

# The Bally Buzz

## Balgownie Public School

*Living & Learning*

W: [www.balgownie-p.schools.nsw.edu.au](http://www.balgownie-p.schools.nsw.edu.au) T: 4284 4245 F: 4284 3462 E: [balgownie-p.school@det.nsw.edu.au](mailto:balgownie-p.school@det.nsw.edu.au)

Term 4 Week 4

Wednesday 29th October 2014

### CALENDAR – TERM 4

|      |        |                                     |
|------|--------|-------------------------------------|
| Mon  | 3 Nov  | <b>CANTEEN CLOSED<br/>ALL WEEK</b>  |
| Wed  | 5 Nov  | Kinder Orientation 9.30am – 11.00am |
| Thur | 6 Nov  | Mufti Day Fundraiser for India      |
| Frid | 7 Nov  | Brokers Gala Day                    |
| Mon  | 10 Nov | School Swim Scheme starts           |

**Welcome to the world Rosie Barrett.** Mr Barrett and his wife Catherine are the proud parents of baby Rosie born 27.10.14. Mum and baby are both well. Rosie is 3.355kg (7.4pounds) and 48cm long. Congratulations Daddy Barrett!

**Well Done Netballers!** Last Friday saw three teams of excited girls, Mrs Lynch, one student teacher, many parents, Mrs Sheppard and Elizabeth Osborne (umpires) attended a netball gala day. Our girls were extremely successful with the Yr4 and Yr6 teams winning their age events and the Yr5 team as runners up.

As always, our girls were fantastic and their behaviour, camaraderie and sportsmanship were commented on as being exemplary. Thanks to Mrs Lynch who has coached and managed these teams to give our students some extra experiences.

**Canteen** The canteen will remain closed until 7 November, due equipment issues. The canteen may need to be closed for longer, if more volunteers are not available. Please consider volunteering to assist in keeping our school canteen open.

**Mufti Day Thursday 6<sup>th</sup> November.** As part of our support for students who make PSSA State teams, we are holding a mufti day fundraiser next Thursday for India McKeon. India is representing our school and NSW at the National Titles in Tasmania. Please bring a gold coin donation to support India and her family. Thanks.

**Kindy 2015 (the class of 2027) – Orientation One.** It is lovely to meet our new cohort of Kindergarten students and they mostly looked confident and happy at school today on their first official orientation. They shared a lesson with their parents in the classroom.

Next week they will be in class by themselves and their parents will be learning about our school and how to help their child with reading. The new Kindies meet the Year 5 students and see who will be their buddy in 2015. It is wonderful to see the responsibility and care shown to these students by our older children, who genuinely want this to be a smooth start and fun experience for the new generation of Balgownie Kids. Not to mention they can help unwrap those challenging packaging items at lunch and recess!

**Transition Playgroup is a huge success.** Thanks to the parent team who have continued with the fourth year of this important initiative to build relationships with our new families and to make sure that the new generation of Balgownie Kids are happy and confident to come to 'big school.' They play hard and have a great time. The focus of the group is for the children starting school in 2015. It is on from 9.15-10.45am on Thursdays in the hall and complements our three orientation sessions.

We are currently looking for a team of coordinators for next year. If you have a child who is starting school in 2016, we need you! The program is all set and the current and past playgroup leaders are happy to mentor you. Please see me or the Playgroup ladies to put your name down.

We also say thanks to the P and C who have donated a Balgownie School Hat to each new student. It is a great way to start our expectations of school uniform with our students.

**Interrelate is well attended** Thanks to Mr Loxton and the team who have coordinated the Interrelate talks last night. It is an evening that is both informative and fun. Many parents comment that it helps them to then be able to talk about some of those tricky topics with their children.

The first session was Where Did I Come From? for Years 3,4,5,6 and parents where the key focus was

- Developing students' understanding of male and female reproductive systems, conception, foetal development and birth
- Discussing different ways children can join families, e.g. adoption, fostering, blended families
- Facilitating parent-child discussions

The second session was Preparing for Puberty mostly aimed at Years 5 & 6 and parents with the key focus was

**Respect, Responsibility, Real Learning**

Principal: Aloma Stewart PO Box 192 Fairy Meadow NSW 2519 P&C: [www.balgowniepnc.com](http://www.balgowniepnc.com)

- Developing students' understanding in relation to the physical, emotional, social and intellectual changes associated with puberty for both boys & girls
- Facilitating parent-child discussions

I have added a Parenting Ideas section about how to find more time to talk with your children that may be useful following on from these talks.

**Entry to Government Selective High Schools for Year 7 in 2016** Application is required by 17 November 2014 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2016. This is for the academically selective schools, such as Smiths Hill High School.

