

Birchgrove Buzz

Term 4 Week 10 12th December

Newsletter of the Birchgrove Public School
A NSW Government School
Birchgrove Road,
Balmain NSW 2041

Ph: 02 9810 2469
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DATES FOR YOUR DIARY

Term 4	
12/12	Stage 1 Recognition Ceremony
13/12	Stage 3 Recognition Ceremony
14/12	Stage 2 Recognition Ceremony
14/12	Year 6 Day Out
17/12	Picnic Day 3-6 Pool K-2 Movies
19/12	Year 6 Farewell Assembly and Year 6 Clap Out
19/12	Last Day of Term 4

Principals Report



Beatrice (3D) entertained principals from Sydney Region at their last conference for the year at the Novotel Brighton-le-sands. They were enthralled by her playing!

Helping your child choose right from wrong

In a fascinating podcast broadcaster James O'Loughlin talks to Dr Simon Longstaff from the St James Ethics Centre about how to raise ethically aware kids. Ideas discussed include getting involved with your child's school, providing some well-defined boundaries, knowing how to talk to your child and being a role model at home. Find out more:
<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>.



It was great to catch up with parents at the Thankyou Morning Tea last week.



Hundreds of holiday activities

There's no time to be bored these school holidays when you have Go Play's list of family and budget-friendly activities at your fingertips. Take a look at the calendar of events, or download the free Go Play app for ideas in an instant. Find out more:
<http://www.schoolatoz.nsw.edu.au/wellbeing/health/school-holidays-5-things-to-do>

2013 homework planner

Kids and families run more smoothly when there's a plan - so print out School A to Z's 2013 homework and study calendar, which includes key dates and school holidays.

Find out more

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>

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Recognition Ceremonies are well underway and so far I have attended two sensational preschool concerts, with P2 performing some cute songs and P3 putting on an amazing drama production as the final product of their drama lessons. Kindergarten graduation was amazing and it is hard to believe they are those tiny children that started the year! This morning's Stage 1 Recognition was delightful and the families were thrilled to watch their items and hear about the childrens' achievements.

The Year 6 Formal was fabulous. This year the children chose an Oscars theme for the night and they all walked the red carpet. Parents and families joined us for the formal speeches and presentation of the Graduation Certificates & Birchgrove School pens, before joining the children for some dancing.



The eagerly awaited **Birchgrove Off the Page DVD** will be available for purchase from this **Friday**, the 14th of December. Pin down your extended family for an exclusive screening after Christmas lunch! The cost will be \$10 per copy and there is a limit of one per family. If anybody is wanting to buy more than one copy, there will be an order form made available. A sales desk will be set up in the pick-up area before and after school on Friday, Monday and Tuesday.

Congratulations!

to Ms Woods (2W) who went for two job interviews last week and has been offered both positions. Pending the usual 10 day appeal period, Ms Woods will be leaving us to become Assistant Principal at Coogee South Public School. I would like to thank her for all her hard work and care of the students at Birchgrove for the last 9 years and wish her well in her new role.

Goodbye

I would also like to acknowledge the hard work and dedication of three of our lovely casual teachers who will be moving on next year. Thank you to Mrs Sheehan, Mrs Hewitt and Miss Page for the great job they have done at Birchgrove.

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Finally, to Mrs White, who after many years as a caring, inspirational teacher and Assistant Principal is retiring. Thank you for all your support, problem solving and quality teaching. You leave behind you very big shoes to fill.

Wishing all our students and their families a safe and happy holiday. I am looking forwards to seeing you in 2013 and hearing all about it!

Tracy Gray

P&C News

Congratulations to everyone who made last Friday Night's Christmas Disco such a success. Thanks to the hard work and seamless organisation of all those involved, it was a very enjoyable event. The star turn by the student rock band was a definite highlight!

The Disco was also a financial success. We are still doing the sums, but the evening looks to have raised at least \$5,000, which will go towards enhancing the experience of students at the school. Special mention must be made of the event organisers, Susan Bannister; Susie Harris; and Penny Hughes, whose efforts made it all happen. The P&C Executive is very grateful for their assistance and to everybody who helped on the day and evening.

Chris O'Donnell P&C President



KIDS AT THE ARTHOUSE
2013 TERM 1 ENROLMENTS NOW OPEN!

BIRCHGROVE PUBLIC SCHOOL EVERY
WEDNESDAY 3:15PM TO 5PM

The Kids At The ARthouse presents a Visual Arts Program to inspire your child's creative spirit. It is designed to develop and enrich skills in a variety of mediums while allowing children to express themselves individually in the art making process. Creative thinking skills learnt in the Visual Arts such as the ability to express, observe, envisage, concentrate and explore ideas can be easily transferable to other areas of learning. Taught by an experienced and qualified Art Educator.

Kids At The ARthouse provides afternoon tea!

