Cross Country – a huge thank you to our sensational children for their eager participation, our teachers for all their hard work and organisation and our fabulous parent volunteers, who were absolute Trojans.
Principals Report

Mrs Ussher (Miss Ussher’s mum) kindly offered to help with some Easter craft, making cards and scrapbooking is her hobby. 1U constructed some Easter egg holders, using their fabulous cutting skills.

They then made some beautifully decorated Easter baskets in hope that they may fill up between now and Easter. Thank you Mrs Ussher for your skills and your time, we will see you later in the year for some Festive Season craft!

Local resident William Boag is in the early stages of Parkinson’s and is commencing an 800km walk through the French Camino from St Jean Pied de Port in the French Pyrenees to the corridors of Santiago de Compostela in Spain. This pilgrimage is primarily to promote greater awareness of Parkinson’s disease and is dedicated to those who suffer from its many forms.

“This walk is about showcasing that life doesn't end with Parkinson's, in my case it has given me a kick-start to live a rich life and working towards the best possible outcome.”

Our Year 6 students made William a banner to display on his journey for World Parkinson’s Day on the 11th April.


Naplan Dates

<table>
<thead>
<tr>
<th>TUESDAY 13 MAY</th>
<th>WEDNESDAY 14 MAY</th>
<th>THURSDAY 15 MAY</th>
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</thead>
<tbody>
<tr>
<td>Language Conventions (Spelling, Punctuation and Grammar)</td>
<td>Reading</td>
<td>Numeracy (Number, Algebra, function and pattern; Chance and data; Measurement and space)</td>
</tr>
</tbody>
</table>

For the first week of next term School Banking will take place on Tuesday 29 May (Monday is a Staff Development Day).

Sue Osmond and Kate Green for your hard work with the Second Hand Uniform Shop. In term 2 all classes P-6 will be teaching our Bounce Back student welfare program, that helps foster and develop resilience. There are some parent tips, later in the newsletter.

Goodbye

To Toni Zaitseff our Senior Office Manger who has retired after many years at Birchgrove. Thank you for all your hard work and dedication. We wish you well as you spend lots of time with your family and travelling with your friends.

Mel will relieve in the office during Term 2 while the position goes to Merit Selection.
School holiday kids and family camps It’s not too late to book your child into a NSW Sport and Rec holiday camp. There are also family camps available year-round, for an active, family-friendly (and pocket-friendly) getaway. Find out more: http://bit.ly/1hWxTra

Managing screen-time Helping kids find the right balance between activities, homework and screen time is a challenge that only gets harder as they grow older. Common sense Media has lots of useful resources to help – from movie and game ratings to articles like this one on setting screen time limits that are realistic enough that your children will actually follow them. Read the article here: http://bit.ly/1pBIfmk

Books to boost brains Literacy skills often progress suddenly in leaps and bounds. The secret is to keep kids of all ages reading over the weekends and school holidays. Even 20 minutes a night can make a huge difference to their reading, comprehension and general knowledge. It’s also a great way to settle their minds down before sleep (for adults too!). If your child hasn’t found a book that grabs their imagination, why not try them on a series book from the Premier’s Reading Challenge list? Here are top suggestions for all ages, including young adult : http://bit.ly/1dLSGC0

Kik, Vine, Instagram – are they safe? It’s no contest – kids discover and understand new social media long before we adults do. If your child is thinking about creating a new social media account – or complains that “everyone else is doing it”, you can get the facts a glance from School A to Z’s technology glossary. You’ll also find information about age restrictions and things to watch out for: http://bit.ly/188OerY

Easter Play on Friday 4th April with the children from Years 3 to 6 Protestant Scripture. Thank you to Kate Green for the amazing costuming and our fabulous scripture teachers for the effort that went into the production. The children loved it.

Anzac Day Service 10:50 Thursday 1st May. Please bring flowers to make wreathes before school.

Happy holidays! Have a safe and happy break and we look forward to seeing you in Term 2. School resumes Tuesday 29/4, see you at the Easter Hat Parade Friday morning.

Tracy Gray
Cake Stall: Thanks to everyone who contributed to the cake stall last Thursday at the cross country. All the hungry runners very much appreciated the delicious treats. A BIG thank you to the parents and students who baked and helped sell the cakes. Throughout the day, we raised $530.60. The money will go towards the fete on the 10th of May.

Liam Maloney
Student Parliament Treasurer

Canteen
The Kindy tea towel has arrived and looks fabulous, they are ready to be collected from the canteen. Thank you to everyone who ordered the tea towels, we have some extra ones available for sale at the canteen if you would like any more they will make great gifts for family and friends.

Thanks for your support.

