

## Pigeon Post



# BALMAIN PUBLIC SCHOOL

LEARNING TO LIVE AND LIVING TO LEARN

TERM 4 ~ WEEK 8

TUES 2 DEC

Ice-Cream Day

THURS 4 DEC

'Our Big Kitchen' Ex-  
cursion ~5L,5/6N,6B

FRI 5 DEC ~ 6pm

END OF YEAR MUSIC  
CONCERT

SUN 7 DEC

BALMAIN FUN RUN

MON 8 DEC

PRESENTATION DAY

FRI 12 DEC

REPORTS go home

FRI 12 DEC

Year 6 GRADUATION

WED 17 DEC

LAST DAY OF  
SCHOOL FOR 2014!

# THANKS Balmain PS P&C!!!!!!

## THANK YOU John Collyer and Karin!

We have an AMAZING community here at Balmain Public School. The P&C bought these new curtains and they have been professionally hung by John, Henri's dad, with the assistance of Karin Hasse, Noah's mum. THANK YOU soooooooooooooo much!

Another shout-out goes to Van Allen, Zoe's mum, who has organised the design, purchase and installation of the instrument shelving/chess pieces cupboard!

We need to thank our Balmain community—our very strong, committed P&C have purchased both the curtains and storage—we would be able to do it without you!

# Thanks Van!



*Maria Lambos*

Principal

THANK YOU  
VERY MUCH



# Ice-Cream Day

Tuesday 2nd December

Only \$1.00

per ice-cream!

Toppings 50c extra each

DON'T MISS OUT...

Thank you for your

GENEROUS donations...

WE ARE GETTING CLOSER...

35 iPad Airs & Accessories...

OUR LATEST THANKS GO TO...

Edwards-Argent family (Lucy 3/4B & Sophie 5/6N)

Ha family (Valentina 5L & Veronica 2015 Kindy)

Britt family (Hugo 1R & Maisie 3/4B)

Liew family (Amelia 2015 Yr 5 DC)

Jenkins family (Jonah 2015 Kindy)

Macdonald family (Finlay 5L)

Murin family (Mojmir 2MG)



*Thanks to  
The Relationship Room  
for your donation...*

The Relationship Room  
62A Darling Street  
Balmain East NSW 2041  
**relationshiproom.com.au**

M | **0415 874 753**

P | **02 9555 9115**

F | **02 9439 2844**

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THE  
[RELATIONSHIP **ROOM**]

Keeping you connected to yourself and each other



Therapy for individuals, couples and families.  
**Psychology Services**

relationshiproom.com.au

# *The Relationship Room...*

Improving the communication skills in your relationship is most likely one of those seemingly useful pieces of advice which you have heard many times before but has gone on your “I probably should do that, but realistically I will never get around to it” list. However research is uncovering that improving our close relationships is correlated with better individual psychological well-being so it's probably worth at least giving it a go. Below are five tips to improve communication with your partner, pick one, two or as many as you like, try them out and see if you feel the vitality increasing in your relationship and your life.

**Have a conversation not a debate:** From many hours in the therapy room with couples this is the communication mistake I see most. From the moment one partner starts talking about any issue which may be open to conflict or disagreement the other partner generally does very little listening. They can't listen because they are busy silently compiling all the points they can to refute what their partner is saying and waits eagerly for their turn to unleash their own feelings, thoughts and opinions at the first available opportunity. While this is a great strategy if you are on a debating team it is the worst strategy you can adopt if you want a close and loving relationship. Rather than mentally preparing for what you want to say while your partner is talking try and actively listen. Listen carefully for what your partner is feeling, if you listen for emotions rather than argue about content your partner is likely to feel understood and validated and more likely to listen to you in the same way when you are speaking.

