2014

**Dates to Remember**

**Parent**
- 23/7: P&C Meeting 7pm
- 24/7: Kindergarten Farm Excursion
- 28/7-1/8: Education Week - Lighting the way to a better world.

**Music**
- 25/7: Moustache Day- Big Night Out
- 28/7: Open Morning- see timetable
- 29/7: ICAS English Competition
- 30/7: Friendly Debate
- 1/8: Preschool Science Incursion
- 5/8: Preschool Science Incursion
- 7/8: Bandana Day- Big Night Out
- 10/8: NSW School Band Festival, UNSW
- 12/8: ICAS Mathematics Competition
- 20/8: Friendly Debate
- 21/8: Pet Show- Big Night Out
- 26/8-29/8: Stage 3 Camp – Great Aussie Bush Camp
- 3/9: Music Night
- 5/9: Stage 1 Excursion –Seymore Centre ‘The Tree House’
- 9/9: Stage 2 Excursion –Seymore Centre ‘The Tree House’
- 10/9: Friendly Debate
- 12/9: Big Night Out
- 19/9: Last Day of Term 3

**Sport**
- 23/7: 10am-11am

**Student Parliament**
- 23/7: 9am-10am

**Library News**

Birchgrove Library is re visiting the Golden Book. I have purchased lots of old favourites and I am sure that the children will enjoy reading these timeless tales.

Don't forget the Premier’s Reading Challenge, this is the final term of the challenge.

Thanking You
Mrs Ilieff_
Public Schools NSW – Celebrating the 60th Education Week
Monday 28 July – Friday 1 August

As you may be aware, 2014 marks the 60th anniversary of the first education week. The tagline for the original 1954 Education Week was: “Lighting the way to a better world”.

The slogan has been adopted for this year’s anniversary celebration along with the artwork from the 1954 poster.

I thought that you might be interested in knowing that the original 1954 program has been retrieved from the Mitchell Library and our school was a part of the inaugural Education Week celebrations (open day/night). This year we are holding our open day on:

Monday 28/7/2013 Open Morning
Preschool 9am - 9:30
K, Y1 & Y2 9:30 - 10:00
Y3 & Y4 10.00 - 10:30
Y 5 & 6 10:30 - 11.00

1U are hosting the Assembly on this day at 11:35am.

Thank you to the P&C for helping us fund the new seating at the front of the school.

It looks great and is a big improvement in the drop off and pick up zone.

The work was completed by Graham Kelso, “A Balmain Handyman”, and parent of Charlie in 4/5H.
You might also have noticed we’ve had a second bike rack put in. Please make sure that all bikes are stored on one of the two bike racks by the disabled ramp and that the scooter racks, in the breezeway next to the canteen, are kept for scooters.

For those of you whose children contributed to last year’s ceramic mural project, the sign acknowledging each class and child is now on the wall with the mural!

Thanks Paul for installing these new items in the holidays!

This term students from Kindergarten to Year 6 are learning tennis skills with Jerry from Got Game during PE lessons. This is the first time we have trialled tennis as a whole school sport and the children are very excited. Thank you to all the parents who have paid their school fees (including Got Game PE) and enabled these fabulous experiences to happen each week with a qualified PE teacher and all the great equipment Got Game bring with them.

This year the BNO (Big Night Out) is being organised by the Year 5 parents and has a country and western theme. There are a number of events for the children leading up to the parents’ night! The organising committee has tried to avoid the usual mufti days and make it as pain free for parents as possible, while still being fun for the children.

Their first event will be “Moustache Day” on Friday 25th July. Moustaches will be sold on the terrace as children come to school, so make sure you bring some gold coins.

Congratulations Ali, Charlie, Aymon, Liam and Rueben who have been offered places in a Selective High School. It’s good to see all that hard work paying off. I would also like to congratulate the students who made it on to the waiting lists. We will keep our fingers crossed for you! Well done, Electra, Nic, Beatrice, Stella, Ju-A, and Noah.

5K and 4/5H have started using our ipads in their classrooms and their teachers are very excited about the “quiet” that descends on the room whenever they are out!

I would like to welcome to the fulltime teaching staff Ms Preece, who is now teaching 2P for Semester 2 and thank Ms Hicks for all her hard work and dedication in Semester 1. Ms Ford is on leave for the next few weeks and Ms Karnaos is the relieving Assistant Principal, looking after Stage 1 & 2. Ms Weber is on leave for two weeks and Mr Fitzgerald is the relieving Assistant Principal looking after preschool and Early Stage 1. Ms West is teaching Preschool Green and Yellow.

