



# PIGEON POST

Learn ~ Live ~ Lead

## MAY

- Tues 29 ~ ICAS Science  
~ 7:30am

## JUNE

- Wed 6 - Fri 8 ~ Stage 3  
Camp
- Wed 6 ~ P&C meeting ~  
7pm
- Mon 11 ~ QUEEN'S  
BIRTHDAY ~ PUBLIC  
HOLIDAY
- Wed 13 ~ ICAS Spelling  
~ 7:30am
- Thurs 14 ~ ICAS Writing  
~ 8am
- Mon 18 ~ FOIM
- Wed 20 ~ 8 yrs + Field  
Athletics Carnival (shot  
put, discus, long jump)
- Mon 25 ~ Stage  
SPELLING BEE Finals
- Mon 25 ~ Music evening
- Thurs 28 ~ 8 yrs + Track  
Athletics Carnival



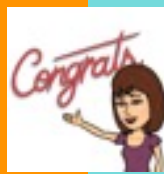
## No flies on us...

We always look forward to our morning lines, where Ms Biggins leads the entire school in community singing! This week was a real treat, as the whole school seemed to transform into flies...luckily all these 'flies' were in school uniform, so there was no need to 'shoo' them away! Thanks to 3/4 Turtles for flying onto the stage and helping out!

*Maria Lambos ~ Principal*

# LEARN LIVE LEAD

## Awards



# YOU CAN DO IT!

## Awards

### K Crabs

Zoe P - showing teamwork and initiative in the design and construction of the KC Castle

### K Dugong

Harvey T - reading most of a more challenging book!

### K Pufferfish

Arwen J - outstanding results in every KLA

### 1/2 Blue Dragon

Kateryna T - outstanding effort and behaviour in all classroom activities

### 1/2 Galapagos

Leo L - using interesting adjectives to dress up a boring sentence during 'Daily 5'

### 1/2 Megalodon

Alex K - being an active listener and leading by example

### 1/2 Seahorse

Summer W - enthusiasm toward her learning and taking on new challenges with a smile

### 3/4 Flameback

Harry M - approaching school life with a cheerful ZEST!!

### 3/4 Krill

Alex L - having a positive attitude towards all learning tasks

### 3/4 Turtles

Ruby T - her positive hard work on her Dinosaur Theme Park design and gaining more confidence in her writing. Fantastic, Ruby

### 5/6 Coelacanth

Sam N, Toby C - developing an interesting driving question for Stage 3's Plastic PBL

### 5/6 Lasseter's

Sooyeon K - demonstrating great speaking and listening skills in her public speaking task

### 5/6 Spoggiá

Lachlan W - his cheerful attitude and polite behaviour in class

### 5/6 Wahoo

Jack B - demonstrating leadership when organising, arranging and performing a play

### 5/6 Yabby

Joe F - actively demonstrating leadership and being a positive role model to peers

### Other

Danielle K, Caitlin Y - their much needed and appreciated help with technology during NAPLAN

### K Crabs

Callan H-J - outstanding presentation of his maths work

### K Dugong

Mila F - listening to instructions and for always assisting her peers

### K Pufferfish

Mason M - reading 50 books in home reading

### 1/2 Blue Dragon

Jessica R - continually improving her organisation for each lesson

### 1/2 Galapagos

Toby M - understanding only he can control how much effort he puts into achieving his goal

### 1/2 Megalodon

Cleopatra McP - being prepared and ready to learn

### 1/2 Seahorse

Luca H - being prepared for learning and a positive role model to his peers

### 3/4 Flameback

Andrei L - being a self-motivated worker!

### 3/4 Krill

Ellie B - always being prepared and ready for every lesson

### 3/4 Turtles

Joshua H - working hard on being organised and following 'the Balmain Way'

### 5/6 Coelacanth

Eva S - keeping 5/6C's classroom neat and organised and ready for learning

### 5/6 Lasseter's

Leela B - being prepared and ready to learn

### 5/6 Spoggiá

Cameron R - a well-organised and clearly structured Multicultural speech

### 5/6 Wahoo

Grace S - being well-organised when working to develop an informative poster

### 5/6 Yabby

Darcy F - showing initiative and organising the 'Sports For Schools' campaign at our school



# THIS WEEK'S POSITIVE PETE AWARD GOES TO... ANNIE P 5/6 WAHOO

## 3 Cheers to...

...3 amazing staff members at Balmain PS, who ensured NAPLAN was well-organised and executed, with little or no glitches (especially those beyond our control, due to participating in NAPLAN Online this year).

