## Events at a Glance

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 4</td>
<td>Doing Things Together</td>
</tr>
<tr>
<td>Thursday 5</td>
<td>School Photographs</td>
</tr>
<tr>
<td>Friday 6</td>
<td>Friday run</td>
</tr>
<tr>
<td></td>
<td><strong>Regional Swimming Carnival</strong></td>
</tr>
<tr>
<td></td>
<td>Road Safety course for teachers running at Berrima</td>
</tr>
<tr>
<td>Wednesday 11</td>
<td>Southern Highlands News - Kindy photo</td>
</tr>
<tr>
<td>Friday 13</td>
<td>Friday run</td>
</tr>
<tr>
<td></td>
<td>Road Safety course for stage 3 teachers running at Berrima</td>
</tr>
<tr>
<td>Monday 16</td>
<td>A.G.M. - P &amp; C Meeting 7:30 p.m.</td>
</tr>
</tbody>
</table>

### Meet the Teachers / Meet the Parents

A very successful evening with a very good attendance. If you were unable to make it along, try to catch up with your child’s teacher so that everyone is working from the same page. It assists in understanding what and why things are being done the way they are so that you can best support your child.

### School Clean Up Day

Thank you to all the students for their excellent participation in the clean up effort. The really good news is that it was quite difficult for some groups to actually find rubbish. Berrima just gets more and more tidy!

### Mulch

Following all the tree work that was carried out during the school holidays we have an abundance of mulch. If anyone is interested in taking a trailer load or two please get in contact with the school.

### School Photographs

This Thursday, 5 March is school photo day. Please make sure your child brings their completed photo envelope on the day. All envelopes are to go directly to their classroom, NOT the office. Family envelopes can still be collected from the office.
Doing Things Together

We are all looking forward to our first, ‘Doing Things Together Day,’ with Glenquarry and Burrawang schools. It will provide an opportunity to make new friends, try some new activities and for some to learn a new sport. Make sure you ask your children about the day on Wednesday evening.

School Contribution

For parents that are new to the school each year the school request voluntary contribution payments. These fees are set by the Department. This payment allows the school to purchase various school requisites such as: paper, pencils, scissors, hand towels, toilet paper etc. This is a voluntary contribution and payment is a matter for the decision by parents. We will ensure that no student or family suffers any discrimination or embarrassment over failure to make a voluntary or subject contribution. Confidentiality, privacy and dignity will always be maintained concerning contributions.

Cooking Classes

If your child is in Yrs. 3 - 6 and participate in cooking classes you will also receive an invoice requesting payment for your child to take part for this term, you will be invoiced each term. We appreciate your financial support as this helps support the program to run efficiently.

Laptop Contribution

The children that are new in Miss Dann’s class will be invoiced for the use and maintenance of their personal laptops. We request that parents continue supporting this.

Big Boppers

Big Boppers dance practice for Monday 9 March (next week) is cancelled because I will be at a professional development course until 4:15pm. Please make arrangements for your child to be picked up at the end of school.

Thank you Mrs Young-Whitford

EXCITING TIMES!!

Children in Yr 2 will finally be able to cut the paper chain allowing them to move into their new classroom. This will be taking place tomorrow morning after assembly. All parents are welcome. Thank you to the children and parents for your patience’s.
District Swimming Carnival

This year's district swimming carnival was a great day. Merryn, Patrick, Sophie, Tate, Ayla and Courteney all came along with me as part of the Bong Bong Swim Team. All students competed in individual events and were in the top 3 in their heats. Unfortunately these were timed heats which allowed the top two to progress to the zone carnival. Sophie, Merryn, Patrick and Courteney were all part of the qualifying relay teams and will compete at Dapto on Friday!

We wish them luck.

On a super positive note Merryn made a 5 second improvement on her medley time on the day and was pipped at the post in most events on the day. She has clearly put a great deal of work into her swimming and represented our school exceptionally well!

Ayla, Sophie and Courteney enjoying the swimming carnival.
CARPATHON UPDATE

Sorry there was no report in last week’s newsletter. It was such a long weekend I didn’t want to think about it once it was all over on Sunday afternoon!

Thank you to all the volunteers who helped out on Friday, Saturday and Sunday in the park. We spent most of Saturday sheltering from the rain and the end of day ‘weigh in’ was very wet. Fortunately the sun was shining on Sunday so our final presentation was held in the park with a large crowd of participants and onlookers watching as the final weigh in took place.

