

The Wave



Term 3 – Week 5

Principal's Message

BPS Extravaganza Concert – 'Music Through The Decades'

Tickets are selling quickly for our performance being held at the end of this term. Get in quick to secure your seats - there are only 3 performances. There has been a lot of activity in classes as they learn dance steps and costumes are decided upon. If you need any help getting items for costumes, please reach out to us as we might be able to help.

Riding a Bike or Scooter to School

We have a number of students who ride to school each day. Please remember that road safety is essential to support the wellbeing of our children, and wearing a helmet is the law. See the factsheet in this newsletter for some other information.

Playground Activities

Students have been enjoying the new playground activities, including the markings of new games, giant connect-4, noughts and crosses, volleyball and lots and lots of basketball games. It has been great to see students being so active at break times.

Attendance

Research highlights a clear correlation between student attendance and the achievement of quality academic, socio-economic and health outcomes. This research tells us that students with an attendance rate below 90% are educationally at risk.

We are aiming for Ballina Public School students to come to school at least 95% of the time – this will assist them in getting the best outcomes for their future.

Arriving at school on time (before 9:15am) and staying all day (until 3:15pm) is an important aspect of this – please allow your child/ren to be in attendance for the whole day. Please take the time to read the Attendance notice included in this newsletter.

Stacie Luppi
Principal

Important Dates

Term 3 - 2023

Week 6

Monday 21st August

MC Students visiting
Ballina Library

Tuesday 22nd August

Netball Clinic at School
Classes 5/6A, 5/6C, 5/6H, 2B,
2W,
MC-1 and MC-2

Thursday 24th August

Book Week
Character Parade
10am
School Hall

Friday 25th August

Family Breakfast
8:30am

School Assembly
10:30am
School Hall

Week 7

Monday 28th August

Father's Day Stall

Tuesday 29th August

Netball Clinic at School
Classes 5/6A, 5/6C, 5/6H, 2B,
2W,
MC-1 and MC-2

Week 8

Thursday 7th September

Book Club Closes

Canteen

\$6.50 MEAL DEAL

Fried Rice

Up & Go

Choc or Vanilla

Fruit Salad Cup

Prize

Our meal deal is a set deal and cannot be substituted for other items.

Our Canteen is open Wednesday, Thursday and Friday from 8:45am till 12:00pm.

Book Club

Issue 6 – Book Club brochures are out now. Orders must be in before 7th September, 2023. No orders will be accepted after this date.

Father's Day Raffle & Stall

Father's Day Raffle

Father's Day is fast approaching!

Raffle tickets are available for purchase from our Canteen for 50c each or 3 for \$1.00.

Father's Day Stall

We will hold our Father's Day stall on Monday 28th August, 2023.

Gifts will range from 50c to \$12.00.

From the Office

1. Reminder regarding Permission Notes

Whenever there is an excursion, we are required to seek parental/carer permission for students to attend. For organisational purposes, there is always a cutoff date for the note and/or money to come back to the school.

It is the family's responsibility to return this by the due date. We aim to send reminders via Dojo, Facebook and SchoolStream, however it is ultimately up to parents/carers to return this information to us by the cut off date. It is usually the case that there cannot be an extension for this information to be returned. Please do not speak rudely to our staff if your child/ren miss out on an activity if the note/money was not returned to us on time.

Please read the notes carefully as there may be occasions where parents/carers are required to transport their child/ren to events. The note will say **'PRIVATE TRANSPORT'** if this is the case.

Thank you for your assistance with this.

2. Education Hardship Funds

A reminder for students who received the \$500.00 Education Hardship Fund payment last year, you have until the end of this year to use the money.



ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

Ride a bicycle safely

As younger children are still developing the skills needed to ride alone, the safest place to ride bikes, scooters and skateboards is within fenced areas.

Until children are at least 10 years old they should ride away from vehicles and driveways. As they are learning to ride it is important to ride or walk alongside them and talk about how to be a safe bicycle rider.

Children between 10 years old and 12 years old should ride away from busy roads.

Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

Teach your children to be safe bicycle riders by getting them to always:

- follow bicycle road rules including:
 - ride to the left on footpaths
 - give pedestrians right of way on footpaths
 - watch out for cars entering or leaving driveways
- wear a correctly fitted bicycle helmet – it's the law
- wear bright-coloured clothing such as a vest so other road users can see them.

For further support

Go to the department's Road Safety Education program at education.nsw.gov.au/road-safety-education or visit education.nsw.gov.au and search for road safety education.

For older children, think carefully about the following when judging their ability to ride on their own:

- How safe is the travel route?
- What are their riding skills like?
- How aware are they of their surroundings in the traffic environment?
- How well can they manage unexpected hazards?

