BUNNINGS BBQ – Sunday 10\textsuperscript{th} March

This Sunday 10\textsuperscript{th} March the P&C will be holding a BBQ at BUNNINGS WEST GOSFORD. They will be there between 8.30am and 4pm.

There are three ways you can support your P & C

1. Come along and buy a sausage sandwich, cold drink and raffle ticket.
2. Volunteer to help on the BBQ
3. Donate towards the BBQ

Contact the P & C President Andrea Young (0458 003 651) if you can help out.

WEEK SIX FOCUS – BULLYING – NO WAY

This week we are focusing on positive interactions between students. With over 400 students interacting with each other every day, just as in the outside world, conflict can occur. We are fortunate at our school that the vast majority of interactions are positive, happy interactions.

We work to minimise bullying through our strong values program and dealing with bullying when it occurs.

It is important that everyone understand what constitutes bullying. When we use the word bullying to describe all conflict it clouds the situation when bullying actually occurs. At times parents tell me their child is being bullied but really they are in a conflict situation with a peer.

So I thought I’d include a definition of bullying:

\textbf{Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the intentional misuse of power by an individual or group towards one or more persons.}

Behaviours that do not constitute bullying include:
- mutual arguments and disagreements between students (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, whilst they might not constitute bullying, these conflicts still need to be addressed and resolved.

Bullying behaviours could include:
- \textbf{verbal} e.g. name calling, teasing, abuse, humiliation, sarcasm, insults, threats
- \textbf{physical} e.g. hitting, punching, kicking, scratching, tripping, spitting
- \textbf{social} e.g. ignoring, excluding, ostracising, alienating, making inappropriate gestures
- \textbf{psychological} e.g. spreading rumours, glaring, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

“Cyber bullying” is an increasing area of concern and whilst it hasn’t been a big issue for us yet, it has the potential to cause problems. Parents have control over their child’s access to technology and therefore have the power to stop cyberbullying. Most sites require a 13+ age limit to use their services so primary aged students shouldn’t have Facebook accounts for example. My advice to parents is to establish some strong ‘rules’ of use with their children early.

In 85% of bullying occurrences there are three people/groups involved – the person being bullied, the person doing the bullying and bystanders.
In our programs to promote positive relationships between students we cover all three groups. We encourage all students to be strong and have strategies to deal with bullying. We encourage all students to treat others with respect and care. We encourage all students to be proud of their school and take steps to help their fellow students.

When conflict occurs we encourage students to initially solve it themselves. Telling the other person to stop, telling the other person how they are making them feel, walking away, offering alternative solutions are all strategies that are encouraged. If these don’t work students are encouraged to ask a teacher to help them solve the problem.

When bullying occurs we encourage students to T.E.L.L. We emphasise that telling someone isn’t dobbing it is asking someone to help solve a problem.

T – tell someone
E – explain what happened
L – let’s use some strategies
L – learn from the experience

Part of our program to promote positive relationships is to use the Rock and Water program. This program teaches students how to stay centred, with a strong base and be aware of their emotions and possible reactions. It helps students to understand there are times to be a rock (stand strong) or be water (go with the flow). These principles can be applied across their lives – from being strong in a bullying situation to writing an argument text in class. All classes will undertake sessions on Rock and Water later in the year.

If you feel that your child is being bullied then your first step is to tell your child’s teacher. Your child’s teacher will take steps to find out more information and put in strategies to support your child and deal with other students involved. The school counsellor, Assistant Principals and the Principal may also be able to help.

We use an escalation approach to consequences for students who are bullying others. Whilst “punishment” is part of this process ultimately we want to change behaviour. We often find that by making the student aware of the effect their behaviour is having on another student the bullying stops.

Another vital step in solving bullying situations is by parents working with the school. When your child is being bullied it can be a very emotional situation. Our experience is that when parents work with us the situation is usually improved quickly.

How parents can help:
• Be a great role model!
• If someone is doing something they don’t like encourage them to say STOP, I don’t like it when you….., walk away, get a teacher to help.
• Talk to them about bullying
• Encourage your child to TELL if they feel they are being bullied.
• Encourage your child to TELL if they see someone else being bullied.

For further information parents and students might like to access the following resources:

Kids Helpline 1800 55 1800

**GIRLS SOFTBALL**

We are extremely lucky to have the expertise of Mrs Tialshinsky who will once again be taking on the challenge of training our boys and girls softball team. A girl’s knockout day has been organised with 10 schools participating in the NSW PSSA Girls Softball.

