**DIARY DATES**

**Tuesdays**
Uniform Shop 8.30-9.30

**Wednesdays**
Student Banking

**Fridays**
NO Canteen this week
Assembly 2.30pm

Monday 27 - Thursday 30 Oct
Swim/Surf Ed Program - Yrs 3 to 6

Friday 7- Wednesday 12 November
Book Fair

Week 4 & Week 5
Kids in the Kitchen K-6

Monday 10 November
“Hunchback of Notre Dame” K-6

Thursday 12 November
Buddy Olympics BCCC

Monday 1, Wednesday 3
Monday 8 November
Y6 Interrelate

Monday 8, Wed 10 November
Y5 Interrelate

Friday 5 December
Y6 Assembly

Wednesday 10 December
Yr 7 Transition Day BBHS

Family Christmas songs/Disco

**Monday 15 December**
Year 6 Farewell

**Tuesday 16 December**
S3 Wet n Wild

S2 Ballina Water Slide/Bowling

**Wednesday 17 December**
Last day of school for students
Clean Up Day

---

**School Newsletter**

Number 33
Thursday 23 October 2014
Term 4 Week 3, 2014

---

**3M CLASS NEWS**

3M- Year 3
Class Teacher: Mrs Michelle Maiden

In literacy we have been studying collaborative writing and focusing on choose your own adventure stories.

Here are some excerpts from our collaborative writing.

It all started at your own school. The play bell had just rung. You see a palm tree with some sort of note on it. The note said......

Magnus, Danielle, Lucia, Daniel

Here you are on Treasure Island. What brought you here? A book called Treasure Island.

Ned C, Mirai, Isla, Corban

You arrive in Egypt. You find a pyramid. Next to the pyramid there is a map. You pick up the map and it says you will find treasure.

Yuvraj, Shanelle, Tahlia

Here you are at last in Brazil. You've walked through the busiest street when you see a piece of paper on the ground. You pick it up and it says......

Ciara, Malaika, Alex, Lucy

In Mathematics we have been working hard to improve our multiplication and division facts in mad maths as well as starting a new investigation in class.

Our COGS unit is ‘Understanding Each Other’. We have been talking about resilience and what makes us unique.

Bangalow PS is a proud member of the Lighthouse Valley Learning Community

Byron Street, Bangalow NSW 2479 Ph: (02) 6687 1434 Fax: (02) 6687 2036
www.bangalow-schools.nsw.edu.au email: bangalow-school@det.nsw.edu.au
Principal: Susie Boyle
YOU CAN DO IT Term 4
RICKY RESILIENCE

All classes are undertaking weekly sessions learning about the importance of resilience.

Students will be learning that Negative Habits of the mind hurt their resilience.
Examples of this could include:

Self doubt - thinking that I am useless or a total failure when I have been rejected or have not achieved a good result.

Needing to be perfect - thinking that I have to be successful or perfect in everything I do.

Needing approval - means thinking that I need people such as peers, parents, teachers, to approve of me.

I can't do it - Thinking that, when I have not been successful at something important, I am not good at anything and never will be.

I can't be bothered - thinking that life should always be fun and exciting and that I can't stand it when things are frustrating or boring.

Being intolerant of others - thinking that people should always treat me fairly, considerately, and the way I want and if they do not they are bad people and I have a right to get back at them.

Young children who are emotionally resilient can calm down soon after being extremely upset (sad, worried, angry) without needing the immediate help of an adult. They can also control their behaviour when they become extremely upset. Young children can be helped to calm down by learning three important skills.

1. Find something fun to do
2. Find a grown-up to talk with and say “calm down” to themselves and take three big breaths.

Congratualtions to the following students who will receive an award at Friday's assembly tomorrow at 2.30pm.

<table>
<thead>
<tr>
<th>Merit</th>
<th>Merit</th>
</tr>
</thead>
<tbody>
<tr>
<td>KD</td>
<td>James F</td>
</tr>
<tr>
<td>KT</td>
<td>Hawk C-H</td>
</tr>
<tr>
<td>K/1R</td>
<td>Angus H</td>
</tr>
<tr>
<td>1/2H</td>
<td>Archie B</td>
</tr>
<tr>
<td>1/2T</td>
<td>Nellie C</td>
</tr>
<tr>
<td>2S</td>
<td>Lucia C</td>
</tr>
<tr>
<td>3M</td>
<td>Alexander P</td>
</tr>
<tr>
<td>3/4V</td>
<td>Macey B</td>
</tr>
<tr>
<td>4P</td>
<td>Harry S</td>
</tr>
<tr>
<td>5/6A</td>
<td>Soleil A</td>
</tr>
<tr>
<td>5/6B</td>
<td>Briony G</td>
</tr>
</tbody>
</table>

**IMPORTANT CHANGES**
Please note:
There will be **NO CANTEEN** this Friday 24th October.

Please check the Kids in the Kitchen roster on Page 4.

**Changes have been made to the following classes - 1/2T, 3M, 3/4V and 4P.**

Y 3-6 Students - Please remember your rashshirts and board shorts for Ocean skills on Monday.

