



balmain public school

learn~live~lead

pigeon post

Issue 38 ~ Term 4 ~ Week 8

What a surprise!!!!!!

A surprise visit! Four gorgeous Kindies burst into my office today, with the biggest smiles on their faces...The enthusiasm and excitement exuded from all four students, as they explained what they had brought in to me...

If you've purchased a calendar for 2016, or happen to be the lucky owner of K Dawn's class artwork from LUMINOSITY last term, these Kandinsky-inspired felt designs will be familiar to you.

K Dawn secretly worked on this Christmas gift for me, after I admired their handiwork, as they prepared for the art show. What a beautiful keepsake, as each of the four seasons has been personally signed by each artist.

I can't wait until Monday morning, when Steve, our general assistant arrives – his first job is to get these up on my wall!

THANK YOU to each and every child in K Dawn – William, Alexandra, Luca, Maximilian, Mac, Charlotte, Jonah, Lola, Corey, Orson, Maxim, Logan, Matilda, Emily and Tristan – as well as a special 'Thank You' to Ms Davis!!!

Maria Lambos Principal



1 Eaton St Balmain 2041 ~ 9818 1177 ~ balmainps@gmail.com

Dates for the Diary...

Next Week...

- **Monday 30th Nov & Tuesday 1st Dec ~ MUSIC CAMP!!!!**
- **Thursday 3rd December ~ 2:30pm ~ 3B's Assembly**

The Week After...

- **Monday 7th December ~ CELEBRATION OF LEARNING**
- **Tuesday 8th December ~ Music Evening**
- **Thursday 10th December ~ 2:00pm ~ Kindergarten's 'Giving Tree' Assembly**
- **Friday 11th December ~ Reports out**

The Week After That...

- **Monday 14th December ~ Year 6 Graduation**
- **Tuesday 15th December ~ Year 6 Day Out**
- **Wednesday 16th December ~ LAST DAY OF TERM 4!!!!!!**

A few Weeks After That ~ 2016...

- **Wednesday 27th January ~ Staff Development Day**
- **Thursday 28th January ~ Years One to Six return to school**
- **Monday 1st February ~ Kindergarten commences 9:30am**

Thank You..!

Thank you all for your help making Sunday's Belle Property Balmain Fun Run such a stunning success.

The organising committee has spent the past 6 months working tirelessly to plan a great day but we rely heavily on the volunteers to force themselves out of bed at 5am (or before) to make the day at success. It was such a thrill to see hundreds of kids charging home in the 2km all wearing their BFR gear with massive smiles on their faces.

**over
\$45K
Raised**

**thanks
awesome
teachers**

**record
BBQ
sales**

HOW AWESOME
WAS SUNDAY..?

BPS

Parents &
Citizens
Association





**FunRun
Freddie**



**over
60% BPS
entries**



**trophies
+ medals**



**record
cake
sales**



**t-shirts
still
available**



**get
involved
for 2016!**



**belle
PROPERTY**

SUN 20TH NOV 2016

**BALMAIN
FUN RUN**



**PROUDLY SUPPORTING
BALMAIN PUBLIC SCHOOL**

Hi All,

Just a short note to thank you all for your help making Sunday's Belle Property Balmain Fun Run such a stunning success.

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Many of the roles we ask you to do are boring and tiring (who had the job of monitoring the toilet queues? Surely that will make your next resume). But when they are done with such enthusiasm and energy it results in a huge level of engagement from our runners and sponsors, which brings them back and makes the job of organising the next event so much easier.

There were so many wonderful efforts from volunteers and we received numerous compliments from participants that the smiles and positivity really added to the positive vibe of the day. The feedback we received is we are now one of the most professionally organised not-for-profit events in the running calendar and the elite runners are telling us that there are very few fun runs they would consider doing but our run is at the top of their list.

Finally there were a couple of highlights that I would like to share with you....

