From the Principal

Welcome to another awesome week of learning at Broken Hill Public School.

2016 Planning

We are currently organising class structures in relation to student numbers for 2016. In order for us to have an accurate picture for next year, we are asking families to please notify the school if you are planning on not being with us in 2016 (this excludes current Year 6 students). Your assistance is greatly appreciated.

Year 3/6 Excursion

Year 3/6 students and teachers are eagerly looking forward to their excursion to Mutawintji National Park tomorrow. We look forward to hearing their stories and experiences. Have an awesome time!

Sporting Schools Program

Due to recent changes, the Sporting Schools program will now be delivered during school hours this term, so more students can access sporting activities and develop their skills. This means we will not be running after school sport this term. You do not need to complete a registration form for your child to be able to participate.

Kindergarten Orientation

Kindergarten Orientation starts this Thursday, 22nd October, and we look forward to our 2016 kindergarten students joining us for some fun activities from 2.00pm. Orientation is an important part of children becoming familiar with the school and developing a sense of belonging in their new space. Parents and carers will be given a flyer with an overview of orientation times and events at this week’s gathering.
Kindergarten/Preschool 2016
We are now in the process of taking enrolments for Kindergarten 2016 and Expression of Interest, Round Two for Preschool 2016. If your child is starting school next year it’s time to come in and see us. Please come in and see our office staff for all the information required.

School Hats
Term 4 is an opportune time to remind everyone about wearing school hats when in the playground. We require the children to wear the wide brimmed school hat and ask those not wearing the brimmed hat to remain under the COLA during playtime. Children wearing caps will also be asked to stay under the COLA. We thank you for helping to keep the children safe from the effects of our harsh sun. Hats can now be purchased from the front office during school hours. No hat, no play.

Book Fair
A reminder that our Book Fair commences this Friday, 23rd October, and students will be able to browse the books on display during their usual library lesson time this week. They will be given a wish list to fill in and take home, which will show you the name and cost of what they ‘wish’ to purchase. Alternatively, they may bring some cash on the day and make their purchase immediately. Book prices start at $4.00, and there are also some stationery nick-knacks for $2.00. Please remember that every purchase benefits our school by way of credits to purchase more resources for the library. For example, a total of $3,000 in purchases would see the school earn $800 worth of credits. Our record to date is $2,800 so we are aiming to beat that by $500, making our new Book Fair Goal $3,300. Come on, we can do it Broken Hill Public!

*Please note: the brochure which was sent home last Friday, and the wish list, have a form on them for you to make an advanced purchase at home via the internet or by phone. You just record your receipt number and send the form to school with your child to collect their purchase.

The library will be open at the following times throughout Book Fair week for students and/or parents/caregivers to come and make their purchase:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 23rd Oct</td>
<td>3.15pm – 4.00pm</td>
</tr>
<tr>
<td>Monday 26th Oct</td>
<td>Lunch 1</td>
</tr>
<tr>
<td>Tuesday 27th Oct</td>
<td>3.15pm – 4.00pm</td>
</tr>
<tr>
<td>Wednesday 28th Oct</td>
<td>Lunch 1</td>
</tr>
<tr>
<td>Thursday 29th Oct</td>
<td>Lunch 1</td>
</tr>
<tr>
<td>Friday 30th Oct</td>
<td>3.15pm – 4.00pm</td>
</tr>
</tbody>
</table>

NOTES SENT HOME IN THE LAST 2 WEEKS

<table>
<thead>
<tr>
<th>NOTES</th>
<th>WHO’S INVOLVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>G’Day Asia Performance permission</td>
<td>All students</td>
</tr>
<tr>
<td>2015 Term 4 Planner</td>
<td>All students</td>
</tr>
<tr>
<td>Swim School permission note</td>
<td>Year 2 &amp; 3 students</td>
</tr>
<tr>
<td>5/6K Term 4 Overview</td>
<td>5/6K students</td>
</tr>
</tbody>
</table>
WEEKLY CLASS AWARDS TERM 4 WEEK 2
KJ – Lacey Campbell, Isabella Daniels
K/1F – Kimiora Te Kanawa-Hopa, Harrison Smith
1/2P – Noah Thompson, Rachael George
2H – Arnold Bates, Saxon Stewart
3P – Ripley Rowbotham, Koda Johns
3/4D – Lilliana Fox, Joshua Robins
4/5T – Dwight Chestnut, Lachlan Bond
5/6H – Kyle James, Harriet Brealey
5/6K – Sarah Williams, Connor Sullivan

CLASS OF THE WEEK – KJ

SCHOOL & COMMUNITY NEWS

Spinach for Sale
The Environmental Club are proud to announce their first harvest for the year of spinach. If you would like a bag of our fresh and delicious spinach, please call into the administration office with $2.00. We really look forward to showing off our wonderful produce.

Whole School Assembly this Friday, 23rd October, 2015, commencing at 11.30am. All welcome!!

Book Club due back by Friday, 23rd October, 2015

Canteen Lego Giveaway
Order your lunch from the Canteen and go into a draw to win ‘Star Wars’ Lego. Just fill out the ticket with your name and class and hand to the Canteen volunteers.

FAIRYTALE SPECTACULAR 2015
Songs for Frozen Fever, Snow White, Mary Poppins, The Descendants, High School Musical and others. All in costume at Theatre 44 on Saturday 17th October at 7.30pm
Sunday 18th October at 2.00pm
Sunday 25th October at 2.00pm
Tickets at door
Adults $15.00 Conc. $10.00
BROKEN HILL SOFTBALL ASSOCIATION

The Softball season commences Wednesday, 7th November, 2015 at the Jubilee Oval at 4.00pm. On this day we will be holding a come and try afternoon for any children who are interested to come and have a hit and a catch. For further information please contact our junior co-ordinators, Denise McInerney ste.vo.macca@hotmail.com or Kathy Ferguson jfe65595@bigpond.net.au

CANTEEN LUNCH ORDERS

Please be aware that there has been a price rise with some items on the menu. Remember to put the right money with the order. Thank you.

TRIVIA NIGHT

SATURDAY 7th November
DOORS OPEN 6:30
Light supper supplied w. Bar facilities available $20 per person

First prize $500

Minimum 6
Maximum 8

WHERE: R.K Sanderson Basketball Stadium CRN South & Boughtman St

TO BOOK A TABLE CONTACT Kizzie Staker 04238015816

ROUND 1
STARTS AT 7PM
What to say when kids become anxious

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless — those experiencing anxiety and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiety away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiety.

When you see anxiety take hold here are some things that you can say that will help your child cope:

“Your’re okay. I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay — your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiety, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practice by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when a child perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiety. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases a child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“You brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.