

The Bally Buzz



Balgownie Public School

Living & Learning

W: www.balgownie-p.schools.nsw.edu.au T: 4284 4245 F: 4284 3462



Term 4 Week 3

Wednesday 25th October 2017

CALENDAR - TERM 4

Wed	25 Oct	Stage 2 Assembly – Students 10.00am Parents 12.00pm
Thur	26 Oct	Book Club orders due
Mon	30 Oct	Swim Scheme starts
Wed	1 Nov	Kindergarten orientation – split sessions 9.10-10.00am 10.10-11.00am
Wed	29 Nov	Presentation Day 9.15am

Week 3 has arrived! Students are busy completing assessments and staff are finishing off their final judgments before report writing. It is all happening! Please make sure you refer to your parent planner to ensure you don't miss out on any important events leading up to the end of the year. Relax!

Classes 2018

In a few weeks, staff will begin working on classes for 2018. Can you please let the school know of anyone who might be moving into the area and will be enrolling at Balgownie PS for 2018. If you are moving could you also let us know. If you will not be back at school on Tuesday 30 January, but returning later could you let the school know in writing as final numbers which dictate school staffing for the year are submitted around 12 February each year. Your assistance is appreciated.

School Issues

I have been made aware that some parents are concerned about whether contractors/ visitors have a Working With Children Check when on school grounds. All personnel on school grounds have a WWCC as part of Department of Education policy.

If for any reason you have a concern or a question about anything going on in and around the school, please do not hesitate to phone the office either to speak to me over the phone or make an appointment.

SELECTIVE HIGH SCHOOL FOR YEAR 7 ENTRY 2019

Applications for selective high school placement in Year 7 in 2019 open on **10 October 2017** and close on **13 November 2017**. You can apply at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The Selective High School Placement Test is on **15 March 2018**.

I have a limited number of paper copies of – *Thinking for a government selective high school for Year 7 entry 2019?* available at the office.

KINDERGARTEN ORIENTATION TERM 4

Kindergarten Orientation commences on **Wednesday 1 November**. We have two sessions available **9.10-10.00am** and **10.10-11.00am session**. Parents stay in the room to observe what goes on. Make sure you have booked a session.

The following sessions are on Wednesday 8 and 15 November 9.30-11.00am in the Library.

Swimming Scheme

On Monday 30th October the Swimming and Water Safety Program commences for 2017. All students who are attending should have received a reminder note from your teacher outlining what to bring. If you haven't received one, spares are available at the office. Come prepared to enjoy the experience and

Respect, Responsibility, Real Learning

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

hope for fine weather. If the weather is rainy we still come prepared to go to swimming classes and learn about water safety. We get wet anyway so the rain makes no difference.

Please note that the Swim Scheme is full – no further students can be accepted.
Coordinator, Mrs Sheath.

Stage 2 Assembly

Thank you Stage 2 for an amazing assembly. It was fantastic to see everyone on stage having a great time performing. Thank you teachers for your ongoing commitment to the creative arts.

Stage 3 Assembly

Friday 24 November @12.30pm students and parents invited. Details to follow.

Deadly Encouragement Awards

Last week Mrs Matthews and I had the pleasure of attending the 'Deadly Encouragement Awards' ceremony, held at Waniora Public School. These awards are hosted by the Northern Illawarra Aboriginal Education Consultative Group and recognise Aboriginal school children who have demonstrated a commitment to improve over a range of mediums, ranging from attendance, community involvement, entertainment, sport and music and displaying a positive attitude towards learning. We were very proud to witness Destyn Larnach-Hider and Kyeson Ellem receive awards for their ongoing commitment to improving their educational outcomes and demonstrating continued respect to their school, their peers and their teachers. Congratulations, boys. You are very proud Balgownie role models and very deserving of your awards.

Mrs Lynch 2L



HEAD LICE

The school has been advised of a number of cases of students with head lice recently. Please check your child's hair regularly and treat immediately if required. Your vigilance with this is appreciated.

Music Bus

Due to site fencing restricting the access to school grounds, the Music Bus will be located on Chalmers Street near the carpark.

CONTACT DETAILS

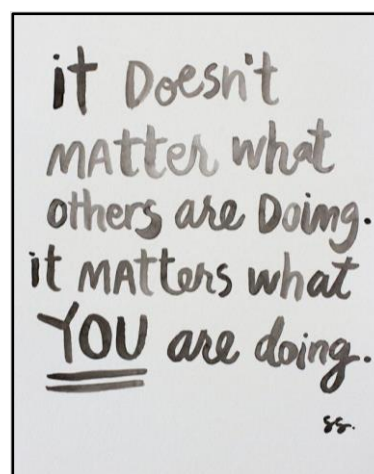
Please ensure that you have advised the office of any changes to your current contact and address details. If you are unsure, please contact the office to confirm your details.

