

The Bally Buzz

Balgownie Public School

Living & Learning

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Term 2 Week 3

Wednesday 6 May 2015

CALENDAR – TERM 2

Tue	12 May	NAPLAN Language Conventions and Writing
Wed	13 May	NAPLAN Reading
Thur	14 May	NAPLAN Numeracy
Mon	18 May	Kindergarten for 2016 Open Day 9.30-10.30am
Wed	20 May	Brokers Cross Country

Don't forget! If you know of any families who are looking for a great school for their child for 2016 and live in our area, encourage them to apply to enrol. The best way to choose a school is to visit and meet the staff and students to see if it is the school for your child. Please invite them to come along! On Monday 18 May we are having an open day for prospective Kinder students from 9.30-10.30am. All are welcome!

Thank you to our volunteers for the Mother's Day stall today. It is appreciated by all those who will get a gift on Sunday and to all our kids who have really enjoyed browsing and choosing that special treat for their mums and family.

Thanks also to the organisers of the Entertainment Book. For every book sold, our school gets \$11. Please take the time to have a look and see the great bargains that you can get.

If you want it, or the digital version, please follow the instructions on the pack. If you don't want the book, please return it by this Friday 8th May.

Class changes Thank you to the students, parents and staff who have made the change as smooth as possible. Even if our numbers drop, we will not be reverting to 13 classes in 2015. It is better for our kids to be in the smaller classes and the teachers are working extremely hard to make sure the children are settled and there is limited disruption to all of our kids.

Thank you for understanding 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.**

Anti Bullying Lesson 3: TELLING SOMEONE TO STOP ANNOYING YOU

Why Learn This Skill?

All students will at some stage be teased, called names or annoyed in some other way. It is important that they have skills to handle these situations.

One way of handling this kind of provocation is to tell the other person to stop it in a firm way. You will need to stress that telling someone to stop will not always work, and that ignoring the provocation and or leaving the situation is often the next sensible step. This lesson can be taught in conjunction with lesson 4 which focuses on 'ignoring someone who is giving you a hard time'. Role play at home!

Do's

- Stay Cool
- Stand tall
- Say their name (if you know it)
- Say firmly, and in a slightly louder voice, something like "cut it out" or No More. If they do it again, tell them more firmly to cut it out.
- If they keep doing it you can:
 - ignore them
 - walk away
 - ask an adult for support

Don'ts

- Don't get aggro
- Don't argue with them
- Don't annoy them back
- Don't smile.
- Don't use a whingeing tone of voice
- Don't try to get them into trouble

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‘I statements’ are another way of being verbally assertive. Students need to practice saying

“I don’t like it when....
And I want it to stop.”

This can be effective when it is delivered confidently. Students need to have rehearsed this skill to be able to deliver it well in a stressful situation.

Helping students get ready for the NAPLAN tests

By Michael Grose

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During May, Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program, first implemented in 2008, has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 Take your cues from your child:

If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2 Focus on doing their best and trying hard:

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 Listen to any concerns they have: If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 Give them some relaxation ideas: Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 Help them retain their perspective: One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.

Road Safety - Keep our kids safe. Please take the time to think about ways we can prevent any of our children being hit by a car and for us as drivers to prevent a tragedy. Children are unpredictable and can dart out onto roads for a variety of reasons. Please review your own practices and talk with your own families about safety on and around roads.

Tips to improve children’s safety around your school

- Children should always get in and out of the car through the rear kerb side or ‘safety door’.
 - Always drop your children on the school side of the road.
 - Meet your children on the school side of the road, preferably at the school gate – particularly in wet weather.
 - NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there on time.
- If your children are old enough to cross walk home by themselves, practise the routines together, crossing at crossing and where to cross if there is no crossing etc.
- Children up to at least eight years old should hold an adult’s hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult’s hand when crossing the road.
 - Talk your child through the ‘STOP! LOOK! LISTEN! THINK!’ routine every time you cross the road together:
 - STOP! One step back from the kerb.

