Dear families,

Well done to all of our Year 3 and 5 students who completed the NAPLAN last week. The students completed four assessments over the three days. Parents and the school will receive the results in September this year.

Over the course of this term we have a number of excursions organised, these include:

- Kindergarten going to Taronga Zoo
- Year 1 going to Mt Annan Botanic Gardens
- Year 2 and 1/2M going the Manly Aquarium
- Years 3 and 4 going to Botany Bay Field Study Centre

These are very exciting opportunities for our students and invaluable learning experiences. Should you have any questions about these excursions please do not hesitate to contact your child’s teacher.

As some of you may be aware we have a number of prac teachers from the University of Western Sydney with us at the moment. They are currently in the middle of the three-week block. The students are extremely enthusiastic to be working with us here at Blairmount and it is extremely exciting for our staff to see such excitement in future colleagues.

Finally for the week, teachers are currently very busy preparing the mid-year reports that will be distributed in the last week of term 2.

Regards
Greg Turnbull
Principal

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**Medical Alert - Scabies**

There has been a report of children who have scabies. Please read the following information and check your children.

**What is scabies?**
A common cause of generalised itching is scabies - a condition which is easy to catch. Scabies is due to a tiny mite about half a millimetre in size. It burrows under the skin, lays its eggs and dies. When the eggs hatch, tiny mites are released and travel over the skin. The condition causes intense itching and sometimes a rash.

**Where does the scabies mite live?**
The scabies mite prefers tender, protected areas such as wrists, between the fingers, folds of the armpit and elbow, the groin and the creases of the bottom.

**How does scabies spread?**
The mites spread from person to person by close skin-to-skin contact. This is why children with scabies should be kept home from school. Sometimes the mites spread through clothing or bedding. Whole families are often affected. It can be very difficult to find the scabies mites, but sometimes-tiny lines in the skin - made when the mite burrows - are seen and give a clue to the diagnosis.

**What is the treatment for scabies?**
See your doctor who will prescribe a course of treatment.

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**Lost Property**

We are currently getting a large amount of lost property, particularly school jackets and jumpers. Unfortunately most of this clothing is NOT labeled and thus cannot be returned.

Please ensure you clearly label all of your children's clothing.
Kindergarten News
Kindergarten are heading off to the zoo this Friday and we are all very excited! Just a reminder that we will meet on the grass just outside the school office at 7:45 a.m. Please don’t be late as the bus needs to leave by 8:00 a.m.

Please ensure your child brings their recess and lunch and is dressed in their winter school uniform to keep warm, have their school hat and are wearing comfortable walking shoes.

There is a possibility of rain on Friday and we will be going rain, hail or shine, so please pack a raincoat in their backpack. Please come and see me if you have any further questions.

Thank you,
Miss Howick

Road Safety
It has been brought to my attention that parents are parking across the pedestrian crossing on Clydesdale Drive. The council has been contacted about this and has assured me that rangers will now be making regular spot checks. Please do NOT park across the crossing as it puts students and parents trying to do the right thing in danger.

Similarly we have some families not using the supervised crossing to cross Badgally Road to come to school. The Roads & Maritime Services provide a crossing supervisor on Badgally Road to ensure the safety of students arriving and leaving school. Please talk with your children and emphasise the importance of using the crossing on Badgally Road when arriving or leaving the school.

Kindergarten 2014
If you have a pre-school child turning 5 years old on or before 31st July 2014, they are eligible to enrol in Kindergarten for 2014.

If you haven’t already done so, please collect an enrolment form from the office and return to school ASAP. If you are aware of neighbours or friends with eligible children, please advise them to come and introduce themselves and ask for an enrolment form and information about the school.

Year 2 & 1/2M Manly Sealife Sanctuary Excursion
Green Permission notes for the Year 2 and 1/2M Manly Excursion were sent home last week.

Thank you to those families who have already paid. Please ensure the $25 is paid in full by Wednesday 12th June.

Any spare notes are available at the office. Please see me if you have any questions.

