Important Dates

**JUNE**
25th Reports Home
27th Peer Support **FREE** Sausage Sizzle Lunch
Last day of school for Term 2

**JULY**
14th **Staff** First Day Back Term 3
15th **All Students** K-6 First Day Back Term 3
16th P & C Meeting

---

**Nessie Needle Work**

---

Principal: Gayle Andriske
email: berrigan-p.school@det.nsw.edu.au

---

Wednesday, 25th June 2014

---

*Berrigan Public School*

‘The Bell Ringer’
Principal’s Report
Needles have almost been busier than pens in years 3/4 and 5/6 this week. The students have been very busy working with our resident seamstresses, Iris Miles and Jill Petzke, making their own water dragons. Both classes have been studying the novel ‘The Water Horse’ written by Dick King-Smith, and as one of the follow up craft activities they are having a great time sewing and creating their water dragon; a very special thank you to Iris and Jill, for all their help and tutoring in sewing.

Work Experience Student
Alexia Mitchell is spending this week with us as part of her school’s work experience program. Alexia is enjoying working with our students and staff.

Professional Development
Last week of term and the staff have been super busy with professional development, a credit to them, juggling reports, training and teaching, a big effort. On Monday Bec Ware and Jenny Fruend travelled to Deniliquin to a technology information session; the teaching staff had 2 two hour sessions on Monday and Tuesday afternoon after school on Literacy and Numeracy assessment and tracking; and Barb Fox and Simone Fox travelled with me to Deniliquin yesterday for training in the new financial structure.

Peer Support Celebration
Our year 5/6 students will celebrate the success of their Peer Support program on Friday with a FREE sausage sizzle, followed by their last session and a presentation at the school assembly. The students should be very proud of themselves; they have been wonderful leaders and presented their program very effectively. Mrs Tait is very proud of her charges as she should be - well done everyone.

Music Lessons
Year 5/6 have been enjoying music lessons with Miss Geeves; learning “When the Saints Go Marching In” on the recorder. They have also been introduced to various other instruments from an orchestra.

Reports Home
As I said last week reports are home today, please read carefully and don’t hesitate to contact the school if you have any concerns or queries.

Drama
Mrs Dickie is working hard with all our students on developing their drama skills. Next term will be a big term in drama especially for our year 5/6 students. Our school production for this year is Law & Order: C-rhyme and Punishment.

Staff Changes Term 3
Mrs Stevenson returns to school after having 12 months leave. Year 1/2 are looking forward to her return. We are very grateful to Mrs Brockie, Mrs Cameron and Mrs Phillips who have done a wonderful job this term working with Year 1/2. Mrs Brockie will return to her one day a week next term and she will continue to work with Year 1/2, team teaching with Mrs Stevenson on Wednesday. Mrs Cameron will continue working her 2 days, Thursday and Friday but back to her Term 1 timetable. I'm sure we will see plenty of Mrs Phillips picking up lots of casual work.

Long Service Leave
Mrs Sneddon will take long service leave the first three weeks of Term 3. Ms Janette Outram will be working for Mrs Sneddon following her teaching program. Mrs Arnold will return next term and a big thank you to Mr Archer for his work with our K/1 class over the last two and bit weeks.

Term 3
Term 3 begins on Monday 14th July for the staff with a combined Staff Development Day in Deniliquin. The student’s term begins on Tuesday July 15th.

Happy Holidays
Everyone is looking forward to our holidays, students, staff and parents. Hoping everyone enjoys the break and we look forward to seeing everyone on Tuesday 15th July.

Gayle Andriske
Principal

Notes required to be returned
School Voluntary Contribution / P&C Donation
Text Books
Emergency Contact Card
Local Area Excursion
Video Conferencing

If you require extra copies of these notes please contact the office

Quote of the Week
Time and tide wait for no man.
William Bradford.

Slide show running in the foyer...
Year 4 Maths Peer Tutoring Program and Learning Connections PE Program.
Congratulations to the following ‘Students of the Week’

Mr Archer:

- Logan Agnew for good listening and completion of work.
- Mia Cameron for writing wonderful sentences.
- Isabel Sierra for great work throughout the week.

Mrs Brockie/Mrs Phillips:

- Caleb Thornton for challenging himself to include greater detail in writing.
- Telirah Harris for excellent writing effort and improvement in attitude.
- Telirah Harris for fabulous journal on being kind.
- Layla Towler for excellent improvements in writing.
- Jessica O’Dwyer for an excellent attitude and positive approach to learning.

