

The Bally Buzz

Balgownie Public School *Living & Learning*

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Term 3 Week 1

Wednesday 16th July 2014

CALENDAR – TERM 3

Tue	15 July	Students return for Term 3
Thu	17 July	Brokers Athletics Carnival
Frid	18 July	Chocolate Fundraiser money due
Mon	21 July	BPS Athletics Carnival Presentation Assembly 2.15pm in Hall
Thu	24 July	Book Club Orders due
Mon	28 July	English ICAS Test

TERM 3 PARENT PLANNER ATTACHED

Welcome back! It is lovely to see all students, parents and carers smiling in the playground and classrooms. This is a fabulous term and I am excited about the wonderful learning, both in classrooms and extra curricula activities being offered for our students. This term includes:

- NAIDOC week
- Stage 3 Cyber bullying lessons
- School starters playgroup
- ICAS tests in Science, English and Maths
- Athletics
- Southern Stars
- Choir festival
- Education Week – Open Day
- 100th anniversary of WW1 at the Balgownie cenotaph with Marie Bashir
- Kindergarten excursion to 'The Gruffalo'
- Stage 2 excursion to Killilea
- Book Week, Book Fair and author visit
- Surf safety Yrs 2, 4 and 6
- Literacy and numeracy week
- Chickens 'R' Us
- Father's Day stall
- St 3 Milo cricket day
- Gala Day – AFL and Dragon Tag
- And preparing for the Fete!!!!

It is great to offer so many wonderful enrichment opportunities to our students. Our classes are already

immersed in learning and the topics that our students are studying are:

Early Stage One – Meeting Needs (HSIE) and Staying Alive (Science)

Stage One – Workers in the Community (HSIE) and Up, Down and All Around (Science)

Stage 2 – State and National Parks (HSIE) and Plants Alive (Science)

Stage 3 – Change Detective (Chemistry) and Australian Colonies (History)

All classes will be revising PBS values and learning about child protection in the last 6 weeks of this term.

Congratulations to Rachel Lee, Kelly Newman and Claudia Konza for being selected for Smiths Hill High School. Well done being successful in this very competitive academic process. We are proud of you!

Multicultural Public Speaking District Finals last term. On the last Thursday of Term 2, Mrs Burns and our four representatives, Stevie Knight and Campbell Wearing from Stage 2 and Rebekah Kohler and Mitchell Welsh from Stage 3, represented Balgownie Public at the local final for the Multicultural Perspectives Public Speaking Competition. Our students represented our school with pride. They are to be commended for their public speaking skills and for their humanitarianism as they all were able to express what a wonderful place Australia is and how much richer we are for having a multicultural nation. Terrific effort team!

Attendance at our school in Semester One was excellent with our average at 96.8%. Great effort Balgownie! Let's build on this fantastic achievement in Semester Two. It is important that children attend school every day as a day missed can **NEVER** be replaced.

NAIDOC Week celebrated at Balgownie. This is one of the most important annual cultural events for Aboriginal and Torres Strait Islander peoples - and all Australians. It is a celebration of the contribution made by Aboriginal people to our national identity and time to explore ways we can work together to build a better future. The theme for NAIDOC Week 2014 is: *Serving Country: Centenary & Beyond.*

This year's NAIDOC theme honours all Aboriginal and Torres Strait Islander men and women who have fought in defence of country. From warriors in the Frontier Wars to

Respect, Responsibility, Real Learning

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

warriors who have served with honour and pride in Australia's military conflicts and engagements across the globe. We proudly highlight and recognise the role they have played in shaping our identity and pause to reflect on their sacrifice. We celebrate and honour their priceless contribution to our nation.

All classes will be learning a Dharawal story about peace and getting along with others. It is called Yandelora, or the Lyrebird story. The values we learn from this story will be the ones displayed in our reconciliation garden.

Improvements over the holidays. Thank you to the Grounds and Environment Committee who have organized weed removal during the holidays for the far northern section of the school. It looks much better.

