NEWSLETTER - TERM 2 WEEK 5 - 2014

EVENTS AT A GLANCE

May
Monday 26  Berrima P.S - V - Tallong P.S - Soccer match at Exeter
Tuesday 27  SRC Movie / TV Character Dress up day $2 donation
Thursday 29  Stage 2 excursion to Bundanoon for a State Library Display
            Camp Quality Puppet Show - Gold Coin Donation
Friday 30  Friday run
Wednesday 4  University Science Competition
            Cygnet Award - Extra Play
Friday 6  Friday run
Sunday 8  Berrima School Yard Markets

Walk Safely to School

There was an outstanding roll up last Friday morning for our annual Walk Safely to School Day. Over 50 children joined in the walk of just under three kilometers. The walk was completed in 35 minutes. Thank you to the parents who were also able to join in the walk or assisted by transporting children’s bags to school. Thank you also for the staff who put themselves out to participate in this event.

Getting the jobs done

Our thanks to Peter Thiessen for welding up a new grate for the playground drain. The original cover has been slowly getting more dilapidated and needed replacing. A little bit of time and ingenuity and we have a great grate!

Russell was also a wonderful apprentice on the cement mixer on Saturday. We were able to make short work of cementing a slab for the new Aerobic Compost bins that will be arriving soon. These bins will compost at a higher temperature hopefully killing off the weed seeds. We also removed a step from the vegetable garden that will allow easier access with wheelbarrows. Thanks also to our GA, Greg Seale for making up the form work.

Camp Quality Puppet Show

On Thursday 29 May, Camp Quality will be performing a puppet show for the children free of charge. We ask you to bring a gold coin donation to support a worthy organization.
DRESS UP DAY!!
This Tuesday the 27 May the SRC are working on a novelty day where everyone is encouraged to come along to school dressed as a favourite movie or cartoon character. All the school is invited to join in and the gold coin donation collected will help repair our slide in the playground. Help or school and come and join in the fun!

Thanks
Sam

WANTED

In the coming weeks we will be mulching a much needed area within the school. We would greatly appreciate it if you could bring in any unwanted newspapers for the school to use. Please bring them into the office.

Thinking About Things

The debate over how much schoolwork students should be doing at home has flared again, with one side saying it's too much, the other side saying in our competitive world, it's just not enough.
It was a move that doesn't happen very often in American public schools: The principal got rid of homework.

This past September, Stephanie Brant, principal of Gaithersburg Elementary School in Gaithersburg, Md., decided that instead of teachers sending kids home with math worksheets and spelling flash cards, students would instead go home and read. Every day for 30 minutes, more if they had time or the inclination, with parents or on their own.

"I knew this would be a big shift for my community," she says. But she also strongly believed it was a necessary one. Twenty-first-century learners, especially those in elementary school, need to think critically and understand their own learning — not spend night after night doing rote homework drills.

Brant's move may not be common, but she isn't alone in her questioning. The value of doing schoolwork at home has gone in and out of fashion in the United States among educators, policymakers, the media, and, more recently, parents. As far back as the late 1800s, with the rise of the Progressive Era, doctors such as Joseph Mayer Rice began pushing for a limit on what he called "mechanical homework," saying it caused childhood nervous conditions and eyestrain. Around that time, the then-influential Ladies Home Journal began publishing a series of anti-homework articles, stating that five hours of brain work a day was "the most we should ask of our children," and that homework was an intrusion on family life. In response, states like California passed laws abolishing homework for students under a certain age.
But, as is often the case with education, the tide eventually turned. After the Russians launched the Sputnik satellite in 1957, a space race emerged, and, writes Brian Gill in the Journal Theory Into Practice, “The homework problem was reconceived as part of a national crisis: the U.S. was losing the Cold War because Russian children were smarter.” Many earlier laws limiting homework were abolished, and the long-term trend toward less homework came to an end.

The debate re-emerged a decade later when parents of the late '80s and '90s argued that children should be free to play and explore—similar anti-homework wellness arguments echoed nearly a century earlier. By the early-1980s, however, the pendulum swung again with the publication of A Nation at Risk, which blamed poor education for a “rising tide of mediocrity.” Students needed to work harder, the report said, and one way to do this was more homework.

For the most part, this pro-homework sentiment is still going strong today, in part because of mandatory testing and continued economic concerns about the nation’s competitiveness. Many believe that today’s students are falling behind their peers in places like Korea and Finland and are paying more attention to Angry Birds than to ancient Babylonia.

But there are also a growing number of Stephanie Grant and other analysts who believe that students are pressured and missing out on valuable family time. Students, they say, particularly younger students who have seen a rise in the amount of take-home work and already put in a six-to-nine-hour “work” day, need less, not more homework.