Wollongong City Council

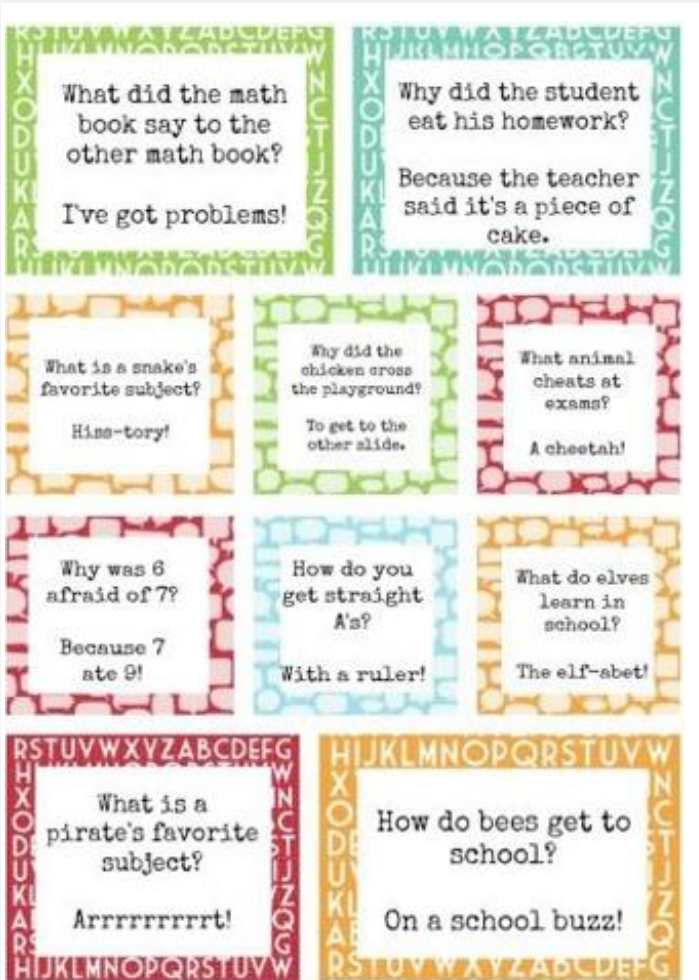
The feedback from our Wollongong City Council representatives at our school last Wednesday was how well behaved and beautifully mannered our students were. Well done Balgownie!!!!



Quote of the Week:



Joke of the Week:



Parenting for Resilience

RESILIENCE

by Michael Grose

Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that

build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind

children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.

School shoes - a parent's worst nightmare!

Too tight, too loose, or just right? Read our expert guide to ensure you get the best fitting shoes for your child.

Children's feet grow at an incredible rate so it's vital to get their feet carefully measured every time you buy new shoes - especially school shoes. Badly fitting, uncomfortable (or too high!) footwear can cause a lifetime of misery from blisters to bunions.

What's the number one tip for getting the right shoes for a child?

"Get your child's feet professionally measured. The first thing to remember is how much wear your children will get out of their shoes. An average child will wear their school shoes for 1,000 hours and take one million steps before they wear out. So the shoes need to be comfortable and durable. Less than a third of children are a standard fitting, so you should look for ranges of shoes that accommodate half sizes and different widths."

How much do children's feet grow and should you buy shoes slightly bigger to make them last longer?

"There's a big variation for different children. On average, they may grow two full sizes a year until they're 4 or 5, and then around a shoe size each year until their mid-teens. The most important thing about shoes is that they need to be proportioned properly. Don't buy a size up because the shoes will be disproportionate to the foot shape."

When should you buy a new pair of shoes?

"It varies depending on how old your child is and how active. If they're not worn out you can always take your child back to the store to check if the shoes are still the right size. If they are, you won't need to buy a new pair until the ones you have are too small."

Should you avoid heels on children's shoes?

"Anything over one inch is going to affect the way a child walks so I would dissuade any child from wearing heels for general day-to-day wear. You only have one pair of feet and a bit of hard skin or blistering will heal but changes in the bones can lead to bunions and your big toes will never work as they should again."

What can your child's shoes tell you about the way he walks?