Hip hip hooray to **Miss Karstrom 3/4K**, **Ms Yau 5/6Y** and **Ms Edwards!!!**

A special 'shout out' to **Danielle K** and **Caitlin Y**, who assisted with the technology. **THANKS to all!**



When I thought our **Stage 2 teachers** had delved into their 'bag of tricks' and used everything in their power to help our Year 3 students feel comfortable with their very first NAPLAN, I was mistaken!

As the home-time tune played throughout the school and playground, so did sparkling bubble clouds, as all our Year 3 students descended from the top floor and into the playground, blowing beautiful **bubbles** to **celebrate** the end of **NAPLAN 2018!**

Thank you so much again to **Ms Ferguson**, **Miss Karstrom** and **Ms Tauia**, who made Year 3's 1st NAPLAN, one they'll never forget!

## PREMIER'S SPELLING BEE UPDATE

I hope you are all getting excited and having fun practising your spelling! Less than a month to go until the 'Balmain Public School - Spelling Bee Stage Finals'.

Students are invited to practise the 2018 list available – please see the below link the wordlists <https://www.artsunit.nsw.edu.au/2018-premiers-spelling-bee>.

The above lists are password protected. Due to copyright the password will be distributed at school via the classroom teacher. Students will be quizzed in an in class 'Spelling Bee' throughout Week 8 this term with words relevant to their stage from above link. Please note the Junior Wordlists Years 3 & 4 are levels 1-5 and Senior Wordlists Years 5 & 6 are levels 2-6. Two representatives from each class (four from each grade from stage 2 and 3) will progress to the 'Stage Spelling Bee Finals'

The Balmain 'Stage Spelling Bee Finals' will be held on Monday 25<sup>th</sup> June.

Good luck and happy practising!

Sarah Weston and Megan Sweeney~Organising Teachers





# 3/4 Flameback



Our New Flexible Learning Space was so well received by the Flamebacks!

In all honesty, when was the last time you enjoyed your favourite book whilst sitting bolt upright on a hard plastic chair?



Spotted: Yellow whisper phones made from pipe ends. A great tool to practise fluency when reading without distracting others!

Talking Time: We have been focusing on our speaking and listening skills this term. Here we are demonstrating proof of listening!



# 3/4 Flameback



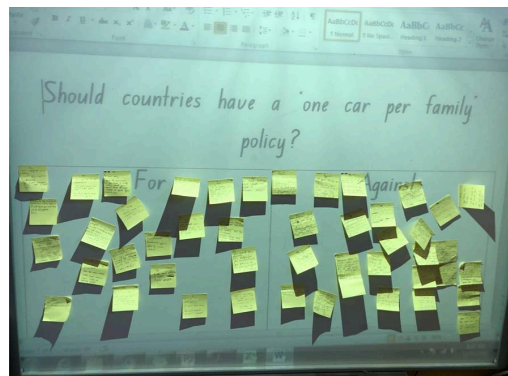
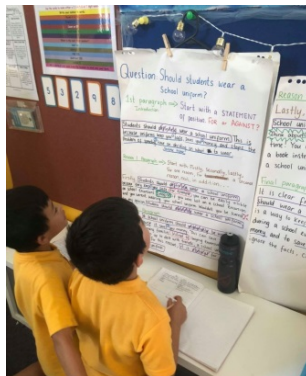
What a day at  
S.E.A. L.I.F.E  
A great way to get the  
kids pumped about our  
reef PBL unit!



So proud of everyone  
who participated at the  
Cross Country Carnival!!



We have been learning all about persuasive writing!!





# Happy Students + Happy Staff = Happy School

We are a community of: **SAFE**,  
**RESPECTFUL** and **RESPONSIBLE**  
learners.

