

# The Bally Buzz

Balgownie Public School

*Living & Learning*

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Term 1 Week 3

Wednesday 11<sup>th</sup> February 2015

## CALENDAR – TERM 1

Wed	11 Feb	P&C Meeting in Library 7.15pm
Mon	16 Feb	Brokers Swimming Carnival
Thu	19 Feb	School Leaders Induction Assembly in Hall 2.20pm

**Successful carnival and Bally students complimented on behaviour and sportsmanship.** Well done to the teaching team led by Mrs Burns for the wonderful swimming carnival. The students swam hard and all performed at their best. 50 metres can seem a long way, especially for some of our 8 year old competitors! Fabulous effort by all swimmers. It is a credit to their families that every time we go on excursions, our students are complimented on their wonderful behaviour.

If your child did not participate in the carnival, you may need to consider further swimming lessons to ensure their safety in the future. Living so close to the beach, we encourage all students to be able to competently swim at least 50 metres. It would be

**Respect, Responsibility, Real Learning**

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

wonderful to see all of our Year 3-6 students confident enough to swim at our carnival!

Good luck to all our super fish who are representing our school at the district carnival on Monday at Corrimal Pool.

**Dragons promoting healthy lifestyle.** We had a visit this week from the Dragons, who spoke to K-6 with some great information and ideas about healthy lifestyle choices. The students really enjoyed the session and the prizes!

### **Balgownie welcomes Life Education Van and Happy Harold!**

Life education has been supporting primary school drug and health information since 1979. Life Education programs have been designed to assist schools to achieve the outcomes based on the PDHPE syllabus (Personal Development Health and Physical Education).

Primary schools play a vital role in preparing children for life and in shaping their journey through school. Research shows the earlier we encourage students to develop positive self-image, self-esteem and uniqueness, the better equipped they are to make positive healthy choices later in life. Life education assists students to:

- Acquire age appropriate knowledge to support informed health choices.
- Develop and practice skills and strategies to act upon individual decisions.
- Recognise the values and attitudes that may influence lifestyle choices and behaviours.

The program supports the provision of health and drug education within the school.

The main focus for each grade is different and reflects the learning that is appropriate for each age group in drug education. The main information is presented from safety with medicines (Kindergarten) to smoking and alcohol in Years 5 and 6. The class teachers will be discussing the visit to the Life Education Van in the classrooms so that the students have a chance to consolidate the learning.

If you want some more information to follow up with conversations at home, go to the website [www.lifeeducation.org.au](http://www.lifeeducation.org.au) where you will find information to use to talk with your children.

Thank you to the P&C who value this program and have subsidised all students to visit the Life Education Van.

**Is your child in Year 6?** The School Leaders Induction Assembly is on Thursday 19 February, in the school hall at 2.20pm. All parents welcome to attend.

**Thanks to those parents and carers** who have paid for the subscription to Reading Eggs and School Magazines. Every student, K-6, is expected to pay \$20 for their 'textbook levy'. This is not a voluntary contribution.

Thank you also to those who have also paid their voluntary school contributions. It makes a big difference to our school. If you have not yet paid, please do so as soon as possible. We have Eftpos to make it easier for you!

**Meet the teacher information sessions** are being held this week. There have been large numbers at each meeting so far. Thank you for taking the time to meet with your child's teacher, to find out what they are teaching this year and to build the partnerships that are vital for our children to succeed. If you have any further questions to ask staff, please make a time to have an individual appointment. Our staff are always willing to meet with you. At the end of this term, there will be parent teacher interviews being held.

**Assembly in morning** It is great to see so many parents at our Monday morning assemblies when we give messages, and our PBS rewards are given out. It would be really helpful to our students, who are trying to listen to messages, if parents could stand on the sides and the back of the assembly, and not behind the teachers presenting. It can be a bit distracting for the students and we really need them to focus on the speaker. Your help in this matter is appreciated.

**NAPLAN** will be completed by all students in Years 3,5, 7 and 9 in all Australian schools. The results from these tests provide further information about what each student can do and will be used to support teaching and learning programs. Parents will receive a report about their child.

The tests are conducted from Tuesday 12 May to Friday 15 May.

**Bikes and Cars** Just a reminder about keeping our students safe.

- All students are to walk bikes and scooters out of the school so that they avoid accidents in the playground at busy times of the days. It is parental responsibility to ensure that they have appropriate safety gear and that they understand safety messages.

- Drop children off on the correct side of the road. If you have to park on the opposite side of the road, get out of your car and come and meet your child. Little people don't always look at traffic when they are excited to see you.
- Please follow the road signs around our school. Make sure that you don't obstruct view of children around road crossings. We want to keep all of our students safe.
- The lower car park is not to be used by students as a walking path into school as there are cars entering this at all times. Please encourage your children to use the path beside the carpark.
- Please do not pull into our carparks to drop your children off and then reverse back out on the road. Reversing at such a busy time, with little children around is dangerous as they are difficult to see and sometimes unpredictable.