"Before age 5 it's probably not worth worrying. But by the time your child's at school, the wear should be on the outside corner of the heel and fairly even wear to the front. If there's wear on the inside of the sole, it could indicate your child is not walking correctly."

"The things that will look different if there is a problem are the shape of the top of the shoe - it shouldn't slope to either side as this indicates too much pressure on that side. If you notice anything, it's worth mentioning to your GP as he can refer you to a podiatrist who can use some very simple ways to correct it."

Balgownie Public Schools uniform policy is on the school's website. Please ensure you check before purchasing. Our policy on shoes is BLACK shoes only. Joggers are permitted on sport days.

Shoe examples:



Lesley Matthews

(Relieving Principal)

UNIFORM SHOP

Did you know you can now access the Uniform Shop through the Skoolbag app? The Uniform tab has a link to the Uniform Shop and a copy of the uniform brochure for your convenience.

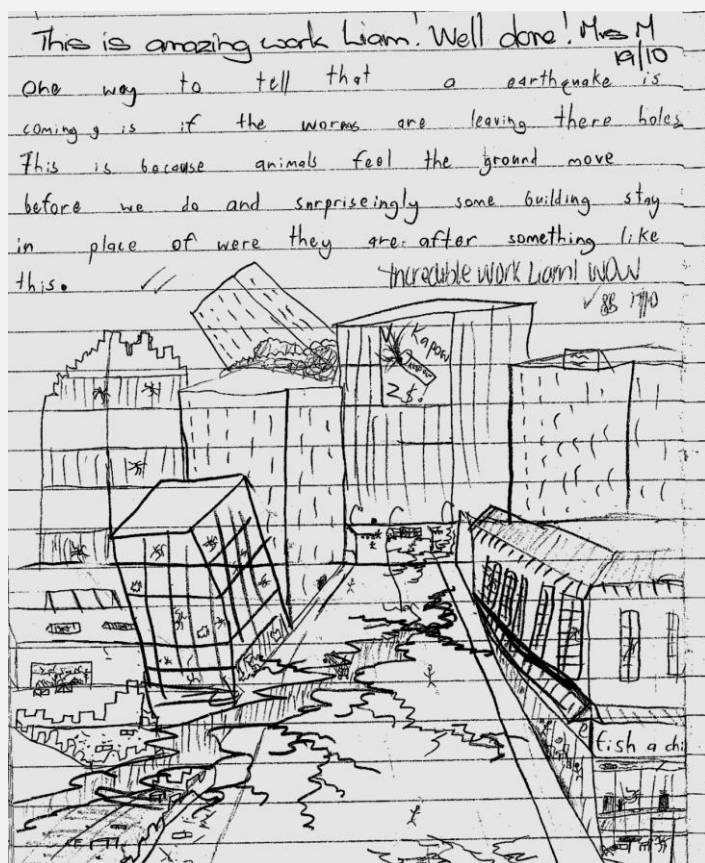
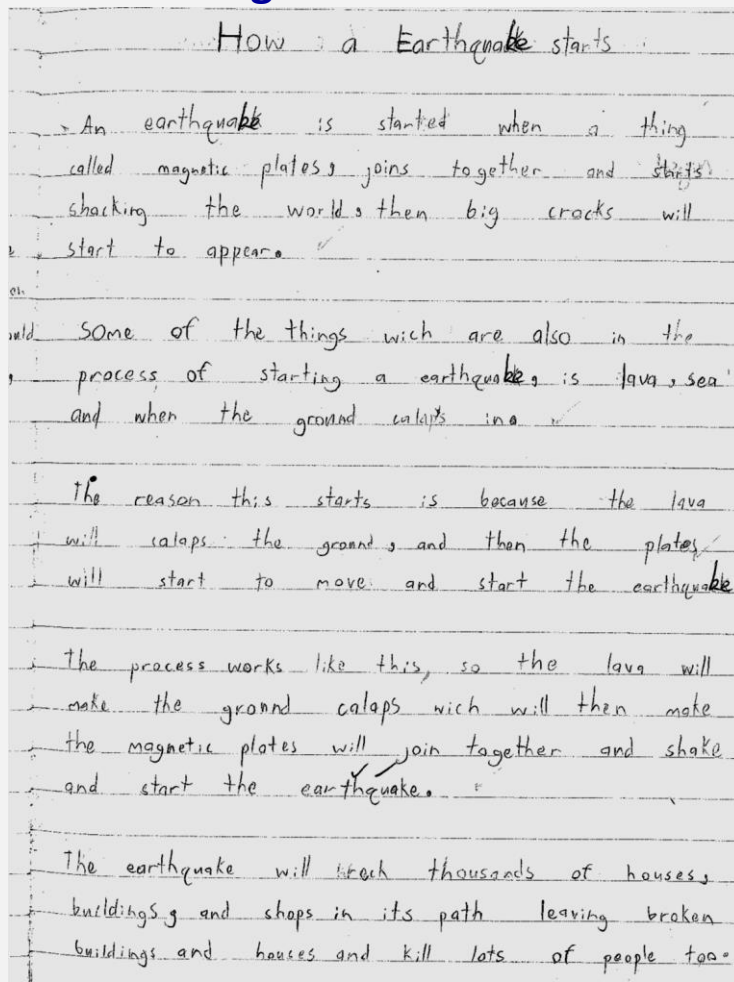
Thank you to those families who have recently donated pre loved uniforms. We have lots of preloved summer dresses available for \$5. Come along on Friday morning 8:30am-9am inside the Kindergarten building for **cash only sales**.

