## EVENTS AT A GLANCE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 13</td>
<td>Life Education Van visit</td>
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<tr>
<td>Tuesday 14</td>
<td>Life Education Van visit CANCELLED Year 5/6 Wingecarribee Shire Schools Environmental Day Mittagong</td>
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<tr>
<td>Friday 17</td>
<td>Friday Run</td>
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<tr>
<td>Monday 20</td>
<td>Year 5/6 Morisset Camp</td>
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<tr>
<td>Wednesday 22</td>
<td>School Choir Sing Performance Clubbe Hall 6:30 p.m.</td>
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<tr>
<td>Friday 24</td>
<td>Friday run</td>
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<td></td>
<td>Campers return</td>
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<td></td>
<td>P &amp; C Meeting 3:30 pm</td>
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<tr>
<td>Monday 27</td>
<td>Play dress rehearsal</td>
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<tr>
<td>Tuesday 28</td>
<td>Technical rehearsal</td>
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<tr>
<td>Thursday 30</td>
<td>Play Matinee performance 11:30 a.m.</td>
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<td></td>
<td>Play Evening performance 7:00 p.m.</td>
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<tr>
<td>Friday 31</td>
<td>No Friday run</td>
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## NEWSLETTER - TERM 4 WEEK 2 - 2014

**Working Bee**

Thank you Berrima students and parents. Our school is looking fabulous. There were so many hard workers toiling away in the heat last Friday we were able to really achieve great things.

Year 6 have created a wonderful garden that is now ready for planting. A camellia hedge will be planted along the verandah of the Year 4/5/6 classroom with each Year 6 student this year planting a new camellia plant. Kindergarten have also created and planted a garden outside their classroom. We look forward to both of these gardens settling in and growing over the coming months.

Children from Years 3/4 worked very hard cleaning up the garden adjacent to the office. This is much clearer now and will continue to be mulched over the coming week. Quite a few children were also working in the vegetable garden tidying up around the glasshouse. This entrance to the school now looks fantastic.

Year 2/3 worked really hard on the Bush Tucker Garden. They weeded, raked, mulched, found lots of interesting bugs and worms in addition to removing all the old dried leaves from around the classroom.
One of the hardest working groups was Year 1. They were mulch carriers. They worked and worked carrying mulch to the various points of need.

A special thank you to all those parents that worked tirelessly in guiding the students and setting a great example in hard work.

Everyone worked extremely hard and were more than ready for the wonderful sausage sizzle prepared by Mr. Searle.

The interesting observation during the day was the dedication and persistence to a task. All the children were working towards trying to get the job done. Even when they got tired, children realized if they had a drink and a bit of a rest they could get back into the task. There was a wonderful feeling in our school on Friday and all the children should feel justly proud of what was achieved through this combined effort. Our school will now look good for the up coming events planned for this term.

Well done, Berrima School Community!

Parents Guide to the NSW Primary Syllabus

As you may be aware a National Curriculum is being implemented so that there is greater uniformity for the content of all subjects taught to all students. Each state has aligned their subject syllabus to mirror these new curriculum.

We are currently implementing the new, New South Wales Syllabi, in both English and Mathematics. Next year we will be trialing Science and History.

To assist parents a guide has been produced by the Board of Studies and Educational Standards. These guides are available from the front office.

GARDEN NEWS

I think it is safe to say that our "Gardening Gala" on Friday was a hugely successful and fun day - with all children out in the sunshine and working together on caring for their environment. Days like those make me feel so happy!

Thank you to all the legendary parents who came to share in the spring clean up, the more of us the merrier.........

I call it the Gardening Gala...Why? Because that is what my lovely volunteers named it in the holidays. I found myself surrounded on a Tuesday in the holidays with an incredible amount of mums and dads, helping me in the garden. (I think the word has spread that I may be finding it hard to bend at the moment!!) Just a normal working day for me, needed to weed, fix irrigation, tidy the hot house....But not only did parents arrive, students as well - Doug Chalmers, Sophie and Lachlan Moore. These guys worked so hard, and prepared 5 beds perfectly for spring planting. Can the parents please pass on the message that these beds are now planted out with summer vegies.

GREAT JOB!!

THANKS SO MUCH for surprising me, and for giving your time through the holidays. We got a lot of work done. We could stand back and see the result of our efforts. All our children have the best time together playing and exploring whilst we work. It's a win/win situation!!! I feel the garden has such a great support network, there is no words to describe how much I appreciate it.

See you again

Kimo
Garage Sale

Thank you to all the families that brought in item for the garage sale. We raised $283.35 which is fantastic, however there are still more items to be sold, so we have decided to take the remaining items to the next school markets.

