NETBALL GALA DAY
On Friday 30th October, Miss Burrows and I took a brilliant bunch of girls to Berkeley to play netball. Seven games of netball in fact! To say this day was exhausting is an understatement. These girls played 7 almost continuous games of netball with a few minutes in between to gather themselves. They played under some very difficult conditions and against some very “assertive” teams. Regardless of the result, I can honestly say that I am so very proud of each and every one of these girls. Balgownie Public School has a strong reputation of producing not only some fine sports people, but most importantly people who play with incredible sportsmanship and passion.

Thank you ladies, for allowing Miss Burrows and I the chance to coach you and be a part of a sport that we both love – netball.
Super proud once again,
Mrs Lynch

TARRAWANNA SALVATION ARMY VISIT
Last week, students from the Stage 2 Choir and K-2 had the pleasure of singing to some wonderful ladies from the Tarrawanna Salvation Army Home League. The feedback I received from many ladies on the day was so positive and heart-warming. The ladies thoroughly enjoyed our children’s performances so much they’ve requested to come back again next year.

I would like to extend my sincere thanks to all of the students who participated in this event. Our students, once again, did Balgownie very proud, not only in their singing and performances, but in their behaviour afterwards, while mingling and serving morning tea. Several of the ladies congratulated our students on their behaviour, respect and wonderful manners. You should all be very proud of yourselves – I know I am. Thank you guys – every one of you!!

Lastly, to the wonderful parents who provided morning tea, thank you so much for being a part of this event and allowing your children to give back a little something to the community. It was so wonderful to watch them interact with the older generation and I know your kids made these ladies feel very special. I feel very privileged to be a part of this wonderful school community.

Thanks a bunch,
Mrs Lynch

Kindy 2016 (the class of 2028) – Orientation One.
It was lovely to meet our new cohort of Kindergarten students and they looked confident and happy at school today on their first official orientation. They shared a lesson with their parents in the classroom.

Today they are in class by themselves and their parents are learning about our school and Best Start. The new Kindies will also meet their, Year 5 student buddies. It is wonderful to see the responsibility and care shown to these students by our older children, who genuinely want this to be a smooth start and fun experience for the new generation of Balgownie Kids. Not to mention they can help unwrap those challenging packaging items at lunch and recess!

Transition Playgroup is a huge success. Thanks to the parent team who have continued with the fifth year of this important initiative to build relationships with our new families and to make sure that the new generation of Balgownie Kids are happy and confident to come to ‘big school.’ They play hard and have a great time. The focus of the group is on the children starting school in 2016. It is on from 9.15-10.45am on Thursdays in the hall and complements our three orientation sessions.

We are currently looking for a team of coordinators for next year. If you have a child who is starting school in 2017, we need you! The program is all set and the current and past playgroup leaders are happy to mentor you. Please see me or the Playgroup ladies to put your name down.

We also say thanks to the P and C who have donated a
Balgownie School Hat to each new student. It is a great way to start our expectations of school uniform with our students.

**Thanks Staff** I would like to thank the staff at Balgownie School who consistently spend their own time so that students at our school have every opportunity. They are available before and after school to meet with parents and respond to emails while working at home. Parent concerns are followed up and I know how much the parents at our school value the hard work they put in. It is not just a job with our caring staff.

They also ensure that our children have opportunities through extra time spent with the ‘above and beyond’ activities that they volunteer to organise in their own time. Thank you teachers. Your dedication to our students and their families is noticed and appreciated.

**School Swimming for safety and fun.** Our students had a great two weeks at swimming scheme with some variable weather! The students will be given their Swim Scheme certificates on next Thursday's assembly. Thanks to Miss Scott, Mrs Masters, Mrs Carrigan and Mrs Sheath for their hard work. A special thanks to Mrs Sheath who, together with the office staff have ensured that the organisation for the two weeks has run smoothly.

Our students really improved and from the start to the finish they made outstanding progress. Well done! Not only did our children learn to swim more competently, they also had daily water safety lessons, which is part of our PDHPE curriculum.

To maintain and continue the improvement, it would be beneficial for your child to continue swimming lessons over the holidays. Some centres (and Wollongong Council) run intensive swimming schemes over the summer for two weeks. Living as close as we do to the wonderful beaches, we want all of our students to be able to swim competently, not just 25 metres, but 50 metres. Please continue to build your child’s learning with some more lessons, and some practice as a family.

You can find information about water safety at: [http://www.swimaustralia.org.au/](http://www.swimaustralia.org.au/)

No measure can ever guarantee that children are safer in, on and around water. Children can and do find ways over fences, and even those who have had swimming lessons can still drown. For this reason the SwimSAFER message promotes the application of various layers to protect children from drowning - if one layer ‘fails’ then there is another behind it that may save their life. The layers of protection are:

1. Supervision
2. Barriers
3. Swimming and Water Safety Skills
4. Emergency Action Plan

All the layers of protection need to be employed at the one time to ensure optimal water safety.

**Did you know that in March 2009, the American Medical Association’s Archives of Paediatric and Adolescent Medicine reported a study by the USA’s National Institute from Health that concluded:** “Participating in formal swimming lessons was associated with an 88% reduction in the risk of drowning in children between the ages of 1 to 4”.