Your school will have procedures about students bringing bikes onto school grounds. Ensure your children follow these at all times.



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed

1 day per **week**
 = **8** weeks  = Over **2.5** years missed

BALLINA PUBLIC SCHOOL
PRESENTS
'MUSIC THROUGH THE DECADES'

1950'S
1960'S 1970'S
1980'S 1990'S
2000'S

TICKET PRICES
\$8.00 ADULT
\$4.00 CHILD
\$15.00
(FAMILY OF 4)

EXTRAVAGANZA

TUESDAY 19TH SEPT	12:30PM MATINEE SESSION
WEDNESDAY 20TH SEPT	12:30PM MATINEE SESSION
WEDNESDAY 20TH SEPT	6:00PM EVENING SESSION

SCHOOL HALL

TICKETS ARE AVAILABLE FOR PURCHASE FROM OUR
ADMINISTRATION OFFICE FROM MONDAY 14TH AUGUST
UNTIL SOLD OUT!

Tickets are selling fast – don't miss out!



You are invited to our Book Week Character Parade

10:00 AM - IN THE HALL

Thursday 24th August



Classes will parade through the hall and our SRC panel will choose 1 student from each class to win a prize for best costume. A class luck dip will also be drawn for each class.

After the parade we invite you to join us in a shared read. Students will bring along a book of their choosing to read with you and their peers. After this we will continue our time together with a picnic outside. You are welcome to bring along some snacks for you and your children, the canteen will also have options available to purchase.

Tea and coffee will be provided.

Please note our Book fair will be happening in Term 4.



We can't wait to celebrate our love of
reading with you!

Kindergarten 2024

Do you have a child starting school next year?

Enrolments can be undertaken online via our school website (ballina-p.school@det.nsw.edu.au) or alternatively please contact our administration office and we can arrange for an enrolment pack to be posted to you.

NOW TAKING ENROLMENTS FOR 2024







At Ballina Public School we offer high quality, educational teaching and learning programs. We value family, community and culture.

SPECIAL EDUCATION UNIT





Our Special Education Unit offers 3 support classes for students with disability. The personalised learning and support needs of students are addressed through a collaborative planning process. Adjustments to learning enable equitable participation by students in a full range of educational activities on the same basis as their peers.

Each small class is able to provide intensive learning support to students from experienced and dedicated special education teachers and student learning support officers.

It's an environment that enriches and enhances every child's learning.

◆.....◆

Students travel from surrounding areas and special transport services are available by application.

For enrolment enquiries, further information or to arrange a tour please contact our school and speak to the Principal Mrs Stacie Luppi or Assistant Principal Support Mrs Lee Yabsley.