The GAs have also been busy refreshing the sand pits, painting outdoor furniture and putting topsoil around the path. Thanks. The front foyer has been modified with a window and panel where there was an extra door.

Class supplies At the start of the second half of the year it is a good time to check your child's pencil case and replenish the used items eg glue sticks etc. Thanks.

Uniform reminder There have been some variations to our uniform that are occurring and I would like you to revisit your child's uniform and remember:

- Black shorts, trousers or tracksuit pants worn by boys and girls should not have any logos or any colour other than black. That includes white piping or stripes.
- Jumpers and jackets are to be Balgownie School jumpers only.
- All hats are to be Balgownie School hats only. Remember that in 2015 it will be compulsory for all students to wear bucket hats or wide brimmed hats. No caps will be permitted. This is occurring in all NSW Public Schools.
- Shoes are to be plain black without coloured laces or any colour other than black. Boots or high tops are not part of our school uniform. Sports shoes may be worn on Friday. Ankle socks must be visible above shoes.

Our school has a good reputation in the community and one of the reasons for this is the pride our students show in our school by high standards of uniform. It is an expectation that students will be wearing the correct uniform. If there is an issue with finance, please come to see me. Otherwise, please support our school by ensuring your children are wearing correct uniform from Term Three onwards. The details matter!

Kindergarten students for 2015 in our local area. If you know of any students who are in our local catchment area please encourage them to visit our school to enrol.

School contributions. Thanks to those families who have paid their contributions. If you have not paid your school contributions for 2014 it would be greatly appreciated if you did as soon as possible. The school depends on these funds to help meet our day to day costs and buy resources for our children to help them learn. You can pay online, by eftpos or we take cash and cheques.

After School Supervision is provided by class teachers and then by a member of staff who supervises the after school care and bus students. This teacher, usually a member of our executive, is also responsible for ensuring that any children who can't find their parents, or vice versa are cared for and arrangements made.

We have a number of children and families who are playing in the school grounds for a short time after school. You are more than welcome to do this, but please remember that parents are responsible for their children. It becomes confusing for students if they are permitted to do things after school, that during the day they are not allowed to do. You need to be able to see your children at all times to actively supervise them.

Our children will be having Positive Behaviour for Success lessons this week around the playground reminding them of our rules and expectations. This is part of our proactive approach to ensuring that all students are explicitly taught our expectations and are reminded about 'in bound' areas. This includes all times that our children are in our school grounds.

Please support us and help your children by following school guidelines and making sure that toddlers and students are not in the car parks unsupervised, or down near the neighbours' fences as we want to keep our children safe and maintain good relationships with other people. Please also ensure your children and toddlers are behaving in a way that is mindful of the wonderful things in our playground eg chess pieces, sandpit covers and the cubbies. Thank you for your understanding in this matter.

Have a great week!

Aloma Stewart

Thought of the week

We've got to come together, that's what we want for Australia. One people. We are all Australians, regardless of your ethnic background, regardless of your political belief, regardless of your religious beliefs we are all Australians.
-Neville Bonner, Australia's first Aboriginal senator.

Joke of the week

Q: What happens when cranberries get depressed?
A: They turn into blueberries!

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!

Riley 3HR Jacob 3HR Aston 2S

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

Libby 6L Tien 2S

INTERNATIONAL COMPETITIONS AND ASSESSMENT FOR SCHOOLS (ICAS)

Parents/students who have submitted entries, please take note of the following change of date for the English ICAS test.

The ICAS English paper was scheduled for Tuesday 29th July 2014 and will now be held on **MONDAY 28TH JULY 2014** after 9.00am, due to other school activities being organised. Please make a note in your calendar.

CHORAL FESTIVAL TICKETS

Round One tickets: can now be picked up from the school office.

Round Two tickets: will be available for purchase from Wednesday 23rd July to Friday 25th July. At this stage, due to high demand, we can only offer two additional tickets per family.