The girls will play in a gala knock out day against 9 other schools this Friday the 8th March (depending on weather). The event is being held at Bateau Bay Park, Passage Rd, with the first game starting at 8.55am. The girls will play at least two games and depending on the results, perhaps play in the finals.

**CLEAN UP AUSTRALIA**

Unfortunately due to the rain we couldn’t clean up on Friday afternoon. We will attempt to clean up again this Friday afternoon. Please send along gloves/tongs etc on Friday.
AECG – Weds 13th March
The next Tjudabaring AECG meeting will be held at Kincumber Public School on Wednesday 13th March 2013 at 6pm in the room opposite the staff room. All families of Aboriginal students are welcome to attend.

GOODLUCK TO OUR FOOTBALL REPS
Two students, Sarah and Leah, will be attending the trials for the Southern Central Coast representative football team this week. We wish both girls well.

NIPPER STATE CHAMPIONSHIPS
We had a number of students compete in the state championships at Ocean Beach – Umina over the weekend. The students braved the weather to compete across a range of events. Ryan, from Year 5, won the state championship in flags. Congratulations to Ryan and the rest of the competitors.

P & C EASTER RAFFLE
In conjunction with the Bunnings BBQ and the Easter Hat Parade the P & C are holding an Easter Raffle. They are looking for families to donate some Easter Eggs so that prize baskets can be made up. If you can donate some Easter Eggs please send them into the school office.

LIKE US ON FACEBOOK/FOLLOW US ON TWITTER (Repeat)
One of our goals in our three year plan is to phase out paper copies of the school newsletter in favour of a digital version. The first step in this is to establish a Facebook page and a Twitter account so that we can send the link for the newsletter to parents. Parents won’t have to join Facebook or Twitter as the newsletter will still be available on our website. The use of Facebook and Twitter is just a way to send a reminder, to those that use these services, that the newsletter is ready for viewing. Of course if you are not an internet user you will still have the option of receiving a paper copy. During this transition period we will send both the paper copy home to all families and post to our social media sites. In a couple of weeks we will give families the chance to opt out of receiving a paper copy. As we develop our use of social media we will use these services to provide reminders to parents about school events and news. Please like us on Facebook or follow us on Twitter.

www.facebook.com/brisbania
@BrisbaniaPS

PLAYGROUND EQUIPMENT (Repeat)
Parents please keep your children off the playground equipment after school. Unfortunately due to liability reasons we can’t have children playing on the equipment outside school hours.

BE SAFE – DON’T WALK THROUGH TOP STAFF CAR PARK (Repeat)
Please use the footpath around the top staff car park. It is unsafe to walk through the car park as vehicles enter and leave the car park throughout the day.

BE SAFE – BRISBANIA CLOSE (Repeat)
Please do not drive into the Brisbania Close entrance to drop off your child (even on wet days!). This is extremely dangerous as students use this entrance as well as children/staff from the Before and After School Care Centre.

Mr Burgess
Principal

<table>
<thead>
<tr>
<th>PRINCIPAL’S GOLD BOOK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corey 3/4K</td>
</tr>
<tr>
<td>Rohan 1/2H</td>
</tr>
<tr>
<td>Beau 1/2H</td>
</tr>
<tr>
<td>Will 4E</td>
</tr>
</tbody>
</table>
P & C NEWS

BUNNINGS BBQ - HELP NEEDED

Don't forget we are still looking for BBQ volunteers for the Bunning's BBQ next Sunday, 10th March 2013. If you can spare us two hours to help cook on the BBQ, take the money or sell raffle tickets, please return your forms as soon as possible.

Easter Chocolate Raffle

Our raffle tickets for the fabulous chocolatey baskets will be available soon, so watch out for your tickets and start to work out just who to sell them too - unless you want to keep them all for yourselves!!!

Raffle Coordinators - Thank You - REPEAT

I was especially pleased to accept the support of four new faces at last week's meeting as our 2013 raffle coordinators who will work as a team to source and gather raffle prizes for our list of fundraising activities this year - thanks again to Ann-Marie, Zoe, Liza and Belinda - you can only imagine how delighted I am to have you on-board. If anyone has any suitable raffle items to kick-start the girls efforts, then please feel free to drop them at the school office.

We are looking for raffle prizes for the following events:

We are looking for raffle prizes for the following events:

- Mothers Day Breakfast
- Chicks at the Flicks
- Father's Day Breakfast
- Melbourne Cup Event

Mothers Day Stall 2013 - REPEAT

Sonia Carmichael and Melissa Hackshall will once again be sourcing a range of beautiful items for our Mother's Day Stall and we would love your donations. If you have any new/un-used items that could be donated for the stall, please leave them at the school office for the attention of the Mothers Day Stall. Remember the more donations we receive the more profit we make from the stall.