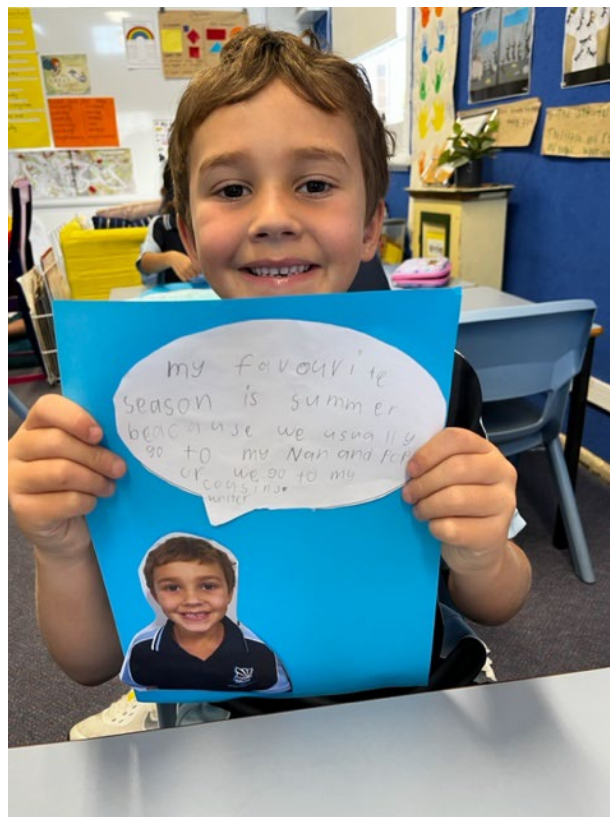
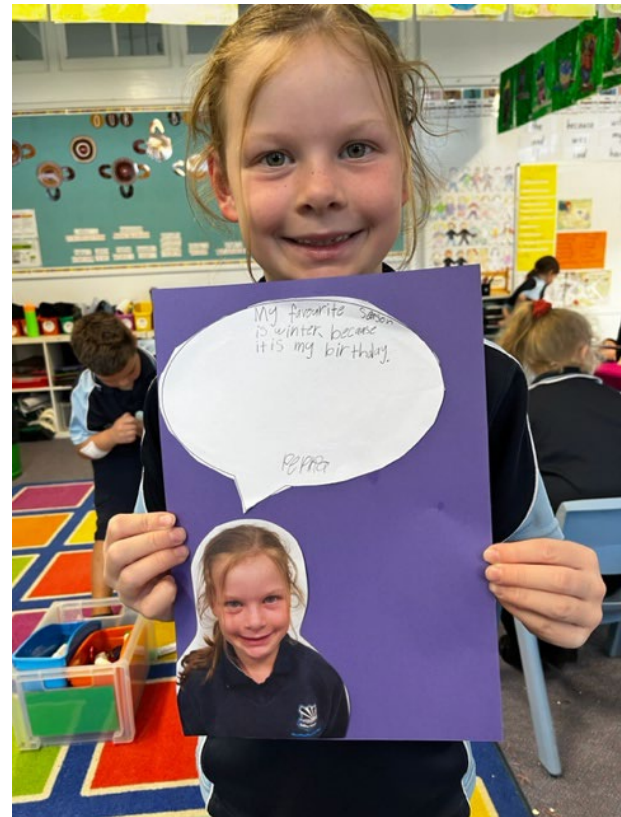
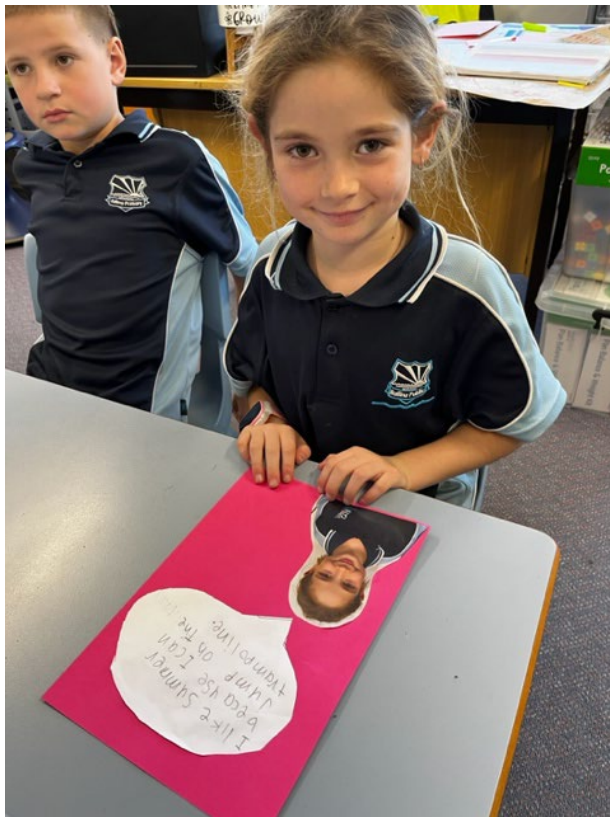
Playground Fun



Fun in
the
Playground!

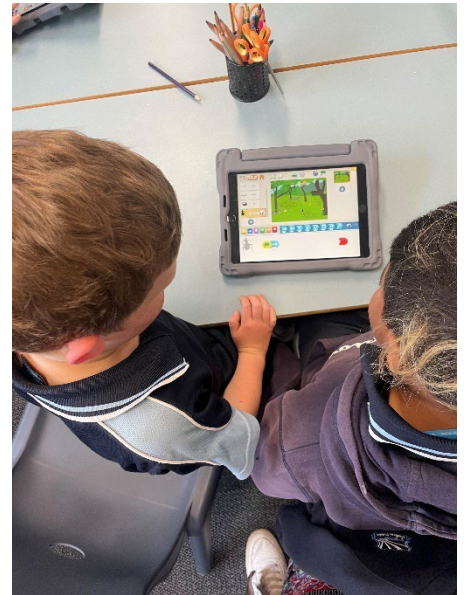


Year 1/2T have been studying conjunctions and we used them to write about our favourite season.



Class 1R

1R students are learning how to code! We are practising how to retell the events of a story through sequencing steps and problem solving.



Community Recovery Program



RFW are coming to visit Ballina Public School

Three clinicians from Royal Far West (RFW) will be visiting our community/school between Monday 28th – Thursday 31st August.

RFW will be supporting the School throughout 2023 with their Community Recovery Program. The Program can offer a range of support for students, parents/carers and school staff.

When?

The current plan for the RFW clinicians is: Monday 28th – Thursday 31st August.



What support can be offered?

