

## Diary Dates

### Thursday 5<sup>th</sup> – Friday 6<sup>th</sup> Dec

Grade 3 Camp

### Tuesday 10<sup>th</sup> Dec

Grade 7 Transition Day

### Wednesday 11<sup>th</sup> Dec

Parent Helpers Morning Tea 10:40am

Carols evening 6:30pm

### Friday 13<sup>th</sup> Dec

Grade 6 Transition Evening

### Monday 16<sup>th</sup> Dec

Grade 6 Excursion

School Council Meeting

### Monday 16<sup>th</sup> – Thursday 19<sup>th</sup> Dec

Junior School Swimming

### Friday 20<sup>th</sup> Dec

End of Term 4 1:30pm dismissal

### 2020

### Wednesday 29<sup>th</sup> Jan

First day of term for Grade 1-6

### Thursday 30<sup>th</sup> Jan

First day of term for Preps

## PRINCIPAL'S REPORT – December 5<sup>th</sup> 2019

### Staffing and Grade Structures

The staff and structures for 2020 are as follows:

#### Administration

Principal, Ashley Ryan

Assistant Principals, Jacqueline Clement & Tanya Burton

Office/Business Manager, Deb Moore

Office Assistant, Pam Dodson

#### Classroom Teachers

Foundation Lalita Vijendran (Team Leader & Learning Specialist - STEM)

Foundation Jacinta Strong & Katherine Oswin

Foundation Ileana Psarakis

Foundation Sophia Goh

Year 1 Natalie Lorigan (Team Leader) & Katie Burke

Year 1 Michelle Nolan

Year 1 Laura Malloch

Year 1 Emma Thomson

Year 2 Clinton Bowe (Team Leader & Numeracy Leader)

Year 2 Sara Naidoo (Learning Specialist - Peer Observation & Mentoring)

Year 2 Serena Burr

Year 2 Nick Lee

Year 3 Kristen Hendricks (Team Leader)

Year 3 Jacqueline Maltezos (Acting Leading Teacher – Data)

Year 3 Steve Hall

Year 3 Jacinta McClean

Year 4 Angelique Abdulovski (Team Leader)

Year 4 Kate Salzmann

Year 4 Carol Wulfsohn

Year 4 Anna Cho

Year 5 Catlin Prescott (Team Leader & Literacy Leader)

Year 5 Bella Braddy

Year 5 Kavita Parmar

Year 6 Eloise Heppner (Team Leader)

Year 6 Zac Wilson

#### Quote of the Week

Consider the postage stamp: its usefulness consists in the ability to stick to one thing 'til it gets there." - Josh Billings

#### Word of the Week

Genial (adjective) - friendly; kind and cheerful

## **Specialist Teachers**

Art: Carmela Licaastro  
Mandarin: Wendy Lin  
Physical Education: Deborah Richards & Katie Lang  
Music: John Leever  
English as an Additional Language: Laura Greene

Library: Cherie Hicks  
Maintenance: Shane Jackson  
IT: Manuel Manatakis  
Yard Assistant: Michael Manatakis

## **Integration Aides**

Michael Bader  
Josephine Calvert-Jackson  
Danielle Croyden  
Di DiSimone  
Dom Chong  
Kim Dagher  
Carolyn Degetto  
Sima Ebrahimikhalsari  
Kim Harrington  
Catrin Morrison  
Jodie Pettit  
Kerri Piva  
Amanda Weston

As part of our STEM focus, science will be integrated into classroom teaching programs in 2020.

## **Special Morning Tea**

Next Tuesday the staff at Birralee will be hosting our 'Helpers' Morning Tea'. This is to acknowledge the wonderful support we receive from parents, grandparents and friends of the school. We have a wonderful community here at Birralee and this is in no small part due to the fabulous partnership we have developed between home and school. If you have helped out the school in anyway over the course of 2019, please be sure to come along next Wednesday at 10:40 am for a lovely morning tea.

