EVENTS AT A GLANCE

September

Wednesday 17  Hot Chocolate at Lunch time - $1.00
Thursday 18  End of Term assembly 1:30 p.m.
Friday 19  No Friday run
          Cricket Gala day — Robertson
October
Tuesday 7  First day back for Term 4
Wednesday 8  5/6 Linkages Presentation at MVHS

NEWSLETTER - TERM 3 WEEK 10- 2014

Almost holiday time...

The holidays are almost upon us and I know the students and staff are looking forward to the break. It has been a busy term. Next term begins on Tuesday 7 October and it will be even busier with the school play, school's environment day, 5/6 outdoor education camp and Art Feast, all within the first half of the term! The staff of Berrima Public School wishes you a happy and safe holiday break and we will see you all next term.

4/5/6 Soup Kitchen

Last Tuesday 4/5/6 ran their second successful soup kitchen. They made artichoke soup for half the school. The children who ordered soup thought it was really yummy, some even asked for the recipe so they could make it at home! Thank you Judith for your assistance in the kitchen on the day.
Cricket Gala Day

On the last day of Term 3, Friday 19 September there will be a Cricket Gala day at Hampden Park, Robertson for all Berrima students. NSW Cricket will be there on the day directing and supporting the tabloids and games. The children will have the opportunity to develop their cricket skills and interact with students from the other small schools. A permission note is attached. The parents that are in credit may not need to pay. Please contact the office if you’re not sure.

_P.S Three Australian cricket stars, Nic Maddinson, Moises Henriques and Shane Watson are going to be in attendance. They will be happy to sign autographs, so bring hats, balls, etc._

GARDEN NEWS

There is an important garden event to pop on your fabulous school calendars!!
The 18th September. This is our end of term assembly day and the garden will be having a little stall selling lovely seed packets, $3.50 each, and some assorted produce from the garden. You will need to get in quick, because the produce and flowers won’t last long!!

Thanks in advance to the best school community around…

Preloved Items

Yr 1 would like to create a garden bed outside their classroom. The idea is to use sleepers as a border and then plant various plants. By doing this it will create a tidy and colourful atmosphere for the students. To get this up and running we need your support. If you have any preloved items, books, furniture, bric and brac that are in good condition please bring them into the Yr 1 classroom. Once we have gathered enough items we will then hold a garage sale here at school. If you have any enquires please see Mrs McFadden or Mrs Young-Whitford.

Save the Date!!

On Friday 10 October 9:00am there will be a Spring Garden Working Bee in the school garden. Join the students and teachers for a spruce up of our garden and grounds. There will be a sausage sizzle provided for lunch. Help us to make our school grounds beautiful in preparation for the Art Feast.
Life Education Visit

Healthy Harold will be visiting our school on October 13 and 14 of Term 4. Life Education is a non-profit organisation that provides lessons to the children in areas of personal development, healthy eating, drug education and cyber safety. Healthy Harold visits the school in a large caravan where the lessons take place. The cost for these lessons are $9.00 per child. A permission note is attached. As this is a non-profit community-based organisation that relies heavily on the raising of funds there will be an order form in Term 4’s newsletter for your child/ren if they’re wishing to purchase any items.

Expression of Interest – Ethics Classes

Berrima P.S. is looking at providing the option of Ethics classes for students currently attending Non-Scripture. If your child is currently enrolled in Non-Scripture and you would like to have the option to send them to Ethics classes please fill in the expression of interest below and return to the school.

Ethics classes exist to develop and deliver philosophical ethics education for children who do not attend scripture. Ethics classes are taught within a 'community of enquiry'. Our trained teachers use stories, pictures and other stimulus materials to engage the children in a lively and interesting discussion. The children are taught how to present a reasoned view and to debate a topic respectfully. They are actively encouraged to listen to and debate with their peers. The curriculum covers a broad range of topics which students and teachers explore with interest and enthusiasm.

My child ___________________ of class ____________ currently attends Non-Scripture and I would like to have the option of sending them to ethics classes.

