



PIGEON POST

Learn ~ Live ~ Lead

Dates for the Diary

• HAPPY HOLIDAYS!

- Mon 24 Apr ~ Staff Development Day (off-site) ~ NO STUDENTS
- Tues 25 Apr ~ ANZAC DAY
- Wed 26 Apr ~ Term 2 commences ~ STUDENTS RETURN



An interview with the Principal...

What do you think you'll be doing today, as the Principal?

I think I will get to give the gold stickers out to really good boys and girls that do really good work and listen to their teachers.

My Assistant Principal Olivia will be helping me with my jobs.

Principal Alexandra ~ Principal for a Day



Mrs Lambos hands over the
keys to Principal Alexandra!



What a great team -
Principal Alexandra and
Assistant Principal Olivia!



Principal Alexandra
catches up with ex-
Principal Drew (2015)



Visits from the Principal -
Principal Alexandra visits
ALL the classrooms...



All in a hard
day's work!



Principal Alexandra
visits her FAVOURITE
class (she's not biased at
all!)



Having an executive
meeting over
afternoon tea...



In need of a caffeine hit...
(Caramel milkshakes for us!)

Principal
for a Day!



Principal Alexandra LOVES handing out gold
stickers to students!



Working on the newsletter!

OUR PROJECT BASED LEARNING PROCESS CONTINUES

BALMAIN OC CLASSES

Year 5 Louvre and Year 6 AmazEN are in the middle of their project based learning task which is to design and make a ball suitable for a child with a disability and then create a sport around this ball to promote inclusivity. An educator working with children with special needs will come to evaluate the student's designs and ideas. At the beginning of our study we had a visit from the parent of a disabled child who plays sport. This helped us understand how hard it is for people with different disabilities to play sport, and yet they have the right to do this.



Arlo test driving the bike. Everyone thought this equipment was well designed.

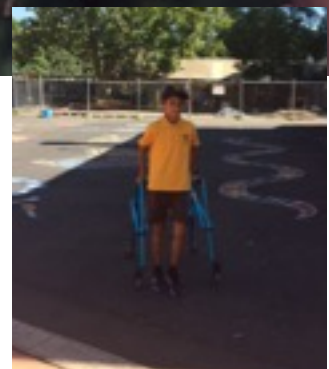


Jacob's mother visits

Jacob's mother, Mrs B, is a rehabilitation doctor. She very kindly brought in several aids, which also gave us much food for thought when designing our balls and creating our sport. Some of the students were allowed to try out some of the equipment and we realised that we had to take this type of equipment into consideration in our designs.



Jonah analysing the equipment.



Luca using the frame, raced Cal, and soon learned how much longer it took to do things using the frame.

OUR SPECIAL NEEDS FOOTBALL TEAMS NEED YOUR HELP

Become a Balmain & District F.C. Buddy Today!

INTEREST IN OUR "ALL ABILITIES"
PROGRAM HAS EXPLODED!

WE NEED

35
BUDDIES

PLEASE
HELP!



Buddies should be 16 years and over and keen to help special needs players feel part of a team and improve their football skills.

The Balmain DFC buddy program allows players who require extra support on the field to participate to their full potential. The buddies are volunteers from the clubs and community groups who are dedicated to ensuring each player has a fair go and is involved in the game.

Some players receive 1 on 1 support from a buddy while others just require encouragement to get involved.

Would you like to help out with:

- Saturday mornings – for just one hour
- Weekly session includes 30 minutes of coaching + a 30 minute game
- Buddies rostered on 1 Saturday per month

What are you waiting for?
CALL NOW!

All returning buddies, as well as those considering becoming a buddy this season are invited to express their interest to the "All Abilities" manager **Ellen on 0409 819 343 or allabilitysoccer@gmail.com**



FOR MORE INFORMATION



Search for:
All Abilities Football
Team Coaches



Search for:
Special Needs
Soccer Balmain



Visit:
balmainfootball.com.au

Working on our Easter Hats

with our buddies...



