Dear Parents

Curriculum Day

On Friday, September 4th staff will be attending a Curriculum Day we are holding at school. This day has been approved by School Council and focuses on our school overarching goal of embedding a culture of classroom observation and feedback to develop high quality learning and teaching practice. It is part of ongoing professional development that is being conducted in partnership with Nilma Primary School that began at the start of last year. Our school has been working with Nilma as part of the “Partnership in Schools”. This has involved participating in staff professional development that informs and improves the teaching and learning in the classrooms.

The focus of the Professional Development is on using feedback that makes learning visible. In the full day workshop, staff will look at what effective feedback is and how we can get the greatest impact from the feedback we give. We will also consider the feedback staff receive and how to make a positive difference to the learning outcomes of our students. This is part of Professor John Hattie’s Visible Learning approach and builds on professional development already completed by staff. I am sure that the day will have a positive impact on the learning and teaching of students at Buln Buln Primary School.

Sentral

As a newbie to the Sentral program it has been interesting to see how staff and students are using the program and what information is stored on the online system for everyone to access. It looks like a great platform where we can share information but I know I am still learning to use it and I am sure there are many components of it which will take me some time to learn. Please be patient with me as I get my head around how the program works.

I am wondering how everyone is going using the program and would love some feedback on your thoughts of how we are using it. I have heard that some members of our school community have had problems accessing Sentral. It would be great if you could contact us to let us know of any issues so we can address them. This may involve 1:1 assistance, some “how to” notes produced or maybe some workshops being held. We really want the implementation of Sentral to succeed so it is important that we are able to address any concerns as they arise.

Currently staff and students are preparing work samples and reflections that are being uploaded to the program. The pride shown in student work is clearly evident in the samples that are uploaded. The students’ ability to reflect on their learning is fantastic – the honesty of the comments that the grade 5/6 students wrote as they reflected on their projects demonstrate that they understand the importance of thinking about their work and how they can improve their learning.

Head lice

We have had reported cases of head lice in the school during the last week. Anyone can get head lice. Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours). People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Many lice do not cause an itch, so you have to look carefully to find them. Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the
scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off. Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

Step 1 Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

Step 2 Now comb sections of the hair with a fine tooth, head lice comb.

Step 3 Wipe the conditioner from the comb onto a paper towel or tissue.

Step 4 Look on the tissue and on the comb for lice and eggs.

Step 5 Repeat the combing for every part of the head at least four or five times

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school after treatment has commenced. The department recommends a child with head lice can be treated one evening and return to school the next day, even if there are still some eggs present. There is no need to miss school because of head lice.

To prevent head lice check your child’s head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Rubbish

The buildings and grounds of Buln Buln Primary School are kept immaculately and it is evident that the school community take pride in our school. I was disappointed last week when a close neighbour came in to let us know that there has been rubbish left outside her house in the mornings. We will monitor this and hope that this is not the case in the future as the front of our school is the first place our school community and visitors see as they enter our beautiful grounds.

Yard Supervision

As someone who has previously never worked at a school with before and after school care, I am now a strong advocate for the program. Students enjoy spending time in the program and staff take pride in organising activities which engage all participants. Can I remind parents that students who are not in the before and after school care program are supervised in the yard from 8:45 – 9:00 and 3:30 – 3:45. If you need to organise drop off or pick up outside of these times, please contact us.

Nicole Ball
Acting Principal

100 nights of Reading

Connor, Matthew, Emma, Ella, Lucinda, Keely, Matthew, Luka, Natasha, Tyler, Sophie, Sam, Ryan and Ari.

Social Skills

Logan, Kaylee, Sophia, Ella, Tyler, Amelia, Lenny and Coby.

Assembly

On Friday assembly will be led by Drew and Eilidh from Kite House.

School Council Meeting

At our School Council Meeting this month we fondly farewelled Mr Jeff’s and welcomed Mrs Ball into our Team. We received a good response from Parents wanting to join into our Sub-committees, thank you. We discussed Community Engagement being part of Parents and Friends role and Wellbeing being part of the Staffs’ role. The school is organising for the Grade 5 & 6’s to take part in a Health & Human Development Education some time later this year. There was discussion around phone reception and phone lines required for safety purposes. A tower is to be built in the Buln area which will improve mobile reception and School Council are looking into costs of having a 2nd land line installed. Buildings and
Grounds discussed some maintenance things to be looked at and organising a Working Bee. Policy and Planning are in the process of ensuring all hard copies and electronic copies of the Policies match. Our next meeting is scheduled for September 8th at 7pm.

