

The Bally Buzz

Balgownie Public School *Living & Learning*

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Term 3 Week 5

Wednesday 13th August 2014

CALENDAR – TERM 3

Thu	14 Aug	Book Week Mufti Day, Author visit & Fete donations
Mon	18 Aug	Surf Sense Water Program Years 2,4 and 6

Safety for students. Occasionally an emergency happens and parents are late to pick up their children. We have a teacher on 'bus duty' who is also responsible for waiting with children whose parents have not yet arrived. The children are asked to come to the office if their parents are late. We assume that all families are trying to collect their children by 3pm.

Children can get distressed if they don't know where their parents are. *Please remember to call the school as soon as possible if you are going to be late* so we can reassure your child that you are on your way. Please also update all contact details as it is difficult for the office staff to call if your numbers are inaccurate! Thank you for your understanding.

Balgownie students strive to achieve We have a large group of Years Three to Six students who have chosen to sit ICAS exams that are externally marked. These students have challenged themselves to see how well they can answer questions in English, Science and Maths. Thanks to Mrs Cliff and Mrs Robson who organised this opportunity for our students.

Stage 2 Excursion to Killelea a huge success. Excited students boarded the bus to have a day of environmental education down at Killelea. This excursion compliments their units of work about National Parks and Plants that are being taught this term. The weather was chilly but not raining and the students had a great time!



When we arrived at Killalea we warmed ourselves up by listening to a presentation on the park. Afterwards we went to the rainforest (via a difficult, spikey route!). There we made gunyas (Aboriginal homes) for miniature clay people out of sticks, rocks

and leaves. We had a lovely lunch on the grasslands out of the wind.

We looked for mini-beasts with magnifying glasses and found a spider sac, eggs, slugs, a ladybug, ants, worms, spiders and lots more. Later we went to the old dairy farm where we had a magnificent view.



We walked down a steep hill to arrive at the beach called "The Farm" where we picked up rubbish to help the environment. Unfortunately some sea creatures and birds think rubbish is food. We even got to collect pumice stones from the beach which came all the way from an underwater volcano in New Zealand.

In front of the lagoon we got to camouflage under army tarps and nets to bird watch. We used binoculars and used a bird book to name the birds we saw. To really blend in we got our faces painted in 'camo' paint. Then we had a very long walk up a very steep hill on the way to the buses.

We learnt so many things about the environment and had lots of fun doing it.



Basic Characteristics of Emotional Intelligence

I have included some interesting thoughts from Barbara Abromitis cited in the journal *Education Horizons* Vol 11 No 5 2011. Emotional Intelligence (EI) has been shown to be essential to a person's eventual success in life and that the qualities can be taught by both teachers and parents. They are a powerful set of strategies to model and emphasise to our children.

1. **Self Awareness** Children are able to acknowledge their feelings while they control their emotions and respond appropriately. Children need words (e.g. "confused", "disappointed") rather than just "good" or "bad" to explain their feelings. To give them words to use and discuss what is making them feel this way,

Respect, Responsibility, Real Learning

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adults can help diffuse emotions before they become a problem.

2. **Mood Management** Once feelings are identified, children should learn appropriate responses to the situations that cause them. Helping children learn constructive responses to negative feelings will help them develop and maintain stronger relationships with others.
3. **Motivation** Young children can learn as they develop self awareness how rewarding it is to work hard for something and then to receive it. Focusing on and discussing how good the child feels when they accomplish something helps children develop the intrinsic motivation and persistence they need as adults.
4. **Empathy** Empathy is the ability to understand the feelings of others and empathetic children often seek to do good for others out of genuine compassion for their situations. It allows people to step aside from conflict and see the problem from another point of view.
5. **Social Skills** Social skills includes listening attentively, making eye contact, reading facial cues, sharing, taking turns, compromising, cooperating, making appropriate jokes, being able to disagree without becoming angry and many others. Although as adults we often model this behaviour, sometimes more direct instruction is needed. We can offer specific suggestions of ways to behave or things to say in certain situations.

El is important to all of us in life. By fostering it in our children, we can ensure that all children are equipped with the skills they need to navigate their personal and professional realms as adults.

http://www.21stcenturyschools.com/What_is_21st_Century_Education.htm

Have a great week!

Aloma Stewart

Thought of the week

If you wait, all that happens is you get older.
Larry McMurtry

Joke of the week

Q: Why is it so hard to fool a snake?
A: Because you can't pull its leg.

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!
Risha Kana 2S Mia McLaughlin 2S Eva Boyle 2S

And well done to the following students who achieved their PBS badge!
Chloe Lavery 2S

CHILDREN'S BOOK WEEK

Children's Book Week is an annual event occurring in August each year. The official dates for Book Week this year are Saturday 16th August – Friday 22nd August.

Due to a very full Term 3 calendar we will be celebrating Book Week at Balgownie School in Week 5 from Monday 11th August – Friday 15th August. Book week activities include a Book Fair, Book Week mufti day and an author visit for Stages 2 and 3.

The Book Fair will run in the Library all week in Week 5 and will be open to the public from 3pm until approximately 3.30pm. There will be lots of great titles for sale. Commission raised from the book fair will go towards the purchase of new library resources.

