



Booborowie Primary School

Achieving and Learning for Life

Term 1, 2018 Week 3 Newsletter



Government of South Australia
Department for Education and Child Development

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Dear Parents and Friends,
Welcome back to school for another year of powerful learning. Our planner is still filling and we know there are a few more things to be confirmed before they're entered. Please check the planner in the newsletter each fortnight to be informed about what is happening at school.

Exercise Your Brain

If at first you don't succeed, try something harder Proverb.

If we only ever do what is easy, how are we going to improve? Our goal is to provide learning experiences that are pushing children to do something they are not yet really good at. To provide them with some struggle.

We remind children how important it is to stretch their brains by tackling tricky and difficult problems because straining to learn new things, having a go and something new actually helps our brains grow! We talk about trying things yourself first before asking for help, not giving up when something is tricky but to stick with it because making mistakes helps us learn.

No-one is expected to be expert at something the first time they do something! We all need to practice again and again, not giving up, to become good at something and find it easy. You can help at home by praising effort, struggle and persistence children show and to model good self talk when you are struggling to learn something yourself. "This is hard, I'm not giving up though!" is a good start to show children that we all struggle from time to time and this is perfectly OK. This is how we learn and grow our brains.

Fundraising:

You should have all received a letter from Mel sent home this week. Mel is our staff representative on the Fundraising Committee and plans are already underway for our fundraising activities this year.

Students are also planning fundraising activities to help pay for our year 7s to go to Canberra at the end of this year. We will share more information about their ideas in coming weeks. So far, Charlotte is busy organising a weekly soup day at school (Yum, I love soup for lunch), a group is organising to wash cars; another group is organising a disco and lunch each term and another group is organising a movie night each term.

I am very pleased to see the leadership and organisation skills they are practicing including working in a team, planning an event and promotion of their events.

Literacy Summit and State Leaders' Conference.

Sadly I am out of the school this Thursday and Friday to attend these conferences. I am looking forward to learning lots more about DECD strategic direction for education in our state and ways to support literacy development at our school. You may have noticed I am taking two days retention leave for an extra long-weekend beginning of March. (Retention leave is like long-service leave).

Anne Heinrich

PLANNER UPDATE

Week 3 February

Mon	12	
Tues	13	
Wed	14	Parent Information Night and AGM
Thurs	15	Anne- MN Partnership mtg Clare Charlotte working
Fri	16	Playcentre

Week 4 February

Mon	19	Send Easter Raffle tickets home
Tues	20	Assembly 3pm
Wed	21	Charlotte- finance training Pt Augusta
Thurs	22	Staff meeting Charlotte out
Fri	23	Playcentre

Week 5 February/March

Mon	26	
Tues	27	Staff meeting Governing Council meeting 6pm.
Wed	28	
Thurs	1	Charlotte working
Fri	2	Anne- retention leave Playcentre

Week 6 March

Mon	5	Anne- retention leave
Tues	6	Assembly 3pm
Wed	7	
Thurs	8	Staff meeting Charlotte working
Fri	9	Annual Report Due Playcentre

Week 7 March

Mon	12	Adelaide Cup Holiday
Tues	13	Staff meeting
Wed	14	
Thurs	15	Charlotte working
Fri	16	Playcentre

Parent Info Night & Governing Council AGM Wednesday 14th February

5:30pm tea- Sausage Sizzle
6:00pm – AGM- election of office bearers
6:30pm- JP Class
7:00pm- UP class

GC meeting will only be AGM (election of councillors) and we will confirm which day we will have our first meeting the following week.

Booborowie Community Ladies

A subcommittee of the Booborowie Management Committee

BCL is open to ALL ladies withing the district. We meet at the Booboroiwe Hall Foyer bi-monthly eg: Feb, April, June, Aug and October. We have a mystery tour; a movie and lunch at the Blyth Cinema.

An annual subscription of \$5 is due at the August AGM. Meetings start at 2pm and conclude with a cuppa and biscuit.

Over the years we have purchased crockery, cutlery, curtains and equipment for the hall.

We cater for various functions such as funerals and afternoon teas. We donate to Burra Hospital and also Booborowie and Burra Schools.