Karen

Birchgrove Public School Rules

I respect my personal belongings by:

- writing my name on my things
- keeping my personal belongings in my bag or in my tote tray
- placing my bag in the bag shelves
The following groups will be performing at the Fete, Saturday 10th May and they will need Birchgrove Music Tshirts. If they don't currently have one, these can be bought from the uniform shop which will be open on the first day back next term:

- Beginner Recorders
- Consort Recorders
- Advanced Consort Recorders
- Intermediate Strings
- Senior Strings
- Training Band
- Concert Band

Also: We need helpers to move chairs, drum kits and stands to the stage on the morning of the fete from 8am. This will take maybe 30 minutes, tops. If you can help please contact jackifortune@yahoo.com

Parent Information: People Bouncing Back

If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then 'bounce back'. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People Bouncing Back is the curriculum unit that teaches children the ten BOUNCE BACK! statements. BOUNCE BACK! stands for:

- **B**ad times don't last. Things always get better. Stay optimistic.
- **O**ther people can help if you talk to them. Get a reality check.
- **U**nhelpful thinking makes you feel more upset. Think again.
- **N**obody is perfect-not you and not others.
- **C**oncentrate on the positives (no matter how small) and use laughter.
- **E**verybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.
- **B**lame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
- **A**ccept what can't be changed (but try to change what you can change first).
- **C**atastrophising exaggerates your worries. Don't believe the worst possible picture.
- **K**eep things in perspective. It's only part of your life.

**Key Messages to Communicate to your child about 'bouncing back'**

- the things we did or didn't do that contribute to a difficult or unhappy situation. However we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.
- If a situation can't be changed you just Life is mainly good but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and
expect things to get better.

- You will feel better and have more ideas about what to do if you talk to someone you trust about what's worrying or upsetting you.
- Unhelpful thinking isn't necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.

<table>
<thead>
<tr>
<th>Unhelpful thinking</th>
<th>Helpful thinking</th>
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</thead>
<tbody>
<tr>
<td>I made mistake. I'm really dumb.</td>
<td>I made a mistake but everyone makes mistakes sometimes.</td>
</tr>
<tr>
<td>Jake doesn’t like me. I must be a jerk.</td>
<td>Jake doesn’t like me but other kids like me.</td>
</tr>
</tbody>
</table>

- No one is perfect. We all make mistakes and find out there are some things we can't do well.
- If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.
- We all need to take fair responsibility for have to accept it and live with it.
- Don't make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.
- When something goes wrong it usually only affects one part of your life. Concentrate on the things in your life that are still going well.

**What can you do to help your child?**

- Use the appropriate BOUNCE BACK! statement whenever you see the opportunity.
- Consider displaying the statements on the fridge or somewhere prominent so they serve as a useful prompt for your child (and the rest of the family!).
- Don't over-protect your child from the normal challenges that all children have at different ages (e.g. walking to school, looking after their own things, packing their own lunch). Start by giving your child small age-appropriate challenges that require small responsibilities. Using small steps moves them towards becoming more independent and competent. Don't do things for them without checking that they are capable of doing it for themselves.
- Encourage your child to talk about what's troubling them and help them to find solutions.
- Encourage them to talk about how they are feeling and what they are thinking about the problem. Then help them to think about different solutions.
- Gently challenge self-defeating talk (e.g. I can't do this, I'm hopeless, dumb, useless) and helpless behaviour (giving up easily, expecting others to do things for them). Suggest they use helpful thinking instead (e.g. I made a mistake but everyone makes mistakes).
- Don't fight all your child's battles. Children need to experience some difficult times so they learn how to bounce back.
- Model effective solving of problems that are age appropriate for your child by talking 'out loud'. Review different solutions to a problem and the possible good or bad consequences of the different solutions.
- Avoid offering 'quick fixes' or 'feel good' options when things get tough. Rather than distracting them with a movie or treats, let them sit with the bad feelings, knowing that you care that they are hurting, but that it is something they have to deal with, not escape from.
- Help your child to take responsibility for what happens.

**When something doesn't work out for them, draw up a pie chart with them of:**

- How much was due to me?
- How much was due to others?
- How much was bad luck and circumstances (i.e. being in the wrong place at the wrong
When something bad happens for your child, help them to keep things in perspective by asking them:

- Does this really matter? Are you getting upset over very little?
- On a scale from 1 to 10, how important is this to you?
- What’s the worst thing that can happen? Do you think you can handle that?

Encourage them to think about the parts of your life that are still exactly the same and still really good (e.g. they lost a friend but they still have other friends in their team, in the street to play with, their school work is going well, nothing has changed at home).

These questions help your child to stop catastrophising and stop getting too upset over things that will get better or improve in time.

Have some spare time over the holidays… looking to clean out the kids toys and your bookcases to create some extra space?

The Second hand toy drop off is Saturday 3rd May: 2pm-4pm.

- not broken
- clean
- intact
- safe
- please, no stuffed animals

Second hand book drop off is also Saturday 3rd May: 2pm-4pm

Any spare plastic bags would also be appreciated, please bring along to second hand toy drop off.

