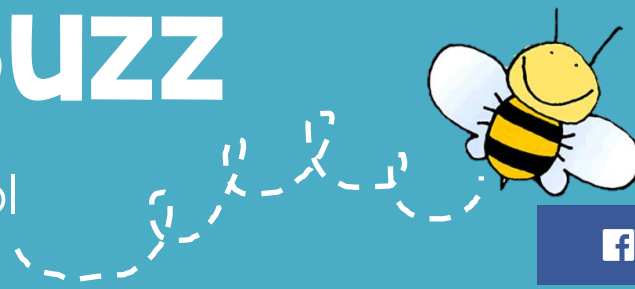


The Bally Buzz



Balgownie Public School
Living & Learning



W: www.balgownie-p.schools.nsw.edu.au

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Term 4 - Week 4

Wednesday 6 November, 2019

Calendar Term 4 - 2019

Wed	13 Nov	3 rd Kinder Orientation 9.30am-11am
	13 Nov	P&C Meeting 7.15pm
Frid	15 Nov	Keira STEM Tournament
Mon	18 Nov- 29 Nov	Swim Scheme – each day for week 6 & 7
Wed	20 Nov	School Starter Playgroup 9.15am-10.45am
Tue	26 Nov	Parent Helper/Scripture Breakfast 8.15am
Wed	27 Nov	School Starter Playgroup 9.15am-10.45am
Wed	4 Dec	School Starter Playgroup 9.15am-10.45am
	4 Dec	Leaders Speeches 9.15am
	4 Dec	K-2 Christmas Concert from 6pm
Mon	9 Dec	Presentation Day Assembly 9.15am
Wed	11 Dec	Yr6 Graduation 9.15am- 10.45am
	11 Dec	P&C Meeting 7.15pm
Thur	12 Dec	Yr6 Farewell 6pm-9pm
Mon	16 Dec	Talent Quest
Tue	17 Dec	PBS Whole School Reward Day
Wed	18 Dec	Students Last Day

From the Principal's Desk

Classes for 2020. We currently have thirteen very full classes planned for 2020. As per previous years, when we return next year, all students will commence in their 2019 classes until we see how many students arrive or leave the school. This works better for our students, families and teachers as we usually only move into our new classes once – rather than get students into the new classes and then rearranging.

If we get a number of new students we could need to change classes, maybe even go to fourteen classes. It would be great to be able to foresee the future but unfortunately we cannot.

P and C meeting next Wednesday 13 November at 7.15pm. Come and have a chat about our fabulous school! Some topics we will be discussing include the natural play space, possible solar project, proposed movie night and other items of interest. Be great to see new members – promise you we won't give you a job!

Swim school will be happening in week 6 and 7 of this term. Thanks to Mrs Gosling for her organisation, and Mr Wright and Mrs Carrigan for their help of this very important safety and health initiative, especially for us who live so close to the coast. 46 children will enjoy the fun of going on an excursion to the pool each day. Almost a guaranteed way of breaking the drought as we seem to get some rain every year during this time!

Rocks rocks rocks Ask and they are delivered. Thanks to SJ Reid who have donated the rocks and also the delivery for twenty tonnes. Much appreciated. Thanks to Mrs Lynch who is as excited as I am about the creation of this natural play space. It will look something like a dry creek bed with different 'pools' (zones) of focus – eg

Respect, Responsibility, Real Learning

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

sand, dirt, sticks, tonka trucks etc. It will be great fun and will be created under the gum trees along the border of the playground. Yes, the kids are probably going to get a bit dirty and maybe we'll have to design the rules along the way. They will be based on our core values of respect, responsibility and real learning. We are going to create this space with the children (apart from some of the really heavy lifting). Our GAs are planning some sleepers to go along the fence line so that the mulch, sand, soil etc doesn't wash away as easily.

Why include natural environments in outdoor spaces?

