

16 March 2017

CALENDAR OF EVENTS

PREP AMBULANCE VISIT

TUESDAY 21 MARCH

BNPS

Y6 SHRINE EXCURSION

TUESDAY 21 MARCH

Shrine of Remembrance

REGIONAL SWIM CARNIVAL

WEDNESDAY 22 MARCH

MSAC

YEAR 6 AMAZING RACE EXCURSION

WEDNESDAY 29 MARCH

Sandringham College – Bluff Road

TERM 1 CONCLUDES

FRIDAY 31 MARCH – EARLY DISMISSAL 2.30PM

TERM 2 COMMENCES

TUESDAY 18 APRIL 9AM

ANZAC DAY CEREMONY

MONDAY 24 APRIL 10.30AM

BNPS

PUBLIC HOLIDAY – ANZAC DAY

TUESDAY 25 APRIL

INSIDE THIS ISSUE

- Principal's Report
- Do You Know?
- Interview with Mrs Jenny Barnard
- Prep – Learning & Fun
- Beumaris Secondary College Information Session
- BNPS PYP Attitudes for 2017
- KidsMatter Article - Problem Solving

Principal's Report

Landscaping

Finally we are able to see a few positive changes occurring near our Reserve Road area. This landscaping project is funded totally by the Education Department and should be finished in the coming weeks. A sprinkler system has been installed and the area is currently being prepared for tree planting and lawn.

The project will also include a cement pathway to the building and outside recreational area, as well as access to the Senior Learning Centre.

District Swim Carnival

On Tuesday, 7 March the District Swim Carnival was held at MSAC. We finished 3rd overall behind Brighton Beach (2nd) and Black Rock (1st). We had 29 students competing and all did extremely well.

Congratulations to Kiara M (50m Freestyle), Holly N (50m Freestyle and Butterfly), Jake D (50m Breaststroke) and Aimee F (50m Backstroke) who then progressed to the Divisional Carnival yesterday to compete in individual events.

The Under 12 Freestyle Relay team (Holly N, Abby I, Harriet E and Aimee F) and the U12 Medley Relay team (Aimee F, Holly N, Amelie H and Kiara M) also progressed on to Divisional.



Thank you to Kirsty Hall for organising our squad and to the staff who assisted. Thank you also to the many parents who supported our up in the stands.

Divisional Swim Carnival

It was a great morning at the Caulfield Pool yesterday with seven BNPS students representing the Seaside District.

- The Girls Relay Team (Harriet E, Abby I, Aimee F and Holly N) finished in 4th place.
- Kiara M placed 3rd in Freestyle (only just touched out for 1st).
- Aimee F finished a strong 4th in Backstroke
- Jake D came 3rd in Breaststroke
- Holly N placed 1st in Freestyle and 1st in Butterfly!
- Our Medley team (Aimee F, Kiara M and Amelie H) won in the most exciting finish with little Kiara (Year 4) swimming her freestyle heart out!

Congratulations to all of our swimmers, the Medley Team and Holly will now progress to 'Regionals' which is an exceptional achievement.



I would also like to thank the parents for taking their children to the pool and for supporting our team.

Moomba Birdman Rally Update

I would like to congratulate Shae Langford-Jones and the BNPS community on a truly amazing effort and result – please see report below from Shae.

A year ago I sat at Moomba with my family, watching the Birdman Rally, and my son asked me where these crazy, weird and funny people came from.

I explained they are just everyday people wanting to make a difference by raising money and awareness for a charity of their choice. He then asked if we could enter the Birdman Rally in 2017 and I answered 'yes' for three main reasons.

- *I wanted to show him that we could do anything we set our minds to, as long as we were willing to put in the hard work.*
- *We all have a responsibility to be active participants when it comes to helping others and not just passive spectators. If you are in a position to help make a positive change, then do so! As a wise man once told me, "If it is to be, it is up to me!"*
- *And finally - life is meant to be fun!*

So on Sunday 12 March, we became one of those 'crazy, weird funny people' who enter the iconic Birdman event.

Following a number of fundraising events including the Spring Carnival Luncheon last year and the Family Picnic this year, we had managed to raise \$21,000 for our chosen charity, Love Your Sister. With Samuel Johnson (actor, co-founder of Love Your Sister and wannabe Birdman) as our pilot, that figure jumped to \$37,000 once he also put the word out on his own LYS Facebook page.