Mrs Andriske/Mrs Cameron:

- Keia Towler for improved participation in discussions.
- Nicholas Arnold for his scientific reasoning during discussions about rocks.
- Phoebe Holmes for smart mathematical reason.
- Blake Harris for improved ‘on task’ behaviour.
  (not in picture)

Mrs Tait:

- Alexandra Trives for an excellent presentation on explorers.
- Lachlan McLennan for great job plotting negative integers.
- Jackie Sharp-Shorney for excellent explorer speech.
- Bailey Thornton for excellent research for explorer speech.
- Kaila Luscombe for fabulous effort in maths assessment.

Mrs Sneddon:

- Harley Willemsen for showing concern for younger children in PE.
- Blake Harris for excellent improvement in handwriting.
- Kyden Wellman for effort in adjusting to a new handwriting style.
- Lincoln Murphy for enjoying and listening well to stories.
- Telirah Harris for listening well to instructions.
Canteen Roster – Term 2 2014

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25th June</td>
<td>CANTEEN CLOSED</td>
<td>26th June</td>
<td>27th June</td>
</tr>
</tbody>
</table>

Canteen Roster – Term 3 2014

<table>
<thead>
<tr>
<th>14th July</th>
<th>15th July</th>
<th>16th July</th>
<th>17th July</th>
<th>18th July</th>
</tr>
</thead>
<tbody>
<tr>
<td>No School</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Kerrie O'Dwyer</td>
<td>Kelli Litchfield</td>
</tr>
<tr>
<td>21st July</td>
<td>22nd July</td>
<td>23rd July</td>
<td>24th July</td>
<td>25th July</td>
</tr>
<tr>
<td>Jo Turner</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Sandra Fox</td>
<td>Justine Ackerly</td>
</tr>
</tbody>
</table>

- Thank you to all our canteen helpers. Please remember if your day(s) are not suitable to organise your own swap and please notify the office.
- Please do not order snacks, lollies or icy poles with your lunch orders.
- PLEASE NOTE: Students are NOT to bring food to school for lunches etc. that requires heating up in the canteen, as this is an OH&S issue.

P & C Pub Raffle – Roster:
Please remember to arrange your own swaps if these dates don’t suit...

18th July
Driscoll/O’Dwyer Families

1st August
Kim Arnold/Sandra Fox Families

15th August
Barb Fox/Simone Fox

29th August
Phillips/Spunner Families

School Notices

P & C Meeting
P & C Meeting will be held on the first Wednesday of Term 3, 16th July 2014. No Minutes for June meeting due to lack of quorum.

Start Moving Forward
In this week’s final session of the Peer Support module Moving Forward, children will reflect on what they have learnt over the past seven weeks. The students will make a cube to remind them to draw on their strengths, achievements and people who support them when faced with challenging situations. These protective factors promote confidence and motivate students to approach new situations where they can apply the Pause, Plan, Proceed Model.

Lost Property
The Lost Property box is overflowing with school uniform. If your child has misplaced or lost any of their uniform please come and have a look through the box. Next term we will dispose of any remaining items to charity.
Please find attached canteen roster for Term 3. Thank you to all our canteen helpers. Please remember if your day(s) are not suitable to organise your own swap and please notify the office.

**Community Notices**

**FREE COMMUNITY EVENT**

Film adaptation of John O'Brien's *AROUND THE BOREE LOG*

- **Monday 7th July**
- **Room**
- **2pm**
- **Berrigan Library Meeting**

**FREE FAMILY EVENT**

- **Screening in the School holidays at the**
- **Room**
- **Berrigan Library Meeting**
- **8th July @ 2pm**
- **Huckleberry Finn**
FINLEY PILATES & CLINICAL MYOTHERAPY

PH: 0358834836 E: finleypilatesmyo@gmail.com

MYOTHERAPY CONSULTATIONS: AVAILABLE TUESDAY, WEDNESDAY, FRIDAY

ASSESSMENT, DIAGNOSIS AND TREATMENT OF MYOFASCIAL & MUSCULAR PROBLEMS SUCH AS: NECK PAIN; BACK PAIN; HEADACHES; WHIPLASH; SPORTING INJURIES; WORK INJURIES; SCIATICA

$60 (INC GST) STANDARD MYOTHERAPY CONSULTATION

$55 (INC GST) CONCESSION MYOTHERAPY CONSULTATION

PODIATRY: AVAILABLE ALTERNATING WEDNESDAY AFTERNOON AND THURSDAY

TERM THREE PILATES TIMETABLE:

<table>
<thead>
<tr>
<th>DAY</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></td>
<td>CLOSED</td>
<td>8:00-9:00AM</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>8:00-6:30PM</td>
<td>11-12PM (MUMS &amp; BUBS)</td>
<td>4:15-5:15PM (PREGGIES)</td>
<td>5:15-6:15PM</td>
<td>6:15-7:15PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>7:30-8:30AM</td>
<td>4:15-5:15PM</td>
<td>5:00-6:00PM</td>
<td>6:00-7:00PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

BEGINNERS/SLOW INTERMEDIATE PREGGIES/MUMS & BUBS INTERMEDIATE TEENAGERS

OPEN SESSIONS – open sessions are structured as follows:

- 1 on 1 session $60 for 45min introduction intro, reformer machines, neutral spine and Transverse Ab activation. Your program will then be made for you
- 1 on 1 session $30 for 30min going through your personalized program
- Pay as you go $15 for 45min. You are able to come in & use equipment as long as no classes are running

FOLLOW US ON FACEBOOK TO KEEP UP TO DATE WITH NEW CLASSES AND PRODUCTS. WE ARE IN THE PROCESS OF SOURCING A RANGE OF HERBAL/FRUIT INFUSED TEAS TO HAVE AVAILABLE FOR SALE.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO SCHOOL</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Kerrie O'Dwyer</td>
<td>Kelli Litchfield</td>
</tr>
<tr>
<td>Jo Turner</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Sandra Fox</td>
<td>Justine Ackerly</td>
</tr>
<tr>
<td>Sharyn Holmes</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Michelle McGlory</td>
<td>Amy Baxter</td>
</tr>
<tr>
<td>Cristina Renneberg</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Emma Phillips</td>
<td>Korina Barry</td>
</tr>
<tr>
<td>Jill Petzke</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Carolyn Alexander</td>
<td>Kim Arnold</td>
</tr>
<tr>
<td>Jo Cameron</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Kerrie O'Dwyer</td>
<td>Justine Ackerly</td>
</tr>
<tr>
<td>Jo Turner</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Sandra Fox</td>
<td>Kelli Litchfield</td>
</tr>
<tr>
<td>1 September 2014</td>
<td>2 September 2014</td>
<td>3 September 2014</td>
<td>4 September 2014</td>
<td>5 September 2014</td>
</tr>
<tr>
<td>Sharyn Holmes</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Michelle McGlory</td>
<td>Amy Baxter</td>
</tr>
<tr>
<td>8 September 2014</td>
<td>9 September 2014</td>
<td>10 September 2014</td>
<td>11 September 2014</td>
<td>12 September 2014</td>
</tr>
<tr>
<td>Cristina Renneberg</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Carolyn Alexander</td>
<td>Korina Barry</td>
</tr>
<tr>
<td>15 September 2014</td>
<td>16 September 2014</td>
<td>17 September 2014</td>
<td>18 September 2014</td>
<td>19 September 2014</td>
</tr>
<tr>
<td>Jill Petzke</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Emma Phillips</td>
<td>Kerrie O'Dwyer</td>
</tr>
<tr>
<td>5885 1130</td>
<td>5885 2448</td>
<td>5885 1130</td>
<td>5885 2448</td>
<td>5885 1130</td>
</tr>
</tbody>
</table>
“DON’T SAY THAT, SAY THIS”

Here’s a funny habit that’s peculiar to Australians, and it doesn’t serve us well at all. Aussies are great at saying “DON’T”, particularly to kids.
“Don’t go near the water.”
“Don’t eat with your mouth open.”
“Don’t yell inside.”
Nothing wrong with setting some standards, it’s just the technique that needs working on. The negative command is always heard by the sub-conscious mind, which means at some point it will probably be acted upon. Yep, there’s a good chance they’ll go near the water/eat with their mouth full and yell inside. That’s what they’ve heard. Unless the negative comment is followed by a positive, like this.”Don’t go near the water. Play on the grass.” “Don’t eat with your mouth open. Chew with your mouth closed.” “Don’t yell inside. Talk quietly.”

Here’s the kicker.
Say the positive part in a lower voice and it will drive the positive behaviours into your child’s sub-conscious.
In that way, kids are more likely to act in positive ways, which is what you are trying to achieve. As in all things communication-wise in families; it’s the small tweaks that make the biggest difference.

SHOULD YOU EVER SPANK YOUR CHILD?

