

# The Bally Buzz

## Balgownie Public School

*Living & Learning*

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Term 1 Week 10

Wednesday 1<sup>st</sup> April 2015

### CALENDAR – TERM 1

Thu	2 April	Canteen Closed
	2 April	Last day of Term 1
Tue	21 April	Start of Term 2 for students
Frid	24 April	Anzac Day Assembly in hall 9.30am
Mon	27 April	Cross country carnival presentation in hall 2.15pm
Sat	2 May	School Working Bee 1.30- 4.30pm

**Term 2 calendar is attached**, on the app and also printed for your information. On the back of the printed calendar is the Canteen volunteer schedule.

**Parent teacher interviews** Thank you to all who have made the time to meet with their child's teacher. We value the partnership that we have with our parents and work together to help our children be the best they possibly can be. If you have not made a time to meet with your child's teacher, feel free to do so in term 2.

**Chess Champions!** Congratulations to our chess players. Balgownie team was second on the day and Lance Koschny was the primary champion. We are very proud of the whole team. Well done!

**The State Swimming Championships** were held last week and Emma Lowe represented our Region and our school. She made the final in 50m breaststroke where she came tenth with a personal best of 43 seconds. In 50m butterfly, she was placed 23<sup>rd</sup> in state and beat her PB by 2 seconds. Well done, Emma!

**The North Illawarra PSSA Boys representative football team** recently competed at the South Coast selection trials to select a South Coast PSSA team to compete at the NSW PSSA State Championships. Balgownie Public School was represented by Harry Drain and Joshua Nikolovski who played their personal best. Both boys played four rounds and made it to the Probables & Possibles. Well done boys!

**Cross Country carnival was wonderful.** Last Thursday, the sun shone on Balgownie Public School for our carnival. The grounds were still a little wet but our students ran hard. Not only did they compete fairly and fiercely, but their spirit of sportsmanship and support for each other was fantastic. It really demonstrated the values that we wish our students to have; of looking out for each other and acknowledging effort as well as success.

Congratulations to our team who are now competing next term at the Brokers Cross Country carnival. We know you will maintain our excellent reputation for sporting success and sportsmanship. Well done to our winners!

Cross country carnival presentation will be held on Monday 27<sup>th</sup> April at 2.15pm.

The first 3 students in each age group were:

<b>8/9 Year Girls</b>	Abby Spencer Olivia Sheppard Hayley Deacon
<b>8/9 Year Boys</b>	Tyler King Lucas Trajcevski Dylan King
<b>10 Year Girls</b>	Teagan Myers Kalia Spencer Emilia Sepulveda
<b>10 Year Boys</b>	Rhyley Ellem Jack Balkwill Trey Quibule
<b>11 Year Girls</b>	Natasha Trajcevski Rachel Moulds Rebekah Burford
<b>11 Year Boys</b>	Daniel Merola Angus Kettley Joshua Nikolovski
<b>12/13 Year Girls</b>	Zali Hill Faith Parkinson Hannah Reid-O'Brien
<b>12/13 Year Boys</b>	Zac Hawes James Kipps Harry Drain

**Events** that have happened this term include:

- Dance to Be Fit
- Swimming and Cross Country carnivals
- Life Education ( funded by the P and C)
- Grandparents day
- School photos
- Resilience workshop
- Author visit
- Stage 3 assembly

I would like to take this opportunity to thank our hard working team who continually impress with their willingness to go the extra mile for our students. Thanks to teachers and our support staff for a great term 1.

**Staff development day next term** is focussing on Assessment for Science, action research and assessment

**Respect, Responsibility, Real Learning**

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

for learning. These are led by Catherine Hanes and the executive team.

This term there has been a number of professional learning opportunities for our staff as we are firmly committed to continual improvement in our practice for our students.

### Making the most of these holidays

*Michael Grose Parentingideas 2014*

You don't need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the holidays can be stressful. For many parents the prospect of keeping children occupied can be daunting. Kids who kept busy with school, after school activities and weekend sport suddenly have time on their hands and look to you to keep them busy. Here are some ways to help make the holidays enjoyable and fruitful for all.

