

The Bally Buzz



Balgownie Public School

Living & Learning

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Term 4 Week 9

Wednesday 7th December 2016

CALENDAR - TERM 4

Thur	8 th Dec	Presentation Day @ 9.15am
Mon	12 th Dec	Year 6 Graduation 9.15am + Morning Tea
Tue	13 th Dec	Year 6 Farewell (Yr6 5.30pm & Yr5 7.30pm)
Wed	14 th Dec	*TALENT QUEST* REPORTS to Parents P & C Meeting + dinner @ Collegians
Thur	15 th Dec	K-6 PBS Reward Day
Fri	16 th Dec	Students last day 2016 Year 6 Ringing of the Bell at 2.40pm

Parent Helpers Morning Tea

There was a lovely turn out of parents and volunteers at our morning tea yesterday in the library. A lovely spread of delicious foods were on offer, for all to enjoy.

For those volunteers who were unable to make it - Thanks again for all of the support you provide to our students, staff and school. We really do appreciate it!



2017 Leaders Speeches

Congratulations to all of the Year 5 candidates who presented their speeches for School Leader positions in 2017 last Friday. What an amazing job! The speeches were all of high quality and I am particularly proud of how much each of the candidates encouraged and supported one another. Great job guys – you are already demonstrating outstanding leadership!

The exciting announcement of our new School Leaders for 2017 will be held at our Presentation Day tomorrow.



Balgownie Giving Tree

A **BIG** THANKS TO ALL STUDENTS AND FAMILIES FOR YOUR GENEROUS DONATIONS!

Unwrapped gifts can be received until **THE END OF THIS WEEK!**



Respect, Responsibility, Real Learning

Relieving Principal: Sarah Steele PO Box 192 Fairy Meadow NSW 2519 P&C: www.balgowniepnc.com



Merry Christmas

BEST EVER - K-2 Concert

Every year, it continues to amaze me, how our K-2 Concert just seems to become even bigger and better than in previous years. Last night's performance certainly was no exception – it truly was a Christmas Spectacular!

The children all looked just amazing in the costumes – and their performances were equally as cute and entertaining!

Again I'd like to acknowledge the dedication and hard work of all of our K-2 teachers, Miss Scott, Mrs Costabile, Mrs Shum, Mrs Lewis and Mrs Carrigan. Special thanks to Mrs Lynch for leading what was truly a team effort.

To the families that attended last night – thank you for supporting what continues to be one of the most successful events on the school calendar.

I'm certainly looking forward to next year



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Joke Of The Week:



Keep checking off the special events on the end of year calendar. 7 school days to go!



Relieving Principal
Sarah Steele

No-Dig Garden



Last Tuesday 3/4HR were lucky enough to be visited by one of our enthusiastic and hardworking parents Julie Gallon. Julie led the children in laying the ground work for a new No-Dig garden in the school. The garden bed will be situated on the Eastern boundary behind the compost bins, and will hopefully be completed in coming weeks ready to plant next year. Students worked hard to loosen the soil, lay newspaper, cardboard and mulch, and add water to soften materials. The children had lots of fun digging, shovelling, ripping and wheelbarrowing materials. It demonstrated the natural instinct to work as a team when focused on a shared goal, helping to build students self-efficacy, esteem and team skills. Thank you Julie and class members of 3/4HR!

Miss Scott



Respect, Responsibility, Real Learning

Library Notice

Thank you to all who have supported and enjoyed our wonderful school library in 2016. Please ensure that all library items are located and returned as soon as possible. Happy and safe Festive Season to all. Mrs Birchall



Home Reading

All K-2 Home Reading will finish this Friday, 9th December. Please send all Home Readers into the school from now until next Wednesday.

If you have misplaced a book send \$5.00 to the office to replace the missing book.

Thank you
K-2 Staff

South coast Public Schools Dance Festival 2017

A note was sent home with Stage One students of 2017 today offering the opportunity to participate in the South Coast Public Schools Dance Festival. If you are interested please return the note to Miss Duffy as soon as possible as the first 30 students who do will be those selected.



Making the most of these holidays

by Michael Grose –
Australia's No 1 parenting educator

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

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 holiday season can be stressful. For many parents the prospect of keeping children occupied for up to six weeks 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.

