BPS english spinach, mint, fetta cheese and capers.
4. Drizzle olive oil over salad and then add a squeeze of lemon juice. Toss well and add salt and pepper to taste.

80% OF PEOPLE WITH A PEANUT ALLERGY WILL HAVE IT ALL THEIR LIFE. BE SAFE CHECK THAT NUTS ARE NOT ON THE LIST OF INGREDIENTS IN FOOD SENT TO SCHOOL



**BE SAFE - BE A MATE
LEAVE PEANUT PRODUCTS AT HOME**

UNIFORM SHOP

The Uniform Shop is open on
TUESDAY mornings from
8.30am each week.

TRIVIA NIGHT

CHANGE OF VENUE - Trivia is being held at the **school**, due to overwhelming demand. **6.30pm** for a **7pm** start.

Places still available – individual tickets or group. Contact Amie on 0439 411 246 or pandc@hotmail.com for more details. If you have booked but have not yet paid, please confirm payment with Amie. Tickets \$20 per person or \$160 per table.

Please **BYO alcohol and nibblies**. There will be some snack foods and soft drink available for purchase on the night.

NO CHILDREN are permitted due to the consumption of alcohol. Parking is available in the playground, please enter via Balgownie Road.

Please **bring cash**, as we will have a number of raffles and 'buy-in' rounds on the night, as well as roll the coin at the bottle, a categories round, true false and lots of other fun and frivolity. This is our chance to raise funds for our kids while having a fun night.

There will be prizes for 1st, 2nd and 3rd, as well as a prize for best-dressed table and best dressed individual, so remember the **'B' theme** and dress up for your chance to win.

We will be holding two raffles on the night, with many fantastic prizes, including a night in Sydney for two people at a hotel of their choice and dinner cruise, family portrait package, ipad mini, and many, many more.

If you aren't on a table, but can volunteer to help on the night please let Amie know on 0439 411 246.

We look forward to seeing you all there!

Fancy Dress "B" Theme
for the Brave & Bold

Fun and Games
Fantastic Prizes
throughout the
night include

Ipad Mini
\$\$ Vouchers
Family Passes to
Famous Attractions
Gym Memberships

BYO Drinks & Nibblies



Balgownie Public School **TRIVIA NIGHT**

6:30 pm Friday 25th October

Organise a table or join one of ours

\$20 per head or tables of 8 at a discounted rate

NOW LOCATED AT BALGOWNIE PUBLIC SCHOOL HALL

Enquiries and bookings

Email p.and.c@hotmail.com

or Contact Amie 0439 411 246

BOOK EARLY PLACES ARE LIMITED

All proceeds from the night supports our local school