NEWSLETTER - TERM 1 WEEK 8 - 2015

EVENTS AT A GLANCE

March

March
Monday 16  AGM - P & C Meeting 7:30 p.m.
Tuesday  Library Year 2W and Year 4/5P
Wednesday Library Year 1/2T and Year 3/4C
Thursday Library Kindergarten and Year 5/6D

Friday 20  No Friday run
School Cross Country starting at 11:30 a.m.

Sunday 22  Berrima School Yard Markets
Monday 23  National Young Leaders’ Day Conference—Year 6 excursion
Tuesday 24  Bong Bong Cross Country
Wednesday 25  Kinder Excursion Braemar
Saturday 28  NSW State election at Berrima School

Cross Country Carnivals

Due to a number of children from Bong Bong Schools qualifying for the State swimming carnival it has become necessary to move the Bong Bong Cross Country Carnival forward to Tuesday March 24. The children will go into class as usual on Tuesday morning until 9:50 when they will come out to prepare for the carnival.

Our own school cross country is scheduled for this coming Friday March 20. We will have an early recess and get the first race of the carnival underway at 11:30. While the children are participating in their age races the remainder of the children will be taking part in some practice for the ball games which are also part of this carnival. Some parent assistance around the track would be appreciated. If you can spare some time please see me so I can assign you a position.

Berrima Cross Country Carnival

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<tr>
<th>Race</th>
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<th>Program of Events</th>
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<td>Race 1</td>
<td>5/6 Year olds</td>
<td>Senior Ball Games</td>
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<td>Race 2</td>
<td>7 Year olds</td>
<td>Captain Ball &amp; Tunnel Ball</td>
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<td>Race 5</td>
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<td>Race 6</td>
<td>12 Year olds</td>
<td>Corner Spry &amp; Tunnel Ball</td>
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Tennis Lesson

Once again we will be offering tennis lesson in Term 2. The lessons have become very popular and the children are enjoying the challenge. If your child is in Yr 3-6 and would like to take part, please express your interest to Belinda NO later than 31 March, names will NOT be accepted after this date.

Ride-on Mower Tender

We have recently updated the school ride-on lawn mower. The old mower is now available for sale by tender. The mower is in need of some attention however, the engine is running well and has been maintained as scheduled. Inspection is welcome. Tenders are open from today until March 30. If written tenders could be given to Mrs Temporali before 3 p.m. March 30.

Mulch

Thanks to the people who have taken advantage of the availability of mulch from the school. We are gradually working down the quantities available. Get in soon so you don't miss out

Building with K-2

Year 1/2 love Rosie's walk. They have made Rosie and mapped her walk!
Anzac Day
The primary grades Yrs 3-6 in our school will be singing at this year’s ANZAC service in the village. This year is the 100th anniversary of the Gallipoli landings and we are very honoured to have been asked to sing a song as well as the National Anthem. This is a BIG deal and we want as many students to attend as possible. Please mark it in your diary
Mr. Paviour

STUDENT WELFARE
This Friday (March 20) is National Bullying No Way Day!! Each child will receive a Bullying No-Way armband & there is a You Tube clip, a free app & learning plan for “The Alien Adventure” which is on the “Take a Stand Together” website. www.takeastandtogether
From: www.bullyingnoway.gov.au

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons.

Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Online bullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying. In short, bullying is an ongoing misuse of power involving a pattern of harmful verbal, physical or social behaviour.

Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying.

The definition of bullying has three critical aspects – 1. A repeated pattern 2. The misuse of power within relationships 3. Behaviour which causes harm. All three aspects need to be present in order for behaviour to be called bullying.

In a situation where there is a power imbalance, one person or group has a significant advantage over another, and if this power is misused, this enables them to coerce or mistreat another for their own ends. In a bullying situation this power imbalance may arise from the context (e.g. having others to back you up), from assets (e.g. access to a weapon) or from personal characteristics (e.g. being stronger, more articulate or more able to socially manipulate others).

A clear, comprehensive and shared definition is essential to enable schools to identify bullying, and distinguish it from other types of conflicts or violence, so that appropriate strategies and interventions can be used.

The critical feature that distinguishes violence, harassment and discrimination from bullying is that bullying happens within social relationships, featuring repeated and harmful behaviours that stem from a misuse of power. Violence, harassment and discrimination can occur as part of bullying, but also can occur in one-off conflicts or between strangers.

It is important to know the difference as the effect on the individual or group may be different and the responses to each may need to be different. Intervening in less serious bullying early can often prevent harassment, discrimination and more serious negative behaviours from becoming part of the bullying pattern.

MONDAY MORNING PLAYGROUP 9-10am..... So far, we have had individual parents & children attending from those who were interested in participating in the PLAYGROUP, but we need to have the group attend, in order to get this initiative off the ground. Netty sets up & packs away & the intention is to have some painting & other activities for the children to take home as a sample of their work. The intention is for children & parents to familiarize themselves with the school & with other families, getting a head start on the social aspect of what school is all about.

