CALENDAR – TERM 4

Thur 29 Oct School Starters Playgroup 9am

29 Oct Canteen OPEN today

Frid 30 Oct Netball Gala Day

30 Oct Last Book Club for 2015 Due

30 Oct Pizza Day Deal – Preordered

Wed 4 Nov Kinder Orientation 9.30-11am

Wed 6 Nov Brokers PSSA Gala Day

Wed 11 Nov P&C Meeting in Library 7.15pm


In 2012, the NSW Government announced its Local Schools, Local Decisions (LSLD) reform for NSW public schools. This reform places students at the centre of school decision making. It gives principals and school communities a greater say over how they use the available resources to best meet the needs of their students.

To enable the shift of resources to the school level, a Resource Allocation Model (RAM) has been developed. The RAM provides a simpler, fairer and more transparent distribution of government school funding and changes the way resources are managed in our school system.

On 21 October 2015, the NSW Premier the Hon Mike Baird MP and the Minister for Education the Hon Adrian Piccoli announced the next phase of the RAM implementation. In 2016, $113 million in additional funding has been allocated to NSW public schools through the RAM. These additional funds have been allocated in a way consistent with the recommendations of the Gonski Review.

In 2016, NSW public schools will receive a base allocation for staff professional learning and funding for each student using a new methodology. Schools will continue to receive equity loadings for socio-economic background, Aboriginal background, English language proficiency and low level adjustment for disability.

In 2015 the additional funding was spent on the following for the benefit of our students:

- TEN (numeracy) training for all K-2 teachers
- One extra day per week support for students with learning or English as Second Language needs (supplementing our allocation)

- Fifteen robotics kits bought which all Stage Three are using with training for our teachers. Real future driven learning for all our students supported by quality teaching by our trained staff!

- Teacher professional learning in curriculum and assessment (supplementing other teacher learning)

- Support Learning officers working with targeted students in classrooms including a talking/verbal phonics program in Kindergarten

- Executive leadership initiatives including curriculum and school evaluation

- NAIDOC week Aboriginal activities

- Culturally appropriate Aboriginal literacy resources through guided reading material for all students

These are through our additional “Gonski” funding this year and are not all that we have achieved for the betterment of our students.

Our results in NAPLAN this year include:
Student percentage at or above expected standard.

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<tr>
<th>year</th>
<th>Yr 3</th>
<th>Yr 5</th>
<th>Yr 7</th>
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<td>Writing</td>
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<td>Numeracy</td>
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Student percentage in the top two bands in NAPLAN. These are our best results yet! Well done to our hard working staff and wonderful students.

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<thead>
<tr>
<th>year</th>
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<th>Yr 5</th>
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<tr>
<td>Reading</td>
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<tr>
<td>Writing</td>
<td>64</td>
<td>22</td>
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<td>Spelling</td>
<td>58</td>
<td>39</td>
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<td>Grammar and punctuation</td>
<td>60</td>
<td>41</td>
<td>43</td>
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<tr>
<td>Numeracy</td>
<td>53</td>
<td>49</td>
<td>28</td>
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What to say when kids become anxious By Michael Grose. 7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steady influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’ Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.” A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.” Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.” Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?” The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?” Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.” Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that they are, in effect, training their brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Keep our children safe around our school

When dropping off and picking up your children, please be mindful of keeping our children safe.

A reminder of the rules around children’s crossings. Please pass this information on to your relatives and friends to keep our kids safe!
Where there is a yellow line on the gutter, it is a no stopping zone. This means you are not to stop your car for any reason, even to quickly drop off your children. There are also ‘no stopping’ signs there. Please be aware of these no stopping zones as they are for the safety of the students in our school.

‘Kiss and Drop’ zone is to the west of the school gate and has room for about three cars at a time. This is not a place to park and leave the car, or park and wait for your child to come out of school. These zones are designed for a 2 minute stopping only.

Across the road between the school gate and Brokers Road (on the other side) is space for 2 cars to park.

Please go through the Children’s crossing rules with your children. If the flags are up, they have right of way. If the flags are not up, they must give way to cars. It is also good practice to teach your child to look before crossing to make sure the cars have seen them and are stopping.

As a driver at children’s crossings, you need to stop at the painted line and you are not allowed to move until all pedestrians are completely off the road. This is different to zebra crossings.

