



BALGOWNIE RD, BALGOWNIE NSW 2519

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## WHAT'S ON?

Mon	2.12.13	2014 School Leaders speeches 10.00am in hall
Tue	3.12.13	2hr Stop Work Meeting 9.00am- 11.00am
Wed	4.12.13	Stg 2 Excursion – Nan Tien Temple
Frid	6.12.13	K-2 Concert
Tue	10.12.13	Volunteers Thank You Morning Tea 11.15am in hall - <b>Note change of date</b>
Wed	11.12.13	Presentation Day 9.15am in hall
Thur	12.12.13	Yr6 Graduation & morning tea

## 2 HOUR STOP WORK INDUSTRIAL ACTION ON Tuesday 3<sup>rd</sup> December 2013

The New South Wales Teachers Federation have announced that industrial action in the form of a 2 hour stop work meeting will be held on Tuesday 3<sup>rd</sup> December 2013 from 9.00am to 11.00am.

**While the school will remain open, there will only be minimal supervision. School will resume as normal at 11.00am. Teachers are on duty from 11.00am.**

Parents and carers are requested to make their own arrangements for their children for this time.

The canteen will be closed on this day. Please ensure your students have recess and lunch.

I appreciate your patience with this matter and I regret the inconvenience this causes many of you.

**Congratulations** to Jamie for coming second in the grand final of the wave FM big breakfast talent show. We are proud of you!

**Change of date for Volunteers Thank You morning tea.** Due to industrial action that will be held on Tuesday 3<sup>rd</sup> December, morning tea has been rescheduled to Tuesday 10<sup>th</sup> December.

**School Swimming for safety and fun.** Our students had a great two weeks at swimming scheme with some variable weather! The students will be given their Swim Scheme certificates on Monday at assembly. Thanks to Mrs Lynch and Mrs Sheath for their hard work.

27.11.13

TERM 4 – WEEK 8

Our students really improved and from the start to the finish they made outstanding progress. Well done! Not only did our children learn to swim more competently, they also had daily water safety lessons, which is part of our PDHPE curriculum. To maintain and continue the improvement, it would be beneficial for your child to continue swimming lessons over the holidays. Some centres (and Wollongong Council) run intensive swimming schemes over the summer for two weeks. Living as close as we do to the wonderful beaches, we want all of our students to be able to swim competently, not just 25 metres, but 50 metres. Please continue to build your child's learning with some more lessons, and some practice as a family.

51 students	Pre instruction	End of scheme
0m-4m	10	0
5m -9m	12	4
10m-24m	20	12
25m+	9	35

**Swim safer week** is this week and you can find information about water safety at: <http://www.swimaustralia.org.au/>

No measure can ever guarantee that children are safer in, on and around water. Children can and do find ways over fences, and even those who have had swimming lessons can still drown. For this reason the SwimSAFER message promotes the application of various layers to protect children from drowning - if one layer 'fails' then there is another behind it that may save their life. The layers of protection are:

1. Supervision
2. Barriers
3. Swimming and Water Safety Skills
4. Emergency Action Plan

All the layers of protection need to be employed at the one time to ensure optimal water safety.

Did you know that in March 2009, the American Medical Association's Archives of Paediatric and Adolescent

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[www.balgownie-p.schools.nsw.edu.au](http://www.balgownie-p.schools.nsw.edu.au)

P&C: [www.balgowniepnc.com](http://www.balgowniepnc.com)



## LIVING AND LEARNING

Medicine reported a study by the USA's National Institute from Health that concluded: "Participating in formal swimming lessons was associated with an 88% reduction in the risk of drowning in children between the ages of 1 to 4".

### Swimming & Water Safety from the website.

Being able to swim well is one of the greatest gifts that can be bestowed upon a child – especially in Australia. Fun, healthy water-based opportunities abound. Equally, a high level of swimming and water safety skills are necessary for full, enjoyable participation – as part of a safer framework.

For young children, the basic swimming and water safety skills include:

- Water familiarization, where small children explore and become comfortable in water environments, developing a respect for the water.
- Gaining confidence through various water activities which include and lead into "safe entries and exits \*breath control \*submersions \*floating \*propulsion with arms and legs \*turning and \*backfloating
- Developing the 'strokes' so that your child can efficiently cover much greater distances. The whole 'learn to swim' experience should be positive; free from fear of force, with a focus of skill acquisition and safety around aquatic environments.

As your child gets older, the chances are that they will be exposed to potentially hazardous water situations that will require them to be 'stronger' swimmers. Swim Australia recommends that children are able to reasonably comfortably complete a 400m swim before they are deemed to be able to swim well. As this ability is developed, they should also be learning a variety of rescue skills.

Combined with learning the physical skills, the child is developing parallel water safety knowledge. This ranges from knowing not to go near the pool unless with an adult through to swimming between the flags when at the beach. Please note: no matter how well your child can swim, they are never safe around water. There is no such thing as 'drown-proof' or 'water-safe'.

