## Dates to Remember

### Term 3

#### 24/7
- Kindergarten Farm Excursion

#### 28/7-
- **Parent Music Sport Student Parliament**

#### 1/8
- **Moustache Day- Big Night Out**
- **Open Morning- see timetable**
- **1U Assembly**
- Premiers Debate
- ICAS English Competition
- Friendly Debate
- Preschool Science Incursion
- Preschool Science Incursion

#### 7/8
- **Bandana Day- Big Night Out**

#### 10/8
- **NSW School Band Festival, UNSW**

#### 11/8
- **KN Assembly**

#### 12/8
- **ICAS Mathematics Competition**

#### 18/8-
- **Book Week**

#### 22/8
- **Book Week Parade**

#### 25/8-
- **Pet Show- Big Night Out**
- **National Literacy and Numeracy Week 2014**

#### 31-8
- **K/1C Assembly**
- Stage 3 Camp – Great Aussie Bush Camp

#### 25/8
- **3D Assembly**
- **Music Night**
- Stage 1 Excursion –Seymore Centre ‘The Tree House’

#### 8/9
- **KS Assembly**
- Stage 2 Excursion –Seymore Centre ‘The Tree House’

#### 10/9
- Friendly Debate

#### 12/9
- **Big Night Out**

#### 19/9
- Last Day of Term 3

### Term 4

#### 7/10
- School Resumes

#### 16/10-
- **Music Camp**

#### 17/11
- **KM Assembly**

#### 17/10
- **1D Assembly**

#### 17/12
- Year 6 Arch
- Last Day of Term 4
Principal

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.

Don’t forget the first fundraiser for the BNO is on this Friday!!!

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.

Thankyou to Woolworths @Balmain for all their left over Jamie Oliver stickers and albums, the children have been very creative with them!

Reminder: If you have changed your address, phone number or email please let the ladies in the office know. Also if your emergency contacts or their details have changed it’s important to let us know!

The P&C has donated the books shortlisted by the children’s book council for 2014 to the library. Children will be reading them and using them for activities in the weeks coming up to Book Week. It’s a good time to start talking to your child about which character they want to dress up as for the parade!

Tracy Gray
P&C Meeting tonight 7pm Staffroom

Welcome Everyone! Birchgrove Before & After School Care had a great first week, catching up on holiday stories from kids, seeing some familiar faces & meeting some new kids. To get the ball rolling in the first week we did some old favourites chosen by kids. This included ‘Simpsons’ (a group game that need lots of running) Hama beads, but the biggest was making our centre ready for winter!

If you need to use OSHC please visit our website on www.campaustralia.com.au & register your child & call Camp Australia Head Office on 1300 105 343 & ask about Child Care Benefit & the Child Care Rebate. A friendly reminder to please give Head Office a call on 1300 343 105 if you need to cancel your child for the day. Thanks, Birchgrove Team - 0405 413 528

Thank you to the parents who participated in the Beginner Kodaly Music survey and the Beginner Recorders survey – Jacki will be sending feedback on the results shortly.

Dates to Remember
- Music Committee Meeting next week (Tuesday July 29 7pm).
- NSW Bands Festival on Sunday August 10- Concert Band
When natural disasters occur in Australia, or man made disasters occur elsewhere in the world, they are often given constant media coverage. It can seem like every time you turn on the TV there is more news about the event, who has been hurt and what is happening now.

Media coverage during times of disaster is important. It can help to provide people who have been affected by the disaster with news and information about where to go, how to access help and when it is safe to return to their homes. However, many people, including children and families, can become absorbed by the constant news stream about the disaster and sometimes watch or listen for hours.

We know that during times of disaster children need to be protected and kept in mind. This can also mean not allowing them to have too much access to media coverage about the disaster.

The impacts

When disasters are being shown on TV, or covered on the radio or on the internet, parents really need to be mindful about how much exposure their child has to this. The media often focus on the most frightening aspects of a disaster and this coverage can often contain graphic, scary and disturbing images. Seeing this type of media coverage can cause distress or worry for children and adolescents. Children and young people will also often discuss what they have seen in the media with each other, so even though your child may not be seeing it on TV, they are still exposed to it by their friends.

Some of the ways that this sort of media coverage can impact on children and young people are:

- It can lead to children and young people thinking a lot about the disaster and this can impact on their sleep and their time at school.
- It can cause worry and anxiety that the same sort of disaster may happen to them or their family
- It can lead them to generally feel that they are unsafe and that something bad may happen to them or their family.

The more media coverage a child or young person sees, the more likely it is that they will become afraid or upset.
Helping your child

It is important that parents, carers and other family members help children and young people to cope with the media coverage that they may see of a disaster. Some ways that you can do this include:

- Restricting the amount of time that children and young people are able to watch TV or internet coverage of the disaster.
- Making sure that you are there with your child when they are watching coverage of a disaster. This way you can talk to them about their fears and answer any questions that they may have.
- Distracting your child from the media coverage by doing something else with them, such as watching a different TV show or playing a game.
- Helping your child to understand what has happened and why it has happened and providing information on how likely this is to happen to you and your family.
- Reminding your child that while what is happening in the disaster is upsetting, there are also lots of good things happening in the world, though these do not always receive the same level of media coverage.
- Helping to remind your child that they are safe and that you are there to answer any of their questions and provide comfort to them if they are feeling unsafe.
- Giving support to your child when upset, answering their questions and comforting them with physical affection.
- Talking to your child and making sure that you continue to follow the normal routines and rhythms of your daily life are important ways to help your child feel safe and secure. Keep in mind that if your child does begin to show signs of excessive worry or distress at the media coverage they have seen, you may need to speak to your GP or another health professional.

For more information

The Trauma & Grief Network: Supporting families www.tgn.anu.edu.au

This tip sheet has been written by Professor Beverley and Amanda Harris

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