



Ben Lomond School

"Above All"

Principal's Report

Presentation Night. The school presentation night will be held on Tuesday December 4. Mrs Jenny Murray, Relieving School Education Director, for New England North we be attending. The night will commence with a picnic supper in the school grounds at 5pm, with formal proceedings to start at 6pm.

Assessment and reporting. Formal assessments will take place over the coming weeks so that reports will contain up to date accurate information. Reports will be sent home on Friday December 7.

Intensive Swimming has been held over the last two weeks and all students have shown improvement. Some students have participated in stroke correction and survival skills whilst others have improved the distance they are able to swim unaided or are now more confident in the water. Thank you to the P&C for the support in paying for the hire of the bus into the pool for the ten days. I would also like to thank Mrs Ryan, Mrs Siddel and Mrs Vimpany for co-ordinating the intensive swimming..

Live Life Well @ School. This term we have been focussing on the fundamental movement skill of the two handed strike. This skill enables children to participate in a range of leisure and sport activities.

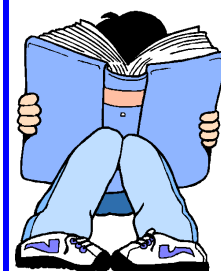
On Monday November 12 Constable Fiona McCormack will be visiting to conduct a **bike safety course**. This will require the students to bring their bikes and helmets to school. If you need assistance with getting your child's bike to school or if they do not have a bike please contact the school. Students and staff will be riding their bikes around the village on this day.

Breanna McFadyen has been teaching the students a **dance** that they will perform on presentation night. The students have been very enthusiastic about dance all year and have embraced the combination of hip hop and modern that Breanna is teaching them.

Some of the vegetables the students planted at the end of last term are looking quite healthy. The radishes have matured and are ready for harvesting. Many students had never tasted radish before and the looks on their faces after tasting were very interesting. The students have planted orange and purple carrots, beetroot, radish, tomatoes, capsicum and silver beet. I have been nursing our water melon seedlings and we have managed to have about six seedlings.

Lake Ainsworth. We will depart the school at 7.30am on Monday 26 November so that we arrive at Lake Ainsworth about lunch time. We will leave on Friday November 30 at 9am so we are back at school around 3pm. Lake Ainsworth will supply the students with a packed lunch for Friday. Students will not require any money for the week as all meals are included.

Denise Smoother
Principal



Dates for your Calendar

P&C Meeting
Thursday
15th November
5.30pm

School Assembly
All welcome
Monday
9th November
2.30pm

Lake Ainsworth
26th –30th
November

Presentation Night
Tuesday 4th
December

Bike Safety
Monday
12th November

Friday is Library Day. Children are encouraged to borrow and return books every week. Please remind children to use their Library bags.

NO HAT - NO PLAY. All students are to bring to school with them daily a **BROAD BRIMMED** hat. Caps are **NOT** to be worn at school. Hats are available from the school for \$15.00 ea.

Ben Lomond Public School

To have a go, do our best at all times and encourage others.

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Merit Awards

Congratulations

Tom - Silver,

Adam - Silver

Marty - Gold



Ben Lomond P&C News

Government needs to fund education, as a priority

Next Meeting

15th November @ 5.30pm

President Lyall Wilkinson calls on the New South Wales state Government to guarantee that government schools will not have a reduction in their funding, "Public schools belong to the community of NSW, they are inclusive, open to all students, and cater to the educational needs of the most marginalised community members. Our children deserve the Government to acknowledge public schools as one of their key priorities. The belief that cuts to public educational budgets only affect bureaucrats is completely untrue and deliberately misleading. Reductions to government spending on education have a direct impact on our children in classrooms, it is unacceptable."



Happy Birthday



DET News

What's it like at high school

Show your teen this video to ease them into the idea of high school. It has great tips on making friends, getting organised, planning assignments and studying.

Go to: <http://www.schools.nsw.edu.au/gotoschool/highschool/index.php>

Quenching your child's thirst

In the coming summer months what are the best drinks to prevent dehydration? And do you know the recommended daily intake of water for your child's age?

