



29th October 2015
Week 4 Term 4

Principal's News

Wow what a busy fortnight!

This week Mrs Hogarth and Ms Niemann travelled to Sydney for the Redbank conference. They listened to many amazing speakers talking about student Wellbeing and have come back with a wealth of knowledge to share with the staff. I am looking forward to hearing new ideas and information from them in weeks to come.

Last week I attended the State Principal conference in Sydney. I made many new connections and heard some very inspiring speakers. Premier Mike Baird and the Education Minister Adrian Piccoli also spoke and I got to hear Australian of the Year Rosie Batty. Amongst all the speakers, listening to John Forman speak about his amazing public school upbringing and his involvement in "Music: Count Us In" was very inspiring too.

Today the students all came together to sing the "Music: Count Us In" song in the multi-purpose room. Music: Count Us In (MCUI) is Australia's biggest school initiative, with more than 500,000 participating students from over 2,100 schools nationwide. Growing in reach and impact since 2007, MCUI exists to support teachers to deliver music in the classroom. This years song was called "Gold" and was sung by Marcia Hines.

The school that donated their Woolworths points to us were Lane Cove West Public School. I forgot the "West" part in the last newsletter. We will be putting together a little thank you for them in the coming weeks. We were able to buy classroom resources and padding for our new shade shelter with the points they gave us.

We have the Life Education Van visiting our school today and tomorrow. The Life Education Van will be visited by every class, where they will learn about their body and healthy eating habits. This is a fantastic program which has been running for over 20 years now. We will not be charging the students for this, the school will be paying for each child to attend. Please ask your child about what they learnt in the van...it is a great experience.

Tomorrow at 1pm the P & C will be holding the official opening of the new blue shade sails. Lunch will be available for \$4 a person or \$10 a family (for 3 or more). The Bendigo Bank will be in attendance as they donated \$5000 towards these magnificent structures.

If you know of anyone with a child ready to start school next year, please remind them about our Kindy orientation on Mondays between 2-3pm.

Have a great fortnight.

Kind Regards
Belinda Mirana
Principal

CALENDAR OF EVENTS

Week 4

Thursday 29th October

Life Education Van 5/6 & K/1
Music Count us in K-6

Friday 30th October

Life Education Van 3/4 & 1/2
Shade Sail opening 1pm

Kindy 2016 Orientation

Every Monday 2-3pm (12/10/15 to 16/11/15)

Week 5

Wednesday 4th November

Yr 6 @ Coomie Orientation 2pm

KNOWLEDGE IS POWER



Contact Details

Buronga Public School
Chapman St Buronga
2739

Phone 03 50232260

Fax 0350212316

Mobile 0457540347

buronga-p.school

@det.nsw.edu.au

App of the Fortnight

THE SMOKY CASE APP

Cost : FREE

This App is developed by Life Education and is suitable for Yrs 3-6.

Help time travelling detective Mac McHardy and his sidekick 'Conan' to explore facts and find hidden clues to solve the case of why smoking is unhealthy.

Explore the facts, find hidden clues, 'snap a photo' and see first-hand how smoking changes the way a person looks with a "Smokey Makeover" and play "Run Conan Run".

A fun, educational interactive game for the whole family.



Library

I am still filling in for Mrs Cock while she is on leave.

It has been a great start to the term, with many books being brought in and many students borrowing.

Our library days are:

K/1: Monday, 1/2: Tuesday, 3/4: Friday, 5/6: Friday

Have a great fortnight

Mrs Gebert



Come & Try Swimming Days

(Be willing to try to swim a lap)

New members welcome.

Encourages fitness, fun and achieving personal bests.

Come & try days and training begin:

Dareton, Monday 26th October & Wentworth,

Thursday 29th October at 5.15pm

*Training: Dareton Public Pool, Mondays & Wednesdays 5:15pm
(finishing time varies depending on age)*

Wentworth Public Pool, Thursday 5:15pm

2015/16 Fees:

\$175 competitive swimmer

\$150 learn to swim (maximum 2yrs)

Fees do not include season tickets to Public Pool (phone Wentworth Shire for enquiries)

Fees entitle the members to training (5 months), insurance, Sunraysia Swimming Fees and entry to some competitions.

