



## Equipping, Inspiring, Belonging

BPS -Equipping for the future, Inspiring to make a difference & Belonging in the present.

CHOOSE YOUR  
ATTITUDE

You have the power to make an impact. Your attitude is contagious. The question is: What attitude will you spread to everyone around you?

[FISHphilosophy.com](http://FISHphilosophy.com)

FISH!

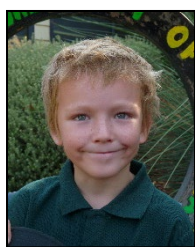
PLAY

When you choose a playful mindset, creativity and lightheartedness come naturally.

[FISHphilosophy.com](http://FISHphilosophy.com)

FISH!

Student of the week



## Midway through the challenges



### Student of the Week

#### **Lower Division**

Week 4 – Freddie B – trying really hard during reading

Week 5 – Archie McD – being helpful around the classroom and 'being there' for Miss Hanns. Showing how responsible he is.

#### **Upper Division**

Week 4 – Samantha N – showing initiative in her Leadership role.

Week 5 – Bridie H – Being There for her younger school mates.

#### **Home Reading**

**50 nights** – Hamish H

**75 nights** – Bailee D

**100 nights** – Joe P,

**125 nights** – Noah B, Heidi D, Matilda McD, Mitchell S, Eli B, Jack K, Georgia P, Oliver M, Hunter M, Heidi S, Roman S

**150 nights** – Lily C, Maisie B, Pippa M, Fletcher G, Alyssa G, Sarah M, Ethan B, Harriet H, Bridie H, Samantha N

### Upcoming Dates for your Diary

26 Aug Bookweek Celebrations - kids only dressed as their favourite book character plus activities

9 Sept School photographs. Full winter uniform please

25 Sept Last day term 3

12 Oct Term 4 commences



### **Cold Weather**

Welcome to week six of term 3 where if nothing else, the only certain thing we know about 2020, is the consistent uncertainty. Changes to COVID-19 procedures within NSW public schools designed to support a statewide approach, means we need to add a few extras to the processes we have already had in place. Some will be outlined below but if you are interested in finding out more refer to our Skoolbag post from last Monday afternoon, or if you are unsure or have any questions, please do not hesitate in contacting Mr Faulkner for a chat.

### **Sick children**

Last week there was an announcement regarding student health conditions and COVID-19 testing. I hope that you saw the post on Skoolbag. This may impact our school community if you have a sick child. For now, to save any confusion, please phone me at school to discuss the situation and options as soon as you realise your child is unwell.

Just a reminder for non flu-like illness absences, the school does require an explanation of absence within 7 days of the first day of that absence. Skoolbag is by far the best option for this. If we do not receive an explanation within 7 days the absence is escalated within the system.

### **Kindi transition orientation**

Kindi orientation has been just another thing postponed, we are looking into alternatives, but in the meantime if you have a child starting in 2021 but haven't provided us with an intention to enrol form or completed an enrolment form then please contact the school ASAP.

### **Yr 7 transition**

A message from Forbes High -"Unfortunately due to the Department of Education's new COVID-19 restrictions we have had to cancel our transitions sessions for term 3. Discussions are underway to determine what our new program for term 4 will look like and we will be in touch to inform you all of this as soon as we can." Mrs Morrison, the year 7 transition coordinator has committed to continue to support our students and after a quick visit last Thursday will keep in regular touch with our year 6 transition students.

### **Sign register**

Just another measure we have been asked to put in place. If you have to come into the school, if even to drop off work, lunch boxes, set up hot food orders, you are required to sign the register in the office.

### **School photographs**

Due to be conducted September 9. Full winter uniform please. If you have not returned or processed your order online with MSP, please do it ASAP.

### **Year 6 homework**

As mentioned in a newsletter early this term the year 6 students have access to some homework activities designed to help them develop healthy routines at home to make the transition to year 7 homework expectations easier. Currently the activities are being posted to the Year 6 google classroom. As of week 8, those activities will be available in a physical paper option available to those interested from Mr Faulkner's office each Monday and answer sheets on Thursday.

### **Book Week event**

Wednesday 26 August - Kids can come dressed as their favourite book character. If it's an intricate costume, a change of clothes may be worth considering. Unfortunately mums and dads will have to enjoy this via our newsletter and Facebook posts. We are also encouraging the kids to bring a copy of their book.

### **ANZAC writing competition**

3 students entered the ANZAC writing competition ran by Michael McCormack's office, the topic being "Remembering our ANZACs in the Riverina and Central West". We would like to congratulate the efforts of Rain Terrado, Kooper Duffy and Samantha Noakes who all received participation certificates on behalf of Michael McCormack.

### **Student Wellbeing**

As mentioned previously I was going to try to pass on any resources that I found that may assist parents in supporting their kids at home. This week I have found a few good resources that you may wish to follow up.

<https://www.parentingideas.com.au/blog/help-kids-to-beat-covid-induced-anxiety/>

When you ask your child about their day (school, friends, etc.) how often do you get:

"I don't remember", "Fine", "Okay"?