Signed: ___________________________ Date: ____________

Tennis Lessons

We would like to offer tennis lessons again for next term. We need to have 9 students for this to happen. If your child is in Years 2-6 and would be interested in having lessons at lunch time on a Monday please complete the expression of interest form below. At this stage the cost will be approximately $10.00 per lesson, depending on the numbers. Once I know how many students will take part I can then work out the cost involved. Final day for notes will be this Thursday 18 September.

I would like my child/ren……………………………………… to take part in tennis lessons held at school on Mondays at lunch time.
Can you crochet, knit or sew?

We need people who can wield a hook, knitting pins or a needle to make small items for the Art Feast stall. There are patterns available to look through and take, in the office. Please let us know if you plan to make any of these items by leaving your name at the office or speaking directly to Jo Kennedy or Megan Moore.

We need floral or leafy scarves to use in strings as decoration at the Art Feast. See what you can find us in your cupboards or keep an eye out at garage sales and op-shops.

Yr 5 / 6 Camp

Last week I received an email from the camp co-ordinator requesting camp notes. There are still quite a few camp notes and money that are outstanding. Ideally the camp co-ordinator would appreciate all notes in before the end of term so that all the paperwork can be completed.

We will accept payment up until Wednesday 8 October. If your circumstances have changed and you not wishing for your child to attend please notify the office as soon as possible. Or if you are experiencing financial difficulty please come and see Belinda in the office to discuss further arrangements.

School Play

In 2014 our school play is based on ‘Around the World in 80 days’. The play will have both a matinee and evening performance on the 30 October. Each class has an item in the play. We need all the help we can get in terms of sourcing items, making costumes, hot glue gunning accessories etc. Any level of help small or big would be appreciated. We also have a working bee, usually the weekend or two before to beautify our COLA ready for the performances. If you can help in anyway please speak to your classroom teacher or Miss Dann.
Meeting opened by: Megan Moore  4.10pm

Attendance: Megan Moore, Rebecca Dann, Latesha Cassar, Kellie Waring, Pete Gaulder, Laney Clancy, Tracey Boyd, Karen Mcnally

Apologies: Jane Lawler, Lonnie Bedson, Caroline Verity

Adopt minutes previous meeting 16/6/14  Moved Kelly, seconded Denise

*Progress on Kitchen Deck. Still waiting for our volunteer team to be able to schedule the time. Berrima Townlife recently donated $1,000 which will primarily fund the water tank which is required under the DA for the kitchen. Denise will liaise with Glenn Corney about what would work best. An underdeck tank is preferred if it doesn’t alter the design of the deck (re footings), otherwise a wall tank is an alternative.

*The running of the school markets continues to be a problem. The imminent opening of the new produce markets in Bowral a consideration. Latesha volunteered to run them in the interim though cannot be here for the November market. Her problem is poor mobile coverage at home so someone else would have to man the phone whilst she could be on site on market day. The usual problem with manning the BBQ still exists. We are resolved to at least get through to the end of the year and consider viability, given lack of volunteers, next year. Stall holders are becoming increasingly frustrated with lack of commitment.

Correspondence:
In: Southern Highlands Tourism annual fee. Bank statement.
Out: Nil

Treasurers report: $27,000 in the bank.
Includes $10,000 reserved for the deck and $1,000 from Berrima Townlife. Upcoming events to be funded by the P&C are subsidies for swimming lessons and the end of year pool party.

Uniform report: Balance $4000.

Principals Report: (attached)

Matters arising from Principals report:
The P&C has chosen not to provide ongoing funding for the chaplaincy program.

General Business:
The Art Feast is the weekend 8/9th November. This will coincide with the school markets and the ‘Strawberry Tea’. Laney and Latesha have volunteered to organise the art exhibition. Works will be displayed in the library and kitchen. Opening hours are 9am – 4pm. We will be looking for a number of volunteers to run the shop as well as support the strawberry tea. A number of baristas will be required.

The Carpathon is in Feb 2015. Pete has volunteered to oversee the arrangements and will soon be calling for others to assist. If successful this could raise a significant amount of money for the school.
$500 is required to go towards costumes/props for the production of the school play. Passed by Karen, seconded Denise. The P&C may consider offering a babysitting service for the evening play performance to ensure families can watch the play without younger children running around which can be a distraction and the additional noise undermines the efforts of the children performing.

