Congratulations to our team who are now competing next term at the Brokers Cross Country carnival. We know you will maintain our excellent reputation for sporting success and sportsmanship. Well done to our winners!

Cross country carnival presentation will be held on Monday 27th April at 2.15pm.

The first 3 students in each age group were:

8/9 Year Girls
Abby Spencer
Olivia Sheppard
Hayley Deacon

8/9 Year Boys
Tyler King
Lucas Trajeceiski
Dylan King

10 Year Girls
Teagan Myers
Kalia Spencer
Emilia Sepulveda

10 Year Boys
Rhyley Ellem
Jack Balkwill
Trey Quible

11 Year Girls
Natasha Trajeceiski
Rachel Moulds
Rebekah Burford

11 Year Boys
Daniel Merola
Angus Kettle
Joshua Nikolovski

12/13 Year Girls
Zali Hill
Faith Parkinson
Hannah Reid-O’Brien

12/13 Year Boys
Zac Hawes
James Kipps
Harry Drain

Events that have happened this term include:
- Dance to Be Fit
- Swimming and Cross Country carnivals
- Life Education (funded by the P and C)
- Grandparents day
- School photos
- Resilience workshop
- Author visit
- Stage 3 assembly

I would like to take this opportunity to thank our hard working team who continually impress with their willingness to go the extra mile for our students. Thanks to teachers and our support staff for a great term 1.

Staff development day next term is focussing on Assessment for Science, action research and assessment

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Term 2 calendar is attached, on the app and also printed for your information. On the back of the printed calendar is the Canteen volunteer schedule.

Parent teacher interviews Thank you to all who have made the time to meet with their child’s teacher. We value the partnership that we have with our parents and work together to help our children be the best they possibly can be. If you have not made a time to meet with your child’s teacher, feel free to do so in term 2.

Chess Champions! Congratulations to our chess players. Balgownie team was second on the day and Lance Koschny was the primary champion. We are very proud of the whole team. Well done!

The State Swimming Championships were held last week and Emma Lowe represented our Region and our school. She made the final in 50m breaststroke where she came tenth with a personal best of 43 seconds. In 50m butterfly, she was placed 23rd in state and beat her PB by 2 seconds. Well done, Emma!

The North Illawarra PSSA Boys representative football team recently competed at the South Coast selection trials to select a South Coast PSSA team to compete at the NSW PSSA State Championships. Balgownie Public School was represented by Harry Drain and Joshua Nikolovski who played their personal best. Both boys played four rounds and made it to the Probables & Possibles. Well done boys!

Cross Country carnival was wonderful. Last Thursday, the sun shone on Balgownie Public School for our carnival. The grounds were still a little wet but our students ran hard. Not only did they compete fairly and fiercely, but their spirit of sportsmanship and support for each other was fantastic. It really demonstrated the values that we wish our students to have; of looking out for each other and acknowledging effort as well as success.

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**CALENDAR – TERM 1**

<table>
<thead>
<tr>
<th>Thu</th>
<th>2 April</th>
<th>Canteen Closed</th>
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<tbody>
<tr>
<td></td>
<td>2 April</td>
<td>Last day of Term 1</td>
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<tr>
<td>Tue</td>
<td>21 April</td>
<td>Start of Term 2 for students</td>
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<tr>
<td>Fri</td>
<td>24 April</td>
<td>Anzac Day Assembly in hall 9.30am</td>
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<tr>
<td>Mon</td>
<td>27 April</td>
<td>Cross country carnival presentation in hall 2.15pm</td>
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<tr>
<td>Sat</td>
<td>2 May</td>
<td>School Working Bee 1.30-4.30pm</td>
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for learning. These are led by Catherine Hanes and the executive team.

This term there has been a number of professional learning opportunities for our staff as we are firmly committed to continual improvement in our practice for our students.

