Year 7 Selective High School placement in 2016
Selective high schools cater for high achieving, academically gifted students. Students entering Year 7 in 2016 in selective high schools are invited to apply to enrol online between October 14th and 17th November, 2014. All applicants are required to sit the Placement Test to be held on Thursday 12 March, 2015. Please note there are no paper application forms available. It must be done online.

From the Principal
By being part of the Live Life Well at School program in 2014, we have been researching ways to encourage healthy living. Physical activity and healthy eating are 2 key ways to promote healthy habits for life.

We have purchased new cooking equipment for the school, are re-establishing the school vegetable garden, re-invigorating our Crunch, Munch & Sip Program (fruit break and fresh drinking water) and introducing new outside games. Over the next fortnight we will be having new playground markings added to our COLA area. We will soon have handball courts and a permanent hopscotch marking on the concrete area, as well as a large snakes and ladders game for all to play. Parents are welcome to join in the fun and games before school each morning. Thank you to the P&C for their additional funding to help complete this project.

On Tuesday November 4th we invite all our families to join us for a special presentation on Nutrition followed by a “Wrap Day” luncheon. Julie Kuo- rence, a Health Promotion Officer for Southern NSW Local Health District will visit our school to present a workshop for students and parents about healthy lunches. Our Kindergarten children for 2015 and their parents are also invited to join us on the day. I hope you can join us. Please complete the RSVP slip attached to this bulletin and return to school by Wednesday 29th October.

Landcare Visit for Seed Planting Workshop
Thursday, 23rd October
Parents and Community members are invited to join our students as we learn to establish a productive garden.

P&C Information/Kindergarten Orientation/Report Folders
Bowning P&C
As part of our bush fire plan it was decided that a working bee to clean up grounds would be held on Thursday 6th November from 3.30pm to 6. Please bring gloves, shovels, rake and possibly a trailer.

If you can assist please complete the note attached to last weeks newsletter. A sausage sizzle will be provided at the end of the day.

Kindergarten Orientation
Welcome to our new 2015 kindergarten students of Saige, Jack and Cooper, who commenced their 1st Orientation Day at Bowning yesterday. We look forward to seeing you all again next Tuesday 28th.

Report Folders
Second semester reports will be issued towards the end of Term 4. Could parents please return the report folders as soon as possible for updating.

Anaphylaxis—Nut aware
We ask families not to send nuts or nut products to the school site. Please see Ms Pritchard if you have questions.

Are you Bushfire Ready?
As it is now Bushfire season, we are updating our plans and procedures. For updated information go to: http://www.dec.nsw.gov.au/about-us/news-at-det/bushfire-safety.

Contact details/DET tips
Calendar of Events
Thursday 23rd October—Yr. 6 to Yass Public/Orientation Day 11:30 to 1pm
Tuesday 28th October-2nd Kinder Orientation
Wednesday 29th October to Friday 31st October—Upper Division Camp to Berry
Tuesday 4th November—Final Kinder Orientation Day (Whole Day)
Tuesday 11th November—MSP photo day
Tuesday 19th November—Scripture
Monday 24th Nov. to Friday 5th Dec.—Whole school swimming scheme
Tuesday 9th December—Presentation Night/6pm
Tuesday 12th December—visit to Linton/Yass Valley Aged care
Wednesday 17th December—Picnic day/ farewell/ringing of the bell

Inside this issue:
Boorowa carnival/Transition to High School/MSP photograph
Book Prize donations/Landcare visit/Camp information
AASC Photos/Community events/attachments

P&C Information/Kindergarten Orientation/Report Folders

Bowning Public School Newsletter
Week 3, Term 4
22nd October, 2014
Boorowa Carnival / Transition to High School Yr. 6/ School Photos

Boorowa Carnival
Despite battling the traffic build up and arriving with just minutes to spare before our first game, the Upper Division and Gunning students had a great day participating in the Touch Football and Netball games at Boorowa last Friday. Our 4 teams (Bowning and Gunning combined) played really well, enjoyed competing against a broad range of schools and making new friends. Our sincere thanks to Desnee & Marnie Pack for their help as referees on the day and to Natalie & Renee who attended the carnival and helped manage the teams. It was a very successful day.