**BOOKCLUB**

All orders and money should be returned by **Tuesday 25th August**. No late orders accepted.

Thank you.

**FREE MOVIE DAYS IN TERM 3**

Junior School Council are having DVD lunch time sessions for Grade 3-6 in the great space-BYO lunch, movie being shown RIO and it will start shortly after 1.30p.m.

Junior School Council members will be running this event and I will be present as well.

This is a free activity, no money is required.

Gerardine Johnston, on behalf of the Junior School Council.

**Parent Club**

**Your Inspiration at Home**

Last week we sent home a brochure regarding our next fundraiser - “Your Inspiration at home”. There was a self explanatory covering letter, however if you have any questions, please feel free to catch up with Janine Sharman for further explanation. The school receives a very generous 40% of all sales, so it’s a great way to help raise funds for our school. All orders and monies due back at school by Friday 21st August.

**School Disco**

**Wednesday 19th August**

The school disco starts at 3.45pm – 5.30pm at the Sporting Clubrooms. Children going straight from school can get changed at school and will be walked over to the Sporting Clubrooms as a whole group with Mrs. Ball. Entry is a gold coin donation.

Please bring a plate of food to share with your class.

Food will be collected from the classrooms at 2.30 or you can bring your plate with you at 3.45. **Please do not send popcorn as this is a nightmare to clean up.**

Parent helpers are required to set up at 2.30pm and clean up, so if you can help please leave your name with Lyn at the office.

**FOOTY DAY 2015 to support the RSPCA**

Junior School Council are running a Annual Footy Skills Day on Friday August 28th. *(backup date is Monday 31st August)*

There is a gold coin donation and children are encouraged to dress in their footy colours. The children will go out to the basketball court in their grades and the Junior School Councillors run these sessions. The children will practise skills such as hand balling, bouncing, rebounding and kicking.

Certificates will be given out to the best dressed in each grade and Junior School Councillors will also be catching children trying their best as each grade participates.

Gerardine Johnston, on behalf of the Junior School Council.
Dad’s Night

Friday 11th September
6—7.30pm

The Grade Prep/One and Two Dads or special friends are invited to school on Friday 11th September at 6pm for a Dad’s night.

The night will include a number of science based activities in the classrooms as well as a sausage in bread for tea,

(Gold Coin donation).

Hope to see you there.

FROM THE CHAPLAIN

This week in the junior cooking session students made Mini Pizzas and Jam drops. Thanks to my two parent helpers Ashley Carpenter and Troy Hutchison the children were able to have plenty of hands on experience in the kitchen. Here they are enjoying the food they cooked.

We also made some bread rolls and talked about how yeast acts to make the dough rise.

This is my favourite recipe which I use to make dinner rolls and also pizza bases.

Ingredients
3 teaspoons dry yeast
1 Tablespoon brown sugar
650 ml lukewarm water
4 Tablespoons olive oil
1 Kilo of bread or pizza flour
1 Tablespoon sea salt
Extra flour
Milk or egg to brush

Method

Mix the yeast and sugar in a small bowl and add the water and stir until yeast and sugar dissolve. Leave for 10 minutes and allow the mixture to froth before adding the oil.

In a separate bowl mix together the flour and salt and make a well in the centre. Add the liquid slowly until the dough forms into a ball. Turn out onto a floured board and knead until the dough is soft. Cover and leave in a warm place to rise for about 40 minutes. Shape into rolls and place in trays. Allow to rise 20 minutes or until doubled in size. Brush with milk or egg mixture. Bake in preheated oven at 220C for 15 to 20 minutes.

