Parent Teacher Meetings
We have organised to hold our parent/teacher meetings this term in Week 9, which is the 23–27 March 2015. This is a great time for home and school to meet and make sure we are all on the same page with your child’s learning needs. More information will be coming home soon!

Thinking about high school already?
This Friday, our Year 6 students will go to Tweed River High School for a high school taster day. Tweed River is our designated local high school and they are already starting the transition of our students into their high school environment to maximise the success that our students will have when they begin there.

The school also offers a range of Gifted and Talented experiences throughout the year as well as a variety of other curriculum experiences. Year 6 parents have recently been asked to indicate the high school they expect their child to attend next year so if any parent has any questions about their choice of high school, please contact your child’s teacher.

Good news coming
The merit selection process for our new teacher has been finalised and we are now just waiting for the appeal period to finish so we can formally tell you who the new teacher will be who is permanently joining our school. They are very excited and so are we!

Swimming Carnival!
Congratulations to our swimmers who swam so well at the recent district and area swimming carnivals. Awesome swimming Tahlia L, Kai M, Jascha R, Stella R and Indi V. You all represented Bilambil so well!

District AFL Rep
Continuing the strong start that our students have had in sport at the start of this year, Luke J has made it into the District AFL team and will trial for the Far North Coast Area team next week. Good luck and well done Luke!

Remember School Photo’s Thursday
19th March, 2015 get your envelopes in

“Staff demonstrating the give it a go attitude that we’re trying to take with our teaching here at Bilambil”.

Book Club orders due date is Friday 13 March 2015
## STUDENT OF THE WEEK

<table>
<thead>
<tr>
<th>Term 1 Week 5</th>
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<tr>
<td>KB</td>
<td>Olivia B</td>
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<td>Mia-Elise T</td>
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<td>Natalie M</td>
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<td>Braeligh J</td>
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<td>Amelie H</td>
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<td>Principal</td>
<td>Samara B</td>
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### Daily News Kindy Photos


### 2015 – UNSW International Competitions & Assessments for Schools

The annual International Competitions and Assessments for Schools are on again in 2015. ICAS is the largest independent competition assessment program for schools in Australia. Every student who enters ICAS receives a certificate acknowledging their participation, or achievement of Credit, Distinction, High Distinction as well as the prestigious UNSW ICAS medal.

Notes went home today (Tuesday 3r March, 2015) for all students in Year 3 to 6. If you wish for your child to sit for any of these assessments, please complete the form and return to the office on or before Monday 23 March, 2015. Thank you!

### Remember to get your entries in for the Write 4 Fun Competition K-6

Entries are due by 23rd March, 2015.
The future is looking so bright in KB, we need to wear shades!!

Kindergarten have been absolutely amazing in how quickly they have settled into school and classroom routines.

We have been learning to identify, write letters and even make sentences using our sight words.

News time is always very exciting the sound of the day is the main focus for news. We were extremely excited when Aysha brought her hermit crabs in to show

KB are learning about the food we eat and enjoy fruit at Crunch and Sip time.

KB love mathematics time dancing and singing to counting songs and making patterns.
VOLUNTEERS NEEDED!!

If you have some spare time and are good at covering books the library would love to have your help. We have a large number of new books that need covering. The contact for covering will be supplied and you can do it in the comfort of your own home.

If you can help in any way please contact me at school. Your help would be greatly appreciated.

Christine Hassall
Teacher/Librarian

Change in routine for picking up children

Dear Parents/Carers, it is a DEC requirement that the school be notified (either by phone, text or note) if you are having someone else take your child home from school. Whilst we whole heartedly support and understand you are helping out a friend or neighbour by doing this, please check with them that they have notified the school so as to minimise any problems.

Student Change of Routine messages

Parents/Carers please be reminded that changes to your child/ren’s routine messages are required prior to 2.00pm, to ensure the message can be passed onto your child prior to 2.40pm.

Updating current contact numbers

To enable the school to contact you quickly in a case of your child being unwell or if there is an accident it is very important to update your details and emergency contacts on a regular basis. If you have changed any of your contact details recently, please contact the school office.

Chicken Pox/School Sores

Please be aware there has been a small number of cases of both chicken pox and school sores at school recently.

Department of Health Fact sheets are available from the School office regarding these ailments. If you are in doubt please consult your doctor.

Thank you.

Julian Mostert

Soundwaves

This year our school has taken a whole school approach to the teaching of Spelling. In all stages, we are using a program called Soundwaves. This is an approach that uses a sound-to-letter strategy which acknowledges that sounds can be represented more than one way in written form. It focuses first on the basic units of sound in our language (these are called phonemes) and it then explores the letters that represent these sounds and how they can be put together to form written words. Teachers are able to access activities that support differentiation of learning in spelling for all students and provide specific tasks at each student’s level.