On Sunday we had Graeme Day, presenter of 2ST, Duncan Gair, Mayor of Wingecarribee Shire Council and Katrina Hodgkinson, Minister for Primary Industries all on hand to present prizes that had been donated by local Berrima and Southern Highlands businesses.

All up over the weekend we had 196 competitors who caught a total of 1,014kg of carp. The largest individual carp caught weighed 9kg.

With all expenses taken out the school has raised about $2400 from this event. A big thank you to our sponsors – The Shed Company, Field and Stream, McDonalds Sutton Forest, Joadja Small Farms, Cabra Print, 2ST and Southern Highland News - for all their support. This is really a great community event to be involved in with a lot of positive feedback coming to the school for being involved in cleaning up our river.

Pete and I would really like to thank Glenn Corney, Tracy Carter and Justin Nyholm who were at the park every day helping with set up/pack up and registrations.

P&C AGM – Monday 9th March

This is a reminder that we will be holding the P&C AGM at 7.30pm next Monday night. At this time many of the roles on our committee will become available and we will need new people to fill these roles. Following this is a document outlining the positions available and a description of each role.

To continue supporting all the fabulous activities going on at Berrima Public School we need to ensure the ongoing commitment to the P&C. If you’re thinking about becoming involved but scared to take on too much then you could always ‘job share’ with a friend or fellow parent. People have often asked me how much time is involved being on the P&C committee. My answer to that is as much time as you want to give. Presidents before me have been Mums or Dads that have worked full time. As long as you have a willing body of parents to help and to delegate tasks to, a P&C can work. Unfortunately I know of many local schools that haven’t been able to get anyone to commit to take on roles within the P&C so their parent body organisations have folded. Given all the hard work put into developing our resources in this school community we can’t afford for this to happen at Berrima.

Our lives are all busy and there is no ‘right’ or ‘good’ time to take on a role but if you’re thinking about it please do step forward. Being involved in your child’s school is such a positive experience and our children always love to see us being active and helping out in the school.

For the most part our meetings have been held in the evenings as the current ‘executive’ of the P&C is available to attend at these times. We also need to fit in with Mr Ryan as he needs to attend the meetings. It really is dependent on the availability of the executive as to when you meet. The executive of the P&C is considered to be the President, Vice President, Secretary and Treasurer.

I won’t be at school this week but if you would like to chat with me about any of the roles please give me a call on my mobile 0413 482 731 or send me an email: moorefamily21@bigpond.com.

I look forward to seeing you next Monday evening.

Megan
**Berrima Public School P&C Roles and Responsibilities**

All parents and carers of students enrolled at the school are eligible to be members of the school’s P&C Association. Parents, Carers and citizens must pay the membership fee of $2 to become a financial member of the P&C. All financial members have the right to stand for office, move motions and vote. For more information about the role of the P&C within a school look at the website [www.pandc.org.au](http://www.pandc.org.au).

The P&C Executive Committee consists of the associations office bearers:

**President, Vice President, Secretary and Treasurer**

In addition to these executive roles are the following positions:

- **Uniform Shop manager**
- **Uniform Shop Treasurer**
- **Fundraising Co-ordinator**

At the P&C meeting on Monday night all positions will be declared vacant and elections will be held for office bearers. The positions available are listed below with a brief summary of responsibilities:

**President**

Responsibilities:
- Successful functioning of the P&C
- The attainment of the P&C’s objectives
- Ensuring that the P&C takes part in decision-making processes in the school
- Fostering fair participation of all members and ensuring that all new members are made to feel welcome
- Supporting volunteers
- Consistent adherence to the constitution
- Acting as the P&C’s spokesperson when public statements or actions are needed
- Setting up lines of communication with the Principal
- Being a signatory on the P&C’s bank accounts
- Chairing meetings

**Vice president**

Responsibilities:
- Providing support for the President and all other members of the Executive committee
- Chair meetings when the President is absent

**Secretary**

Prepares agenda for meetings

Prepare and present the minutes of the Association’s meetings

Record and deal with ingoing and outgoing correspondence

Record and maintain information pertaining to the activities of the P&C

**Treasurer**

Overall responsibility for the financial management of the P&C, including all subcommittee accounts

Prepare an annual budget and plan for the P&C in consultation with the executive committee

Keep accurate records of receipts and expenditure

**Uniform Shop Manager**

Maintains and control inventory

Orders stock when needed

Sets the pricing for items in stock

Opens the shop to the school community and assists with uniform enquiries

**Uniform Shop Treasurer**

Responsible for invoices and payments for purchases made for the Uniform shop

Manages the funds/accounts for Uniform shop

**Fundraising Co-ordinator**

Develops and implements ideas within the school community to assist with raising funds for Berrima Public School

Enlists support and ideas from other parents to help with fundraising
STUDENT WELFARE

Adapted from excerpt - Parenting Ideas Newsletter with Michael Grose.

