‘The Bell Ringer’

Wednesday, 3rd June 2015

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

Athletics Training

Important Dates

<table>
<thead>
<tr>
<th>JUNE</th>
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<tr>
<td>Fri 5th</td>
<td>Tony Lockett AFL/Netball Gala Day</td>
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<td>Mon 8th</td>
<td>Queen’s Birthday Long weekend <strong>NO SCHOOL</strong></td>
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<tr>
<td>Tue 9th</td>
<td>Playgroup 9.30am – 11.30am</td>
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<tr>
<td>Thu 11th</td>
<td>Zone Cross Country at Gundagai</td>
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<td>Fri 12th</td>
<td>Jump Rope for Heart</td>
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<td>Tue 16th</td>
<td>Year 5/6 ‘Unknown Soldier’ Albury</td>
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Principal’s Report

Athletics Training
Yesterday saw the start of our intensive athletics skills training program with Rick Gardiner and Ken Gardiner. This training is being funded by Sporting Schools which is the program that replaced AASC, funded by the Federal government. It will happen for all our students, K-6, every Tuesday for the next 7 weeks, leading up to our school athletics carnival. The students were very engaged in the training as our photos show and they should all benefit from this intensive skills development program.

Year 6 Information Night at Finley High School
Year 6 parents and carers, please don’t forget the information night at Finley High School tonight beginning at 5.30 pm.

Mrs Stevenson’s Leave
Mrs Stevenson is taking Long Service Leave for the last three weeks of term. Ms Jeanette Outram will be teaching 1/2, closely following the program left by Mrs Stevenson.

Year K/1/2 Library Visit
Last Wednesday the K/1/2 classes visited the Berrigan Town Library for Simultaneous Storytime. The students listened to the story The Brothers Quibble read by Mrs Irene Tubbs, they all then made kings and queens crowns.

Netball / AFL Gala Day
Our JeriBerriO’s netball and football teams will travel to Deniliquin this Friday to compete in the first round of the State Knockout Netball/Football Competition. The combined teams have been training for the past month under the guidance of Bec Ware and Stuart Pyle. We wish both teams all the best and look forward to hearing about their day.

Junior Golf Participants
The below four students Phoebe Holmes, Ben Ackerly, Blake Barry and Mitchell Spunner were very fortunate to attend a junior golf training day last month at Tocumwal. The students had a great day, learning lots and being rewarded with a participation certificate. Reports from the coach were very positive; once again we had great ambassadors for our school.

Peer Support
In this week’s Peer Support session the children will be looking at rights, how we as individuals have rights and so do other people. Activities will also remind the children that although they may find themselves in difficult or awkward positions, they still need to remember to do the right thing.

Year 6 GRIP Leadership Day
The Year 6 leaders that travelled to Albury with Mrs Tait for the GRIP conference were excellent representatives of our school. They participated in many fun learning activities and bought back great leadership tools and ideas to implement in the Peer Support sessions. Mrs Tait was very impressed and pleased with the groups behaviour.

Quote of the Day
Everyone must row with the oars he has.
*English proverb*

Notes required to be returned
Year 5/6 Excursion Permission note
Tony Lockett Gala Day
School Voluntary Contribution/P&C Donation
Text Books
Congratulations to the following ‘Students of the Week’

**Mrs Arnold:**
- Sarah Agnew for great participation in PE relays.
- Toby Loomes for excellent work with magnetic letter word building.
- Rosie Phillips for wonderful progress in English.

**Mrs Stevenson:**
- Jack Steel for perseverance in maths.
- Jacob Kofode for great improvement in maths.
- Charlie Magill for being a great worker.
- Miley Driscoll for amazing illustrations in her book.

**Mrs Andriske/Mrs Cameron:**
- No Awards this week

**Mrs Tait:**
- Cassandra Renneberg for great characterisation in English.
- Mitchell Spunner for improved editing in writing.
- Ally Trives for pleasing work with editing.
- Aidan Fennell for an interesting recount of the Paul Kelly Footy Day.
- Harley Willemsen for working well with ‘Probability’.
- Keia Towler for pleasing work with ‘Probability’.

**Mrs Sneddon:**
- Jack Mcglory for always being resilient.
- Molly Rice for excellent effort in Spelling.
- Jackie Sharp-Shorney for effort in P.E.
- Harry Steel for working hard in Maths.
Canteen Roster - Term 2

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td></td>
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<td>3rd June</td>
<td>4th June</td>
<td>5th June</td>
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<td></td>
<td>CANTEEN CLOSED</td>
<td>Kristy Pyle</td>
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<td>8th June</td>
<td>9th June</td>
<td>10th June</td>
<td>11th June</td>
<td>12th June</td>
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<tr>
<td>Jo Turner</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Emma Phillips</td>
<td>Bec Ware</td>
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- 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...