We REALLY enjoy the opportunity to work together with our buddies...this task has been so much fun!



FOR BATTEN DISEASE

Thanks to everyone for joining in on our Crazy Hair & Outfit Day for Batten Disease...an astonishing \$329.50 was raised for this childhood disease...

A little about Batten Disease...

Batten disease (Neuronal Ceroid Lipofuscinoses) is an inherited disorder of the nervous system that usually manifests itself in childhood.

Batten disease is named after the British paediatrician who first described it in 1903. It is one of a group of disorders called neuronal ceroid lipofuscinoses (or NCLs). Although Batten disease is the juvenile form of NCL, most doctors use the same term to describe all forms of NCL.

Early symptoms of Batten disease (or NCL) usually appear in childhood when parents or doctors may notice a child begin to develop vision problems or seizures. In some cases the early signs are subtle, taking the form of personality and behaviour changes, slow learning, clumsiness or stumbling.

Over time, affected children suffer mental impairment, worsening seizures, and progressive loss of sight and motor skills. Children become totally disabled and eventually die.

Batten disease is not contagious nor, at this time, preventable. To date it has always been fatal.

If you wish to make a donation, please click on the following link:

<http://www.battens.org.au/donation-options>



Come and join our Easter Hat Parade..



The Kindies were asked to work with their buddies on an Easter colouring in Competition...

The prize was an amazing collection of Easter goodies in a huge hamper, which was donated by Amy White, an ex-student of Balmain Public School, and property consultant at LJ Hooker Balmain...

Thank you so much for this fabulous prize.

Kateryna, from K Pacific, was the ecstatic winner of the competition!





The 3 tallest hats @ BPS



SCHOOL HOLIDAY WORKSHOPS

Eco-Weaving & yarn crafts, paper sculpting, 'Crazy Critters' paper puppets,
Design Your Own Pillowcase, fun 'Process Art' and more..... **\$50 each**

April 11th, 13th, 18th 2017

years
3-7
or with adult

Morning workshops - 10.00am-12.30pm
Afternoon workshops - 1.30pm - 4.00pm

Or ALL DAY options available:
10am-4.00pm or 9am - 5pm

NEXT TERM:

'ART CLUB'

Wednesdays: 3-5pm
from 26/4/17

new
class

'ART NINJAS!'

(This class is for kids who especially LOVE to draw!)

Thursdays: 3-5pm
from 27/4/17



Why not come along and try out a
casual class (\$35)



ALL AT BALMAIN PUBLIC SCHOOL

YOUNG AT ART

For more details, please email **Sally** at
youngatartsydney@outlook.com

WWW.YOUNGATARTSYDNEY.COM

Stage One PBL (Project-Based Learning)!

We built this city...

On Wednesday, Stage One students revealed their cities, which they have been designing to be built on the deserted island that was discovered by Miss Mistry, Miss Yau, Miss Curry and Miss Morris...

Four architects came to judge the cities; all the students' presentations were well-prepared and demonstrated strong teamwork...



It was so great to see all of this term's hard work in its final stage!

The judges were very impressed with all the teams...

It was a great success; all the students and teachers had so much fun!

PARENTING RESILIENT KIDS



We are inviting parents and their primary-school aged children to take part in a new online parenting program designed to provide parents with strategies to parent with confidence and stay connected with their pre-teen child.

WHAT IS THE RESEARCH ABOUT?

You are invited to participate in research being conducted by Monash University, led by Dr Marie Yap. The research aims to evaluate whether our new online parenting program can help empower parents and in turn build their child's resilience.

WHAT IS INVOLVED?

You will be randomly allocated to one of two groups, to receive either:

- 1) An individually-tailored, interactive online parenting program that will give you practical strategies you can use to parent your child more confidently;

OR

- 2) An information package of 8 weekly factsheets about child development and well-being.
- We will give you a 5-minute call once a week until you have completed your allocated program.
 - We will ask both you and your child (if they agree to take part) to complete some online surveys at the beginning, and after 3 and 12 months.