What training did we get from our parents in managing emotions? Most of us didn’t get much really constructive help in recognising or regulating feelings. “Don’t worry! It will turn out alright!” was often about the extent of it, which could be why many people automatically default to ineffective ways such as avoidance, denial and straight-up worrying when difficult emotions emerge. Then these ineffective strategies are passed on to our children.

Sometimes, it’s a matter of finding better ways of dealing with negative feelings rather than avoiding them, or allowing them to overwhelm us.

Here are 3 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply** - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight), count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Use positive, REALISTIC self-talk**: Not talking yourself out of doing something exciting, new or challenging before you’ve even started! Things like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...” Next time you catch yourself or your child talking yourselves or something down, replace the negative with something realistic and positive. “I’ve done it in the past, I should be able to do it again.” Repeating positive statements a few times, shifts our emotional state to a better one.

3. **Exercise**: releases endorphins- nature’s feel good chemical, which will move your mood to a better state. Even when we don’t feel like exercising, we really need it. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better. It’s important that as parents we learn & practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents as well.

Netty Dubokovich..Chaplain...SPEAKLIFE!!!
<table>
<thead>
<tr>
<th>Week 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 Jan</td>
<td>26 Jan</td>
<td>26 Jan</td>
<td>29 Jan</td>
<td>30 Jan</td>
<td>31 Jan</td>
<td>1 Feb</td>
<td></td>
</tr>
<tr>
<td>Public Holiday</td>
<td>Staff Return</td>
<td>Student Returns Yrs 1-6</td>
<td>Best Start Begins</td>
<td>Uniform Shop</td>
<td>Uniform Shop</td>
<td>Swimming Carnival Yr3-6 and 8yr olds that can swim 25m</td>
<td>Bawral Pool</td>
</tr>
<tr>
<td>Week 2</td>
<td>2 Feb</td>
<td>3 Feb</td>
<td>4 Feb</td>
<td>5 Feb</td>
<td>6 Feb</td>
<td>7 Feb</td>
<td>8 Feb</td>
</tr>
<tr>
<td>9 Feb</td>
<td>Meet the teachers &amp; P&amp;C Meeting</td>
<td>10 Feb</td>
<td>11 Feb</td>
<td>12 Feb</td>
<td>13 Feb</td>
<td>14 Feb</td>
<td>15 Feb</td>
</tr>
<tr>
<td>Week 3</td>
<td>16 Feb</td>
<td>17 Feb</td>
<td>18 Feb</td>
<td>19 Feb</td>
<td>20 Feb</td>
<td>21 Feb</td>
<td></td>
</tr>
<tr>
<td>23 Feb</td>
<td>Bong Bong Swimming Carnival</td>
<td>24 Feb</td>
<td>Seed Meeting 3-6pm</td>
<td>25 Feb</td>
<td>26 Feb</td>
<td>27 Feb</td>
<td>28 Feb</td>
</tr>
<tr>
<td>Week 4</td>
<td>2 Mar</td>
<td>3 Mar</td>
<td>4 Mar</td>
<td>5 Mar</td>
<td>6 Mar</td>
<td>7 Mar</td>
<td></td>
</tr>
<tr>
<td>Week 5</td>
<td>16 Mar</td>
<td>17 Mar</td>
<td>18 Mar</td>
<td>19 Mar</td>
<td>20 Mar</td>
<td>21 Mar</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>30 Mar</td>
<td>31 Mar</td>
<td>1 Apr</td>
<td>2 Apr</td>
<td>3 Apr</td>
<td>4 Apr</td>
<td></td>
</tr>
<tr>
<td>3 Apr</td>
<td>School Performance</td>
<td>End of Term Assembly</td>
<td>Last Day of school Term 1</td>
<td>GOOD FRIDAY</td>
<td>5 Apr</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>