Firstly - the sprinklers went off at 6am, 6.10am and 6.20am - soaking our PA, timing equipment and sponsors' area. Thanks to Mike Fairhurst and Simon Gillson for putting their bodies on the line and getting between the tsunami and the event. And thanks to Tate Fairhurst who lay under a sponsor's car in a puddle for 10 mins holding a bucket over a sprinkler.

Secondly - I'm sure most of you have seen this video (it's been viewed 45,000 times) but I'll share it again. <https://www.facebook.com/RunningScience/>. I reckon this is more than enough motivation to get me out of bed again next year and makes the whole event worthwhile.

The organising committee is always looking for more members, so please reach out to us and come along to a meeting - you just might enjoy yourself. As always, we're looking for ways to improve so if you have an idea or suggestion please send us an email.

We've locked in November 20th 2016 - put it in your diaries!!!!

Once again, thanks again from all of the organisers and congratulations on being part of something so special.

Best

Paul, Brenton, Mike, Trudy, Mason, Andrea, Natasha, Annie, Dani, Vanessa and Sean!!!!
BFR organising committee 2015



BALMAIN FUN RUN



Top-class effort

They had the Belle Property Balmain Fun Run last Sunday, as ever in the grounds of Rozelle's Callan Park, with a mixture of families, fun-runners, kids, and serious athletes who ran like scalded cats. The distances varied from 2km, to 5km, to 10km. At the conclusion, when all the races have been run and won, the organisers are midway through giving prizes and trophies to some of Australia's best athletes, when the MC gets a tap on the back and is told, "Check it out, there's one last kid coming down the straight".

And there is. A young lad with cerebral palsy – with crutches, and an adult assisting on each side – bravely doing his best to finish the 2km race he started well over half an hour before.

To his credit, the MC stops the presentation cold and says, "While it's wonderful to recognise the best, it's important to make sure we honour effort as well, and there has been no bigger effort than the young lad coming down the straight – get on over and give him a cheer."

With which, every spectator, every sponsor, every stall holder rushes to the fence and a huge roar erupts, building from the last 50m onwards, and EX-PLODING as the six-year-old breasts the tape.

Not a dry eye in the house.

Well done, Arran Keith. You are a champion.

Gotta love this city!

The Fitz Files - Nov 27, 2015

<http://www.smh.com.au/sport/the-fitz-files/g-20151126-gl9ebh.html>

DEAR BALMAIN PS P&C

WE ARE GRATEFUL FOR YOUR ONGOING SUPPORT

After our recent trip to Melbourne to visit schools implementing investigative learning, Ms Ariana Davis and Ms Angela Curry attended last month's P&C meeting, to discuss our vision of introducing investigative learning at Balmain PS in 2016...

The P&C were overwhelmingly supportive of our initiative and approved funding for us to set up, ready for 2016. IKEA didn't know what hit it on Wednesday afternoon, when Ariana, Angela and I went on a shopping spree!!!! Four hours and five brimming trolleys later, we emerged from the lift and into the carpark, proceeding to expertly fill two carloads!!!

That's what enthusiastic, experienced shoppers can achieve in an afternoon!



If you're interested in viewing a short video of the Walker Learning Approach, as per our Melbourne trip, please click on the following link:

<https://youtu.be/OtNPtfT6Fco>

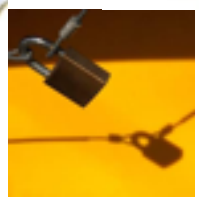
Help wanted

Kindergarten 2016

We are looking for...

- Wood pieces / small off cuts
- Old computer keyboards
- Small river stones or pebbles
- Small electronics (no longer working and are safe to be pulled apart)
- Measuring tapes
- Locks and keys
- Blank cards and envelopes

If you have any of these items could you please contact Ms Davis or Ms Curry



Gift Giving

Giving Tree Assembly

All children are invited to provide a **gift-wrapped gift**
for a child in the local community who may not
otherwise receive a present.

*(Collected in classroom from now with age and gender recommendation attached on
a card if relevant please)*



Thursday 2pm

10th December 2015

Dear Everyone...

The
2015 BPS YEARBOOK
is now on sale!