Easter Hat Mufti day on this Friday 11th April

Children can wear mufti (casual clothes day) and preschool kids can wear “your favourite colour”, in exchange for a gold coin donation, which will be collected at the gates.

Please check out our Fete Facebook page for updates on this year’s Fete: www.facebook.com/birchgroveprimaryschoolfete

Help wanted

We are looking for some help with general set up for fete on Friday 9th May in the afternoon. This will mainly involve lifting and setting up of Trestle tables and helping set up canopies. If you are able to spare a couple of hours, please email Kim Hall at kim@mypond.net

We are also looking for a decorations person the morning of the Fete. We need one person to ensure all stalls are decorated and be the go to person for general decoration questions. If you would like to use those creative and organisational skills, please email Kim Hall at kim@mypond.net

A HUGE Thank You to all the year 5 and year 6 parents who donated and baked for the Cross Country cupcake stall – it was a huge success and the children did a great job organising and running the stall.
4K FETE PRODUCE STALL
ORDER NOW & SAVE $’S

4K will be selling fantastic Fruit & Veg boxes, Supported by Wild Greens Produce
http://www.wildgreens.com.au

Pre-Order your $55 box and pick up on Friday the 9th (day before the Fete)
Wild Greens guarantees the quality and the boxes value for money.
You can expect seasonal fruit, vegies and herbs along the lines of:

- Pink Lady Apples
- Bananas
- Eggplant
- Onions
- Navel Oranges
- Carrots
- Shallots
- Capsicum
- Lebanese Cucumbers
- Ginger
- Avocado
- Rockmelon
- Mushrooms
- Celery
- Truss Tomatoes
- Cherry tomatoes
- Broccoli
- Sweet Potato/Potato
- Mixed Lettuce leaves
- Snow peas
- 1/2 Butternut Pumpkin

Order & Payment Options:

- Cheque (made out to the P&C) – drop at Admin Office (labeled envelope)
- Direct Transfer; Account Name Birchgrove P & C, BSB: 062110, Acct: 00900746 (Please include parents full name + “fruit” in the reference section)
- When you order please email michelle_stellini@hotmail.com

or call Michelle 0417316725, with quantity and contact details
KIDS AT THE ARTHOUSE

An after school Visual Arts program

2014 TERM 2 ENROLMENTS ARE NOW OPEN!
CLASSES HELD AT BIRCHGROVE PUBLIC SCHOOL.
WEDNESDAY’S 3:15PM - 5PM

We have an exciting new Art Program for 2014
INCLUDING SUBMISSIONS TO ART COMPETITIONS!
CREATIVE AND STIMULATING CLASSES OPEN TO K - 6 STUDENTS.
VISUAL ARTS TEACHER WITH 20 YEARS EXPERIENCE!
$30 PER CLASS. AFTERNOON TEA PROVIDED.
+$30 ART MATERIALS FEE PER TERM.

CONTACT Sabina: e: sabina@kidsatthearthouse.com
m: 0403768282

KIDS AT THE ARTHOUSE STUDENT ACHIEVEMENTS
STUDENTS CHINESE NEW EXHIBITION AT THE CHINESE GARDEN OF FRIENDSHIP
(DARLING HABOUR) “DREAM” EXHIBITION - 2014
FINALIST: AUSSIE ART COMPETITION 2014
WINNER: AVANT CARDS “CALLING ALL ARTIST’S” COMPETITION 2013
FINALIST: AUSSIE ART COMPETITION 2013
WINNER: SYDNEY PORT AUTHORITY POSTER COMPETITION 2012
WINNER: SYDNEY PORT AUTHORITY PHOTOGRAPHIC COMPETITION 2011
WINNER: AVANT CARDS “CALLING ALL ARTIST’S” COMPETITION 2010
COLLABORATIVE PROJECT WITH THE AUSTRALIAN NUMERACY
AND LITERACY FOUNDATION 2013
COLLABORATIVE PROJECT WITH THE TAFE ULTIMO
SCREEN PRINTING DEPARTMENT 2011
ORANGE GROVE
MOVIE NIGHT

The LION KING

FRIDAY APRIL 11TH

ORANGE GROVE
PUBLIC SCHOOL

GATES
OPEN 5:00PM / MOVIE STARTS 6:30PM

TICKETS
$5 CHILD / $10 ADULT / $25 FAMILY
BBQ KEBABS / GELATO / CAKES / COFFEE / POPCORN
AN ALCOHOL FREE FAMILY EVENT
orangegrovemovienight.com

P&C WOULD LIKE TO THANK THE FOLLOWING:

McGrath  THE OFFICES  O'CONNOR BANDING  Velofix  INLIGHTEN

CENTENNIAL  DRY CLEANERS & LAUNDERS  Sydney Wine  BELLARINE PROD.