**Positive Behaviour for Success teaches students social skills based in values.** The first six weeks of our PDHPE Scope and sequence is designated towards delivering six PBS lessons across the whole school. The first two weeks of PBS lessons are designed for classroom teachers to communicate whole school, classroom and playground rules, behaviours and expectations. Teachers have discussed rules in the classroom as well as walked students around the school to discuss rules and routines in

various areas of the school. They have used the PBS signs around the school as prompts. Teachers have also communicated the PBS reward system to students.

This week, our whole school focus is on 'Body language and tone' as 93% communication is non-verbal: Body language (55%), Tone of Voice (38%), Verbal (7%).

**Body language:** People use body language without thinking (unconsciously) to communicate with other people. We are constantly dropping clues about what is going on in our head, sometimes without even knowing.

**Tone of voice:** Emotions are often given away not so much by what people are saying but how they say it. For example speaking loudly in short sentences can show aggression, speaking gently and giving smiles and encouragement can show caring.

Use the acronym FEVER to remember important body language signs

- **FACE** the other person
- Use **EYE** contact
- Use an appropriate **VOICE**

- Your **EXPRESSION** should match what you say and your tone of voice
- Use the RIGHT posture – **RELAX**

Discuss the body language **DOS & DON'T's**:

## **DO**

- Remember FEVER
- Smile
- Be a good whole body listener
- Count to 5 or 10 to give yourself time to relax and think
- Use friendly words
- Take a deep breath before talking
- Use a polite and friendly tone of voice
- Use positive thinking
- Be aware of personal space

## **DON'T**

- Stare at the other person
- Look at your feet or elsewhere
- Get too close or too far
- Mumble your words or slouch
- Use angry body language eg clenched fists or jaw etc
- Yell, scream or use inappropriate words



Follow this up at home to help all of our children learn important communication skills!

**Respect** is something that we expect at our school by all members of our community, students and adults. Please remember to always speak about children as you would like others to talk about your child. All of our children are precious and need time to learn how to be part of the school community. Thank you for your understanding.

### **Permission to publish annual update.**

I am seeking your permission to publish information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

This information may include your child's name, age, class and information collected at school such as photographs, sound and visual recordings of your child, your child's work and expressions of opinion such as in interactive media.

The communications in which your child's information may be published include but are not limited to:

- Public websites of the Department of Education and Communities including the school website, the Department of Education and Communities intranet (staff only), blogs and wikis.
- Department of Education and Communities publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department's websites.
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter.

Parents should be aware that when information is published on public websites and social media channels, it can be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information. Published information can also be linked to by third parties.

We will assume that unless told otherwise by writing, that you continue with your decision about permission to publish as signed and held by our office. If you wish to change your decision, please visit the office. If you wish to discuss publications, please speak with myself or member of the Executive. Thank you.

*Have a great week!*

**Aloma Stewart**

**Joke of the week**

Q: What did the dolphin say when he bumped into the whale?

A: *I didn't do it on porpoise.*

**Thought of the week**

Anyone who has never made a mistake has never tried anything new.

Albert Einstein

**SWIMMING CARNIVAL**

This year's swimming carnival went ahead without concerns about rain (for once) and children left with smiles on their faces and a little weary from their efforts. I must thank the dozen parents who over the day gave their time to help with time keeping. A very large thank you too to John Macintosh for being our PSSA judge; his expertise and time are always invaluable. We could not run our swimming carnival without this help.

40 children have qualified to represent our school at the Brokers Swimming Carnival next Monday 16<sup>th</sup> February at Corrimal Olympic Pool. Notes and the events that they have qualified in went home with the students yesterday.

Again thank you to all those that helped on the day, making the carnival the success that it was. I wish all children competing next Monday the best of luck and hope that they represent our school with pride.

Mrs Di Burns-Carnival Organiser

## **SCRIPTURE UPDATE 2015**

Scripture classes will begin on 17th February with only one change. Mrs Maree Forbes will be replaced by Mr Martins Silins in year 2. We thank Mrs Forbes for her many years of teaching at Balgownie school.....she will be missed.

The curriculum used is designed for Australian Schools, offering 20 Bible based lessons each semester. In each lesson students engage with the truths of the Bible through music, drama, drawing, reading the Bible and asking questions. This year we will talk about who Jesus is, and God's big promises.

Thankyou to all parents, carers and teachers at Balgownie School for your continued support of the Scripture program.  
Margaret Archer SRE coordinator.

## **P&C NEWS**

### **P&C MEETING TONIGHT!**

The first P&C meeting of the year kicks off tonight, at 7.15pm in the school library. Please come along and find out about our fantastic P&C. All community members, parents and family are welcome. We encourage all new parents and members of our

school community to come along and find out what we are all about.

## **CAN YOU HELP?**

We have a government election coming up on Saturday 28th March and a polling booth will be set up at our school. We understand families may have sporting commitments on this day but we are looking for someone to coordinate a BBQ. Polling is 8am til 6pm and we are hoping to have a BBQ running from 8am til 2pm. Assistance with gathering volunteers, stock and guidance with organising is available if needed from the p n c.