We all look forward to having a great day with the children.

Ms Murray
Excursion Organiser

Botany Bay Environmental Education Centre Excursion - Year 3 and 4 Students
Year 3 and 4 Students and Class 4/5S are going on an excursion to Botany Bay Environmental Education Centre, located at Kamay/Botany Bay National Park, Kurnell, Southern Sydney.

- Year 3 students will be attending on Friday 7th June 2013
- Year 4 students with Class 4/5S will be attending on Monday 17th June 2013.

This excursion has been planned to supplement the work being done in the classroom on British Colonisation in the area Human Society In Its Environment.

Please start forwarding your child’s payments and permission notes so we can finalise our numbers for this excursion.

Thanking you -Stage 2 Teachers

Jelly Bean Guessing Competition
The SRC are holding a Jelly Bean Guessing Competition on the asphalt at lunchtime and recess. Come and have a guess for 20c or 3 guesses for 50c. You win the whole jar if you guess correctly!!
Sports News

We had two students represent Campbelltown PSSA in the U11s rugby league team in the Sydney South West area championships held on Tuesday 9th April at Bass Hill.

Jacob & Jonathon represented Blairmount School & Campbelltown zone with good solid performances that saw Campbelltown play 3 group games winning 2 and then playing against group 1 winners Horsley in a semi-final (the eventual winners of the championship) going down in a tough match 2 tries to nil it was Horsley's toughest match in the tournament.

Both Jacob & Jonathon played with good spirit and made strong contributions to the teams performances. They also showed a lot of skills during a long day of football and both were well behaved for their coaching staff which is a credit to the boys. I know the boys enjoyed the day and they were pleased to be representing their school and zone.

Game 1 Vs The Fields – won 3 tries - 1

Game 2 Vs Bankstown – won 4 tries - 3

Game 3 Vs Razorback – Lost 3 tries - 0

Game 4 Vs Horsley – semi-final – Lost 2 tries - 0

Peer Support Update

Week 4

We are continuing our Peer Support lessons this week. The whole school participates in Peer Support for 30 minutes each week. Two Peer leaders facilitate a small group of 8-10 younger students, who work together through a number of structured activities. Each teacher will supervise 2 groups in their classroom. We are working on a module called Living Positively helping us explore the concept of optimism. The module runs for 8 sessions. Our first session enables the children to get to know everyone in the group, agreeing on how they will work well together and interact cooperatively with others. They will also begin to think about what it means to be optimistic. We encourage you to talk to your children about Peer Support every week, as it will help to reinforce the concepts learned in each session.

Week 5

This week in Peer Support the children will share the things they enjoy in life and have an opportunity to discuss their favourite activity. This session enables children to recognise what makes them happy. Discuss with your child their favourite activity.

Congratulations to all the Stage 3 leaders on their great implementation of the peer support program.

Miss Dash

Woolworths Earn and Learn Program 2013

This year our school is participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is to shop for your groceries at Woolworths. From Monday 8th April until Sunday 9th June 2013, we are collecting Woolworths Earn and Learn points. You will get one Earn and Learn point for every $10 spent (excluding cigarettes, liquor and gift cards.)

Place the Woolworths Earn and Learn Points onto the Earn and Learn sheet and when it’s complete, it can be brought into school and dropped into the collection box, which is located at the front office. There are more sticker cards available near the box for you to take each time you bring a full one into school.

We were very successful in this program last year and it is all thanks to your support. We hope that this year will be just as successful.
Permission to Publish

Last week we sent home a RED note seeking your permission to publish information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

This information may include your child’s name, age, class and information collected at school such as photographs, sound and visual recordings of your child, your child’s work and expressions of opinion such as in interactive media.

The communications in which your child’s information may be published include but are not limited to:

- Public websites of the Department of Education and Communities including the school website, the Department of Education and Communities intranet (staff only), blogs and wikis.
- Department of Education and Communities publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department’s websites.
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter.