Making the most of these holidays

You don’t need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the holidays can be stressful. For many parents the prospect of keeping children occupied can be daunting. Kids who keep busy with school, after school activities and weekend sport suddenly have time on their hands and look to you to keep them busy. Here are some ways to help make the holidays enjoyable and fruitful for all.

1. Mix up the routines
   The best part about holidays is the move away from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as a return to school comes closer so kids are prepared for going to bed and getting up at earlier times.

2. Mix ‘me’ time with ‘them’ time
   Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays are chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

3. Resist being your child’s home entertainment machine
   Give children opportunities to keep themselves occupied or think of inexpensive, fun ways to keep themselves amused. “I’m bored” is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

4. Team up with other families
   Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child’s social circle. Create opportunities to spend time with other families preferably with children the same age as yours.

Make sure you provide the three types of activities that children want with their parents – i.e. rituals and celebrations, including family mealtimes; one-on-one activities where you spend some time alone with each child; and unstructured, impromptu activities such as playing simple games, story-telling and walks around the neighbourhood. These are important relationship-building activities that bind families together and enable you to build up emotional collateral with kids as they move into adolescence.

Have a great holiday and enjoy the time spent with family and friends. Hope the weather is kind, especially if you are camping!

Have a great week!

Aloma Stewart

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Joke of the week

Q: Which knight runs a 7-11?
A: Sir Lurpee.

Thought of the week

Grant that I may not criticise my neighbour until I have walked a mile in his moccasins.

-Native American saying.

Parenting Ideas Magazine - Michael Grose

The latest issue of Parenting Ideas Magazine is available at the following link:

ICAS - International Competitions and Assessment for Schools

The International Competitions and Assessment for Schools (ICAS) run by the University of NSW, is offering the opportunity for students throughout Australasia to enter their competitions. These tests are competitions which challenge students to use their knowledge, skills and understanding. Permission notes and further information will be sent home shortly.

ANZAC DAY ASSEMBLY

Our school Anzac Day assembly is being held on Friday 24 April at 9.30am in the Hall. All community members are invited to attend.

MOTHERS DAY STALL AT BALGOWNIE PUBLIC SCHOOL - Wednesday 6th May

Come and buy a gift for your wonderful Mum at the Mother’s Day stall. Prices from $0.50 to $10.00 with something for all Mums.

CANTEEN NEWS

For Term 2, the first day the Canteen is open day is Tues 21 April. Please contact Karen Rogers on 0401 729 778 or by email at kazrogers@optusnet.com.au if you can help out on any of these days in Term 2: Wed 29 April, Thurs 30 April, Thurs 7 May, Tues 12 May, Wed 13 May, Wed 19 May, Friday 29 May, Tues 9 June, Wed 10 June, Thurs 11 June, Tues 16 June. Please also check the canteen volunteer planner on the back page of the school Term 2 planner you receive this week.

SCHOOL WORKING BEE- SAVE THE DATE!

The school working bee will be held on Saturday 2nd May from 1:30pm to 4:30pm. The working bee is always lots of fun for our school community and a great chance to get out in the fresh air and lend a helping hand. Our main tasks will be a general tidy up, weeding, mulching, pruning, and veggie garden improvements. Please bring tools (labelled with your name), whimper snippers and anything else you think might come in handy. We will also be building a fantastic new scarecrow for the veggie garden....so bring some creative ideas as well! Afternoon tea will be provided. If you would like further information, please contact Vanessa Allen (nessallen01@yahoo.com.au) or Karen Rogers (kazrogers@optusnet.com.au). Hope to see you there!
ISER JUNIOR BAND CAMP
An invitation to students to apply for ISER Junior Band Camp held at Stanwell Tops on Sunday 24th to 26th May 2015 for years 3-10. This program is perfect for students that have been learning an instrument for the last 1-2 years. They divide students into “Concert Band” and “Rock Band” and learn pieces of music over the 2½ days and perform a concert for the parents at the end. Members of the group have gone on to join other regional instrumental programs such as Ensemble or Southern Stars Orchestra (Usually High School)
Applications close on the 1st of May cost is $200.
Contacts are:- Greg Costello (Coordinator)
Figtree Heights Public School 0408271107 or gregory.costello@det.nsw.edu.au
Alison Garvie (Assistant Coordinator)
Helensburgh Public School agarvie@aapt.net.au