We are also looking for someone to coordinate this years Mothers Day stall. This role would be very well supported by p n c and other volunteers. It includes selecting and ordering stock (lots of feedback and guidance available from previous ordering), receiving and organising payment with the treasurer, gathering volunteers, running the stall on the day and organising "I owe u.'s" (if any) in the days after the stall. We expect the stall will be run on Wednesday 6th May,

If you think you can help with any of the above requests we would love to hear from you. Simply email [fundraising@balgowniepnc.com](mailto:fundraising@balgowniepnc.com)

The wonderful Mrs Birchal is busy organising a fun run to be held mid year. Some great prizes to be earned and A great way to have fun and keep active so keep your eye out! Hope to see you at tonight's p n c meeting!

## 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.*



## COMMUNITY NEWS

### KEIRA HIGH EXPO EVENING

Yr6 into 7 2016

Wednesday 11 March 2015

Contact Keira High School for details.

#### Mt Ousley Physie Club

Dance, exercise, fitness and fun for girls and ladies

Classes at Fairy Meadow Demonstration School

Mondays – starting 9th February - 9-10yrs 4-5pm, 11-12yrs 5-6pm, 13 yrs -1<sup>st</sup> yr seniors 6-7pm, 2<sup>nd</sup> yr and Open seniors 7-8pm

Tuesday – starting 10th February - pre-schoolers 3.30-4pm, 4-6yrs 4-5pm, 7-8yrs 5-6pm

Ladies classes at Corrimal Leagues Club Monday 7-8pm - starting 16<sup>th</sup> February and Friday 9:30-10:30am - starting 20<sup>th</sup> February

First three lessons free for new members

Check our website [www.mtousleyphysie.com](http://www.mtousleyphysie.com)

Or call Elizabeth 0411 288 291 or Kellie 0413 249 707

### WILLIAM CAMPBELL FOUNDATION

***Giving children hope and a future***

Foster kids need more people like you.

**FREE** information session **Thursday 26 February 5pm** at Dapto Ribbonwood Centre. Call to reserve your place 1300 130 585

## **FAMILY SERVICES ILLAWARRA INC**

### ***Bringing up great kids – free parenting program for Dads***

Tue 24 Feb – 31, Mar 6pm – 8pm

Lighthouse Centre

Railway Station Square, Wollongong

**Bookings 42555 333**





## BALGOWNIE PUBLIC SCHOOL P & C UNIFORM SHOP ORDER FORM

Clothing Item	Sizes Ordered	Price	QTY	Total
Jacket	6 8 10 12 14	\$35.00		
Polar Fleece Jumper	4 6 8 10 12 14	\$23.00		
Long Sleeve Polo	4 6 8 10 12 14	\$20.00		
Short Sleeve Polo	4 6 8 10 12 14 16	\$15.00		
Sports Shirt	4 6 8 10 12 14 16	\$33.00		
Sports Shorts	4 6 8 10 12	\$10.00		
Microfibre Long Pants	6 8 10 12 14	\$23.00		
Boys Cargo Pants	4 6 8 10 12 14	\$18.00		
Boys Cargo Shorts	4 6 8 10 12 14	\$18.00		
Girls Culottes	4 6 8 10 12 14	\$24.00		
Bucket Hat	XS / S-M / M-L	\$12.00		
School badge		\$3.00		
<b>Clearance items* While stocks last!</b>				
Sloppy Joe *	Limited Sizes	\$15.00		
Boys Long Pants (plain)*	4 6 8 10 only	\$15.00		
Boys Shorts (plain) *	4 10 only	\$14.00		
Girls Winter Pants	6 only	\$15.00		
Girls Winter Pants	14 16 only	\$10.00		
Short Sleeve Polo with old logo*	14 only	\$10.00		
Long Sleeve Polo with old logo*	12 14 only	\$10.00		
<b>2<sup>nd</sup> Hand Items# Please check sizing...</b>				
2 <sup>nd</sup> hand jacket#		\$10.00		
2 <sup>nd</sup> hand dress/tunic#		\$5.00		
2 <sup>nd</sup> hand other items#		\$1.00		
			<b>TOTAL</b>	<b>\$</b>
<b>INVOICING INFORMATION: Please complete.</b>				
<b>Parent's Name:</b>				
<b>Phone Number:</b>				
<b>Address(for invoicing/receipting information purposes):</b>				
<b>Child's Name:</b>				
<b>My Child is in Class:</b>				

### **Important Information:**

- Uniform Shop is now ONLINE....visit <http://balgowniepnc.com/uniforms> ONLINE orders are payable via credit card, PayPal and Direct Deposit
- We still accept Cash & Cheque via the canteen slot. Please make all cheques payable to **BALGOWNIE PUBLIC SCHOOL P&C**
- Uniform Shop is open by appointment only. If your child needs to try things on, wish to check sizing and availability of 2<sup>nd</sup> hand stock or clearance items. Please contact [uniformshop@balgowniepnc.com](mailto:uniformshop@balgowniepnc.com)
- ALL** orders are delivered within 7 days.
- Please note: Although we try to keep all items in stock, there are times when we do run out. Most items will be restocked within 1-3 weeks.

Thank you for your Order

*Effective February 2015*