**1. Mix up the routines** The best part about holidays is the move away from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as a return to school comes closer so kids are prepared for going to bed and getting up at earlier times.

**2. Mix 'me' time with 'them' time** Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays are chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

**3. Resist being your child's home entertainment machine** Give children opportunities to keep themselves occupied or think of inexpensive, fun ways to keep themselves amused. "I'm bored" is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

**4. Team up with other families.** Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child's social circle. Create opportunities to spend time with other families preferably with children the same age as yours.

Make sure you provide the three types of activities that children want with their parents – i.e. **rituals and celebrations**, including family mealtimes; **one-on-one activities** where you spend some time alone with each child; and **unstructured, impromptu activities** such as playing simple games, story-telling and walks around the neighbourhood. These are important relationship-building activities that bind families together and enable you to build up emotional collateral with kids as they move into adolescence.

*Have a great holiday and enjoy the time spent with family and friends. Hope the weather is kind, especially if you are camping!*

*Have a great week!*

**Aloma Stewart**

### Joke of the week

Q: Which knight runs a 7-11?

A: Sir Lurpee.

### Thought of the week

Grant that I may not criticise my neighbour until I have walked a mile in his moccasins.

-Native American saying.

### Parenting Ideas Magazine - Michael Grose

The latest issue of Parenting Ideas Magazine is available at the following link:

[http://www.parentingideas.com.au/Parent\\_Magazine.html](http://www.parentingideas.com.au/Parent_Magazine.html)

### ICAS - International Competitions and Assessment for Schools

The International Competitions and Assessment for Schools (ICAS) run by the University of NSW, is offering the opportunity for students throughout Australasia to enter their competitions. These tests are competitions which challenge students to use their knowledge, skills and understanding. Permission notes and further information will be sent home shortly.

### ANZAC DAY ASSEMBLY

Our school Anzac Day assembly is being held on Friday 24 April at 9.30am in the Hall. All community members are invited to attend.

### MOTHERS DAY STALL AT BALGOWNIE PUBLIC SCHOOL - Wednesday 6<sup>th</sup> May

Come and buy a gift for your wonderful Mum at the Mother's Day stall. Prices from \$0.50 to \$10.00 with something for all Mums.

### CANTEEN NEWS

For Term 2, the first day the Canteen is open day is Tues 21 April. Please contact Karen Rogers on 0401 729 778 or by email at [kazrogers@optusnet.com.au](mailto:kazrogers@optusnet.com.au) if you can help out on any of these days in Term 2: Wed 29 April, Thurs 30 April, Thurs 7 May, Tues 12 May, Wed 13 May, Wed 19 May, Friday 29 May, Tues 9 June, Wed 10 June, Thurs 11 June, Tues 16 June. Please also check the canteen volunteer planner on the back page of the school Term 2 planner you receive this week.

### SCHOOL WORKING BEE- SAVE THE DATE!

The school working bee will be held on **Saturday 2nd May** from **1:30pm to 4:30pm**. The working bee is always lots of fun for our school community and a great chance to get out in the fresh air and lend a helping hand. Our main tasks will be a general tidy up, weeding, mulching, pruning, and vegie garden improvements. Please bring tools (labelled with your name), whipper snippers and anything else you think might come in handy. We will also be building a fantastic new scarecrow for the vegie garden....so bring some creative ideas as well! **Afternoon tea will be provided.** If you would like further information, please contact Vanessa Allen ([nessallen01@yahoo.com.au](mailto:nessallen01@yahoo.com.au)) or Karen Rogers ([kazrogers@optusnet.com.au](mailto:kazrogers@optusnet.com.au)). Hope to see you there!