The school will be taking part in the Tulip Time parade. Arrangements still being sorted.
Subscription renewal for library held over to next meeting
Meeting closed 5.45pm
Next meeting 3.30pm Friday 24th October
Principal's Report

P&C Meeting – 5 September

1. School Chaplaincy Program.

Gener8 have lost their funding from the federal government and are asking schools to fund the first 6 months next year to maintain the program. They feel that the state government would at that time pick the funding up for the program. This is asking a big monetary commitment from the school, which we don’t really have. There is the possibility that we would require the funding from the P&C.

2. Ethics Classes

It has been suggested and asked that we run ethics classes for students currently in Non-Scripture. Ethics classes are run by stage which means we would need 4 people to train and run the program and the space for 4 classes to run.

Miss Dann has a meeting with one of the ethics coordinators this Tuesday.

We are planning to put an expression of interest in the newsletter to see if enough of the parent body would take up this opportunity.

3. Classes for 2014

We are bordering on having an extra class next year. This means class structures have changed a number of times in the past week and may change again. Kindergarten is the only class that will remain a straight Kindergarten either way and due to Kindergarten orientation starting early next term it has been decided that Anita Young-Whitford will teach Kindergarten next year. No other firm decisions on the staffing of classes have been made.

P & C NEWS

MARKETS
Thank you to all those parents who helped out on the BBQ at the markets yesterday. While some shifts were very quiet I’ve heard that others were busy – so thanks to all who came along.

TULIP TIME PARADE

The Tulip Time parade is on this Saturday at 2pm in Bowral. I’ve been rummaging through our stock of costumes making sure we have something for everyone to wear so I really need to know definite numbers. If you haven’t already done so please fill out a form in the office by tomorrow afternoon. I will give out costumes to students/parents after assembly on Thursday. I will include information about where to meet before the parade and where children can be collected once the parade is over.
Cricket Gala Day Menu

Friday, 19th September 2014

Hampden Park Robertson

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<th>Morning Tea:</th>
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<tr>
<td>Cupcakes</td>
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<td>Popcorn</td>
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<th>Lunch:</th>
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<td>“Meal Deal” = Sausage on a Bread Roll</td>
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<td>Plus Popper Juice or Chocolate Milk......</td>
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<th>Drinks:</th>
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<td>Tea/Coffee</td>
<td>$1.50</td>
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<td>Water</td>
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<td>Apple Popper Juice</td>
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<td>Chocolate Milk</td>
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PARENT/CAREGIVER CONSENT FORM

Berrima Public School will be participating in the Small Schools Cricket Gala day held at Hampden Park, Robertson on 19 September 2014. This will include all children from Kinder to Year 6.

We will travel by bus to Robertson, leaving the school by 9:15am and returning at approximately 2:30pm. The cost for this event is $5.00.

Miss Dann, Mrs Young-Whitford, Mrs Thiessen, Mr Paviour and Mrs Withers will be accompanying this excursion and all have emergency training.

On the day the children will need to wear their red uniform, a hat and sunscreen.

Kangaloon P & C will be providing canteen facilities on the day.

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RETURN SLIP

I do / do not consent to ________________________________ of class ____________

participating in the Cricket Gala day at Robertson on 19 September 2014.

☐ I give permission for my child to travel by bus.

☐ I give permission for my child to receive medical treatment in case of an emergency.

Signed: ______________________________ Print Name: ______________________________

Date: _______________ Daytime Phone number: ______________________________

Enclosed $ _________ cash / cheque

Direct deposit $ _______ BSB-032-001 A/C - 116917

If you’re wishing to direct deposit please make sure you enter your name and the name of the excursion so that your deposit can be identified.
PARENT/CAREGIVER CONSENT FORM

Life Education – Healthy Harold will be visiting our school in Week 2 of Term 4 on Monday 13 and Tuesday 14 October.

This has been planned as it relates directly to our personal development and health.

The total cost for Healthy Harold is $9.00

RETURN SLIP

I do / do not consent to ___________________________ of class __________
participating in Healthy Harold on 13 or 14 October 2014.