## **A 'Must Read' – Sage Advice**

One would be hard pressed to find any adult who is not concerned about the increase in mental health problems including anxiety, depression and the rise in suicide rates in children and young adults. I came across the following article in the latest edition of the Australian Principals Federation newsletter, written by Victoria Prooday, Occupational Therapist. The article should be required reading for all parents. The advice contained within, is being borne out by study after study and I must say I concur with most of the article's contents. Please make sure you read this article. Some parents may find some aspects of the article confronting but I urge everyone to take the time to reflect on its messages and advice:

***The Silent Tragedy Affecting Today's Children, (and what to do about it) Victoria Prooday, Occupational Therapist.***

*There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels - our children. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes. Our children are in a devastating emotional state! Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in*

*kids' mental illness, which is now reaching epidemic proportions. (Please Note: the statistics cited in the links below are from the US, however this is a world-wide phenomenon and similar statistics are found in Australia).*

- *1 in 5 children has mental health problems*
- *43% increase in ADHD*
- *37% increase in teen depression*
- *100% increase in suicide rate in kids 10-14 years old*

**No,** *“increased diagnostics alone” is not the answer!*

**No,** *“they all are just born like this” is not the answer!*

**No,** *“it is all the school system’s fault” is not the answer!*

**Yes,** *as painful as it can be to admit, in many cases, **WE** parents are the answer to many of our kids’ struggles!*

*It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in a wrong direction and contributing to their challenges in everyday life.*

**Yes,** *there are and always have been children who are born with disabilities and despite their parents’ best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here. I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, these children change.*

### **What is wrong?**

*Today’s children are being deprived of the fundamentals of a healthy childhood, such as:*

- *Emotionally available parents*
- *Clearly defined limits and guidance*
- *Responsibilities*
- *Balanced nutrition and adequate sleep*
- *Movement and outdoors*
- *Creative play, social interaction, opportunities for unstructured times and boredom*

*Instead, children are being served with:*

- *Digitally distracted parents*
- *Indulgent parents who let kids “Rule the world”*
- *Sense of entitlement rather than responsibility*
- *Inadequate sleep and unbalanced nutrition*
- *Sedentary indoor lifestyle*
- *Endless stimulation, technological babysitters, instant gratification, and absence of dull moments*

*Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being.*

### ***How to fix it?***

*If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. It is still possible! I know this because hundreds of my clients see positive changes in their kids' emotional state within weeks (and in some cases, even days) of implementing these recommendations:*

*Set limits and remember that you are your child's PARENT, not a friend.*

*Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.*

- *Provide nutritious food and limit snacks.*
- *Spend one hour a day in green space: biking, hiking, fishing, watching birds/ insects*
- *Have a daily technology-free family dinner.*
- *Play one board game a day.*
- *Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc.)*
- *Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom*

*Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges.*

- *Don't pack your child's backpack,*
- *don't carry her backpack,*
- *don't bring to school his forgotten lunch box/agenda,*
- *and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.*

*Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:*

- *Don't feel responsible for being your child's entertainment crew.*
- *Do not use technology as a cure for boredom.*
- *Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom"*
- *Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.*

*Be emotionally available to connect with kids and teach them self-regulation and social skills:*

- *Turn off your phones until kids are in bed to avoid digital distraction.*
- *Become your child's emotional coach. Teach them to recognize and deal with frustration and anger.*

- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills,
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

*We must make changes in our kids' lives before this entire generation of children will be medicated! It is not too late yet, but soon it will be...-Victoria Prooday*

Further articles by Victoria Prooday may be found by entering her name in a search engine.

## Lost Property

We have been searching through lost property today and returning items, which are correctly named, to the rightful owners. However we still have a large number of items of clothing which are either not named at all, or still have the name of a student who was at this school many years ago or have names that are illegible. Please make sure all clothing is correctly and clearly named so that it may be easily returned.