The Victorian Department of Education lists the benefits of natural environment play spaces as the following:

Current research clearly shows that natural environments and outdoor play are beneficial to children in many ways. Playing outdoors is important for developing capacities for creativity, symbolic play, problem solving and intellectual development. Outdoor play has clear physical benefits for developing children including helping children to acquire gross motor skills, eye-hand coordination and helping to prevent obesity.

Sensory stimulation derived from interacting with natural environments allows children to learn with all of their senses. These senses include seeing, hearing, touching and smelling. In a recent review of literature concerning children outdoors, Munoz examines research linking time spent outdoors to increased physical activity, healthy development and overall wellbeing.

Research also shows that children who have trouble concentrating benefit from playing outdoors, as after playing outdoors these children are better able to concentrate on tasks.

Natural play spaces can provide rich opportunities for children to explore new ideas and to develop their interests and understanding.

When thinking about the design of an outdoor space for children the following opportunities for children should be provided:

- to explore and develop a relationship with the natural environment;
- to gain a sense of freedom; and
- to explore and to learn the skills required to manage self risk.

New Kindergarten for 2020. The new students are lovely and we are looking forward to working with them and their families for the next seven years. They have the opportunity to be part of our school community through our remaining Kindergarten orientation and playgroups, which will continue to run for the next few weeks.

A bit of English fun.....

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10 researched-backed tips for raising happy kids By Michael Grose

There are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is

linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7. Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters

Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (*books come in handy*), playing sport (*a ball and some goalposts helps*) or learning to dance (*some suitable music helps*).

Joke of the Week

Person1: Knock-knock.

Person2: Who's there?

Person1: Cow says.

Person2: Cow says who?

Person 1: No, silly! A cow says "Mooooo!"



Compulsory Educational Fees

Please note any outstanding Educational Fees need to be **paid now**. This is an annual fee of \$30 per student. These fees are for subscriptions, iPad apps, Reading Eggs, etc. and are charged on a per-student basis. These items are used at school to develop your child's learning through Technology. **This fee must be paid before any extracurricular activities are undertaken.**

Uniform Shop

All 2020 Kindergarten orders are being filled as stock arrives. Thank you to those parents who have already placed their order. Every order directly assists the P & C to purchase resources for your School. Please be patient during this time as we are dealing with large orders for lots of new students. Please note you may receive your order in more than one delivery. If you have any questions, please do not hesitate to contact us balgowniepublicschool-uniform@pandcaffiliate.org.au

The last Uniform shop for 2019 will be Friday 6 December.

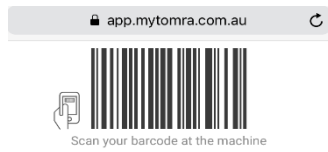


Double Deal - Helping your school & the environment!

You probably know about Return & Earn? What you may not know is that you can contribute Return & Earn money to Balgownie Public School!



Return & Earn works for those small single serve plastic bottles (eg. gatorade), cans or glass bottles. Milk cartons or big juice cartons etc are not accepted. You can recycle them in your yellow bin at home. **Where is Return & Earn located?** The automatic deposit machine is located at the back of the Fraternity Club in Fairy Meadow. When you get to the Return & Earn collection point, simply scan the barcode below and start feeding your bottles





ILLAWARRA JUNIOR VOCAL ENSEMBLE AUDITIONS FOR 2020
(Years 3-6)

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 2019, students performed at Southern Stars, Spring Into Corrimal, The Festival of Choral Music at the Opera House and The Kiama Festival of Choirs. They have had the opportunity to work with industry leaders in choral singing and composition.

The Ensemble is co-ordinated by Sonia Milgate (Pleasant Heights Public School), Lynda Murphy (Corrimal East Public School), Alison Charlton (Stanwell Park Public School) and Bede Darcey (Principal of Corrimal East Public School).

Rehearsals take place on a weekly basis during school term at *Corrimal East Public School Hall* on Thursday afternoons from 4:00pm – 5:00pm. The participation cost for students selected in the *Illawarra Junior Vocal Ensemble* is \$30 per term.