**Swimming & Water Safety from the website.** Being able to swim well is one of the greatest gifts that can be bestowed upon a child – especially in Australia. Fun, healthy water-based opportunities abound. Equally, a high level of swimming and water safety skills are necessary for full, enjoyable participation – as part of a safer framework.

For young children, the basic swimming and water safety skills include:

- Water familiarisation, where small children explore and become comfortable in water environments, developing a respect for the water.
- Gaining confidence through various water activities which include and lead into “safe entries and exits” *breath control *submersion *propulsion with arms and legs *turning and *back floating
- Developing the ‘strokes’ so that your child can efficiently cover much greater distances. The whole ‘learn to swim’ experience should be positive; free from fear or force, with a focus of skill acquisition and safety around aquatic environments.

As your child gets older, the chances are that they will be exposed to potentially hazardous water situations that will require them to be ‘stronger’ swimmers. Swim Australia recommends that children are able to comfortably complete a 400m swim before they are deemed to be able to swim well. As this ability is developed, they should also be learning a variety of rescue skills.

Combined with learning the physical skills, the child is developing parallel water safety knowledge. This ranges from knowing not to go near the pool unless with an adult through to swimming between the flags when at the beach. Please note: no matter how well your child can swim, they are never safe around water. There is no such thing as ‘drown-proof’ or ‘water-safe’.

- Water temperature – a sudden immersion in cold water can result in ‘cold shock’ which may lead to deep gasping, panic and inhalation of water. Even a child who can swim, can drown in the first 2-3 minutes due to cold shock.
- Turbulent water – children who are used to swimming in still water can panic if the water is choppy or swirling. Panic can easily cause a child to forget all of their swimming skills and go under.
- Clothing – wet clothes are extremely heavy and can add an extra 20-25% of a child’s body weight. Clothed swimming practice in lessons is supported.
- No Goggles – even the simplest thing like falling in without goggles can lead to drowning – it is very easy for children to panic, and once this happens their survival rates of an accidental fall in decrease.
- Tiring – children who are swimming well one minute, can also get tired, panic and go under quite quickly, so constant supervision of children who are swimming is essential.

While swimming lessons do not substitute for proper...
supervision, learning to swim can make a huge difference if your child accidentally falls in.

**Did you know that the over use of floatation devices** (e.g. inflatable arm bands) can give children a dangerous false sense of ability, taking away their respect for deep water and their self preservation. When the devices are removed, children often forget they are not wearing them, and leap into the water only to sink straight to the bottom. Although they may have a limited place in teaching and recreational settings, they must not be relied upon and are NOT a substitute for supervision. Swim Australia recommends periods of ‘floatie-free’ time while swimming if you choose to use floatation devices.

*Have a great week!*
Aloma Stewart

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### Joke of the week

**Q:** What did King Tut say when he was scared?
**A:** I want my mummy!

### Thought of the Week

Do all the good you can, in all the ways you can, to all the people you can.
- John Wesley

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### Year 6 students thoughts about heading to High School

‘I am excited to go to High School but I will miss Balgownie. I am going to the same school as my friends, so I’m glad about that’. Faith Parkinson 5/6L

‘7 years at Balgownie Public School has been a lot of fun. I’m really excited and can’t wait for High School’. Trae Liddell 5/6L

‘I am excited about leaving year 6 because I can be more independent and make lots of new friends’. Kaleb Templeman 5/6M

‘I am sad about leaving Balgownie Public School because I will miss all of my school friends. I’ve spent 7 years of my life here and it will be a big change’. Jordyn Ross 5/6M

‘I am glad that I am moving because I’ve been at Balgownie Public School for a long time and I am looking forward to making new friends at Edmund Rice College’. Harry Drain 5/6B

‘I’m glad to leave Primary School to make new friends and to be more independent. I have had a lot of fun throughout the last 7 years Balgownie Public School’. Lizzie 5/6B

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### CANTEEN ROSTER FOR TERM 4 WEEK 6

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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Volunteers</th>
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<tbody>
<tr>
<td>Mon 9 November</td>
<td>Wendy Myers/Elissa Kohler</td>
</tr>
<tr>
<td>Tues 10 November</td>
<td>Linda Moss/Erin Steyger</td>
</tr>
<tr>
<td>Wed 11 November</td>
<td>CANTEEN CLOSED - NO VOLUNTEERS AVAILABLE</td>
</tr>
<tr>
<td>Thurs 12 November</td>
<td>Sharon Sackett/Sue Mulquin</td>
</tr>
<tr>
<td>Friday 13 November</td>
<td>Melissa Ryan/Amanda Primmer/ Emma Kipps</td>
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If any volunteers old or new are available on Weds 11 November please text Karen on 0401 729778 asap so we can open canteen that day. Thanks!

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### 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.
Accor plus Wollongong along with "Make a Wish" will be hosting a charity dinner on Friday 13th November 2015 at the Novotel Wollongong. Tickets are $90.00 ea or a table of 10 - $850. Please come and help us to raise much needed funds for this great cause. Please contact Accor Plus on 0242223002 or make a Wish directly on 1800 032 260. THANK YOU for your support.