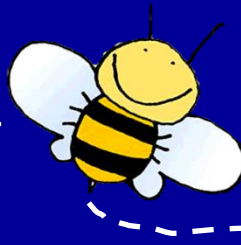


The Bally Buzz



Balgownie Public School

Living & Learning

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



Term 4 Week 6

Wednesday 15th November 2017

CALENDAR - TERM 4

Fri	17 Nov	Brokers Gala Day Yr3-6 Girls - Dragon tag Boys - AFL
Tue	21 Nov	Leaders Speeches 12.00pm
Fri	24 Nov	Stage 3 Assembly 12.30pm
Wed	29 Nov	Presentation Day 9.15am Final Book Club Orders Due
Tue	5 Dec	Helper Morning Tea 10.30am in Hall
Thur	7 Dec	K-2 Concert 6.00pm in Hall
Mon	11 Dec	Year 6 Graduation 9.15am + Morning Tea
Tue	12 Dec	Year 6 Farewell Evening
Thur	14 Dec	PBS Excursions

Only 5 weeks to go!

Helper Morning Tea!

As you are well aware our school does not work as a single entity. We are part of a much bigger team that includes - students, staff, parents, relatives and community members. To say a very heart felt thank you to everyone who has assisted us throughout the year we would like to invite you to a - **Helper Morning Tea to be held on Tuesday 5 December at 10.30am in the school hall.** One of the joys of working at Balgownie Public is the amount of volunteers and quality of involvement of parents and community. As we know, there are many helpers in our school and we are worried that we might inadvertently miss someone. If you have helped our school in any way this year, you are warmly invited to the helper morning tea to be held in the Hall. If you could **RSVP by Thursday 30**



November for catering purposes that would much appreciated. *Thank you for all that you do.*

Commemorating Remembrance Day



Thank you Miss Duffy for your outstanding organisation of the Remembrance Day service. Thank you school leaders - Teagan, Helena, Sam and Will for modelling great leadership skills!

'Lest We Forget'

Celebrating student achievement! Great reading Beau!



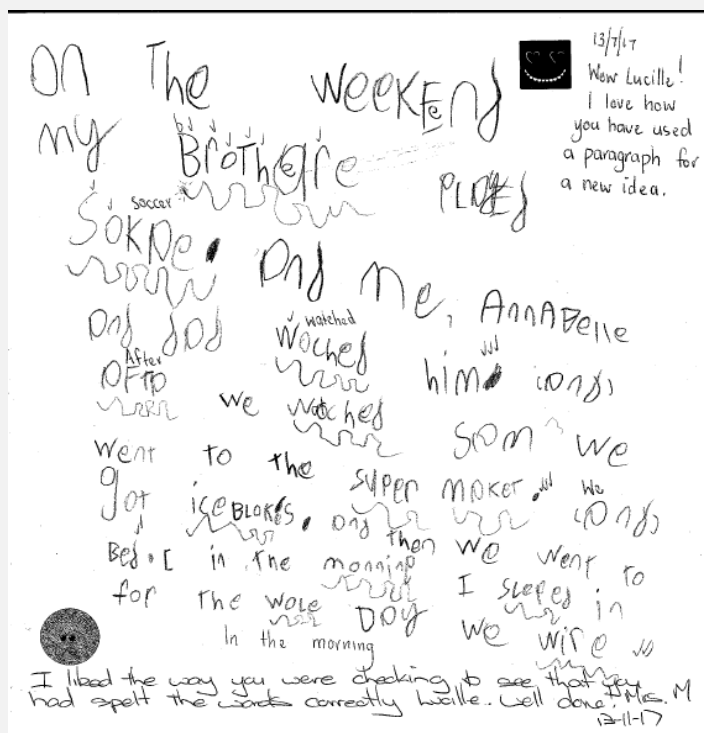
Thank you Beau for sharing your wonderful progress in reading!

Respect, Responsibility, Real Learning

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

Well written Lucille!

I can't believe that you are in Kindergarten Lucille. What an excellent piece of writing. You underlined words that you weren't sure about and have even started experimenting with paragraphing. Keep up the great work. Congratulations!



Congratulations Thomas! I know that you have been working very hard to learn all you words to get all of your spelling correct. You did it!