### ISER JUNIOR BAND CAMP

An invitation to students to apply for ISER Junior Band Camp held at Stanwell Tops on Sunday 24<sup>th</sup> to 26<sup>th</sup> May 2015 for years 3-10. This program is perfect for students that have been learning an instrument for the last 1-2 years. They divide students into "Concert Band" and "Rock Band" and learn pieces of music over the 2½ days and perform a concert for the parents at the end. Members of the group have gone on to join other regional instrumental programs such as Ensemble or Southern Stars Orchestra (Usually High School)

Applications close on the 1<sup>st</sup> of May cost is \$200.

Contacts are:- Greg Costello (Coordinator)

Figtree Heights Public School 0408271107 or

[gregory.costello@det.nsw.edu.au](mailto:gregory.costello@det.nsw.edu.au)

Alison Garvie (Assistant Coordinator)

Helensburgh Public School

[agarvie@aapt.net.au](mailto:agarvie@aapt.net.au)

### Interschool Chess Challenge 2015 Primary Division



### North Illawarra PSSA Boys representative football team



BALGOWNIE HERITAGE SCHOOL MUSEUM

### ***BALGOWNIE REMEMBERS SOLDIERS OF WW1***

Invitation to come and share your stories  
and photos's

**May 3<sup>rd</sup> 2015**  
**10am to 4pm**

## Term 2 planner 2015 – parent version

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
<b>W k 1</b>	20 April SDD  + carpet clean	21 April Students return	22 Apr	23 Apr	24 Apr  Anzac Day Service 9.30am	25/26 Apr
<b>2</b>	27 Apr  2.15pm Cross Country presentation	28 Apr	29 Apr Brokers Cross Country- Towradgi Park <a href="#">Pet talk K-2</a> <a href="#">3x 40 min times</a>	30 Apr	1 May Soccer knockouts – boys and girls	2 -3 May Working bee 1.30-4.40 sat
<b>3</b>	4 May	5 May	6 May <a href="#">Mothers Day Stall</a>	7 May	8 May	9 10 May
<b>4</b>	11 May <i>Lock Down practice this week</i>	12 May NAPLAN Language Conventions and writing	13 May  NAPLAN Reading  <b>P and C 7.15pm</b>	14 May NAPLAN Numeracy	15 May  School leaders to Conf - UOW	16 17 May
<b>5</b>	18 May Kinder for 2016 Open Day 9.30-10.30	19 May	20 May	21 May	22 May	23 May 24
<b>6</b>	25 May	26 May  Sorry Day	27 May <i>Exec Meeting</i>  Reconciliation Week	28 May	29 May	30 31 May
<b>7</b>	1 June	2 June	3 June ICAS Science	4 June	5 June	6 7 June
<b>8</b>	8 June QUEEN'S BIRTHDAY	9 June	10 June <i>Principal's report</i> <b>6.45pm</b> <b>P and C Meeting –</b> <b>7.15pm</b>	11 June	12 June	13 14 June
<b>9</b>	15 June	16 June ICAS Spelling <b>School athletics carnival</b>	17 June	18 June	19 June <a href="#">K-2 athletics</a> <a href="#">carnival middle</a> <a href="#">session</a>	20 21 June
<b>10</b>	22 June  Athletics presentation 2.15pm	23 June	24 June <i>Reports to Parents</i>	25 June Walkathon	26 June	