Canteen Roster for Term 4 Week 5
Thank you to the generous volunteers who donate their time to keep our canteen open. Please consider joining our volunteer team to keep our canteen open every day. Next week’s volunteers are:

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<th>Day</th>
<th>Volunteers</th>
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<tr>
<td>Mon 2 November</td>
<td>Karen Rogers/Paula Perry</td>
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<tr>
<td>Tues 3 November</td>
<td>Marissa Bull/Sue Mulquin</td>
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<tr>
<td>Wed 4 November</td>
<td>CANTEEN CLOSED - NO VOLUNTEERS AVAILABLE</td>
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<tr>
<td>Thur 5 November</td>
<td>Chantal Sproates/Tanya Vliestra</td>
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<td>Frid 6 November</td>
<td>Yuki Nakamura/BelNaheada Baghdadi/Kathy Luck</td>
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If any volunteers old or new are available on Wednesday 4 November please text Karen on 0401 729778 asap so we can open canteen that day. Thanks!

Canteen News
Thanks to Hazel Merola and Fahmiya Haniffa we are able to open the Canteen this Thursday 29 October.

Please remember normal Canteen is still closed on Friday 30 October when we have the PIZZA DAY fundraiser instead. Note that all pizza preorders have closed.

Community News

Vacancy for Volunteer Ethics Teacher at Balgownie Public School
If you or somebody you know has been thinking about becoming an Ethics Teacher now is the time to apply. We need a new volunteer to join us so we can keep offering the same number of Ethics classes in 2016.

Volunteers receive training from Primary Ethics and lots of support from the team.

You must be available on 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.

Playgroup at Balgownie Village Community Centre in 2016
Are you interested in coming along for a couple of hours where your child can play with other children and you can interact with others whilst watching over them?

Balgownie Village Community Centre is looking at starting up a Playgroup in 2016 on Mondays from 9.30am to 11.30am. Call on 42853225 or email bvcc1@optusnet.com.au if you are interested.

Thought of the Week

Fairness in resource allocation is not only important for equity in education, but it is also related to the performance of the school system as a whole.

Have a great week!
Aloma Stewart

Joke of week
Q: What do you get when you cross a stream and a brook?
A: Wet feet.

Thought of the Week

80% of people with a peanut allergy will have it all their life. Be safe check that nuts are not on the list of ingredients in food sent to school.

Be safe - Be a mate leave peanut products at home.

Respect, Responsibility, Real Learning
Principal: Aloma Stewart  PO Box 192 Fairy Meadow NSW 2519  P&C: www.balgowniepnc.com
Join Michael Grose for a 4-week online parenting course

**Parent Well with the Meta-Moment**

Get the skills to be a more effective parent as well as help your kids better manage their feelings and emotions.

**Parent Well with the Meta-Moment** is one of a series of online courses to teach you how to gain mastery over your emotions so you can be successful in all areas of life.

- The Meta-Moment is a practical research-based tool developed by the Yale Centre for Emotional Intelligence
- Retrain your brain to be a better parent so you can always stay cool in stressful situations.
- Learn how to manage everyday stressful situations calmly so you don’t respond with angry outbursts and don’t say things to your kids that you regret later on.
- Help your children stay calm rather than overreact when others tease or taunt them.
- Develop critical greater self awareness of how your thoughts and emotions drive your behaviour, and importantly be able to pass these skills on to your children.
- Downloadable weekly videos, workbooks, learning activities and Facebook Q & A to discuss and answer your queries with Michael Grose
- A useful tool for carers and teachers who are looking for a great tool to help their students better manage their emotions
- Suitable for all age groups

The 4-week **Parent Well with the Meta-Moment** starts on 13 November.

Join now for a [special discount price of $57](#) (normally $67) to take advantage of FREE access to **Parentingideas Club** before the course starts on 13 November. Use special discount code: METASPECIAL

Or why not join **Parentingideas Club** for $167 (normally $197) annual membership and get access to **Parent Well with the Meta-Moment** plus the CLUB plus 4 more online parenting courses planned during the next 12 months. Use special discount code: METASAVE


Or contact the Parentingideas team 03 59831798  office@parentingideas.com.au