It’s about time people face up to reality: more often than not spankings are the result of parental temper tantrums. They are in no way attempts to train or educate a child. They are simply an outburst of a parent who has lost control, but doesn’t know what to do next. Parents who have big problems with self control and anger management try to justify and rationalize spanking by saying things like, “You have to set limits,” “It’s for their own good,” and “Having to hit kids hurts me more than it does them.”
Research tells us that physical discipline like this tends to generate anxiety in children, lower their self-esteem and make kids more likely to become aggressive themselves.

If you feel as though you’ve lost some control at your house then the 123 Magic parenting program might be just the tool you need!
Contact the parenting program on 5890 5200 for more information.

Parenting Tips for 2014

REINFORCE SELF-REGULATION.
“You waited your turn! Great stuff!” “Thanks for packing away the toys without being told.” “Good on you for staying in bed when you woke up rather than come to our bedroom to wake me up.” A child’s ability to self-regulate his or her behaviour (like the ability to self-soothe and self-occupy) is highly under-rated, and doesn’t come naturally to all kids. That’s where consistent parenting that’s use visual management and behavioural consequences comes in.

PRACTISE DIGITAL PARENTING.
The most tech-savvy generation ever raised needs digitally aware parents. The Internet is fun and it’s here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

SCREEN TIME

A bit of TV or some DVDs, some games on the computer, I Pad or smart phone – it’s a great way for your kids to relax. But it’s all screen time, and it can creep up.

Screen time isn’t always bad in itself. It’s just that it stops children from doing things that might be better for them!
GETTING KIDS ORGANISED

Morning madness, late assignments, yesterday's half eaten lunch sitting in the schoolbag - sound familiar? Just like adults, children cope much better if they can manage their time and their environment wisely.

Ways to get your kids organised for school
- Set up simple routines at home to make things more efficient.
- Talk to your kids regularly about planning how they use their time.
- Make a list of homework tasks and ask your child to tick each one off as they finish.
- Set a timer for working or playing on the computer if there are a few people wanting to use it.
- Praise your child's attempts to improve their organisation.

1. Establish some routines
Set up simple routines at home to make things more efficient. For example, teach your kids that the first thing they do when they come in the door is empty their bag of food and notes or newsletters.

2. Managing time
Talk to your kids about planning how they use time for activities like homework and chores as well as downtime.

3. Beat the Buzzer game - to avoid that morning madness
The key to this game is rewarding your child for being on time and ready. Praising your child will make an enormous difference. Parents often don't feel like praising their child for being ready on time because it's behaviour that is expected. But if you don't praise it, don't expect it!

1. Explain that you want to play a game called ‘Beat the buzzer’ to help with getting ready in the mornings.
2. Establish a ‘ready time’ – your child must be ready for school at this time.
3. Together, write a list of what your child needs to do in the morning. With younger children, you do the writing, but ask them to help you draw a picture for each step. Explain exactly what you expect children to do on their own, and what you will help with. The list might look something like this:
   - Eat breakfast.
   - Get dressed.
   - Brush teeth/wash face/brush hair.
   - Pack bag.
   - Put on jacket/hat/shoes.
4. When you have a list that you're both happy with, put it up where your child can check it throughout the morning.
5. Explain to your child what will happen if he is ready on time, and what will happen if he isn't.
6. Choose some special rewards for beating the buzzer. Make up a simple chart to keep track of success with ticks or stickers. Activities with mum or dad are often the most effective rewards.
7. Choose some appropriate consequences for not being ready. These could include not being allowed to watch TV, or going to bed 10-15 minutes earlier.
8. Set the timer and leave your child to it. Let her know that you have set the kitchen timer for the required amount of time. Now it's up to her.
9. Watch for your child being independent and responsible. Praise and encourage him. But avoid giving reminders and instructions – this will just lead you back to nagging and fighting.
10. If your child gets all the tasks done by the time the buzzer sounds, she wins.

Encourage your child to check the list rather than telling him what to do next. This will help him become more independent. It also reduces nagging from you.

After a week or two of success, begin to phase out the rewards over another 3-4 weeks. Your child might need to be on time two, three, four, then five days in a row to earn the reward (make the reward a little bigger each time). Then make rewards a surprise. Your child won't know when a reward is on offer – it just happens every now and then.

Even when your child is regularly ready on time, praise her occasionally.

When your child is not ready
If at the end of the time your child isn't ready:
- Calmly let him know that the buzzer has sounded, and get him ready.
- Remind her that she can try again the following morning.
- Follow through with the consequence you decided on.

www.intereach.com.au

Intereach
Children & Family Services
Cnr Napier & Trickett St
Deniliquin NSW 2710
Phone: 5890 5200