Find out the facts: <http://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx>



Ben Lomond Public School

Inn Road

Ben Lomond NSW 2365

Phone: 02 6733 2001 Facsimile: 02 6733 2104

Dear Parents and Friends of the Ben Lomond Public School,

You are warmly invited to come along to the Ben Lomond Public School Multi-Purpose Hall on Tuesday, 4th December 2012 at 5.00pm to join the children in celebrating the 2012 school year.

The evening will commence with a picnic dinner in the beautiful school grounds at 5.00pm so please bring along your picnic dinner, a picnic rug and chairs. Following dinner the children will then host the "2012 Presentation Night".

This year Mrs Jenny Murray (Relieving School Education Director) will be joining us to help the children celebrate their fantastic achievements for 2012.

I was lucky enough this week to receive a call from the "Jolly Fellow in Red" to confirm that he would be delighted to pop in and see all the well behaved children from Ben Lomond. Please contact the school for more details.

Once all of the official activities have concluded we will have supper, so please bring along a plate to share with your family and friends.

Kind Regards,

Denise Smoother
Relieving Principal



Education &
Communities



This is how to brush T-Rex's teeth successfully in Ben Lomond

You Will Need:

- Jackhammer
- 3 Buckets toothpaste
- Rope/ chain
- Yard broom
- Tranquilizers
- Crane

1. Put on mask
2. Tranquilize the T-Rex
3. Chain the T-Rex up for safety
4. Open his mouth with a crane
5. Use the jackhammer to remove the plaque
6. Tip the toothpaste onto the T-Rex's teeth
7. Use the yard broom to scrub the teeth
8. Use the hose to wash out the excess toothpaste and grot.



Students participated in a VC (video conference) with the Australian Fossil & Mineral Museum this week.

Bike Safety

Monday, 12th November 2012

Constable Fiona McCormack

Students are to bring their bikes and helmets to school...



NSW Police Force
www.police.nsw.gov.au

With your help, a safer community.





GUYRA ROTARY CHRISTMAS CARNIVAL & STREET PARADE



STREET PARADE 11.30 A.M.

SANTA 12.30 P.M.

SUNDAY 9TH DECEMBER 2012

10.00A.M. TO 2.00P.M.

BRADLEY STREET GUYRA

**RIDES
STALLS
FOOD
&
FUN**



Swim and Survive is a national swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of Australian children in order to prevent drowning and increase participation in safe aquatic activity.

DELIGHTS AND DANGERS OF WATER

Childhood is a time of wonder and mystery, exploration and fun, development and learning. As a parent or carer, you play a valuable role in reinforcing important water safety messages as your child grows. Positive aquatic experiences begin at birth and exposure to fun, safe water-based activities will help familiarise your child with water and build their confidence.

DROWNING IS PREVENTABLE

From 1st July 2009 to 30th June 2010, 56 children aged 0-17 drowned in Australia. Fifty-nine percent of these children were under 5 years of age. Research conducted by Royal Life Saving Society – Australia indicated that home swimming pools are the most common location in which drowning occurred, followed by the bathtub or spa bath. Accidental fall-in or wandering into the water is the most common form of unattended entry for young children.

Sadly, the drowning deaths are only part of a much larger picture. The National Injury Surveillance Unit (NISU) states that for every drowning death, 3 children are admitted to hospital following immersion. For every 5 children admitted to hospital, 1 child will be left with severe or persisting neurological impairment.

Since its inception thirty years ago, over 15 million Australian children have participated in the Swim and Survive program. Swim and Survive has made a significant contribution in many families lives by reducing the rate of drowning in 5-14 year olds by over 75%.

SWIM FOR LIFE

Royal Life Saving Society – Australia believes that children will be safer in the water by learning water safety, survival and swimming skills at an early age. Brenner et al (2009)* found a protective association between formal swimming lessons and the risk of drowning in children aged 1-4 years – an 88% interpreted reduction in the risk of drowning.

It is important to be mindful however, that swimming lessons alone will not make your child safe. While the inquisitive nature of young children increases their vulnerability, the benefit of active supervision (i.e. supervision that is close, constant and focused) should never be underestimated

