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Parents – Students – Teachers

16 September 2009

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Principal's Paragraph

Dear Parents, Care-givers and Community members

As the end of my first term as principal at Bohlevale approaches, I am reflecting on our school's strengths, and on the urgent issues we need to attend to during term 4.

Our greatest strength is our people: those staff members who are professional, dedicated, and generous with their energy and spirit to positively influence our school culture; parents and carers who support the school through working in partnership, volunteering time and effort to help make our school the best it can be; and our students who follow our school rules, be focused learners and willingly accept the wisdom and guidance offered at Bohlevale.

We recognize that we need to work continuously on building a 'culture of caring'. I had the pleasure of receiving very positive feedback about this from a parent last week. The dad I was speaking with told me that his children had been at a number of schools, and that he found the teachers at Bohlevale to be quite outstanding in the interest and care they demonstrated.

Progress has been made in improving the tidiness and cleanliness of the school grounds, and in term 4, classes will begin looking after their 'adopted' gardens. As children take ownership of their school environment, the culture of caring will become evident.

Work will continue on curriculum development, with the goal of significant improvement in NAPLAN results over three years. On the Student Free days in Term 4, teachers will be working with colleagues from Bluewater, Rollingstone and Northern Beaches to learn about good teaching to improve learning outcomes, and to develop a cluster Mathematics program ready for implementation in 2010.

A revised school uniform policy will be implemented. The most significant change will be that students will be provided with a 'loan' uniform on those days when they are unable to wear the full school uniform (including navy blue shorts) from home. This will ensure that no-one is disadvantaged, and that every student is able to follow the school uniform policy.

I urge community members to keep a watch on our school during the holidays. The school-watch number is **131788**. I extend my thanks for continued support in term 3, and wish everyone a safe and restful holiday.

With kind regards
Loretta Swayn - Principal

STUDENT OF THE WEEK

PMSP	Ely	For making some good choices this week
PPB	Joshua	A great improvement in behaviour
PWLL	Lochlan	For doing some great thinking all week
1/2AB	Natalie	For being a great participant in classroom meetings
1LVI	Skye	For trying hard with handwriting
1KBA	Zakk	For trying to be a caring and cooperative class member
1MWH	Ebony	Showing great whole body listening
1JSW	Kyja	Giving it a go
2DWI	Bridie	For a huge effort on her spelling
2JPH	Hayden	For trying his best to complete work
3LHE	Poppi	For consistently high standards of work and behaviour
3ASU	Kelly	For trying her best with everything she does
3MHO	Kyle	For improvement in effort and for helping others
3RFO	Lachlan	For a great effort in class
3BN	Anthony	For a wonderful effort on his science recount
4CMA	Paige	Putting effort into completing work.
4LLI	Jessica	A great effort in term 3! Keep it up!
4AWO	Corey	Settling in well at his new school
4GC	Jesse	An improved attitude towards his school work. Congratulations
5MVI	Britney	Consistently improving her writing
5/6AM	Jarell	Excellent work in maths
5DPR	Danielle	Being ready to work
5MFR	Eli	Being a helpful member of the class
6MMO	Kirsten	Always putting in heaps of effort at every task
6STI	Braydon	For working well during reading group activities
6SBO	Kirsten	An excellent, creative title for your piece of writing
6/7KA	Lachlan	Consistently working hard all term
7MBU	Nathan	An excellent attitude in class this week
7JSO	Josh	Working extremely well on tasks and displaying lovely manners
7KWO	Jordan	Showing excellent persistence with your assignment

HONOUR ROLL – HAVING ALL MY EQUIPMENT READY

PMSP	Brianna	2JPH	Hunter	5/6AM	Syeanntha
PWLL	Cassidy	3BN	Bradley	5MVI	Sydney
PPB	Ryde	3RFO	Amber	5MFR	Jayden
1LVI	Mayson	3LHE	Brodie	5HAL	Michael
1KBA	Shanika	3ASU	Blair	5DPR	Kayla
1MWH	Riley	3MHO	Nathan	6STI	William
1JSW	Jordan	4GC	Daniel	6MMO	Brie
1/2AB	Chantelle	4CMA	Ashleigh	7MBU	Matthew
2DWI	Amy	4LLI	Jessie	7JSO	Tayla
		4AWO	Sarah	7KWO	Taylah
				6/7KA	Kayley

ATTENTION YR 7 –REMINDER TO RETURN ALL ENROLMENT APPLICATIONS FOR 2010 TO NORTHERN BEACHES ASAP.

PE AND SPORTS

TERM 3 WEEK 10

Term 4 Prep to Yr 3 Swim Lessons

Prep to yr 3 students will be given the opportunity to do swim lessons at the North Shore Pool in term 4. The students will receive 8 lessons for \$56.00 – which is \$7.00 each lesson (40 minutes per lesson). The lessons focus on life saving skills and stroke correction for the better swimmers.