## THE BALMAIN WAY...



The **SAFETY** and **WELLBEING** of **EVERYONE** at Balmain

Public School is of utmost importance to all of us...two major programs have been officially launched this term: **PB4L** (Positive Behaviour for Learning) and 'Rock & Water', providing students a pathway to self-awareness, increased self-confidence and social functioning.

In line with following the mantra of 'The Balmain Way', we all need to be **SAFE**, **RESPECTFUL** and **RESPONSIBLE**. The staff have been involved, and will continue to be, in various Professional Learning sessions:

- Staff Development Day ~ 30/4/18 ~ **PB4L** launch preparation ~ positively-worded rules for each area of the school, sitting beneath our 3 values ~ being **SAFE**, **RESPECTFUL** and **RESPONSIBLE** ~ meaning of each ~ 'Positive Pete' ~ consistency throughout the school ~ all teaching/support staff
- 30/4/18 ~ 'Rock & Water' introduction to staff, led by Mr Sean Baumann 3/4B, who had participated in a 2 x day training program prior to returning to BPS this term ~ all teaching/support staff
- 23/5/18 ~ free (paid by the school) **Flu shots** available to all staff @ BPS (Mr B will be happy once the jab pain subsides and he misses out on the catching the flu!
- 13/6/18 ~ **Positive Workplace Culture Workshop** ~ all staff ~ led by WHS Consultant, Health & Safety Directorate
- **PB4L** initial feedback session - TBA



Oldie but goodie song (2013), 'Happy' by Pharrell Williams, is the tune to signal the 1st session of 'Rock & Water', with Mr Baumann, on Friday afternoon...this occurs weekly at 1.40pm, midway through Break B. It's fabulous to see the entire school, students and staff alike, just suddenly stop what they're doing and start dancing around and singing...some students even dance while still playing handball! If I can remember to stop dancing around the playground myself, I'll take some photos and put into next week's issue of Pigeon Post!

# Safety @ BPS...

The **safety and wellbeing** of all **students, staff and community** at Balmain Public School is paramount, always.

We are bound by Health & Safety (previously known as Work, Health & Safety) regulations, in ensuring we are following policy and that procedures are in place.

As part of **following guidelines**, we have developed **evacuation, lockdown** and **lockout** procedures, as well as practising these procedures regularly.

**Evacuation** drills must occur **every 6 months** and it is recommended that lockdown and/or lockout drills should occur in between the evacuations.

It therefore works out that **each term**, there will be a **practise/drill** of either **evacuation** and **lockdown/lockout**. This is common practice; it has been occurring every year and will continue.

The terms **evacuation, lockdown** and **lockout** are **universal and used throughout any workplace, school and public areas**. We must also use this terminology (as per Health & Safety Directorate definitions and examples below):

- **Evacuation** - This action is used after the decision is made that it is unsafe to remain in the buildings, e.g. fire
- **Lockdown** - This action is used after a decision is made that being indoors would provide a greater level of protection to students and staff, e.g. where there are school intruders. Lockdown minimises access to the school and secures staff and students in rooms
- **Lockout** - This action is used to prevent unauthorised persons from entering the school, and is commonly used when the threat is general or where incidents are occurring off the school property e.g. a riot or passing demonstration, nearby siege etc. This procedure allows school activities to continue as normally as possible during the outside disruption.

THANK YOU so much to the P&C for assisting with the cost involved in repairing our PA system, which wasn't behaving itself lately (obviously before we launched PB4L!)

As we weren't able to have our Lockdown drill last term (due to technical difficulties), we will be having it this term, along with an Evacuation drill, on separate days.

We are required, as per the Health & Safety Directorate, to execute either an evacuation, or lockdown drill, each term.

As it is a drill, we are unable to let anyone know when they will occur, but will Skoolbag the information out afterwards.