## Canteen Roster Term 2 planner – Call Karen Rogers if you can help 0401 729 778

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY – busy day 3 volunteers helps	FRIDAY – busy day 3 volunteers helps	SAT/SUN
Week 1	20 April SDD	21 April <b>1<sup>st</sup> day canteen</b> Michelle Guiliano Faye Southcombe Nicola Sheppard	22 Apr Hazel Merola Nicky Kettley	23 Apr Sharon O'Brien Joanna Lindenau Margaret Lynam	24 Apr Belinda Down Zoe Wood Samantha Brown	25/ 26 Apr
2	27 Apr Jameela Krishna Bianca Ljubicic	28 Apr Jodie McLaughlin Barbara Picciolini	<b>29 Apr</b> Joanne Welsh <b>Counter Sales will close on this day without 2<sup>nd</sup> Volunteer HELP NEEDED</b>	<b>30 Apr</b> <b>HELP NEEDED – Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	1 May Yuki Nakamura Bell Naheda Baghdadi Kathy Lucke	2 -3 May <b>WORKING BE</b>
3	4 May Jemma Mulquin Michelle Giuliano	5 May Marissa Bull Alison McKillop	6 May Ljuba Rodic Fahmiya Hanniffa	7 May Chantal Sproates Tanya Vliestra <b>HELP NEEDED</b>	8 May Melissa Ryan Amanda Primmer Emma Kipps	9 10 May
4	11 May Wendy Myers Elissa Kohler	<b>12 May</b> Meikell McCreadie <b>HELP NEEDED Counter Sales will close on this day without 2<sup>nd</sup> Volunteer</b>	<b>13 May</b> <b>HELP NEEDED Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	14 May Sharon Sackett Sue Mulquin HELP NEEDED	15 May Julie Neal Gayle Galvin Shellie Lavery	16 17 May
5	18 May Michelle Guiliano Jane Cooper	<b>19 May</b> <b>HELP NEEDED Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	20 May Delvene Spencer Jodie Hurt	21 May Corinna Firpo Kate Smith Penny Fraser	22 May Belinda Down Zoe Wood Samantha Brown	23 May 24
6	25 May Jameela Krishna Bianca Ljubicic	26 May Jodie McLaughlin Barbara Picciolini	27 May Hazel Merola Nicky Kettley	28 May Sharon O'Brien Joanna Lindenau Margaret Lynam	<b>29 May</b> <b>HELP NEEDED Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	30 31 May
7	1 June Jemma Mulquin Michelle Guiliano	2 June Marissa Bull Alison McKillop	3 June Ljuba Rodic Fahmiya Haniffa	4 June Chantal Sproates Tanya Vliestra	5 June Yuki Nakamura Bell Naheda Baghdadi Kathy Lucke	6 7 Jun e
8	8 June <b>QUEEN'S BIRTHDAY</b>	<b>9 June</b> Meikell McCreadie <b>HELP NEEDED Counter Sales will close on this day without 2<sup>nd</sup> Volunteer</b>	<b>10 June</b> <b>HELP NEEDED Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	11 June Sharon Sackett Sue Mulquin <b>HELP NEEDED</b>	12 June Melissa Ryan Amanda Primmer Emma Kipps	13 14 Jun e
9	15 June Michelle Guiliano Jane Cooper	<b>16 June</b> <b>HELP NEEDED Without Help CANTEEN WILL CLOSE ON THIS DAY</b>	17 June Delvene Spencer Jodie Hurt	18 June Corina Firpo Kate Smith Penny Fraser	19 June Julie Neal Gayle Galvin Shellie Lavery	20 21 Jun e
10	22 June Jameela Krishna Bianca Ljubicic	23 June Jodie McLaughlin Barbara Picciolini	24 June Hazel Merola Nicky Kettley	25 June Sharon O'Brien Joanna Lindenau Margaret Lynam	26 June Belinda Down Zoe Wood Samantha Brown	



## Parent Well with the Mood Meter Program – Building Emotional Intelligence

Join Michael Grose for our 4-week online parenting course  
**Parent Well with the Mood Meter Program**

Help your kids learn to manage their emotions, improve their mental health and be happier.

**Parent Well with the Mood Meter Program** is the *first in a series* of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at *Yale Center for Emotional Intelligence*
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week **Parent Well with the Mood Meter Program** starts on 3 May.

Join now for \$57 to take advantage FREE access to **Parentingideas Club** before the course starts on 3 May.

Or why not join **Parentingideas Club** for \$179 annual membership and get access to **Parent Well with the Mood Meter Program** plus the CLUB plus other courses planned during the next 12 months.

Find out more at <http://www.parentingideasclub.com.au/Mood-meter-course>

Or contact the Parentingideas team 03 59831798  
[office@parentingideas.com.au](mailto:office@parentingideas.com.au)