For more information contact Teresa Crisp (Coach)

Ph: 0400 521 187 or

Email: teresa@plummer.com.au

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Website of the Fortnight

Life Education Website

www.lifeeducation.org.au

Life Education has been empowering children and young people to make safer and healthier choices through education for more than 35 years. We are the largest non-government provider of drug and health education to children and young people, and their families and communities, Australia wide. We are national in reach – operating in all States and Territories.

The Life Education Website has a “Parent Hub” section which allows parents and carers the opportunity to discover what your child learnt in the mobile classroom.



FOR A SAFER, SMARTER LIFE.

P & C NEWS

Hi Everyone

Tomorrow we have the opening for the shade sails at 1pm. Everyone is welcome to join us. Lunch is available for \$4 per person or \$10 per family (3 or more) The feedback we have had about the sails is fantastic.

I'd like to remind everyone about lucky jars for Festival. Just fill up your empty jars with small items such as pencils, erasers, stickers etc and bring them in. We would like to see at least 5 from each family.

We also still need volunteers for Festival. If you are able to help out, please get my details off Sally in the office, and let me know.

There will be kids meal tickets available at the office for the Festival for \$12.

Keep sending in your sold raffle tickets, as always, there are some amazing prizes.

Have a great weekend!

Viv



Bendigo Bank Wentworth Branch Manager Daryl Wescombe, under the new shade sails. Mrs Mirana gave him a tour and told him just how much the installation of them has benefited the school.

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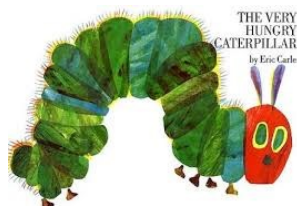
Book of the Fortnight

The Very Hungry Caterpillar

by
Eric Carle

Eric Carle's *The Very Hungry Caterpillar* is a perennial favourite with children and adults alike. Its imaginative illustration and clever cut-out detail charts the progress of a very hungry caterpillar as he eats his way through the week.

Mrs Mirana taught K/1 yesterday and they got to hear Eric Carle read this book on the computer and then complete a healthy eating activity.