AG Celebration Afternoon tea

Yesterday I attended an Academically Gifted EXPO at Scarborough Public School where students in the AG class showcased their research around a variety of topics. Congratulations Tien and Joshua on your achievements. I know that you learnt the skills of collaboration, cooperation, flexibility, negotiation and critical thinking.

Intruders - over the weekend

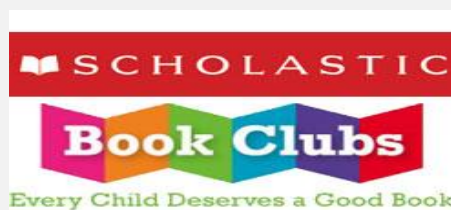
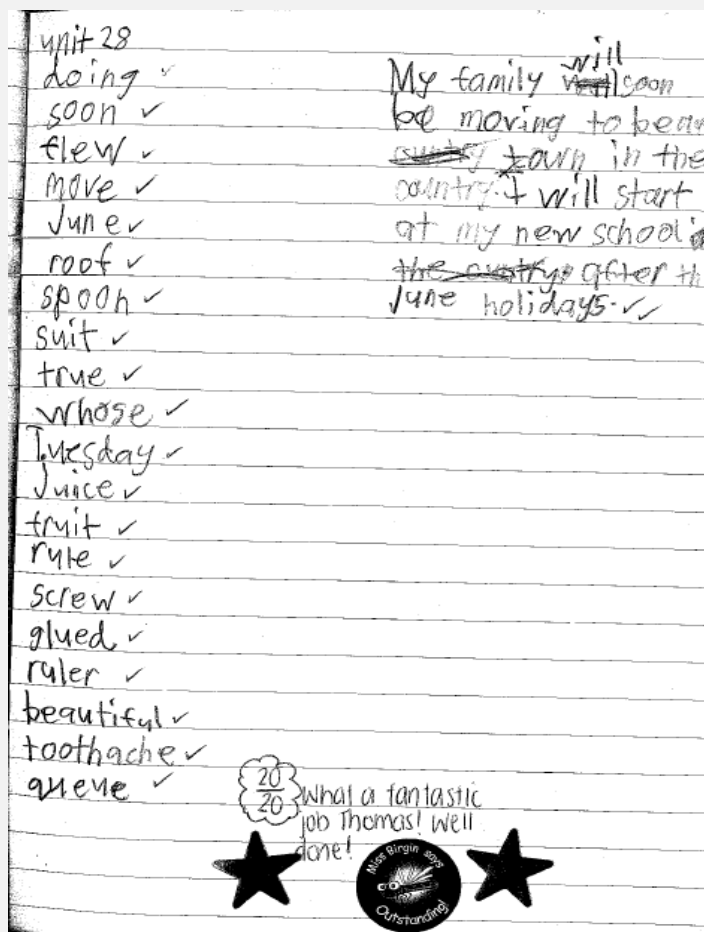
I arrived at school on Monday morning to find some shade shelters erected near the toilet block. The lost property tub near the library had its contents and the tub thrown onto the library roof. Rubbish was strewn throughout the school. Someone also attempted to remove tiles off the Stage 3 building roof no doubt assisted with the scaffolding in place for reroofing.

Thank you to the wonderful parent who came into the office on Monday and reported that they observed three teenagers jumping the fence. If you see someone entering the school grounds when the gates are locked can I ask that you call the police.

A debit card of an ex-student was found in the grounds. Whilst we are not saying that this student did the damage it is a timely reminder that the gates are locked for a reason.

With the school holidays looming we would be grateful of any assistance in making sure our school is kept safe.

Great spelling Thomas!