**COMING UP**

**Bangalow Public School Book Fair 2014**

Our annual book fair will be arriving in week 5 this term. It will be set up in the school library and the students will be allocated a time to view and make their wish lists. This can also be a wonderful opportunity to buy children's books for Christmas presents. The school also receives a percentage of all sales which are taken as new books for the school library which will be available for your child to borrow in 2015.

The book fair will be opening for sales during the following times:

- **Friday** 7 November 2.00 – 4.00pm
- **Monday** 10 November 3.20 - 4.30pm
- **Tuesday** 11 November 9.00 – 10.30am and 3.20 -4.00pm
- **Wednesday** 12 November 8.30 – 10.00am and 3.20 – 4.00pm

Looking forward to seeing you

Ross McKinnon - Teacher Librarian
The next meeting is on:

**Wednesday 12 November**

Meetings are held in the school staff room and begin at 7pm. New members are always welcome.

P&C president

Jenny Kennedy

jenny@buncoffee.com.au

---

## Term 4 Roster

**Fridays 9.20 – 12.20pm**

<table>
<thead>
<tr>
<th>Week 3</th>
<th><strong>NO CANTEEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 4</td>
<td>*** VACANT *** X 5</td>
</tr>
<tr>
<td>Week 5</td>
<td>*** VACANT *** X 5</td>
</tr>
<tr>
<td>Week 6</td>
<td>*** VACANT *** X 5</td>
</tr>
<tr>
<td>Week 7</td>
<td>Ellie Powditch Lisa Hambling VACANT X3</td>
</tr>
<tr>
<td>Week 8</td>
<td>*** VACANT *** X 5</td>
</tr>
<tr>
<td>Week 9</td>
<td>Helen Spiteri Janice Maple Duncan Sproul Steve Esson Lisa Hambling</td>
</tr>
<tr>
<td>Week 10</td>
<td>*** VACANT *** X 5</td>
</tr>
<tr>
<td>Week 11</td>
<td>Sharon Rudgley Louise Jarrett Amanda Chadwick Maree Parrington Lisa Peacock</td>
</tr>
</tbody>
</table>

HELP NEEDED FOR TERM 4!

If you can spare a few hours on a Friday morning please contact Mary on 0412 333 653 or Sharon on 0427 668 716.

Thank you to all our volunteers.

---

## Our Champion Athletes

On Wednesday 15 October the NSW PSSA Athletics state championships were held at Olympic Park in Sydney. The event was held over 2 days, the track was synthetic rubber. Bridie had her 100m heat on Wednesday, there were nine girls in each heat. She came forth in her heat and progressed on to the Semi finals the next day. Bridie came a very honourable sixth place, and 21st out of 38 in NSW.

Marlin competed in Junior Boys high jump. His jumps were 1.15m, 1.20m, 1.25m, 1.30m and he just missed the 1.35. Overall he came 16th out of 40 in NSW. Congratulations to you both.

Thanks to the parents and supporters. Special thanks to Mr Dempster for giving up his lunch times to help Marlin with his high jump.

---

## Save Our Seas

Congratulations to Amani and Malaika for spreading the word about how important it is to keep our beaches clean. On Monday Amani and Malaila spoke about their marine debris initiatives on Bay FM. If you would like to be part of helping to save our seas come to the beach cleanup at 8am, 25 October at Main Beach, Byron Bay. Meet on the beach in front of the Surf Club. You can also see some artwork from Bangalow students on display at the Byron Bay Surf Festival.
## Kids in the Kitchen Roster

<table>
<thead>
<tr>
<th>KD</th>
<th>Tues 28 Oct 9:20-11:20</th>
<th>KT</th>
<th>Tues 28 Oct 12:00-2:00</th>
<th>K/1R</th>
<th>Thur 30 Oct 12:00-2:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
</tr>
<tr>
<td>1. Ellie P</td>
<td>1. Mark M</td>
<td>1. Edith F</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Rebecca S</td>
<td>2. Alice C</td>
<td>2. Camilla B</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Isaac B</td>
<td>3. Lucie B</td>
<td>3. Rochelle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Laie S</td>
<td>4.</td>
<td>4. Clare C</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>5.</td>
<td>5. Tracey S</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>6.</td>
<td>6. Chloe</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
</tr>
<tr>
<td>1. Terry B</td>
<td>1. Rebecca S</td>
<td>1. Mary W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>5. Margo S</td>
<td>5. Mark M</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
</tr>
<tr>
<td>2. Sally C</td>
<td>2. Steve M</td>
<td>2. Ellie P</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Penny M</td>
<td>5. Vanessa Ren</td>
<td>5. Grescha B</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>6. Anja R</td>
<td>6. Margo S</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5/6A</th>
<th>Mon 3 Nov 9:20-11:20</th>
<th>5/6B</th>
<th>Mon 3 Nov 12:00-2:00</th>
<th>KIK Organising Committee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Volunteer Name</td>
<td>Phone No.</td>
<td>Names</td>
</tr>
<tr>
<td>1. Anja R</td>
<td>1. Sally C</td>
<td>Prisca DR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Terry B</td>
<td>2. Nicole S</td>
<td>Joelle B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Ellie P</td>
<td>3.</td>
<td>Aneka S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Jenny K</td>
<td>4.</td>
<td>Lesley K</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Shannon M</td>
<td>5.</td>
<td>Susie Boyle</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thank you - from the Bangalow Girls Soccer Team
Bangalow Lions; BPS P & C; Playgroup; John Hearne; Street Sushi; Dave Daniel; Matt Rafton; Social Club @ Hotel; Bangalow Hotel; Foodworks; Summer Sixes; Sport Association; Bangalow Fire Brigade; Bangalow Bowling & Sports Club; Richard Windeyer Photography; Pre Press Pro; Sony; Rick - I Pad; Micky - Voucher; Haymans; Michael & Jess O'Halloran; Margaret & Chris; Matt Morris - Falls tickets; Natalie's Aunts.
Term 4, Week 3, 2014

