

The Birrong Buzz

PROMOTING LIFE LONG LEARNING

Wednesday 31st May 2017, Term 2 — Issue 8



Dates to Remember:

MAY

Week 6

- 31 Choir—Sopranos @ Recess
- 31 Dance—Our Spec. Rehearsal

JUNE

- 01 Kindergarten Farm Excursion
- 01 Art Club @ Recess
- 01 Band
- 01 Debating @ Lunch
- 02 SRC Meeting 11:45am
- 02 Kindergarten Assembly Hall 2pm
- 02 PSSA
- 02 Kids2Kinder
- 02 School Banking

Week 7

- 05 Drama Club @ Lunch
- 05 Lifeskills S2 #6
- 05 Our Spectacular Audition
- 06 Netball Training @ Recess
- 06 Dance Troupe @ Lunch
- 06 Debating @ Lunch
- 06 NUDE FOOD DAY
- 06 Gymnastics K-2 #5
- 07 Coffee&Chat CANCELLED
- 07 P&C 6pm
- 07 Choir—Sopranos @ Recess

Message from the Principal

Cross Country Success

Congratulations to the students who participated in the K-2 or 3-6 school Cross Country Thursday 18 May. Students who qualified for the District level competed in the carnival last Friday 26 May. I am pleased to announce that Birrong placed 3rd overall and we had five students gain a place: Sulyman-1st, Téa-3rd, Isiah-4th, Atour-4th, Jamal- 7th and Grace is a Reserve. These students will participate in the Regional Carnival Thursday 15 June. Good luck!



Look at them go!

When Students Make it to Region

When students qualify for a regional PSSA team or carnival they receive a permission note that needs to be signed by the parent/caregiver AND the school sport coordinator and principal. This process is important because students representing Bankstown PSSA must be approved by the school. It is a great privilege to represent our school at zone level and then the district and regional level and to do so a student's behaviour must be of a high standard. This year Mrs Mucenski is our sport coordinator—students should always take regional PSSA permission notes to her first. She will then ask me to sign them and we keep a photocopy at school.

Payments Required

Kindergarten	Years 1 and 2	Years 3 and 4	Years 5 and 6
Farm Excursion \$30 OVERDUE	Year 1/2 Barangaroo Excursion \$25 Due 16 June	ICAS Competitions Due June 9	Year 6 T-Shirt \$22 OVERDUE
		BAND Eisteddfod \$15 Due 7 June	ICAS Competitions Due June 9
Students in Years 3, 4, 5 and 6 will be participating in the Gymnastics Program next term (Term 3). It will cost \$16 per child. This is advance notice Notes will be sent home soon.			BAND Eisteddfod \$15 Due 7 June
			Camp DEPOSIT \$100 Due 30 June
			Camp BALANCE \$215 Due 15 September

Message from the Principal

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Coffee & Chat for Week 7 (Wednesday 7 June at 9am) has been cancelled.

This is due to the fact that Mrs Devine and Mr Sperling will be at another school for Instructional Rounds. Please feel free to come to the P&C Meeting at 6pm on the same day.

Approaching the School

Following a number of incidents where parents have approached other children or parents, it seems appropriate to remind all parents of the correct way to approach the school. I have had conversations with a number of parents over the last few weeks and those parents have been able to communicate their concerns which we have followed up. A parent guide for seeking information and expressing concerns follows. Occasionally parents or other members of the school community may need to approach the school to:

- discuss the progress or welfare of your own child
- express concern about actions of other students
- enquire about school policy or practice
- express concern about actions of staff members.

It is therefore necessary to have procedures that will help solve problems as soon as possible so that a safe and harmonious school environment is maintained. The best results usually flow from working together.

These guidelines aim to:

- provide a guide in order that concerns are dealt with in an open and fair manner
- ensure that the rights of students, teachers and parents are respected and upheld
- support sensitivity and confidentiality
- help reach an agreed solution.

Sometimes concerns may cause frustration and anxiety. At such times it is always important to organise a time to talk with school staff in an unhurried and confidential atmosphere.

Parents can:

- directly contact the child's teacher either by note, by phone or in person to arrange a suitable time to discuss any issues
- for more serious concerns, contact the office. State the nature of your concern and arrange a suitable time to talk with the appropriate staff member
- contact the principal for other problems.

In very rare cases, where people wishing to express concerns, do so in an aggressive, threatening or violent manner, the principal (or nominee) has the legal authority under the 'Enclosed Lands Act' to:

- direct the person to immediately leave the grounds
- call the police to remove the person should he/she refuse
- withdraw future permission (by letter) for the person to enter the grounds without permission of the principal
- seek further legal avenues.

Jodi Devine

Principal

2017 Debating Team

I would like to congratulate our 2017 Debating Team members: Iris T, Matthew D, Jamilia El and Anushna S, on their second consecutive win of the competition. This win will guarantee our debaters a spot in the semi-final round of the South West Sydney Debating Competition. Keep up the fantastic work debaters!

Miss Omar

Debating Coach



Winners are grinners! Congratulations to the Debating Team.



In Week 7 our PBL focus is about showing respect when we line up at the canteen. Our amazing students in 5S have created a great poster to remind us of this!