And it's only \$25!

If you loved it last year, you will LOVE it more this year as there are more pages to love. **Please order by 29TH NOVEMBER, SUNDAY** via flexischools.com. Yearbooks will be delivered to the classrooms the week of 7th DECEMBER.

Any questions, see Jackie Dufty, Angela Curry,
or email Tiffany Zehnal at heyzehnal@gmail.com

www.flexischools.com.au

ART ROOM NEWS

Christmas is coming to the art room soon and we would love some parents to come and help in Kindergarten and Year One classes over the next two weeks, as some construction activities can be tricky for little fingers. If you would like to come and be the glitter fairy or glue gun monitor in your child's art class, please find Miss Parsons at lines or email the office, balmainps@gmail.com.

Kindergarten Moons Art Time Thursday 10.00am

Kindergarten Suns Art Time Wednesday 11.20am

1R Art Time Tuesday 9.00am

1/2P Art Time Thursday 12.20pm



All stages have been making artworks about imaginary creatures and places this term. Kindergarten have been creating artworks about real or imaginary places that are special to them, as well as learning about using patterns in art making.



Stage One have been creating indigenous inspired artworks that link with their HSIE topic and trip to the Australian Museum. We learnt about representing places through using symbols.



Stage Two have been creating imaginary underwater scenes using collage.



Stage Three students created their own Mythical Creatures by combining parts of different animals and experimented with wire construction.



Indigenous students contributed to this beautiful work that we entered in the Koori Art Express.

And... a big thanks to Steve and Anja for helping install our beautiful new paint shelf.

Koori Art Expressions

2015

We all Stand on Sacred Ground: Learn, Respect and Celebrate

Exhibition

Where: Australian National Maritime Museum

When: Tuesday 24 November 2015 –end January 2016

Since Term 2, Aboriginal students and their families have been welcomed to participate in monthly gatherings during school time to work on art projects. From these gatherings emerged paintings, one of which was submitted and displayed at the Koori Art Expressions, currently exhibited at the Australian National Maritime Museum, Darling Harbour, until the end of January. We invite you to visit the magnificent exhibition with contributors from 35 Public Schools across the region.

The piece submitted by students from our school was a collaboration by Leah and Alesha, Nia and Wiama-Lee, with Keturah's help. Keturah also made a sculpture of a kangaroo, but unfortunately, it could not be accepted due to its size. However, Cathy Sawyer took some photos of it, that we intend to frame and display.

Thank you to all those people who helped along the way.

Miss Pauline





FOOD DRIVE

The season of giving is upon us.

Donate to the **FOOD BANK.**

Just a few dollars in your weekly shop will make the difference between a family going without a meal. The **smallest act of kindness** will help us **build a bigger table, not a higher fence.**

Drop off at **BALMAIN PUBLIC SCHOOL** staff room until **Monday Dec 7th.**

Thank you for your generosity.

Louise Booth & Van Allen

(Harrison, William & Zoe's mums)

Baby Food (for 6 months), Baby rusks
Breakfast Cereal (cornflakes are popular!)

Canned beans

(chickpeas, red kidney beans, mixed beans)

Chilli flakes and Chilli powder

Coffee (instant), Condiments (honey, jam)

Dried fruit (apricots, prunes, dates)

Dried red lentils, Flour (small packages)

Long life milk (1L)

Muesli bars

Nuts (mixed, pistachios, cashews & sunflower seeds)

Noodles (instant), Rice (1kg bags, Basmati)

Tea (chamomile, peppermint, jasmine, green, black)

Tinned fish, Tinned fruit

Tinned vegetables (corn, tomatoes, mixed vegetable)

Tomato paste

The Asylum Seekers Centre, in Newtown provides practical & personal support for asylum seekers living in the community. Currently 1,400 women, children & men access the centre for support.

Over the past year, of asylum seekers using the centre:

- 100% received NO government support
- 44% had NO work rights

The poverty line for a single adult in 2012 is \$400.30 per week

A VERY small percentage of asylum seekers living in the community are eligible for government financial assistance.