IMPORTANT DATES

Wednesday 1st November 3pm- cut off for pre-order Girls Summer Dresses

Friday 3rd November- the Uniform Shop is CLOSED. Orders will be distributed Thursday 2nd and Tuesday 7th.

Great writing Liam!



P&C Fundraiser- Don't miss it!

**Balgownie Public School P&C
Movie Night Fundraiser - Bad Moms 2
(MA15+)**

**Monday 6th November
HOYTS Warrawong
6.00pm arrival for 6.30pm start**

Make sure you see the flyer attached to this newsletter!

LEARNING LABS JANUARY 2018

An academic enrichment program for high achieving

More information about the workshops on offer and the application process can be found online at:

uow.info/learninglabsyr1-6

Applications close **Tuesday 7 November 2017**

Dates: Little Learning Labs (Years 1-2): 3-4 January 2018

Little MINI Labs (Years 1-2): 5 January 2018

Early Learning Labs (Years 3 to 6): 9-10 January 2018

Early Mini Labs (Years 3 to 6): 11 January 2018

Venue: University of Wollongong (Wollongong Campus)

Email: learning-labs@uiw.edu.au

VACANCY FOR VOLUNTEER ETHICS TEACHER AT BALGOWNIE PUBLIC SCHOOL

Could you be our new volunteer ethics teacher in 2018? At the moment we are only running ethics classes for Stage 3 as we do not have enough teachers to meet the huge demand for classes.

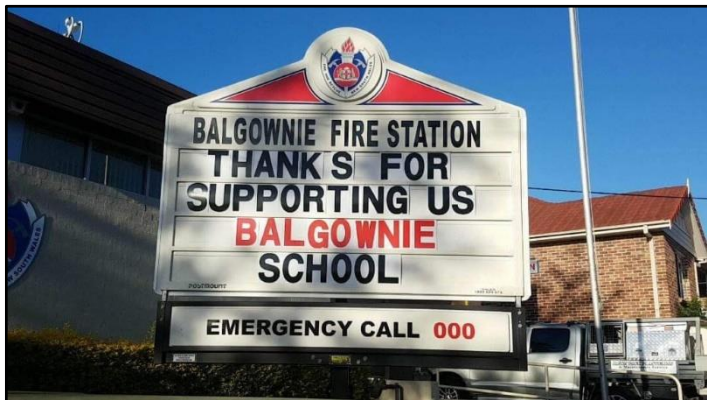
We want to offer the best service we can so if you or somebody you know has been thinking about becoming an Ethics Teacher now is the time to apply.

No teaching experience is needed; volunteers receive training from Primary Ethics and lots of support from the team.

You must be available from 9.30-10.00 Tuesday mornings during term time for the 30 minute classes.

Grandparents are very welcome to apply too! For more information about the role, please go to

<http://www.primaryethics.com.au> or call Jodie on 0417113380.



Sydney FC joins

Illawarra Sports High School

INFORMATION NIGHT:

Open to all students currently in years 6-9 for enrollment in 2018.

The Sydney FC Football school program will help develop young players of all levels. The program will have two tiers, Elite and Development, with all players having access to:

- Quality training sessions at school during school hours
- Access to sessions run by an 'A-Licence' accredited Sydney FC Academy coach, or Football South Coast staff coaches
- Access to combined Sydney FC Talent ID and development days
- Visits to Sydney FC First team training sessions and home matches



**Monday 30th October
6pm - 7pm**

Football South Coast Offices,
The Fraternity Club,
11 Bourke St, Fairy Meadow



Registrations are essential.
Contact Illawarra Sports High School:
(02) 4271 1099



**Balgownie Public School P&C
Movie Night Fundraiser - Bad Moms 2 (MA15+)**

**Monday 6th November
HOYTS Warrawong
6.00pm arrival for 6.30pm start**

Balgownie Public School P&C is hosting a special fundraising screening of the highly anticipated movie Bad Moms 2.

