

The Bally Buzz

Balgownie Public School

Living & Learning

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Term 2 Week 2

Wednesday 29 April 2015

CALENDAR – TERM 1

| | | |
|------|--------|---------------------------------------|
| Sat | 2 May | School Working Bee 1.30-4.30pm |
| Wed | 6 May | Mother's Day Stall |
| Tue | 12 May | NAPLAN Language Conventions & Writing |
| Wed | 13 May | NAPLAN Reading |
| Thur | 14 May | NAPLAN Numeracy |

Balgownie Public School Working Bee - Saturday 2 May 1.30-430pm

Brokers District Cross Country has been postponed until Wednesday 20th May due to Council grounds being closed.

Boys and Girls Soccer Knockout has been postponed due to Council grounds closure. Further information to follow.

Class changes As discussed early in the year in both the newsletter and P and C meeting, our school numbers in 2015 have increased. In term 1, we had 13 very full classes. In the last few weeks we have had new enrolments which entitled our school to form a new class. Our school enrolment is now 340, which means that we will have 14 classes instead of 13.

We have considered many solutions to how best to rearrange our students to make the new class. While this may be a little problematic in the short term, it is going to be good for students in the longer term, as class sizes will be smaller. The solution we have decided upon means least amount of students moving.

Mrs Cheryl Phillis will be teaching the new class for the remainder of the year. She is a motivated and professional teacher with expertise in ensuring all students flourish. It is a great advantage to have Mrs Phillis as a teacher as she knows our school and the children themselves.

We will make the classes the best combinations we can, for the learning and social needs of all of our students. If your child is moving class, please understand that we have the best interests of our students as the centre of our decision making processes.

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 should be submitted online 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.**

ANZAC CEREMONY

On Friday 24 April, Balgownie Public School held their annual Anzac ceremony. Corrimal RSL had two ex-service representatives who were part of our ceremony. The school leaders displayed dignity and respect as they officiated at the Anzac Day ceremony. I would like to commend the school leaders for the excellent running of this ceremony.

Thanks to Mrs Lewis for her organisation of the wonderful interactive service, her time and preparation. Our students were extremely respectful and the diggers commented on their excellent behaviour.

Safety. I am just reminding everyone to take special care of our kids when picking up, dropping off and also walking home. PLEASE remind your children about safety in and around our school, and take care when driving. We all know how unpredictable children can be.

School opening and closing times are busy times for pedestrian and vehicular traffic outside the school. Drivers please take care to ensure the safety of all children.

- Always take extra care in 40km/h school zones, which operate on each gazetted school day.
- Park safely even if it means walking further to the school gate.
- Observe all parking signs – they are planned with children's safety in mind. Fines and demerit points apply if you park illegally.
- NEVER double park – it puts children at risk.
- Model safe and considerate behaviour for your child – they will learn from you.
- Slow down near the school crossing.
- At a supervised crossing, observe the directions of the school crossing supervisor.

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ANTIBULLYING LESSON 2 - Take a STAND

How do I respond to Provocation?

This week, students will discuss three basic ways to respond to a situation if they are provoked. The purpose is to understand that acting assertively (the 'cool way') will be the most productive rather than the passive or aggressive way.

Why teach this skill? Students will encounter many situations where they will need to stand up for themselves. There are three basic ways to respond to a situation where you are being provoked.



1. An Assertive Response (Cool)

An assertive response to provocation usually involves making a firm request for the provocation to stop OR ignoring and walking away from the provocation. If neither of these strategies work, the next step in an assertive response is to seek assistance from a person with the resources and power to provide support.



2. A Passive Response (Soft)

Some students lack confidence in their ability to deal with provocation. They become fearful and let others continue to give them a hard time or agree to things they really don't want to do. Passive responses result in a loss of self-respect and respect from others, and usually the provocation continues.



3. An Aggressive Response (Aggro)

An aggressive response involves reacting with any or all of the following behaviours:

- hitting, punching, tripping and so on;
- using insults and put-downs;
- shouting and yelling;
- damaging property.

Many students believe that unless they respond aggressively to provocation, they will lose face and be called 'wimps'. However, an aggressive response tends to escalate the conflict and often results in injury, or property damage, and loss of self-esteem.

Students often don't realise that they can maintain face and stand up for themselves by using an assertive response instead of an aggressive one.

What is the difference between dobbing and telling?/ or asking for help? There is always the risk that students who seek support will be called "dobbers". You don't want to encourage dobbing but we want to encourage asking for support. Teachers are using the following definitions to distinguish between dobbing, telling and acting responsibly.

- **'Dobbing'** is when a person tries to get attention or to get someone else into trouble. It is when you want to

get someone in trouble over something that is not harming you or anyone else.

- **'Asking for help/support'/Telling** is when someone feels a situation is out of their control and they are unable to deal with it alone. Telling is something you need to do to help yourself or someone else or is something that is serious and an adult needs to know. If anyone sees someone else in this situation they should also ask for help.
- **Acting responsibly** is letting a teacher or other adult know when something damaging or dangerous is happening to you or someone else in your class.
Asking for help is always okay.

Lets work together to give our students skills to deal with life and its challenges.

Helping Kids Deal with 'Test Stress'

(From Generation Next, 26/04/2015)

(sourced by Nikki our school counsellor)

Many children find doing tests stressful and experience negative impacts on their wellbeing. Tests lead children to suffer from: lost sleep, absenteeism, stress, fear of failure.

Encouraging children with these 7 Steps to Success for Tests can be a great opportunity to teach valuable resiliency skills that can be applied to all areas of life!

