A reminder to parents to notify the school about your child’s health. We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

If your child has asthma or anaphylactic reactions, it is your responsibility to update your child’s medical plan and medications.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

Happy Eid for last week for our Islamic families. I hope you had a wonderful celebration of the end of Ramadan and spending time with families and friends.

PSSA Boys Soccer Knockout - Round 3
On Monday 22nd July, the school soccer team travelled up to Woonona to play against Woonona Public School. Both teams played a great game and Bally scored one goal in the first half. Both teams played better in the second half but then Bally came out stronger and scored two more goals. At full time Bally had won 3-0 and are excited to advance to Round 4. Great game boys!
By Josh and Zac

Super athletes recognized. Well done to our super athletes who received ribbons at Monday’s assembly. Great effort. We might see you at the 2020 Olympics! Thanks to Mr Loxton for organizing the assembly.

The Brokers District Athletics Carnival will now be held on Wednesday 5th August 2015 due to Southern Stars rehearsals.

Celebrating Education Week! Come and visit us and share in the extraordinary things that occur every day in our school.

Tuesday 28th July
Southern Stars rehearsal at Sport Stadium all day.

Wednesday 29th July - Open Day
ICAS test for English.
11am-11.50am Picnic Lunch – Bring your own picnic and share our playground with your children.

12-12.50pm Open Classrooms. All parents and carers are welcome to visit rooms and see our fabulous teachers and students in action. There will be a science focus in the classrooms.

1pm-1.50pm Concert Stages and classes will be performing for you.

During Education week it is time to stop and reflect what Balgownie, as part of the Public Education System of NSW delivers every day to all students:

- World class education programs. The public education system sets the direction and standard for education across NSW for everyone.
- Quality teaching. Highly educated, skilled and dedicated workforce.
- Responsive and flexible education. Broad and relevant educational programs meeting student and community needs.
- Values, care and citizenship. Safe and nurturing learning environments that develop respect, understanding and responsibility. Public education provides a well-rounded education that values and supports the intellectual, creative, physical, social and emotional development of every child.
- Choice and diversity. A broad range of opportunities catering for individual needs and interests.
- Opportunities for all. Environments where all students, regardless of background, can realise their full potential.
- Local and accountable. Meets local needs and
statewide standards.

- **Competitive.** By any standard our results are outstanding.

Balgonie Public is proud to be part of a system that plans and delivers quality education for every student in our school, both in the classroom and in the broader life of our school. Happy Education Week!!

Keep our children safe around our school.

Just 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.

**Child protection this term** Attached to the newsletter is the lesson outline for Child Protection. This essential part of our PD Health syllabus helps protect our children by discussing personal safety. We use the key phrase of “No, Go, Tell.” If you have any questions, please speak with your child’s teacher.

**Parenting idea - Keep children safe in public with these 5 ideas** By Catherine Gerhardt

There is a strong shift away from the old rule of “never talk to strangers” to “never go anywhere with anyone without asking permission first”. A child who has been taught to never talk to strangers may feel they have nowhere to go if they find themselves lost in a shopping centre or other public place.

As parents we need to emphasise who is a “stranger”. Your definition and your child’s may be quite different. Engage with your children to help them understand that a stranger is simply someone whom they do not know. We do not know if someone is good or bad just by looking at them. Rather, we need to teach our children about “strangeness”, which is way down at the feeling level. This is about helping kids recognise that something doesn’t feel right, and then to trust and act on those feelings.

Five ways to enforce the new rule:

1. **Never go anywhere with anyone without asking**

   **permission first** This is the new fundamental rule to keeping kids safe. This rule must NEVER be broken. Regardless of if it is a school, public or family function, work with your children to ensure they always ask an adult for permission before going off with ANYONE.

   Classic “what if” scenarios are worth their weight in gold. “You are at school and walking back to class after snack attack when a man comes up to you and says he is looking for his son’s class. He asks you to go with him to show him where it is. Do you go?”

   Use tempting scenarios that are relevant to your child, such as puppies or toys, and discuss safe options and strategies in each case.