There are 17 fully selective high schools, 25 partially selective high schools, 4 selective agricultural high schools and one virtual selective high school offering selective placement in Year 7 in NSW. Boarding places are available at Farrer Memorial Agricultural High School (boys only), Hurlstone Agricultural High School (co-educational) and Yanco Agricultural High School (co-educational).

Parents can apply for up to three selective high schools. Placement in the virtual selective high school is restricted to students intending to enrol in a government high school in a country area far from a city.

Parents of Year 5 students have received a letter which is an expression of interest in applying for selective high school placement for their children. Please return these slips to the school by 24 October so that we know who is intending to apply.

Those students who wish to apply will be given an information booklet. This is also available on the High Performing Students Unit's website at: [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement). All applications need to be made online as no paper applications will be accepted. No late applications will be accepted by the Selective High School Unit.

All students wanting to go to a selective high school for Year 7 in 2016 will have to take the Selective High School Placement Test on the morning of Thursday 12 March 2015.

*Have a great week!*

**Aloma Stewart**

#### ***Joke of the week***

Q: Who did Frankenstein take to the dance?

A: His ghoul friend.

#### ***Thought of the week***

*"It always seems impossible until it's done."*

*~ Nelson Mandela*

**Congratulations** to the following students who have demonstrated our values of **Respect, Responsibility** and **Real Learning**.

These students have earned themselves a wrist band.

Well done!

Jaide S 1A

Owain C 4/5M

### **SWIM SCHEME**

A reminder that Swim Scheme notes and money need to be sent to the office asap. If your child can swim more than 25m please still apply. Open to Year 2 – 6 students only.  
Mrs Sheath

### **STAGE 3 PDHPE**

Starting from this Thursday, Stage 3 students will be studying a unit on Human Sexual Development and Reproduction as part of the PDHPE curriculum. If parents notice an increase in tricky questions at home in the next few weeks, this is probably the cause. Enjoy the time communicating with your soon-to-be teenagers.

Mr Loxton, Stage 3 Coordinator

### **NETBALL KNOCK-OUT NEWS**

Last Friday, 24<sup>th</sup> October, I had the absolute pleasure of taking 3 teams of netballers to a Gala Day at Berkeley. For the first time we were able to take a Year 4 team, a Year 5/6 team and a Year 6 team. We began our day playing in a thunderstorm but this quickly cleared to become a very hot day. Needless to say the girls all played very well and showed an enormous amount of skill and talent on the netball field. The Year 4 team were undefeated all day and eventually won their grand final against Austinmer by 1 point. For a team of girls who've only just started playing school netball together, I am so very proud of them. The Year 6 team also dominated their competition, only losing one game. For several of their games, they managed to keep the other team scoreless. They won their grand final against Flinders very convincingly. Finally, the Year 5/6 team was mostly a team of girls who had not played netball before. These girls played together as a team with such spirit and enthusiasm. The level of improvement from the beginning of the day to the end of the day was outstanding, so much so that they made it to the grand final, narrowly losing to Corrimal East.

I am incredibly proud of each and every player and very excited about the future of Netball at Balgownie Public School. Well done girls – you are all champions in my mind.

### **CANTEEN NEWS**

As you are aware the canteen is currently closed as we have a problem with the oven. This is currently being looked at and we endeavour to re-open as soon as possible.

We have only a few weeks left this year on the canteen roster. We would like to stay open for the rest of the year. To do this we need your help. We require one additional volunteer on the following dates:

Wednesday 5th November  
 Thursday 13th November  
 Wednesday 3rd December  
 Thursday 11th December

All volunteers are welcome, new and experienced. Please let Faye (0401520632 | [faye.southcombe@gmail.com](mailto:faye.southcombe@gmail.com)) know as soon as possible.

Thank you!

### UNIFORM SHOP NOW OPEN

<http://balgowniepnc.com/uniforms>

Have the ease of paying via Credit Card, PayPal, Direct Deposit or even Cash\* or Cheque\*.

No more queues... Just order online, choose one easy payment method and deliveries are made every week to you nominated child's classroom.