**Start the conversation gently:** Research suggests that by watching the first minute or two of a couple's conversation you can tell if the conversation will be constructive or conversely descend into an argument (Gottman, John). This is based on the idea of “gentle start up” that is when you have an issue to raise try and engage your partner by preparing them with the information that you have something you would like to discuss and perhaps asking them if now is a good time for “one of those talks”. In doing this rather than leaping straight in with accusations or criticisms you are less likely to have your partner be immediately defensive and end up in an “attack and defend” interaction which gets you nowhere and leaves you both feeling defeated.

**Find just one thing you can agree with:** When a conversation starts to turn into something you both disagree on or triggers issues that have been a source of conflict in the past a discussion can quickly turn into an argument. When your partner is talking even if you do not agree with most of what they are saying, try to find just one thing that you can understand or even slightly be willing to take on board and reflect this point back to your partner. You may be amazed by how openly accepting even the smallest part of your partners point of view may allow your partner to feel understood. The conversation can then quickly get back on track and become a helpful way to connect rather than a destructive war of words.

**Stay interested in your partner's life:** When we talk to our friends we generally maintain a natural curiosity and ask questions about how our friend is doing, what they are feeling and what's happening in their lives at the moment. Though most new relationships start out with communication much like friendship this is often one of the first places we drop the good communication ball. In a relationships we often have so many shared responsibilities, plans and commitments to discuss that couples often neglect to ask each other about how each other is feeling, thinking or what they are doing outside the daily “how was your day” – “good” – “how about you” – “ok” interaction. Try and talk to your partner like you would a friend and be curious about them rather than assuming you know them so well that you no longer need to ask.

**Take time out:** When a discussion turns into an argument it is likely one or both partners may become overwhelmingly upset and/or angry. When you feel flooded with emotion it's important to recognise this and tell your partner you need some time out to calm down. When a person gets very upset and physiologically overwhelmed with emotion the body releases the stress hormone cortisol which can stay in the system for up to forty minutes. When we have cortisol rushing around our body we are less able to make rational decisions and more likely to be aggressive and defensive. Taking some deep breaths or a mindful pause to calm down and collect ourselves allows us to have the best chance of having a good outcome in a difficult discussion.



## The Balmain Public School Device Drive

*Not too late  
to Donate!*



We're on a journey to transform the way we teach at Balmain Public School and to open up a world of endless learning opportunities for our children through the introduction of iPad Air technology.

We are calling on the help of our entire school community to make this happen for our children.

**Our goal: 50 iPad Airs (to be used across all grades)**

The cost of purchasing one device is \$500. We are asking for families to contribute by funding one device or to make a contribution toward purchase of an iPad Air trolley.

A commemorative plaque will be made to honour the families who fund an iPad Air. Your name will be engraved on the plaque so that the school community can always remember those families that have generously supported our mission to revolutionise our children's learning experience. Your contribution will also be honoured through engraving your family name on each device that has been funded by your family.

The students are very excited about this opportunity. Here is a message from a Year 1 student:

*Please help us raise enough money to buy iPads for our classrooms. To thank you, we will put your name on a sign so that our school will remember your amazing gift for lots and lots of years!*

---

***YES, we can help!***

***Family Name:*** \_\_\_\_\_

***Child's Name & Class:*** \_\_\_\_\_

*Please tick option:*

☐

***We can fund an iPad Air for \$500***

*(preferred name for engraving: \_\_\_\_\_)*

OR

☐

***We can contribute towards iPad Air trolley***

*(please insert donation amount: \$ \_\_\_\_\_)*

*Payment Option (please tick):*

☐

***Cash (enclosed )***

☐

***Cheque (Payable to Balmain Public School)***

***Please label envelope 'Device Drive', with your child's name and class. Please include slip with payment.***

*For any queries, please contact Maria Lambos on 9818 1177, or [balmainps@gmail.com](mailto:balmainps@gmail.com)*

***Thanking you in advance for your generosity!***

## Dear Balmain Public School Families

We are running an **Aquiva Bakes** fundraising drive to raise money for our **Balmain iPad Air Drive** and attached you will find an order form, on which we hope you will be able to collect some orders for us.

