

The Bally Buzz

Balgownie Public School

Living & Learning

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Term 2 Week 1

Wednesday 22 April 2015

CALENDAR – TERM 1

Frid	24 April	Anzac Day Assembly in hall 9.30am
Mon	27 April	Cross country carnival presentation in hall 2.15pm
Wed	29 April	Brokers Cross Country – Towradgi Park
Sat	2 May	School Working Bee 1.30-4.30pm
Wed	6 May	Mother's Day Stall

Save the date – 2nd May 2015 for working bee 1.30-4.30pm

Don't forget, the term 2 Calendar is on the app and the website.

ANZAC Day ceremony on this Friday.

Last term, in preparation for the 100 years of ANZAC, our students were lucky enough to have a historical artefact collection on display from the War Memorial in Canberra.

This Memorial Box contained artefacts, photos and diary entries from World War 1. The library provided lessons using artefacts from the box. These experiences were supplemented by links to the War

Memorial site.

This type of rich learning enriches the experiences for students and is directly linked to the new History syllabus.

Thank you to Mrs Lewis who organised the Memorial Box exhibit and who is also leading the ANZAC ceremony on Friday at 9.30am.

Building upgrade is almost complete. The demolition of a wall, the construction of a new one, new carpet and a relocated whiteboard mean that 3/4T have gone from a tiny room to a palace.

The 'old hall' has been converted into two spacious classrooms which are light and airy. We already have some more plans about creating some storage space which is at a premium at Balgownie Public. It should be complete in a few weeks but is already looking good!

National Assessment Program Literacy and Numeracy (NAPLAN) will be completed by all students in Years 3 and 5 at our school in the week beginning Monday 11th May. The results of the tests will provide important information to schools about what each child can do and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement.

The assessments will be held across Australia on
Tuesday 12th May - Language Conventions and Writing

Wednesday 13th May – Reading

Thursday 14th May – Numeracy

A new term, a fresh start. Congratulations to those students who have an excellent attendance record! We know that some children have been ill and cannot attend school, but it is great to celebrate super attendance of our students who are healthy and ready for learning!

Most of our students continue to attend every day that they can. They have the best chance to learn. Well done to those students. Let's try to have all of our students here every day, on time. School begins at 9am. Be ready to start then!

Every day counts... because children achieve better when they attend school all day, every day

Every day counts... because going to school means getting a better chance at life

Every day counts... because school helps children make friends and be happier

Every day counts... because the law says children must go to school

APPLICATION FOR OPPORTUNITY CLASS PLACEMENT IN YEAR 5 IN 2016. Parents seeking opportunity class placement for

Year 5 entry in 2016 are required to submit an application by 15 May 2015.

Parents of students currently enrolled in a NSW public school with access to the internet should apply for opportunity class placement online by going to this internet website:
www.schools.nsw.edu.au/ocplacement.

Online applications open on Monday 27 April 2015. There are no paper applications available.

Application forms whether submitted online or lodged with the principal should be received by the student's current primary school by Friday 15 May 2015. **Late applications will not be accepted after this closing date.**

The Opportunity Class Placement Test is held on **Wednesday 22 July 2015**.

Kindergarten enrolments We are lucky enough to have a list of applications for enrolments for Kindergarten. It will be easier to make plans for 2016 if we know how many local enrolments we have. If you know of anyone, or are a parent of a child beginning school next year, please apply to enrol. We will be having an Open Day for prospective parents to promote what our school offers

in June.

Hard Work this term The HSIE and Science units of work being studied by the stages are:

Early Stage One	Science HSIE	What is it made of? Our needs
Stage One	Science HSIE	Look and Listen Transport
Stage Two	Science HSIE	Melting Moments Changing Communities
Stage Three	Science HSIE	Earth's Place in Space China

Balgownie launches 2014 antibullying plan – we are all in this together. Firstly may I start with the fact that Balgownie does not have a major bullying issue at the school. Instead, we are proactively, as a whole school community, acknowledging that bullying happens in all facets of life. As such, we need to equip our kids to recognise bullying and have a range of strategies to deal effectively with incidents. Effective strategies can include ignoring, asking to stop, telling an adult, supportive bystander behaviour and how to deal with

cyber bullying.

It fits within our Positive Behaviour For Success philosophy, our core values (respect, responsibility and real learning) and our child protection lessons which happen annually. It is also part of our PD Health PE syllabus.

The approach taken by our school, is a cohesive one and is providing the language and framework for students, teachers and parents to talk to each other about bullying. By having a common language and understanding, we can all work together to ensure that Balgownie Public School continues to be a safe and happy place.

The antibullying policy includes various levels of approaching bullying, including protection, prevention, early intervention and responses to incidents of bullying.

We are currently focussing on the protection and prevention levels of antibullying which include a whole school unit of work (6 lessons) which teaches students about bullying. The messages and skills learned in these lessons will then be referred to throughout the year. The lesson focus will also be outlined in the newsletter so that you can discuss it with your children at home.

Every family is receiving a Balgownie Anti Bullying brochure today,

which outlines our approach. It also gives families the opportunity to share a consistent message with children when talking about resilience and bullying. Information about bullying for parents from Michael Gross is attached to this newsletter.

A full copy of our anti bullying plan is on the Skoolbag app and the website. If you wish to find out more about bullying, I recommend a book by Ken Rigby *Bullying Interventions in Schools* which gives a balanced view about the topic.

This week the lesson objectives are:

- Define bullying and list its different forms.
- Define what bullying isn't
- Define bullies and those who can be bullied.
- Discuss the STAND method of dealing with issues.

What is bullying?

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Conflict or fights between equals or single incidents are not defined as bullying.