We want to have meaningful conversations with your children. We want them to be excited about telling us things.

So how do we get them talking?

Of course, developing a deep, trust-based connection with your child is key here.

But even then, sometimes our kids don't want to bother telling us about their day.

In this case, use this very simple tip.

Instead of asking them lots of questions ("How was school?", "What did you do there?", "Who was there?", "What happened?", or the total conversation killer "WHY" questions like, "WHY did he do that?"), say:

"I wonder...", "I wonder if your friend was there too.", "I wonder what you had for dessert at the party...", "I wonder who was playing with you today..."

When you use 'I wonder' instead of asking them lots of questions, you're showing your genuine interest, you aren't being intrusive, and you aren't demanding their answers.

Your children will WANT to satisfy your curiosity.

Try using "I wonder" next time you want your child to tell you about their day and see how it goes.

Hope this helps.

### **Ambassador's report**

Last year Sam and Halle applied the Forbes Shire Council to become school ambassadors. Their job has been to stay in contact with the Youth Group by checking for their regular emails, reading and passing on monthly newsletters and attending monthly meetings. Here are their notes from the August meeting.

"We meet once a month. Might be able to get a gift card for a book store. New app to access information like events. The council has some funding to put some new equipment at the Dan Murphy Park. If anyone has a fun/crazy idea for an event during December holidays please tell Sam or Halle." If you have any questions about any of this please feel free to speak to Halle or Sam.

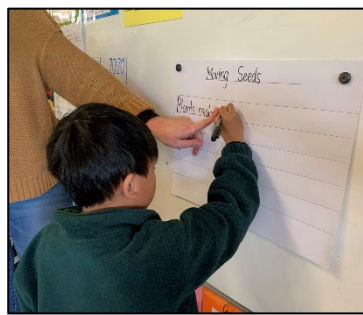
### **Year 6 shirts**

We have looked at the option of year 6 shirts quite a few times in terms 1, 2 and 3 both in our regular meetings and via google classroom. The kids might need a bit of a prompt from home to take this and move forward.

### **K-2 News**

The k-2 students have been studying seeds, more specifically, the way seeds travel. We read the book 'From tiny seeds' by Emilie Vast and then composed an information report as a class, which then turned into an independent writing task. Ms Brown started our interactive class writing on Monday and then each day with added another paragraph and then another until we completed our report.

Our class goal is to encourage the kids to push themselves to be more independent in their writing and to use reading strategies to spell unknown words e.g. stretching the word to hear the sounds, recognising sight words and high frequency words and looking for familiar parts in words. Miss Hanns



## Big Class News

We are certainly getting through lots of work in the big class this term. In English we are learning how to use language features particular to Informative texts. This has lead us into piecing together facts to form well constructed paragraphs. In Geography, year 6 has been learning about the once super continent Pangaea and are investigating how man has changed the environment over thousands of years. Stage 2 students have been researching all the different vegetation zones found across Australia. Due to current restrictions, we have been participating in physical activities that comply with safety requirements. This includes brushing up on our skipping skills and recently the whole school participated in the Beep test - a tool to measure aerobic fitness. With these results as a benchmark, we will repeat the test in a month's time. Mrs Faulkner



## School Leaders' Report

Wow term three has gone fast we are already in week 5. Last Friday we started making cardboard arcades and we have been working on them this Friday. On Wednesday we made curry puffs for lunch mmmmmm they were so good. The little class has been learning about seeds and how seeds can travel. By Jack K

# Community Notices

## Bedgerabong Community Trust

September meeting of the Bedgerabong Community Trust will be held on Monday 7<sup>th</sup> September at 8pm at the school. Please have submissions in by this date and time.



Being fair shows you care – FISH for life



# Supporting Early Learners at Home K-2

## Why handwriting is important?

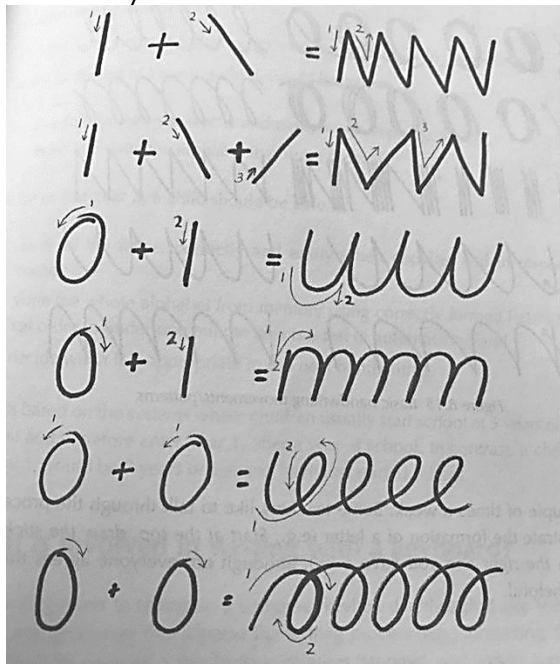
The benefits of developing handwriting skills in our younger learners are strongly linked to basic reading and spelling achievement. Research suggests that the motor actions (body and hand movement) made by children when writing a letter in the correct shape, direction and formation promote letter and sound knowledge.