Parents should be aware that when information is published on public websites and social media channels, it can be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information. Published information can also be linked to by third parties.

Please complete the permission slip on the RED note and return to the school by Monday 27th May 2013.

Maths Problem

One bag of Crunchy Chips costs $2.15

How much will 7 bags cost? 

Helping Your Child Understand TIME

What can you do at home?

- Look at parking signs and discuss the time restrictions when parking the car.
- Look at a calendar together and mark important dates. Talk about how many days until each event.
- Use a watch with a second hand and time your child running, skipping or walking. Count how many steps or skips they do in one minute. Discuss how many steps or skips could happen in 3 minutes.
- Have your child help set a kitchen timer or an alarm clock.
- Ask your child to make a label with the ‘use by’ date for meat or cooked foods that have to be frozen.

Adapted from: Five ways to build your child’s numeracy, An Australian Government Initiative.

Walk Safely to School Day

Walk Safely to School Day is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. The date for this event for Blairmount has been changed to Tuesday 28th May, 2013.

The main aim for this event is to:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To ensure that children up to 10 years old hold an adult’s hand when crossing the road.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.
- To reduce the level of air pollution created by motor vehicles.
- To reduce the level of traffic congestion.

It is suggested that parents/carers who have to drive, park their vehicles at least 10 minutes away from the school. The event provides an opportunity to promote the benefits of walking for health and well being as well as for the environment. We hope to see you all get involved.
**Ready Set School**

The Ready Set School students have had an enjoyable day at big school this week. All of our students enjoyed visiting the computer lab and our school canteen. All parent feedback has been very positive.

All students who attend the program will be made to feel part of the school community and will get to know some of the staff. I encourage you to take this opportunity to help get your child ready to start Kindergarten. There are limited places for the program so please contact Melissa Clarke on 4626 1795 to confirm your place for Term 3 or 4.

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**Public Speaking**

We are very excited to announce and congratulate our school representatives for The Multicultural Perspective Public Speaking Competition 2013 South Western Sydney Region Local Final. These students will represent our school on Monday, 24 June 2013 at Robert Townson Public School. We wish them all the very best of luck.

**Stage 2 Finalists:** Caterina Cordoba and Alyssa Khouri

**Stage 3 Finalists:** Anneliese Cordoba and Cailin Fahey

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**Breakfast Club**

Just a reminder our breakfast club is open every morning from 8.30am till 8.50am. All students are welcome to come and enjoy some toast made by Mrs Golledge, Mr Alone or Mr Rice. The breakfast club cannot serve toast after 8.50 am to ensure students have enough time to finish their breakfast and return to their lines.
Free Before School Activities

Come and join the fun

Taekwondo

Starts 8:30 sharp in the school hall

Yr K-2 Monday
Yr 3-4 Thursday
Yr 5-6 Friday

UNITED TAEKWONDO
Fitness and Self Defence
Canberra - Sydney
Upper Hunter - Riverina - Adelaide - Tonga

Kick start your life!
BLAIRMOUNT PUBLIC SCHOOL’s NEW SCHOOL RULES:

Students at Blairstown Public School have been busy learning their new school rules including the difference between desirable and undesirable behaviour.

- Be a Learner
- Be Respectful
- Be Safe

- Always be polite and use your manners
- Be cooperative
- Respect your own, others and school property
- Respect yourself and take responsibility for your actions
- Respect your school and the people and creatures in it
- Wear your school uniform with pride
- Respect the feelings of others
- Respect all natural and built environments
- Keep your play and eating areas clean from rubbish
- Be in the right place, at the right time, doing the right thing.
- Be sun safe – Wear a hat or stay under shelter
- Move safely at all times
- Keep your hands and feet to yourself
- Use all equipment correctly
- Travel safely to and from school
- Stay safe in cyberspace

Students are encouraged to demonstrate desirable behaviour at all times by following the school rules and earn some of our fabulous new awards including:

~ Desirable Playground Behaviour Awards ~
~ Being a Learner Award ~
~ Being Respectful Award ~
~ Being Safe Award ~

~ Being a Safe and Respectful Learner Term Award ~

Please support and encourage your child to learn the new school rules and demonstrate desirable behaviour by following these at all times.
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Living Positively develops the skills and knowledge for students to approach life with a positive attitude, use their strengths, engage in enjoyable activities and show gratitude to others.