Tracy Gray
Our Bounce Back Topic for Term 3 Weeks 1 to 5 is Relationships

Key messages to communicate to your child about relationships
No one has close friends all the time and most people feel lonely sometimes.
Most people have times in their life when they feel lonely and their social life isn’t as good as they would like it to be. It isn’t the end of the world if sometimes you don't have a close friend.

Not everyone will like you but lots of people will.
Nobody is liked by everybody. Being socially ‘rebuffed’ is a common experience that most children have at times. There are lots of other people to get to know. If you try to get to know people, tell them a bit about yourself, and treat everyone you meet with respect and friendliness you will make some friends.

Friendships can change and not be as strong as they once were.
People change as they grow and friendships don’t always last or stay strong. Sometimes people who were your friends move on to other friendships and don’t spend as much time with you anymore. Sometimes you are the one who moves on and lets the friendship go. This is normal and it happens to everyone. It doesn’t mean anything negative about you.

Social skills are ways of behaving that help people get along and make friends.
People are more likely to want to spend time with and be friends with you if you use the following social skills: play fairly, act like a good winner and loser, share and take turns, be kind and thoughtful and negotiate (i.e. compromise so that everyone gets at least some of what they want).

To HAVE a good friend, you have to BE a good friend.
You are more likely to find someone who wants to be your special friend if you act like a good friend towards them. A good friend is loyal, kind, thoughtful and fair. They stand up for their friend, spend time with them, tell them about their feelings, listen to their problems and keep their secrets. A good friend looks for the good things their friend does.

It’s OK to have an argument as long as you don’t hurt the other person.
Disagreement happens sometimes in friendships or between classmates. Speak up when you think that things are not fair or when you don’t agree about something, but do so in a way that doesn’t hurt the other person or their feelings, and remember to try and see things from their point of view as well. It is important to find a way to disagree that lets you both find a solution to the problem and still be friends. It is easier to do this if you try to manage your angry feelings.

What can you do to help your child develop good social skills and make friends?

- Make your child’s friends and classmates welcome in your home and get to know them.
- Discuss beforehand what your child can do to make sure their visitor has a good time (e.g. do things that the visitor will enjoy too and not just what they enjoy).
- Model good social skills when you are with your own friends and talk to your child about what you do to be a good friend (e.g. be a good listener, have conversations about things you have in common, and support them when they are feeling sad or worried).
- Suggest to your child that all of the children they meet regularly at school, sporting activities and clubs are potential friends. Encourage them to develop a diverse social network so that
they can interact with and learn about many people, not just people who are similar to them. Discourage the belief that only certain ‘cool’ or very popular classmates are worth being friends with.

- Empathy means understanding the feelings of someone else and letting them know you understand how they are feeling. Help your child to develop empathy by talking about how others might be feeling by stressing the importance of trying to understand rather than judge.

- Teach your child how to negotiate by negotiating with them whenever possible (i.e. look for a way in which they can obtain some of what they want but you also get a lot of what you want, because you are still the boss!). For example, they may not want to shower at the time that suits your timetable. You could offer them a 15-minute extension on the time if they agree to get up and do it without any further argument when that time arrives.

- Teach and model the social skill of ‘respectful disagreeing’, which involves finding points of agreement before stating disagreement (e.g. ‘The scary movie you want to see did get a good review but I think most of us would rather see a funny movie.’)

- If your children are arguing with each other, sit them down and get them to listen to each other’s feelings and points of view and then insist on their negotiating a solution. Try not to act as referee, and stress that put-downs are unacceptable.

Enjoying a laugh with others is a unique human bond that helps us connect with others. Finding something funny about a difficult situation can also help us to feel more hopeful. Humour helps us to gain a sense of perspective on our problems, because it can throw a little light on an otherwise dark situation. It reminds us that life goes on. It allows us to release the tension created by strong and uncomfortable feelings such as sadness, disappointment anxiety and anger. Having a laugh also helps us to stay healthy and well because of the changes that laughter creates in our bodies. The use of laughter in children’s hospital wards is an example of how humour can help us cope and deal with hard times.