2. **Your personal alarm** Children have an innate sensitive personal alarm, which we can teach them to use. This is their natural defence system. Work with them to identify and recognise the physical and environmental signals that cause their alarm to sound. Knowing that a rush of adrenalin will cause physiological changes in our bodies and activate our personal alarm is a good start. A child’s personal alarm will present the same physical and emotional cues that an adult’s will.

3. **Trust your instincts** Have you ever gotten “the creeps”? Maybe it’s the idea of snakes, mice or heights that does it for your child. Encourage them to draw on how it feels when they get the creeps. Instincts are those feelings you get when something or someone makes you feel uncomfortable. Instincts are the physiological changes that happen to our body when our personal alarm goes off.

   Physiological changes include noticing that you feel scared or nervous, your tummy feels upset and your heart is racing. And you know what? Our personal alarm is right 100% of the time.

4. **Personal space vs. safety zone** Most kids understand the concept of personal space. How many times have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids recognise their safety zone? Teach your child to be aware of their surroundings. If a “strange” person is too close, suggest they back away and maintain their safety zone. A safety zone is much bigger than your personal space – at least three giant steps bigger.

5. **Safe places, safe people** There are times when a child must ask for help quickly and instinctively. We already know that not all strangers are bad, that most strangers will help a child who is lost or upset. It is situations that are safe, not places. Talk with your child and reinforce that he or she must ALWAYS use his or her skills with ALL people, including those presumed safe. Encourage your child to tell an adult they trust when someone or something has frightened them.

   As parents we need to empower our children with self-confidence and trust in their ability to sense when something is just not right. It doesn’t matter if they can articulate it; they just have to feel it.

   For more ideas to keep kids safe visit the Daniel Morcombe Foundation. To find out more about Catherine Gerhardt’s great work about keeping kids safe online and offline visit [www.balgowniepnc.com](http://www.balgowniepnc.com)
Games for vocabulary development from www.ehow.com

Vocabulary development is a key skill to a student’s success and is one determinant how well students will be able to comprehend the texts they read. A strong vocabulary aids in improving reading and writing. For primary school children, vocabulary games are an effective way to help build their vocabulary while having fun at the same time.

Developing vocabulary in children can be easier with the help of engaging activities and games that can be played at home. With any new skill, practice makes perfect, so be sure there are many opportunities for children to practice vocabulary. Engage children in other word-related activities such as crosswords, word searches, fill-in-the-blanks, Boggle and Scrabble.

For the next few weeks there will be a series of games in the newsletter that can be used with your children at home to build their vocabulary. There is a wonderful website for finding word lists for both children and adults called What is Vocabulary.com? Vocabulary.com combines an adaptive learning system (The Challenge) with the world’s fastest dictionary (The Dictionary) so that you can more quickly and more efficiently learn words. I had some fun with ‘The Challenge’ when I was looking for some word list sites. Otherwise, start with your child’s spelling words and see if you can build from there.

Game One – Brainstorm

On a large sheet of paper or drawing board, have your child write a vocabulary word and draw a circle around it. Set a thirty second timer and tell them to write down as many words as possible around the word. Encourage the student to write down anything that comes to mind and to write as fast as possible. When the timer goes off, discuss with your child why they wrote down specific words. Make comments about related words and explain how they are related. Similarly, note whether or not they wrote down antonyms or unrelated words and discuss those as well. At the end of the exercise, the student will have thought through and discussed the word on a deeper level than he might have otherwise. Maybe keep a chart of how many words they wrote each day to see if they improve.

Communication methods At our school we take communication with families very seriously and try to use a variety of methods to meet families’ needs. A critical part of our written communication is the newsletter. In 2014 we moved to being a paperless newsletter school in an effort to help our environment. We currently employ the following methods to share the newsletter:

- Print and online versions on the website
- Print and online versions on Skoolbag app
- Email for those on the list
- Paper copies in the front office

Recent feedback has identified that there are some families who would still prefer a paper copy version of the newsletter to be sent home with students. We are offering an ‘opt in’ for paper copies of the newsletter. If you would like a paper copy, please complete the attached ‘opt in’ request slip and return to the office. (Please consider our environment)

Have a great week!
Aloma Stewart

Joke of the Week
Q: Why did the orange use suntan lotion?
A: It didn't want to peel.

