Thank Goodness It’s Monday

Congratulations to all the Berrima Events organisers and volunteers. You have survived to Monday.
An absolutely huge weekend for all. However it was also a very successful, putting Berrima well and truly back on the map for environmental care with the Carpathon and weekend entertainment with the Schoolyard Markets.
To Peter Gould and Latasha Cassar, I’m sure the next one will be easier. Congratulations and thank you for your dedication to making things work. I’m sure your families will appreciate having you back again.
Thank you also to all the families who came along to support either of the events taking place this weekend. Without your on-going support the success of these events would be in jeopardy.

Meet the Teachers / Meet the Parents

Don’t forget that tonight there is an opportunity to meet with your child’s teacher. This will help you find out about what will be happening in their class this year and provide a chance to ask any questions you may have. Meet the teacher evening begins at 6 p.m., under the cola, with the outline of the strategic direction and plans for the school over the next three years. Following this session teachers will be available in their classrooms to reveal their plans for the coming year working with your children. Before you head off home come back to the kitchen for a cup of tea and meet some of the other parents.
Carpathon

On Friday, 4/5P and 5/6D went down to the Wingecaribee River to participate in the annual Berrima Carpathon. It was a sunny afternoon and we were hopeful that we might catch one. We cast line after line in to the river, baited with corn kernels, from hand reels and fishing rods. We had one catch by Merryn [Redacted] but sadly it was not a carp. We had a lovely afternoon fishing together though. The children should be congratulated on their positive attitudes, teamwork and persistence.

Thank you to Tim Lancaster, Mark Snell, Glenn Corney, Steven Westlake and Sophie O'Dwyer and Justin Nyholm who all came down to the river to lend a hand.
STUDENT WELFARE

"Experiencing fear & doubt in your life, is like trying to drive with the handbrake on!"

Excerpt from KidsMatter.edu.au

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children's sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account:

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security. (An example of a scenario for 6 year old child who is fearful of stormy conditions at bedtime).

Fears and worries: Acknowledge feelings: e.g., “Are you having trouble going to sleep because you’re worried something might happen?”

Feels unsafe: Reassure e.g., “That storm was only on TV. It’s not going to happen here.”

Can’t think through logically: Reality check e.g., “The wind would have to be really, really strong to blow the roof off. We don’t get those kinds of winds here.”

Feels overwhelmed by scary thoughts: Label: e.g., “That’s just a scary thought. You don’t have to keep it.”

Lacks skills for coping: Demonstrate coping skill: e.g., “Let’s blow the scary thoughts away. Take a deep breath and together we will blow them all away.” This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.

Has trouble relaxing: Teach relaxation techniques -help them to visualise calming images – e.g. a waterfall or clouds floating gently across the sky.

Doesn’t feel confident about managing fears: Encourage helpful thinking: e.g., “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’

Lacks Confidence: Praise and encouragement: e.g., “You did it. You’re getting braver and braver!” or “You’re trying really hard to be brave. Good on you!”

Netty Dubokovich- Chaplain.....SpeakLife.....
Schools Clean Up Day

Friday February 27 we will be part of the annual Schools Clean Up Australia Day. This has been a long standing tradition of assisting to clean up our part of Berrima and some of the surrounding streets. Kindergarten and Year 1/2T will be working in the school playground. Year 2W will be working around the cross country track. Year 3/4C will be cleaning some of the street frontages close to the school in the top part of the village. Year 4/5P will be cleaning up the main street and some of the parkland. Year 5/6 will be working along the river walk and the adjacent parkland.

Parents are welcome to come and join in with the clean up. The clean up will begin at 11:30, except for Year 5/6, as they will be working in the garden at that time. Year 5/6 will work on their area after lunch.

Children are welcome to bring along a pair of gloves to help protect their hands. Teachers will have some disposable gloves available.

Doing Things Together

An initiative of the small schools to help increase engagement and creativity is to conduct combined Creative and Practical Arts sessions in conjunction with a sport. In this case it will be teaching and developing netball skills for a gala day that will be held later in the year.

For Doing Things Together the children will be offered opportunities to participate in drama, dance, craft and developmental play for the infants children. For the day we will be joined by Burrawang and Glenquarry Public Schools. This will encourage the social element of the day so that the children can develop friendships and acquaintances with children that they may eventually meet on moving on to high school. The first of these days will be held on Wednesday March 4

Unending Thanks

Denise Howes has continued her amazing coordination role on the Stephanie Alexander Kitchen. Denise has organised and purchased the balustrading around the kitchen deck. She also coordinated the man power to have it erected in time for the markets on Saturday. It looks outstanding and at a very reasonable price. Well done, Denise. Thank you, Cameron and Justin, for your work in putting up the panels.

Playgroup

Playgroup equipment will be setup from 9:00am –10:00am, Monday mornings. Anyone wishing to take this opportunity to meet new parents please come and introduce yourself and bring your preschoolers.
Raising Emotionally Intelligent Children and Managing Difficult Behaviour

6 WEEK PARENTING COURSE FOR PARENTS WITH 2-6 YEAR OLDS
Focusing on:

- Strategies to help parents manage difficult behaviour (eg tantrums, non-compliance, aggression)
- Emotion Coaching Parenting and how to help children regulate emotions

Run by Community Health Child and Family Psychologists

WHEN
Tuesday Mornings 9:30 — 11:30 am
24th February — 31st March 2015

WHERE
Henrietta Rose Room (in front of Bowral Library)
Bendooley Street, Bowral.

CONTACT
Julie, Kellie or Megan to
Register before 19th February
(02) 4861 8042

Moss Vale Hockey Club

Want to play hockey?
Join our club!

- Ages 5+
- All skill levels
- Dedicated coaches
- Family fun atmosphere
- One venue every week

If you are interested in playing hockey this year please
email us: info@mvhc.com.au
or
contact Deirdre Mackay
0422 406 722

Mittaong Blue Light Disco

Venue: Mittagong RSL
Date: Saturday 28th February 2015
Times: 4pm to 6.30 pm
Cost: $5.00 per child 4 - 14 years

Parents and children under 3 free.