1. Understand The Power Of Thinking.

Teaching children to understand the difference between helpful and unhelpful thinking (e.g. "I can do this", "It will be okay") helps children to feel calm and brave and gives them the confidence to 'have a go'.

Many children have unhelpful thoughts (e.g. "I'm going to fail", "I can't do this", "It's too hard".) These thoughts trigger negative emotions that contribute further to the challenges and reduce resilience. It is important that children learn to reframe unhelpful thinking into helpful thinking.

- Help them to see the difference between helpful and unhelpful thoughts.
- Encourage them to reframe their thinking.
- Display helpful thoughts and have them regularly repeat these out loud and to themselves.

2. Learn How To Calm Their Bodies. When children experience stressful emotions, their bodies release hormones that create a fight or flight response. These physiological responses lead to racing heart rates, sick feelings, headaches, etc. Teaching children to calm their bodies down reduces the impact of unpleasant body responses.

- Teach children to take slow breaths
- Relax their muscles by tensing and relaxing from the shoulders down
- Have a drink of water to settle their stomach

3. Help Them To Understand Good Sleep Hygiene.

When stressed many children struggle with sleep which contributes further to the problem. Encouraging them to have good sleep routines helps them develop habits that set them up for a greater chance of success. These habits might include:

- A regular bed time
- No technology in the bedroom, or for an hour before bed
- Having a warm bath or shower before bed

4. Connect Positively With Those Around Them.

Encourage time spent with friends and family that affirm and believe in them.

- Provide opportunities to do fun activities with friends
- Practise conflict resolution skills
- Provide positive feedback

5. Identify What Areas Children Are Most Challenged With Academically.

Lack of confidence in literacy and numeracy can create further test stress. Support children academically by:

- Teaching little tricks to remember rules or skills
- Providing extra coaching or support from another person
- Playing games to teach challenging skills

6. It's OK To Make Mistakes.

Some children become particularly anxious of not excelling or failing tests. These children benefit from learning that sometimes the greatest lessons in life come through our mistakes.

- When children make mistakes reassure them it's okay
- Ask them what they have learnt and what they would do differently in future
- Be aware of how you react when others make mistakes in front of you (e.g. in the car)

7. Reassure Them Their Worth Is Not Measured By Their Test Results.

Children's sense of worth is very fragile. Their self-confidence and identity is still growing. As parents and teachers it is important that children know we value them not because of what they achieve but who they are.

How do we avoid children being stressed by the test? Approach the test not just from an academic viewpoint but from a social and emotional perspective too. Then, we not only see improved academic results, but we also see empowered students for life!

Have a great week!

Aloma Stewart

Joke of the Week

Q: What did the clock say to the watch?
A: Tock to you later.

Thought of the Week

Rise above the storm and you will find the sunshine." ~ Mario Fernandez

STEWART HOUSE CLOTHING APPEAL

Stewart House clothing appeal bags are being distributed this week. A great time to give your wardrobes a good

cleanout. Please return Stewart House bags to the enclosed play area outside the Canteen by **Wednesday 6th May** for pickup. The school is unable to accept any clothing bags after this date.

STEWART HOUSE DONATION DRIVE 2015

Envelopes for the Stewart House Donation Drive are being distributed this week. Please consider making a \$2.00 coin donation in support of Stewart House. Please place coin donation in the envelope provided, complete your entry details on the back of envelope and return it to the office by the **Friday 8th May 2015**.



BOOK CLUB

Book Club orders are due by **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

Canteen Roster for Week 3 Term 2

Thank you to our wonderful canteen volunteers who keep our canteen open, cooking and serving hot and healthy food each day. Next week's volunteers are:

| | |
|-------------|--|
| Mon 4 May | Michelle Guiliano Sue Mulquin |
| Tues 5 May | Marissa Bull Alison McKillop |
| Wed 6 May | Ljuba Rodic Fahmiya Haniffa |
| Thurs 7 May | Chantal Sproates Tanya Vliestra |
| Fri 8 May | Melissa Ryan Amanda Primmer Emma Kipps |



MOTHERS DAY STALL AT BALGOWNIE PUBLIC

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

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.

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

Visit www.ballyspatch.wordpress.com for more info or call **0413 862 865**.

BALGOWNIE MARKET DAY

Balgownie Mums Day Market Day is being held at 1113 Balgownie Rd on **Saturday 2 May from 9am until 2pm**. This is a fundraising event as well as giving the local residents a chance to purchase locally produced goods. There will be fashion, accessories, homewares, handmade goodies, food, and entertainment. And all just in time for Mothers Day.



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!

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



BALGOWNIE COMMUNITY GARDEN (BALLY'S PATCH) WORKING BEE

Sunday May 31 from 9am

All welcome!

Bally's Patch is located at Lot 21,

Church St, Balgownie (between #5 and #7 Church St). Bring your gardening gloves, hats and smiles, and make some friends along the way.

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Children's Sleep Study

Research Participants Wanted



The University of Wollongong is conducting a study investigating the role of sleep in children.

We are seeking families (children and their care givers) who are willing to participate in this research. ***We will be seeking both healthy participants and participants with an Attention Deficit Hyperactivity (ADHD) diagnosis.***

Your child may be eligible if they are:

- Between the ages of 8-12
- Willing to engage in a two week in home sleep study

Participation will involve attending the University of Wollongong on two occasions to undergo testing. Both children and adults will be compensated with \$50 for their participation.

If you are interested in participating in this research or would like more information please contact:

Dr. Sarah Loughran: loughran@uow.edu.au or **Patricia Joannou**
pj200@uowmail.edu.au

Phone: 4239 2116