

The Bally Buzz

Balgownie Public School

Living & Learning

W: www.balgownie-p.schools.nsw.edu.au T: 4284 4245 F: 4284 3462 E: balgownie-p.school@det.nsw.edu.au

Term 4 Week 8

Wednesday 26th November 2014

CALENDAR – TERM 4

Thur	27 Nov	Final Playgroup in Hall
Tue	2 Dec	Helper Morning Tea 11-11.30am
Wed	3 Dec	Yr7 Orientation for Public Schools
Thur	4 Dec	2015 Nominated Leaders' Speeches in Hall 1.00pm
Frid	5 Dec	K-2 Concert 5.00pm
Mon	8 Dec	Presentation Day 9.15am
Wed	10 Dec	Yr6 Graduation & Morning Tea 9.15am
	10 Dec	P&C Meeting at Collegians Balgownie - dinner 6.00pm followed by meeting at 7.00pm
Thur	11 Dec	Yr6 Farewell
Frid	12 Dec	Student's PBS Reward Day
Mon	15 Dec	Reports to Parents
Wed	17 Dec	Students last day

Helper morning tea next Tuesday. One of the joys of working at Balgownie Public is the amount of volunteers and quality of involvement of parents and community. As we know that there are so many helpers in our school, we are worried that we might inadvertently miss someone. If you have helped our school in any way this year, you are warmly invited to the helper morning tea

Respect, Responsibility, Real Learning

Principal: Aloma Stewart PO Box 192 Fairy Meadow NSW 2519 P&C: www.balgowniepnc.com

next Tuesday at 11am. If you could RSVP by Thursday 27 November for catering purposes, that would be appreciated.

Camp All the children I have spoken to have had a great time! The teachers have told me that our students were extremely well behaved and have enhanced our school reputation. The students have learnt not only skills of different sports and recreational activities, but also resilience, independence and cooperation.

The range of activities provided at Point Wolstoncroft are phenomenal and include:

- Sailing
- Giant swing
- Ropes course
- Archery
- BMX riding

Everyone had a great time at Point Wolstoncroft. We made new friends from Mount St Thomas who were at the campsite at the same time. The food was decent and filled our stomachs. We experienced challenging sports and activities. Our favourite activity was kayaking because we capsized Mrs Burns and our favourite meal was the pies, jelly and ice-cream. We would like to thank the Stage 3 teachers and Miss Scott who gave up their time and gave us the

opportunity that not many kids get to experience. We would also like to thank the staff of Point Wolstoncroft.

By Rebekah K and Emily B

The best thing that happened at Point Wolstoncroft camp was basically everything. But my favourite was high ropes course, kayaking, giant swing, archery and the cabins. I got a chance to spend time with friends and hang out. The giant swing was really freaky but it was awesome because I could overcome my fears. When we were sailing we nearly capsized but it was funny and the food was surprisingly good. We all went in the wombat hole and it was pretty amazing because you got really dirty. Overall it was a great experience and thanks to all the teachers who took us on this journey!

Lara T 6L

In week 7 of Term 4, stage 3 students travelled to Point Wolstoncroft, which is on the banks of Lake Macquarie. The students had a great time doing various activities, such as: the giant swing, high ropes, sailing, BMX bike riding, the wombat hole and much more! The instructors were nice and very friendly. The students were sad to leave after a week of fun!

Charlotte, Jayda, Zali and Grace 4/5M

A huge thank you to Mr Loxton, Mr Barrett, Mrs Burns and Miss Scott who took time from their personal life to take our children for a trip of a lifetime. Also a big thanks to the teachers back at school who took extra duties, extra students and extra classes. The flexibility shown by our team to ensure that we can offer activities like this is always appreciated. Thanks team!

School Leaders and Captains for 2015. Thanks to Mrs Burns, Mr Loxton and the team for organising the nominations for our leaders for next year. It is an honour to be nominated for a leadership position and good luck to all of you as the votes are being tallied.

The process includes:

- Stage Three students nominating candidates. (occurred on Monday). Pre selection occurs if there are too many candidates.
- Nominations accepted and announced to school.
- Speeches and voting to be held on Thursday 4th December at 1pm in the hall. Parents are welcome to come to the speeches. Student ballot papers had candidate's photos on them to assist our younger children.
- Years 2 to 5 vote for the Leaders.
- The School Captains and leaders will be announced at Presentation Day, Week 10.
- SRC, Environment, IT and Sports Leaders will be chosen in

February 2015.

- All badges will be given to students in the Leaders assembly in 2015.

Congratulations to the following students who have been nominated by their Stage 3 peers for the position of school leader in 2015.