Thanks in advance to everyone who is coming along to lend a hand at the BBQ on Sunday or to simply buy one of our delish sarnies - let's hope we can break some Bunning's BBQ records!

Kind regards

Andrea Young

Ph 0458 003 651
andrea.young264@bigpond.com
STAR OF THE WEEK

KD—Anabel    KB—Hollie
KS—Beau      K/1T—Erin
1C—Austin    1/SF—Tiana
1/2H—Mia

YEAR 2 LEADERS

Beau & Bailey

ASSEMBLY AWARDS WEEK 5 TERM 1


STAGE2—Cheyenne, Kody, Jayden, Jesper, Bohdi, Alec, Ella, Liam, Jet, Emma, Corey, Corey, Sam, William, Lucy & Ava.

STAGE3—Jordan, Teliah, Jade, Max, Jemma, Tiarna, Isabelle, Zane, Maya, Jed, Maddy, Cody, Tayla, Haven, Jasmine, Ella, Patrick, Darcy & Haylea.
Would you like to know more about an endangered bird that lives near you? Come to the Bush Stone-curlew Community Information Session on 16th March.

Tour of rehabilitated Bush Stone-curlew habitat on Malinya Road, Davistown
Expert talk about the status of the local population and what threatens it
Presentation about captive breeding of Bush Stone-curlews in the Riverina
Bush Stone-curlew visit from the Australian Reptile Park

When: Saturday 16th March, 2013
Where: Malinya Rd followed by Davistown Progress Hall
Time: 8:00 - 11:00am
RSVP: Bookings essential by Thursday 14th March
Email narelle.leite@ccmdc.org.au or call 4349 4752

Free Morning Tea and opportunity to meet like-minded people
### 2013 Canteen Price List

**Public School**

**Brisbane**

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### LUNCH

#### Drink
- Lemonade: $0.20
- Iced tea: $0.20
- Yogurt: $0.10

#### Snack
- Healthy Snack: $0.80
- Ice Cream: $0.80
- Rice Crispy Treat: $0.60
- Popsicle: $0.60
- Frozen milk sticks: $0.60
- Prawn cracker: $0.60
- Fingers: $0.10

#### Entree
- Freezies: $0.10
- Ham and Cheese Sandwich: $0.60
- Chicken Sandwich: $0.60
- Cheese and Tomato Sandwich: $0.60
- Ham and Cheese on White and Wholemeal Bread: $1.00
- Prawn cracker: $0.60

#### More Lunch

- Wraps and Rolls and Omelette: $1.00

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*Note: All prices are subject to change without notice.*

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*Volunteer Shifts available for the first weekend every month.*

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*Any queries or changes to the menu can be communicated by the canteen.*

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*Remember to order your lunch before 9:30 am on Friday for the next week.*

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*Volunteers are always welcome to help out.*

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*Available for purchase from 7:30 am.*

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*Sticky Beaks Reusable Lunch Bag.*

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*Volunteers are always appreciated.*

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*Welcome and appreciated.*

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*Volunteers are always welcome to help out.*

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*Available for purchase from 7:30 am.*
# Recess

**Over The Counter**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Bread 1/2</td>
<td>$0.10</td>
</tr>
<tr>
<td>Frozen orange 3/4</td>
<td>$0.20</td>
</tr>
<tr>
<td>Frozen mini milk sticks (Assorted Flavours)</td>
<td>$0.20</td>
</tr>
<tr>
<td>Home Made Pikelet (Served with butter or jam)</td>
<td>$0.60</td>
</tr>
<tr>
<td>Apple Slinky</td>
<td>$0.80</td>
</tr>
<tr>
<td>Mini Hot Dog</td>
<td>$0.90</td>
</tr>
<tr>
<td>Zing Yoghurt</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pasta Cup (Term 2 &amp; 3)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Home Made Pizza Sub (Cheese &amp; bacon on half hot dog bun)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cheese Toastie (26 cents per quarter)</td>
<td>$1.00</td>
</tr>
<tr>
<td>JJ’s Snox</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**Check the daily specials board for recess specials**