CONTACT: Sabina Carney M: 0403768282 e: sabina@kidsattheartthouse.com

Our students have achieved:
WINNER: Avant Cards "Calling All Artists" Competition
WINNER: The Sydney Port Authority Poster Competition
WINNER: The Sydney Port Authority Photographic Competition
SECOND PRIZE: The Sydney Port Authority Poster Competition

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'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a "perfect storm" for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a bust day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

- Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.
- It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.
- If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.
- Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.
- Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.

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Birchgrove Public School P&C Association 2012 Sponsorship Update

The P&C Association would like to thank the following sponsors for their invaluable support to our school in 2012. These businesses have contributed significantly to our fundraising efforts and without their commitment the funding of many resources would not be possible. We also wish to thank our newest sponsors, "The Tradies", who enthusiastically embraced The Local Trader tier of sponsorship. Please show your gratitude and support them in return with your patronage.

Principal Partners



Harris Partners Real Estate

We are proud to continue our long association with Harris Partners. They are incredibly supportive sponsors of our school & for this we are very grateful. 2012 signals an extension of their support. For every school family listing & selling a property with Harris Partners, the agency will donate an additional \$1000 to the school. Furthermore for every school family listing a property for management, the agency will donate an extra \$500 to the school.

If you are thinking of selling or renting your property, please consider their highly experienced and dedicated team.



The Riverview Hotel & Dining

We welcome for the third year, The Riverview Hotel & Dining as a principal partner. It is a beautifully renovated local landmark, which in 2009 was awarded the winner – Gastronomic Hotel of The Year by The Australian Hotels Association for Excellence.

In 2010 The Riverview celebrated 130 years of establishment, a significant milestone that coincided with Birchgrove Public School's 125 year anniversary.

Major Partners



Sydney Ports Corporation

Sydney Ports aims to diligently protect Sydney Harbour and Botany Bay and ensure a balance between the port, local communities and the environment. Sydney Ports is an active supporter of the communities that work, live and enjoy Sydney Harbour. We thank them for a third year of support.



Prestige Auto Traders

Another long term and invaluable supporter of our school is Prestige Auto Traders. They have access to Australia's largest network of wholesale late model luxury vehicles and are dedicated to providing a high level of customer service. Please be sure to visit them when you are next in the market for a car. In addition, Prestige Auto Traders will service all makes & models of cars and as a fully licensed repairer, can service cars under the manufacturer's warranty.

Contributing Partner

Dentistry by Design



Dentistry by Design

For the second year, we welcome Dentistry by Design. The practice is highly respected and committed to providing quality aesthetic and restorative dental care. Their belief is in delivering a high level of patient care in the most cost effective, painless and professional manner. Dentistry by Design is one of the most technological advanced practices in the Inner West. Their team of 8 clinicians are focused on all aspects of dentistry, from implants and gum management, to children and family dentistry. They are big enough to have the experience and technology - but still small enough to care.

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The Local Trader

Please visit our Facebook page and encourage your friends and family to do the same.
www.facebook.com/the.localtrader

Each of the trades listed below have made a financial contribution to the school in 2012



FIND US ON FACEBOOK ! The Local Trader page features profiles on our people, pictures of recent projects, along with handy tips & special offers.

facebook

'REAL LOCAL SPECIALISTS WITH GENUINE LOCAL RECOMMENDATIONS'

AUTOMOTIVE

PRESTIGE AUTO TRADERS
34 Robert St Balmain 2041
b.8755 2200
service@prestigeautotraders.com.au

BUILDING

RESCOM PROJECTS
Michael Marchione m.0413 747 478
b.9817 7095 info@rescomprojects.com.au
www.rescomprojects.com.au

ELECTRICAL

SYDNEY CITY ELECTRICAL
Darryn Neal m.0408 233 696 b.9533 1551
darryn@sydneycityelectrical.com
www.sydneycityelectrical.com

HANDYMAN

HIRE A HUBBY
Erik Van Uden m.0411 826 292
balmainhubby@optusnet.com.au

LANDSCAPING

2 GOOD LANDSCAPES
Paving & Landscape Specialists
Jason Toogood m.0410 570 070
b.9744 1573

PAINTING

TALBOTS CREATIVE COLOURS
Danny Talbot m.0408 727 724
www.talbotscreativecolours.com.au

PLUMBING

ALLPIPE PLUMBING
Jim Thimiopoulos m.0412 916 570
b.9818 5820
allpipeplumbing@bigpond.com

PROPERTY

HARRIS PARTNERS REAL ESTATE
Property Management
b.9818 2133
leasing@harrispartners.com.au



the Hardware store

50 Evans St Balmain. 2041 b.9810 2388

ALL LOCAL TRADERS PROUDLY SUPPORT BIRCHGROVE PUBLIC SCHOOL

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Birchgrove Public
School
presents

'OFF THE PAGE'

The school Play

Available to purchase on
DVD.

Friday 14th December

Great Christmas Present.

Only \$10!!!!