Ewan Cowan, Charlotte Adams, Jake Whalan, Jayda Petrov, Maddison Tiernan, Sydney McGuinness, Casey Behan, James Kipps, Zali Hill and Trae Liddell.

These students will present their candidate's speeches on Thursday. Our best wishes to them all.

There are many leadership responsibilities available next year as there are leadership positions per House, IT, Library and Environment Leaders as well as SRC positions. Our students will be working hard to uphold our reputation as a school which values learning, behaviour and caring for each other in school.

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 Friday at assembly. Thanks to Mr Dewar, Mrs Masters, Mrs Carrigan and Mrs

Sheath for their hard work. A special thanks to Mrs Sheath who, together with the office staff have ensured that the organisation for the two weeks has run smoothly.

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.

students	Pre instruction	End of scheme
0m-4m	8	0
5m -9m	21	0
10m-24m	17	24
25m+	3	25

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 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 familiarisation, 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 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.

Parent Guide to Social Media part 2. Tumblr
from www.kidspot.com.au

Last week, we kicked off our parent's guide to social media series with a look at [Facebook](#). Check it out for tips from the experts on

guiding your children through the minefield that is the internet and social media.

This week, let's turn our attention to one of the world's most popular micro-blogging sites – Tumblr (tumblr.com)



What is it? A micro-blogging site slanted towards 'creative self-expression', rather than Facebook's 'life as I know it' vibe, Tumblr allows users to create collages of photos, videos and quotes. Whether your 'thing' be cats or 1D, you can express your love on Tumblr through words and pictures.

How does it work? Users can write their own blogs, reblog content that interests them, ask questions, talk to other users, follow people and repost their content.

Why kids like it Tumblr offers kids a way to navigate contemporary culture. They can follow the Tumblr blogs of celebrities, fashion designers and their favourite sporting heroes.

What you need to know

Age requirements: Tumblr requires users to be 13 years or older to create an account.

Tumblr is well set up for dealing with cyber bullying or any kind of online harassment, making it easy to report and block a specific user and/or their Tumblr blog.

Unfortunately, for every I ♥ Tumblr there's an XXX-rated option, so you'll need to talk to your kids about inappropriate content, as well as being smart about following links that may lead to malicious applications and computer viruses.

Don't forget the basics In the swirl of ever-changing technology, it's easy to forget that there are some basic rules every kid needs to know before they venture online in any way.

Be careful what you share. Make sure kids, particularly when they're starting out, know that home addresses, phone numbers, schools and other personal information is off limits online. If they're asked for them, even at the sign-up stage for an app, they need to double-check with an adult before handing over the details.

Age limits matter. Most apps and social media platforms have an age minimum of 13. "This is a legal age," says cyber bullying expert

Susan “It’s not decided by the app or the website, but comes out of a law in the US.” That law is the Children’s Online Privacy Protection Act.

Parents know passwords. Keep track of your kids’ account information so you can keep an eye on their profiles. Let them know that your intention is not to spy, but to keep them safe.

No-one else knows passwords. Remind your kids that passwords and logins are not to be shared with friends, no matter how close. If other kids can log in, there’s a much bigger chance of cyber bullying or other online trouble.

Don’t talk to strangers. While many parents have this conversation about the playground, they overlook the importance of it online. Keep an eye on the profiles of those your kids are associating with online and make sure it’s only people they know in real life. If you spot someone you don’t know, ask about them.

Have a great week!

Aloma Stewart

Joke of the week

Q: Why did the math book visit the doctor?

A: Because it had problems.

Thought of the week

We don't see things as they are, we see them as we are. *Anais Nin*

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!

Riley U 1/2D	Dylan K 1/2D	Sarah K 3HR
Ned M KS	Angelique S KS	Ashton G KS
Wyatt K KK	Lincoln R KK	Bryce P KK

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

Sophie P KS	Alexia C 1/2D	Sam R 1/2D
Lucas T 3HR		

This term, stage 2 have focused on discussion text writing. Below is an outstanding example from Campbell W 3/4D.

SHOULD HORSE-RACING BE BANNED IN AUSTRALIA?

Although there are several beneficial reasons for why horse-racing should be banned in Australia, I will also discuss the reasons against banning horse-racing in Australia.

Many people believe that horse-racing should definitely be banned in

Australia because it's a risk for the horses safety, it's a risk for the jockeys lives and is linked to gambling and the addiction that goes with it.

First of all, horse-racing should be banned in Australia because it is a risk for the horse's safety. Just this year, three horses died in the Melbourne Cup. One of them was scared by a flag that was waved in its face, due to fright it tried to jump backwards and broke its ankle, it was put down because you can't really put a cast on a horse and give it crutches so that it can run in the Melbourne cup. Another horse, the favourite, had a heart attack and died in the stables after being worked so hard to try and win the world famous Melbourne cup. A spokesman for the Protection of Racehorses said about 125 horses have died during or shortly after Australian horse-races in the past year.

In addition, horse-racing should be banned in Australia because it is risk to the jockey's lives. Recently, a jockey was bucked off his horse when he hit it too hard and was trampled to death by the group of horses behind him. Hundreds of jockeys put their lives at risk so that they can win a race, either famous or just a weekend race. Some recover only to do the exact same thing the next year so that they can win a race, it's like the repeating road of life. Roughly 25 jockeys have died throughout all the years of the Melbourne Cup.

Finally, horse-racing in Australia should be banned because it has major links with gambling in Australia. With gambling, there is addiction, poverty and distress to families. People lose a lot of money at the races. If horse-racing was banned, there would be less gambling to tempt gamblers and so there would be less financial stress throughout Australia.

In contrast, horse-racing is considered great entertainment for Australian people so why would you ban it? If you banned horse-racing in Australia, thousands of people would lose jobs, race-tracks would lie abandoned and major tourism events would be lost.

One of the challenges for not banning horse-racing in Australia, is that thousands of jobs would be thrown away to the wind. Horse-racing in Australia is a big industry and it employs people at all levels, such as jockeys, trainers, strappers, truck drivers, catering staff, event manager, groundsmen and women... the list goes on. What would they do if horse-racing was banned? Without these jobs there would be financial stress.

Even so, if horse-racing was banned a large number of race-tracks would lie abandoned, from the large ones in the city to the many small ones in country towns. Race tracks are large areas of land in prominent locations and are built for a specific purpose and would be

a wasted space if they were not used.

To finalise my arguments, we should not ban horse-racing in Australia because major tourism events would be lost. The nation stops for the Melbourne Cup and people come from overseas and interstate to watch this big race. But there are many others picnic races which bring a lot of visitors to country towns like the Albury Gold Cup, the Bong Bong Picnic races, the Broken Hill races and the Snake Gully Cup in Gundagai. These towns need the tourism that horse-racing provides.

In conclusion, I believe that horse-racing should not be banned because if it was banned thousands of people would lose their jobs, the race tracks would lie abandoned and major tourism events would be lost. However you may think otherwise and believe that horse-racing should be banned because it's a risk for the horses safety, it's a risk for the jockeys lives and the gambling involved is horrendous, so I've my decision, so now it's time for you to decide.

URGENT REMINDER

**OUTSTANDING YEAR 6 \$10.00 FAREWELL
CONTRIBUTIONS, ARE TO BE HANDED IN AT THE
OFFICE.**

P&C NEWS

Please join us on Wednesday 10 December for the last P&C meeting of the year. The meeting will be held at the Collegians Club at Balgownie. We have reserved tables at the Bistro for 6pm for dinner, followed by the meeting at 7pm. Come along to help celebrate an incredibly successful year.

Balgownie Public School P & C Association



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

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



ILLAWARRA SPORTS HIGH SCHOOL
 RESPECTFUL | RESPONSIBLE | LEARNERS
 Gura Street, Berkeley NSW 2506 | PO Box 78 Berkeley | T: 02 4271 1099 | F: 02 4271 3511
 Illawaspor-h.school@det.nsw.edu.au | www.illawarrasportshigh.com.au
 SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

TALENTED SPORTS AND DEVELOPMENT PROGRAM

Information Open Night for Year 7 2016 – Monday February 16th 2015

Year 6 Trials for Year 7 2016 – Tuesday March 15th 2015

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.

ILLAWARRA WATER POLO

Illawarra Water Polo is hosting a 'Try Junior Water Polo' day at the University of Wollongong Pool. Be poolside on Saturday December 6th at 3pm for an introduction to Water Polo, some skill training and a social game. The event is for girls and boys aged between 10 and 16 years of age. Participants must be confident swimmers, but no prior Water Polo experience is required. Illawarra Water Polo is seeking interested participants for a Junior Water Polo season beginning

Term 1 2015, as well as parents who are keen to volunteer.

What: Try Junior Water Polo

When: Saturday 6th December

Where: URAC Pool, Building 13, Northfields Ave, Keiraville NSW
2500

Who: Girls and boys aged 10-16 years.

Cost: Standard pool entry applies for all swimmers.

RSVP: juniors@illwp.com by Saturday 29th November