This massive amount of money is an amazing symbol of how, if we all work together to do our little bit, we can make a huge difference!



Being part of the event was a thrilling experience for everyone involved and it was so fantastic to see so many people from the BNPS community there on the day.

Moments before he was due to jump, Sam was a bundle of nerves – confessing that he secretly had a fear of heights! However once on top of the platform, with the parachute of 200 bras above him and the BNPS crowd sitting on the riverbank opposite swinging old bras above their heads, his nerves began to ease. The support he felt from everyone was truly motivating and he jumped in the most dramatic style possible – leaving the ‘boobchute’ safely behind on the platform, in order to complete a full somersault and land face-first into the Yarra River below.



Despite his jump only measuring 6m, the huge amount of money we raised contributed an additional 233m to our jump, putting team ‘Titty Titty Bang Bang’ in first place and a new Birdman record!



My sincere gratitude to everyone who donated their time, money and bras to support this event.

The \$37,000 that we raised for Love Your Sister will go towards funding two whole months of medical research into finding a cure for cancer! This is an accomplishment that we all deserve to own and feel extremely proud of.

By Shae Langford Jones



Sherril Duffy

Principal

Do You Know?

1. Do you know that Restorative Practice is the approach we use when dealing with any incident in our school?

www.beamarisnorthps.vic.edu.au/pi-restorativepractices.htm

2. Do you know students arriving to school after 9.00am or leaving during school hours are NOT to be entered on Compass?

Full-day absences ONLY, MUST be reported via Compass. Students arriving to school after 9.00am or leaving during school hours MUST be signed in/out by a parent/guardian via the Kiosk at the Office (and not entered on Compass).

3. Do you know that students must not be left alone in the school grounds before 8.45am or after 3.45pm?

www.beamarisnorthps.vic.edu.au/pi-arrival-time.htm

www.beamarisnorthps.vic.edu.au/pi-late-collection.htm

Interview with Mrs Jenny Barnard

By Nancy & Imogen 1D

Firstly, thanks very much for agreeing to be interviewed for Waves.

Could you tell us a little about your family and where you grew up?

I grew up in South Caulfield with an older sister and a younger brother. Now I am married with two daughters.

What book, TV show or movie have you enjoyed reading/watching this year?

I have enjoyed reading books by Leanne Moriarty – Big Little Lies, & What Alice Forgot. I like the TV series called 'Strange Things'.

Do you have any special interests or hobbies?

I like watching netball.

We hear that you have quite a talent/interest in music. Could you tell us a little about this?

I love to sing and play the piano and flute. I really enjoy all kinds of music.

Do you have any pets?

Yes, we have two guinea pigs called 'Molly and Coco'.

What was your first job and how old were you when you started?

My first job was cleaning a newsagency. I was seventeen years old.



What is your favourite holiday destination and why?

Anywhere near the beach. One of my favourite places is Byron Bay.

How long have you been teaching at BNPS?

I started at BNPS in 1998; I went on maternity leave in 2006. I then resumed again in 2013.

What do you enjoy most about teaching at BNPS?

I love the different roles that I have. I get to teach my two favourite subjects – Art and Music, and I also get to work with a fabulous team of teachers.

Prep - Learning & Fun



Yesterday the Prep students enjoyed a visit from Firefighters Chris (Mitch's Dad - Prep B) and Grant. The students learnt about smoke detectors and what to do if there is a fire at home. The Preps loved having a go at crawling and getting down low to go, go, go! Next Thursday the Prep students will be given a tour of the Fire Truck!

Kids Car Education Incursion





Today the Prep students had a ball driving two seated electric cars around the assembly area whilst learning all about the importance of passenger, pedestrian, road and traffic safety!



We got to drive electric cars with a partner. We had to go around a special track and try not to hit any trees or the fence! We learnt about being safe on the road and as a pedestrian when crossing the road.

It was soooooo much fun! By Prep B 😊



Beaumaris Secondary College

Information Evening: Wednesday 19 April 6 -7.30pm

Parents and families are warmly invited to the next information session for an update on the exciting progress being made with the development of the new Beaumaris Secondary College.