PLEASE LET BELINDA IN THE OFFICE KNOW IF YOU ARE INTERESTED IN BEING PART OF THIS. Thank You!!
Netty Dubokovich...Chaplain...SPEAKLIFE...
P & C NEWS

BONG BONG CARNIVAL

The Bong Bong Cross Country carnival will be held next Tuesday, 24 March at our school. On this day all the small schools in the area come along to run the cross country course and with over 400 children and parents at school this a great fundraising opportunity for us. Each year we hold a BBQ and run a cake stall so we are looking for help in the following areas:

♦ People to make cupcakes, jelly cups, chocolate crackles, biscuits, slices – any SMALL item that children can purchase on the day, (please bring in or send in on Tuesday morning)
♦ Helpers to organise/purchase food and drinks for the day
♦ People to come in from 8.30 to help set up and make salad rolls
♦ Helpers to cook on the BBQ and serve on the stall

We usually have enough helpers so that everyone gets the chance to watch their child/ren race but this only happens if enough parents volunteer to help out. Please be generous with your time as this event usually helps us to raise over $1000.

P&C AGM

Don’t forget this meeting is on tonight at 7.30pm in the ‘music room’ next to the office. Please come along to show your support and have your say on how best to spend our hard earned P&C funds.
Following the AGM we will have an ordinary meeting with the following items on the agenda:

GENERAL BUSINESS:
Discussion of mobile app Skoolbag for use for Berrima families
Purchase of new appliances – fridge for under school, freezer, BBQ
Anzac Day- school involvement

This Sunday is our MARVELLOUS MARKET:

Come and shop locally at our very own market, buy your fresh vegies and fruit for the week ahead. Denmar Olive Oil, Anthony’s sauces condiments, Harpers Mansion jams, Artisan bread, Batemans Roasted Nuts and amazing quiches are also available. Your purchase of Australian Coast Oysters helped bring him back again this month, they were delicious and sold out so if you didn't get them last time come on up and try.
Consider stockpiling your birthday present drawer from the great array of stalls on offer - Ben’s Nougat Royal is an amazing thank you present or treat when invited to someone's house for dinner. The Turkish towels/shawls are gorgeous!!!

The Kitchen Café will be open, a good time to come and have your coffee. Maybe outside of the rush period which is between 12-1, as they were racing to get the orders out.

The kids loveeeed the Art Class last month so now there are two!
3-5 year olds Storytelling drawing and painting $20, 10-11am
6-12 years old Cezanne Pears Acrylic Painting, 10-12pm, $40 (normally $47)
Book at http://www.kidsartquest.com/berrima-markets/

We look forward to your support and entertaining you and your family.
Latesha
THE NEATE SWIM SCHOOL

EASTER SCHOOL HOLIDAY PROGRAM & TERM 2 LESSONS

We will be holding an Intensive Learn to Swim Program during the Easter school holidays from 13th to 17th April 2015. These will be group lessons of up to 4 children of same level swimmers. Cost is $50 per child for the 5 days. This program has been very successful in the past as it gives the opportunity of swimming every day and the student’s progress at a much faster rate. We are taking bookings now so please phone the office on 02 48 212553 to reserve your place or for more information.

We are also taking bookings for all levels of swimmers (infants to squad level & adults) for Term 2 lessons. There are limited spots available on certain days.

We also conduct swimming lessons for children with disabilities of all levels & ages. We have a pool hoist & water wheelchair for easy access to the pool if required.

Gentle hydro exercises are also available Tuesday nights at 7pm.

Please call the office on 02 48 212553 for more information.

Jenny & Ron Neate

mental health
association nsw

Free public forum

Find out more about common Anxiety Disorders including:

- Obsessive Compulsive Disorder (OCD)
- Social Anxiety Disorder
- Panic Disorder (panic attacks)
- Agoraphobia
- Post Traumatic Stress Disorder (PTSD)
- Generalised Anxiety Disorder

...and learn about what helps recovery, and what services are available in your area.

Date: Tuesday, 31 March 2015

Time: 6:00pm for 6:30pm start (tea and coffee provided)

Location: Mittagong RSL
Old Hume Highway, Mittagong

Speakers:

- Dr Rocco Crino, Associate Professor of Clinical Psychology, Charles Sturt University, will give an overview of Anxiety Disorders.
- Ms Julie Leitch will speak about her experience living with and her treatment for Obsessive Compulsive Disorder.
- Jenny Learmont AM will speak about her experience as a carer. Numbers are limited. Please RSVP by 23rd March 2015 to

Julie on (02) 9339 6003 or jleitch@mentalhealth.asn.au

Thanks to the Wingecarribee Health Association for Men for their help and support with this event.