EVENTS AT A GLANCE

November
Monday 10  Intensive swimming lessons begin.
Tuesday 11  Remembrance Day starting @ 11:00am - Yrs 4/5/6 taking part
Thursday 13  North Sydney High School - Ensemble performance
Wednesday 19  Captain Speeches
Friday 21    Friday run
                    Intensive swimming lessons - Final day

NEWSLETTER - TERM 4 WEEK 6 - 2014

Another huge effort rewarded

What an incredible spectacle the ART FEAST created. The children’s art work was a very popular item at the Friday evening auction and I felt they could hold their heads up proudly for what they created and for the money that has been raised for the school.

I was so proud of our students working in the Art Café on both Saturday and Sunday. They were outstanding school representatives. While they were having all that fun playing cafes they didn’t realize they were actually learning all the while: organising, counting, handling money, sequencing orders, learning the people skills of handling customers. All this hands on practical learning in such a fun environment.

My sincere congratulations to Megan and Jo for putting all this together. My sincere thanks also to all the parents who have assisted with making this event such a success and helping to promote the wonderful students of Berrima Public School.

Staffing change

As you are probably aware, Kimo, our Garden Specialist, will be beginning maternity leave at the end of this week. Marie Goulder will be taking the classes in Kimo’s absence. We wish Kimo and her family all the very best. We look forward to meeting the new addition to their family.
International Teachers Day

The following quote is a very good round up of the skills required of a teacher in today's action packed world. We are extremely lucky at Berrima Public School that all our members of staff do far more than is required of them. They are all dedicated professionals working together with parents to create the citizens and leaders of tomorrow.

"(Teachers) will keep on being able to inspire, drive, motivate, correct, and demand the highest standards of their youngsters. We all know that teaching is an art and a science - and it's mostly hard, slogging, work. We teachers have also to be knowers, carers, actors, head coaches, naggers, humdrummers, stirrers, listeners, susser-outers, intuikers, creators, pacifiers, and masters of repetition, and so on. We have to be people who keep hanging in there as members of what the OECD has so accurately described as the knowing and caring profession."

This quote is take from an address by Dr Paul Brock AM FACE FACEL
Director, Learning and Development Research, Office of the Secretary, Department of Education and Communities
Adjunct Professor, Faculty of Education and Social Work, The University Of Sydney
Honorary Research Fellow, University of New England
Honorary Associate, The Centre for Values, Ethics and the Law in Medicine, Faculty of Medicine,
The University of Sydney Vice Patron, Motor Neurone Disease Association NSW

Ice Blocks

As the weather warms up ice blocks will once again be available at lunch time from the SRC shop. Ice blocks are 50 cents each.
ART FEAST UPDATE

Wow! What a weekend that was. I am still in the process of working out expenses and income but at this stage we have raised over $6500 from the Art Exhibition, Art auction, café, garden stall, workshops and old school stall. This is an amazing effort. Thanks so much to everyone who came along and volunteered on a stall, made something to eat, moved furniture, ran a workshop or helped out in some capacity from Wednesday through until yesterday afternoon.

I wanted to pass on my thanks to Caroline Verity, (who I forgot to mention on Friday night) for creating such fabulous artwork for Art Feast. Many other artists involved in the Southern Highlands Arts Festival commented on our great logo. Thanks for your great work and the time you put in Caroline. It is much appreciated.

Our school market was a great hit yesterday with a bumper BBQ raising just over $700.

There will be a full cost breakdown of our income in next week’s newsletter. Sorry I’m on go slow at the moment and haven’t worked it out yet!!

GARDEN AND PLANT FAIR

This Sunday 16th November Harpers Mansion will be holding their Garden and Plant Fair. Our school will be holding a competition for the best animal/vegetable and best flower arrangement in any container (saucer/vase etc). We would like to encourage everyone to enter. You can drop off your entries from 9am on Sunday morning. The fair runs from 10am—4pm.

The following text was sent to me after the play;

Dear Tim,

As grandparents of ‘Detective Fix’, we would like to congratulate you, your wonderful teachers and the whole school on such an amazing production of “Around the World in 80 Days”!

It was such a large, inclusive exercise to have every child perform and how good were they? We were so impressed at the love and commitment especially on the part of the teachers to put on such a huge performance and we just wanted to say how much we enjoyed it - so did Liam, he loves acting and who knows, this early experience just might be the start! He and all the lead parts had a massive amount of dialogue to remember and they carried it off beautifully!

Once again many congratulations to all involved at Berrima school.

Regards

Mairi and Bob Payten
Emotional & Psychological Trauma (excerpt from www.helpguide.org)
Childhood trauma increases the risk of future trauma. Experiencing trauma in childhood can have a severe and long-lasting effect. Children who have been traumatized see the world as a frightening and dangerous place. When childhood trauma is not resolved, this fundamental sense of fear and helplessness carries over into adulthood, setting the stage for further trauma. Childhood trauma results from anything that disrupts a child’s sense of safety and security, including:

• An unstable or unsafe environment
• Sexual, physical, or verbal abuse
• Domestic violence
• Neglect
• Bullying
• Separation from a parent
• Serious illness
• Intrusive medical procedures

Symptoms of emotional and psychological trauma: Following a traumatic event, or repeated trauma, people react in different ways, experiencing a wide range of physical and emotional reactions. There is no “right” or “wrong” way to think, feel, or respond to trauma- don’t judge your own reactions or those of other people.

Emotional and psychological symptoms of trauma:

• Shock, denial, or disbelief
• Anger, irritability, mood swings
• Guilt, shame, self-blame
• Feeling sad or hopeless
• Confusion, difficulty concentrating
• Anxiety and fear
• Withdrawing from others
• Feeling disconnected or numb

Physical symptoms of trauma:

• Insomnia or nightmares
• Being startled easily
• Racing heartbeat
• Aches and pains
• Fatigue
• Difficulty concentrating
• Edginess and agitation
• Muscle tension

These symptoms and feelings typically last from a few days to a few months, gradually fading as you process the trauma. But even when you’re feeling better, you may be troubled from time to time by painful memories or emotions—especially in response to triggers such as an anniversary of the event or an image, sound, or situation that reminds you of the traumatic experience.

Netty Dubokovich…Chaplain…..“SpeakLife”
Yrs 2/3 Art Work

Kindergarten Art Work
Yrs 3/4 Art Work

"We appreciate our school environment"

Yr 1 Art Work

"Love to bits"