Latest news
Chess class
The chess class at Birchgrove Public School runs on Tuesday lunch from 1:10 pm - 1:55 pm.
If you are interested in joining the chess class, please contact the Sydney Academy of Chess on (02) 9745 1170 or email enrol@sydneyacademyofchess.com.au.

Puzzle information
Answer Puzzle nr. 4:
1. Rf6+ Ke5 2. Ng6 #

Upcoming chess events
3 August: Inner West Sunday Fun Tournament
More information can be found on www.sydneyacademyofchess.com.au

Chess puzzle
Puzzle nr. 4: White to play and checkmate in 2 moves
Canteen Price List – Term 3 - 2014

- Include your child’s Name and Class
- Use a separate bag for lunch and recess
- Orders to be placed between 8.30am to 9.30am
- List all items required
- Any questions or concerns please speak to Karen

**Breakfast**

(8.30am – 9.00am)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered Toast</td>
<td>$1.00</td>
</tr>
<tr>
<td>Raisin Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Honey Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegemite Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Jam Toast</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**Drinks**

(Breakfast, Recess, Lunch)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Flavoured Milk</td>
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</tr>
<tr>
<td>Fruit Juice</td>
<td>$1.50</td>
</tr>
<tr>
<td>Quench</td>
<td>$2.00</td>
</tr>
<tr>
<td>Water Small</td>
<td>$1.00</td>
</tr>
<tr>
<td>Large</td>
<td>$1.50</td>
</tr>
<tr>
<td>LOL Drinks</td>
<td>$2.00</td>
</tr>
<tr>
<td>Up &amp; Go</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**Recess Only**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisin Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Yummy Drummies</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese Toast</td>
<td>$1.50</td>
</tr>
<tr>
<td>Pikelets &amp; Jam</td>
<td>$1.50</td>
</tr>
<tr>
<td>Party Pie</td>
<td>$1.30</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>$2.00</td>
</tr>
<tr>
<td>Noodles – Chicken or Beef</td>
<td>$2.00</td>
</tr>
<tr>
<td>Finger Bun or Muffin</td>
<td>$2.00</td>
</tr>
<tr>
<td>Homemade Soup &amp; Toast</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

**Snacks Recess & Lunch**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit</td>
<td>$1.50</td>
</tr>
<tr>
<td>Rice Crackers</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sultanas</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.60</td>
</tr>
<tr>
<td>JJ’S</td>
<td>$1.50</td>
</tr>
<tr>
<td>Rice Wheels</td>
<td>$1.00</td>
</tr>
<tr>
<td>Custard cup</td>
<td>$1.50</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$1.50</td>
</tr>
<tr>
<td>Piranha Vege Crackers</td>
<td>$1.50</td>
</tr>
<tr>
<td>K Time Bars</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**Ice Creams – Lunch Time Only**

- Fruit Stacks – 50c
- Icy Twist - $1.50
- Mini Calippo - $1.20
- Paddle pops - $1.50
- Gelato cups - $1.70
- Shaky Shakes - $2.00

Ice creams will not be put inside lunch bags; children will need to take their lunch bag to the canteen to collect it after they eat their lunch in the classroom.
Hot Lunches

Spaghetti Bolognese $4.00
Beef Lasagne $4.00
Fried Rice - G/F $4.00
Macaroni Cheese $4.00
Meat Pie $4.00
Nachos - G/F $4.50
Sausage Roll $3.50
Cheese Pizza $3.50
Ravioli $4.00
Chicken Schnitzel Sandwich $4.00
Sweet & Sour Chicken $4.00
With Fried Rice
Potato Bake - G/F $4.00
Sweet Chilli Chicken Wrap $5.00
(with lettuce & mayonnaise)
G/F = Gluten Free options

Fresh Home Made Salads

Salad boxes
Small $4.00 Large $5.50
(Tomato, Lettuce, Cucumber, Carrot, Celery and Cheese)
Add $1.00 extra for Chicken, Egg,
Greek Salad $5.00

BURGERS

Cheeseburger $4.50
(Beef, cheese and sauce)
Hamburger $5.00
(Beef, Tomato, Lettuce and sauce)
Please specify Tomato or BBQ Sauce
Chicken Burger with lettuce & mayo $5.00