Boys Soccer Knockout

The boys soccer knockout team played Round 2 against Crawford Public School at Hanna Reserve in Plumpton on Monday 29 May. They played an amazing game with great defence led by Mohammad F. The strikers and mid fielders led by Ahmed Z demonstrated great teamwork. The boys unfortunately lost 2-0 and will not progress to Round 3. Great effort from all the boys.

Miss J Lam

Coach

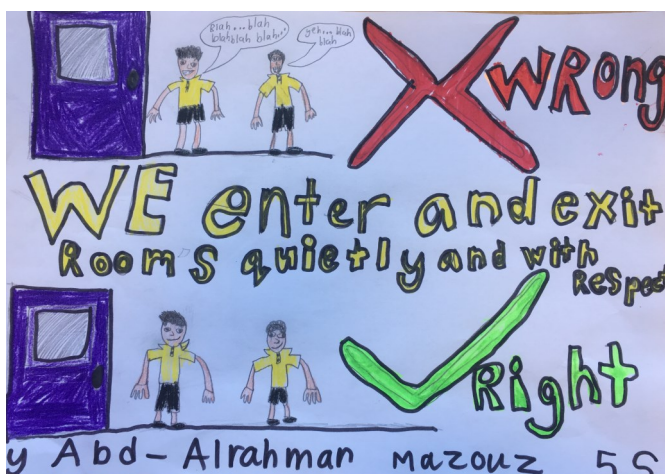
Boys Soccer Knockout Team 2017

Gallant effort!



Positive Behaviour for Learning (PBL)

We use Positive Behaviour for Learning as a system for teaching expected behaviours according to our school rules: Respect everyone and everything, Learn and let others learn, and Keep yourself and others safe. Each week we have a focus which is announced at morning assembly and reinforced by teachers and student leaders.



Lifskills for the Fortnight

For students in Stage 2 (Years 3 and 4)

In Terms 3 and 4 our K-2

students will participate in this wellbeing program.

MINDFUL SPEAKING

Mindful speaking:
Mindful speaking helps us to think before we speak so that our words are honest and clear.

We can speak mindfully by:

- Choosing our words carefully and recognising the impact they might have
- Having the courage to speak with compassion, kindness and awareness
- Pausing to think

lifskills
GROUP

www.lifskillsgroup.com.au

Week 5 Mindful Thoughts

Our *Mindfulness in Action* class plan teaches students about mindful thoughts. Sometimes it is difficult to focus and we find that our thoughts can worry us if they are drifting into the past or the future. Mindful thoughts and anchor words help us to focus and keep us in the present moment.

Students held their movements longer this week and were reminded that even if it feels challenging, determination will help us to develop perseverance. Of course, all students took on the challenge like rock stars and did not give up on themselves. In the end, the students saw their perseverance increase.

Talk to your child about the importance of resilience and perseverance. Have a meaningful conversation about how mindfulness is helping your son/daughter.

Week 6 Mindful Self Talk

In Week 6 of *Mindfulness in Action*, we incorporate the values of confidence and caring. As parents and teachers, we may now be realizing that what is usually stopping our children and students from accomplishing something is not lack of knowledge, it is actually a lack of confidence. Through *Mindfulness in Action*, we are committed to supporting every single child feel confident and develop a healthy self-esteem.

Our students start off by practising a positive self-talk exercise, which encourages students to use their breath and to speak kindly to themselves. Students really began to understand that they are in control of their thoughts and could change them to make be more positive. The movements this week gave students the ability to feel more confident, stronger and flexible. It is so fantastic to see how far all of the participants have come and there are still two more weeks to go!

Award Winners



Mazen D K Red
Amani A 5/6 C



Amani A 5/6 C



1ST

Ashlee A 1/2 S
Mohamad D 3 L
Isaac C 5/6 C
Jade H 5/6 R
Inayah R 2 P
Zainab T 3/4 E
Amirah E 4 J
Sena T 4 J
Saifaulah M 4 E
Dana F 5/6 C
Bashir A 5/6 C
Xenobia 5/6 R
Caitlin P 5/6 R



2ND

Eyad G 2 B
Sena T 4 J
Yosra N 5/6 C



3RD

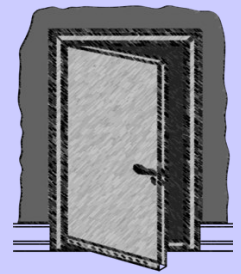
Matthew D 5/6 R
Jade H 5/6 R



1ST

Jade H 5/6 R

From the PBL Team Week 6 Focus



We Enter and Exit a Room in a Quiet Manner

At Birrong Public School we should always enter and exit a room in a quiet manner.

We can do this by knocking and waiting patiently for the teacher's instructions. We should be quiet when walking into a classroom because there are other students learning and when walking into a classroom in a loud manner means that you are disturbing and being disrespectful to the teacher and the class.

Not only this, we can use our inside voices when talking to the teacher and fellow classmates so as not to disturb the rest of the class.

When exiting the classroom do not make noise and do not distract any other students.

This is why Birrong Public School students should always enter and exit in quiet manner.

*Written by Hayley A
and Caitlin P 5/6 R*

