

# The Bally Buzz

## Balgownie Public School *Living & Learning*

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Term 2 Week 2

Wednesday 7 May 2014

### CALENDAR

#### Term 2

Wednesday	7 May	No P&C Meeting this week – see next week
Thursday	8 May	Mother's Day Stall
Tuesday	13 May	NAPLAN Language and Writing
Wednesday	14 May	NAPLAN Reading
Thursday	15 May	P&C Meeting 7.15pm
		NAPLAN Numeracy

**APPLICATION FOR OPPORTUNITY CLASS PLACEMENT IN YEAR 5 IN 2015.** Parents seeking opportunity class placement for Year 5 entry in 2015 are required to submit an application by 16 May 2014.

Parents of students currently enrolled in a NSW public school with access to the internet should apply for opportunity class placement online by going to this internet website: [www.schools.nsw.edu.au/ocplacement](http://www.schools.nsw.edu.au/ocplacement).

Application forms whether submitted online or lodged with the principal should be received by the student's current primary school by **Friday 16 May 2014**. Late applications will not be accepted after this closing date.

**Road Safety Week - Keep our kids safe.** I'm sure many of you are aware that our school community was extremely lucky when one of our students escaped serious injury this week crossing a road. Please take the time to think about ways we can prevent any of our children being hit by a car and for any of us as drivers to prevent a tragedy. Children are unpredictable and can dart out onto roads for a variety of reasons. Please review your own practices and talk with your own families about safety on and around roads.

Tips to improve children's safety around your school

- Children aged four years to under seven years must be secured in a forward facing restraint or booster seat.
- Children aged four years to under seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child restraint or booster seat.

- Children should always get in and out of the car through the rear kerb side or 'safety door'.
- Always drop your children on the school side of the road.
- Meet your children on the school side of the road, preferably at the school gate – particularly in wet weather.
- NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there on time.
- If your children are old enough to cross walk home by themselves, practise the routines together, crossing at crossing and where to cross if there is no crossing etc.
- Children up to at least eight years old should hold an adult's hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult's hand when crossing the road.
- Talk your child through the 'STOP! LOOK! LISTEN! THINK!' routine every time you cross the road together:
  - STOP! One step back from the kerb.
  - LOOK! For traffic to your right, left and right again.
  - LISTEN! For the sounds of approaching traffic.
  - THINK! Whether it is safe to cross.
  - Always look and listen for traffic as you cross the road.
- Always slow to 40km/h when travelling in an operating school zone.
- Always obey parking signs as these signs help save children's lives.
- NEVER leave a child of any age in a vehicle without adult supervision. A small child may rapidly suffer dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to tragedy.
- Always drop-off and pick-up your children from your school's designated area, following your school's road safety procedures with care and courtesy.
- If your child rides a bike or scooter to school, ensure they are wearing a helmet and the straps are done up. Practise where they should ride their bikes and where to cross roads, remembering that when they are leaving school, the traffic is busy around the school.

**Musica Viva is a hit!** Thanks to Mrs Kerema for her organisation of this high level performance of music. Listening to and appreciating music is part of the

**Respect, Responsibility, Real Learning**

Creative Arts syllabus. Our children saw and listened to a variety of songs and instruments. The group Jacana had the students engaged in listening to quality music. All students had the opportunity in arranging a sound scape.

It would really help us if you could pay before the day of a performance or an excursion. We always try to make sure that children don't miss out, but it can be a bit difficult if payments are made on the day, and the first performance starts at 9.30am! Thanks for your understanding.

**Pavers** Last chance to purchase pavers by 31st May  
- money and orders need to be completed and in to the Museum by then..... No more orders to follow.

**Balgownie launches 2014 antibullying plan – we are all in this together.** Firstly may I start with the fact that Balgownie does not have a major bullying issue at the school, rather we are proactively, as a whole school community, acknowledging that bullying happens in all facets of life and that we need to equip our kids to recognise bullying and have a range of strategies to deal effectively with incidents. Effective strategies can include ignoring, asking to stop, telling an adult, supportive bystander behaviour and how to deal with cyber bullying.

It fits within our Positive Behaviour For Success philosophy, our core values (respect, responsibility and real learning) and our child protection lessons which happen annually. It is also part of our PDHealth PE syllabus.

The approach taken is a cohesive one and is providing the language and framework for students, teachers and parents to talk to each other about bullying. By having a common language and understanding, we can all work together to ensure that Balgownie Public School continues to be a safe and happy place.

The antibullying policy includes various levels of approaching bullying, including protection, prevention, early intervention and responses to incidents of bullying.

We are currently focussing on the protection and prevention levels of antibullying which include a whole school unit of work (6 lessons) which teaches students about bullying. The messages and skills learned in these lessons will then be referred to throughout the year. The lesson focus will also be outlined in the newsletter so that you can discuss it with your children at home.