Thought of the Week
Do not let what you cannot do interfere with what you can do.” ~ John Wooden

HEAD LICE
We have been advised of some recent cases of students with head lice in our school. Please check your child’s hair tonight for head lice and any signs of eggs. If you find any eggs or lice please commence treatment immediately.

TISSUES
The school is running low on its tissue box stock. If you are able to donate a box of tissues to the school, please send to the office. Thank you.

ICAS ENGLISH – NEW DATE
Due to a Southern Stars rehearsal the ICAS English test will be changed from Tuesday 28th July to Wednesday 29th July and will be held in the morning.

2015 ATHLETICS CARNIVAL
Congratulations to all our students who competed in the school athletics carnival last Thursday. It was a case of “third time lucky” for us, having postponed the event twice already. We were indeed very lucky as we were surrounded by rain but not a drop fell on Myimbar Athletics Track. The sporting gods were certainly smiling upon us, allowing a terrific display of competitive spirit and sportsmanship across the board. Special congratulations to our Age Champions listed below and a big thank you to Mrs Birchall, Mrs Burns and Miss Burrows for their help in organising a highly successful carnival. We are very grateful to all the parents who both attended and helped out in the running of events. Special mention to Melinda McKeown and the Shellharbour Little Athletics team who helped set up, pack up and a heap of jobs in-between.

Students who finished 1st or 2nd in the 800m (pending time qualification) or in the first 3 placings of any other event, are now eligible to represent the school at the Brokers carnival on Wednesday, 5th Aug at Beaton Park. All necessary information will be provided to these students on Friday (24/7). Relay teams will have been formulated by this time and the involved students informed.

Age Champions:
Junior Boy – Trey Quibule Junior Girl – Kahlia Spencer
11Yr Boy – Daniel Merola 11Yr Girl – Rachel Moulds
Senior Boy – Zac Hawes Senior Girl - Zali Hill
Mr Loxton (not an age champion)

PREMIER’S SPELLING BEE 2015
The Premier’s Spelling Bee was introduced in 2004 as a fun and educational way for primary school students to engage with spelling. The competition is open to all government primary school students, vocabulary games are an effective way to help build their vocabulary while having fun at the same time.

responsiblelearning@balgowniepnc.com.au

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

Kidproofsafety.com.au

PREMIER’S SPELLING BEE 2015
The Premier’s Spelling Bee was introduced in 2004 as a fun and educational way for primary school students to engage with spelling. The competition is open to all government
primary schools in NSW and comprises Regional Finals that are held in various locations across NSW in the last two weeks of Term 3. Each year the State Final is held at the Eugene Goossens Hall, ABC Centre, Sydney, with the final half hour of the Senior Final broadcast live on ABC Local Radio. The competition attracts significant publicity through media and television coverage.

This year our school is entering the Premier’s Spelling Bee. It is open to all students in Stage 2 and Stage 3. There are two divisions – Junior for Years 3-4 and Senior for Years 5-6. Two students will be selected from each division i.e. two from stage 2 and two from stage 3. These four students will be asked to compete at the regional final. If students win the regional final they will be asked to compete in the state final.

To select the regional finalists, two students from each class will be chosen by the class teacher/s. These students will then be asked to compete in the Spelling Bee School Final. Notes will be sent home to advise successful students of applicable dates.

The students will be selected from a spelling competition based on the recommended word list. The word list can be downloaded from the below website. https://www.artsunit.nsw.edu.au/speaking-competitions/2015-premiers-spelling-bee

Password: robot

Please note:
Junior words begin at Level 1 and go to Level 5
Senior words begin at Level 2 and go to Level 7

General dates are below:
School finals will be some time in weeks 4, 5 and 6. Successful students from each class will be given a spelling list and informed which day the school final will be on.
Regional finals will be at Austinmer Public School on Monday, 14 September 2015, Junior 9.30-11.30 and Senior 12.30-2.30. State final to be held on Wednesday 11th November between 9.30am - 6.00pm at the ABC centre, Ultimo.

Mrs Robson

BOOK CLUB
Book Club orders are due before Thursday 23rd July. You can place Book Club orders and correct money in the gold slot in front office OR you can order online using the Scholastic Book Clubs ‘Linked Online Ordering and Payment’ (LOOP) platform for parents. The online ordering system eliminates the need to paper order forms plus your online order is submitted to our school safely. We encourage you to use LOOP for all your future Book Club orders.

