August
Monday 11  Mrs Hebbard Long Service Leave
Mr Ryan Rural and Remote Taskforce meeting—Sydney
Tuesday 12  Year 4/5/6 Canteen Day
University Maths Competition
Wednesday 13  K—2 Excursion to Canberra Zoo
Thursday 14  NO UKULELE LESSON
Friday 15  Friday run
Monday 18  Library lessons today due to Children’s Book Week Parade
Running Clinic 8 to 12 year olds
Tuesday 19  Children’s Book Week Parade and Book Fair. Parade 9:10 a.m.
Friday 22  Regional Athletics Carnival—Canberra
Tuesday 26  Canteen

Bronze and Silver Awards

It was an absolute pleasure last week to celebrate with all the Bronze and Silver Award recipients. On Monday the Silver Award children, Mrs Kennedy and myself had a very pleasant walk to Berrima Park. We had a picnic lunch and then spent time playing soccer or playing on the fixed equipment. It was a delight to take such a well mannered and well deserving group of children out for their special reward.

Tuesday and Wednesday recess times were equally as pleasurable as the Bronze Award children celebrated their achievement. My thanks to the Year 3/4 SRC members for their assistance in getting the morning tea prepared. They really enjoyed the opportunity to prepare the special morning tea for their fellow students. Some very hungry and enthusiastic awardees devoured all the morning tea very politely.

Well done to all involved.

MVHS Community of Schools Concert

Last week Moss Vale High School held two Community of Schools Concerts. We were involved in the Wednesday night performance as part of the mass choir finale. The concert was an incredible and amazing success! I think the concerts this week showcased the strength and collegiality within our COS. It was so good to see all the parents and community there . . . two sell out concerts! I just wanted to send my biggest thanks to all the students for all their hardwork and efforts in making the concert so very special. They were so good, especially with such a short rehearsal period.
BOOK CLUB & BOOK WEEK

In Week 6 we will celebrate Book Week with other schools around Australia. On Monday 18th all students will have library classes, then on Tuesday 19th the Book Fair will be set up in the library and we will have the Book Week parade. This year’s theme for Book Week is “Connect to Reading” so we are asking children to come dressed as their favourite Book Character.

All students, parents and carers will be invited to attend the Book Fair to purchase books at heavily discounted prices. Sales on this day will enable the school library to purchase more beautiful books for our children to borrow.

K-2 EXCURSION

Our K-2 students are very excited to be travelling to Canberra Zoo and Aquarium this Wednesday. Can you please make sure your child/ren are at school by 7:45am to have their name marked off and ready to leave by 8:00am sharp. Your child/ren will receive a note today which will include all the information.

Ukulele Lesson

There will be no Ukulele lesson this Thursday 14 August.
COS Student Representatives

Art

Select students from each class have been working hard at lunch times to create some beautiful artworks as part of a competition to celebrate Bowral Hospital’s 125 years of service to the community. The students have done an amazing job as you can see, I’d like to have some of these to hang in my house!
We had a great time with the Moss Vale High School students in the kitchen today! For our linkages program we made a two course Vietnamese lunch. We had rice paper rolls, minced pork meat balls with garlic dip, sticky coconut rice and an avocado smoothie to wash it all down. Lastly we had dessert. We had a banana fritter with ice-cream and a lovely coconut and toasted sesame seed dip. We all worked so hard and took quite a while to prepare all this wonderful food for it to disappear within only seconds.

By Lauren Howes

Last week some ex-Berrima students from Moss Vale High School came to our school and helped 4/5/6 cook 5 great Vietnamese dishes. We cooked dishes like, bbq pork meat balls, sticky rice, rice paper rolls, banana fritters with ice cream and avocado smoothies. All of 4/5/6 thought that the food was yummy. The Year 7 kids had fun and said the best part of the day was being able to come back to the school and cook in the kitchen. It was great to see some of our old year sixes. We do miss them a lot.

By Amber Loney

Today the year sevens from Moss Vale High School visited the year 4/5/6’s with Mr Van Der Voort for the linkages project. We were making Vietnamese food since the year sevens were reading about Ahn Do’s biography. We made grilled pork meatballs, rice paper rolls, avocado milkshakes, banana fritters & sticky coconut rice. We had an absolute ball at recess playing soccer with our old friends. By Courtney Harkness
We had a blast at kitchen today. We were cooking Vietnamese food. We had sticky rice which was delicious, it tasted like coconut. Everyone could see the amount of effort we had put in. Not only did 4/5/6 cook sticky rice but our old friends came back from high school to help. They were: Ricky, Jess, Emily, Josh and Rose.