Aquiva Bakes is a NSW family owned business who seek to help organisations like ours to provide money for this fund raising drive.

Aquiva Bakes has a range of fantastic products, made with the best quality ingredients with no artificial flavourings or colourings and to suit different dietary needs ie one slice is gluten free.

We encourage you to hand your order form around to friends, family and work colleagues. You will probably find that they are enthusiastic to purchase from you, so they can enjoy the Aquiva Bakes products and help out your children's school to achieve its goals.

Obviously the more orders you take, the more funds will be raised to reach our target. It would be great if every family could support us.

**Please return orders together with the relevant money to:  
Balmain Public School  
Money/Notes Collection box  
By: Friday 5 December *before* 9am.**

**Orders will be available for collection on:  
Thursday 11 December 2014  
Location: Staffroom, Balmain PS  
Between: 2:30-3:00pm.**



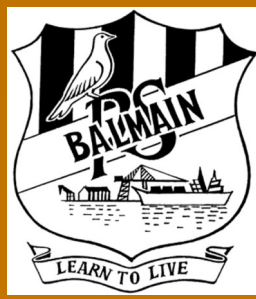
**BALMAIN PUBLIC  
SCHOOL**  
*Learn to Live & Live to Learn*



# Aquiva Bakes

## iPad Air Drive

[illegible]



*K~6*

# *Celebration of Learning*

***When: Monday 8 December***

***Time: 10:30am***

***Where: Sydney Secondary College***

***Balmain Campus***

***23-33 Terry St, Rozelle***



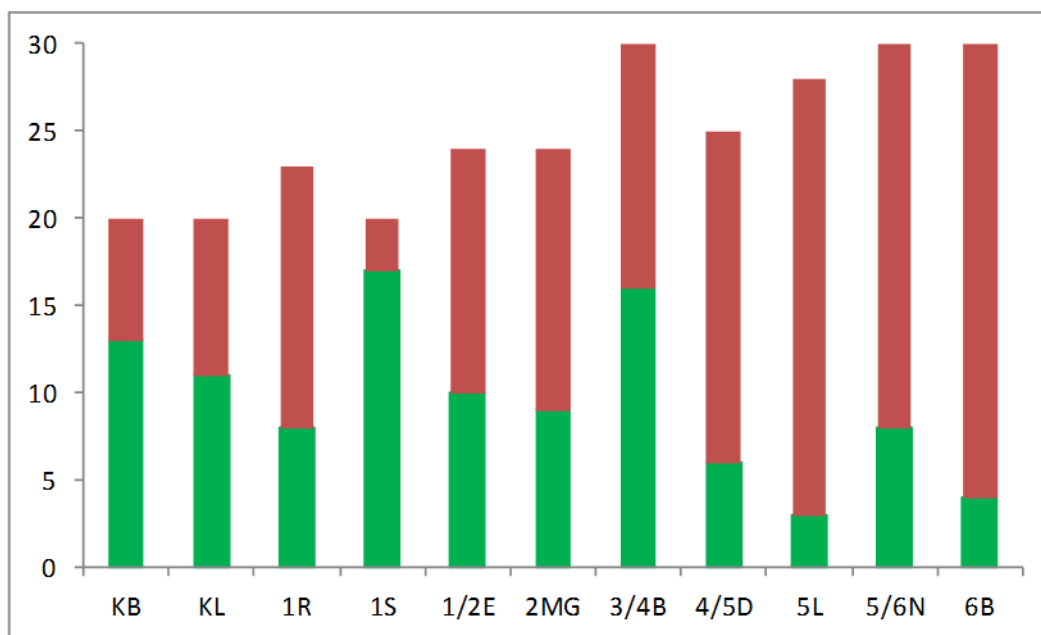


## T-Shirts & Caps

We'll be running another t-shirt and cap sale on Tuesday 2 December from 8.30-9.00am. We are starting to run low on t-shirts so if you want to make sure you get one, please email your order to [info@balmainfunrun.com.au](mailto:info@balmainfunrun.com.au) and you can pick it up on the 2<sup>nd</sup>.