WOOLWORTHS EARN AND LEARN
The Earn and Learn Program is running again this year in conjunction with Woolworths and Modern Teaching Aids. In past years we have been able to obtain lots of great resources through this program.

The more stickers we collect the more resources we can buy for the school.

From Wednesday the 15th July you will get one sticker for every $10 you spend at Woolworths. These need to be placed on a sticker chart, which we will send home when they arrive at school. When you have filled in a whole sticker chart bring the chart to school and place in the Woolworths Earn and Learn box in the front foyer of the school office.

Ask family, friends and neighbours to collect stickers for you. The more sticker charts we fill the more equipment we can buy. In the past some of the equipment we have obtained through this program have included the outdoor car near the cubby houses, the outdoor furniture on the kindergarten verandah and outdoor cushions. If you have any questions or suggestions on collecting lots of stickers please see Mrs Kerema in KK.

GOING BEYOND THE FRAME FOR SOUTHERN STARS 2015
Last Thursday saw the official launch of Southern Stars 2015 where details about the theme for this year’s show were announced. This year Southern Stars is going Beyond The Frame and pushing the boundaries and taking risks with music, theatre, song, dance, staging, lighting and costuming in new and exciting ways.

The show will look beyond what you first see, leading to some amazing numbers including hundreds of students making their bodies a part of an original Aboriginal dot painting, a theatre segment on the ANZACS focusing on those left at home facing their own battles, and a cast of thousands performing the National Anthem. Approximately 3,000 public school students from around Southern NSW will take part in the two hour show which will be full of music, dancing, colour and emotion. As in past years, community support of Southern Stars is vital to ensure its success, and the easiest way of showing your support is by attending one of the four blockbuster shows.

It doesn’t matter if you know anyone performing in the show or not – Southern Stars is a high energy arena style show which provides great entertainment for people of all ages. The talent, energy and enthusiasm of our students is something not to be missed! Over 12,000 people are expected to attend the four performances at the WIN Entertainment Centre in Wollongong on Friday August 28 (10am and 7pm) and Saturday August 29 (2pm and 7pm) - make sure you are one of them. Tickets are on sale through Ticketmaster priced as follows: Adult $48, Pensioner and student over 12 $38, Student/Child under 12 $27 and Family pass $140. You can keep informed about what’s coming up in the show, by visiting the Southern Stars – The Arena Spectacular Facebook site or by visiting www.southernarts.det.nsw.edu.au.

CANTEEN ROSTER FOR TERM 3 WEEK 3
Thank you to our wonderful canteen volunteers who keep our canteen open, cooking and serving hot and healthy food each day. Next week’s volunteers are:

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<th>Mon 27 July</th>
<th>Jameela Krishna</th>
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<tr>
<td>Tues 28 July</td>
<td>Jodie McLaughlin</td>
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<td>Barbara Picciolini</td>
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<td>Wed 29 July</td>
<td>Jo Mortimer</td>
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<td>Karen Rogers</td>
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<td>Thurs 30 July</td>
<td>Donna Guest</td>
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<td>Loren Godfrey</td>
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<td>Fri 31 July</td>
<td>John Spark</td>
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<td>Jodie Spark</td>
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ETHICS UPDATE
We would like to welcome Sonia Milgate to the ethics team. Sonia has successfully completed her training and has started with her new class of year one students. Congratulations Sonia!

COMMUNITY NEWS

SHAMROCKS JUNIOR RUGBY CLUB
Under 8s and Under 9 players required.
Still 6 games to go in season.
Playing on Sunday mornings.
Training at Ocean Park, Woonona on Weds at 4.30pm.
Assistance can be arranged for transport if required.
Great opportunity to give rugby a try at a family orientated club.
Come down on Wed arvo and meet the coaches (dads), and teammates.
Players of other age groups welcome.
No fees, come and try rugby out.
Call Andrew on 0432944543 for information.

‘OPT IN’ FOR PAPER COPY OF NEWSLETTER
I would like to have a paper copy of the weekly newsletter sent home with my child.
Child’s Name ............................................................
Class ............................................................
(Please consider our environment)
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