President - Jenny Kennedy
Vice Presidents - Peter Doherty & Anouska Gammon
Treasurer - Bec Sargeant
Secretary - Kari Adams

Social Cuppa This Friday 24th Oct. 2pm

Please come and join us outside the school hall for a cuppa and a chat before assembly on Friday 24th October from 2pm. This is an informal and relaxed way to welcome new families to our school. We look forward to seeing you there.

Vegetable garden help

Thank you to Prisca Du Ressac, who gives up her time on a weekly basis to maintain our gardens and teach our kids about vegetable gardening. Should you have some free time to help in the garden please contact Prisca on 0423978025.

Have you uploaded the School Stream App?

As we all know keeping up with all of the communication from school can be a challenge and just sometimes notes don’t seem to make it home! So Bangalow school is now communicating to parents via the School Stream app. The school have just started sending out the newsletter via this App and will start sending other reminders as applicable. This form of communication is quick to send and receive and assists in helping to keep us all better informed. We now have 55 users.

So simply download the School Stream App to your mobile device and select Bangalow Public School.

Munch and Crunch coordinator needed

We are currently looking for a new Munch and Crunch coordinator for 2015. The munch and crunch team cut up fruit and vegetables donated from Charlottes Market every Wednesday from 8.30 – 9.30am and deliver a bucket of delicious goodness to each class.

Please contact Jenny if you are able to help out Ph: 0400 420023 or email jenny@buncoffee.com.au

School feedback team

The school feedback team or otherwise known as the (situational analysis team) are meeting on Wednesday 19th Nov. at 7pm to look at how to best gather feedback from the school community.

We would love some more parent input, so please let Jenny know if you can join us.

Jenny Ph: 0400 420023

Garage Sale Bonanza.......save the date Sunday 30th November.

The P and C will be organizing a huge community garage sale bonanza on Sunday 30th November from 8am till 12 noon. So start the Spring cleaning and get ready for a treasure feast. More details coming soon.
Thank you for supporting the school’s Munch & Crunch Program with fresh fruit and vegetables.

BUILDING A LEARNING FOUNDATION TOGETHER

The school has established two tax deductible funds to enable families, community members and local businesses to make donations. The building fund will be used to provide technology centres in all classrooms, Wi-Fi, permanent shelving and storage cubicles. Our long term goal is the construction and development of an all-weather, multi-purpose sports area.

The Library Fund seeks to provide all students with updated printed and digital literacy resources. Our long term goal includes classrooms being outfitted with class sets of laptops and tablets.

You can visit our website to download and complete a donor card. Your support is sincerely appreciated.

THANK YOU FOR SUPPORTING OUR SCHOOL
Bangalow Public School thanks these sponsors of our newsletter who assist with the cost of publication:

- Advertising Space Card 1
  90mm wide x 55mm high
- Advertising Space Card 2
  90mm wide x 55mm high
- Advertising Space Card 3
  90mm wide x 55mm high
- Advertising Space Card 4
  90mm wide x 55mm high
- Advertising Space Card 5
  90mm wide x 55mm high
- Advertising Space Card 6
  90mm wide x 55mm high
- Advertising Space Card 7
  90mm wide x 55mm high
- Advertising Space Card 8
  90mm wide x 55mm high

Dancing in the Dark

*(No Lights No Lycra)*

A one hour Retro Disco in a darkened hall so you can dance like nobody’s watching.

It’s up-tempo free-form dancing with no need to measure up - doesn’t matter what you wear or how you dance. Just boogie away your calories & stress to classic popular dance favourites.

**Great fun and fitness for all the family.**

Tuesday nights at the Bangalow Bowlo 6.30pm

$5 entry (Kids $2.50)

Ph 0428 252511

---

**COMMUNITY ADVERTISING**

Local Bangalow businesses are invited to have a REGULAR ad placement in our newsletter each week.

Payment will be by the term ($143 incl. GST) and the ad specs are:

- Business Card size (90 x 50mm)
- OR Banner size (185 x 28mm)

All submissions must be in jpeg format.

Please contact the school office on 6687 1434 or email us at bangalow-p.school@det.nsw.edu.au for details.