**2ND CHANCE  
UNIFORM STALL  
FRIDAY MORNINGS  
8:30-9:00AM  
OUTSIDE CANTEEN**



**BPS CANTEEN**

**BPS** Parents & Community Association



[www.flexischools.com.au](http://www.flexischools.com.au)

**DON'T FORGET TO GET YOUR ORDERS IN  
BY THURSDAY 9AM!**

## TERM 2 MENU

May 11	Dumplings		Jun 8	Pork & Rice	
May 18	Chicken Napoletana		Jun 15	Penne Napoletana	
May 25	Beef & Rice		Jun 22	Butter Chicken	
Jun 1	Spaghetti Bolognese		Jun 29	Dumplings	

## 2018 BPS P&C CONTRIBUTION



**BPS P&C FUNDRAISER**

**ART SHOW  
BLUE PLANET**

**Save  
The  
Date**

**FRIDAY 14<sup>th</sup> SEPT 7PM  
PARENT'S EVENING**

**SATURDAY 15<sup>th</sup> SEPT 9AM-1PM  
FAMILY DAY**



# Rock & Water



Week 2 of **Rock & Water** was underway with a recap of what we remembered about standing strong:

## Stay focused, breathe.

We developed our ability to stand strong by a friendly competition of tug-o-war. Those that were centred found they were really strong and were hard to beat. We learnt that we need to focus on myself and how I'm playing and not play into my opponent's game.



**We learnt that where my eyes go, my head goes, my shoulders go, and my body goes. To stay strong we need to block out other distraction and focus on where I want to go, not where my opponent wants me to go.**

We asked 'little' and 'big' questions upon reflection time.  
"Who won?" – Well, that's a 'little' question. Not overly important.  
However...  
"Who felt stronger?"

"Who get better as we went?"

"Who may have lost, but re-centred themselves several times and made their opponent really work hard?"  
These are a few of the 'big' questions.

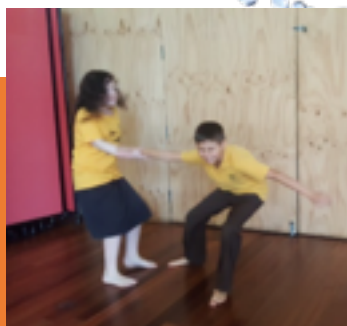
### This Week's Focus

**Standing Stronger** – remembering that whilst we are strong, it is important to remember that our focus and centre is within ourselves and not based on the opposing forces around us.

**Tug-o-war** – this fun quick game develops the rock stance. Learning how to be strong. This development is great for the development of the course and allows the students to have a good foundation from which to progress.

## "I respect you, and I will not hurt you"

See you all next week!  
Mr Baumann



GET YOUR GRIP... GET IN YOUR  
ROCK STANCE... GET THE  
TENSION... GET FOCUSED...  
3... 2... 1... PULL



BPS P&C FUNDRAISER

# ART SHOW

## BLUE PLANET

FRIDAY 14<sup>th</sup> SEPT 7PM  
PARENT'S EVENING

SATURDAY 15<sup>th</sup> SEPT 9AM-1PM  
FAMILY DAY



## ART SHOW UPDATE

A big thankyou for the great response from the school community with many people offering their help for the Art Show. Lots of tasks for the art show are already covered.

Some fantastic ideas for class artworks are already coming to fruition. A big thankyou to the following school community members for volunteering to help with the class artworks:

KP: Gemma and Katrina, KD: Jeanette, KC: Yumiko, 1/2C: Justine, 1/2G: Sam, 1/2S: Van and 3/4F: Victoria, Clare, Anna and Cindy.

If your child's class is not mentioned above and you have some capacity to help during school hours, it would be great to hear from you. You do not need to be an artist or creative, rather we need someone to come and help with this fun, team building activity. If you are unsure what is involved to help with the class artworks, please don't hesitate to get in touch with me.

We're overwhelmed by the generosity of some Sydney artists that have donated artworks for the silent auction. If anyone is an artist or has friends and family that would like to include their work in the silent auction, please contact me.

Lastly, we are in need of egg cartons for a creation at the Art Show. If you could drop them in the 'egg carton' box at the office, that would be much appreciated.