This week the lesson objectives are:

- Define bullying and list its different forms.
  - Define what bullying isn't
  - Define bullies and those who can be bullied.
- Discuss the STAND method of dealing with issues.

### What is bullying?

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies. Conflict or fights between equals or single incidents are not defined as bullying.

### Bullying behaviour can be:

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

We are using the following definition to describe bullying to our students.

Sometimes you might have a fight or argument with someone. If it only happens once, that's not really bullying even though it can be upsetting.

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you

Bullying can also happen through a mobile phone or on the internet. This is called cyberbullying.

Bullying is not fair. It feels awful.

### How can we deal with bullies?

- We can let them know that what they are doing is bullying
- We can refuse to join in with their bullying
- We can support any students who are bullied
- We can STAND up for ourselves if anyone tries to bully us by:

<b>S</b>	Stay Calm
<b>T</b>	Try to Ignore
<b>A</b>	Ask them to stop!
<b>N</b>	Never Fight
<b>D</b>	Duty Teacher

**Happy mother's day** to all mothers and grandmothers. Have a wonderful and relaxed day on Sunday.

### Aloma Stewart

#### *Joke of the week*

Q: How do hair stylists speed up their job?  
A: They take short cuts!

#### *Thought of the week*

You can have unbelievable intelligence, you can have connections, you can have opportunities fall out of the sky. But in the end, hard work is the true, enduring characteristic of successful people.—  
*Marsha Evans.*

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

The students have earned themselves a wrist band. Well done!

Max W 1/2D Austin V 1/2D Zoe M 1/2D  
Adem D 2L

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

Sophie E 2L

## BOOK CLUB

Book Club money and orders are due today **Wednesday 7th May**, please place in Book Club Box in the front office. Please ensure that **correct money** is provided. Remember, if you place a phone or internet order to Scholastic, please ensure that the order form still comes through the school. As we only run one book club per term, this will be the only one for Term 2.

## MUSICA VIVA PERFORMANCE

I had the privilege of being the organiser of the program, so got to spend morning tea with the music group. This was the group's first concert for the year and they were most impressed with our school. They enjoyed the student's engagement in their music and appreciated the beautiful school grounds. We as teachers and parents know our children and school is amazing and it's extra nice to hear that visitors can also see this. Alison Kerema

## STEWART HOUSE DONATION DRIVE 2014

Envelopes for the Stewart House Donation Drive, were distributed last week. Please consider making a \$2.00 coin donation in support of Stewart House.

Please place coin donation in the envelope provided, complete your entry details on the back of envelope and return it to the office by the **9<sup>th</sup> May 2014**.

## CANTEEN ROSTER

### Week 3 Term 2

Day	Date	Name
Mon	12.5.14	Wendy Myers Lisa Sheedy
Tue	13.5.14	Lisa Tunstall Callie Heyman
Wed	14.5.14	<b>HELP NEEDED</b> Ghada Sultan
Thur	15.5.14	Corina Firpo Megan Hammersley Kate Smith
Frid	16.5.14	Julie Neal Gayle Galvin Shelly Lavery

## CANTEEN NEWS

### Help Needed!

Your canteen is run by a great team of volunteers, but we

need a little more help. Many volunteers work one day a month, but all help is welcome. If you are available to help please contact Faye. We are particularly in need of a volunteer available on a Wednesday.

### New Canteen Menu.

Last week the New Canteen Menu went out. This menu is now in effect. If you have any questions please contact the Canteen Coordinator by email [ballycanteen@gmail.com](mailto:ballycanteen@gmail.com) or by phone on 0401520632.



**THE P&C NEWSLETTER CAN BE VIEWED ON THE SKOOLBAG APP UNDER THE CATEGORY P&C**

## P&C NEWS

### MOTHER'S DAY STALL TOMORROW THURSDAY 8TH MAY!!

**Don't forget to bring your money along for our Mother's Day stall tomorrow Thursday 8th May!!**

This year we have some new and exciting gifts for our special mums and all under \$10 each! Children are invited to bring along money tomorrow and with their class group, they will peruse and purchase precious and practical presents for their mum! Maybe even grab a bargain for Nanna or Grandma too!?

Thankyou to all of our wonderful volunteers who have let us know they will be available to assist children in their choices. We look forward to seeing you at 11:30am in the new hall.

### BUNNINGS BBQ A HUGE SUCCESS!

On Easter Saturday some fabulous volunteers ran a Bunnings BBQ to raise funds for our new playground equipment. They managed to raise a whopping \$2400! This would not have been possible without the generosity of our local butcher who donated sausages sold on the day and Bunnings Wollongong for offering us such a busy trading day. Please show these businesses your support and thank **Graze Butcher's in Balgownie** next time you are in their store!

