

The Booral Bush Telegraph

Booral Public School

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Newsletter Term 4 Week 7

Dear Parents and Carers,

Disco

How wonderful was it to see our children having such an enjoyable time at the school disco last Thursday. The children were extremely inventive in coming dressed in the 'B' theme and some very interesting Ballerinas, Barbies and Bushrangers turned up on the night. I would like to comment that the children were fantastically behaved and entered into the spirit of the night with great fun and enjoyment. Thanks to Ms Parsonage and Mrs Fear for assisting with supervision on the night.

Carols by Candlelight Stroud

Members of our choir will be performing at the Stroud Carols by Candlelight on Saturday 26th November. Thanks to students, Ms Parsonage and parents for allowing this to happen. It will be great to see our kids perform in public alongside other schools and community groups. Go along and join in.

School Band

Our School Band has a 'Gig' at Stroud Nursing Home today and they are very excited to perform there. Once again another opportunity for our children to perform in front of other audiences.

School Behaviour Policy

Just recently some students have taken liberties and made inappropriate choices in their behaviour. This is very concerning as consequences could preclude them from future school events. I would appreciate it, if you spoke with your child and reinforced the importance of our school rules and of being a good, dependable school citizen.

School facilities standards review

You can now have your say on the classrooms of the future by participating in an online survey as part of a comprehensive review of the School Facilities Standards. The standards, developed during the 1970s, outline how school facilities are designed and built. The review will consider changes in the way education is delivered, technological advances and increased community expectations.

Your ideas will be used to assist in creating design standards that will inform the development or refurbishment of schools that are appropriate for the future. The survey takes approximately 20 minutes to complete and is open until November 28. www.surveymonkey.com/sfsparent

Max Labecki
Principal

P & C Dates to Remember

P & C A.G.M.

The P & C Annual General Meeting will be held on Wednesday 7th December at 3.15pm. All positions will be declared vacant. If you would like to nominate for the positions of President, Vice President, Secretary, Treasurer, Fundraising Coordinator, Uniform Coordinator or Canteen Supervisor please send in your nomination. We are losing some of our committee this year due to their children going to High School and others with work commitments so please consider nominating for a position.

P & C Christmas Raffle

Thank you to the few who have donated hamper items. Please send in your donations to the office and help make this our best Christmas raffle ever!!! Tickets will be sent home soon.

Canteen

As there will be no canteen in the last week of school, we only have two more canteen days left this year. We will be using the remaining stock on hand for those two canteen days and we are offering the following:

Recess

Custard	80 cents	Noodle Cups Beef/Chicken	\$2.00
Jelly Cups	80 cents (limited stock)	Pikelets (4)	\$2.00
Raisin Toast (2)	\$1.50	Nuggets (max 6) (limited stock)	50 cents ea
Banana Bread	\$1.00		

Lunch

Chicken Burger and Drink	\$4.00
Ham and Pineapple Pizza and Drink	\$4.00

Thank you to Tracey Godfrey, Tammy Devon and all the canteen volunteers for keeping the canteen running this year.

Phone calls to School

Please when contacting the school allow the phone to ring. Our system is set to ring in the office and Principals room, after a minute the staffroom and library phone will ring as well. So please be patient and your call will be answered

Carols Stroud Showground

Christmas Carols are on this Saturday 26th November at 6pm - 8pm. Food (organised by Jenny Lee) and Bar (organised by Nicki Jones) will open at 5pm.

New program this year so please come along and support Stroud Crowd Choir, Booral, Stroud, Stroud Rd and Dungog Primary Schools. Fran Carter, her choir and our pupils and teachers have put an enormous amount of work into this event.

Santa will be there!

INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



Helping shrinking violets to bloom

Self-consciousness is normal in girlworld, but you can help your daughter grow out of it

Article contributed by Dannielle Miller

Intense self-consciousness is a part of life in girlworld. Even an extroverted girl can have moments when she feels as if a spotlight is shining just on her and the whole world is staring at (what she perceives as) her flaws.

In my diary when I was 14, I lamented the fact that a plastic surgeon had told me he couldn't fix the scars I have on my neck and down one arm as the result of third-degree burns I received as a little girl... I wasn't self-conscious about those scars ... until I hit puberty. Then I wore long sleeves no matter how hot it was. I believed those scars meant I would never be loved.

Melodramatic? Sure, but that fear was painfully real at the time.

When a girl says she's going to "die" because she has to give a five-minute talk in class, it sounds like a total overreaction – but that may be how she truly feels. Some self-conscious girls blush. Some clam up to the point of seeming rude. Others underachieve so that they don't outshine their friends. They might apologise, or even get angry, when they receive a compliment. Binge drinking and other risky behaviour can also be misguided ways of handling social stress. This is all puzzling to adults – unless we remind ourselves what it was like to be a teenager, simultaneously wanting to stand out and fit in.

With all that we have learned and experienced as adults, there is much we can do to help shrinking violets bloom.

1. Know the power of your words. A friend of mine heard a teenage girl at a party wishing that she would stop growing as she didn't want to be "too tall". No adults spoke up to give her some perspective. In fact, one woman said, "Oh yes, you want to be able to wear high heels." The subtext: if you grow too tall, you'll tower over any potential date and will be doomed to a sad, lonely, high-heel-less spinsterhood. To that girl, I say: whether you're short or tall or somewhere in between, you are beautiful and you will be loved. To grown-ups, I say: we all have to be careful with our words.

2. Help her tackle shyness in small steps. You can eat something as big as an elephant if you take small enough bites. If your daughter finds social situations challenging, suggest she works on one thing, such as talking to new people. Next time she's in a social situation, she could try saying hello to just one person she hasn't met before. The more often she does it, the easier it will become.