Students have direct access to this program at home by logging onto soundwaveskids.com.au and entering their specific grade password.

      Kindergarten  Year 3
      Year 1       Year 4
      Year 2       Year 5
      Year 6

      bring353    stone135
      hear812     eight631
      upon688     that562
      crab063

This material enables students to revise the sound of the week in many ways including: listening to and echoing the sound, pronouncing the sound correctly, learning sound chants and actions, looking at specific activities in the student worksheets, learning to segment words and playing word games.

We believe that this program will also enhance learning with strategies for reading, writing and spelling that will give our students a deeper understanding of how words are structured.

If you have any questions at all please do not hesitate to ask your child’s teacher.

Sharon Butler
Coordinating Teacher
Our visiting friends from the tiniest town in Japan

On Monday 26th of February 2015 the Japanese drummers came to the school.

They did two performances, the first drumming performance was describing big waves, small waves and the volcano on the island. The performance was amazing, they started drumming with a slow beat. The beat got faster and faster and louder and louder.

The next performance was a very interesting performance in my opinion, the drummers said it was a performance when they do a party. Everyone started clapping with the beat and again it was a very great performance.

It was an incredible day and I really enjoyed translating the Japanese drummers.

By Kai M
5/6M

Thank you from Bilambil School
Bilambil学校からありがとうございます

Kota and Satoshi Arai are brothers from the island of Aogashima, Japan. Aogashima is an island that is a part of the Izu Islands of Japan. Aogashima is 360km from Tokyo which is almost the same distance from Tweed Heads to Coffs Harbour. You can only get to the Island by boat or helicopter. Aogashima Island is almost the same size as Uluru being about 3km long and 2 km wide and is only about 9km around the island. The highest point rises up to 423 metres above sea level. It is so small; there is only one small village, 1 doctor, 1 nurse and 1 police man. There is also only 1 Primary School and 1 junior high and only 15 students in the schools. They have to go to the main island for high school.

The population of the Aogashima is 160 people. We have more kids in Bilambil than Aogashima’s population. Aogashima’s culture is different from Tokyo, there accent is different they have different food and music. Aogashima is an active volcano. It last erupted 230 years ago. People evacuated to the next island for 50 years and it is still steamy near the volcano. There is 1 Cedar Tree that survived the last eruption and it is 30 meters tall.

Kota and Satoshi performed at Bilambil using Taiko drums. Taiko drums are traditional Japanese drums. The music expressed is about the sea and the eruption. It is also about joy of being back at the island.

By Talia L
5/6B

Thank you for sharing your music with BPS

Bilambil Road, BILAMBIL NSW 2486 . 07 5590 7210 . Bilambil-p.school@det.nsw.edu.au . Bilambil-p.schools.nsw.edu.au
Term 1 - Week 6, 3 March 2015

**Tweed Heads SES Recruiting NOW!**
Do you want to discover an exciting new experience with accredited training opportunities?

Recruitment Info Sessions are being held at:
- **Tweed Heads Unit**
  - Pioneer Parade, Banora Point
  - Tues 3rd March 7pm & Thurs 5th March 7pm

Come see what you’ve been missing!
RSVP: 02 6625 7710

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**Soccer Sign On**
If your child is interested in playing soccer this season Bilambil Junior Soccer Club are taking registrations until 8th March, 2015.

For more information please contact the club.

Mobile: 0490 200 611 or
Email: bilambijuniorsoccer@hotmail.com

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**Wanted old Mobile Phones**
The SRC wishes to remind everyone to donate your old mobile phones to support a worthy charity “The Pencil Tree” who supply under privileged schools with necessary resources.

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**Missing Kitten “Abbey”**
Three month old black, grey and orange kitten lost in Lakeview Terrance area. Sadly missed by Breanna and Shailer. If you have seen this little kitten please call Rebecca on 0434 100 747

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**Hosting Is Fun!**
Students Arriving In July

Extend your family with a curious exchange student from Belgium, Brazil, Canada, Chile, Denmark, Doust, Finland, France, Italy or the Netherlands. It’s fun for the whole family!

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**Missing Kitten**
“Abbey”

Three month old black, grey and orange kitten lost in Lakeview Terrance area. Sadly missed by Breanna and Shailer. If you have seen this little kitten please call Rebecca on 0434 100 747.
Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**TIPS FOR QUIET TIME**

1. **Choose a time that suits you and your child.** Morning or evening, just what ever works best for you as a family.

2. **Schedule in ten to fifteen minutes for the practice.** You may need to start with just two to four minutes at first.

3. **Find a place that allows your child to stay quiet.** This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. **They can choose to sit or to lie down on a blanket or rug on the floor.** Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. **After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils.** After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. **The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.**

7. **Continue with the breathing exercise until you reach the end of your allotted time.** When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
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