We would like to thank Kimberley and Brad Elliott for organising the event and all the volunteers who helped

**Respect, Responsibility, Real Learning**

throughout the day. Without the people power it wouldn't have happened, So THANK YOU!

### UNIFORM SHOP - IMPORTANT NOTICE

Due to other commitments of the Uniform Shop Coordinator, the uniform shop will **CLOSE** indefinitely after **Tuesday 13th May** (next week) until a new coordinator can be found. Megan Hammersley has fulfilled the role for three years. Due to work commitments, and Megan's role helping with this year's fete, she needs to withdraw from the role. The P&C wishes to thank Megan for the enormous contribution she has made.

Please ensure that you submit your order for winter uniform purchases by Tuesday either to the uniform shop or via the canteen slot to ensure that it is filled.

If you are able to take on this role - either by yourself, or with a group of parents, please contact Megan ASAP on 0403 233 875 or email [p.and.c@hotmail.com](mailto:p.and.c@hotmail.com). It may be possible to change the day of the Uniform Shop to a Thursday. Megan is still willing to give a lot of assistance to a new coordinator. If a new coordinator is not found, we will need to look into outsourcing, which will result in significant price increases. It would be great to be able to maintain this service onsite at school so that it is both convenient and affordable for families, so if you are able to assist at all please contact Megan.

### 2014/2015 ENTERTAINMENT BOOKS

The Entertainment Books are here! You can view a sample in the office and even take one home to read. If you decide to purchase then simply pay online ([www.balgowniepnc.com](http://www.balgowniepnc.com)) and your book will be available for collection the next morning from the office (or a digital membership that can be used on 4 devices is available immediately). You can also purchase other regions, like Canberra, Western Sydney, Sydney or Newcastle/Central Coast. These make great and easy gifts for Mother's Day. Every sale earns our school \$11 and if you ever buy groceries, petrol, or even occasionally go out for dinner, family activities or book holiday accommodation then these books will ultimately save you money! Several people have said that in the last 2 weeks they have already saved more than the \$55 purchase price of the book so for the next 13 months any savings are a bonus. So if you have not seen the book before, please take a few minutes to see which offers can help you save money- see books in the office or preview online at [http://www.entertainmentmedia.com.au/flickbook/nsw\\_south\\_coast/](http://www.entertainmentmedia.com.au/flickbook/nsw_south_coast/).

### HAVE YOU PURCHASED A NEW MOBILE PHONE RECENTLY?

Is your old phone lying around collecting dust? Why not turn it into something useful? We are running an ongoing mobile phone recycling fundraiser. Simply take your mobile to the box in the library! Thank you to everyone who recycled their phone last year. All money raised will be put towards environmental initiatives for the school.

## COMMUNITY NEWS

### Mother Day Classic - Fundraiser

The Rogers Family are participating in the Mother Day Classic in Wollongong this weekend, running and walking for breast cancer research. If anyone would like to donate to the cause, here is the link to their fundraising page. We are all hoping for a future without breast cancer.

<https://mdc.mothersdayclassic.com.au/fundraising.php?id=28359>

### BRINGING UP GREAT KIDS

#### A Free 6 Week Program for Dads, Mums and Carer's

This program promotes positive, respectful parent and child relationships. This program is FREE of charge to participants. FREE child minding is also available. The program is at Corrimal Community Centre. For information on dates, times etc and for bookings please phone Family Services Illawarra on 4255 5333.

### SMITH'S HILL HIGH SCHOOL EXPO NIGHT

**Monday May 26, 2014**

**6.00 p.m. - 8.00 p.m.**

Smith's Hill High School is a government selective co-educational high school catering for Gifted and Talented students.

Year 6 students who sat the entrance test for 2015 admission and their parents are invited to attend our Expo to view our facilities and examples of the work of our students. Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2016.

Phone enquiries directed to the Relieving Principal Mr Walker on 42294266 during school hours.

### GIRL GUIDES

Girl Guides have lots of FUN!! Camping, cooking, doing craft, playing games, earning badges and learning skills for life.

Girls 7-10 yrs meet Saturdays 9.00 – 10.30am

Girls 10-14 yrs meet Wednesdays 6.30 - 8.30pm

Girls 15-18 yrs meet Mondays 7.00 – 9.00 pm

At the GWYNNEVILLE GUIDE HALL

Call Pam on 0434111062 or to find out more visit our

Website [www.girlguides-nswact.org.au](http://www.girlguides-nswact.org.au)





# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

**During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.**

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago,

through his research into children's thinking styles, how closely a child's explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

**Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:**

**1 Take your cues from your child:**

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test..

**2 Focus on doing their best and trying hard:**

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results.

The only pressure on kids should be to try hard rather than to do well.

**3 Listen to any concerns they have:**

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

**4 Give them some relaxation ideas:**

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

**5 Help them retain their perspective:**

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

**A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.**



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



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