

The Bally Buzz



Balgownie Public School

Living & Learning

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Term 4 Week 4

Wednesday 1st November 2017

CALENDAR - TERM 4

Wed	8 Nov	Kindergarten orientation 9.30 -11.00am. Parents in the Library for Literacy Session
Wed	8 Nov	P&C meeting 7.15pm Library
Fri	10 Nov	Remembrance Day Assembly 10.45am
Wed	15 Nov	Kindergarten orientation 9.30 -11.00am. Parents in the Library for Numeracy Session
Fri	17 Nov	Brokers Gala Day Girls - Dragon tag Boys - AFL
Fri	24 Nov	Stage 3 Assembly 12.30pm
Wed	29 Nov	Presentation Day 9.15am

Term 4 is traditionally an extremely busy term. There are many activities and events planned so please ensure that you have your calendar up to date. You don't want to miss a thing.

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

Our first Kindergarten Orientation went off without a hitch. Everyone arrived at school well prepared and very settled and that includes the mums and dads. Well done everyone! We look forward to seeing you again next week.

The following sessions are on Wednesday 8 and 15 November 9.30-11.00am. Parent literacy and numeracy sessions will be held in the library whilst children engaged in the kinder orientation program will remain in the kinder rooms.



Classes 2018

Staff are beginning to look at the composition of classes for 2018. Can you please inform the school if you are leaving or you know of anyone moving into the area that will be attending our school in 2018.

If your return to school is delayed for whatever reason, can we please have a written letter/phone call stating your return date. Our final numbers for the year which calculate our staffing are finalised by around 12 February each year. Thank you to the parents who have already been in touch.

Maintenance Works

As you can see the re-roofing of the Stage 2 building is well underway. We have had painters in this week and the removal of the old roof will commence next

Respect, Responsibility, Real Learning

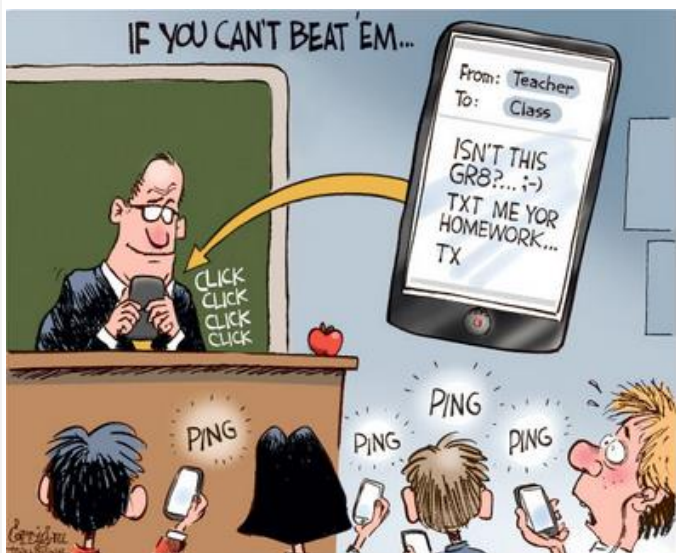
Relieving Principal: Lesley Matthews PO Box 192 Fairy Meadow NSW 2519 P&C: www.balgowniepnc.com

week. There will be disruption, but we are prepared. The result will be worth the inconvenience.

Quote of the Week:

Life is about trusting your feelings, taking chances, finding happiness, learning from the past, and realizing everything changes.

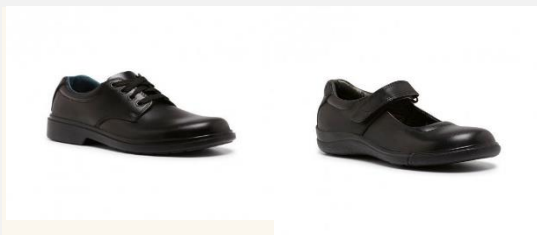
Joke of the Week:



School shoes examples

Happy shopping!!!

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.

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 November.

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!

When does a habit become a pattern that stays for life?

BY MICHAEL GROSE

Ever wished you had your time over again?

Recently, I was speaking to Jeremy, a colleague, who wished he had his time as a parent over again.

He told me how his twenty-two year old son was drifting from job to job and course to course. This father told me that since leaving school at sixteen his son had changed jobs or courses at least twenty times.

