From the Principal
As a parent and a teacher I am always in awe of the effort parents and community members put into ensuring schools are as well resourced as possible. Without these people our students wouldn’t have as many reading materials or access to sporting events, to name just a couple of things we have been lucky enough to be provided with. The skills audit is attached this week. I can’t wait to see how talented our families are.

Congratulations to our swimmers on their participation at District level last week.

Tracey Leggett
(Relieving Principal)

Hi, my name is Sam, I am in Year 6 and go to Bowning Public School.
I like sport, especially running. I like story writing at school. I haven’t decided which High School I will be going to next year, but I’m looking forward to it and I’m a bit nervous. I like playing with the other Upper Division kids.

Bowning Public School Newsletter
Week 5, Term 1
24th February, 2016

Calendar of Events
Tuesday 1st March— House Swimming carnival at Binalong Pool
Tuesday 8th March— Regional Swimming Carnival
Wednesday 9th March— Scripture
Monday 21st March— Harmony Day
Friday 25th March— Good Friday
Monday 28th March— Easter Monday
Tuesday 29th March— BLC Cross Country
Friday 8th April—Last Day of Term 1/ School Assembly

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Bowning P&C Association
Membership to the P&C is open to all with an interest in the school community and involves payment of $2.00. This fee is for voting rights at ordinary meetings and may be paid to the Treasurer, or at the office. Our next meeting will be held on Monday 9th May, 2016

Voluntary contributions have remained at $30 per year and may be paid at the school office. These funds help with the purchases of resources such as pens, pencils, textbooks etc.

PBL Awards
Winners of the PBL awards this week are Declan & Jonah.

Bowning P&C/ Wanted/Playground Photos

Wanted
Mrs Wilson requires small (approx. 375ml, rounded tops) tins for Lower Division. Please leave at the office if you can supply some.

Playground Photos
This week we wish Happy Birthday to Emmily Rose.

“For fast-acting relief, try slowing down”.

Textbooks
Maths workbooks and journals have arrived and been issued to students to support teacher programs throughout the year.

Costs are as follows:
- Go Maths: Kinder $18.00 each
- Go Maths Mentals: Yrs. 1,2,3,4,5,6 $11.00 each
- Go Maths Journals: Yrs. 1,2,3,4,5,6 $18.00 each
- Spelling Mastery Yr. 2 only, $21.00 each

Raising Resilience
Resilience is a 21st century parenting concept that every parent needs to understand.

Some kids are resilient by nature— their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately not every child has such natural resilience.

Research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share 4 basic skill sets:
- independence, problem solving, optimism and social connection.

Promote resilience by:
- Having a positive attitude
- Look for teaching moments
- Make kids active participants in a family
- Build kids coping skills

House Swimming Carnival/WWC Volunteers/Lower Division Stories

House Swimming Carnival
Our School House Swimming Carnival will be held at Binalong Pool next Tuesday 1st March from 12.30pm to 2.30pm. This will be a fun day with children in swimming and novelty events. Children are to remain in shaded areas when not swimming, wear a rash or T shirt as much as possible, a school hat and apply sunscreen frequently. A sausage sizzle will be provided on the day at a cost of $2 a sausage.

Could parents also supply plenty of drinking water and snacks etc. for their child/ren. Please complete the permission note and return it to school ASAP.

Cost is $3 per student & $1 per spectator (payable at the pool).

Volunteers/WWC
Parents/community workers who will be volunteering to help in the classroom or at school are now required to have a Working With Children (WWC) clearance which is available online from the Working With Children site. This check enables people to be engaged in child related roles.

Lower Division Stories
Once I saw a ladybug crawling on a flower. The ladybug went to her friend’s home to have a little play. At the end she was tired so she went home to have a sleep. When she was sleeping someone knocked on her door and woke her up. She looked out to see who it was. It was one of her friends who knocked on the door.

By Jasmine Lily

Did you know lions can roar very loudly and they pant like dogs. Dogs are like lions because they have a lot in common and they are both meat eaters. Lions are bad animals to a lot of animals and humans.

By Hunter

Grandfather’s Journey
He went on a steam train. He had a daughter. He went on a team boat and he could only see water 3 days and 3 nights. He came from Japan and went to America.

By Jonah

A recount of ‘Grandfather’s Journey’ by Allen Say.
Parents and Community members are invited to attend the Annual General meeting of the Bowning Hall Association to be held next Tuesday 1st March 2016 commencing at 7.00pm in the Hall.

The office bearers of the Hall committee are all retiring. We need help from you. If we do not have a committee the alternative is to hand the keys to the Council.

Please come and support the Hall committee in maintaining this historical building.

Menzies Property Cleaning Service

Menzies Property Service require the services of a cleaner in the Yass/Bowning area. For more information please contact Renaye Lacey, Manager on 0417364632.

Attachments

- Skills Audit sheet
- ‘Otitis Media’ fact sheet

Reminders

- Please complete the Scripture Lessons, Excursion Within the Village and Authority to Publish permission notes for 2016 and return them to school as soon as possible.
- House Swimming Carnival permission note by Monday 22nd February.
Eight ways to get your kids organised
Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.

Smart foods to boost learning
Mother Nature is full of foods that help us think and feel better. What do you give your child to help them think more clearly, and enhance concentration and memory?

Parents pool their tips
Ask your child to write all their teachers' names on their timetables and make a copy for the fridge. If they have a mobile phone, have them take a photo of their timetable so they have it with them all the time. Read more tips from experienced parents.

Benefits of team sports
If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Benefits include learning how to be more resilient, and being less likely to feel isolated. Find out more: [http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports](http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports)