Success stories

Students of the Week

Mrs Corke's class
Week 6 – Halle B – Choosing a positive attitude on the book parade day
Week 7 – Jack K – consistently working and concentrating in all areas

Mrs Faulkner’s class
Week 6 – Annabelle H – quiet and hard working student
Week 7 - Airlie B – creative, quiet achiever

Mr Faulkner’s class
Week 6 – Grace H – great attitude and participation in Circus Arts
Week 7 – Harriet P – hardworking and dedicated

Reading Awards
100 nights – Will M, Grace H, Harrison C
125 nights – Emily T, Sean D, Samantha N, Madison B, Jeremy D,

Upcoming Dates for your Diary
31 Aug – 2 Sept Bathurst excursion
15 Sept School Photos
18 Sept Last day Term 3
4 Oct Term 4 starts – Mr & Mrs Faulkner LSL 2 weeks
10 Oct Spring Fair
27-30 Oct Opera House marimbas
31 Oct Kalari River Arts
2 Nov Musica Viva
**Nigel Bagley Relay success**

Congratulations to George M, Clementine S, Laura P, Ryan P and Campbell R on competing in the Western PSSA Athletics trials for selection to the NSW carnival. It was very exciting this year as we were using the new Barden Park complex in Dubbo which has been recently upgraded to international standards. George, Laura and Campbell were competing in individual events and performed very well, unfortunately missing selection in the Western Squad. Clementine, Ryan, Campbell and Laura were running as our Bedgerabong team in the Nigel Bagley relay specifically for small schools with 2 or 3 teachers. The kids ran well in their heat placing 2nd progressing to the final where they were able to match it with the competition and were placed 3rd in the final. This means that I’m very proud to announce that they will compete in the NSW PSSA carnival to be held at Olympic Park on Thursday October 15. HUGE thanks must go to Maree Hodges who has once again donated her time in training the kids and allowing them to achieve success.

**School uniform policy**

A timely reminder that our school uniform policy includes “no hat no play” section. We have been seeing an increase in students not wearing hats to school. Any students not wearing a hat to school will be asked to sit on the verandahs and shaded areas during recess and lunch.

**Kalari Lachlan River Arts Festival**

To be held in Forbes October 31 2015. As mentioned last newsletter our school has been invited to perform as a part of the grand finale. Thank you to those people who were able to return the RSVP for that event. I am after anyone mum, dad, uncle, aunty, student etc that is able to attend the event as well as one or two rehearsals. We had a quick run through the very simple street parade music we will be playing last Thursday and look forward to more in the near future. If you are keen and have not returned your note indicating you are available and interested please feel free to do it before next Friday.

**Bedgerabong Show Success**

Congratulations to Tom Simmonds and his committee on a wonderful show last week. I’d also like to thank and acknowledge the staff on their dedication to ensuring the schoolwork section was a success and to Mrs Horan for promoting our school with all of the successful entries into the preserve and vegetable sections. We gained first prizes in our pumpkins, eggs, mint jelly, lily pilly jelly, cherry jam and pickled tomatoes. For our cherry relish, tomato chutney, tomato sauce and melon jam we gained second placings. Congratulations to all involved in gaining these awards.

**Kindergarten Orientation**

Orientation Parent meeting – Monday 26 October 2015 at 3.30pm
Dates of orientation - 9.10 -11.10am  Friday 30 October, 6 Nov, 13 Nov, 20 Nov
Week 8- full day Friday 27.11.15

**Dental Screening**

Please remember to send in your dental screening notes as soon as you can. Even if you don’t wish to take advantage of this free service we would appreciate you returning the notes indicating that so we know each family is aware of the service.
Wheelchair basketball
During August the wheelchair NSW road show came to Bedgerabong. Rick who worked for wheelchair NSW road show taught us all the important things you must do in a car so if you crash you can walk away without injury. He also told us all his stories about travelling around the world and representing Australia for wheelchair basketball. He told us all the wheelchair sports such as basketball, tennis, football, hockey, swimming, archery and shooting. He has been doing wheelchair basketball for around 18 years and has become quite good. He told us how he had played wheelchair football for a while and told us all about the differences between normal football and wheelchair football like the goal posts were smaller and how in a conversion instead of kicking the ball you would put it up on a stand and punch the ball through the posts. We also got to play a bit of wheelchair basketball ourselves. We had heaps of fun and afterwards even though it was heaps of fun we knew that we were the luckiest people in the world to be able to get out of the wheelchairs and walk around again. It was a very exciting and fun experience and we are so lucky to have all these amazing things come to Bedgerabong. By Harriet P

K-1 News
Speaking and Listening activity
We are currently studying ‘Transport’. Each student is required to present a type of transport to the class. Each student will need to make or draw their type of transport and make a speech. The following criteria must be answered in the 3 minute speech presentation
- transport type (land, sea, air)
- how long has the transport been around? First year it was made
- what it is used for?
- how does it help?
- what environmental issues or factors does this transport cause?