Josie Simpson

[simpson\\_josie@hotmail.com](mailto:simpson_josie@hotmail.com)

0400 490 482

# District X-Country

On **Thursday 24 May**, 49 students from Balmain Public School attended the **District Cross Country Carnival** held at Bicentennial Park, Glebe. Students showed amazing sportsmanship, as they supported each other and recognised their achievements. Parents from surrounding schools commented on Balmain PS, regarding their wonderful manners, level of responsibility and engagement at the carnival. **Well done, Balmain students!**

Special congratulations to **Luca G, Matisse L and Thea G**, who will be representing the Balmain Zone at the Regional Cross Country. The **Regional Cross Country** will take place on **Thursday 14 June 2018**.

I would like to thank all the parents who supported the students on the day of the carnival and came to cheer on Balmain PS. A **special thank you** to **Ms Nancy Ferguson** who supported students on the day. It was a great day for all!

**Sarah Weston** ~ Sports Coordinator



## Attention: All High Jumpers



As we do not have high jump equipment available to us this year, we will not be holding high jump at our Field Athletics Carnival on Wednesday 20 June.

This year, we are taking Expressions of Interest (EOI) for the high jump event. We have been advised by officials to take on the same approach as the other surrounding schools. Therefore, students who are interested in competing in high jump at the District Athletics Carnival, will express interest in this event, where they will have their jump verified by an organisation, such as Little Athletics.

There is a form to be taken to your Little Athletics Organisation to confirm your son/daughter's details and highest jump recorded for this participant. This form will need to be signed by a Little Athletics Official.

If your child attends Little Athletics and is interested in participating in the high jump event, he or she will need to express this interest to Ms Tauia by Friday, 1 June. At the point of expression, each student will receive a form to be returned to Ms Tauia.

Kind regards  
Ms Sharlene Tauia (Ms T)



# PSSA



## NETBALL

### Seniors Div 1 Team A

The A Team sadly lost their match against Rozelle Public School, with a score of 14-2. The weather was windy and cold, but it was perfect weather for netball. Even though we lost, we had a lot of fun! *by Genevieve S and Caitlin Y*

### Seniors Div 2 Team B

At netball, the B Team won 15-0 against Kegworth Public School. The weather was chilly, but you felt warm on the court! Overall, it was a great game. *by Keira C*

### Seniors Div 2 Team C

Our C Team played Kegworth Public School, who won 2-0. The team worked really hard to defend and did really well. In the next game, we will work on feeling more confident in our attacks, whilst strengthening our already great defence!

### Juniors

This game was awesome! We had so much fun playing Fort Street. We won 7-3! It was our second game and we won the game and we are so proud! [From the Junior Team] The girls worked well together - communicating with each other and filling the gaps. Alison was a start goal-shooter in this game; she has been practising at home in the backyard and it is definitely paying off.

## SOCCER

### Senior Div A

The A team had another tough match this week; we played Rozelle. We sadly lost 2-0, which was very unlucky. Everybody had a great part in this game: our defence, our midfield and our strikers. Even though our team didn't score, we all played a great game. Our team all thought we played better in the second half, because we didn't concede, passed better and got our heads up. This resulted in only a 2-0 loss; we only conceded in the first half. Great game for both teams and GO BALMAIN! *by Joe Foster*

### Senior Div B

The B team had a much harder opposition this week than last week. The B team had to play Nicholson street. We had a tough loss the end score was 3-1 to Nicholson Street. Unfortunately we conceded twice in the second half. Our keeper got injured in the last five minutes, which was sad. Good game all and GO BALMAIN! *by Joe Foster*

### Juniors

In the first half, the junior team was going quite well, but then in the second half, we really started to play much better as a team. The opposition was a little bit less challenging than last week, but it was still a little bit hard. The final score was 5-0 to Balmain AND IT WAS LOADS OF FUN! *by Lachie R*