This is an opportunity to be informed on processes such as enrolment procedures as well as educational aspects of the new school.

We look forward to meeting you on:

Wednesday 19th April 2017 - 6.00pm to 7.30pm

Senior Learning Centre, BNPS

For any enquiries about enrolment for Year Seven in 2018, please contact (during Term One):

Christine Ironside

Education Improvement Leader – Bayside Peninsula Area South Eastern Victoria Region

Phone: 8765 5628

Email: ironside.chris.m@edumail.vic.gov.au

BNPS PYP Attitudes for 2017

February - Respect

March - Enthusiasm

April - Cooperation

May - Empathy/Tolerance

June - Integrity

July - Confidence

August - Creativity

September - Commitment

October - Curiosity

November - Independence

December - Appreciation



Problem solving

Your child will face many challenges as they grow, whether it is starting school, joining a sporting team or going to their first sleepover. The ability to make decisions and solve problems develops as your child learns to cope with daily challenges. Young children are not expected to sort through every issue on their own, and it is likely that they will require lots of guidance from their family. The good news is encouraging your child to take part in problem solving will help them develop this skill over time.

The following steps are a useful guide to teaching your child about problem solving. Encourage your child to take part so that they can slowly learn to do it for themselves.

Remember, it is best to begin when your child is feeling calm and relaxed. Start with an issue where you know they are likely to experience some success. If your child is very anxious or angry, help them to calm down first (eg having some quiet time, taking some deep breaths) or leave problem solving for another day or another issue when you know your child is ready to participate.



1 Identify the problem

This step can be difficult as children do not always have the words to tell you how they feel or know exactly what the problem is. Finding a quiet space where your child feels comfortable and relaxed may help them to start talking about it. Using your active listening skills will also help your child to feel understood and supported in talking to you. (For more information, see the Starting School *Understanding behaviour* information sheet.) Your child will benefit from your help in trying to understand what might be happening, particularly when they are having difficulty identifying the problem. Remember to step back and not jump in to solving the problems for your child at this stage.

2 Find solutions and try them out

Once you have a better sense of what the problem is, you may like to generate some solutions with your child. Brainstorming two or three solutions is a good place to start as any more may seem overwhelming for a young child. They may not yet be able to generate their own solutions, but you can encourage their thinking with questions such as "what do you think you/we could do?" With practice and support from others, your child will gradually be able to come up with more of their own solutions. However, you may need to make some suggestions in the beginning.

Once you and your child have identified some options, you can decide together which one to try first. Work out a plan for how they will try out their solution. Do they need support from you, another child or a teacher? When will they get a chance to try it out? (eg at home or in the school playground.)

3 Check in: how did it go?

Once your child has tried the solution, check in with your child as soon as possible. Did it work? If not, why not? What could your child try next? Remember to give your child lots of support and encouragement if the solution didn't work out. Sometimes we have the right solution, but need to practise it many times. Other times, we may need to return to step one to see if the issue was correctly identified.

You can help to support your child's problem solving skills

- Model your own problem solving. Next time a daily problem arises (eg losing your car keys) talk through the problem and solution out loud. This will help to show your child that everyone has problems and that we can work through them by coming up with different solutions.
- Encourage your child to utilise support people to assist them with problem solving. These could be family members, friends, educators and teachers. This will promote help-seeking behaviours in your child and enable them to feel supported when they have a problem.

Learning to negotiate solutions to everyday problems and make decisions for themselves will help your child to gradually become more independent and responsible. It also helps them feel confident and good about themselves, which is an important part of mental health and wellbeing. When their mental health is supported, children are better learners, have stronger relationships and are better able to meet life's challenges.

For more information

If you would like more information, KidsMatter has produced a range of resources to support your child through early childhood and primary school. The following information sheets related to this topic are available online at www.kidsmatter.edu.au/families/information-sheets

KidsMatter Early Childhood information sheets:

- *Helping young kids to choose wisely*
- *Learning to make good decisions and solve problems*
- *Decision-making skills: Suggestions for families and staff*

KidsMatter Primary information sheets:

- *Helping kids to choose wisely*
- *Decision-making skills: Suggestions for families*



This resource is part of a range of KidsMatter Starting School information sheets for families. View them all online at www.kidsmatter.edu.au/startingschool



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