The presentations will be on Tuesday 15th September at 2pm, ALL welcome to attend.
Please call me if you have any questions. Mrs Corke

News from ‘the middle’
By the time you read this we will be on our excursion. I think the children are now very well informed about the gold rush and can’t wait to get stuck into some gold panning. Who knows, we might even strike it rich and head straight to Sydney to spend it all! In class we have been working on designing our own gold mining settlements, mostly using the app Minecraft. The children were given strict guidelines in order to keep their settlements as authentic as possible. Here are some snap shots of their early work. You can also find pics of everyone’s work so far on Facebook.
News from ‘The Top’

Well- we are half way into our major project for the year- Bushrangers and it looks like some of the senior students might need some more support with planning and time management. If you would like some assistance in guiding your child towards fulfilling the criteria for this project please contact me before the end of this week, otherwise there may be a lot of stress around this project for the remaining 2 weeks. It has been prescribed homework for the past two weeks and we are looking forward to the end results.

Book Week’s a Blast!

This year’s Book Week was a fantastic celebration of Australian authors, and marked the 70th anniversary of the Children’s Book Council of Australia event. The students had a great day dressing up, and took a lot of pleasure in sharing their favourite stories with their peers. I would like to thank the students and parents for their fantastic efforts, they made the day a big success.

During the book week celebrations we also announced the three winners of the colouring competition, who all received book prizes. Congratulations to our winners:

K-2: William M  
3-4: Melody O  
5-6: Emily T

Don’t forget your library bags and books this Thursday!

iPad Rules

We have a set of rules that everyone must agree to when first purchasing their iPads. These rules are in place to ensure everything runs smoothly and requirements that we must follow are adhered too. Unfortunately when these rules are broken we are forced to take action such as removal of the iPad for a given time. One of these rules that has been broken several times is installing a passcode. Once a passcode is forgotten we have no choice but to wipe the iPad clean and re-install. Our iPads are managed through a department regulated system called the configurator. The configurator does not operate as a normal management system as many children have already discovered. We are charged differently for our apps and once an iPad is re-installed so must all the apps at an extra unnecessary cost to us. For this reason we will now be imposing a $20 fee for all iPads that have installed a passcode and need to be reinstalled. Once paid the iPad can be reinstalled. Unfortunately the frequency of this happening has forced us to take such measures.
**Community Connections- Bedgerabong Playgroup**

The eager playgroup children ventured to Bedgerabong Community Connections! The children explored the concept of a circle. The activities included, jumping in hoops, making round humpy dumpty paper craft and circle shaped ice creams. The children also used paint to trace circles and paint inside circles. The play dough table promoted language about making round and circle shapes. During group time finger rhymes focussed on making shapes with their hands and finally a game of memory to identify shapes. Until next time! Mrs C

**Michael Grose- Parenting Strategies**

**Strategy 10: Keep your perspective**

**Help kids keep a sense of proportion** We all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. Catastrophising only exaggerates your anxiety. Be mindful of your child’s propensity to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

Here are five ways to challenge your child’s catastrophic thinking:

1. **“What’s the most likely scenario?”** Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”

2. **“Does it really matter?” “You may be right, but is it the end of the world as we know it?”** One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

3. **“Where does this fit on the disaster meter?”** Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events... well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. **“That’s unhelpful thinking.”** Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. This strategy requires kids to step back and change their way of thinking.

**What to say:** “Keep things in perspective.” “Where does this fit on the disaster meter?”

**P&C news**

Save the date - our Spring Fair will be held on Saturday 10th October. Face painting, animal nursery, cooking, produce, donuts etc. If you are willing to help please don’t hesitate to call Murray Brown to offer assistance.
Tootie Fruity

Wow – our kids worked really hard leading up to the Bedgerabong Show and it all paid off. The Wednesday prior to the show yrs2, 3 and some 4’s made mint jelly, the 4’s & 5’s made cherry jam and cherry relish as well as their usual lunch making session. Week 6 and 7 the kids used produce from our garden to make lunch. Week 6 they made artichoke soup and cheesy damper. Week 7 we used our prize winning pumpkin and turned it into pumpkin pizza.