Audition Process:

Download the audition piece from the link below and upload a YouTube audition video. Fill in the required paperwork using Google Forms. All submissions will receive an email stating that their application has been received after the due date. Successful students will be offered a position by **Friday 29 November, 2019** and must commit to their position by **Friday 6 December, 2019**

<https://tinyurl.com/IJVE2020auditions>

Audition documents can be downloaded from the following link:

https://drive.google.com/drive/folders/111RU6XQHi_pl887gLNxrNj3VxpeyxbOC?usp=sharing

Expressions Of Interest are due by Monday 18 November, 2019

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

This initiative is supported by the NSW Department of Education.



SATURDAY • 9 NOVEMBER



11AM - 7PM
MACCABE PARK WOLLONGONG

WWW.VIVALAGONGFESTIVAL.ORG • ALL AGES & FREE!



MAIN STAGE 11AM-7PM

A VIVAcious line-up of music and dancing for every generation!
With MC: Bec Sandridge

- 11AM Welcome to Country - Aunty Bev Armer
Smoking Ceremony - Mark Mongta
Performance by Illawarra Mob
- 11.15AM Lord Mayor Welcome
- 11.25AM Dear Violet
- 12NOON Bollywood Exclusive Dance School
- 12.15PM Wollongong Performing Arts High School Band
- 12.45PM NRG Studios Illawarra (dance & cheerleading)
- 1PM Friday Park
- 1.30PM Footloose Rockers Dance Studio
- 1.50PM Alice Skye
- 2.40PM You. Therefore, Me.
- 3PM Frente
- 4PM Buggy Bumpers
- 4.20PM Wollongong Conservatorium All Star Jazz Big Band & Flash Mob Jam
- 5.10PM Gong Salsa Hub Dance Performance
Featuring Venus y Mauro
- 5.25PM Salsa Dance lesson with Venus y Mauro
- 5.45PM Club Havana Band
(Join the dancing fun with Gong Salsa Hub)



THE LIT STAGE 11.25AM-5PM

With MC: Adara Enthraler. Curated and produced by Baby Teeth Journal, with literary friends, this secret stage is a celebration of the written and spoken word from a whisper to a slam!

- 11AM (Welcome to Country - Main Stage)
Bookstore open
- 11.25AM Sign up for open mic
- 11.35AM Word Salad Presents, Linda Godfrey In
Conversation with Christine Sykes
- 12.15PM Readings and Performances from The Never
Heard of Them Anthology
- 1PM Enough Said Performance Poets
- 2.15PM INTERVAL
- 2.45PM 'Well Fair' performances presented by
Lexicon Innovations
- 4PM Slam Poetry Open Mic Hosted by Emily Crocker
- PLUS Book and merch stall run by Society City
Wollongong, plus on-the-spot typewriter poetry.

THE FOLK STAGE 11.25AM-5.30PM

Viva loves its Folk and the Illawarra Folk Festival have gathered some of the country's best for your Viva Folk fix!

- 11AM (Welcome to Country - Main Stage)
- 11.25AM MC Welcome
- 11.30AM Chris Wilson
- 12.30PM Anvil
- 1.30PM The Guilty Three
- 2.30PM Carefree Road Band
- 3.30PM Mates of Steve
- 4.30PM Jocean



COMMUNITY STAGE 11.25AM-5PM

Experience the world at home through VIVA's eclectic mix of music, drama and dance brought to you by the Gong's creative and culturally diverse community.

- 11AM (Welcome to Country – Main Stage)
- 11.25AM MC Welcome
- 11.30AM MKUD Makedonski Biseri (Macedonian dance, music, language)
- 12.10PM Putri Ayu Indonesia (mother & daughter dance team)
- 12.30PM Silver Lotus Belly dance
- 12.50PM Soul Flamenco dancers
- 1.25PM Switchfit Zumba
- 2.10PM Wollongong Baby Group
- 2.20PM Wollongong Harmony Chorus
- 2.40PM Out of the Blue Singers (women's a capella)
- 3.10PM Wollongong Flute Studio Ensemble
- 3.40PM The Swingaleles (Ukuleles)
- 4.30PM City of Wollongong Wind Band



ART PLAY ZONE 11AM-5PM

A mix of inspiration for kids, young people and their grown-ups, you'll find creative expressions and experiential playtime in the zone.