**DRINKS - Recess & Lunch**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Chocolate (Recess only- Term 2 &amp; 3)</td>
<td>$1.60</td>
</tr>
<tr>
<td>Water 350ml</td>
<td>$1.60</td>
</tr>
<tr>
<td>Flavoured milk (choc, strawberry, banana)</td>
<td>$1.80</td>
</tr>
<tr>
<td>Juice (apple, orange, apple blackcurrant)</td>
<td>$1.80</td>
</tr>
<tr>
<td>Slushies (Lunch only)</td>
<td>$2.00</td>
</tr>
<tr>
<td>LOL (99% Carbonated fruit juice)</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**MISCELLANEOUS ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plastic spoons</td>
<td>$0.10</td>
</tr>
<tr>
<td>Plastic Forks</td>
<td>$0.10</td>
</tr>
<tr>
<td>Paper lunch bags</td>
<td>$0.20</td>
</tr>
</tbody>
</table>

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# LUNCH

**MUST BE PRE-ORDERED**

**Hot Foods**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickadee Yummy Drummy</td>
<td>$1.20</td>
</tr>
<tr>
<td>Hot Cheese Roll</td>
<td>$1.50</td>
</tr>
<tr>
<td>Thompsons Lean Beef Sausage Roll</td>
<td>$2.50</td>
</tr>
<tr>
<td>Hans Hot Dog</td>
<td>$2.50</td>
</tr>
<tr>
<td>Hans Hot Dog with Tomato or BBQ Sauce</td>
<td>$2.80</td>
</tr>
<tr>
<td>Ham &amp; Pineapple Pizza Single (Homemade)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Thompsons Lean Beef Meat Pie</td>
<td>$3.30</td>
</tr>
<tr>
<td>Lean Beef Lasagne (Homemade)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Macaroni Cheese (Homemade)</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**Saus**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato Sauce</td>
<td>$0.30</td>
</tr>
<tr>
<td>Barbecue Sauce</td>
<td>$0.30</td>
</tr>
</tbody>
</table>

**Toasted Sandwiches**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.30</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.60</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Pineapple</td>
<td>$3.80</td>
</tr>
</tbody>
</table>

**Wraps and Burgers**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham Salad Wrap</td>
<td>$3.50</td>
</tr>
<tr>
<td>(Ham, tomato, lettuce)</td>
<td></td>
</tr>
<tr>
<td>Hawaiian Wrap</td>
<td>$3.60</td>
</tr>
<tr>
<td>(Ham, cheese, pineapple)</td>
<td></td>
</tr>
<tr>
<td>Chicken Wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>(Tender, lettuce, tomato, sweet chilli &amp; mayo)</td>
<td></td>
</tr>
<tr>
<td>Chicken Caesar Wrap</td>
<td>$4.60</td>
</tr>
<tr>
<td>(Tender, lettuce, tomato, bacon pieces &amp; Caesar dressing)</td>
<td></td>
</tr>
<tr>
<td>JUMBO Wrap</td>
<td>$4.60</td>
</tr>
<tr>
<td>(Tender, lettuce, tomato, cucumber, beetroot, carrot, choice of dressing)</td>
<td></td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>$4.00</td>
</tr>
<tr>
<td>(Pattie, low fat mayo &amp; lettuce)</td>
<td></td>
</tr>
<tr>
<td>Chilli Chicken Burger</td>
<td>$4.00</td>
</tr>
<tr>
<td>(Pattie, sweet chilli sauce &amp; lettuce)</td>
<td></td>
</tr>
<tr>
<td>Chicken Caesar Burger</td>
<td>$4.50</td>
</tr>
<tr>
<td>(Pattie, lettuce, bacon pieces and mayo)</td>
<td></td>
</tr>
<tr>
<td>JUMBO Burger</td>
<td>$4.60</td>
</tr>
<tr>
<td>(Pattie, lettuce, tomato, cucumber, beetroot, carrot, mayo or sweet chilli)</td>
<td></td>
</tr>
</tbody>
</table>

**NO FOOD WILL BE TOASTED OR RE-HEATED FROM HOME. THIS IS AGAINST FOOD STANDARD 3.2.2**

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**Canteen Nutrition Information**

Canteen food across NSW is categorised according to nutritional content. To make choosing the right foods for children easy a "TRAFFIC LIGHT" system has been introduced. GREEN foods are healthy choices, AMBER is for sometimes, and RED foods are special occasion foods and are not allowed to be sold by school canteens except on special occasions.

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**All lunch orders are to be bought to the canteen before 9.30am.**

Any change owing will be taped to the outside of the child’s lunch bag.

Emergency lunches will be a sandwich and a note sent home for payment next day.

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Make sure you tell us what you do or don’t want on your wrap and burger!

Add extra salad such as beetroot, cucumber, carrot for 30 cents each extra

Add cheese 40 cents extra