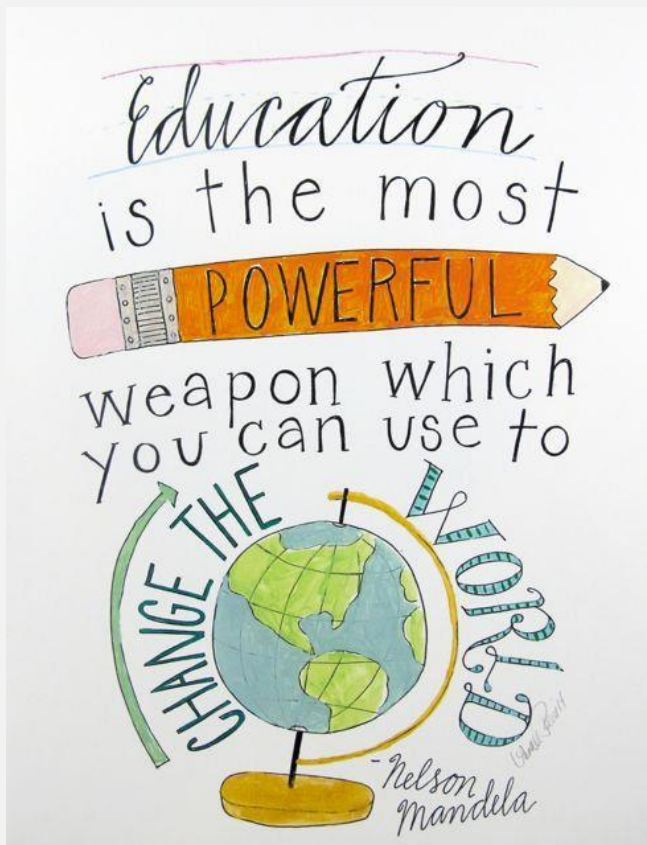


Final Book Club orders for 2017 are due by **Wednesday 29th November**. Please be aware that any online orders that are placed after this date are treated by Scholastic as a personal order and they will charge you postage.

Library Notice



Thank you to all who have supported and enjoyed our wonderful school library in 2017. It's now that time of year when I need to cease borrowing and start recalling all library items in readiness for our annual stocktake to begin. Please ensure that all library items are located and returned to school as soon as possible. Mrs Birchall

Quote of the Week:**Joke of the Week:**

Teacher: Where is your homework?

Pupil: I lost it fighting this kid who said you weren't the best teacher in the school.

Lesley Matthews

(Relieving Principal)

Have a great week!

PBS End of Year Celebration Excursions

As part of our Positive Behaviour for Success (PBS) program at Balgownie Public School, we hold an annual end of year celebration day. The 2017 upcoming event will be held on **Thursday 14th December**.

This year we are taking our celebration out of the school grounds with three separate fun filled excursions for our students to look forward to.

Students need to return their permission notes and money for the excursions no later than Friday 1st December.

Kinder and Stage 1 – will be travelling by bus to the University of Wollongong's Discovery Centre and to the Botanical Gardens. Cost for this event is \$12.00 per student.

- **Stage 2** – will be travelling by bus to the Northern Bowl for Ten Pin Bowling. Cost for this event is \$16.00 per student.
- **Stage 3** – will be travelling by bus to Flip Out Trampoline Arena Warrawong. Cost for this event is \$14.00 per student.

We understand that this is an expensive time of year for families and hope that early notification for this activity will help families to budget for their child/children's participation in this enjoyable day.

Balgownie's Got Talent 2017

Our annual Talent Quest for students will take place on Wednesday 13th December 2017 in our school hall. Participating students often seek rehearsal time at recess and lunch for getting their performances ready. To help facilitate this we are allowing students to bring their own devices to school for audio purposes. Unfortunately the school cannot take any responsibility for loss or damage to these devices should students choose to bring them along.

The Talent Quest is open to all student age groups and students will be permitted to perform in one act only. A schedule of performances and times will be sent home closer to the event.

Boy friendly Parenting Tips and Strategies.

BY MICHAEL GROSE

Surprise, surprise! Boys and girls are different. Whether it's nature or nurture is largely irrelevant. The point is that boys and girls do best when their parents respond to the specific needs of their gender, rather than use a one size fits all approach.

Here are 21 parenting strategies guaranteed to meet the needs of the boys in your life:

Communicating with boys**1. Choose your time to communicate**

Adults who do best with boys have a way of getting into their time-frame. They can talk with them about what interests them now, what's important to them now, what's grabbing their attention now. That's relatively easy when your sons are under ten, but challenging when they are teenagers.

You have to be a little cunning to get into a teenage boy's time-frame. A parent who picks up a teenage boy from a party at midnight, just may have a better chance of getting into this time-frame and getting a window into what's important, than one who parents from a distance.