## Registrations

1S is the class to beat! With a massive 85% of the class registered (only 3 people missing) they have pulled away from the pack!



There's still time to catch them up! Make sure you enter before Friday 5 December.

Don't forget – race entrants in the winning class will receive a great prize!



**SUNDAY 7<sup>TH</sup> DECEMBER 2014**

**BALMAIN  
FUN RUN**

**Thanks for entering the Fun Run go to:**

Ada R	3/4B		Greta R	KB		Marcella C	KB	
Alex T	KB		Hannah B	1S		Marley D	6B	
Alexander F	1R		Harriett W	KL		Matthew T	1/2E	
Alexia K	1S		Harrison B	1S		Matthew A	KB	
Alison H	KL	New!	Hayla W	KL		Matthew M	4/5D	
Amelie S	6B		Hayley M	KB		Matthew A	1S	
Andreas N	KB		Henri C	6B		Max H	5/6N	
Andrei L	KL		Hugo B	1R		Micah N	KB	
Asha S	KL		Isabella F	5/6N		Micah M	1/2E	New!
Ava R	1R		Isla S	3/4B		Mieke F	4/5D	
Ava M	5L		Jade R	6B		Mingyang G	4/5D	
Ava B	1S	New!	Jade W	2MG		Molly S	5/6N	
Ayaka R	3/4B		James T	KB		Myles M	3/4B	
Caitlin Y	1S		James L	1/2E		Nicholas G	1S	
Cameron R	2MG	New!	Jamie S	1R		Oliver S	KB	
Cassia D	1S		Jason N	5/6N		Oliver S	3/4B	
Charlie M	4/5D		Jasper M	KL	New!	Oscar B	5/6N	
Charlie B	1/2E		Jess L	5L		Oscar L	KB	
Charlie H	2MG		Joe F	1/2E		Oscar F	KB	
Charlotte P	1R		Joshua W	1S	New!	Paris W	3/4B	
Chloe A	1S		Jude R	1R		Phoebe M	1S	
Cormac J	KL		Keira C	1/2E		Ruby E	4/5D	
Daphne M	2MG		Keturah M	3/4B	New!	Ryan H	1/2E	New!
Darcy F	2MG		Kieran N	1S		Sam B	1/2E	
Dylan J	2MG		Kobe C	3/4B		Sam O	1/2E	
Dylan M	3/4B		Lachlan W	1R		Sam L	3/4B	
Dylan P	1S	New!	Lachlan W	KL		Samuel N	2MG	
Elliot B	3/4B		Lachlan R	KB	New!	Shane M	4/5D	
Eva S	1/2E		Laila C	KL		Shou R	5/6N	
Finley R	5/6N		Laila R	1R		Tate F	5/6N	
Finn C	3/4B		Lily E	3/4B		Thomas G	1S	New!
Finnegan H	KL	New!	Lucas B	1S		Tianyang G	2MG	
Freddie B	KB		Lucy E	3/4B		Toby C	2MG	New!
Freya P	1S		Madeleine	5L		William N	3/4B	
Gisele D	1S		Maisie B	3/4B		Zoe A	KL	

***You'll get your stickers on Monday!!***

**[www.balmainfunrun.com.au](http://www.balmainfunrun.com.au)**

## Volunteers

*Are you planning to go to the Rozelle Fair on Sunday 30 November? Could you help hand out some leaflets?*

*Please call Trudy on 0431 692 118 for details.*

Thanks to all our wonderful volunteers! If you haven't already confirmed your involvement to Andrea Smith, please do so asap. Instructions for each role will be sent out next week.