Funerals—catering is a community service we have been providing to bereaved families for the past 30 years. All we expect in return is for the family to pay the costs of the pastries etc purchased from the shop. Most families give a donation to the BCL in appreciation.

Thanks to all the local ladies show donate for funerals etc.

We welcome you all to our next meeting on Tuesday 27th February at 2pm.

Any enquires to Maxine on 88932213
or Shirl on 88932252.



Strawberry Jam for Sale only \$4



Available from front office.

Sausage Rolls

I made these last night and I have to say it makes delicious sausage rolls. I used my usual recipe for sausage rolls but adapted it from C4Kgoesbariatric (on Facebook) using Mountain Bread instead of pastry so they are low fat.

Ingredients

- 500 gm mince of choice
- 1 grated carrot
- 1 grated zucchini
- 2 tbsp bread crumbs (I used panko crumbs)
- 1 egg
- 1 teaspoon mixed herbs
- 1 Tablespoons chutney
- 1 finely chopped onion
- 1 pkt mountain bread
- Extra beaten egg



Method

Mix all ingredients together in bowl (except the extra beaten egg).
Cut mountain bread in half
Spoon some meat mix along one side of mountain bread and roll
Tuck the short edge over the meat, then brush beaten egg onto mountain bread and finish rolling.



Place on a baking tray cut edge down and bake for 20 to 25 mins at 180 C. Let cool on tray for 5 mins before cutting into pieces.

It only took me 5 minutes to make these— super easy and very tasty!

Every time you push out of your comfort zone to learn hard things, your brain grows new connections and you get smarter.

Carol Dweck

Head Lice—Some guests are just not welcome



- Eggs are found on the hair shaft close to the scalp. They are yellowish white in colour when alive and brown or black when dead. Hatched eggs are white and flat like grains of salt. When found 15-20mm from the scalp, they are usually dead or hatched.
- They are highly contagious and have nothing to do with one's hygiene.
- Headlice don't hop, jump or fly— 95% of lice are transmitted by close contact.
- Retreat about 7 days after the first treatment to kill off any juvenile lice that have hatched since the first treatment.

These strategies may help keep your family head lice free:

- Avoid sharing clothing: especially hats, ribbons, headbands and helmets
- Discourage children from playing with each other's hair
- Don't share brushes, combs, towels and pillows
- Keep long hair plaited or firmly tied back to prevent contact with other

Occasionally, we all find it challenging to get a good night's sleep.

Writing a **to-do list** can help us manage our busy work days. A nightly to-do list can also be a way to cure your sleeplessness, according to a new study published in the *Journal of Experimental Psychology*. To test the power of a to-do list on our brains, a group of volunteers who were told to list everything they needed to remember to do the next day fell asleep more quickly, taking an average of about 15 minutes to fall asleep.

By listing the tasks we need to do, a nightly to-do list may actually help us feel less stressed and sleepier. The researchers theorise that to-do lists help us relax into sleep mode by helping us offload our worries on to the written page.

ps news, Victoria Public Service, 18 January 2018

Governing Council

Congratulations to newly
elected officer
bearers:

Chairperson : Bronwyn Peart
Secretary : Rick Muller
Treasurer : Sheree Waters

Hello,

My name is Erin Booth and I am the Pastoral Care Worker, providing a Chaplaincy Service at the Booborowie Primary School.

Pastoral Care Workers offer a unique dimension of care and support to all members of the school community. I will be a positive role model, I bring a caring nature, listening ear and supportive presence to the school community which includes providing practical and ongoing support. My role includes working alongside the staff to support the welfare and wellbeing of the school.

As the School Pastoral Care Worker, I will be available from the beginning of school time, in the yard at lunch time, afternoon pick up, and I will be working alongside the teachers and students in the classroom.

I am an extra resource to teachers to support extra-curricula events and activities. I also provide a Christian presence in the school on behalf of the local churches. I will be at the school on Tuesday's and I can be contacted through my front office message box or via my email Erin.booth995@schools.sa.edu.au. Parents and caregivers can also contact me through the school front office.

Hope to catch up with you all soon.

Kind regards,

Erin