Who is right? Are students not working hard enough or is homework not working for them? Here’s where the story gets a little tricky: It depends on whom you ask and what research you’re looking at. As Cathy Vatterott, the author of Rethinking Homework, points out, “Homework has generated enough research so that a study can be found to support almost any position, as long as conflicting studies are ignored.” Ailie Kohn, author of The Homework Myth and a strong believer in eliminating all homework, writes that, “The fact that there isn’t anything close to unanimity among experts belies the widespread assumption that homework helps.” At best, he says, homework shows only an association, not a causal relationship, with academic achievement. In other words, it’s hard to tease out how homework is really affecting test scores and grades. Did one teacher give better homework than another? Was one teacher more effective in the classroom? Do certain students test better or just try harder?

“It is difficult to separate where the effect of classroom teaching ends,” Vatterott writes, “and the effect of homework begins.”

Putting research aside, however, much of the current debate over homework is focused less on how homework affects academic achievement and more on time. Parents in particular have been saying that the amount of time children spend in school, especially with after-school programs, combined with the amount of homework given—especially as early as kindergarten—is leaving students with little time to run around, eat dinner with their families, or even get enough sleep.

Certainly, for some parents, homework is a way to stay connected to their children’s learning. But for others, homework creates a tug-of-war between parents and children, says Liz Goodenough, M.A.T. ’71, creator of a documentary called Where Do the Children Play? Read more: http://www.qse.harvard.edu/news-impact/2012/01/are-you-down-with-or-done-with-homework/#ixzz327LOkAvi

Question: Where should schools and families be heading with homework?

P & C NEWS

LANtern WALK PREPARATIONS

Next Monday, 2nd June, we will be having an ‘Apple stewing day’ in the kitchen to prepare for Lantern Night. Each year it is a huge task for one or two parents to peel and stew 20kg of apples for apple crumble so we have decided to share the load this year and invite parents to help out. Apple stewing will commence at 9.30/10am in the kitchen, please come along and help out if you can.

This year Kindergarten students will be making lanterns in class while other year groups will be making decorations to be used on the night to light up our playground. If your child is in Yr1—Yr 6 and would like to make a lantern to bring along on the night we have attached some pictures of lanterns to inspire you.

FAREWELL TO KAY AND GEOFF AT THE BERRIMA POST OFFICE

This Friday afternoon at 5pm a farewell will be held for long serving postmasters Kay and Geoff. This has been organised by the Berrima Resident’s Association and will be held at the Anglican Church hall. The school P&C has offered to run a sausage sizzle on the night. If anyone planning to attend could help turn some sausages this would be greatly appreciated. Please let me know.

Thanks,
Megan Moore
E: moorefamily21@bigpond.com
m: 0413 482 731
STUDENT WELFARE

The Influence of Physical Activity on Mental Well-Being—Dr Kenneth R Fox
The case for exercise and health has primarily been made on its impact on diseases such as coronary heart disease, obesity and diabetes. However, there is a very high cost attributed to mental disorders and illness and in the last 15 years there has been increasing research into the role of exercise (a) in the treatment of mental health and (b) in improving mental well-being in the general population. The outcome of several hundred studies & reviews of research in this field have summarised the potential for exercise as a therapy for clinical or subclinical depression or anxiety, and the use of physical activity as a means of upgrading life quality through enhanced self-esteem, improved mood states, reduced state and trait anxiety, resilience to stress, or improved sleep. The purpose of this paper is to (i) provide an updated view of public health promotion (ii) investigate evidence for physical activity and dietary interactions affecting mental well-being.

Sufficient evidence now exists for the effectiveness of exercise in the treatment of clinical depression. Additionally, exercise has a moderate reducing effect on state and trait anxiety and can improve physical self-perceptions and in some cases global self-esteem. (Global self-esteem refers to the general value that a person places on him- or herself and should be distinguished from appraisals of specific traits or abilities (such as academic self-concept). Psychologists, psychiatrists, sociologists, and educators have identified global self-esteem as a factor that influences motivation, career aspirations, educational success, job satisfaction, and mental and physical health e.g., Baumeister, Campbell, Krueger, & Vohs, 2003. Excerpt from Jerry Suls and Zlatan Krizan University of Iowa.)

Also there is now good evidence that aerobic and resistance exercise enhances mood states, and weaker evidence that exercise can improve cognitive function (primarily assessed by reaction time) in older adults. Conversely, there is little evidence to suggest that exercise addiction is identifiable in no more than a very small percentage of exercisers. Together, this body of research suggests that moderate regular exercise should be considered as a viable means of treating depression and anxiety and improving mental well-being in the general public.

Well done everyone who took part in the National Walk to School Day on Friday. In keeping with the concept of health & exercise:-

World Environment Week ..June 1-8, 2014 Theme: Less Screenime..More Greentime!
Attached to the newsletter is a Calendar of Events for our local community and a poster advising of Free Movie Screening at Empire Cinema—“Project Wild Thing” Tuesday Evening 3.6.14 @ 6.45pm. (Tickets can be obtained from Empire Cinema).