If anyone else would like to join in, please email [info@balmainfunrun.com.au](mailto:info@balmainfunrun.com.au). We do need a "bench" of volunteers as some people will have late changes of plan and won't be available on the day.

Allison Olds	Eliza Cusack	Leah Egiziano	Peter Rand
Allon Ma	Elizabeth Walker	Leila Alem	Phil Rutgers
Anastasia Phillips	Ella Perkins	Liam Janson	Rena Lambos
Andrea Smith	Emily Leung	New!	Rob Bennett
Angela Argent	Emma Allt-Graham	Linda Parnell	Rob Smith
Angela Curry	Fiona Curley	Lorna Grear	Rob Taubman
Anne-Maree Bowen	Greg Davies	Louise Booth	Robyn Elmslie
Antony Perkins	Harry Janson	Luana Ferrara	New!
Arthur Graves	Helen Gilbert	Lynda Lovett	Rosaline Perry
Audrey Ardolino	New!	Margy Stone	Sally Cooper
Bang Hai Zhang	Helen Ma	Maria Lambos	Sam Bowen
Barry Cole	Howard Lovatt	Mark Egiziano	Sara Arcos
Belinda Finlay	Ian Hendry	Mark Janson	Sarah Braund
Belinda Gogos	Jackie Showyin	Marlene Cole	Scott Huebscher
Benjamin Perkins	Jaclyn Dufty	Mary Evatt	Sean Baumann
Blake Nuto	Jacqui Freeman	Mason Davies	Shawn Stilwell
Brenton Anderson	James Allt-Graham	Matt Boge	New!
Brett Curtis	James Anderson	Matt Platts	Simon Gilson
Carla Jedani	Jane McPherson	Matthew Wilkinson	Simon Skelton
Chaia Patacsil	Janice Gardiner	Max McGown	Stella Brooke
New!	Jared Showyin	May Ellwood	Stephen Conaty
Charlotte Habib	Jeff Gilbert	Meg Mason	Stephen Penny
Charlotte Ritchie	Jessica ButlerMcPhee	Mel Wyatt	Susan Stilwell
Christine Brown	John Dawlings	Melissa Wilkinson	Susan Teasey
Cliff Philipiah	Jonathan Spittle	Mia Ward	Tate Fairhurst
Clontarf team	Julian Luton	Mike Fairhurst	Teresa Collignon
Damien McLynskey	Julian Pidcock	Natasha Foster	Terri Nelson
Daniel Sim Lind	Karen Harvey	Nathalie Hansen	Themi Roberts
Danielle Fairhurst	Karin Hasse	Nhung Leed	Tiffany Zehnal
Danni Townsend	Katherine Delaney	Nick Booth	Tony Jedani
Danqing Min	Katina Comino	Nyree Morrison	Tony Leed
David Joyce	Katrina Johnston	Oddette Harvey	Trish McEniery
Denise McLynskey	Kerry Bray	Odi Cameron	Trudy Graves
Desiree Fiene	Kim Janson	Paul Brooke	Van Allen
Diarmuid O'Connor	Lauren Read	Paul Foster	Vanessa James
Edwina Cowdery	Laurence Ullio	New!	Wayne Suryak
		Penny Biggins	

**belle** 2014  
PROPERTY

# BALMAIN FUN RUN



2KM

5KM

10KM

## SUN 7TH DEC



Canterbury BMW



CANADABAYCLUB

ENRICHING LEARNING®  
Unlocking Your Child's Full Academic Potential

Balmain/Rozelle

**Community Bank®**

Branch Bendigo Bank

**iMOVE**  
PHYSIOTHERAPY



**+peg**  
square peg



Wesley Vision Valley



# BALMAINFUNRUN.COM.AU





# urban expeditions

## Try our Big City Day Camps this school holiday

Wesley Vision Valley's

Urban Expeditions program is a fun alternative to your everyday vacation care



### Manly Beach day

Try beach volleyball, a guided bushwalk and then have a swim to cool off.