Bullying behaviour can be:

- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

We are using the following definition to describe bullying to our students.

Sometimes you might have a fight or argument with someone. If it only happens once, that's not really bullying even though it can be upsetting.

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you

Bullying can also happen through a mobile phone or on the internet. This is called cyberbullying.

Bullying is not fair. It feels awful.

How can we deal with bullies?

- We can let them know that what they are doing is bullying
- We can refuse to join in with their bullying
- We can support any students who are bullied
- We can STAND up for ourselves if anyone tries to bully us by:

S Stay Calm

T Try to Ignore

A Ask them to stop!

N Never Fight

D Duty Teacher

Have a great week!

Aloma Stewart

Joke of the week

Q: Who is the hypothetical knight?

A: Sir Pose.

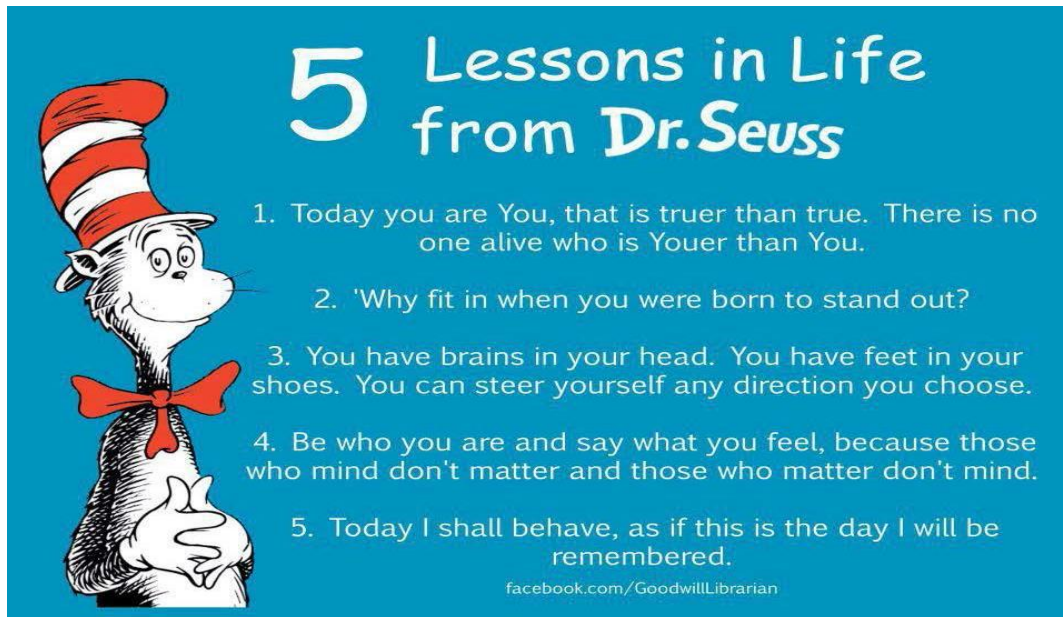
Q: Which knight is always startled?

A: Sir Prise.

Q: Which knight is always inclined?

A: Sir Lope.

Thought of the week



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 6th 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.



BOOK CLUB

Book Club orders are due before **Thursday 30th April 2014.**

You can place Book Club orders and correct money in the gold slot in front office OR you can order online using the new Scholastic Book Clubs 'Linked Online Ordering and Payment' (LOOP) platform for parents. The new online ordering system eliminates the need for paper order forms plus your online order is submitted to our school safely. Students have been given an information sheet about LOOP with their Book Club magazines. *We encourage you to use LOOP for all your future Book Club orders.*

CANTEEN NEWS

We are looking for canteen volunteers on Wed 13 May and Tuesday 19 May. Contact Karen on 0401 729 778 if you can help in any way. Thank you to those who already volunteer many hours at the Canteen, the children really appreciate all that you do for them. J"

Canteen Roster for Week 2 Term 2

Mon 27 April	Jameela Krishna Bianca Ljubicic
Tues 28 April	Jodie McLaughlin Barbara Picciolini

Wed 29 April	Joanne Welsh Fahmiya Hanniffa
Thurs 30 April	Karen Rogers Donna Guest
Fri 1 May	Yuki Nakamura Bell Naheda Baghdadi Kathy Lucke



BALGOWNIE HERITAGE SCHOOL MUSEUM

***BALGOWNIE REMEMBERS
SOLDIERS OF WW1***

Invitation to come and share your stories
and photos's

May 3rd 2015
10am to 4pm



Balgownie Public School

Working Bee - Saturday 2 May 1.30-4.30pm

Everyone needed!

**Please bring gardening gloves, gardening tools, barrows,
shovels, etc - and a smile along. Afternoon tea and friends provided.**

See you there!

Respect, Responsibility, Real Learning

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

COMMUNITY NEWS



GIRL GUIDES

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

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

The ghosts from the past are never far away for parents and can sometimes influence the way we react to current circumstances, including when our own children experience difficulties in their relationships inside or outside school.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group. It should not be tolerated or practised by the adults who inhabit their world.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying. Some kids keep it to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. **Listen to their story:** Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute

bullying.

2. **Deal with their feelings:** A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.
3. **Get the facts:** Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.
4. **Give them coping skills:** With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.
5. **Get the school involved:** Bullying is best handled when parents and teachers are involved. Some parents tell me that schools can be reluctant to become involved. From my experience, schools take bullying very seriously and go to great lengths to support and empower those on the receiving end and look for ways to change the behaviour of bullies. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.
6. **Help build your child's support networks:** Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.
7. **Build their self-confidence:** Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

**Published by Michael Grose
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for all your parenting challenges
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