Join us for a fun night out at the movies!
Sit back and relax in the super comfy reclining chairs and enjoy the movie with a glass of sparkling wine while helping to support our amazing School.

Tickets \$30 each, includes ticket and glass of sparkling wine,
plus the chance to win some great lucky door prizes.

Tickets on sale now from the P&C Website www.balgowniepnc.com
Tickets are limited so get in quick to avoid disappointment!

All welcome (but sorry kids, this one is for 15+ only).

HOYTS



**Education
Public Schools**



2018 AUDITIONS FOR THE ILLAWARRA JUNIOR VOCAL ENSEMBLE

The Illawarra Junior Vocal Ensemble is an exciting opportunity for Public School students in Years 3 – 6 to excel in vocal performance in an extra-curricular setting.

Students (Years 3-6) will be selected by audition. Successful students will represent the Illawarra with a variety of performances throughout the school year. In 2017, students had the opportunity to perform at Spring Into Corrimal, The Kiama Rotary Festival Of Choirs, The Choirtly Loud Festival and The Dapto Community Carols. Students also featured on the Morning Show with Nick Rheinberger on ABC Illawarra.

Rehearsals will be held after school in 2018 at the *Corrimal East Public School Hall (Duff Parade, Corrimal)* from 4pm - 5pm on Thursdays during term. Participation fee is \$25 per term.

The Ensemble is coordinated by Sonia Milgate (Pleasant Heights Public School), Bede Darcey (Corrimal East Public School), Kate Whitworth (Minnamurra Public School) and Lynda Murphy (Corrimal East Public School)

Should you have interested students in your school, please direct them to the following website where they can send in an Audition Nomination Form.

<http://tinyurl.com/IllawarraJuniorVocalEnsemble>

Auditions will be held on **Tuesday 21 November** and **Tuesday 28 November** from **4pm – 5pm** at the *Corrimal East Public School Hall (Duff Parade, Corrimal)*.

Expressions of Interest are due by Monday 13 November, 2017.

For further information, please contact Sonia Milgate on sonia.milgate@det.nsw.edu.au

This initiative is supported by the NSW Department of Education.

Would you like to be involved in a road safety study about ‘connected’ vehicles that ‘talk’ to each other and can ‘see’ around corners?

Would you like to receive a \$200 petrol voucher for your personal use and have an additional \$200 donated in your name to your school P&C?

What is this study about?

This study is about assessing the safety benefits of vehicles communicating with other vehicles on the road. In this study, participants’ vehicles will be fitted with a Cooperative Intelligent Transport System (CITS) to communicate with other vehicles or roadside infrastructure (such as traffic lights) fitted with a CITS. Drivers will receive audio and visual alerts on a small screen installed on the dashboard if there is a situation that may be dangerous, such as the possibility of a collision with another vehicle. Drivers will also be alerted to a red light on approach to traffic lights fitted with a CITS.

Who are we looking for?

We are inviting drivers who have a child attending school in the Wollongong area, drive to and/or from school at least three times a week, and drive at least 5 hours per a week, to participate in this study.

What will the study involve?

If you are eligible and agree to the study, we will install the study equipment in your vehicle at your home at a time that suits you. You will be trained about the system. The equipment will be in your vehicle for approximately 10 months, and record data about your driving and system alerts. We will ask you to complete online surveys at the beginning and end of the study. Some drivers will also be invited to a focus group discussion at the end of the study.

What happens to the data?

We will store all data securely and analyse it to assess the road safety benefits and user-friendliness of the system. Reports and presentations of findings will not identify participants. Participation is voluntary; if you decide to take part in the study and change your mind later, you are free to withdraw at any time by contacting the study office.

Who gets \$200?

If you complete all parts of the study, we will give you a \$200 petrol voucher for your personal use and also donate \$200 in your name to your child’s school P&C for student related educational or sporting expenses.

Contact us for more information

If you’re interested or want more information, please contact **Anna Chevalier** or **Vanessa Vecovski** at the Centre for Road Safety, Transport for NSW, via email: citi.support@transport.nsw.gov.au or the support line: **1300 679 472**, which is available to take calls 24 hours a day, 7 days a week.