Round Three tickets: any remaining tickets will be available on a "first in – first served" basis on Monday 28th July until sold out.

Tickets can be purchased with cash, cheque, eftpos or online payments.

KINDERGARTEN EXCURSION THE GRUFFALO PERFORMANCE AT THE IPAC



An exciting excursion in Term Three has been planned for all Kindergarten students to watch the performance of **The Gruffalo** - Live On Stage at the Illawarra Performing Arts Centre on **Tuesday 5th August 2014** (Week 4 - Term 3). If you have a child in Kindergarten, please see the excursion note for more details. Full cost for the excursion is **\$25.00**. Payment should be made in **FULL** by **Tuesday 29th July 2014** (Week 3 - Term 3). We look forward to a fabulous performance!

Kindergarten Teachers ☺

BOOK CLUB ORDERING

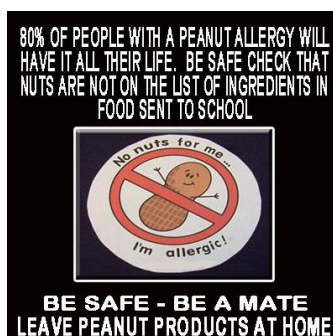
Book Club due Thursday 24th July

Did you know you can pay for your book club order on line? It's very quick and easy, just a few steps to follow.

No more money or cheques for you and the children to have to worry about.

Go to: www.scholastic.com.au/payment - Select- parent payment- pay now.

Pay now, is the total amount of your order. You then **must** record your receipt number/s on your catalog order form. Remember you have **not** placed an order you have only paid for your books. Give the completed order form to your child to be processed at school. Thank you for your co-operation.



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.*

P & C NEWS

CHOCOLATE FUNDRAISER!

All money is due back this Friday 18th July.

Thank you for your efforts to sell your chocolates and contribute to our new playground fund! Full payment of \$50 can be made online

<http://balgowniepnc.com/ourschool/fundraising/> or every morning we will have volunteers available in front of the canteen to collect your chocolate money and/or unsold chocolates.

FETE UPDATE

The excitement builds in Term 3

Keep your eye out this term for our full fete newsletters with details of our sponsors, planned activities for the day, how you can help out, how your child can enter competitions for the day, when our mufti days and more!

Raffle prizes and tickets will be released in August for everyone to sell and ride arm-bands and circus tickets will go on sale!

Check out our fete website <http://balgowniepnc.com/fete/>

COMMUNITY NEWS



FOOTBALL FITNESS CLINIC AND GAMES WOMEN'S FUTSAL FITNESS FUN

KEEP UP YOUR FITNESS, MEET NEW FRIENDS AND PLAY FOOTBALL

SESSIONS RUN EVERY FRIDAY from 10am to 11AM

\$12 per session Register your interest NOW!

Starts Friday July 18 Nichole on 4285 6929 or email 10am – 11am admin@footballsouthcoast.com.au

Excluding School Holidays Venue: Futsal Courts at the Fraternity Club

Sessions every Friday 11 Bourke Street, Fairy Meadow

Stay after the game for coffee and talks on women's health at the Fraternity Club

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Improve your child's concentration at home

Like any skill, concentration can be improved and made automatic.

To accomplish any task you need to be able to concentrate your attention for a time. It is a requirement for learning. Kids not only need to be able to focus on tasks but to stay in the one place long enough so they can listen to and follow instructions.

Most kids, from time to time, will experience some concentration or focusing difficulties. This is particularly true when they are over-tired, over-stimulated or over-loaded. However some children due to either their physiology or psychology have greater difficulty focusing on tasks and on people than others. Either they find settling into or starting a task a problem or they lose focus easily and leave tasks half done.

There are many things you can do at home to impact on children's concentration levels. Like any skill, concentration can be enhanced and made automatic. The trick to effective concentration is to know what to concentrate on and what to filter out.

