

The Bally Buzz

Balgownie Public School

Living & Learning

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Term 1 Week 6

Wednesday 4th March 2015

CALENDAR – TERM 1

Tue	10 Mar	Playground Steering Committee 3.15pm in Library
Wed	11 Mar	P&C AGM at Collies Balgownie 6.30pm for dinner and 7.15pm for meeting
Tue	17 Mar	Resilience - Reflection Workshop 7.00-8.30pm in Library
Mon	16 Mar	Grandparent's Day/Harmony Day 10.00-11.00am
Thur	19 Mar	School Photo Day

P and C AGM next Wednesday at Collies

The AGM is being held at Balgownie Collegians. Meeting starts at 7.15pm and dinner at 6.30pm. The meeting is being held in the room next to the Bistro.

Nominations for P and C positions close at 3pm today. Please give consideration to taking a leading role in your child's school. P and C is not just about fund raising but also helping shape the school and being consulted about decisions for our children.

Please give some thought to how you might be able to contribute, or whether you know someone who might be able to contribute. Feel free to call Amie on 0439 411 246, if you wish to discuss the roles and what they entail.

The positions are:

Office bearers:

President	Vice Presidents x 2
Secretary	Vice Secretary
Treasurer	Vice Treasurer

Committees & coordinators:

Canteen subcommittee convenor
Canteen subcommittee treasurer's rep
Canteen subcommittee members
Fundraising subcommittee convenor
Fundraising subcommittee members
Subcommittee convenor
Grounds & Environment Subcommittee members
Uniform shop sub-committee convenor
Uniform sub-committee member
Grants co-ordinator

Website administrator

Playground steering committee to be rescheduled to Tuesday 10th March at 3.15pm in the library.

Resilience workshop Last night a group of parents joined our school counsellor to get some tips about building resilience in our children. Nikki Dalla Pozza discussed current research on resilience, and how as families we can help our kids through life's bumps. Thanks Nikki. There is a follow up workshop on 17 March. Please RSVP to that so we know how many people are coming. I have added an article about resilience in the newsletter.

Student leaders attend Keira High's Captains Induction. Our student leaders, along with other primary school leaders in our community, were recognized at the Keira High Captains' ceremony. Our leaders were celebrating student leadership with our community of schools.



Grandparents/Harmony Day is fast approaching! Welcome to Seniors Week. Monday 16th March is the beginning of Seniors

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

Week and we are celebrating with Grandparents/Harmony Day! 10.00 – 11.00am is class visits, followed by a BYO picnic lunch with your grandchildren. Enjoy the time spent with our students as they show you how we learn in 2015.

Positive Behaviour for Success – Honesty and Solving Problems. It is important for students to learn how to solve the problems they may encounter with their friends, parents, brothers or sisters. This session will provide students with strategies that will be useful for problem solving.

For example:

- Arguing about what game to play
- Fighting about rules of a game.
- Disagreeing about an answer.

Problem solving steps include:

- a. Stop, take a deep breath, and count to five.
- b. Decide what the problem is and how you feel.
- c. Think about your choices and their consequences:
 - Ignore the situation
 - Tell yourself, “It’s OK”
 - Tell yourself to relax
 - Compromise

- Say how you feel using 'I' statements
- d. Decide on your best choice.
- e. Do it.

Present students with the different ways that people may to sort out their problems.

1. Agreeing to disagree – sometimes you have different ideas about a problem and both people can be right.
2. Asking someone to help sort things out. If you have tried to sort the disagreement out but it hasn't worked you might need to ask someone else to help sort it out.
3. Being assertive – speaking up for yourself in a good way. Use words like 'I feel' or 'I think'.
4. Apologising – if you have been unfair or done something wrong to someone it is helpful to apologise even if only some of the disagreement was your fault.
5. Negotiating to solve the problem – This is the best way to solve a problem where you try to work out a solution that is fair to both people.

Helping kids deal with rejection

By Michael Grose

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model optimism.** Watch how you present the world to children, as they will pick up your view.
2. **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise those same strategies can be used again.
4. **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

SCHOOL STARTERS PLAYGROUP

It is that time of year again to start the preparations for playgroup.

The success of our school starters playgroup in previous years has not only been the great relationships between staff and parents at our school but to the dedication of an organising committee to ensure playgroup runs smoothly each week.

If you have a child starting Kindergarten in 2016 and would be interested in organising playgroup this year, we would love to hear from you. Please call Aloma at the school or see Kate Smith in the playground.

Have a great week!

