



BARDIA PUBLIC SCHOOL NEWSLETTER

Macdonald Road
BARDIA NSW 2565
9605 2459

'THE BUGLE'



Term 2 – Week 10 – 2015

Message from the Principal

Dear members of the Bardia Public School community,

Thank you to all of those parents and carers who were able to attend our **special assembly** in celebration of our great school being renamed Bardia Public School. It was a fantastic day and it was fun forming our school name with letters made from children and adults! The photos taken by the drone will appear on the school website and the video will appear on YouTube shortly. Sneak peak further in the newsletter.

The weather has not allowed us to proceed with the **Athletics Carnival**. Apologies to anyone who took time off work to attend but, of course, there was nothing else we could do. The Athletics Carnival will now be held on Wednesday 15th July.

Our **student numbers** in Infants have grown to the point now where we will be able to employ another teacher and apply for another demountable classroom. This is good news for our youngest students because we will now be able to establish five smaller classes: Kindergarten x 2, Year 1 x 2 and Year 2 x 1. Please note that composite classes have many advantages and that this configuration is simply easier for organisational purposes.

KA – Miss Attard

KP – Mrs Parker

1W – Miss Walters

1M – Miss McEwan

2L – Miss Lewis

A note will go home with information relating to each child's class allocation.

JUNE

Tue 23rd: Student reports sent home

Wed 24th: Parent Teacher Night

Fri 26th: LAST DAY of TERM 2

JULY

Tue 14th: FIRST DAY of TERM THREE!

Wednesday 15th: Athletics Carnival

Thurs 30th: P&C Meeting 6.30pm in Hall **ALL WELCOME**

School Fundraising

| \$35,000 | |
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We are here!

Disclaimer:

Bardia Public School does not endorse any product or services advertised in this newsletter.

On Tuesday afternoon your child will be taking home their **Semester 1 report**. Many parents and carers attended school when comparisons with other students were normal. This makes no sense in 2015. Please let me explain why.

These days the grades are set against *standards*. Imagine setting standards for rock throwing; they would look something like this:

Limited: can hold a rock and can throw it towards the target

Basic: can hold a rock correctly and throw it with some accuracy

Sound: can hold a rock correctly and throw it accurately

High: positions a rock in hand to maximise very accurate throwing

Outstanding: creatively selects well shaped rocks, positions the rock perfectly, and hits targets 100m away

So a grade is set *against the standard*, not as a comparison with other students. When students **were** compared with each other, the students who scored over 90% were given an **A**, 75% to 90% a **B**, etc.

Now, if a parent wants their child to be a better rock thrower they can try a few different approaches:

1. Shouting or using psychological pressure or guilt (would this make you throw rocks accurately?)
2. Rewarding (this might work in the short term, but the student who drives their own ambition will always do better)
3. Practising at home (research has shown that while this can be helpful, especially in high school, too much practise and they will hate throwing rocks!)
4. Encouraging effort (Yep! You guessed it, this is what all good coaches do).

Also, research has found that a student's attitude about learning is absolutely crucial to improving their performance.

Some students (and adults) believe that their ability is fixed. They make statements such as, "I am hopeless at throwing rocks" or mathematics or writing or dancing, etc. In fact they believe that intelligence is like a deck of cards: you are dealt a certain hand when you are born and you are stuck with it.

Neuroscientists have discovered that intelligence is NOT fixed. If you push yourself to learn, your intelligence will grow. If you spend 5 years only playing X-Box your intelligence will actually decrease! Effort is the key!

If you want to learn more Google 'Brain Plasticity' and 'Growth Mindset'.

Sports Report

Athletics Carnival

If you are able to lend a hand on our athletics carnival day, Wednesday 15th July, could you please fill out the form below and return it to the office.

Miss Morgan

✂-----

Athletics Carnival Volunteer

NAME: _____

TIMES AVAILABLE: _____

PHONE NUMBER: _____



A big thank you to Scott Goodkin of Lentex for his time, patience and expertise in capturing our students, staff, parents and visitors in still and moving imagery spelling out our new school name.