- Water temperature – a sudden immersion in cold water can result in 'cold shock' which may lead to deep gasping, panic and inhalation of water. Even a child who can swim, can drown in the first 2-3 minutes due to cold shock.
- Turbulent water – children who are used to swimming in still water can panic if the water is choppy or swirling. Panic can easily cause a child to forget all of their swimming skills and go under.

- Clothing – wet clothes are extremely heavy and can add an extra 20-25% of a child's body weight. Clothed swimming practice in lessons is supported.
- No Goggles – even the simplest thing like falling in without goggles can lead to drowning – it is very easy for children to panic, and once this happens their survival rates of an accidental fall in decrease.
- Tiring – children who are swimming well one minute, can also get tired, panic and go under quite quickly, so constant supervision of children who are swimming is essential.

While swimming lessons do not substitute for proper supervision, learning to swim can make a huge difference if your child accidentally falls in.

**Did you know that the over use of floatation devices** (e.g. inflatable arm bands) can give children a dangerous false sense of ability, taking away their respect for deep water and their respect for deep water and their self preservation. When the devices are removed, children often forget they are not wearing them, and leap into the water only to sink straight to the bottom. Although they may have a limited place in teaching and recreational settings, they must not be relied upon and are NOT a substitute for supervision. Swim Australia recommends periods of 'floatie-free' time while swimming if you choose to use floatation devices.

**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 Boyle  
Taliver Fulcher  
Kate Knight  
Maenee Burke  
Jye Sheehan  
Lukas Chiaverini

Olivia Sheppard  
Kelly Zhao  
Felix Wiczek  
Cooper Morrison  
Emma Lowe

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

Amelia McIntyre  
Ashton Rutter  
Lochlan Cohen  
Jaide Snapes  
Erika Chalmers

Lachlan Neal  
Ella Morton  
Damian Luzaic  
Bella Golding  
Lily Wood



## LIVING AND LEARNING

### Thought of the Week

If we're going to be able to look back on something and laugh about it, we might as well laugh about it now. -Marie Osmond.

### Joke of the Week

Q: What do you get when you cross a stream and a brook?

A: Wet feet!

### FINAL STATEMENTS FOR 2013

Final Statements for 2013 were issued last week. Please pay these as soon as possible. All unpaid invoices will be rolled over onto your 2014 account.

### PARENT CORRESPONDENCE ADDRESS

Please ensure that you notify the school office of any changes to your correspondence address. This is important, to ensure that any mail that is issued from the school is mailed to your correct address.

### TISSUES NEEDED

Due to a sneezy winter, our school tissue box stock is very low. If possible, could families assist us by sending in a box of tissues to the office.

### 2014 SCHOOL LEADERS SPEECHES

On Monday 2<sup>nd</sup> December the candidates for 2014 school leaders will present their speeches to become one of next year's four leaders.

Parents and those interested are welcome to join us from 10am in the school hall.

### LIBRARY STOCKTAKE

It's that time of the year again! After a great year of reading and borrowing from Balgownie School Library, it is time to return all outstanding library items for our annual stocktake. Children have ceased borrowing for the year but will still continue to enjoy their library time each week. Just a reminder to all families to please return all library items.

Many thanks for everyone's support of our library service this year.

Mrs Birchall

### HOME READERS 2013

A reminder that the Home Reading program will stop this week (Week 8). Please return all books and have a big search at home for any missing books. Thank you to all

of our helpers that changed readers this year. Any outstanding books will need to be paid for to allow the stock to be replenished.

K-2 Teachers

### SWIM SCHEME LOST PROPERTY

Has your child lost personal items during Swim Scheme? If so, please come and see Mrs Lynch. Lost property items include: 3 individual socks, hair brush, goggles, boys underpants, boys shorts (black). Check out some of the fun the kids had.



### CANTEEN NEWS

#### Canteen Roster for 2014.

I am currently compiling the canteen roster for 2014. We have lost 12 valuable volunteers this year with more year 6 Mum's and carers leaving at the end of this year.

At our last P & C meeting it was proposed that we close the canteen 2 days a week to compensate for this as we cannot physically keep going on without the people power.

I propose that to make our canteen prosper and provide the best service possible to our children and staff that we





## LIVING AND LEARNING

all talk to as many Mum's, Dads, Grandparents, friends to get more volunteers!

I would like to see the canteen open 5 days a week next year!

We require 3 volunteers a day and 2 of those volunteers staying until the end of snack attack - 2.15pm by the time you close up.

To achieve this we would need 75 volunteers.

Currently we have 30!

It's a huge goal, but we can do it!

Please contact Delvene Spencer on 0411 286 361 or email [bally\\_canteen@gmail.com](mailto:bally_canteen@gmail.com) with your availabilities, contact home phone, mobile and email address.