Aloma Stewart

Joke of the week

Q: What do snakes put on their kitchen floors?

A: Rep-tiles!

Thought of the week

Remember that failure is an event, not a person.

Zig Ziglar

CONGRATULATIONS

Trey Quibulue competed at the Regional Athletics Carnival on Friday in the hurdles, sprints, relay and long jump events. Trey performed extremely well in all of his events and came 1st in the 60m hurdles. Trey will now compete in the State Athletics

Carnival for hurdles. Well done Trey and good luck at the State Carnival.

SOUTH COAST CRICKET TRIALS

Trae Liddell and Kye Storey attended the South Coast Cricket Trials yesterday at Batemans Bay representing Balgownie Public School after being successful in being selected into the Northern Illawarra Zone. Unfortunately they were not selected but they enjoyed the day yesterday making new friends and did Balgownie Primary School proud. Well done boys!

YR6 STUDENTS HIGH SCHOOL EXPRESSION OF INTEREST FORMS

Please note that the Expression of Interest for High School Applications 2016, is due back to school by 20 March 2015. **All Year 6 students** need to return their completed and signed applications even if they are attending a private high school.

SCHOOL PHOTO DAY

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can pay for all

children in one envelope however, each child needs to have their own envelope on photo day.

- Sibling Photo Envelopes are available at the school office upon request. Online Ordering is NOT available for Sibling Photo Packs.
- Please enclose correct money as no change is given.
- **Return your individual photo envelopes on photo day.** Your child will be asked to present the envelope directly to the MSP photographer.

WOLLONGONG HIGH SCHOOL OF THE PERFORMING ARTS

A REMINDER - Audition applications for Year 6 (2015) into Year 7 (2016) **close on Friday 6th March.**

Auditions will be held in the last 3 weeks of this term.

KEIRA HIGH SCHOOL EXPO EVENING

11 March 2015 - 6.00pm

Keira High School is holding an EXPO Evening for all Year 5 and Year 6 students and parents. The evening will consist of classroom tours, student performances and question and answer sessions. The evening will commence in the school hall at 6.00pm and conclude at 8.30pm.

AUDITIONS FOR THE SOUTHERN STARS PERFORMING

COMPANY ARE NOW OPEN

Any students from year 2 to year 12 are eligible to audition for a place in the Southern Stars Performing Company. The company consists of a Dance Company, Drama Company, Vocal Company and Orchestra. The successful students become featured artists in Southern Stars 2015 as well as performing in South Coast Dance Festival, South Coast Drama Festival, Schools Spectacular and other community events throughout the year. The majority of rehearsals are held in the July school holidays. The link to apply online is below:

<https://southernstarseoi.wordpress.com/auditions/>

(please right click and open in another browser if you are experiencing difficulty opening this link)

AUTHOR VISIT BY JACQUELINE HARVEY

We have been lucky enough to be selected as a school to get a free author visit by current author Jacqueline Harvey. Jacqueline will be visiting the school on Wednesday 11 March at 2pm for a 1 hour visit for all stage 2 and 3 classes.



THE 2015 SCHOOL WRITING COMPETITION IS NOW OPEN!

Calling all Australian school students. Write a poem or short story for your chance to win \$1,000 cash (\$500 for you & \$500 for your school). As well as one of these AWESOME prizes. Apple iPad

Air, Xbox One, Samsung Galaxy or Playstation 4.

All it takes is a burst of inspiration, a dash of creativity and a little bit of effort for great poems and stories to appear! We can't wait to read yours!

Entry is FREE! Entries close Sunday March 29, 2015. There is NO theme, you can write about whatever your heart desires!

** Poems no longer than 16 lines. Stories no more than 500 words.*

** Entries must be in by Sunday 29th March 2015.*

Enter online: www.write4fun.net

ETHICS UPDATE AT BALGOWNIE

It has been a busy start to the year! Firstly I would like to send a huge thank you to Karen who done a fantastic job as both co-ordinator and teacher, and has helped me settle in as the new co-ordinator. Ethics classes have started and students are discussing some interesting topics this term; the topic for Stage 1 is 'Empathy', Stage 2 are learning about 'Being Greedy;' and Stage 3 are learning about Voting. We are still looking for one more teacher to join us. If you are interested in teaching ethics and available on Tuesday mornings or have any other questions about the ethics program please email me at jspark2@hotmail.com.

Jodie Spark

UNIFORM SHOP

WINTER TUNICS PRE ORDERS

We are receiving orders for Winter Tunics. These are NOT generally kept in stock, so please make sure you put your orders in by the **25th March**.

