EVENTS AT A GLANCE

September
Monday 1  Year 4/5/6 Goldfields Experience Campout
Year 3/4/ Oz Opera—Barber of Saville.
Wednesday 3  Mr Ryan begins Long service Leave
Friday 5  Friday run
P & C Meeting - 4pm at the Surveyor General.
Thursday 18  End of Term assembly 1:30 p.m.
Last Day Of Term
Friday 19  No Friday run
Cricket Gala day — Robertson

Thank you Mr. Lancaster

If you have an opportunity drop into the front office to view the display of photographs taken by Tim Lancaster at the recent Book Fair. Some were printed in last week’s newsletter however, that did not do the colour images justice as the prints on display are quite wonderful. Thank you again, Mr. Lancaster.

Cheerio for the time being

This is my last newsletter until I return at the beginning of term four. There has been some solid progress in all classes this term with interruptions being kept to a minimum. I leave our school in the very capable hands of Miss Dann and our other dedicated team members.

I look forward to Spring weather coming and chasing away some of the germs that have been quite persistent with very high levels of absentees in some classes. I look forward to taking a break however, I also look forward to returning and completing the remainder of the year and the exciting events to come in term 4.

OZ Opera

Children in Year 3/4 are being treated to the fun of the Barber of Seville courtesy of ADFAS. ADFAS Southern Highlands is a branch of the Australian Decorative and Fine Arts Society. The aim of the society is support and promote the decorative and performing arts. The Society are funding both the entrance fee for the performance in addition to the cost of the bus transport so that children in smaller schools have the opportunity to be exposed to performances of the Australian Opera. We are very appreciative of this philanthropic gesture of the society.
Goldfields Experience

Hoping for fine weather tonight and Tuesday morning. Enjoy the experience year 4/5/6. Thank you to the parents assisting with this experience for the children.

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. Please keep an eye on the newsletter for future information about the play.

Wingello Run

What a glorious day we had yesterday for our students and staff to compete in the Wingello Southern Highlands Challenge. We had 8 Competitors from our school go for a lovely run in the 1km and 6km event. Harry [Name], Jack [Name], Riley and Tate [Name] all enjoyed the 1km event and ran with big smiles on their faces to receive their medals. Tate wishes it was further!!! Next year Tate!
In the 6 km we saw Liam [Name], Merryn [Name], Sophie [Name] (and her dad) and Miss Dann take on the challenge. A 6km bush track is a very difficult environment to run in and our team all finished in acceptable times. A special mention to Liam [Name] who finished in 9th place and looked as though he put his all into his run.
Thank you very much to Moore, Goldsmith, Corney and Nyholm families for their support in this venture. I am hoping this will become an annual event for us to participate in as it provides a great challenge in our local area that a lot of our children are able to succeed in.
The best bit of the day is due to the number of entrants in our team we won $400 from Modern Teaching Aids for sports equipment for being the local school with the most participants.
Thank you and well done!!!

Proudly wearing their medals are Harry, Liam, Miss Dann, Merryn and Sophie.
P&C NEWS

A reminder that the P&C meeting scheduled for tonight has been postponed until Friday afternoon at 4pm at the Surveyor General.
A full agenda will be available to view in the school office on Wednesday but some of the items to be discussed include:

- Plans for ArtFeast – 8/9 November
- Carpathon update
- School play – contribution required from P&C for costumes/theming

ARTFEAST MEETING
Thanks to all those people who came along to a meeting last Wednesday afternoon to discuss ideas and plans for the upcoming art weekend – 8/9 November.
We will be having a few components to the weekend:

- An art exhibition for local artists
- Strawberry tea cafe from our kitchen
- A school shop selling all things “Old School”
- A garden stall selling potted plants, herbs from our garden
- Art/craft classes for children
- Market stalls in the school grounds on the Sunday

Several people have expressed interest in helping out. Ideally what we would like to do is give responsibility for each of these components to a person who can then rally a team of people to help them.

In order to be included in the advertising for the Southern Highlands Art Festival we had to produce some artwork very quickly. Thanks so much to Caroline Verity who has produced a beautiful advertisement that we will use to promote our event. A copy of the ad is attached to the newsletter.
The next meeting for interested parties will be held on Wednesday 10 September.