Benefits for my child

All participating students benefit from the Peer Support Program by
+ identifying and using individual strengths
+ enjoying life by engaging in activities
+ practising positive self talk
+ developing coping strategies
+ demonstrating perseverance
+ working towards their goals
+ developing resilience
+ demonstrating gratitude for all they have in their lives

The following model will be used by students to assist them in developing the skills of optimism:

Questions & Answers

What is the Peer Support Program?
The Peer Support Program provides a fun and engaging environment for young people to address issues such as bullying, relationships, and self image. Modules are designed to equip young people with skills to deal proactively with life experiences, develop a sense of self worth and belonging, and to encourage taking responsibility for decisions and actions.

How does the Peer Support Program work?
Trained Peer leaders facilitate activities with small groups of younger students. A teacher supervises each group which includes: 2 Peer leaders and multi age groups of 8-10 younger students.

How can I support the Peer Support Program in my child’s school?
Discuss with your child the activities, concepts and understandings they are developing each week. This helps to foster a positive connection between school and home.

For more information about your school’s Peer Support Program contact the Peer Support Coordinator at your school.
About Living Positively

This module will support students to develop the skills, knowledge and attitudes necessary to identify their individual strengths and maintain a positive outlook on life.

*Living Positively* is based on the belief students can become more optimistic by monitoring their internal messages and living in harmony with their particular strengths.

*Living Positively* seeks to provide opportunities for students to identify which areas of life represent personal strengths and how they can feel happier and more fulfilled by taking advantage of these strengths.

Parents can assist their children by encouraging them to tell themselves positive, encouraging messages and displaying a positive attitude themselves. They can encourage their children to pursue pleasurable activities and spend time with optimistic people. Parents can play a key role in assisting their children to identify and use their personal strengths. These may include:

- curiosity,
- kindness and
- teamwork.

“It is hardly surprising that most of our happiness arises in the context of our relationships with others.” Dalai Lama

Why Teach Optimism?

Thinking optimistically is a key protective factor which enhances student resilience and provides a buffer against challenging situations. Students who are capable of setting a single challenging event into a wider, more positive context tend to cope better with such challenges.

An optimistic outlook protects students from the dangers of depression and suicidal thoughts. It also provides a greater level of enjoyment in life.

Many students experience negative thoughts that rob them of the opportunity to participate in life as fully as they could. Such thoughts focus on what they cannot be or cannot do.

The teaching of positive self talk helps students train themselves to identify the messages they send and to self correct ones which are not helpful. Over time, negative thought patterns can be replaced by positive thoughts which focus on what students can be and do. Such positive emotion enriches students’ lives as their participation rates increase and they experience more joy and greater success.

Like any habits, thought patterns are difficult to control and students need to develop strategies to help them become more aware of what they are saying to themselves and how to turn negative messages into positive messages. The greater their commitment, the more likely students are to make lasting changes.

Whilst optimistic thinkers are not always happy, they tend to have a better understanding of the range of experiences which increase feelings of happiness. As students look beyond themselves with an attitude of gratitude and service to others, so they experience more meaningful lives.

Definitions

The following definitions are used by Peer leaders throughout the module.

**Optimism** is when we think and act positively even when faced with difficult situations. When we use our strengths, try our best and are thankful to others, we are living positively.

Our **strengths** are qualities we can use to help us live positively.

**Perseverance** is trying to do the best we can at a task.

**Positive self talk** is when we speak kindly to ourselves, usually in our heads. Positive self talk helps us to cope with what is happening and stay optimistic.

**Gratitude** is when we are thankful for the people who help us. It is also when we appreciate everything we have in our lives.