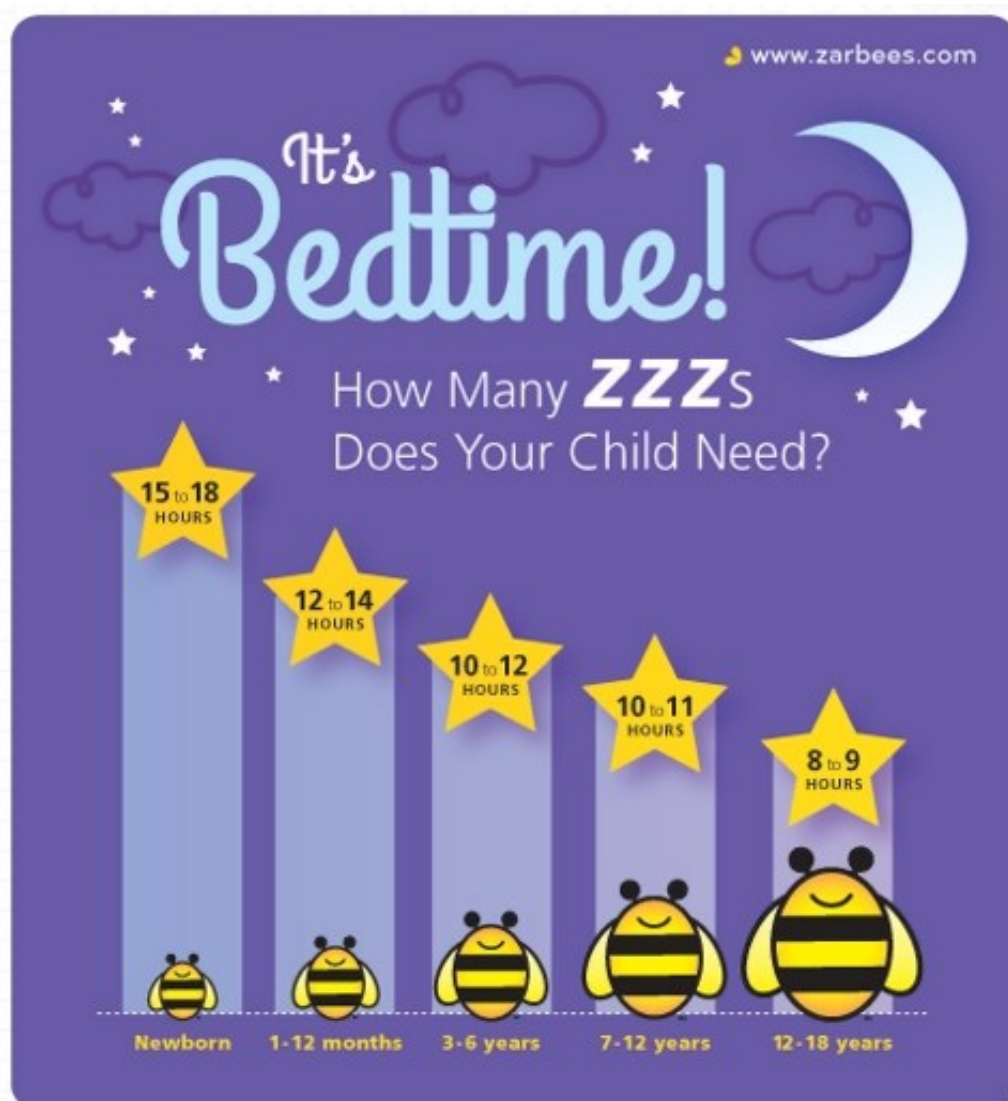


The Importance of Sleep

When I was in Sydney last week I also heard Doctor Carmel Harrington speak. She is an Australian sleep scientist whose insights into sleep have helped improve the health and well-being of thousands of Australians. She is a consultant to numerous health and biomedical companies and specialises in paediatric and teen sleep health. She is an honorary research fellow at Westmead Children's Hospital, and author of two best-selling sleep books.

She was fantastic and really emphasised just how important sleep is, not only for your children but for you too. Please see the chart below for a good reference as to how many hours she recommends.

Website: www.sleepforhealth.com.au



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We're on the web!
Buronga-p.schools.nsw.edu.au

Card games to play at home for maths:

Number order— Kindy

Students turn over four cards and have to put them in order from lowest to highest

Biggest number— 1/2

Students turn over two cards and have to make the biggest number. Those students who make the biggest number win. Players take turns to flip two cards from the deck and place it face up in front of them and add or subtract to find the total. The winner of the round is the person with the highest value.

NB Students must arrange so the larger card is first and in front of the smaller card.

Biggest number 3-6

Students turn over three, four, five or six cards and have to make the biggest number. Those students who make the biggest number win.



CLASS NEWS

K/1 News

What a great fortnight. Cranky Bear at the MAC centre was fabulous. K/1 have done some great writing about the play too.

Our Life Education visit was a lot of fun today and K/1 were very well behaved. Harold the Giraffe is fantastic fun and the kids get to learn so much about healthy eating and positive choices.

We got to sing GOLD today for "Music: Count Us In". The students have been practicing hard and it was wonderful to be able to link in via video stream to sing the song with thousands of other students all across Australia.

Keep up the great work in assisting your child with home reading.

Have a fantastic fortnight.

Mrs Olofsson

1/2 News

We have had a busy fortnight. I was in Sydney this week attending the Redbank conference and have come home with lots of new ideas and activities to share with 1/2.

We participated in Music: Count Us In today and got to sing the song GOLD and showing the rest of the school the actions that we have been practicing with it.

We have our Life Education Van visit tomorrow. Please have a look at the website, that Mrs Mirana has referenced this week, to see what 1/2 will get up to in the van. We will be lucky to have Sarah from the Hunter region be our teacher for this session.

Keep up the great home reading.

Have a great fortnight.