Thankyou to all our current volunteers, we appreciate all your hard work.

### CANTEEN ROSTER 2013 Week 8, Term 4

Day	Date	Name
Mon	2.12.13	Martha Newman Alison McKillop <i>Help needed for an hour</i>
Tues	3.12.13	<b>CANTEEN CLOSED</b>
Wed	4.12.13	Aimee Grierson Yuki Nakamura-Bell <i>Help needed for an hour</i>
Thurs	5.12.13	Michelle Morton Donna Guest Kim Elliott
Fri	6.12.13	<b>CLOSED</b>

### UNIFORM SHOP NEWS

We are currently out of stock for some sizes of jackets, culottes and sports shirts. This stock should be delivered in the next few weeks.

Please note, that School **caps** are no longer available, only bucket or wide brimmed hats can now be purchased.

### LOST/FOUND

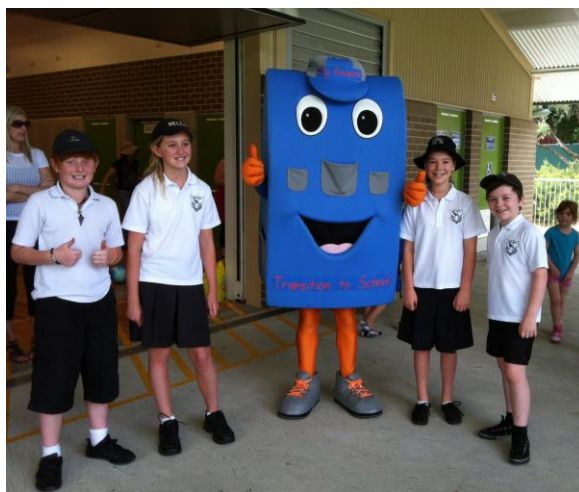
Keys handed in at office – a single key with pink key cover attached to a purple tag labelled Carer Office.

### UNIFORM SHOP

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

### SCHOOL STARTERS PLAYGROUP

"Billy Backpack" and some Yr6 buddies made an enthusiastic visit to our playgroup last week, to meet the children and help them get ready for school in 2014.



### COMMUNITY NEWS

#### BALGOWNIE XMAS MARKETS

**Saturday 30th November  
9am-2pm**

Balgownie Village Community Hall  
Stalls include; Gifts, Children's wear, Manchester, Craft, Food, Jewellery, Decorations



LIVING AND LEARNING

## GO4FUN

### FREE healthy lifestyle program for 7-13 year olds

Register now for Figtree's Term 1 program:

4-6pm every Monday and Thursday

3 Feb - 10 April

Figtree Community Hall, Princes Highway

Call **1800 780 900**

SMS **0409 745 645** for a call back

Visit **[go4fun.com.au](http://go4fun.com.au)**

(run by the Illawarra Shoalhaven Local Health District)

## ILLAWARRA REPRESENTATIVE BASKETBALL TRIALS

Illawarra Representative Basketball Trials continue this weekend at the Beaton Park, Snakepit stadium.

Under 12s trial 12:30 – 2pm Saturday 30<sup>th</sup> November.

New players welcome – no basketball experience necessary.

Great indoor sport for both Girls & Boys, born in 2004 & up.

### BALGOWNIE PUBLIC SCHOOL TENNIS COURT

**Bill Kettley - Tennis Coaching  
Vacancies on Monday afternoon at  
3pm**

You can contact Bill on 4284 9356, mob 0415 958 700 or email [sallyk@netspace.net.au](mailto:sallyk@netspace.net.au)



LIVING AND LEARNING

## PBS Whole School Reward Day – ‘BIG DAY IN’

As a Positive Behaviour for Success (PBS) School, we would like to say thank you and acknowledge Balgownie School students for another year of striving to reach their personal best under our values of

### **Respect, Responsibility and Real Learning.**

We will be holding a PBS whole school reward day themed ‘Big Day In’ for students only on Friday 13<sup>th</sup> December. Students may come to school dressed in mufti and will be taken out in stages for games and activities. Students will also be given two tickets for a free sausage sandwich and juice drink at lunchtime. Extra food should be brought in lunch boxes on the day as there will not be provisions for second helpings.

Beef sausages will be provided to students, however if you require a vegetarian or halal option could you please indicate below with your child’s/children’s name/s. Do not fill this in for beef sausages.

Event Coordinator – Mrs Birchall

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### **PBS Whole School Reward Day – ‘BIG DAY IN’**

Childs Name: \_\_\_\_\_ Class: \_\_\_\_\_

Childs Name: \_\_\_\_\_ Class: \_\_\_\_\_

Childs Name: \_\_\_\_\_ Class: \_\_\_\_\_

Sausage Choice:

☐ Halal

☐ Vegetarian

**RESPECT, RESPONSIBILITY AND REAL LEARNING**