- LOOK! For traffic to your right, left and right again.
- LISTEN! For the sounds of approaching traffic.
- THINK! Whether it is safe to cross.
- Always look and listen for traffic as you cross the road.
- Always slow to 40km/h when travelling in an operating school zone.
- Always obey parking signs as these signs help save children's lives.
- Always drop-off and pick-up your children from your school's designated area, following your school's road safety procedures with care and courtesy.

If your child rides a bike or scooter to school, ensure they are wearing a helmet and the straps are done up. Practise where they should ride their bikes and where to cross roads, remembering that when they are leaving school, the traffic is busy around the school.

Happy Mothers Day to all our Mums, Grandmothers and Aunties. Have a wonderful day with your families and I hope you are spoilt!

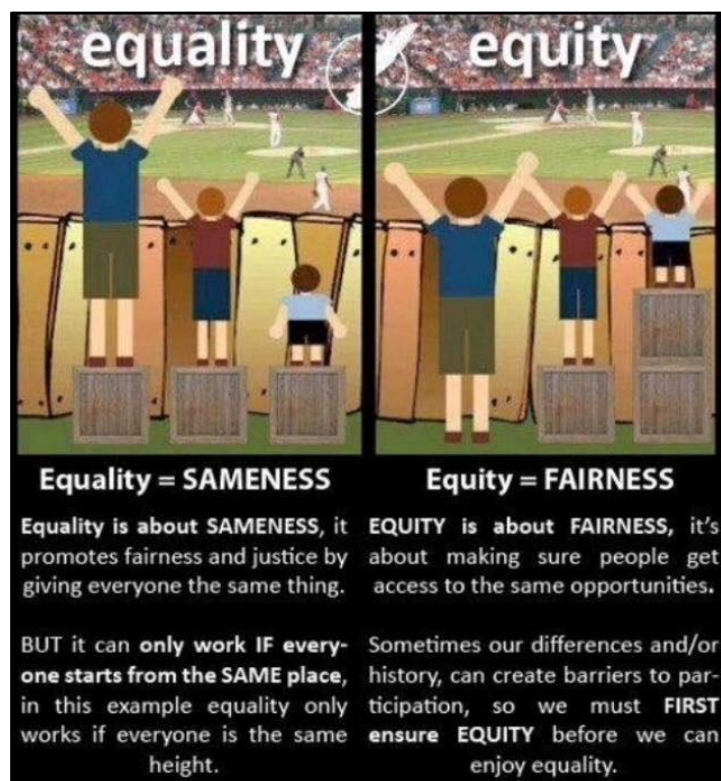
Have a great week!

Aloma Stewart

Joke of the Week

Q: Why did the spider go to the computer?

A: To check his web site.



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 new school hall 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**.

CANTEEN NEWS

Canteen Roster for next week

Mon 11May	Wendy Myers Elissa Kohler
Tues 12 May	Linda Moss Erin Steyger
Wed 13 May	Nicola Sheppard Karen Rogers
Thurs 14 May	Sharon Sackett Sue Mulquin Meikell McCreadie
Fri 15 May	Julie Neal Gayle Galvin Shellie Lavery

COLD FOOD ONLY

As the oven in the Canteen is being replaced, there will be no hot food except for toasted until further notice. Cold items and snacks still available.



WORKING BEE UPDATE

Sadly we had to postpone last Saturday's working bee due to weather, please update your calendars to include our new date of Saturday 30 May 1.30pm to 4.30pm. There's lots of work to do so we hope to see everyone there. Please bring gardening tools, barrows, gloves, etc. Afternoon tea will be provided.

COMMUNITY NEWS



BALGOWNIE COMMUNITY GARDEN (BALLY'S PATCH) WORKING BEE

Sunday May 31 from 9am

All welcome!

Bally's Patch is located at Lot 21,

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

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

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

Early literacy event

PAINT THE GONG REaD!

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All families with children 0-5 years
are invited to come and celebrate
BrightSpark's 1st birthday with us!
Special guest storyteller Lord Mayor
Gordon Bradbery!

**Thursday
4 June
10am - 12pm**

Dapto Mall,
top floor - outside BIG W

STORIES
ACTIVITIES
READING TENT
BIRTHDAY CAKE
CRAFT CORNER
MUSIC MAT
+MORE!