Year 6 Transition to High School visit to Yass Public
Transition for Year 6 students will take place tomorrow, Thursday 23rd October from 11.30 to 1pm at Yass Public school. Transport is by private car provided by Ms Pritchard and Louise Hartwig.

School Photos
School photos will take place on Tuesday 11th November, 2014.

Photo envelopes are attached to this newsletter. All envelopes (whether you are using them or not) need to be returned to school by Friday 7th November.

Any family who wish to have family photos must request a family envelope from the office. (Please note siblings only)

Book Prize Donations/ Landcare /Camp

Book Prize Donations
An invitation is issued to members of the school community to donate money to be spent on book prizes that will be awarded on Presentation Night, Tuesday 9th December.

Books generally cost between $15 and $30 but donations of $10 are most welcome as they can be combined with others to fund a prize. Donations sent to the office will be gratefully received.

Landcare Visit for Seed Planting Workshop
This Thursday, 23rd October our students K-6 will be involved with a seed planting workshop. Members of the Bowning and Bookham Landcare group will visit our school to demonstrate correct seed planting procedures and to discuss with the children how to nurture their seeds into seedlings, ready to plant in a garden.

Every student will have the opportunity to care for their own planted seed and watch it germinate.

Parents and community members are warmly invited to attend and participate.

Upper Division Camp
Wednesday 29th October to Friday 31st October
Students in Years 3,4,5 and 6 are really looking forward to their time at Berry Sport and Recreational Centre next week. Students have been advised of their cabin allocations and reminded to get packing - carefully checking the list of things to bring and also what not to bring.

Attached to this bulletin is a final Information sheet for parents flyer. We will be travelling to and from the camp by bus. This service will be provided by Michelle Viter, of Yass Gymnastics. We are grateful for her assistance. Bus departs school at 8am on Wednesday and returns at 4pm on Friday.
Scooter Hockey Photos

Community Events & Attachments

Gino’s Fruit & Veg
Don’t forget Gino’s fruit & veg orders. Orders may be faxed, emailed or phoned and deliveries will take place each Friday, at Bowning.
Email: ginosveg@bigpond.com
Ph: 69454076 Mobile: 0422078724 or Fax: 69454136

How to contact us:
Phone: 6227 6093
Fax: 6227 6121
Email: bowning-p.school@det.nsw.edu.au
Website: www.bowning-p.school@nsw.edu.au

Attachments:
- Live Life Well fact sheet
- Camp Information sheets (Upper Division only)
- Nutrition workshop note
- MSP photo envelopes
- Halloween Party flyer

PERMISSION NOTES and REMINDERS
School Photo envelopes due back to school by Friday 7th November
Nutrition workshop note due back Wednesday 29th October
P&C Working Bee note due back ASAP
Resilient Kids
Skills in resilience are promoted in NSW Public Schools because through them children fare well in life. Research shows children with good resilience perform better at school and are less likely to take part in risky behaviour, particularly as they enter the teenage years. Resilience is a shock absorber for the potholes of life.

Resilient children know how to cope and have developed skills that enable them to flex so they can manage life’s blows when they happen without them getting too down, stuck on ways that aren’t helping or giving up. Learning to become successful is one of the most important aspects of building resilience. Success is contagious and if you have a feeling you can be successful in one avenue of your life then the likelihood of that ricocheting into other areas of your life is high.

Top Tips on Building Resilience

- Teach your child to experience success by supporting them in something they like doing whether it’s a sporting, academic or artistic endeavour.
- Help them develop skills to be successful at school such as having good concentration and memory by playing card games and puzzles.
- Being able to read people’s emotions is powerfully predictive of how well children can get on with people at school. Play games with your child by predicting what sort of day a person walking down the street may have had.
- Be aware of the ‘yuk and yum’ factor-some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they’ve had a bad day.
- Keep things in perspective-explain to a grumpy child their circumstances are not the worst possible, and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.

The things that are most important are teaching children what a good life is, how to live life well, how to extract pleasure out of things and how to turn things around when they’re tough.