### Cockatoo Island day

Discover convict trails, the remnants of old ship yards and then take on your friends with a Master Chef challenge.



### Sydney Olympic Park day

Explore Newington Armory then head over to Bicentennial Park for parkland fun, water play and more.

- Students are fully supervised by our experienced and professional team leaders.
- All programs include a scrumptious lunch, morning and afternoon tea.
- Central location—drop off and pick up at Wesley Mission, 220 Pitt Street Sydney.
- Prices start from \$75.00 per person for a day program.

Find out more or book an expedition today

**1800 043 344**

or email

[urbanexpeditions@wesleymission.org.au](mailto:urbanexpeditions@wesleymission.org.au)

[wesleyvisionvalley.org.au](http://wesleyvisionvalley.org.au)

**belle**  
PROPERTY



**BALMAIN**  
**FUN RUN**

**SUNDAY 7<sup>TH</sup> DECEMBER 2014**



**2014**

***End of Year  
Music & Choir  
Concert***

**Date: Friday 5th December**

**Time: 6pm-7:30pm**

**Venue: Balmain PS Hall**

Hello Band/String Families,

As you know the end of year concert will be held in the school hall on Friday 5th December.

All band members need to be in their full band uniform (black shoes, long black trousers/skirt & red band t-shirt) & arrive by 5.45pm for a 6pm start.

There will be a short interval, with a small selection of sushi available to purchase for \$5. Please do not bring any food or drinks into the hall.

This concert is both a wonderful opportunity for our children to perform in front of an audience & for us family members to see how hard they've been practising all year. With this in mind, it is important that as audience members we sit quietly & respectfully throughout the entire performance, regardless of whether our child is on stage or has already finished their part of the performance.

Although this is a school run event which teachers will be attending, parents must supervise their children at all times.

Thank you to all the volunteers who offered to help with serving the food or packing up the hall at the end of the evening.

Enjoy the concert!  
Thank you,

Biddy (Volunteer Band Coordinator)





# FINAL EDITION OF THE... 4/5 DIOPTASE DIARIES



**We have been doing exciting end of term activities looking at Optical Illusions. 4/5Dioptase has been intricately weaving Illusions into their learning this week.**







In visual literacy we are looking at a book by Sarah L. Thomson and illustrated by Rob Gonsalves. The illustrations have the intrigue of an Escher drawing and the richness of a Chris Van Allsburg painting, which depicts the time between sleep and wakefulness, creating a breathtaking, visual exploration of imagination and possibility which encouraged 4/5 Diopbase to think past the boundaries of everyday life, and see the possibilities beyond. They were then asked to create their own 'Imagine a night' poem and painting to be displayed in class.



In maths we looked at visual curiosities and mathematical paradoxes behind what makes optical illusions work. We looked at famous illusions and discussed the differences in how they were viewed by different students.



4/5 Droptase has been working hard to produce their own optical illusion art pieces by using straight and curved lines and only a tracing of their hand.



Our garden is growing beautifully! Thank you to all those parents that bought and provided plants and flowers.



*If your child turns 5  
on, or before 31 July 2015,  
Please **ENROL** for Kindergarten **NOW!***

**Please check your email regularly,  
as a lot of our communication  
to you will come through  
[balmainps@gmail.com](mailto:balmainps@gmail.com)**

