From the Principal’s desk
School Administrative Manager

I am pleased to announce that our school administrative manager position, created by the retirement of Mrs Hunt, has finally been filled. I would like to congratulate Mrs Colleen Tobler who was the successful candidate following a merit selection process. Mrs Tobler’s first day will be next Monday, 17th August and I know she is prepared to hit the ground running. Many of you will know Colleen who has worked at our school as relieving SAM and also in our front office. My thanks to Di Aylward, SAM at Harbord PS, and Adrian Molloy, our school community representative for their efforts as part of the selection panel.

Navy Band
The Royal Australian Navy Band is visiting our school next Monday 17th August. You are all invited to attend an evening performance from 6pm in the hall. The Concert Band will perform, then the Royal Australian Navy Band, followed by a finale with the two bands combined. I’m looking forward to an entertaining evening of music.

Whooping Cough Alert
You will have received notifications via the school app that some students have recently been diagnosed with Whooping Cough (pertussis). Here are some questions and answers regarding this condition from our colleagues at the Department of Health.

What are the symptoms?
Whooping cough usually starts with a runny nose, followed by a cough that is often worse at night. Coughing bouts may be followed by gagging, vomiting or gasping for air. Whooping cough can cause a very severe illness in young children particularly those aged under 6 months.

How is it spread?
Whooping cough is usually spread by direct contact with the droplets from the nose and throat of an infected person produced whilst coughing. People at greatest risk of getting the illness are those who have had a considerable amount of face-to-face contact with a person with the disease. Whooping cough can occur in people previously vaccinated.

What should parents do?
Anyone developing symptoms should consult their local doctor and mention that there are cases of Whooping cough in the school. Children who are diagnosed with Whooping cough need to stay away from school until they have taken 5 days of a special antibiotic. For further information please refer to NSW Health or contact the Northern Sydney Public Health Unit on 9477 9187. Thank you for your attention to this important public health matter.

Opera House & Town Hall Performances
We are fortunate to have such talented children attend our school. The Recorder and Strings Groups performed at the Opera House as part of the Festival of Instrumental Music last Thursday and the concert was spectacular! Congratulations to all the musicians involved and thanks to Mrs Malar and Mrs Roumanoff for making this possible. Our Senior Choir did a wonderful job performing at the Sydney Town Hall last night. They sounded amazing and enjoyed the day of rehearsals in the city. Thanks again to Mrs Malar and to Mrs Mercer for accompanying the children.
Safe Scootering
I received a call from a concerned local motorist about children from our school dashing across local roads without looking. The incident happened after school near the local shops and resulted in a very near miss. The motorist was most shaken yet thankful nobody was hurt. Please take the time to have a conversation with your children about safe scootering behaviour.

Middle Childhood Survey
Last week, the parents of our Year 6 children received an information package regarding the Middle Childhood Survey. The survey is a state-wide study of child development focusing on wellbeing and mental health conducted by UNSW in conjunction with the Department of Education which will take place during Week 6. If you wish to ‘opt out’ of the survey please contact Mrs Wetzler or Mrs Stock.

Owen Taylor, Principal

PBL Focus
Be Safe & Responsible
Use toilets and toilet paper correctly


From the Deputy Principal’s Desk
Assembly
This week we are looking forward to our K – 6 assembly. The Junior Band and Recorder group will be performing for our enjoyment. Our SRC will also be receiving their badges. We invite parents and friends to join us, please be seated in the hall at 2.10pm.

Battle of the Bands and Trash n Treasure
On Sunday 13th September, the annual Battle of the Bands will be held along with the Trash n Treasure market in the front playground. The Concert band will be competing for the title along with primary school bands from all over the peninsular. Parents and friends are welcome to come along for some great entertainment, food and perhaps you might even find that ‘elusive treasure’ at the markets. Please see the flier attached in this week’s newsletter for all details. All proceeds on the day go towards supporting our band program.

Stewart House Clothing Collection
Thank you to all our families who supported Stewart House with the donation of clothing. The bags will be collected today, Wednesday 12th August.

Resilience Tips from Michael Grose
Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection.

Building Resilience
From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:
1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.
2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have to have faith in yourself, and your child’s ability to cope.

“Children seldom misquote you. In fact, they usually repeat word for word what you shouldn’t have said.”

