



Newsletter

Wednesday 5 March 2008

Term 1 Week 6

BOWRAL PUBLIC SCHOOL

Striving, Thinking, Learning

FROM THE PRINCIPAL

From time to time, there are changes to the way students leave the school each afternoon. It is important that if any student will not go home in the usual way, the school is notified either with a telephone call or a note to the teachers. Of late, a number of children have either missed a bus or have been upset that an adult is not there to meet them. All staff seeks your co-operation in this matter as student safety at dismissal time will remain a priority. Unless the school is notified, children will follow the usual dismissal method. The co-operation of families **is vital** at this time.

On Friday a number of our students will be attending the South Coast Regional swimming championship at Dapto Pool. After competing with distinction at the recently held Wingecarribee District PSSA carnival, our swimmers will take the next step in competing against children across our educational region. Success here would mean attendance at the state carnival to be conducted at Homebush on 7 and 8 April 2008. Well done and good luck to our eight (8) boys and six (6) girls representing our school on this occasion and the support provided by families is appreciated.

Earlier in the week two (2) Year 6 students, Tom and Sam, represented the South Coast Region at the State PSSA cricket carnival conducted in the Richmond area. We all trust that they have enjoyed the experience and took the opportunity to meet new friends and enhance their cricketing skills. Thanks to their families for their on-going support.

Last Saturday and Sunday, a number of staff members participated in the cancer fundraiser Relay for Life Challenge at Eridge Park. The staff involved not only enjoyed the companionship during the walk but also appreciated the opportunity to support individuals who do not enjoy good health due to cancer. As a group they are aware of many personal friends and acquaintances who are or have suffered from cancer. Congratulations to this wonderful team for your commitment to this community organised activity. To the many local families who similarly made a commitment to this activity, I trust the time was rewarding and enjoyable. As a result of the combined efforts of Southern Highlands residents, nearly \$300 000 has been raised.

Anyone who arrived at the school last Monday and used the Bendooley Street entrance would have noticed the efforts of a large group of families that attended the first school working bee for 2008 last Saturday. The transformation that has taken place really enhances the physical environment of our school. Armed with a variety of gardening tools, this enthusiastic group set about undertaking a range of gardening tasks that included

trimming, digging, mowing, cutting and weeding. My sincere thanks to these individuals who made the school a priority at this time – your efforts are just fantastic. It is hoped to conduct a further working bee towards the end of the term to focus in another area of the school. During the forthcoming school holidays, many of the trees that are overhanging the buildings will be lopped and the resulting mulch will be placed on the gardens.

Currently all Kindergarten teachers are undertaking the task of assessing their students in literacy and numeracy as part of the Best Start government initiative. Having completed their training last week and with support from class free teachers, including Miss Christie and myself, an analysis of the results will provide accurate data to assist the newest of our students.

Today and tomorrow, Bowral Public School will be represented at the initial meeting of the 2008-2009 Australian Government Quality Teaching Program (AGQTP) conference being held in Sydney. Our attendance was as a result of a successful submission last year where Bowral was one of fifty odd schools who received funding for this project. On Thursday Mr Penn and Mrs Griffith will participate in a variety of activities that will assist in the implementation of NSW model of pedagogy in our school. Tomorrow I will replace Mr Penn in his role as team leader. We look forward to our time in Sydney gaining information and sharing experiences with other schools participating in the program. Upon returning to school, the information gained will be shared with the rest of the AGQTP school team to commence our project.

YEAR 7 2009 BOWRAL HIGH SCHOOL

Families are invited to join the executive staff, teachers and current students at an information evening where they will gain first hand knowledge about the diverse and challenging learning opportunities that are provided for students at Bowral High School. This activity will be held at the school (entrance Park Road) from 6.00pm until 8.00pm Thursday. Those families who are unable to be present on this night can join the principal and 2009 Year 7 advisors for a morning tea on Thursday 13 March 2008 from 9.30am in the staff common room.

FIXED EQUIPMENT

The fixed equipment located in the area adjacent to both KM and KF (Kindergarten) rooms will ***be out of bounds until further notice***. There is a continuing problem with the depletion of soft fall caused by the recent rain. Currently the school is seeking quotations for replacement soft fall. It would be appreciated if all families, especially those collecting Kindergarten children, could support the school at this time with regards this student safety issue.

CALENDAR

Friday 7 March	<ul style="list-style-type: none"> ♦ Regional Swimming Carnival, Dapto ♦ Gold Coin Donation - Economos Family
Thursday 20 March	<ul style="list-style-type: none"> ♦ Easter Hat Parade K—Yr 2
Friday 4 April	<ul style="list-style-type: none"> ♦ Gibraltar Self Help Day
Tuesday 8 April	<ul style="list-style-type: none"> ♦ School Cross Country, Robertson
Thursday 10 April	<ul style="list-style-type: none"> ♦ School Photographs
Friday 2 May	<ul style="list-style-type: none"> ♦ District Cross Country, Robertson

CLEAN UP AUSTRALIA

All classes participated in this activity last Friday. As a result of the efforts of the students, the playground is now litter free and it is anticipated that this message about looking after the environment will become a daily occurrence. A special thanks to Mrs Pridham for co-ordinating this activity and to students from 6B and 6Z who not only cleaned up around their building but gave the following day's working bee a great kick start by weeding gardens.