Here are five ideas you can use to help kids to concentrate better:

1. Attend to their physiological needs:

Most children and teenagers concentrate best after nine hours sleep so make sure they get sufficient sleep. Reduce sugar intake and increase protein levels with lean meat, almonds and eggs. This stimulates their dopamine levels which make concentration easier, particularly for lethargic kids. Frequent breaks for exercise have a similar effect.

2. Remove distractions at home:

List the distractions at home that may prevent your child from concentrating. These include; noise, people, lighting, fighting, fatigue and hunger. List ways to eliminate or reduce, and work at them systematically.

3. Create the mood for concentration:

Calming background music, placing a fish tank (with fish) in a place of work and removal of fluorescent lights are some simple ways to make the environment more

amenable for concentration. These strategies have been used successfully in overcoming concentration problems in many 'boy-friendly' schools.

4. Introduce sequencing and organisation activities:

The link between sequencing and concentration is a strong one. Following recipes, setting the table and putting things in alphabetical order are great activities for kids who have concentration difficulties. Board and card games promote children's ability to focus on tasks as well.

5. Figure out what activities your child focuses on best:

Some kids concentrate better when they are involved in hands-on activities, while others focus better when there are plenty of visual cues to help them. That's why teachers use hand signals such as 'hands on heads', and 'fingers on lips' to indicate quiet. Look for activities that your child gets 'lost' in; and those activities they can literally spend hours in. These activities enhance children's concentration levels.

Like any skill, concentration can be improved and made automatic. Anyone who has learnt to drive a car will have had the experience of thinking, "How will I concentrate on all these things?" Extensive practice allows for the pathways of concentration.

It helps before you begin to assist kids to concentrate better if you pay close attention to their pattern of concentration and see if there are links between diet, their energy pattern, sleep and your own behaviour.

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for all your parenting challenges
visit: www.parentingideas.com.au



Term 3 2014 – Parent Version

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
W k 1	14 July SDD	15 July NAIDOC WEEK	16 July	17 July Brokers Athletics	18 July	19 20 July
2	21 July Athletics Presentation 2.15pm	22 July	23 July OC class test 10-11am Cyber bullying by Police YLO Tania Higgins St 3	24 July School Starters Playgroup in hall 9-11	25 July	26 27 July
3	28 July Education Week ICAS - English	29 July Open Day Picnic lunch 11am 12-12.50 in classes 1-1.50pm – concert	30 July Choral festival rehearsal all day and performance at night	31 July Sthn Stars whole day rehearsal at Wollongong Public	1 Aug	2 3 Aug
4	4 August Fire drill this week Ceremony at Balgownie cenotaph Stage 3 11am	5 August Kindergarten to The Gruffalo 12.30pm Sthn Stars whole day rehearsal at WEC.	6 August	7 August School Starters Playgroup in hall 9-11	8 August	9 10 Aug
5	11 August Book Week and Book Fair at Balgownie Stage 2 Killilea Excursion	12 August ICAS -Maths	13 August 6.45pm Principal Report –Maths– focus group discussion P&C meeting 7.15	14 August	15 August	16 17 Aug
6	18 August Surf water safety Yrs 2, 4 & 6 @ 12pm	19 August	20 August	21 August School Starters Playgroup in hall 9-11	22 August Regional Athletics	23 24 Aug
7	25 August <i>Literacy and Numeracy Week</i> Chicks/ eggs arrive	26 August	27 August Sthn stars	28 Aug Sthn stars	29 Aug Sthn stars	30 31 Aug Sthn stars
8	1 September	2 September	3 September Fathers Day stall all day – hall in use	4 September School Starters Playgroup in hall 9-11 St 3 Milo cricket Judy Masters 9.30-2pm	5 September	6 7 Sep Father s Day
9	8 September	9 September	10 September 6.45pm parent focus group Gifted kids P&C meeting 7.15pm	11 September	12 September Brokers Gala Day Girls AFL / Boys Dragon Tag	13 14 Sep
10	15 September	16 September	17 September	18 September School Starters Playgroup in hall 9-11?	19 September	20 21 Sep