2. Talk to boys while they are doing

One way to get boys talking is to get them moving. Go for a walk together, wash the dishes together or do some other job and you will find their tongues loosen

up. The pressure to speak is removed by activity. More than this, males are activity-based. Just as activity and play is the language of fatherhood, activity is the mode to get many boys to open up and talk.

3. Ask “what?” not “why?”

If a boy misbehaves never ask him “why?” He usually won’t be able to tell you. Instead get him to revisit the moment of poor behaviour and get some window into his thinking or motivation at the time. “*What were you thinking about when you did...?*” “*What was going on to make you want to do that?*” “*What will you do differently next time?*” These type of questions help ensure that boys learn from their experiences so they behave differently the next time they are in a similar situation.

Managing a boy’s behaviour

4. Join the dots

Boys, more than girls, are likely to learn many of their lessons from experience rather than being told. However some boys can’t see the woods from the trees. One boy I know couldn’t see how his fast mouth (he was quick with a one-liner) was putting him offside with his teachers. It was obvious to everyone but the boy in question. He needed an adult to draw a line between his behaviour (smart mouth) and it’s outcome (teachers feeling disrespected). Be very calm and rational rather judgemental so that your son takes your message on board.

5. Create a space for processing

A bad day at school may be followed by an angry outburst on arrival home, particularly if he is asked that time-honored question: “How was your day?”

“&^\$%%%!!” may well be the response as he slams his bedroom door behind him. He has just entered his cave where he will take his time to settle his thoughts and generally go within to draw on his internal resources. Resist the temptation to knock on his door and lovingly say, “*Darling, is everything alright? Would you like to talk about it?*” You are only inviting some more rejection. The best solution is to wait until he comes out of his cave before you talk. Generally, he will come out when he is ready and has made some sense of what has happened to him. This is the time to talk.

6. Teach him to cool off

Many boys struggle to regulate their emotions. When a boy gets angry his testosterone levels rise, further inflaming anger. Anger then frequently spirals causing a boy to lose control of his behaviour completely. It is useful to teach boys to take some time to calm down and regain control of their physiology and their behaviour.

Methods such as time out, cuddling and comforting are useful to help young children learn to cool down. As

boys move into school age and beyond, help them understand the triggers that can lead to anger and then discuss various methods help them regain some calm. Deep breathing, getting some exercise or thinking about something different are simple ways of relaxing. Boys that don’t learn to self-regulate their emotions during childhood don’t magically learn to regulate their anger in adulthood. MARK THIS AS A VITAL SKILL TO LEARN.

7. Encourage boys to repair and restore relationship breakdowns

Many boys naturally move on after conflict. It’s often seen as a strength or a positive compared to girls who can make conflict linger far longer than necessary. However they can often neglect repairing relationships so they can be perceived as callous or uncaring. Encourage boys to make amends with an aggrieved person either with an apology or an act of kindness following conflict with a sibling or a friend. Alternatively, consider sitting down with them and the aggrieved person to discuss what happened; what they may do differently next time and in some cases to listen to how the other person felt about their behaviour. Some boys need to some assistance to develop empathy and see how their remarks or behaviour can adversely impact others.

Building boys’ confidence

8. Encourage collecting

Boys are avid collectors. It’s in their nature. It’s how they put order in their world. They like to see the extremes and see how they are confined. Collecting can drive many parents crazy, but it’s linked to boys’ normal healthy development.

9. Use private praise that is descriptive

Boys respond really well to feedback, particularly if it is given with genuine intent. Private praise is more effective than public praise for boys as they can become embarrassed being praised in front of their friends or relatives. Tell them what you see and how you feel. “Wow. You have tidied the room really well and put everything back where it should be. It’s a pleasure to come into the living room.” Such comments genuinely made become stored in their bank of skills and builds up their confidence.

10. Increase a boy’s time in environments where he succeeds

Boys who struggle at school or in mainstream benefit enormously when they spend time in activities or in places that they enjoy; where they experience success and where they feel confident. If sport fits this bill for your son then let him spend plenty of time in those environments so he can experience what confidence feels like. Confidence has a snowball effect and frequently transfers to other areas.