***Raise Your Hand...***

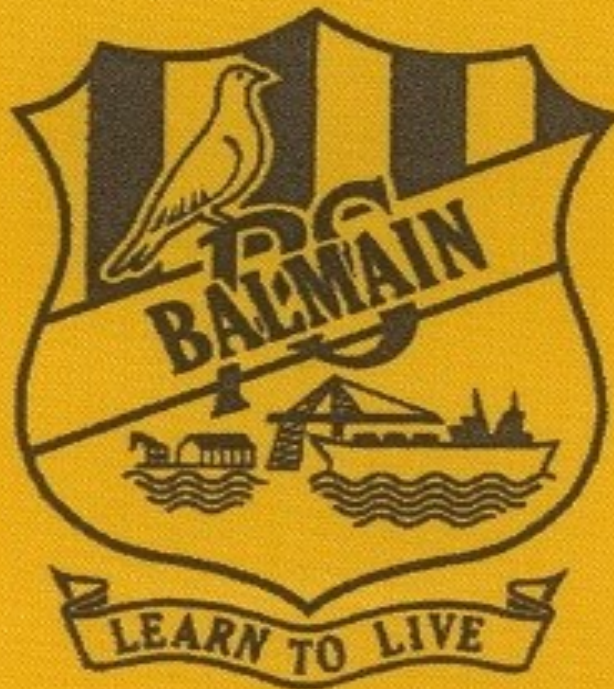
**FOR ANAPHYLAXIS AWARENESS...**

***We've raised 261 hands and sitting in 35th place...Keep RAISING YOUR HANDS!!!!!!***

**[www.anaphylaxis101.com.au/raiseyourhand](http://www.anaphylaxis101.com.au/raiseyourhand)**



# BALMAIN PUBLIC SCHOOL



## Outstanding Achievements

*K~2 Banner Recipients...*

*Dominic W James L*

*Joe F Ryan H*



**SUN 30 NOV 2014**

**10am to 4pm • Darling Street**

**Rozelle**

**VILLAGE FAIR**

**[www.rozellevillagefair.com.au](http://www.rozellevillagefair.com.au)**

**MAIN STAGE  
& ROAMING ENTERTAINMENT  
AMAZING STREET THEATRE  
CAFES, GREAT SHOPPING & REFRESHMENTS**

**BRING ALONG A PICNIC BLANKET  
& GRAB SOME FOOD FROM THE  
MANY SHOPS ALONG DARLING ST.**

**JUMPING CASTLE  
CHILDRENS PLAYGROUND  
FACE PAINTING, ROCK CLIMBING**







# KIDS AT THE ARTHOUSE

## TERM 1, 2015 ENROLMENTS ARE NOW OPEN!

EXCITING NEW AFTER SCHOOL ART PROGRAM  
PAINTING, DRAWING, PRINTMAKING, SCULPTURE AND FABRIC ART!  
SUBMISSIONS TO ART COMPETITIONS!  
CREATIVE AND STIMULATING CLASSES  
OPEN TO K - 6 STUDENTS.  
CLASSES HELD AT BALMAIN PUBLIC SCHOOL  
MONDAYS 3PM - 5PM.

CONTACT SABINA: [sabina@kidsattheartthouse.com](mailto:sabina@kidsattheartthouse.com) or 0403768282

## KIDS AT THE ARTHOUSE STUDENT ACHIEVEMENTS:

STUDENTS CHINESE NEW YEAR EXHIBITION AT THE CHINESE GARDEN OF FRIENDSHIP  
(DARLING HARBOUR) "DREAM" EXHIBITION - 2014 & 2015  
FINALIST: AUSSIE ART COMPETITION 2014  
WINNER: AVANT CARDS "CALLING ALL ARTIST'S" COMPETITION 2013  
FINALIST: AUSSIE ART COMPETITION 2013  
WINNER: SYDNEY PORT AUTHORITY POSTER COMPETITION 2012  
WINNER: SYDNEY PORT AUTHORITY PHOTOGRAPHIC COMPETITION 2011  
WINNER: AVANT CARDS "CALLING ALL ARTIST'S" COMPETITION 2010  
COLLABORATIVE PROJECT WITH:  
THE AUSTRALIAN NUMERACY AND LITERACY FOUNDATION 2013  
THE TAFE ULTIMO SCREEN PRINTING DEPARTMENT 2011