TULIP TIME PARADE

The Tulip Time street parade will be held at 2pm on Saturday 20th September. The school has entered a walking group in the last few years and will do so again this year if we have enough students interested. Please complete the form below and return to the office by this Friday. Parents are more than welcome to walk in the parade as well! The school will provide most of the costumes required for this event. This year’s colour theme is YELLOW. Before completing the form please keep in mind that the day of the parade is the first Saturday of school holidays.

This year Little Athletics are running a ‘Fun Run’ up the main street before the street parade starts so children may want to run in that instead of being in the parade. Due to the timing and geography it won’t be possible to do both. See the Southern Highlands Tourism website for more information about the Fun Run: http://www.southern-highlands.com.au/tulip-time.

TULIP TIME PARADE
Again this year Berrima School will participate in the street parade that is part of the local Tulip Time celebration. The parade will be held on Saturday 20th September at 2pm so we would need children in Bowral assembling at 1.00/1.30pm. At this stage we would like to find out how many students would be interested in being part of the parade. (The parade is on the first weekend of the school holidays.) Please complete the form below and hand into the office by this Friday if you would like to be involved.

NAME...........................................................................................................................................
CONTACT PH.................................................................................................................................

Yes, my child/ren would love to participate in the Tulip Time parade on SATURDAY 28TH SEPTEMBER
Name(s) of child/ren.....................................................................................................................
STUDENT WELFARE

Last year some information was printed in the newsletter from the “Changing Behaviour” course I attended. This same principle is applied here: from www.kidsmatter.edu.au

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

1. Rate Your Anger: Using a rating scale to notice how angry they are helps children become more aware of their angry feelings, so that they know when to use calming strategies. The thermometer to show the scale points of between zero and 10 alongside. This strategy is also in the “You Can Do It” program which has been implemented in the school.
   * Low Levels (eg 0 = calm; 6 = a bit irritated),
   * Medium levels(eg 6-8 = quite cross - angry),
   * High Levels (eg 9= extremely angry; 10 ‘losing it’).

Talk about the body signals that accompany each level. Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 50 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

**Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.**

2. Relax: There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:
   * Deep breathing- Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.
   * Visualisation- Have children visualise a very relaxing scene in their minds eg. they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.
   * Robot/Rag doll technique- The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

3. Use Coping Self-Talk: Using coping self-talk involves saying things to yourself to calm down.

Saying things to themselves like: Take it easy. Take some deep breaths. Stay cool. Chill out. Don’t let him bug me. Time to relax! Try not to give up. It’s okay if I’m not good at this. To teach children to use coping self-talk, it is helpful to model it yourself eg. you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” or “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves.

This is best practised before children get angry.

Netty Dubokovich..Chaplain…“SpeakLife”.

Cleaner Required

I am currently seeking a mature, reliable, self motivated and honest person to join my domestic cleaning team.

The majority of hours will be between 9-3 and days are Tuesday to Friday. Applicants are most welcome to apply even if only for 1 or 2 day a week.

Please contact Amber on 0405 698 063 for further details.
THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You’re sure to find a camp the kids will love.

Kids’ Camps from $45 per day

Before School Care 5 days a week Monday – Friday 7am – 9am
Casual Bookings Welcome

After School Care 5 days a week Monday – Friday 3pm – 6pm. Casual Bookings Welcome.

Vacation Care Monday – Friday 8am – 6pm 5 days a week
52 weeks of the year (excluding Public holidays)

September / October Vacation care Bookings
Open Tuesday the 26th of August 2014
Text Your booking to 0417404063
Email mvoosh@bigpond.com
or Webpage www.mossvaleoosh.com

The Bookshop Bowral

Special Olympics
New South Wales

SING
Southern Highlands

12 CHOIRS
1 NIGHT
1 MISSION
Join us as 12 Choirs from the Southern Highlands take to the stage with Athletes from the Special Olympics for one memorable night to showcase ability and music.

WEDNESDAY 22ND OCTOBER
6:30PM | CLUBBE HALL, MITTAGONG
TICKETS - $25 ADULTS / $10 CONCESSIONS
On sale from 22nd Sept. Available from The Bookshop Bowral

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

September school holiday soccer
skills development
29th & 30th of September
Improve soccer skills
Regular program 2 hours per day
over 2 days - $70
Mighty miles program for under7’s

Ph: 0459 532 223
nswsc@coerver.com.au

Facebook: NSW Sport and Recreation www.dsr.nsw.gov.au/kids camps

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