Next Monday 24th August the students who will be preparing a snack to eat for lunch or take home include; Stella, Oliver, Amelia, Jack, Bethany, Toby, Travis, Hamish. I am in need of two helpers for this session which runs from 11:30 until 1:30. If parents or grandparents of these students would like to assist please send a message via the office or an email to kingwillbj@hotmail.com

Barbara Kingwill – Chaplain BBPS
THERE IS NO HEALTH WITHOUT MENTAL HEALTH!!

Following our Mental Health Round on 11th July, the Buln Buln Football and Netball Club hosted a Community Information/Discussion session on Thursday 13th August with three excellent presenters: Dannii Taylor-Bowman & Peter Little from Latrobe Regional Hospital Mental Health Services and Ann Hamden from Latrobe Community Health.

The evening discussed what mental health is, what mental illness are, the types and signs of mental illness including substance abuse (alcohol and other drugs), mental health and the community, what influences our mental health (risk and protective factors), support services and where else to get help.

Mental Health is a state of physical, mental, spiritual and social wellbeing where people cope with the normal stresses of life and are able to make a contribution to their community. Mental health and wellbeing is a combination of positive feelings and positive functioning.

Mental Illness is a diagnosable illness that causes major changes in a person’s thinking, emotional state and behaviour. It can disrupt the person’s ability to study, work and carry on their usual personal relationships. It’s very scary but the statistics are:

* 1 in 5 adults and 1 in 4 young people will experience the signs and symptoms of a common mental illness in a year
* 7 - 14% of adolescents will self harm at some time in their life
* 20 - 45% of older adolescents report having had suicidal thoughts at some point.

It was only one question but it really made everyone stop and think, How would you describe the mental health of your community? Did they know the answer - how often do we talk about the stuff below the surface/deep inside, our emotions/feelings??

There are some key influences of mental health within our community and its easier to break them into risk factors and protective factors. Risk factors increase the likelihood that mental health problems will develop and they may also increase the duration and severity when mental disorders exist. They include low self esteem, social isolation, peer rejection, abuse, violence, poverty etc..

Protective factors enhance and protect positive mental health and reduce the likelihood that a disorder will develop. They include positive sense of self, supportive family/parents/friends, community participation, safe and secure living environment, economic security, employment etc..

We discussed some top tips for good mental health & important to note they don’t involve expensive things or plenty of time, they are simple things like taking a break & breathe (fill your lungs fully, breathe slowly and deeply), read a book, complete a fitness session, have a laugh with mates, go for a walk, take a bath, meditate.

The key messages from the session were:

* No-one is immune to mental illness.
* Life isn’t always fun and fair and its okay to have a off (or bad) day - that’s normal.
* It’s perfectly okay to admit when your not coping, don’t be afraid to seek and ask for help
* When you see a friend or family member who doesn’t seem right for no apparent reason, don’t ignore it. The best thing you can do is talk to them, ask them what’s going on - confront the topic. And remember you don’t need to have all the answers, you just need to be willing to listen.
* Mental health problems are common and treatments are effective

What resources and support services are available to our community?

- Information websites e.g. Beyond Blue, SANE, Black Dog Institute
- Your General Practitioner (GP)
- Mental Health Community Support Services
- Headspace (up to 25 years old)
- Quantum Support Services
- Services available to carers covering specialist education, specialist carer support, respite options and peer support

HELPFUL PHONE NUMBERS
- Mental Health Triage 1300 363 322
- Lifeline 13 11 14
- ACSO (Australian Community Support Organisation) for Mental Health and AOD (Alcohol and Other Drugs)) 1300 022 760
- LCHS Counselling and Carer Services 1800 242 696

It was an extremely beneficial evening for the Buln Buln community and if you would like to host a similar evening for your community, please contact Cayte Hoppner, Director of Mental Health at Latrobe Regional Hospital on 03 5173 8549 or 0416 130 542 or choppner@lrh.com.au to organise.

"Caring for myself is not self-indulgence, it is self-preservation"
Robyn Mitchard
BBNC President
0407 607 380

**Buln Buln Cricket Club**

Junior cricketers wanted for Buln Buln Cricket Club. Under 12s and under 14s welcome, please contact Glenn Barnes 0409 806 518 or Jeff Walsh 0405 143 021. Boys and girls are all welcome regardless of their abilities. Season starts in October, and runs through until Late Feb. training will start mid September.