Netty Dubokovich. Chaplain. “Speak Life”............

School Banking Rewards

Congratulations to the following students who have earned 10 School Banking tokens through the School Banking program and are now ready to redeem these tokens for a fantastic reward item.

JAMES KATER
AMELIA KATRI
ZARA CLANCY
JARED CLANCY

If you haven’t already, please complete your reward card coupon and return it, along with your 10 tokens, on the next School Banking day and the item will be ordered for you.
http://nurturestore.co.uk/jam-jar-candle-holder-craft
World Environment Week
1-8 June 2014

Events Calendar

Sunday 1 June
Southern Highlands Orienteers
Location: Lake Alexandra, Mittagong
Time: 11am | Contact: John Russell Mob 0414 782 433
www.southernhighlands.nsw.orienteering.asn.au

Living the Good Life / Self Sufficiency Workshop
Location: The Keep, 61 Balmoral Park Road, Buxton
10am to 1pm | $25 per person | Tel. 4881 9623
www.earthkeepers.com.au

Tuesday 3 June
Project Wild Thing Film screening
6.45pm at the Empire Cinema, Bowral
FREE TICKETS! can be picked up in person from the cinema
www.empirecinema.com.au

Thursday 5 June
World Environment Day
World Environment Day at Moss Vale Public School
Official Opening of the Bush Tucker Garden & Outdoor Learning area at Moss Vale Public School
Self-sufficiency Open Day
The Keep, 61 Balmoral Park Road, Buxton
10am to 2pm | $7 per person Children FREE
Tel. 4881 9623 | www.earthkeepers.com.au

Friday 6 June
Moss Vale Community Garden
Kids in the Garden - From 12 noon
Railway Street, Moss Vale
www.mossvalecommunitygarden.org.au
CANGin presents Prof Andrew Gilson
Climate scientist at ANU
7:00pm | Council Theatrette | Donkin Ave, Moss Vale
Gold coin donation

Saturday 7 June
Bundanoon Community Garden Open Day
Composting, propagation, planting.
Time: 10am – 12:00
Quest for Life Centre, Elsmore Rd, Bundanoon
www.bundanooncommunitygarden.org.au

Sunday 8 June
FoodPath Family Farm Tour
10.30am - 12:00 | $25 adult $15 child (3 - 12yrs)
foodpath.com.au | facebook.com/foodpath
Mobi: 0419 617 021
Birdwatching for Kids (10-15 years)
with BirdLife Southern Highlands
Cecil Hopkins Nature Reserve, Moss Vale Road
Time: Meet 2.00pm in the car park
Contact: bbh7009@hotmail.com if attending

Art & Photography
Photography Exhibition
‘Less Screentime, More Greentime’
Opening & Awards - Thursday 5 June, 3pm
Fri 6, Sat 7 & Sun 8 June 10am-3pm | FREE ENTRY
Old Bowral Town Hall
Contact: Southern Highlands Photographic Society
www.shps.org.au

Art and Environment
Art works by children from Robertson Public School, guided by artist Celeste Couche
Robertson CTC 58-60 Hoddle St, Robertson
PH: 4885 2565
Wed - Sat 10am - 4pm.

Let’s all celebrate World Environment Week!

Proudly supported by

THIS FILM WILL CHANGE YOUR LIFE!
THE GUARDIAN, UK

Proudly Supporting World Environment Week 2014
FREE SCREENING!
TUESDAY 3 JUNE 6.45pm
EMPIRE CINEMA, BOWRAL
Free tickets may be picked up in person from the cinema.

LESS SCREENTIME
MORE GREENTIME!

PROJECT WILD THING
THE BRITISH FOUNDATION & GREEN LIONS PRESENT “PROJECT WILD THING”
A FILM BY DAVID BOND AND ASHLEY JONES
CLIMATE SCIENTIST AT ANU
PH: 4885 2565
WEBSITE PROJECTWILDTHING.COM

PROUDLY SUPPORTED BY
Blue Light Disco

Joelle the former X-Factor contestant of 2013 will be performing her single which was released on the 15th April called "SAVE ME".

The song, Save Me, is “edgy and soulful” and has the support from her X-Factor 2013 mentor RedFoo. Joelle is currently in talks with his management and is looking forward to establishing her career as an artist in Australia and internationally.

When the song was released it broke the Top 100 in Australia on iTunes.

Joelle will be soon releasing another track and will commence a tour around the country.

We are very fortunate and excited to have the opportunity to host Joelle and hope the children will be excited as well.

Venue: Auditorium
Mittagong RSL
Date: Saturday 31st May
Times: 4pm to 6.30 pm

FREE SKATEBOARDING WORKSHOP
SATURDAY 31 MAY
10AM TIL 12PM
MOSS VALE SKATEPARK

STREETWISE WORKSHOP
BOARDS AND HELMETS PROVIDED
FOR MORE INFO OR TO REGISTER
GO TO SBA.ORG.AU/HUBS