12th June
Ackerly family/Spunner family

26th June
O’Dwyer family/Steel family

10th July
Pyle/Mills family/Jeffress family

School Notices

Bookclub
The latest order from Book Club needs to be returned to the school office no later than today, Wednesday 3rd June. Please hand orders in to front office by this date.

Community Notices

Finley Farmers’ Market
It’s time to celebrate the Queen’s birthday with a long weekend and the Finley Farmers’ Market. It will be right Royal affair with loads of royal craft in the Kids Corner….as well as play dough and building blocks to keep the children busy. The winter venue is the Finley Memorial Hall at the new winter time of 9am.

Year 6 Open Night at Finley High School
Date: Wednesday 3rd June 2015 at 5.30 pm
Where: Finley High School Hall

The Open Night is a chance for Year 6 students and their parents to explore the different areas of the school and gain an insight into what subjects are offered.
Intereach Family Day Care

Family Day Care is a quality based childcare service that caters for young babies through to 12 year olds. Family Day Care offers flexible care and education in a safe, secure and stimulating home environment, during standard hours, before and after school, during school holidays and in some cases overnight and weekends.

For parents, Family Day Care offers so much more than a fun, safe place to leave your child. Flexibility, stability, consistency, reassurance and family values—underpinned by meaningful and often long term relationships which are all key ingredients in building happy, well-adjusted children.

*Family Day Care is Child Care Benefit (CCB) and Child Care Rebate (CCR) Approved*

Fee reduction through CCB and CCR is available to most families. For more information or to discuss your entitlement, contact the Family Assistance Office on 136 150.

If you would like to speak with a Coordination Unit Member contact Intereach on 03 5890 5210
“Ignite the Spark”

Inspiring, empowering and re-energising a Community!

YES, it’s a SHOW for everybody.

Empowering women, inspiring men, nurturing children and challenging teenagers... it is all about YOU!

It is time for us to own the space we were born into... starting with our physical space. It is time to remember what we already knew and acted with courage, conviction and confidence. It is time for personal responsibility and self-leadership. It is time to let our light shine and lead the way. It is time for laughter, fun and fearlessness. It is time to allow ourselves joy. It is time to face our tears, move through our pain and sorrow, embrace our mistakes and grow through our failures! It is time to empower up and live our best life, because we just get one chance.

You will laugh, you may shed a tear and you will walk out feeling great about who you are today but knowing we can all grow that little bit more tomorrow!

Meet Julie Cross...

Julie is a multi-award-winning passionate speaker and a non-award winning mother of two. She speaks nationally and internationally to a variety of audiences and is most passionate about empowering our next generation.

Her message is frequently described as ‘life-changing’ and she is so excited to be sharing this special date with you.

Date: Wednesday 22 July
Venue: Finley RSC
Time: 7.30pm – 9.00pm
Your Investment: $35.00
Tickets MUST BE PRE PURCHASED.
Tickets available from Lindy 0415835129
Or Finley HQ Gym

All profits go to Finley Hospital

JULIE CROSS
Empowering ... Energising ... Entertaining
A Quick Bite...

Do your children complain of being bored when it's cold and raining? Do they spend all day at the TV or computer when it is wet outside? Here are some ways you can help relieve the boredom.

- Go on a walk and see how different the neighbourhood looks after rain.
- Have a "rainy day" box full of paper, pencils, and other craft items.
- Make some play dough and have a fashion parade.
- Build an indoor cubby and create an imaginative world.
- Organise a treasure hunt.
- Do some baking or help prepare dinner.

Screen Free Rainy Days?

More than 2 hours screen time is too much.

It is important for your child's health not to spend too long each day sitting watching television, surfing the net or playing electronic games for entertainment. This is true for all children, even those who are physically active.

Watching TV for more than two hours a day is associated with:

- being overweight as a child and adult
- poor fitness, smoking and raised cholesterol in adulthood
- increased social problems
- less time interacting with siblings or friends
- less time in creative and active play and
- increased aggressive behaviour.

Some evidence also shows these children are more likely to:

- ask for advertised junk foods
- snack on junk foods and soft drinks
- have sleeping problems and
- achieve less at school.

Since 1995, overweight and obesity in 7 to 15 year olds has more than doubled. Time once spent playing outside is now taken up with watching TV, surfing the net and playing electronic games.

For more information visit

For more information: www.healthfoundation.org.au/parentcampaign
Call 1300 96 27 67
www.beactive.wa.gov.au

Unplug and play

How to limit your child's electronic entertainment to less than two hours a day and encourage active play.

For healthy growth and development, the Australian Physical Activity Recommendations are:

- Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Children should not spend more than two hours each day using electronic media for entertainment (e.g., television, computer games and the Internet) particularly during daylight hours when they could be playing outside.

This campaign is a initiative of the Health Foundation in partnership with
The Cancer Council WA and Diabetes WA, and is proudly funded by the Department of Health, Western Australia.

Position Code: C0900.
Athletics Training