The author visit (no cost) and book week mufti day will take place on Thursday 14th August. In lieu of a gold coin donation, the P&C have requested that students bring along donations for the upcoming fete Gift Basket Stall. The P&C have requested that children in different stages bring along the following items:

Stage Group	Donation for Gift Baskets
Kindergarten	Baby items – girl or boy
Stage 1 (yrs 1&2)	Kids craft items & toys
Stage 2 (yrs 3&4)	Food/baking items eg. cooking items, tea, coffee, crackers, chips etc. No nut products please and be sure that food is in date and suitable for a gift hamper.
Stage 3 (yrs 5&6)	Women's and Men's gift items

Items can be placed in the boxes that will be outside the canteen on the morning of Thursday 14th August. Many thanks from the P&C.

On a final note, the Book Week theme for this year is 'Connect To Reading'. Book Week information and the Book Week short list of books can be found on the Children's Book Council of Australia web site at <http://cbca.org.au/>.

Happy Book Week everyone! Mrs. Birchall

PSSA Touch Football

Last Thursday, the senior girls Touch team travelled to Corrimal East Public for the second round of the PSSA Knockout. It was a beautiful day for the event and all were excited and filled with anticipation. The game began with participants defending extremely well. There were many length-of-the-field breaks that were eventually 'tagged' desperately close to the try line. At the end of the game, Corrimal East was ahead by the narrowest of margins 2-1. Congratulations to all involved, I hope to see you all on a Touch field in the future.

BE PREPARED TO BELIEVE IN SOUTHERN STARS 2014

With the recent media launch of Southern Stars for 2014 we are happy to announce the theme for this year's show is

#webelieve2014.

The show's theme is about a child's journey through to adulthood – believing in magic and fantasy in the early years, believing in themselves, and through education, believing in a better world.

Community support of Southern Stars is vital to ensure its success and future and with that in mind we encourage everyone to support Southern Stars by going to see one of the shows.

Over 12,000 people are expected to attend the four performances at the WIN Entertainment Centre on Friday August 29 and Saturday August 30 - make sure you are one of them!

Get together a group of friends, or your family, and make sure you get to the show.

Tickets are on sale through Ticketmaster priced as follows: Adult \$48, Pensioner and student over 12 \$38, Student/Child under 12 \$27 and Family pass \$140.

CANTEEN ROSTER TERM 3 - WEEK 6

MOND	18/8/14	Elicia Quinn Kim Mercieca
TUES	19/8/14	Martha Newman Merek Deacon
WED	20/8/14	Delvene Spencer Michelle Morton
THUR	21/8/14	Corina Firpo Megan Hammersley Kate Smith
FRID	22/8/14	Michelle Reid Sharyn Ross Tracey Koshney

CANTEEN NEWS

A huge thank you to Alyssia Gadd for all your help with buying the fruit and vegetables to keep our canteen running and our children healthy. Thank you from everyone at the canteen.

URGENT HELP NEEDED!!!!

FRIDAY 15TH August, we need one person to help out please!!!

The canteen is in desperate need of help. Without a boost in volunteers we will have difficulty maintaining service. If you can help with any of the roles below please contact Faye (0401520632 | ballycanteen@gmail.com).

FRUIT SHOPPER

Purchase fruit and vegetables weekly using a float provided by the canteen. You will receive an email at the end of the week for what to purchase. Purchase produce over the weekend, and drop it off on Monday morning.

STOCK MANAGER

This position requires 1-2 hours weekly. You will follow a checklist to check stock on a Friday, then call the distributors to place the order.

ROSTER COORDINATOR

This position can be done from anywhere. It requires someone to manage any changes in the roster, including recruitment of new volunteers, changes in days for volunteers and notifying people of their upcoming shift.

MONTHLY VOLUNTEERS

We currently have SIX vacancies in the roster on Wednesdays and Thursdays. If you are able to volunteer PLEASE contact Faye or anyone from the canteen.

**UNIFORM SHOP NOW OPEN**

<http://balgowniepcn.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@balgowniepcn.com

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

P & C News**Father's Day Stall**

Our very excited children are always keen to select gifts for their loved ones for Father's Day. We are again running the popular Father's Day Stall selling a wide range of great value gifts on Wednesday 3rd September. If you are available between 9-10 to help set up or 11:30-2.00pm when the children will be 'shopping' then we would appreciate your assistance! It is a lot of fun helping the kids, so please send an email to p.and.c@hotmail.com if you would like to be involved (we need about 12 helpers).

Drum Roll.....Our Monster Raffle prizes are confirmed.

This year we have seven fabulous prizes in our monster raffle with thanks to the following sponsors for their generous donations.

1st Prize \$1000 Cash

2nd Prize One night accommodation in Sydney and a dinner cruise on Sydney Harbour (donated by Balgownie World Travel valued at \$470)

3rd Prize Any Trek Child's bike up to the value of \$369 (donated by Simple Cycles, Wollongong)

4th Prize One night accommodation for 2 adults and 2 children with buffet breakfast at Ibis Styles Eagle Hawk Canberra Plus a Quest- a- con voucher and family Cockington Green voucher total valued at \$252

5th Prize Caveau Restaurant Voucher valued at \$218

6th Prize Merola's Travel voucher valued at \$200

7th Prize Voucher for Ashmore Palms Resort, Gold Coast valued at \$200

Each family will receive a book of 25 tickets to sell for \$2 each next week. Details of payment and when tickets can be returned will accompany your tickets.

If anyone is available to join our team and help with the coordination of raffle ticket sales please contact Donna Guest on 0447 790 619. Thankyou for supporting our fete and fundraising efforts for playground equipment for our children.

Keep your eye out for the next Fete newsletter full of information on how you and your child can support and make the most out of your fete experience this year. Ride arm bands and circus ticket will go on sale in September!!! Get excited!!!!!!

COMMUNITY NEWS