Jerusalem Artichoke Soup

**Ingredients**
- 1 tbs lemon juice or vinegar
- 750g artichokes
- 1 tbs butter
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 2L Vegetable or Chicken Liquid Stock
- 2 large potatoes, peeled and chopped
- 4 rashers bacon, cut roughly
- ½ cup cream
- salt for seasoning
- pepper for seasoning

Fill a large bowl with water and add vinegar or lemon juice. Peel artichokes, roughly chop and immediately add to water so that the artichokes don’t discolour.

Melt butter in a large saucepan; add onion, bacon and garlic and cook over low heat for 5 minutes or until onions are soft. Increase heat and add well-drained artichokes. Stir over heat for 5 minutes until golden. Add stock and potato, bring to the boil, and reduce heat to low and simmer, partially covered, for 30 minutes or until tender.

Cool slightly, and then process, in batches, in a food processor, until smooth. Return soup to pan, stir in cream and reheat gently for about 5 minutes. Ladle into serving bowls, add a little fresh cream and then season with salt and freshly ground black pepper.

Pumpkin Pizza

**Base:** combine 1 cup greek yogurt and 1 cup SR Flour together to form a stiff dough. Roll dough to desired shape.

**Topping:** 200g pumpkin, garlic cloves, ½ red onion, tomato based pizza sauce, grated cheese.

**Instructions:**
Slice the pumpkin into cubes, slice the garlic in to thin slices, slice the onion into thin slices.
Add oil to a hot pan and roast the pumpkin and garlic. Spread the pizza sauce onto the dough. Add the roasted garlic and pumpkin and sliced onion. Sprinkle with cheese.
Bake for 15 minutes in preheated oven at 180°C/356°F.

Tootie Fruity for K-2 will be as usual only this week they will make their own pizzas using English muffins, bacon, feta, capsicum and grated cheese. It should be a treat for them as they usually only get to make the treat.

Bedgerabong Community Notice Board

Bedgerabong Community Trust Triennial Meeting.

The Triennial meeting of the Bedgerabong Community Trust will take place at Bedgerabong Public School on Monday 14th September 2015 commencing at 8pm where all 7 Trustee positions will be declared vacant and then filled via nominations and if necessary private ballot. The Triennial meeting will then be followed by an ordinary meeting with the new Trustees.

Submission forms for funding assistance from the Bedgerabong Community Trust will be made available by contacting the school if you require one.

**Disclaimer**

As a service to the community, we will advertise events that may be of interest. Bedgerabong Public School does not endorse or sponsor the events and accepts no responsibility for the management or organisation of these events. Any items of community news can be forwarded to Bedgerabong School and will be included in the fortnightly newsletter distributed community wide.
FREAKY FACTS
A sneeze can travel 100 miles per hour.
A flea can jump up to 15 times its size.
Jupiter can fit about 1,000 Earths inside it.
The Yo-Yo was originated as a weapon in the Philippine Islands during the sixteenth century.

Giggle Spot
Q: Which letters are the smartest? A. The Y’s.
Q: What is the saddest piece of clothing? A: Blue jeans
Q: What is the cheapest way to buy holes? A: Wholesale.

QUOTE OF THE WEEK
“Sadness is but a wall between two gardens.” Khalil Gibran

Happy Birthday to these recent and up coming party goers.
8 Sept  Ryan P  17 Sept  James T
26 Sept  Austen B

Upcoming Dates for your Diary
31 Aug - 2 Sept  Bathurst excursion
15 Sept  School Photos
18 Sept  Last day Term 3
4 Oct  Term 4 starts - Mr & Mrs Faulkner LSL 2 weeks
10 Oct  Spring Fair
27-30 Oct  Opera House marimbas
31 Oct  Kalari River Arts
2 Nov  Musica Viva
30 Nov  Swimming Scheme
15 Dec  Presentation Night

Mr Faulkner
31 August 2015

2015 school term dates
Term 1  28-1-15 - 2-4-15  Term 2  21-4-15 - 26-6-15
Term 3  14-7-15 - 18-9-15  Term 4  6-10-15 - 18-12-15