For further enquiries or appointments please email [uniformshop@balgowniepnc.com](mailto:uniformshop@balgowniepnc.com)

*\*Cash or cheque payments are to be made through the canteen slot in a sealed envelope with your order number.*

### COMMUNITY NEWS

#### WOLLONGONG WEST PUBLIC SCHOOL

#### HALLOWEEN CARNIVAL

FRIDAY 31<sup>ST</sup> OCT 2014

3.00 – 7.30PM

- Rides
- Side Show Alley
- Trick or Treating
- Haunted House
- Chocolate Wheel
- Market Stalls
- Food and Entertainment

#### THE LIONS CLUB OF WOONONA INC. WORLD FESTIVAL OF MAGIC SHOW

##### FREE ENTRY

**Date** Sunday 9 November 2014

**Show Times** 11.00am, 1.30pm or 4.00pm

**Location** Woonona Bulli RSL Auditorium

#### JNR CHESS TOURNAMENT 2014 SPRING SUNDAY (Under 18 Year Olds) 7 ROUND SWISS

10:00am Sunday 02-Nov-2014 (10:00am to 4:00pm)

FAIRY MEADOW COMMUNITY CENTRE - KEIRA ROOM

Games will be rated by NSWJCL

Results will influence qualification to

NSWJCL Country Championship

Entry Fee: \$10

Players should bring their own lunch and refreshments.

Arbiter and Information: JOHN MAZZIERI

Phone: (02) 4283 3080

e-mail: [mazzieri@exemail.com.au](mailto:mazzieri@exemail.com.au)



We would like to extend an invitation to join us at Balgownie Joey /Cubs Scouts, the variety of activities is endless, always something different and always fun.

Joeys is the youngest of the Scouting sections for boys and girls from 6 to 8 yrs. It's a gentle introduction into the world Scouting, they learn about sharing and working together through a range of fun activities.

Cubs is the second youngest of the section and caters for children 8 - 11 years old. It caters for the slightly older child where they learn more about themselves and working in a team.

Your local group is 1<sup>st</sup> Balgownie.

Joeys meet on Tuesdays 5:15pm to 6:15pm

Cubs meet on Tuesdays 6:30pm- 7:30pm

Hall - 3 Barker St, Balgownie. Not always there please ring first.

For further information please contact: Wayne Hulbert 0417689659

### BECOMING A FOSTER CARER – INFORMATION NIGHT

Attend a foster care Information Session and hear about fostering from local foster care agencies and foster carers. Learn about:

- Steps to become a foster carer
- Roles and responsibilities of foster carers
- Support available to foster carers
- The need for all types of carers

Wednesday 5<sup>th</sup> November

6.30pm – 8.00pm

Ribbonwood Centre

93-109 Princes Highway Dapto

(To register your attendance contact Savita on 9281 8822)

# INSIGHTS

by Michael Grose - Australia's leading parenting educator



## How to talk more with your kids

***The links between school achievement and parents' ability and propensity to talk with kids from a young age is indisputable.***

If you were to focus on one thing to give your child an advantage then do what should come naturally – talk with them.

The links between school achievement and parents' ability and propensity to engage in conversation with kids from a young age is indisputable.

The language stimulation they receive when they talk with parents is one factor. The language of first borns is generally more extensive and richer than their siblings who spend less time in one-on-one situations with a parent.

But engagement in conversation with parents benefits kids in a far broader sense. It is trite to say that kids learn a great deal from their parents but, in fact they do when we talk with them.

In many ways it is through conversations that kids get a real sense of us and who we are. It is by talking with kids that we impart some of our knowledge, ideas, wisdom and thoughts as well as how we get a window into their worlds and how they think.

Getting conversations going with kids can be a massive challenge. Busy schedules, homes designed for individual enjoyment rather than group living, and kids that clam up are some of the blockers to conversation that parents meet.

So you may need to be a little cunning, a little proactive and a little inventive to get some chat going at home.

***Here are five ideas to help you get more conversation going in your family:***

1. **Turn off the TV (and other screens).** Most homes have a range of electronic screens that you compete with to get their attention. Don't be afraid to take control of those screens and create a little conversational space. Start with a screen-free day each week or screen-free hour each day if you are a home full of screen junkies.

2. **Turn on the TV (and other screens).** If you can't beat them, join them. Some television programs provide great conversational fodder particularly for older children and teens. This can range from "who's going to win Australian Idol?", "what happens to the winners of Australian Idol?" to "what is the point of Australian Idol?"

3. **Have more mealtimes (with the TV off).** The family that eats together talks together...or they should. I have a theory that families with a strong food culture (i.e. they love food and value the whole eating experience) have strong bonds. So make mealtimes special and insist that kids sit until everyone finishes rather than they eat all their peas. Avoid turning mealtimes into food fights that you can't win.

4. **Move more.** If sitting and chatting is not your child's thing then try getting them up and moving. Boys will often talk when they walk or play so consider getting some action happening. When their hands are busy the tongues will often loosen up.

5. **Try shoulder-to-shoulder parenting.** Sitting together in a car, washing dishes and playing a game can provide opportunities for talk. Take the eye contact out of the equation and you may find the talk just flows with some kids.

Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens. It seems to me that the best communication in families happens when no one is working at it BUT in busy modern families you do need to work at communication. That is the way of it. You have to work hard at family.

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for all your parenting challenges  
visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)**