EMERGENCY CONTACTS

Office personnel are still experiencing some problems locating families when telephone numbers are altered and there is a change with regards to the emergency contact person. All families are asked to notify the school office immediately changes are made.

NAPLAN 2008

As has been mentioned in previous newsletters, the National Assessment Program in Literacy and Numeracy will take place, Australia wide, in all schools, from Tuesday 13 May until Friday 16 May 2008. All students in Years Three and Five will participate in this activity. If any families intend to withdraw or exempt their students from this assessment process, they will need to make an appointment to speak to Mr Morris and complete the necessary application form. Your co-operation in this matter would be appreciated.

STUDENT SAFETY

Again it is necessary to remind all drivers about safety around the roads that surround the school. Twice in the last week information has reached the school office about drivers double parking and letting children off. Please ensure that this practice ceases immediately. It will be too late if a child or adult is struck by a car at arrival and/or dismissal time.



UNIVERSITY OF NEW SOUTH WALES COMPETITIONS

Thank you to the families who have entered their children in these competitions. By the deadline date the following numbers have nominated to sit for the various tests – English (59), Mathematics (66), Computer (46), Writing (37), Spelling (53) and Science (42). These entries, and money, have now been lodged with the University of New South Wales. Competition dates will again be circulated as the times get closer.

ECONOMOS FAMILY

Many families would be aware of the tragic accident that occurred at the Sutton Forest store of McDonalds some weeks ago involving this family. In this time of need, Bowral Public School families are encouraged to lend a hand by bringing along a gold coin **on Friday**. The money will be collected at the beginning of the day and a cheque forwarded to the family. This collection will be undertaken on a voluntary basis.



John Morris Principal



CANTEEN

Volunteers and committee members still needed. Please contact Rhonda in the canteen ph 4861 1056.

Please refer to **2008 menu** when placing orders. If you did not receive one, please collect one from the canteen or office.
Streets Ice Cream price increases: **Paddle Pops \$1.20 Icy Twists \$0.90c**

CLOTHING POOL

Plenty of short sleeve polo shirts with embroidered emblem now in stock for school photos. Sizes 4 - 16 \$18.00

RELAY FOR LIFE

Last weekend the Cancer Council's Relay for Life took place at Eridge Park for 24 hours from Saturday morning to Sunday morning. It was a wonderfully uplifting community event which managed to mix hope, reflection and fun in an effort to support the fight against cancer. The Bowral Public School staff entered a team and managed to raise over \$1200. We would like to thank the parents who supported us by donations and acknowledge the participation of many other families of the school through other local organisations. It will run again in two years time and we'll be back!





20 THINGS TO DO INSTEAD OF HURTING SOMEONE BACK

When someone hurts you, it's normal to feel angry. You might even want to get back at the person by hurting him or her. But you can choose not to do that. You can do one (or more) of these things instead.

1. STOP and THINK. Don't do anything right away. Consider your options. Think about what might happen if you try to hurt the other person.
2. Know that what you do is up to you. You can decide. You are in charge of your actions.
3. Tell yourself, "It's okay to feel angry. It's not okay to hurt someone else. Even if that person hurt me first."
4. Tell the person, "Stop that! I don't like that!"
5. Keep your hands to yourself. Make fists and put them in your pockets.
6. Keep your feet to yourself. Jump or dance or stomp.
7. Walk away or run away.
8. Tell the person how you feel. Use an "I message." Example: "I feel angry when you hit me because it hurts. I want you to stop hitting me."
9. Take a deep breath, then blow it out. Blow your angry feelings out of your body.
10. Find an adult. Tell the adult what happened and how you feel.
11. Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.
12. Think cool thoughts. Imagine that you're sitting on an iceberg. Cool down your hot, angry feelings.
13. Think happy thoughts. Think of something you like to do. Imagine yourself doing it.
14. Treat the other person with kindness and respect. It won't be easy, but give it a try. This will totally surprise the other person, and it might end the conflict between you.
15. Draw an angry picture.
16. Sing an angry song. Or sing any song extra loud.
17. Remember that getting back at someone never makes conflict better. It only makes it worse.
18. Take a time-out. Go somewhere until you feel better.
19. Find another person to be with.
20. Know that you can do it. You can choose not to hurt someone else. It's up to you.

These 'things to do' may assist families in helping to deal with a teasing and bullying situation.