In total, participation in this research will take a few hours of yours and your child's time over 12 months. To say thank you, you will be reimbursed with e-gift vouchers.

All components of the online program can be done using a computer, tablet, or smartphone.

WHO CAN PARTICIPATE?

Parents or guardians of a child aged 8-11 who live in Australia, are fluent in English and have internet access.

HOW DO I FIND OUT MORE?

To find out more, or to register to participate, please go to www.parentingresilientkids.com

For further details, please contact the researchers at med-resilientkids@monash.edu or on (03) 9905 1232.



MONASH University



PARENTING RESILIENT KIDS:
Preventing Depression & Anxiety

FAIRPLAY SPORTS

School Holiday Sports Camps at Balmain High

/ **TENNIS** / **SOCCER MULTISPORTS**
/ **SOCCER** / **TENNIS MULTISPORTS**
/ **AFL** / **BASKETBALL**
/ **OZTAG**

April 18-21

Ph: 1300 765 659

coaching@fairplaytennis.com.au



MACQUARIE ADHD Parent Support Group

*Supporting parents and carers of children & teens with ADHD,
learning difficulties, and co-existing conditions.*

Mark Brandtman

Education Consultant & ADHD Coach

Social Isolation & Bullying

Social isolation, friendship difficulties and bullying plague people with ADHD. This presentation will explore these difficulties, examine their causes and discuss a range of positive strategies that can help our ADHD kids.

Mark is an ADHD Coach & Mentor, and with his own personal experience of ADHD, believes ADHD can be an asset when treated effectively.

WHEN: Thu 25 May 2017
TIME: 7.00pm – 9.00pm
VENUE: Dunmore Lang College, (adjacent to Macquarie University)
130-134 Herring Road, North Ryde, NSW 2113
Public Transport: Macquarie Uni railway station. Off-road & street parking.
BOOKINGS: www.trybooking.com/274187
DONATION: \$5.00 for catering at the door.

All Welcome - Stay for supper to meet the speaker and other parents.

ADHD Centre Helpline

Ph: 02 9889 5977 / 0416 111 036

Email: info@macquarieadhd.org.au





KIDS AT THE ARTHOUSE

BALMAIN PUBLIC SCHOOL MONDAYS 3PM - 5PM

THE KIDS AT THE ARTHOUSE PRESENTS AN AFTER SCHOOL ART PROGRAM THAT WILL INSPIRE YOUR CHILDS CREATIVITY. RUN DURING THE TERM IT IS DESIGNED TO DEVELOP AND ENRICH SKILLS IN A VARIETY OF MEDIAS WHILE ALLOWING EACH STUDENT TO EXPRESS THEMSELVES INDIVIDUALLY IN THE ART MAKING PROCESS. THE PROGRAM CHANGES EACH TERM AND INCLUDES MEDIAS SUCH AS DRAWING, PAINTING, MIXED MEDIA, SCULPTURE, TEXTILE DESIGN AND ART COMPETITIONS. TAUGHT BY AN EXPERIENCED AND QUALIFIED ART EDUCATOR. WE PROVIDE ALL ART MATERIALS AND AFTERNOON TEA! \$30 PER CLASS

BOOK FOR 2017!.....CONTACT:

Sabina Carney e: sabina@kidsattheartthouse.com

m: 0403768282

KIDS AT THE ARTHOUSE STUDENT ACHIEVEMENTS:

STUDENTS CHINESE NEW YEAR EXHIBITION AT THE CHINESE GARDEN OF FRIENDSHIP (DARLING HABOUR) "DREAM" EXHIBITION - 2014, 2015 & 2016

WINNERS: CHILDREN'S BOOK COUNCIL OF AUSTRALIA POSTER COMPETITION 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