## End of Year Reports

Reports will be available via Compass on Wednesday 18th December. Teachers have been working extremely hard over the past few weeks finalising written reports for the end of year. This is always a demanding and time consuming task which entails teachers spending large amounts of time writing, proof reading and printing off reports. I am very confident that parents will be pleased with the information contained in them. I would also say however that reports are no substitute for sitting down with your child's teacher at interviews or at other times during the year – a face to face chat will always result in a more thorough exchange of information.

**Ashley Ryan**  
Principal

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## Assembly

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**Senior School assembly** will be taking place this week. **Grade 4B** will be performing. Assembly starts at 2:40pm in the hall. All welcome to attend.

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## Play is the Way Award Winners

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<b>Prep V:</b>	Whole Class!
<b>Prep H:</b>	Harry, Cayden, Roshernt
<b>Prep G:</b>	Ava
<b>Prep P:</b>	Jared, Callum
<b>1BL:</b>	Jayden
<b>1N:</b>	Tiandy, Allegra, Sen, Isabelle, Dylan
<b>1M:</b>	Elliot, Sheraj
<b>1T:</b>	Kimi, Haran
<b>2N:</b>	Annabelle, Mary
<b>2B:</b>	Matteo
<b>2C:</b>	Denguoer
<b>2L:</b>	Danika, Gabby

<b>Art:</b>	Qasm (PV)
<b>P.E.:</b>	Alfie (2C)
<b>Mandarin:</b>	Zoe (1M)
<b>Science</b>	Karnik (2L)

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# 2020 Calendar

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## Term1

- January
  - Tues 28<sup>th</sup> Teachers start
  - Wed 29<sup>th</sup> Grade 1 – 6 start
  - Thur 30<sup>th</sup> Preps start
- February
  - Thur 6<sup>th</sup> Swimming Carnival Grade 4 – 6
  - Thur 20<sup>th</sup> Curriculum Day
- March
  - Mon 9<sup>th</sup> Labour Day Holiday
  - Wed 25<sup>th</sup> House Athletics Grade 3 – 6
  - Fri 27<sup>th</sup> End of Term 1 (2:30pm dismissal)

## Term2

- April
  - Tues 14<sup>th</sup> Start of Term 2
  - Thur 23<sup>rd</sup> School photos
  - Mon 27<sup>th</sup> Anzac Day holiday
- May
  - Mon 4<sup>th</sup> Curriculum Day
- June
  - Fri 5<sup>th</sup> Curriculum Day
  - Mon 8<sup>th</sup> Queens Birthday holiday
  - Mon 16<sup>th</sup> – Fri 19<sup>th</sup>
    - Grade 5 Camp
  - Wed 24<sup>th</sup> Parent Teacher interview – Senior School
  - Thur 25<sup>th</sup> Parent Teacher interview – Junior School
  - Fri 26<sup>th</sup> End of Term 2 (2:30pm dismissal)

## Term3

- July
  - Mon 13<sup>th</sup> Start of Term 3
- September
  - Wed 16<sup>th</sup> & Thur 17<sup>th</sup>
    - School Production
  - Fri 18<sup>th</sup> End of Term 3 (2:30pm dismissal)

## Term4

- October
  - Mon 5<sup>th</sup> Start of Term 4
- December
  - Fri 18<sup>th</sup> End of Term 4 (1:30pm dismissal)

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## Carols – Wednesday 11<sup>th</sup> December

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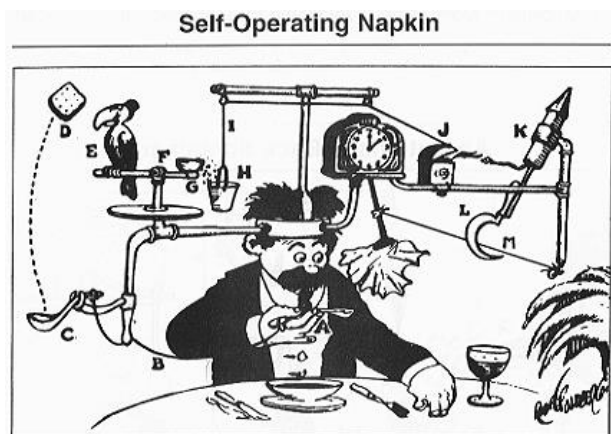
Hoping to see you all there on Wednesday evening for our annual Christmas Carols. Sausage sizzle at 6:30pm. Carols start at 7:30pm and we may have a special visit from someone special.