Mrs Bernadette Hogarth

3/4 NEWS

In literacy, we have sent off our letters to our Narraweena Pen Pals. We are looking forward to their replies! We will also be writing letters to Lower Murray Water to thank them for organising the fantastic water week activities that we participated in at the show last week. In grammar we have been working on plurals and prefixes and suffixes. In maths we have been reviewing 2D shapes and looking at patterns in shapes and fractions. Our tables are getting better all the time!

Don't forget to encourage your child to read at home. All students have readers and practising at home really helps to consolidate the learning at school. ***Don't forget Friday is Library borrowing day!***

Ms Niemann & Mr Mirana

"Views from Attic"

Dear Parents

This week we say farewell to Miss Nina Hardie, Nina has been working in our class as part of her bachelor of teaching course. I wish Nina every success in the future.

We also welcome back to Buronga, Oscar Collins. Oscar has been on an extended family holiday to Western Australia. He has been swimming with dolphins, seen dugongs and generally had a wonderful time.

There has been a note go home about T20 cricket on November 11. If any parents are able to help out on the day let me know.

Coomealla orientation is on next Wednesday November 4 for all students attending Coomealla HS next year. There is a separate note about this.

Mr Stewart

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Please remember the Bus
Zone out the front of the
school.

The Police will be Blitzing
the area over the next cou-
ple of weeks. \$311 fine and 3
demerit points.



Could parents
and carers
please let the
office know if
your details or
phone numbers
or home
address has
changed in any
way, so that we
have an up to
date record on
your child. It is
very important.

OUTDOOR EDUCATION NEWS

In Outdoor Education Science this fortnight, K/1 have been learning about "mini-beasts and pets". Last week we surveyed the class to see what our most popular pets were and made a graph to show the information. Dogs are our favourite pet in K/1! Grade 1/2 have continued our investigation of "dirt and rocks". Last week we collected some interesting rocks and examined them with hand lenses to try and work out how they were formed. Grade 3/4 and 5/6 have been investigating water and its importance to our area. We have been learning about how easily water is wasted and how there are many different uses for water that need to be taken into account. I have been at a conference in Sydney this week so it is good to be back in the classroom.

Ms Niemann

Get your routine right

About 30 to 40 minutes before your child goes to bed, carry out the same steps every night - make this routine your bedtime ritual. Having a regular routine means your child's body will start to prepare for sleep as soon as you start this process. This is especially important when you are making adjustments to their bedtime to help with the clock change.

- Lighting**
Dim the lights in the bedroom ready for your return from the bath, as this will help with the production of the sleep hormone melatonin.
- Story time**
Read one or two stories or sing a gentle lullaby. Have a cuddle and kiss goodnight and tuck them in with their favourite soft toy so they are warm and cosy.
- Warm bath**
Give children a warm, relaxing bath lasting no longer than 10 minutes. But this should not be playtime as this could over stimulate your tired child. Washing hands and cleaning teeth can be done in the bathroom before you all go straight into the bedroom. Do not go back into the living area, as you will lose the focus and magic of the routine.
- Dress for bed**
Have all your little ones night clothes ready for your return from the bathroom so they can quickly get dressed and climb into bed.
- Time alone**
Now that they're drowsy, leave the bedroom so that they learn to fall asleep independently. Your child should be asleep about 15 minutes later.

www.inthenightgarden.co.uk
Find out more on... [f](#) [t](#) [v](#) [p](#)
www.millpondsleepclinic.com



Don't forget this weekend is head
lice check weekend:)

Kids Helpline
1800 55 1800
Kids Helpline is a service of BoysTown.

Buronga Public School

Student Name: _____ Class: _____

My child was absent from school: Date/s

Reason: _____

Signed (Parent/ Carer) : _____

Buronga Public School

Student Name: _____ Class: _____

My child was absent from school: Date/s

Reason: _____

Signed (Parent/ Carer) : _____

Buronga Public School

Student Name: _____ Class: _____

My child was absent from school: Date/s

Reason: _____

Signed (Parent/ Carer) : _____

EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**Check the time
your school
starts.
DON'T BE LATE!**