Christmas can also be a difficult and lonely time for some. Sole parents and step-parents usually experience particular challenges at this time of the year as family catch-ups cause conflict, and disputes can arise over who children spend their time with.

Often family differences are contained during the

year but spill over when normal routines cease over the holiday period. High maintenance children who's behaviour is bearable when they are at school can suddenly seem very challenging indeed when you spend 24/7 time with them.

Here are some ways to help reduce tension over the festive season and make the holidays enjoyable and fruitful for all.

1. Be creative with how festivities are organised

For instance, two or more Christmas dinners may be needed so everyone is included. If you are flexible with your arrangements as well as your thinking then the potentially tricky times will flow more easily.

2. 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.

3. 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.

4. 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.

5. 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.

The Great Aussie Bush Camp!

By Ella Neve

On the 21st of November 2016, 95 kids and 4 teachers from Balgownie Public School went on an amazing trip to the G.A.B.C (Great Aussie Bush Camp). The G.A.B.C is 66km north of Newcastle located near Tea Gardens.

And trust me they don't call it a bush camp for nothing! At first it was a big change to our daily routines, waking up at 5:40 in the morning and we even got to sleep in tents! But this was a really cool experience, and was way different to sleeping in our cosy bed at home!

Over the 5 whole days and 4 nights we were there, we got to do a high ropes course, pioneering, crate climb, raft building, giant swing, snorkelling, mud challenge (the lost island), flying fox, archery, rock climbing and much, much more!

We had 4 amazing instructors called Rob, Jake, Tim and Blake and they all had cool nick names. Rob was called Cookie Tim was the Brawler (but we called him Tim Tam) Blake was called Blakey and Jake was Gekkie Whoo Whoo.

The food they had was great and really tasty. Every night we got to do a fun activity like commando spotlight, movie night, game night and challenge night. After we had finished our game for the night we got to sit by the fire, eat cookies and drink chocolate milk. Then we got ready for the next day!



The Great Aussie Bush Camp

By Felix W.

On the 21st of November, Stage 3 from Balgownie Public School left for a 5 hour trip to a place called The Great Aussie Bush Camp which is just past Newcastle.

Our first activity was raft building, which was one of my favourite activities at the camp. The only downside to raft building was that our raft fell to bits as soon as it hit the water, so we just decided to swim in the lake. Raft building was a team work activity which gave us a chance to experiment on the water dynamics of our raft. We thought a triangle would be the strongest shape in the water because it is the strongest shape on land but we were wrong, it's not the strongest on water. The square or rectangle is the strongest on water.

In conclusion we all had a good time and it was bad to leave, but at least Stage 3 had the best and funniest instructors, Prince, Gecky, Timmy and last but not least Blake.

Industrial Action Information

As you may have heard via the media, industrial action has been planned by the NSW Teachers' Federation for this Thursday morning (8/12/16). Unfortunately this time coincides with Balgownie Public School's Presentation Assembly for 2016. The teachers at our school strongly support the Teachers' Federation and the work they do campaigning for funding for our public schools as well as for the working conditions of its members. We also understand, however, that many parents have already organised time off to attend this assembly and/or made other arrangements to facilitate their attendance. For this reason, we have sought and obtained an exemption from Federation and will have our Federation Representative attend the stop-work meeting on our behalf so that the assembly can go ahead as planned.

The assembly begins promptly at 9:15am. We hope to see you there.

The Teaching Staff of BPS

Uniform Shop

The Uniform shop will **only be open on Friday 9th December.**

No orders will be processed after the 9th December. We will re-open on Wednesday 1st February 2017.



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Play Football

Balgownie Junior Football Club is one of the largest Junior Clubs in the Illawarra, as well as one being affiliated with the oldest club in Australia. We welcome all players - boys and girls - of all abilities.

Players will enjoy a healthy outdoor sport in a family friendly Club where they can improve their skills, increase their fitness and learn important life-skills.

Online registrations open on January 3 with registrations at the Clubhouse in Para Street Balgownie on Saturday 28 January 2017.

For more information, go to the Bally website: www.balgowniejuniors.com.au