Mr Goodkin's portfolio can be viewed at www.lentex.com.au



Ingleburn North Public School P & C now on Facebook

"Like" our page to keep updated on:

1. Events happening at the school such as Assemblies, Easter Hat Parades, Cake Days etc;
2. Fundraising Events;
3. Uniform Changes and Updates;
4. Canteen Changes - Menu, New Products, Opening Times;
5. Play Group for parents and carers with children 5 years and under.

All that and more at <https://www.facebook.com/ingleburnnorth>

Canteen

Term 3 – The canteen will be closed on Mondays & Fridays due to no volunteers to open.

A wonderful way to be part of the school community is through volunteering. We currently have some amazing volunteers in our canteen to ensure we maintain a full-time canteen for our students. However, the canteen is in desperate need for some new volunteers. No experience necessary. If you are able to donate any of your precious time, please contact the canteen or office staff. Your children also gain a sense of pride when their parent helps at the school.

New to the Menu:

Garlic Bread - \$2.00

Olaf Ice-Cream - \$2.00

Noodle Cups (Chicken or Beef) - \$2.20

Uniform News

Tights are now available for \$10.00

Size 4-6

Size 7-11

Size 11-14

New longer length Skorts are also available for \$18.00

P & C Meeting

The next P & C meeting will be held in Term 3 on Thursday, 30th July in the hall at 6:15 p.m.
All welcome!

Nutrition Snippet

The simplest way

...to work out how much fruit + veg you need.



Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. *But what does a serve look like?*

A serve of fruit is 150 grams or:

- 1 medium fruit (apple/banana) or
- 1 ½ tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:

- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child's daily total – plus healthy food gives them extra strength to concentrate longer.

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Nutrition Snippet

The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.



The Health Star Rating.
The more stars, the healthier.

What do they mean?
Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. *The more stars, the healthier the product.*

Why?
63 percent of adult Australians, and ¼ children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. **Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!**

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



ADVERTISEMENTS



WINTER School Holiday Workshops



SCULPTURE
Workshop
9am - 12am

Using air-drying clay and found materials children create their choice of fantasy creature. Learn about animal anatomy & handbuilding techniques to sculpt your own animal.

\$40
All materials included

PRINTMAKING
Workshop
12.30pm - 3pm

Using simple introductory techniques such as monoprinting, scratchfoam and stenciling children create a series of experimental prints about nature, winter and yes, FROZEN!

\$35
All materials included

Participating in both workshops? Children will be supervised during the break from 12 am.

Workshops for 6 - 12yr olds

Tuesday 30th June, 2015
@ Ingleburn North Public School Hall
Find us on Cnr Campbelltown Rd & Macdonald Rd, Ingleburn



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NOTICES

Sacrament of Confirmation

Catholic students in state schools in Year 6 or in high school who have already received the Sacrament of Holy Communion are now due to receive the Sacrament of Confirmation. An important meeting for the parents will be held on **Monday 22nd June** at 7.30pm in the Parish Centre at the Holy Family Church, Oxford Road, Ingleburn. Baptism certificates are required for enrolment in the preparation program. For any enquiries, please contact Father Peter on 9605 2785.

INGLEBURN MILITARY PRECINCT ASSOCIATION (IMPA)



NEEDS YOU NOW! HELP US SAVE THE HISTORY OF INGLEBURN MILITARY CAMP.

VOLUNTERS ARE NEEDED NOW!