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## Rube Goldberg Challenge

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We have got a new challenge for you! We want you guys to build a Rube Goldberg machine. A Rube Goldberg machine is a machine that you build to do a very simple action in a complicated manner e.g. to pop a balloon. Take a video of your Rube Goldberg machine with you in it. Then put it in a USB and bring it to school in a labelled zip lock bag (or something secure). Put your submission in the office box labelled STEM before the 9th of December. The Rube Goldberg machine must contain at least 5 different operations and pop a balloon at the end.



Some more things you should know about this challenge:

- We will select the top 5 in Junior and top 5 in senior school and show it at assembly
- All eligible submissions will be put into a lucky draw
- The winner of the lucky draw will win \$10 voucher to National Geographic Australia

Here are two links below to show you what a Rube Goldberg machine is:

<https://www.youtube.com/watch?v=xHrYypDKXTc>

[https://www.youtube.com/watch?v=wouETq-KUmg&list=PLNPDtUHUkSPZgNm\\_CK2cC2k9val-U\\_KID&index=11](https://www.youtube.com/watch?v=wouETq-KUmg&list=PLNPDtUHUkSPZgNm_CK2cC2k9val-U_KID&index=11)

Good Luck

**Ellen and Mikhael (STEM Captains)**

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## Whole School and Miscellaneous Photos

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Miscellaneous group photos and whole school photo are available for to order at <https://schoolpix.com.au>

- Order No: **M20544**
- Internet Id: **9KRF4SJJE**

For Customer Service call 1300 766 055.

Order before Sunday 8<sup>th</sup> December for free delivery.

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## Bakers Delight Xmas Cakes & Tarts

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Remember to get your order in by Sunday 15<sup>th</sup> December for Bakers Delight Xmas cakes and tarts. See Community News for more info.

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## Bottle Top Recycling

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We will no longer be collecting bottle tops for recycling. Thank you to everyone who has brought in bottle tops and bag tags.

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## Just Zumba Classes

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There are only 2 Zumba classes left at Birralee School Hall for 2019. Please note change of dates due to school event:

Tue 10 December, 7.30 pm

Wed 18 December, 7.30 pm

Join an hour of Zumba party and have loads of fun while getting fit. Contact: [justzumbaclasses@gmail.com](mailto:justzumbaclasses@gmail.com)

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## Battery Recycling

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Your kids might've told you that there are some bins living in their classroom. These bins are from Battery World! In them, you can place all the batteries you own that don't work anymore. Clock batteries, watch batteries, phone batteries, and any other battery if they fit. If you do bring any larger batteries like laptop batteries then you can bring them to the front office and they'll do the rest. Battery World's purpose for giving us these bins is so we can start recycling batteries instead of letting them land in landfill. Many batteries contain lithium, which when exposed to water, catches on fire or explodes & if it catches on fire you can't put it out. So, if you don't want fires in landfill which cannot be put out, then you should ask your kids to put batteries into these battery bins.  
Thank you

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## Recycling Oral Care Waste 2019

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In an effort to look after our planet and environment, our school is again participating in the recycling program run by Colgate, Chemist Warehouse and TerraCycle called the 'Colgate Community Garden Challenge'.

Collect oral care waste such as toothpaste tubes, toothbrushes, floss packets and containers, toothbrushes packaging etc. The recycling box is located at the school office.

Every piece of oral care waste collected will count towards our total Garden Points. The more waste we collect as a school community, the more chances we have to win!

You can also increase our points by voting online for our school at:

<https://www.terracycle.com.au/en-AU/brigades/colgategarden>