3. Create opportunities to socialise. Provide your shrinking violet a non-stressful environment in which to get to know other girls and develop social skills. You might organise one-on-one opportunities for her to hang out with another girl at your place. Girl Guides and community groups are other great ways to gently introduce girls to social situations.

4. Help her be prepared. For girls who become anxious about public occasions, being fully prepared can be a real confidence booster, especially when giving a talk in class. For social events, some self-conscious girls find it helpful to visualise how they'd like the event to go and the kind of things they'd like to say and do.

5. Be a role model. Strong, confident role models can inspire girls to come out of their shell. Parents are the most important role models of all, so as well as encouraging her to find role models outside the home, it's important for you to look inwards, too. How do you respond when someone gives you a compliment? Do you sometimes struggle to find your voice to express your beliefs and feelings?

6. Encourage her to find her inner Amazon. I recommend that girls spend some quiet time visualising their inner Amazon, who is strong and powerful. Girls can then summon up their inner Amazon whenever their confidence gets wobbly. At the end of my book, *The Butterfly Effect*, I give a visualisation exercise that girls in our workshops find really empowering.

7. Celebrate difference. Our aim should be to support girls and help them develop the confidence to be themselves, not to force everyone to be outgoing. Some people are naturally quieter than others. If a girl is especially shy and quiet in class or is really struggling in the playground, then of course we need to help her develop the skills to contribute in class and in social groups – while always respecting individual differences.

Dannielle Miller – Parentingideas recognised expert
Dannielle Miller is a leader in the area of raising girls. She is the author of *The Butterfly Effect* and CEO of Enlighten Education. Dannielle is currently working on her second book, aimed at adolescent girls. She is a popular speaker at youth and education conferences and forums. Find out more at www.daniellemiller.com

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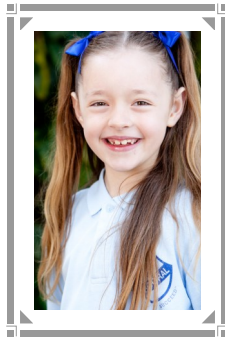
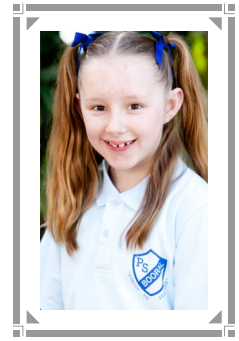
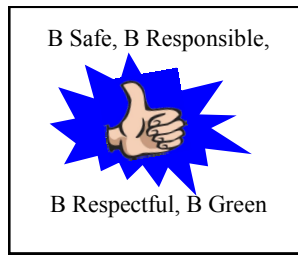


Join Michael's community of parents on Facebook.
Go to www.facebook.com/michaelgroseparenting and click on the Like button.

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Proud member of The Bucketts Way and Myall Lakes Community of Schools

**Olive****Gwen****Class Awards - for week 6**

- K-1 Oliver - improving application to class tasks
 Imigen - her interesting recount of our excursion
 Bella - her interesting recount of our excursion
- 1-2
- 3-4-5 Lachlan B - his great effort at swimming school
 Alex - his excellent research on the Strangler Fig
 Georgia - her wonderful "eco-friendly" rainforest home
- 5-6 Hayden - an outstanding effort throughout the year in the home reading program
 Kasey - an outstanding effort throughout the year in the home reading program
 Chelsea - consistently achieving excellent results in spelling tests and maths drills
- Principal's awards
- Griffin - beautiful work and manners
 Kasey - excellent attitude to work
 Charlotte - beautiful manners
 Bryson - effort in class lessons

Dates to Remember***This week***

- Wednesday 23/11 -
Thursday 24/11 - Carlingford HS Concert Band 9.30am
Friday 25/11 - 1_2 Assembly 10.40am

Week 8 Term 4

- Monday 27/11 -
Tuesday 28/11 -
Wednesday 29/11 -
Thursday 30/11 -
Friday 01/12 - Captains Assembly 9am

Happy Birthday: Alex H 23/11, Mackenzie 25/11



Swimming Scheme

Can parents please check that all items of clothing are labelled with your child's name. Teachers cannot return clothing to children if we can't identify who the item belongs to.

Booral Public School P&C 2011 Christmas Raffle

1st Prize: 2 nights accommodation at Oaks Pacific Blue Resort. Plus a whale watch cruise.

Donated by Joe Sepos

2nd Prize: Timber outdoor table

Donated by Bunnings at Forster

3rd Prize: Complete Christmas Hamper (pork or ham)

Donated by Manktelow Family

4th & 5th Christmas hampers

Drawn Tuesday 13th December 2011

- Tickets \$1.00 each
- Raffle tickets will come home soon.

League Tag

Congratulations to all the children who participated in the League Tag Gala days at Cessnock and Maitland. It was a pleasure to coach such enthusiastic and committed children.

The two mixed teams won all their games at Cessnock. The girls won all four games at Maitland. The boys won one game and lost three by small margins.

Thank you to all the parents who transported us on the day. The support by mums, dads and grandparents was a credit to our small school community.

A special thank you to Toni Searl and Dorothy Kallis, who have transported my class and individual children to many sporting and social events over the last six years.

Without parents like these, the children would not have experienced so many memorable occasions.

Mrs Campbell



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CHRISTMAS CAROLS AT BOORAL VILLAGE 2ND DECEMBER 5.30PM

MUSIC PROVIDED BY STROUD CHOIR AND
BOORAL PUBLIC SCHOOL BAND

Bring a camper chair and your singing voice and
join in with all your favourite songs.

Come dressed in your Christmas gear, bring a
gold coin donation and you could win a prize.

All proceeds to Booral Public School Band.