- 11AM-5PM
 - Early Start Discovery Space Pop Up with Puppet Shows, Bear Hunts and Rigamajig Construction (ages 3-12yrs)
 - Wollongong City Library Pop Up with games, free books and chill zone
 - Artist Richard Lee's collaborative large scale environmental sculpture (ages 12-18yrs)
 - Early Years Care Adventure Play Van and recyclable arts activity
- 11AM-1PM, 3.15PM-4.15PM Lilli Pang's Story Village
- 12-2PM, 3-4PM Artist, Angela Forrest's Natural Objects, Tiny Worlds (ages 4+)

CREATE•MAKE•LEARN 11AM-5PM

Create, make, expand your brain and strengthen your heart muscles through a smorgasbord of creative activities, info and story sharing plus a smattering of musical quirk.



- Nan Tien Temple Lantern Painting
- Illawarra Potters Society Clay Play
- Paint an Umbrella*
- MCCI Youth Group's World Map
- Falun Dafa Lotus Flower making
- SCARF Tent
- Green Team's Love Food Hate Waste
- Uniting's NDIS Sensory Tent
- Vision Australia Tent

PLUS

- 1-3PM Beginner's Ukulele with Uncle Cyril
- 1.20-4.20PM Make a Musical Shaker with Mama Mally Moo
- 11.30AM-12.30PM, 1-2PM, 2.30-3.30PM Allison Day Aboriginal Weaving
- 11AM-12.30PM Rumpus - Viva Sketch Fest*
- 4-5.30PM Rumpus - Bush Tucker Taste* (bookings recommended via www.therumpus.com.au/workshops)
- *not free



SILENT DISCO 11AM-7PM

Grab a headset and dance on the grassy knoll, like no one's watching. Mesmerising music from DJ NikNak.

SENSATIONAL CIRCUS 11AM-6.30PM

A colourful cavalcade of sensational circus performers whose 'soul' purpose is to dazzle and delight with jaw dropping acts of aerial wonder, acrobatic antics and circus play.

LA PETITE GRANDE

- 12.15PM Mr Gorski
 - 1PM Liam Power
 - 1.45PM Eloise Green
 - 2.30PM Mr Gorski
 - 3.15PM Liam Power
 - 4PM Eloise Green
 - 4.45PM Mr Gorski
 - 5.30PM Liam Power
 - 6.15PM The Great Dave
- 'Burgh Circus & Circartus (Scissors, Paper, Rock)
 - The Circus Playground
 - Circus Monoxide Youth Performance Troupe
 - Circus WoW
 - Glee & Grump
- Check the Festival blackboard for timings

IGNITE YOUTH STAGE 11.30AM-5PM

A celebration of all that's emerging! Our local talent showcased by Wollongong Youth Centre.

- 11AM (Welcome to Country – Main Stage)
 - 11.30AM MC Welcome
 - 11.40AM I Belong: A Story of Place*
 - 12NOON Once Upon a Time in Wollongong Harbour*
 - 12.30PM Kev Holmes (Live Music)
 - 1.10PM I Belong: A Story of Place*
 - 1.50PM Once Upon a Time in Wollongong Harbour*
 - 2.20PM Poetry reading & musical guest - Paris Barker & guests
 - 2.50PM I Belong: A Story of Place*
 - 3.10PM Once Upon a Time in Wollongong Harbour*
 - 3.40PM Yen Strange (Live Music)
 - 4.30PM Drumming Jam circle
- *Youth Theatre Production

BEATS & BOARDS
DJ and skating in the Wollongong Youth Services forecourt, come & join in!