Sandwiches
White, Wholemeal or Gluten Free Bread

Vegemite $3.00
Cheese $3.00
Cheese & Vegemite $3.50
Jam $3.00
Cheese & Tomato $3.50
Honey $3.00
Cheese & Lettuce $3.50
Spaghetti $3.00
Cream Cheese & Avocado $4.00
Baked Beans $3.00
Ham $4.00
Egg $3.50
Ham & Cheese $4.50
Egg, Lettuce & Mayo $4.00
Ham & Tomato $4.50
Curried Egg & Mayo $4.00
Devon & Tomato sauce $4.00
Ham, Tomato & Lettuce $5.00
Salad $4.00
Ham, Tomato & Cheese $5.00
Chicken $4.00
Ham, Cheese & Pineapple $5.00
Chicken, Lettuce & Mayo $4.50
Tuna $4.00
Toasted No Extra cost
Wraps 50c Extra

Tuna, Lettuce & Mayo $4.50
Birchgrove Buzz
Newsletter of the Birchgrove Public School
Ph.: 02 9810 2469
A NSW Government School
Fx: 02 9555 8653
Birchgrove Road,
Balmain NSW 2041
E: birchgrove-p.school@det.nsw.edu.au
W: www.birchgrove-p.school.nsw.edu.au
Birchgrove Buzz
Term 3 Week 1 16th July 2014
Canteen Wish List

Tomato or BBQ sauce – plastic bottles
Pkt Pasta – Macaroni, Shells or Penne
Brown Paper Bags
Garbage bags
Plastic Dessert Spoons
Drinking Straws
Small Freezer Bags
Snaplock bags – All sizes
Washing up detergent
Dettol hand wash
Foil   Glad Bake Paper
Maggi 2 minute noodles
Baked Beans small tins
Sultana’s pkt 6 small boxes
Jar of Pitted Olives

Serviettes
Paper Towel Mayonnaise 97% fat free
Dressings – Greek or Balsamic
Pineapple pieces
Beetroot
Vegemite   Honey Jam
Rice Wheels
K-Time Bars
Massell Stock cubes Chicken or Beef
Heinz Big Red Tomato Soup
Plastic forks or sporks

Any other Kitchen Supplies

Fresh Salad
Lettuce
Tomatoes
Cucumbers
Carrots
Celery
Avocados

Soup Vegetables
Pumpkin
Potatoes
Leeks x3
Parsnips

Fresh Fruit
Apples
Mandarins
Oranges
Grapes
Bananas
Pears

If you have any questions about the Wish List please come and speak to Karen at the canteen.
I appreciate all items that are donated from the wish list, it is a great support for the canteen and it helps us keep the prices as low as possible. We cannot accept open packets on any of these items due to Health Regulations.

Canteen News - Term 3 - 2014

I would like to welcome everyone back from holidays and let you know about the canteen for Term 3.

I would like to thank the following people for their generosity in donating the items below in the photo to the canteen from the fete wishing tree. Tracy Cunliffe for the 4 slice Breville toaster, Christine Johnston for the 4 slice sandwich press and the following people donated all the other items. Madeleine Hall, The Myles family, Jennifer Peters, Tracy & Owen Vassie, Thea Gallen, Hattie Pearce, Lisa Wagstaffe, Simone Love, Cheryl Douglas, Milou Pearcy, Rose Russell and Carolyn Tait. I really appreciate your support.

Karen
Menu:
The Recess specials are Raisin Toast, Cheese Toast, Garlic Bread, Party Pies, Muffins, Yummy Drummies, Finger buns, Pikelets & Jam, Homemade Soup & toast and Noodles in a cup.

The Daily Lunch Specials are Spaghetti Bolognese, Fried Rice, Meat Pies, Cheese Pizza Slab, Macaroni Cheese, Sausage Rolls, Nachos, Beef Lasagne, Chicken Burgers, Chicken Schnitzel Sandwiches, Hamburger & Cheeseburgers.

We have some NEW Lunch specials available in term 3 and they are – Ravioli, Sweet & Sour Chicken with Fried Rice, Potato bake and Sweet Chilli Chicken Wrap.

We also have a range of Fresh Salad Boxes available every day.
We have a variety of Sandwiches available with a NEW range of fillings and you can choose Whole meal, White or Gluten Free Bread and we also have Wraps available.
We can also toast your Sandwich or Wrap at no extra cost.

We have Plain & Flavoured milk, Up & Go, 100% Fruit juice & bottled Water. We have a range of snack items for recess & lunch including Popcorn, Piranhas, JJ snacks, K Time Bars, Yoghurt, Custard, Fresh Fruit, Finger buns & Muffins. We have a range of Ice creams, Gelato cups & Ice blocks available at lunch time only.