Unknown

Have a happy week.
Marita Nieuwenhuis
Deputy Principal
Sports Report
Date: Friday 7th August 2015

Girls Soccer
Opponents	Harbord
Score	0-3 (loss)
Best & Fairest	Beatrix Jones

Opponents	Balgowlah Heights
Score	1-1 Friendly
Best & Fairest	Zoe Johnston

Opponents	Harbord
Score	0-7 (loss)
Best & Fairest	Caitlin Heffernan

Opponents	Manly Village
Score	3-0 win (Friendly)
Best & Fairest	Jamie Loh

Girls Netball
Opponents	Cromer
Score	17-3 (win)
Best & Fairest	The Team

Opponents	Curl Curl North
Score	12-0 (win)
Best & Fairest	The Team

Opponents	Balgowlah Heights
Score	3-14 (loss)
Best & Fairest	The team

Legends of League Winners!
Last Thursday, BNPS participated in the annual NRL 7 aside ‘Legends of League’ held at Nolans Reserve. The school competed in the Yrs 5-6 and Yrs 3-4 Divisions. The senior boys competed against some very tough opposition and gained a credible 3rd position. However, the junior team won all of their pool matches and went on to convincingly win the Grand Final against Narrabeen North. The final score was 24-8.

The coach and players would like to thank all parents and supporters who gave their time to assist with transport and much needed encouragement.

Chris McCall

Important Dates
17 August	Journey of Learning Kindergarten 2016
24 August	Bear Pit Public Speaking at Parliament House
26-28 August	Year 4 Camp at Gosford
27-28 August	Year 3 Camp at Morisset
31 August	Zone Field Athletics
1 September	Zone Track Athletics
2 September	P&C Meeting
7 September	K-6 Author Visit
9 September	Book Parade
14 September	Primary Proms
15 September	Primary Proms
16 September	Kindergarten 2016 Sports Morning
17 September	K-6 Assembly
18 September	Last Day of Term 3
Musical Notes
We are looking forward to hearing the Junior Band perform at our K - 6 assembly this week. Please remember to bring your instrument to school on Thursday 13th August.

Important dates and events
13th August Thursday: Junior Band inaugural performance at the school K-6 assembly.
17th August Monday: Navy Band workshop and concert. (4pm and 6pm respectively)
31st August Monday: Band Committee Meeting.
4th September Friday: Intermediate Band performing at Father’s Day breakfast.
13th September Sunday: Battle of the Bands & Trash and Treasure stalls.
Jenny Mercer
School band liaison

Library News
There is one more week to complete and finalise reading records for the Premier’s Reading Challenge. The challenge closes on August 21st. Well done to these people who have now completed the reading challenge: Toby Kick, Annalie O’Kelly, Pattana Barber, Charlotte Croll, Chelsea Kick, Olivia O’Kelly, Jemima Gill, Tayla Nolan, Annica Pittar, Pia Wolf, Oliver White.
Debbie Horsley & Wendy Trute
Teacher Librarians

Uniform Sale
The next uniform sale will be next Tuesday from 3.15pm til 4.15pm. Many thanks.
Jenny Burgess

MONDAY 17TH AUGUST
Royal Australian Navy Band
is performing
at
Balgowlah North Public School
All families of the school are invited to attend an evening performance of the Navy Band at 6.00pm in the school hall
This is a concert not to be missed!
Balgowlah North Fundraiser

Cinema Under the Stars

FRIDAY 5-8.30PM  11 SEPTEMBER

Food stalls & fun
Bring a rug or low rider seating to BNPS Oval

Fundraising advertising opportunities still available
Contact familyadmin@me.com before August 28, 2015.
SUNDAY 13TH SEPTEMBER

BALGOWLAH NORTH PUBLIC SCHOOL PRESENTS

BATTLE OF THE BANDS

HELD IN THE SCHOOL HALL

proudly sponsored by

blackleys estate agents

FEATURING BANDS

from primary schools across the peninsula, playing from 10am-12noon

ALL WELCOME, FREE ENTRY

support these talented young musicians as they compete for the Battle of the Bands Shield and John Speight Encouragement Award.

ALSO FEATURING THE FAMOUS TRASH & TREASURE MARKETS

9AM-1PM

Have your own stall!

ONLY $25

ENQUIRIES: Marie Slacombe mariegrey5@hotmail.com

SET-UP 8am

BBQ, cake stall, coffee van and bargains galore!!

BALGOWLAH NORTH PUBLIC SCHOOL, 10 MANNING ST NORTH BALGOWLAH

https://www.facebook.com/balgowlahnorthps

https://twitter.com/BalgowlahNthP
PARENTS SHOW & TELL
Small business owners in the BNPS community - here’s your opportunity to shine! We’re putting together an email to showcase businesses within our community so we can support our fellow parents. For the initial trial email, all you will need to do is submit your businesses details online before 15 August 2015. We’re encouraging special offers for the BPNS community to generate as much business for your business as possible. Submit your details here and let’s support each other: https://parentsshowandtell.wufoo.com/forms/m1ynv0u00p4o1y0/