THE CON STAGE 11.30AM-5PM

The Wollongong Conservatorium of Music proudly present some of their outstanding bands conducted by David Rooney, Eric Dunan, Des Cannings, and choirs under the direction of Trish Delaney-Brown.

- 11AM (Welcome to Country – Main Stage)
- 11.30AM Conservatorium Beginner Band
- 11.50AM Conservatorium Junior Band
- 12.10PM Conservatorium Concert Band
- 12.40PM Conservatorium Wind Ensemble
- 1PM Conservatorium Jazz Band
- 1.30PM Conservatorium Jazz Ensemble
- 2PM Conservatorium Jazz Orchestra
- 2.45PM Conservatorium Curious Rendition Orchestra (CROW)
- 3.45PM Conservatorium Youth Theatre Chorus
- 4PM The Conchords and Hummingbirds

SURPRISE ME 11AM-5PM

Lucky Dip VIVA charmers to stumble upon and be enchanted by!

- Local Fires from Wollongong Fire Station plus their Trucks!
- Roaming performances by True & Love, The Madri-Gagas and Fish out of Water.
- 'Loaf Lane' by Hidden Harvest
- ACON & Queer Space Drag Makeup
- The Rainbow Underground - Drag Bag Stall (11am-5pm)
- Cindy Doll & Tina T Retro Makeovers
- On-the-spot, bespoke Typewriter Poets
- Free Kids Facepainting

Plus, a variable feast of delicious international food and beverages from Gozleme to Goulash! Plus, Artisan stalls for foraging old records, retro textile design, handmade luxuries and decorative arts.





The Flame Tree Project

Illawarra in Song

2020 PROGRAM AUDITIONS

Students in Years 3-8

The Flame Tree Project is a unique, high quality choral program for talented young singers in the Illawarra coordinated by local volunteers. Workshops run over 2 weekends at the **Wollongong Conservatorium of Music**.

Successful applicants will be immersed in high-quality vocal workshops, working alongside a professional composer, choreographer and musicians as we develop original songs reflecting the Illawarra.

In 2020, we are delighted to share the story of **'OOLA BOOLA WOO' – THE DREAMING STORY OF FIVE ISLANDS**. Four outstanding Australian composers have been commissioned to produce 7 original compositions.

The cost of this unique program is \$135. The Flame Tree Project is a registered provider of the NSW Government's 'Creative Kids Program' and a \$100 voucher can be claimed against this cost. We also have subsidised places available courtesy of the generous support the **IMB Community Foundation**.

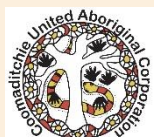
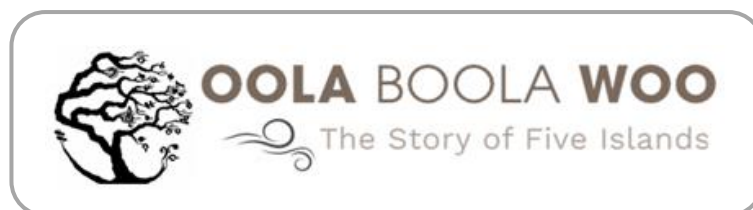
AUDITIONS COMMENCE: Thursday 7 November 2019 (no prepared pieces are necessary)

WORKSHOP DATES: Sat/Sun 22 & 23 Feb and Sat/Sun 21 & 22 March 2020

PERFORMANCE: 22 March 2020



2020 program Application Forms can be found on our Facebook page. For further information please email stevew@flametreeproject.com or phone 0437 885731.



FLAME TREE COMMUNITY PARTNERS:





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 2020.

Your child will be given a Parent Information Kit in the first few weeks of Term 1, 2020, 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 in Year 7:

GRADE	VACCINE	SCHEDULE
	Diphtheria-Tetanus-Pertussis (dTpa)	1-dose
	Human Papillomavirus (HPV)	2-dose schedule (6months apart)

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

4 November 2019