# National Simultaneous Storytime

WEDNESDAY 23 MAY 2018

#NSS2018

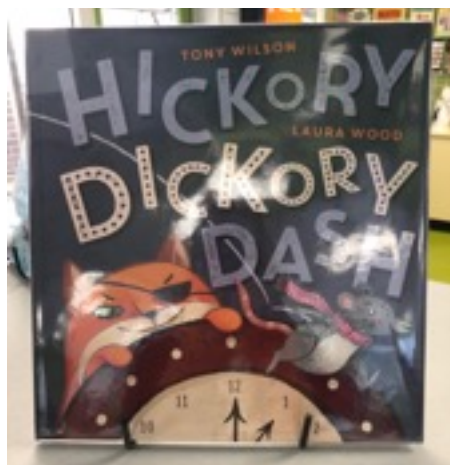
[www.alia.org.au/nss](http://www.alia.org.au/nss)



Australian Library and Information Association

SCHOLASTIC

LIANZA



Wednesday 23 May heard the simultaneous reading of 'Hickory Dickory Dash', from one side of the school to the other, as Balmain PS participated in National Simultaneous Storytime. Ms Whelan, our wonderful librarian, had arranged for multiple copies to be available throughout the school.

**National Simultaneous Storytime (NSS)** is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 18th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

NSS aims to:

- promote the value of reading and literacy,
- promote the value and fun of books,
- promote an Australian writer and publisher,
- promote storytime activities in public libraries and communities around the country,
- and provide opportunities to involve parents, grandparents, the media and others to participate in and enjoy the occasion.

Ministers, Ingrid L and Jade W, along with Ms Whelan, arranged for a mufti day, with gold coin donations to go to the Indigenous Literacy Foundation. The Foundation is... a national book industry charity, which aims to reduce the disadvantage experienced by children in remote Indigenous communities across Australia, by lifting literacy levels and instilling a lifelong love of reading...

Our mufti day raised **\$354.95**, which will be sent to the Indigenous Literacy Foundation, on behalf of Balmain Public School. It's so exciting to know that our donation will buy over 40 books for Indigenous children in remote communities! It feels so good to be able to help others not as fortunate as us!

## Donate

\$25 can buy three or more culturally relevant books for remote communities. \$300 buys packs of 40 books. \$500 helps translate stories into first language.



# Food and Toiletries Collection



## Supporting people in need

Anglicare provides material assistance to people in crisis. To support this work we're collecting basic household necessities including:

- pasta, pasta sauce
- chunky soup, tinned meals
- tuna, salmon
- cereal, long-life milk
- toothpaste, toothbrushes
- soap, deodorant.

### We'll be collecting at:

1 – 31 May 2018  
8.00am – 2.30pm  
(deliver to the church porch)

St John the Evangelist  
Anglican Church Balmain  
Corner of Spring St and  
Birchgrove Rd, Balmain  
0422 762 395



**St John**  
the Evangelist, Balmain  
Anglican Church  
of Australia



**Anglicare**



Macquarie  
**ADHD**

Parent Support Group Inc.

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

## ADHD Transitions - Moving up to High School

**Dr Caroline Stevenson**

Clinical Psychologist

ADHD children usually have difficulty with transitions. One of the most significant transitions is moving up to high school. Parents struggle deciding which high school to send their ADHD child and worry about how they will manage in this new environment. In this talk Dr Stevenson will help parents consider what is important in secondary school selection and also offer strategies to make the transition as easy as possible. Caroline will also touch on the transition to tertiary study.

Dr Stevenson specialises in ADHD across the lifespan in her private practise in Frenchs Forest and is also a board member of ADHD Australia.

<b>WHEN</b>	Thu 31 May, 2018
<b>TIME</b>	7.00pm - 9.00pm (including question time and supper)
<b>VENUE</b>	Dunmore Lang College (adjacent Macquarie Uni) 130-134 Herring Road, NORTH RYDE, NSW 2113 <i>Transport: Macquarie Uni train station or Limited off-road and street parking.</i>
<b>RSVP</b>	<a href="http://www.trybooking.com/UTJZ">www.trybooking.com/UTJZ</a>
<b>COST</b>	\$5.00 online (or at the door if places available)

**ALL WELCOME**  
**Stay for supper to meet the speaker**

**ADHD Centre Helpline**

Ph: 02 9889 5977 / 0416 111 036

Email: [info@macquarieadhd.org.au](mailto:info@macquarieadhd.org.au)