Please ensure you select the correct measurement and size for you daughter. Full payment must be received PRIOR to this date. Orders will be delivered to your nominated child's Classroom. This is expected in the First week of Term 2.

Please consider **PRE-ORDERING ONLINE**, it's easy and safe. Pay with Paypal, Credit Card, Cash or cheque.

Visit: <http://balgowniepnc.com/uniforms>

Thank you for your order!

CANTEEN NEWS

We are still looking for volunteers for our canteen roster. In particular Tuesday, Wednesday and Thursdays. Many hands make for light work. If you can help in anyway please email ballycanteen@gmail.com.

Canteen roster for next week:

Monday 9th March - Wendy Myers, Elissa Kohler

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Tuesday 10th March - Help Needed

Wednesday 11th March - Ghada Sultan, Help Needed

Thursday 12th March - Sharon Sackett, Sue Mulquin

Friday 13th March - Melissa Ryan, Amanda Primmer and Emma Kipps

P&C

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 till 6pm and we are hoping to have a BBQ running from 8am till 2pm. Assistance with gathering volunteers, stock and guidance with organising is available if needed from the pnc.

We are also looking for someone to coordinate this year's Mother's Day stall. Ordering of gifts needs to occur in the next two weeks, for this popular stall to go ahead.

This coordinating role would be very well supported by p n c and other volunteers. 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

I want to thank all of the families for their support of our fundraising efforts over the past year while I have been convenor. Your support has been overwhelming with so many of you so generous with your time and donations. I have thoroughly enjoyed this role and am proud of our efforts to contribute to school resources for our beautiful children and wonderful teachers in 2014.

I urge you to consider nominating yourself for 2015's pnc committee as it has been such a rewarding experience. Remember to get your nominations in ASAP. Hope to see you for dinner next Wednesday at Collegians Balgownie.

Donna Guest

COMMUNITY NEWS

Wollongong JNR Chess Club

The Wollongong JNR Chess Club meets Thursdays 4-6pm (not school hols) at the Fairy Meadow Community Centre.



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

FAIRY MEADOW NETBALL CLUB INC

Children turning 11 or 12 this year required to fill teams. No experience necessary. Please call our President Margaret on 4283 5985.



University of Wollongong

Hockey Club

Come and try hockey with the University Hockey Club. Training commences on Tuesday 3rd of March from 4.30 to 5.30pm at the Uni Hockey field – located on the Western side of Recreation and Aquatic centre building.

Contact Clara for further information.

Email: unijuniorhockey@gmail.com

ILLAWARRA CENTENARY OF ANZAC

ANZAC DAY 2015 CEREMONY

Anzac Day 2015 marks the 100th anniversary of the landings at Gallipoli by The Australian and New Zealand Army Corps, the

Anzacs, and is a very important day in Australia's history.

To commemorate the occasion there will be a special ceremony in WIN Stadium after the Anzac Day March.

The March will commence at 9.30am, starting in Church Street, moving into Burelli Street, turning right into Kembla Street, left into Stewart Street and directly into the southern gate of WIN Stadium, where the contingents will march past a saluting base and take their seats. We hope there will be a big roll-up this year to thank our veterans for their service to Australia over the last 100 years, so buy a small Australian flag, select your viewing point and join us.

After the march there will be a ceremony in WIN Stadium which will open at 9.00am. Entry will of course be free.



BALGOWNIE PUBLIC SCHOOL P & C WINTER TUNIC PRE-ORDER FORM

Size	Chest Measurement	Length	QTY	Price Per Dress	Total
5	75cm	64cm		\$40.00	
6	77cm	68cm		\$40.00	
8	79cm	75cm		\$40.00	
10	84cm	83cm		\$40.00	
12	92cm	90cm		\$40.00	
14	97cm	96cm		\$40.00	
				TOTAL	\$
INVOICING INFORMATION: (Please complete)					
Parent's Name:					
Phone Number:					
Email:					
Address(for invoicing/receipting purposes):					
Child's Name:					
My Child is in Class:					

Important Information:

- Please Consider Pre-ordering Online....visit <http://balgowniepnc.com/uniforms>
orders are payable via credit card, PayPal or 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 on Fridays. Please contact uniformshop@balgowniepnc.com
- This is a **Pre Order**, Dresses are not kept in stock. We will be ordering from Sweet P on the 25 March 2015 so please ensure you select the correct measurement & size for your child and full payment received prior to this date. Orders will be delivered to your nominated child's class room once stock arrives
Which is expected in the first week back to school (Term2)

Thank you for your Order