Helping boys succeed

11. Give them a reason to learn

Boys are great pragmatists. They need a reason to learn or do something. Link their learning to what they are interested in. If they love football, then get them reading, writing and talking about football, or ways they can be better at football. Link learning to their lives as much as possible.

12. Let your son see you read every day

Reading is a predictor of success at school, yet many boys struggle to interact with the written word unless it's in a digital format. Boys will value reading more when their significant role models (mum and dad) read too. Make sure they see you read for a variety of purposes – for pleasure, to cook a meal or work out a problem.

13. Go visual to help their learning

Boys are more likely to be visual learners than girls, so play to their natural advantage. Use frameworks, lists and diagrams to aid understanding and increase retention. And show rather than tell them stuff. Once shown they are more likely to retain a picture in their heads to call upon when needed.

14. Teach boys to anchor

The concept of anchoring is really useful for boys who are forgetful, or for those who are learning a new behaviour. It involves linking a new behaviour or an activity they need to remember with a behaviour they already do. Anchoring has wide application. A boy who wants to remember to take a note to school may leave it in a breakfast bowl the night before. Knowing he always has cereal means he won't forget his note.

Boys and technology

15. Create tech-free zones and times

Knowing when to leave technology alone is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and mealtimes should be kept technology free to encourage face-to-face conversations. Bedrooms should be tech free, at least at night, to help children to get the sleep they need.

16. Differentiate between uses

Digital technology has three purposes—communication, education and entertainment. Be aware how your son is using technology, which will influence how you respond to them. Nuance your approach according to the children's technology use.

17. Make sure boys play in the real world

You may need to be strong – very strong – but work hard to make sure that your son spends time playing in the real. The mum's mantra of *"Go outside and play"*

that many of us are familiar with is now something like *"Put that device down. Now go outside and play."*

Boy-friendly mothering strategies

18. Teach your son about values and relationships

Mothers are generally stronger in the interpersonal areas of child rearing than fathers. Mothers generally do a great job of teaching their sons about a whole range of values (such as tolerance, persistence and loyalty) as well as helping them interact with others. Teach them to treat you well so that they will treat the other women in their lives, including their sisters and partners, with respect and kindness.

19. Step back in adolescence

Developmentally, it can be hard moving into manhood if your mum fights all your battles and is always whispering in your ear what you should be doing. Boys often need to find things out for themselves. Learn to step back a little during adolescence, but make sure you are there for them. Teen boys need to be reassured that their mothers will always be there for them. It makes them strong.

Essential strategies for fathers

20. Connect early

Don't wait until they are 'old enough to have fun with' to start relating and playing with your sons. One way to ensure you connect early is to spend ten minutes a day on your own with your baby son.

21. Show pride in your son

Boys desperately want their dads to be proud of them. A boy thinks that if his dad is proud of him then he know he's loved. This need for approval is in the male psyche. It cannot be ignored although we often conveniently forget it. The need for their father's approval has a massive influence on a boy's behaviour, his achievement levels and, ultimately, on the nature of their relationship.

Uniform Shop

The Uniform Shop will **CLOSE for the year on **Friday 1st December 2017.****

You can still place a NEW order online but the order will NOT be processed or delivered until school returns in 2018.

VOLUNTEERS REQUIRED!!! Can you spare half an hour on Tuesday 30th January, Wednesday 31st January, Thursday 1st February or Friday 2nd February to help with uniform orders? If so please email uniformshop@balgowniepnc.com further details to follow.



Dear Parent/Guardian

Immunisation is a simple, safe and effective way of protecting the community and individuals from disease.

Adolescent vaccines will be offered for FREE to your child when they commence Year 7 in 2018.

Your child will be given a Parent Information Kit in the first few weeks of Term 1, 2018, which contains information about the vaccines and a consent card that you will need to complete for the vaccines to be offered.

Vaccines offered to ALL students:

GRADE	VACCINE	SCHEDULE
Yr 7	Diphtheria-Tetanus-Pertussis (dTpa)	1-dose
	Human Papillomavirus (HPV)	2-dose schedule

For further information regarding this program or any other questions about immunisation please contact the Immunisation Team at the Public Health Unit on 4221 6700.

Yours faithfully

Curtis Gregory
Director, Public Health Unit

31 October 2017