Thank you
Janine.

Markets—THANK YOU

A big thank you to those who came and BBQ'd, set up and packed up at the markets yesterday. Thank you to Janine McFadden for running the garage sale for the Yr 1 class.

Art Feast

An invitation to attend our Opening Night Party on Friday 7 November is attached to this newsletter. More information about children’s art workshops will be sent home this week.

Workshop Needs

We need mailing tubes (used) of all sizes for a workshop we are running on Junk Art. If you can assist, please drop them into the office.

Thanks

PLAY REQUIREMENTS

There are a few items needed for the school play. If you have any of the following and would be happy to lend to the school please bring into the office:

- 2 Coloured Afro wigs (like the Madagascar 2 Afro Circus wig)
- Train conductor hat
- A monocle or eyeglass
- Small children’s belts
- Plain coloured neck ties (preferably thin as children will be wearing them)
- Souwester hats – look like rain hats made from drizabone fabric

Most of the costumes for the play will be provided by the school. Information regarding what shoes/socks and hairstyles to wear will go home to each class separately.
Sarah [redacted] was very happy to receive her bronze award last term.
**STUDENT WELFARE**

*Mental Health Week (Last Week) - from Better Health Channel*

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Boost your wellbeing and stay mentally healthy by following a few simple steps.

1. **Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.

2. **Take time to enjoy.** Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do a crossword; take a walk in your local park; read a book; sew a quilt; draw pictures with your kids; play with your pets.

3. **Participate and share interests.** Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health. Join a sports club; a band; an evening walking group; a dance class; a theatre or choir group; a book or car club.

4. **Contribute to your community.** Volunteer your time for a cause or issue that you care about. Help out a neighbour, work in a community garden or do something nice for a friend. An effort to improve the lives of others is sure to improve your life too.

5. **Take care of yourself.** Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it’s easier to feel good about life if your body feels good. You don’t have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.

6. **Challenge yourself.** Learn a new skill or take on a challenge to meet a goal. You could take on something different at work; commit to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

7. **Deal with stress.** Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better. If you have trouble winding down, you may find that relaxation breathing, yoga or meditation can help.

8. **Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake. Allow yourself some unfocussed time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It’s OK to add ‘do nothing’ to your to-do list!

9. **Notice the here and now.** Take a moment to notice each of your senses each day. Simply ‘be’ in the moment – feel the sun and wind on your face and notice the air you are breathing. It’s easy to be caught up thinking about the past or planning for the future instead of experiencing the present. Practising mindfulness, by focusing your attention on being in the moment, is a good way to do this. Making a conscious effort to be aware of your inner and outer world is important for your mental health.

10. **Ask for help.** This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor or community mental health service. The perfect, worry-free life does not exist. Everyone’s life journey has bumpy bits and the people around you can help. If you don’t get the help you need first off, keep asking until you do.

Netty Dubokovich - Chaplain.... “SpeakLife”
Dear Parents and friends,

I’m writing to invite you to our Opening Night Party for...

**ART FEAST**
A feast for the senses!

What is it?
“ART FEAST”, a mini festival of art and craft, part of the wider Southern Highlands Arts Festival and celebrates the creative talents of our young students and community will be held for the first time this year.

We are planning an Opening Night Party on **FRIDAY 7th NOVEMBER** from **7pm** for adults to celebrate and support our school community with:
- Gourmet food supplied
- Art exhibition
- Live auction of the beautiful creations from your children (one per year)
- Licensed bar & live music

We hope everyone will buy a ticket and join us for a relaxed and fun night of eating, browsing and socialising.

The fun continues over the weekend on November 8 and 9 with children’s workshops, Berrima Schoolyard market, cafe, gourmet food and much more. **More info at [www.facebook.com/artfeastberrima](http://www.facebook.com/artfeastberrima)**

Funds raised on this night will support our wonderful kitchen garden project and can help support new initiatives to foster creativity and innovation in the school.

We’d love to share this event with you and you can catch up with other parents, the wider village community and our wonderful teachers - it promises to be a great night.

When: Friday 7 November 2014, 7pm
Where: Berrima Public School
Cost: $30 per-person includes food, a welcome drink and live entertainment. This is an adult only event. Tickets purchased prior to October 24 are offered at an **early bird price of $25**.

How and where to buy tickets:
- Go online at [www.trybooking.com/GCYF](http://www.trybooking.com/GCYF)
- Buy in person at the School’s office

Are you an artist and have more questions about the night? Email: [artfeastberrima@gmail.com](mailto:artfeastberrima@gmail.com)

Need to talk to someone? Megan Moore, President, P&C Association, mobile: 0413 482 731

See you then,
Parents & Citizens’ Association
Berrima School Banking
Term 4 already!
It’s never too late to start school banking. This term Comm-bank is offering some
great prizes for school bankers in their latest competition (see below).
Don’t forget Wednesday is school banking day. Drop your book into the box in the
front office or see Mrs Temporali about joining.