The RFW clinicians will spend this first visit building connections with the students, staff and parents/carers, learning about the current needs & what support would be most beneficial. Clinicians will spend time in the classrooms as well as offering timeslots to meet with parents/carers.

Throughout 2023, some of the support which can be offered includes:

- Support for children: Group Programs for Children who may have experienced grief/loss, individual support/therapy for those with specific needs (e.g. Occupational Therapy, Speech Therapy, Psychology).
- Support for school staff: Professional Learning sessions on topics of interest
- Support for parents/carer: tailored support from a social worker, parenting support, support for children with specific needs, offer to join an online parenting group (separate "Tuning in to Kids" flyer can be provided).

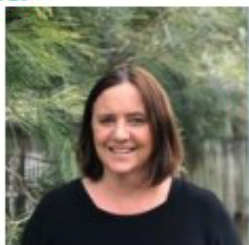
If you have any questions/queries about RFW's visit, please contact the school.

Next steps:

If you are a parent/carer of the school and interested in connecting with the RFW clinicians, either via phone or in-person, please contact Alice: alicek@royalfarwest.org.au or 02 8966 8503.

RFW Visiting

Team Members:



Liz, Occupational Therapist



Alice, Occupational Therapist



Darby, Psychologist

Community Recovery Program



Tuning in to Kids® Online Parenting Group

An online parenting group for parents and carers who would like to:

- Improve communication and strengthen the bond with their child
- Better understand their child's behaviour and learn new parenting approaches
- Connect with other like-minded parents



What is Tuning in to Kids®?

Tuning in to Kids (TIK) is an evidenced based, emotion-focused parenting course that supports parents/carers to recognise, understand and manage their own and their children's emotions. TIK has proven success in improving children's emotional intelligence which can reduce big behaviours.

Who is it for?

Parents/Carers. We are delivering TIK as part of our Community Recovery Program.

Where?

Groups will take place in person at Wardell CORE: 3 Sinclair St, Wardell NSW 2477

When?

The course runs during the school term, with 1 session per week over 7-8 weeks. Each session is 1.5-2 hours in length. We are looking at running the group on a Monday/Tuesday and are interested in hearing preferences for a day time slot or late afternoon/evening time slot.

**We are taking expressions of interest for Term 4, 2023.*

Next steps:

TIK is free to join & spots are limited. Please contact our team if you are interested or have questions: communityrecovery@royalfarwest.org.au or (02) 9017 3024



Although funding for this product has been provided by both the Australian and NSW Governments, the material contained herein does not necessarily represent the views of either government.

What parents have said:

"I am so incredibly grateful for this course! I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both of my boys"



Coach 2 Cope: Families and Carers

Supporting the mental health and
wellbeing of children & young people



Are you concerned about the impact mental health
has on the young people in your life?
Would you like to learn simple ways to respond to
them during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following:

- *A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioral challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.

- *Guidance on simple ways you can help young people build coping, resilience and positive help seeking behavior and the vital role you play in promoting this.

- *Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

- *Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Wednesday the 23rd of August, 5.30pm to 7pm at Invercauld House

(Attendance is complimentary)

Please be quick as spots are limited

Use this link to register via Eventbrite

<https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-by-dr-stephen-spencer-phd-lismore-tickets-692149296177>



ROTARY DUCK RACE

Sunday 10 SEPT 2023

11am - 3pm Fawcett Park - Ballina

COMMUNITY FUN DAY

DUCK RACING ON THE RICHMOND RIVER - ENTERTAINMENT - FOOD - BEST DRESSED DUCK



Community Duck Tickets \$5 ea or 3 for \$10

1st PLACE

Harvey Norman Ballina \$500 Voucher

2nd PLACE

Launch Performance & 4x4 \$250 Cash

3rd PLACE

Resonator Music \$100 Voucher

Buy tickets online



www.trybooking.com/CDTBW

ballina shire council

Harvey Norman

LAUNCH

Resonator Music

rotaryclubofballinaonrichmond.org.au



Alstonville Swimming Club welcoming new members

Alstonville swim club is excited to kick off their 2023/2024 season with all new and existing swimmers invited to join!

>>> Swim & Sign up nights <<<

- Our season will commence with 2 swim and sign up nights, on Tuesday 12 September and Tuesday 19 September. New and existing swimmers are invited to come and experience our race nights and enjoy a sausage sizzle. Please arrive at 5.45pm with racing starting at 6pm.
- Our official club nights will start on Tuesday 10 October 2023, to participate all swimmers must be registered
- Races start from 25m
- Family friendly sport, parents and adults are welcome to race
- Our club caters for beginners to national level swimmers
- Parents are required to accompany their children on club nights

For more information contact the club alstonvilleswimmingclub@gmail.com and follow us on social media @alstonvilleswimmingclub.

