

# 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 6

Wednesday 12<sup>th</sup> November 2014

### CALENDAR – TERM 4

Wed	12 Nov	7pm Physio talk by Kylie Moffitt
	12 Nov	7.15pm P&C Meeting
Thur	13 Nov	Playgroup in Hall
Mon	17 Nov	Stg 3 Camp - Point Wolstoncroft
	17 Nov	Swim Scheme continues for week
	17 Nov	Final day for Selective High School application for Yr7 in 2016

**Remembrance Day.** We honoured the fallen with a minutes silence in our classrooms. Lest we forget.

### Support for India

*Dear Teachers and BPS students,*

*I would like to say a huge thank you for your support on the mufti day we had for me. Thank you very much for bringing a gold coin donation to help with sending me to the National Athletics Championships.*

*India*

**Respect, Responsibility, Real Learning**

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

**Gala day was fantastic!** Well done to all of our students who played AFL or Dragon Tag last week. The day was a beautiful Spring Day and everyone came back 'tired and happy.' Thanks to the teachers who organized the event and to the students of our school who made the day a pleasure!

**Swim school** is happening for the next two weeks. (Probably why it is overcast and rainy). Thanks to Mrs Sheath for her organisation, and Mr Dewar and Mrs Carrigan for their help of this very important safety and health initiative , especially for us who live so close to the coast.

**Good luck for camp** Only 5 sleeps to go! Have a wonderful time at camp for all those students and teachers from Stage 3 who are attending.

**Last day of Kinder orientation was today.** Our 48 students for 2015 Kindergarten are lovely and we are looking forward to working with them and their families for the next seven years. They still have the opportunity to be part of our school community through our Thursday playgroup, which will continue to run for the next few weeks.

**A great resource to help your children at school** is the DEC website. Go on and have a look!

<http://www.schoolatoz.nsw.edu.au/home>

**Just want to share with you a wonderful letter sent to our girls who played at the Netball Gala Day two weeks ago.**

On Friday 24th October, I was very lucky to be invited to be a part of your schools netball day at Fred Finch Park, Berkeley.

I'm not involved with Balgownie P.S at all. I have always known that the children of Balgownie have always had a very good reputation and so I had no hesitation in helping for the day.

I wish to report just how wonderful the day was!

I was assigned to help the Year 5/6 team and I have never been more impressed with a team's behaviour and sportsmanship.

Not only did each girl play beautifully throughout the day, but each one displayed exemplary sportsmanship both on and off the field. As an example, 2 girls were to take the field at half time in our semi-final but chose to let their team mates finish the job they had started. Both girls would have done an excellent job but wanted to see their team finish.

Every girl absolutely tried their hardest and we were rewarded with a place in the Grand Final. I was very proud of every single player, especially as they fought so hard against a team with much more experience. Ultimately, we didn't win the game but no one should be

disappointed with this team's efforts. We definitely won the award for best cheering!

Please pass on my congratulations to the girls, their teachers and their families, not just for the games they played but also for making their netball day a lovely and fun day for their fill-in coach!

Hopefully, I will be asked to help next year.

Kind Regards,

Elizabeth Osborne

Junior Representative Coach Illawarra Netball

Senior State League Coach Illawarra Netball

### **A bit of English fun.....**

I cdnuolt blveiee taht I cluod aulacilty  
 uesdnatnrd waht I was rdgnieg. The phaonmneal  
 pweor of the hmuan mnid Aoccdrnig to a rscheearch  
 at Cmabrigde Uinervtisy, it deosn't mtt aer inwaht  
 oredr the ltteers in a wrod are, the olny  
 iprmoatnt tihng is taht the frist and lsat ltteer  
 be in the rghit pclae. The rset can be a taotl  
 mses and you can sitll raed it wouthit a porbelm.  
 Tihs is bcuseae the huamn mnid deos not raed  
 ervey lteter by istlef, but the wrod as a wlohe.  
 Amzanig huh? yaeh and I awlyas thought slpeling

was ipmorantt!

## **10 researched-backed tips for raising happy kids**

**By Michael Grose**

There are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

### **1. Birth order matters**

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

### **2. Positive peers matter**

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors

where at play.

### 3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

### 4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. with only-children, make sure you build these skills through plenty of interactions with peers.

### 5. Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

### 6. Good parenting matters

*Permissive, laissez faire, autocratic or authoritative* parenting? These are parenting styles most parents use at some point. If you

want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

## **7. Family dinners matter**

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

## **8. Fun matters**

Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

## **9. Helping others matters**

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's

wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

## 10. Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (*books come in handy*), playing sport (*a ball and some goalposts helps*) or learning to dance (*some suitable music helps*).

*Have a great week!*

**Aloma Stewart**

### Joke of the week

Q: When were King Arthur's army too tired to fight?

A: When they had lots of sleepless knights!

### Thought of the week

I've had a lot of worries in my life, most of which never happened.

Mark Twain

## YEAR 5 STUDENTS - SELECTIVE HIGH SCHOOL APPLICATION FOR YEAR 7 IN 2016

A reminder that applications are 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.

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.

**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!

Macey C 1/2D	Tien B 2S	Georgia S KK
Sophie P KK	Sara D KK	William W KS
Max R KK	Abi C KK	

And well done to the following student who achieved the PBS Badge.

Amelia B 1S

**Congratulations** to Lance K who came 3rd in the Wollongong Chess Championship, U12 age division.

We wish him all the best in the U12 Qualifying Tournament for players to represent the NSW Country Southern Region in the NSW Country Junior Championships. Well done Lance.



## 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.*

## P&C NEWS

### Grounds and Environment Subcommittee News

Last Friday the Year 6 Enviro Leaders helped to plant rainforest plants in the north eastern corner, which is the site for our Eco Schools Grant Project.

The plants were provided by Landcare Illawarra and include some bush food garden species.

Earlier this year some of the grant money was used for removal of large woody weeds. Following planting of the trees, follow up weed maintenance and further mulching will take place. Some of the grant money will be used to install small garden signs to label each plant species and a fact sheet will be prepared and kept in the school library to be used by teachers and students to guide them through the rainforest garden.

We will also be purchasing some additional resources for our school library which have an 'environment' theme.

Thank you to our Enviro Leaders, they did an amazing job, and they will be able to come back to their primary school in years to come and see the trees that they helped to plant.



- Emma McIntyre on behalf of the Grounds and Environment Subcommittee

## Children's Posture and Health

Please come along before the P&C meeting tonight to hear Kylie Moffitt speak on Children's Posture and Health Topics - Tips on encouraging your children to have strong stable spines and to combat against sedentary behaviour in today's world.

## **Balgownie Public School P&C Meeting Agenda**

**Wednesday 12 November 2014**

- 1) Welcome
- 2) Attendance
- 3) Apologies
- 4) New members
- 5) Minutes of Previous meeting
- 6) Business arising from previous minutes
- 7) Reports
  - Canteen
    - Canteen coordinator proposal
  - Principal's
  - Treasurer's
  - Fundraising
  - Uniform shop
  - Grounds & Environment
  - Grants
  - Museum
- 8) General Business

- Recycling at the school

9) Next Meeting

10) Meeting close

Balgownie Public School P & C Association

<http://balgowniepnc.com/>

## **COMMUNITY NEWS**

### **BALGOWNIE VILLAGE COMMUNITY CENTRE CHRISTMAS MARKETS**

Christmas Markets are on at Balgownie Village Community Centre on Saturday 29 November from 9am to 2pm. It's a great place to start your Christmas shopping with lots of locally handmade and unique goodies. There is also food, music and even a visit from Santa around midday.