This dad lamented that his son hadn't even finished one course he'd started or stayed at a job long enough to receive a qualification or complete an apprenticeship.

As soon as a course or job got tough or a boss put some pressure on him to lift his game, his son would leave rather than put in the required effort.

Poor patterns start with poor habits

Jeremy believed that the seeds of his son's inability to see things through were sown at a very young age. He blamed himself for letting his son give in too easily when things got tough.

In primary school when subjects became too hard, his son would make excuses and give in. His parents would often be at school pleading their son's case for teachers to ease up. "He's only a boy. Don't push him too hard!" was the approach they'd take.

Jeremy's son also chopped and changed at leisure and sporting activities, never seeing any activity through to completion. As soon as he met with difficult people, didn't get his own way or the learning/competition became too hard he gave in and went on to try something else.

His dad allowed him to keep changing activities in the hope that he would find something he was good at. In doing so, he allowed his son to **develop the habit of avoidance**. Eventually, this habit after so many repetitions **became a life pattern**, which is difficult to break.

Now as an adult as soon as he meets with resistance or difficulty of any kind at work and in relationships his immediate response is to look for new opportunities, rather than work through the difficulties to achieve mastery. The pattern of avoidance has become so ingrained that his son simply cannot see anything difficult through. The tragedy of course, is that a worthwhile achievement of any kind, whether it's getting a qualification, mastering a musical instrument or learning a new language, will always present significant challenges that need to be worked through. By continually giving in, this young man will never achieve anything of significance, unless he adopts a new pattern, which takes considerable commitment and work.

Help your kids develop positive life patterns

The habits that parents encourage in their kids will eventually become entrenched life patterns so it makes sense to encourage positive habits from the earliest possible age. Here are five positive habits to develop in kids that with **practice, repetition** and **parental encouragement** will become positive patterns or ways of behaving that generally stay for life:

1. Pattern of contribution: This pattern starts by parents developing the helping habit in their children. Expect your kids to help you and others without being paid. It's the pattern that leaders in every field display.

2. Pattern of self-sufficiency: This pattern starts by parents encouraging kids to look after themselves; do simple life tasks and take increasing personal responsibility for their behaviour as they become older. Doing too much for kids puts the breaks on the self-sufficiency pattern.

3. Pattern of problem-solving: This wonderful pattern starts when parents give children ownership of their mistakes and challenges, allowing them to find their own solutions to problems. Rescuing and

micro-managing children develops the pattern of dependence, which is an endemic among today's twenty-somethings.

4. Pattern of help-seeking: Past generations are renowned for keeping adversity close to their chests rather than reaching out and seeking help and assistance from friends and family, or professional help, when needed. Encourage help-seeking behaviours in children and young people so that help-seeking becomes a normalised, accepted pattern when life gets tough.

5. Pattern of expressing gratitude: Ever noticed how some people seem to have so much in terms of wealth, possessions and talent yet they never seem happy with what they have, while others who may have very little in terms of material possessions are thankful for the little things that happen in life? This pattern of gratitude was more than likely established in childhood. It's a wonderful resilience attribute that contributes so much to a person's happiness and well-being.

It's empowering as a parent to know that the habits we encourage in our kids usually become ingrained as patterns of behaviour that stay for life. It's in this patterning that the true impact of parents and family-life can be found.

Emergency Contact Details

Please ensure that you have given the school current emergency contact details and phone numbers for your child's records.



BADMOMS 2



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



In preparation for the Cricket Illawarra Sixers Girls Cricket League which starts on Sunday 12th November, we invite all girls from your club, school or association to attend a Free Girls Cricket Clinic at North Dalton Park on Monday 6th Nov from 5pm – 7pm.

The clinic will be run by Cricket NSW staff, giving them an opportunity to prepare the girls for the start of the Cricket Illawarra Sixers Girls Spring League. Please note that the clinic is open to all girls from beginners, new players as well as current and previous players through to our Rep players.

Please go to: <https://sixersgirlscricketilawarra.eventbrite.com.au>
for more information and to register for this free event or
contact Maryann on 0416 927 271

#algirlscan



TO REGISTER TODAY GO TO PLAYCRICKET.COM.AU



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