What they receive is:

- \$221 per week = 89% of the Newstart allowance
- \$55 per week in rental assistance (not all are eligible for this)

www.asylumseekerscentre.org.au



Tips from About Life Wellness Ambassador, Vladia Cobrdova.

The festive season is upon us – which is both exciting but also overwhelming when it comes to feeding our families! Particularly the sense of indulgence and over-eating – and eating the wrong types of foods – makes parents baulk at the thought of cooking for big or small groups of people.

I can assure you that festive fun and indulgence can still live on in your home this year and you can be confident your family is getting the best and most nutritious food over the coming months.

Firstly, it's important to stay motivated to eat healthily this season. Forget the need for over-complicated meals and recipes. Embrace the mindset that by keeping it simple and sticking to a few key considerations you'll have meals sorted and happy families!

MY TIPS FOR STAYING MOTIVATED WHEN IT COMES TO HEALTHY EATING THIS CHRISTMAS:

- Eat with the season and eat more fresh food
- Eat lots of green vegetables - they are a powerhouse of nutrients
- Sixty percent of your plate should be vegetables
- Stock up your fridge with nutritious fresh produce, good quality proteins (fish, chicken, grass fed meat and eggs) and fats (avocadoes, grass fed organic butter, nuts, flaxseed oil) will keep you on track

I've selected one of my best recipes for you to keep on hand this Christmas. This will work for both small and large groups – and for daytime or night. Importantly, it's a dessert - I promised you we could still indulge in a healthy and nutritious way!

RAW WATERMELON CAKE

This is one of the easiest and most impressive cakes to bring to any Christmas party or to enjoy at home. It is healthy and delicious without adding any sugar.

INGREDIENTS:

- 1 whole watermelon
- ½ cup chia seeds
- 2 1/3 cups coconut milk
- 1/3 cup coconut oil
- 1 cup mango, frozen or fresh



ends and turn so it sits flat. With a sharp knife cut the rind carefully, shaping into a sphere that resembles a cake. Pat the watermelon with a dry towel and then ice with the chilled mixture using a spatula. Decorate with coconut flakes and fruit.



Decoration

- 1 cup coconut flakes
- 1 cup sliced fresh seasonal fruit

METHOD:

Blend together all ingredients apart from the watermelon and decoration and let this sit for two hours in the fridge. Place the whole watermelon on a chopping board, cut both

aboutlife



As one of the proud sponsors of last weekend's Balmain Fun Run, our team of 20 runners from About Life were thrilled to be able to don our running shoes and take part in this fantastic event ourselves. We had an absolute ball, and enjoyed meeting hundreds of runners at our Hydration Station as they stopped for a juice and coconut water.

FAIRPLAY



SPORTS

Call: 1300 765 659

PO BOX 58 Rozelle 2039

coaching@fairplaytennis.com.au

www.fairplaytennis.com.au

ABN 387 890 924 33



SCHOOL HOLIDAY CAMPS

FAIRPLAY Sports Holiday Camps are a fun way to introduce your child to sport or to enhance their existing interest and develop their skills. It's also a great way to encourage their health and fitness and build confidence. Most of all it's FUN!

Places are limited – please book early!

TENNIS

We will build on the kids tennis fundamentals:

- Topspin groundstrokes
- Serve & Volley
- Matchplay & Scoring for both singles & doubles

AFL

Your child will have a ball whilst learning the fundamental skills of AFL:

- Correct kicking & hand balling technique
- Movement of the ball
- Positional play and roles in matchplay

SOCCER

The camp caters for both beginners and also children with soccer experience looking to hone their skills.

Your child will learn:

- Fundamental touch, pass and shooting skills
- Off the ball movement to create space
- Positional play and roles in matchplay

We will also be conducting Basketball & OzTag Camps. We will be focusing on developing fundamental skills which are the building blocks for future development.

MULTI-SPORTS

M-S improves fundamental skills such as catching, throwing, kicking, passing etc which assist in a range of sports. You can choose Soccer M-S or Netball M-S and the kids do their focus sport + one new sport every day.