Rewarding regular savings with precious prizes.
We’re bringing the good news that the Dollarmites have found the ancient Clam of Fortune, a mythical
shell packed with precious prizes. What’s even better is that they want to share their haul with you.

The precious prizes to win
40 x GoPro Hero3 White Edition Cameras
150 x Slip ’N Slide Double Wave Riders

The more you save, the more chances to win
Every deposit you make through School Banking will automatically create one entry for you into the com-
petition (up to a maximum of 6 entries).
Competition runs: 20th October - 30th November 2014.

Earn bonus interest just by saving
Did you know that the money in your Youthsaver account earns money of its own? It’s called ‘interest’.
And for every calendar month you put money into your account and don’t take any money out, we’ll give
you ‘bonus interest’ as a reward on top of your standard interest!

SING Concert—Wednesday 22nd October
Can you please advise all choir members and families that tickets to attend the con-
cert are on sale at the Bookshop Bowral. DON’T LEAVE IT TO THE LAST MO-
MENT AS BASED ON LAST YEAR THEY ALL WENT VERY QUICKLY.
THE INCREDBLE YEARS
Parenting Workshops
10.00-12.00 noon
TUESDAYS
14th October to 8th December
Free childcare provided for group participants on-site with early childhood workers - please ring to book your place.
A parenting program for parents to promote emotional wellbeing and good social skills and to prevent, reduce and treat aggression and emotional problems in young children up to 12 years old. Taking positive steps in a child’s early years can help prevent the later risks of serious social problems.
With Linda

Wednesday Support
Groups are currently on hold.
If you have an idea for a group next term, or would like to connect with others, please let us know.

PLAY & CHAT SUPPORTED PLAYGROUP
10.00-12.00 noon
THURSDAYS
9th October to 11th December
A playgroup providing help to develop parent’s skills and insight into the role of play in children’s learning and social development. Early Childhood staff available for support and advice about your child’s needs and any parenting or other concerns you may have. Please bring a hat and piece of fruit to share.

Community Walks
For the Young & The Young at Heart
Start at 10.00 for about 1 hour
Do you want to get motivated, get a sense of being part of the community and increase your fitness at the same time? Are you new to the area and want to meet people?
MONDAY MOSS VALE
With Patricia
Meet at Leighton Gardens 9:30

TUESDAY BOWRAL
With Mardi
Start in the car park of Bowral Swimming Pool for the Cherry Tree Walk

THURSDAY MITTAGONG
Start at the corner of Helena Street and the Old Hume Hwy opposite the Tourist Information Centre.

Springwater Tots
Aboriginal Supported Playgroup
10.00-12.00 noon
Mondays
13th October to 8th December
Please ring Kelly to book in
4862 1777

Young Parent Group
For all young parents including expectant mums & dads
10.00 to 12noon
FRIDAYS
10th October to 12th December
Get together with other young parents, share info, experiences, support. Enjoy activities and learn about parenting, child development and relationships. Guest speakers, outings and activities.
With Karen

Garden and Plant Fair
Celebrating the opening of our Heritage Rose Garden
Sunday 16th November, at
Harper’s Mansion, Berrima. 10am-4pm
Guest speakers:
Charlotte Webb OAM
A renowned landscape designer, Charlotte’s passion is rare and unusual plants. Her talk will cover breeding and propagating, including their use in the garden as perennial borders.
Sue Kingsford
A rose consultant with over 40 years of experience, Sue is the co-owner of Roses and Friends nursery at Fitzroy Falls. Sue is also a member of Heritage Roses in Australia Inc. and a life member of the Rose Society of New South Wales Inc.
11.30am - 12.30pm &
1.30pm - 2.30pm.

Entrance fee
Includes access to garden and
Harper’s Mansion
Adults $5.00
(school children free)
Maze fee
$2.00 person
Includes multiple entries

National Trust

With Mardi
Start in the car park of Bowral Swimming Pool for the Cherry Tree Walk

With Mardi
Start at the corner of Helena Street and the Old Hume Hwy opposite the Tourist Information Centre.
2014-2015
Family Energy Rebate
Apply before Midnight
16 June 2015

$150* TOWARDS ENERGY BILLS

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:
• A $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
• A $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:
• Be a NSW resident; and
• Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
• Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:
• Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
• Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY
• ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
• PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au