Permission notes and payment forms will go home this week and lessons don't start until 10th November. If you need to make a payment plan please speak to the admin office staff. Please also note that the school helps reduce the cost for each student attending through the Education Queensland Learn to Swim Grant and this has already been taken from the final price.

The 8 lessons will be done on Tuesday and Thursday for some classes and Wednesday and Fridays for other classes. Two lessons a week for four weeks.

2010 Sports Captain – Sports Shed Trials

Yr 6 students are to give their names to their class teachers by the end of Term 3 if they are interested in being considered for a Sports Captain or Vice Captain position in 2010. They will have an opportunity to do a sports shed duty trial in term 4.

Athlete Development Program NEWS

ADP Camp Sausage Sizzle – please ensure Mrs. Borellini has your notes for Saturday 19th September indicating times to help out at the sausage sizzle. Mrs. Borellini will then let you know what time you will be allocated.

Next term we have 4 Saturdays already booked – 10th / 17th / 24th and 31st October 2009.

ADP Camp Raffle – the second raffle will be sent out with students this week

ADP Camp Deposit No. 3 – all students received a note last week indicating how much they need to pay for their next deposit, please pay these before the end of the term.

Thank you to all the students who supported the camp by purchasing Smencilles.

ADP Disco GLOW Products – If you missed out on glow products at the disco we have some left over for sale at the school on Wednesday 16th, Thursday 17th and Friday 18th September at both 1st and 2nd break at Tuckshop CPA. **You can purchase the item and we will pass it on to your class teacher who will hand it to you at the end of the school day – no items will be given to students at time of purchase so that there are no problems of ownership during the school day.**

FAMILY PORTRAITS

The P & C have organised for a professional photographer from *NQ Family Portraits* to take portraits of Bohlevale State School Families and friends on Friday the 23rd (late afternoon) and Saturday 24th October.

All photos will be taken in the studio at 8 Carthew Street Kirwan. (Not at the school as in previous years).

You will receive a FRAMED 25 X 33cm (10” x 13”) FAMILY PORTRAIT FOR \$10. Additional portrait sizes and other poses will be available on the day. (Please note the \$10 offer is a family portrait and must consist of 2 or more generations.)

Full details and booking forms will come home in Week 1 of Term 4. Please ensure you return them to the cash window ASAP as spaces are limited and the booking form must be returned with \$10. Any queries, please contact Jo Thomson on 0410 307 204.

BEHAVIOUR MANAGEMENT

As the term ends so to does the weekly information around the topic of bullying. I sincerely hope that you and your child/ran have received benefit from the information shared over the last seven weeks. Please refer to the Bohlevale State School web page if you are interested in reviewing the material or have missed any of the information. To finish off the last sections of the Bohlevale State School Anti-bullying Policy are provided below.

Support for Victims

- Listen to and talk with victims
- Emphasise it is not their fault
- Be aware of the signs of bullying
- Skills/strategies for the victim
- Self esteem building
- Assertiveness training
- Cooperation skills
- Conflict Resolution Skills
- Problem Solving
- Recognition and development of domains of competence

Support for the Bully (Bullies)

- Anger management
- Empathy building
- Cooperation skills
- Conflict Resolution Skills Recognition and development of competence

Supporting Parents

- Of victims / of Bully (Bullies)
- Newsletter items
- P&C meetings
- No Blame Policy
- Individual counselling
- Outside agencies

LIBRARY NEWS

Borrowing: Please follow up with your child to ensure that they are returning their books each week. Thank you to those who return their books regularly and to those who have returned overdue books or paid replacement costs. Each week overdue reports are distributed to class teachers and classes with no overdue books receive a certificate to display in their room – congratulations to PWLL, 4AWO, 6MMO, 6SBO & 7KWO. If students are still reading their books, they should bring them to the library to re-borrow them. Students are permitted to borrow over the September holidays – all books will be due in the first week back in Term 4.

Book Club: Issue 6 orders have been distributed. The Monster Sale order has been sent away – these orders will be distributed after the School Holidays.

Wanda Austin -Teacher Librarian

What is Mental Health?

Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity.

Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, retirement, loss and physical illness

Things to do to improve your mental health

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep
- Seek help if you are feeling down, don't let the blues take over you
- Be kind to yourself – do things that you enjoy eg. a relaxing bath, take a movie, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise thinking good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health

CALENDAR OF EVENTS

7-11 & 14-18 September	Parent Teacher Interviews
18 September	Last Day of school - Term 3
5 October	Student Free Day
6 October	School resumes
19 October	Student Free Day

Welcome to the ECDP Circus!



We have been exploring the skills and language of the circus.



We have dressed up as clowns and learnt how to juggle (throw and catch)



We have learnt to walk the tight rope (balance)

We have had lots of fun playing with our friends at the circus.

Our classroom motto: In our classroom, we are friends. We play and work together.