### How can I help my child develop handwriting skill?

Learning to control a pencil with the hands and fingers is somewhat dependent on how strong and steady the child's shoulder and arm muscles are. Providing children with a range of gross motor activities like crawling, climbing, pushing and pulling will strengthen the shoulder and arm muscles. This can have a positive effect on fine motor skills and help your child to strengthen their pencil grasp.

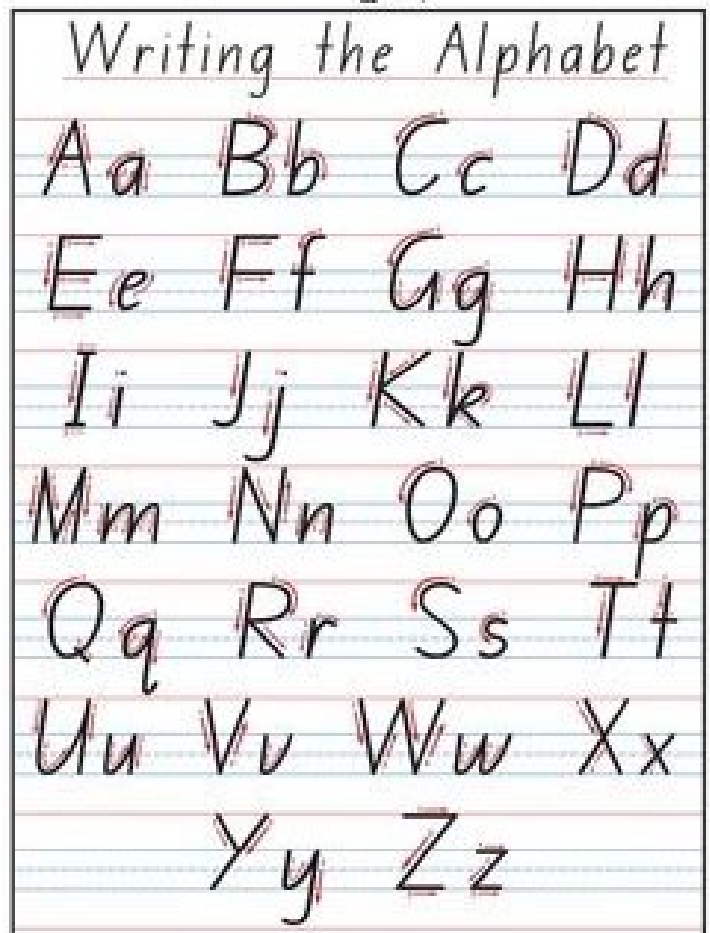
When supporting early learners with handwriting, we can start with the basic hand writing patterns, concentrating on movement, direction and shape. Make practicing patterns fun with finger paint, sand trays, painting water onto cement, with a finger on a foggy shower screen. The more opportunities children have to practice these basic movements the more likely they will be able to form lower-case letters correctly.

### Tripod Grip



Basic Handwriting Movements

**Jeralee Brown – Instructional Leader**



## FREAKY FACTS

Tomato sauce was sold in the 1830s as medicine.

An apple, potato and onion all taste sweet if you eat them with your nose blocked.

Tonsurophobia is the fear of haircuts.



## Giggle Spot



Pencil sharpeners have a tough life.... they live off tips.

My eyelids are so sexy, I can't keep my eyes off them.

I hated my job as an origami teacher. Too much paperwork.



## QUOTE OF THE WEEK

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." -Dale Carnegie



Happy Birthday to these recent and up coming party goers.

6 Aug

*Hunter M*

12 Aug

*Xavier M*

27 Aug

*Fletcher G*

10 Sept

*Zarah H*

26 Sept

*Noah B*

29 Sept

*Hayden R*

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7 Sept

Community Trust meeting

9 Sept

School photos

25 Sept

Last day term 3

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**FISH!**

Take The FISH! Philosophy home. Engage your family and friends with playfulness. Be there with them in every moment. Choose the attitude you want to have. And make the day of someone you love!

[FISHphilosophy.com](http://FISHphilosophy.com) **FISH!**



**BE THERE**

Today, commit yourself to having a genuine conversation with at least two people. Be open and truthful, and listen fully to the person across from you.

[FISHphilosophy.com](http://FISHphilosophy.com) **FISH!**

**MAKE THEIR DAY**

When you go the extra mile for customers, coworkers, friends or family members by offering a little extra help when it's not expected, you'll Make Their Day.

[FISHphilosophy.com](http://FISHphilosophy.com) **FISH!**



2020 school term dates

Term 1 29-1-20 - 9-4-20

Term 2 27-4-20 - 3-7-20

Term 3 20-7-20 - 25-9-20

Term 4 12-10-20 - 16-12-20

Mr Faulkner

24 Aug 2020