Volunteering
If you would like to volunteer in the canteen your help would be greatly appreciated as we only have a couple of parents who come in and volunteer, please speak to Karen if you would like any more information.
If you cannot volunteer but would still like to support the canteen we have a Wish List of items you can donate from, donating items from the Wish List is a wonderful support and it helps us keep the prices as low as possible and all items are greatly appreciated.
We would appreciate it if parents would not place their child’s recess & lunch orders over the phone. Phone orders will only be accepted for special circumstances.

A little bit more about the Canteen.
Birchgrove Public School canteen is a school operated canteen, while some schools have privately run canteens which operate under tender arrangements to make a profit, Birchgrove’s is a fully school-operated, not for profit canteen it is run under the management of the school principal.
Karen Peters is the canteen manager and oversees the daily management of the canteen. Karen has been employed at Birchgrove for 20 years after 4 years of volunteering. Christine Johnston is the canteen assistant and works with Karen on Mondays.
The canteen also relies heavily upon a band of parent volunteers. Volunteers are always welcome, and even for a part of a day, all help is appreciated.
Unlike many school canteens, Birchgrove is very lucky to be open 5 days a week and offers a Breakfast, Recess and Lunch Menu.

The products sold in the canteen must meet specific guidelines for nutritional content, including fat, sugar and salt. Products that don’t meet requirements do not get approved and are not sold in our canteen.
Birchgrove canteen operates under the traffic light system where foods are classed and only foods that come under the green and amber range are stocked in the canteen. We do not have any Red products on the menu.
Our hot packaged food that appears on our menu is all within the green and amber range and are prepared specifically for school canteens. Therefore meet the necessary regulation regarding salt, sugar and fat. We don’t only have pre-packaged food; we have a large range of fresh sandwiches and wraps, Fresh salad boxes and other homemade items that are prepared fresh daily.

Our canteen is a nut free zone and Karen caters for a number of different dietary requirements including Gluten intolerance.
If your child has specific dietary requirements please come and speak to Karen about them to see how we can include your child’s needs so they don’t feel left out in any way.
Term 3 Week 1  16th July 2014

Because Birchgrove Canteen does not need to make a big profit, we can offer a healthy diverse range of meals and snacks whilst keeping the prices as low as possible. At the end of each year any profit is donated back to the school.

The canteen can’t survive without the support of the school community. A lunch & recess order, even once a week will help keep this wonderful service in our hands, if we don’t have enough people using the canteen and it doesn’t cover all of the costs it will not be able to stay as a school run canteen.

Children can order recess and lunch or just bring along some money and purchase snacks at recess or after lunch snacks such as ice blocks, yoghurt, fresh fruit or drinks.

The canteen changes the menu around each term - in terms 1 & 4 we have more fresh fruit and salad items available and in terms 2 & 3 we have a wider range of hot food for recess & lunch.

We try to have at least one meal deal each term, the meal deals are for the children to try different foods that we don’t normally sell, here is some examples of meal deals we have - Sushi & BBQ sausage on a roll.

TEA TOWELS
The canteen still has a limited amount of the Kindergarten Tea Towels at $12 each. We also have a limited amount of our school mural Tea Towels which are available in black & white at $12 each & coloured at $20 each. Don’t miss out on this special keepsake as they won’t last long.

ETHICS TEACHERS NEEDED

Would you be interested in becoming an Ethics teacher?

We currently offer Philosophical Ethics classes as one of the options during SRE time on Friday mornings for Years 1-6 and sometime in the near future this will also become an option for Kindergarten.

We currently have one teaching vacancy and expect to have more as the programme expands in the coming months. Would you be interested?

Your commitment is teaching a half hour lesson every Friday morning, plus some preparation time which can be done at any stage in advance. Prospective teachers attend a two day face-to-face training course and are supplied with all the teaching resources they need.

If you enjoy interacting with children and have an interest in helping young people to think about ethics, contact our Ethics Co-ordinator, Justine Ellis, to find out more: jiuzzy@gmail.com Participants must be willing to complete a Working with Children check.

You don’t have to be a parent at the school – extended family and community members are most welcome to apply.

Teaching Ethics is both interesting and rewarding and the children enjoy the classes very much.