IMPA IS AN INDEPENDENT ORGANISATION DEDICATED TO SAVING THE INGLEBURN MILITARY HERITAGE PRECINCT AND THE HISTORY OF INGLEBURN MILITARY CAMP (**NOT JUST BARDIA BARRACKS AS THIS WAS ONLY A SMALL PART OF THE CAMP**). JOIN A HAPPY, FRIENDLY ASSOCIATION AND HAVE FUN WHILE DOING A WORTHWHILE JOB. YOU DO NOT NEED TO HAVE A MILITARY BACKGROUND-JUST A LOVE OF LOCAL HISTORY OF THE MACARTHUR REGION. IT IS NOT A BURDENSOME UNDERTAKING. THE ASSOCIATION CURRENTLY MEETS BI MONTHLY AT THE PRECINCT AND WE ALSO DO CLEANING AND PREPARATION OF THE MUSEUM ARTIFACTS. IF YOU WOULD LIKE TO HAVE A PRESENTATION OF SOME ASPECT OF THE HISTORY OF THE CAMP PLEASE CONTACT BRIAN BATTLE (DETAILS BELOW). THE ASSOCIATION HAS BEEN WORKING AT THE PRECINCT FOR 10 YEARS AND A DECISION HAS BEEN MADE THAT THE ORGANISATION WANTS TO HAVE LOCAL PEOPLE INVOLVED IN THE PRESERVATION OF A CAMP THAT HAS TOUCHED AND ALTERED THE LIFE OF SO MANY PEOPLE. IF YOU WOULD LIKE TO PURCHASE BOOKS ON THE HISTORY OF THE CAMP THESE ARE AVAILABLE. LEARN ABOUT THE WONDERFUL WOMEN OF AWAS IN WW2 AND THE FAMOUS TRACKER DOGS OF THE SIXTIES THAT BECAME FAMOUS IN VIETNAM AND OTHER HISTORY SUCH AS 2 MILITARY HOSPITAL. **JOIN NOW AND LET YOUR VOICE BE HEARD. CONTACT BRIAN BATTLE 02 9601 6404 strato59@bigpond.com**



FREE & fun program for fitter, healthier, happier kids!

Know if your child is over a healthy weight?

Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE healthy lifestyle program for kids over a healthy weight to improve health, fitness, self-esteem and confidence.

What is the Go4Fun program?

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

To find out more contact **1800 780 900** or visit **www.go4fun.com.au**



School Bardia Public School | Date 1.6.15

Week 7-8

It has been a very busy few weeks with before and after school care at Bardia!

We have been doing themes each week such as Mother's Day, Disney, Autumn, Talent and Barnyard.

We made our own barnyard out of cardboard and made autumn leaves and wrote on them all about ourselves.

Some of our students showed us their amazing talents like Zachery who bought his scooter and showed us some awesome jumps, Jade sung for us and it was beautiful. She was also accompanied by Danielle doing the tapping beat which sounded very cool. Aurora, Ella and Matthew performed a skipping rope routine that included a finishing touch with the Australian flag. Max, Brenten and Kayleb ran for us and showed us some super athletic speed.

Our numbers are also picking up but we would like to know if you would be interested in us opening a Holiday Club for the school holidays and pupil free days. Please fill in the form attached and return to the office ASAP so we can get an idea of numbers. We will need a minimum of 30 returned to consider it.

We would like you to come and join us on Wednesday the 24th of June. We are inviting you to see what we get up to every afternoon at Camp Australia Bardia Public School. We look forward to meeting you all From Camp Australia Kids and Staff, Corinne, Rhia and Tyra



How to get started

Before using our programs register online for an account. Registering is quick and easy.

Visit www.campaustalia.com.au/newparents to begin.



Once registered

You can make bookings and cancellations, view your statements and manage your details anytime of the day.



Save on Care

Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families

are eligible. To find out more call our Customer Service Team on **1300 105 343**



Healthy Snacks

Afternoon tea is served daily.

Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.



JOIN THE FUN

Don't forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program:

www.campaustalia.com.au/holidayclubs



we make kids smile
www.campaustalia.com.au

I would be interested in enrolling my child to Holiday Club in the next school holidays

Names of child/ren _____

Number of day's _____

Contact phone number _____

Signed _____