Print Name: ___________________________

Signed: ___________________________ Date_________________________

☐ $ __________ cash / cheque

☐ $ __________ direct deposit. BSB-032-001 A/C116917

If you’re wishing to direct deposit please make sure you enter your name and the name of the excursion so that your deposit can be identified.
STUDENT WELFARE

Excerpt adapted from Dr David Nowell.com

Effect of Aerobic Physical Activity - The goal of this study was to compare the effects of before school physical activity (PA) and sedentary classroom (SC)-based interventions on the symptoms, behaviour, moodiness, and peer functioning of young children at risk for attention-deficit/hyperactivity disorder (ADHD) and typically developing children. Children were randomly assigned to either PA or SC and participated in the assigned intervention 31 min per day, each school day, over the course of 12 weeks. Parent and teacher ratings of ADHD symptoms (inattention, hyperactivity/impulsivity), oppositional behaviour, moodiness, behaviour toward peers, and reputation with peers, were used as dependent variables.

Primary analyses indicate that the PA intervention was more effective than the SC intervention at reducing inattention and moodiness in the home context. Less conservative follow-up analyses within ADHD status and intervention groups suggest that a PA intervention may reduce impairment associated with ADHD-risk in both home and school domains; interpretive caution is warranted, however, given the liberal approach to these analyses. Unexpectedly, these findings also indicate the potential utility of a before school SC intervention as a tool for managing ADHD symptoms. Inclusion of a no treatment control group in future studies will enable further understanding of PA as an alternative management strategy for ADHD symptoms.

"Habit Stacking" - creating a new relationship between an old established habit and a new target goal. If you'd like to experiment with mindfulness, and you always brew morning coffee, your "habit stack" looks like this: "When I start my coffee maker I will practice a mindfulness exercise for one minute." (As for me- I feed the pets/unstack dishwasher while the kettle is boiling in the morning!)

Stanford psychologist BJ Fogg's "Tiny Habits" approach suggests the new habit should be really easy to commit to - something like "When I watch The Daily Show I will do 5 push-ups."

What new habit could you establish that would make the biggest positive difference in quality of life?

Netty Dubokovich... Chaplain.... "SpeakLife"

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HIGHLAND COMMUNITY CENTRE SCHOOL
HOLIDAY ACTIVITIES: Suited to Yr 6- (Ages 12-18) Bookings Essential – Phone 4862 1122
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<td>Public Holiday</td>
<td>Student Return</td>
<td>Linkages Presentation Evening @ MVHS</td>
<td>Working Bee - Garden G Grounds</td>
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<td>Barrima School Markets</td>
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<td>Life Education Van</td>
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<td>Week 3</td>
<td>Yrs 5/6 students leave for Marisset Camp</td>
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<td>Yrs 5/6 students return for Marisset Camp</td>
<td>P &amp; C Meeting 3:30 pm @ Surveyor Inn</td>
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<td>Week 4</td>
<td>Kinder Orientation Starts</td>
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<td>School Play 11:45am &amp; 6:45pm</td>
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<td>Week 5</td>
<td>Kinder Orientation Cont.</td>
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<td>Art Feast</td>
<td>Art Feast Barrima School Markets</td>
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<td>Week 6</td>
<td>Swimming Lessons Begin 10:30-12:30pm</td>
<td>Kinder Orientation Finishes</td>
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<td>Harpers Mansion Fair</td>
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<td>Yr 6 Farewell Dinner</td>
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<td>End Of Term Assembly</td>
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<td>Week 11</td>
<td>Pool Party @ Bowral Pool O’Night Camp</td>
<td>Activity Day @ school</td>
<td>Final Day for students</td>
<td>Staff Development Day</td>
<td>Staff Development Day</td>
<td>Xmas Markets</td>
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Moss Vale Gymnastics

Date: Wednesday 1st October
Time: 10am - 12noon
Venue: Moss Vale Showground Pavilion
Bring: A drink and small snack
Wear: Leotard or tights/shorts and t-shirt
Cost: $20 per child
Contact: Kim on 0412635680
The clinic is for boys and girls aged 5 and over from beginners to advanced.

Kind Regards

Kim

Kim Morse-Evans
Moss Vale Gymnastics
kandme@acenet.com.au
Mobile: 0412635680