People were wrapping and rolling. They were making rice paper rolls. It tasted sensational! You could taste that it was Vietnamese, it had so much flavour. They were making those wraps left, right and centre. I could barely keep up! Personally I loved how much technique we put into it. Everybody was working as a team. They worked extremely hard to try and make it perfect.
STUDENT WELFARE: Don’t Hold Grudges!
From the lyrics of “Let It Go”- Disney’s “Frozen”- Idina Menzel
“Let it go, let it go! Can’t hold it back any more. Let it go, let it go! Turn away and slam the door. I don’t care what they’re going to say. Let the storm rage on. The cold never bothered me anyway.”

Reasons to Let Go and Move On - paraphrased from: Practical Tips for Productive Living

1. Someone’s negativity could rub off on you- those who you spend your time with has a great impact on the person you are and the person you’re becoming. If you are around happy, kind & generous people, you will adopt that way of living. However, being around mean, cynical or negative people, you may become more like them. A great reason to check ourselves, especially when we have little people looking to us as mentors & for leadership.

2. Growing apart – Sad but true, sometimes people will gradually evolve away from our core values- they may continually misunderstand us now and clash with our needs.

3. Being unhappy – It may be better to struggle at something you love than succeed at something you don’t like.

4. Realizing that you have changed- learning to start over - if it’s for the better!

5. Fear may be holding you back - facing fears and disappointment. Success comes from trial & error. Try again, move forward, take up the challenge!

6. Live in the present – regardless of past success or failure. Don’t let it hinder your present. Live each day as it comes & plan toward the future.

7. Grudges may still be hurting you – but holding on to anger, resentment or hatred will only hold you back and block happiness in YOUR NOW. You’ve just got to drop some things; forgive, let it go & move forward!

8. Never Stop Learning! Learn as long as you Live! All positive change is the end result of learning.

Letting Go to Move On: is knowing & appreciating that tomorrow’s a new day & the future is as bright as you can make it.

1. Accept the truth and be thankful – for the experiences that made you laugh & cry- those that helped you learn and grow. It’s the acceptance of everything you have or once had, and the possibilities that lie ahead. It’s all about finding the strength to embrace life’s changes, to trust your intuition, to learn as you go, realizing that every experience has value, and continuing to take positive steps forward.

2. Distance yourself for a while – Sometimes you need to take a step back in order to gain clarity on a situation. Maybe take a break and explore something else for a while, so you can see things with a new set of eyes when you return to it, which is entirely different than never taking the break.

3. Focus on what can be changed – Realize that not everything in life is meant to be modified or perfectly understood. Live, let go, learn what you can and don’t waste energy worrying about the things you can’t change. You may have to change the way you think about it. Review & re-frame what you don’t like into a starting point for achieving something better.

4. Take responsibility for your life – claim it and own it. It may be easier to blame others- your parents, teachers, mentors, education system, government, etc. & never to blame yourself. It’s never your fault, right? WRONG! If you want to change, let go and move on with your life. You’re the only person who can make it happen. It’s important to make a difference in the world & help people... but you have to start with yourself.

What are you holding on to that’s holding you back? Take the first step to let it go!
Netty Dubokovich- Chaplain........ “SPEAKLIFE”. 
Mittagong Blue Light Disco

Venue: Mittagong RSL
Date: Saturday 30th August
Times: 4pm to 6.30 pm
Cost: $5.00 per child 4 - 14 years
Parents and children under 4 free.

This month we thought let's dress to impress in our favorite super hero or story book character for the Blue Light ....let's see what comes to visit us on this night of dancing and fun.

If you don’t want to that is fine as well, just come and dance along it’s a fun filled afternoon.

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Bowral Little Athletics

Ages 6 to 17
Eridge Park Bowral
Friday afternoons from 5pm

Season Starts
October 10th 2014 and runs till the end of March

Registration Days
Eridge Park
6th and 13th Sep
10am-1pm

Our storage shed is located next to the football shed.

Registration is $100 for the first child
$90 for subsequent Children.
Proof of age is needed for all new registrations.

Our multi-disciplinary fun approach includes the children participating in sprinting, distance running, long jump, triple jump, high jump, discus, shot put, javelin or turbo javelin in a fun non-competitive and supportive environment. Parents and carers are an integral part of every training session as well. We would like to extend a warm welcome to you all to join us for the 2014-2015 season which promises to be our best ever!

bowrallittleathletics.com.au
bowral.lac@live.com.au

We have recently moved to Berrima and are looking for a teenager to babysit our 2 girls (4 and 2) for 2 hours on a Thursday afternoon approx 330-530. (For 8-12 weeks) We (parents) would also be at home but in a meeting so need someone fun to entertain the girls. Would like to speak to parent first. Please call Rochelle on 0400 333 754.