Cricket

The kids will be inspired to play like their cricket heroes by learning the correct fundamentals:

- Overarm throwing
- Catching and fielding skills
- Batting & Bowling

Sport	Dates	Days	Time	Age	Price
Tennis	January 18-22	Monday - Friday	9am to 12pm	4-12	\$185/week (also 1, 2 and 3 day prices)
Soccer Multi-Sports	January 18-22	Monday - Friday	12.15pm to 3.30pm	4-12	\$185/week (also 1, 2 and 3 day prices)
Tennis Multi-Sports	January 18-22	Monday - Friday	12.15pm to 3.30pm	4-12	\$185/week (also 1, 2 and 3 day prices)
Basketball	January 18-22	Monday - Friday	3.30pm to 5.30pm	4-12	\$140/week
Soccer	January 18-22	Monday - Friday	9am to 3.30pm	4-12	See www.fairplaytennis.com.au for pricing
AFL	January 18-19	Monday - Tuesday	9am to 12pm	6-12	\$120/2 days
OzTag	January 18-19	Monday - Tuesday	12.30pm to 3.30pm	6-12	\$120/2 days
Cricket	January 20-22	Wednesday - Friday	9am to 3.30pm	6-12	\$195/3 days (cheaper half day options)



**PEOPLE'S
CLIMATE
MARCH**

#PEOPLESCLIMATE

PEOPLESCLIMATE.ORG.AU

FACEBOOK.COM/PEOPLESCLIMATEAU

From here on in, we're all in
SUN NOV 29TH
PEOPLE'S
CLIMATE MARCH

**1 PM, THE DOMAIN
ART GALLERY RD. SYDNEY**

Sydney is home to a diverse and colourful community, and we want the world to see that on Sunday 29th November.

The march will have seven big sections, each with their own colour. So join the one that speaks most to you, or just come as you are!

THE FUTURE

If you're young (or young at heart!), and want to take a stand for future generations, wear **BLUE**.

THE SOLUTIONS

If you're excited by, or involved in the sustainable and renewable solutions we want to see, wear **YELLOW**.

FRONT LINES OF CHANGE

Our most vulnerable, both here and across the world unfairly carry the impacts and costs of climate change. If you feel the impacts of climate change now - or want to stand with those that do - wear **RED**.

OUR COMMON HOME

If you want to speak for the species and ecosystems who don't get a voice, then wear **GREEN**.

A JUST TRANSITION

If you want a just transition to an economy that provides jobs that are good for both people and planet, then wear **ORANGE**.

MANY CULTURES, MANY FAITHS, ONE PLANET

If you celebrate our diverse cultures and faiths, and our unity in caring for our world as our common home, wear **PURPLE**.

HEALTH AND SCIENCES

If you stand with science, and those that are caring for our health and wellbeing, then wear **WHITE**.

BADADS

BALMAINDADS

FROM
7.00PM



FRIDAY 4TH DEC

**FIRST FRIDAY OF THE MONTH
ALL DADS WELCOME**

The
Bald Rock Hotel

Rozelle Est. 1876

**NEW
VENUE**



BALMAIN FUN NIGHT!

SATURDAY 28TH NOVEMBER

Bring the kids down to Gladstone Park Bowling Club!

George Gregan, former Wallabies Captain, will be running rugby clinics from 4pm. Matt Falloon and his Trained Balloons will entertain the kids from 6:30pm with a truly unique show and balloon twisting.

Adults \$20 - BBQ, dessert + drink (beer or wine) & babysitting

Kids \$10 - Rugby clinic, balloon show, kids menu + soft drink



FOR MORE INFO & TO PURCHASE TICKETS,
VISIT TRYBOOKING.COM/JHTC



Skoolbag 
Complete communication solution



Hi,
I just wanted to provide some positive feedback on the use of the Skool Bag. It is such a great communication tool and I have found it really useful.
Thanks for the initiative.

Thanks and regards,
Graeme