Interschool Chess Challenge 2015 Primary Division

North Illawarra PSSA Boys representative football team

BALGOWNIE HERITAGE SCHOOL MUSEUM

BALGOWNIE REMEMBERS
SOLDIERS OF WW1
Invitation to come and share your stories and photos’s

May 3rd 2015
10am to 4pm
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<th>Week</th>
<th>MONDAY</th>
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<td>SDD</td>
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<td>2.15pm Cross Country presentation</td>
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<td>Brokers Cross Country - Towradgi Park</td>
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<td>Soccer knockouts – boys and girls</td>
<td>Working bee 1.30-4.40 sat</td>
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<td>Lock Down practice this week</td>
<td>NAPLAN Language Conventions and writing</td>
<td>NAPLAN Reading</td>
<td>NAPLAN Numeracy</td>
<td>School leaders to Conf - UOW</td>
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<td>Kinder for 2016 Open Day 9.30-10.30</td>
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<td>QUEEN'S BIRTHDAY</td>
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<td>Principal’s report 6.45pm</td>
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<td>ICAS Spelling School athletics carnival</td>
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<td>Athletics presentation 2.15pm</td>
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<td>Reports to Parents</td>
<td>Walkathon</td>
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<td>W K 1</td>
<td>MONDAY</td>
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<td>FRIDAY – busy day 3 volunteers helps</td>
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<td>20 April SDD</td>
<td>21 April 1st day canteen Michelle Guiliano Faye Southcombe Nicola Sheppard</td>
<td>22 Apr Hazel Merola Nicky Kettley</td>
<td>23 Apr Sharon O'Brien Joanna Lindenaug Margaret Lynam</td>
<td>24 Apr Belinda Down Zoe Wood Samantha Brown</td>
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<td>27 Apr Jameela Krishna Bianca Ljubicic</td>
<td>28 Apr Jodie McLaughlin Barbara Picciolini</td>
<td>29 Apr Joanne Welsh Counter Sales will close on this day without 2nd Volunteer HELP NEEDED</td>
<td>30 Apr HELP NEEDED – Without Help Canteen will close on this day</td>
<td>1 May Yuki Nakamura Bell Naheda Baghdadi Kathy Luce</td>
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<td>5 May Marissa Bull Alison McKillop</td>
<td>6 May Ljuba Rodic Fahmiya Hannifa</td>
<td>7 May Chantal Sproates Tanya Vliestra HELP NEEDED</td>
<td>8 May Melissa Ryan Amanda Primmer Emma Kipps</td>
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<td>11 May Wendy Myers Elissa Kohler</td>
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<td>13 May HELP NEEDED Without Help Canteen will close on this day</td>
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**HELP NEEDED**

Without Help Canteen will close on this day without 2nd Volunteer

**HELP NEEDED**

Without Help Canteen will close on this day

**HELP NEEDED**

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Without Help Canteen will close on this day without 2nd Volunteer
Parent Well with the Mood Meter Program – Building Emotional Intelligence

Join Michael Grose for our 4-week online parenting course Parent Well with the Mood Meter Program

Help your kids learn to manage their emotions, improve their mental health and be happier.

Parent Well with the Mood Meter Program is the first in a series of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at Yale Center for Emotional Intelligence
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week Parent Well with the Mood Meter Program starts on 3 May.

Join now for $57 to take advantage FREE access to Parentingideas Club before the course starts on 3 May.

Or why not join Parentingideas Club for $179 annual membership and get access to Parent Well with the Mood Meter Program plus the CLUB plus other courses planned during the next 12 months.


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