Here we are, near the end of the year and so much to do! Years 2-6 have just finished swim school which makes this a great time of year to continue lessons for your child. Swimming is a potentially life-saving skill and as we live on a giant island with plenty of rivers, creeks, lakes and dams to swim in during the hot weather, now is the perfect time to reinforce the skills taught over the past couple of weeks.

Canberra Excursion

The Stage 3 excursion is getting close. We leave next Wednesday. By now, all money should be paid and permission notes should have been returned. It’s all very exciting and there is definitely a sense of anticipation in the year 5 and 6 rooms. Notes have been sent home with all the information that you require with regard to the itinerary and what to pack. Should you require further information, please contact Mrs Clyde or Miss James.

Volunteers Morning Tea

On Tuesday this week, we held a morning tea to thank all of our wonderful volunteers who contribute their time, thoughtfulness and energy each week to our school. Their efforts and the roles that they fill help to make Bowen the wonderful learning environment that it is for our students. They provide food in the mornings, guidance, friendly faces, places to go, things to do, lessons to learn and help to enrich the lives of all our children. Our volunteers are an essential part of the fabric of our school and we thank them all most deeply for the magnificent work they do, the care they show our kids and their willingness to share. Thank you.
It’s been in the news: it’s everywhere and it affects everyone. Cyber bullying and the use of social media can be major issues for children, especially at primary school. Whenever anyone signs up to ‘Facebook’ they agree to the terms and conditions. One of those conditions states that “You will not use Facebook if you are under 13.” This also applies to many other social media sites such as Snapchat, Instagram and Twitter. There are very good reasons for this.

The first is that your child’s personal information is unprotected. Legislative protection exists to protect children if they are under 13 when using social media. It is illegal for companies to collect and use data such as name, address, geolocation, images or audio files if the person using the device is under 13. However, this protection does not work if a child claims that they are older than 13. Any information collected may then be used for advertising or passed on to a third party. You just don’t know where it might end up.

The second reason is that research tells us that up until 13 years of age, children are still developing the analytical skills needed to make good decisions about what they put on-line. It is very difficult, if not impossible, for a child to grasp the potential impact of their actions or words upon others, on-line or otherwise. It isn’t until about the age of 13 that children start to develop a broader understanding of the world and what’s appropriate to share on-line. Just because your child seems tech savvy, it doesn’t mean that their brains are developing at the same rate as their digital acumen.

The third reason is that lying is just plain wrong. Living as part of our society means that we have some implicit agreements about our behaviour; we take turns, play fair, stop at red lights and hold the door open for old ladies. We should also act honestly. Giving a fake birthdate to Facebook may appear to be harmless, but it’s a lie nonetheless. I’d like to believe that we can all agree that honesty and truthfulness, both on and off-line, is an important value that we are teaching the next generation.

The bottom line is that your child is much safer and will be much happier by following the rules. That said, there are a number of ‘safe sites’ that are designed specifically for younger users like ‘Club Penguin’, ‘WebKinz’ and ‘Whyville’. Each of these offer restricted and supervised networking. Something that I can’t stress enough is the importance of supervision: if you are aware that your child is using social media, please check what they have put on-line regularly.
Canteen Closed Each Wednesday

Clothing Pool is open every Friday from 8:45 – 9:30am in Sick Bay

Canteen

Last Day for the Canteen will be Friday 11 December 2015

Gotcha’s

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melody Hill</td>
<td>456J</td>
</tr>
<tr>
<td>Daniel Hunt</td>
<td>3/6E</td>
</tr>
<tr>
<td>Jade-Lee Prior</td>
<td>3/4C</td>
</tr>
<tr>
<td>Gabe Pollock</td>
<td>456J</td>
</tr>
<tr>
<td>Ethan Black</td>
<td>2C</td>
</tr>
<tr>
<td>Le’tasha Taylor</td>
<td>456J</td>
</tr>
<tr>
<td>Lydia Smith</td>
<td>456J</td>
</tr>
<tr>
<td>Malakai Speechley</td>
<td>KB</td>
</tr>
<tr>
<td>Devlin Lucas</td>
<td>2/3L</td>
</tr>
<tr>
<td>Stephanie Meyers</td>
<td>2/3L</td>
</tr>
<tr>
<td>Mitchell Memorey</td>
<td>3/4C</td>
</tr>
<tr>
<td>Braedyn Kelly</td>
<td>1/6G</td>
</tr>
<tr>
<td>Carly Bruce</td>
<td>KB</td>
</tr>
<tr>
<td>Jade Smith</td>
<td>3/4C</td>
</tr>
<tr>
<td>Tasma Pearce</td>
<td>3/4C</td>
</tr>
</tbody>
</table>

Upcoming Events Term 4

November
Monday 30            Yr 6 Captain Speeches

December
Wednesday 2          Canberra Excursion (Stage 3)
Wednesday 9          Presentation Assembly 11:40
Thursday 10           Year 6 Farewell 5:30 for 6pm
Wednesday 16         Last day term 4
Parliament and Civics Education Rebate (PACER)

Students from our school will soon be undertaking an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding to each student under the Parliament and Civics Education Rebate program towards the cost. The rebate is paid directly to the school upon completion of the excursion.

Enjoy your visit to Canberra.

---

IF THERE ARE ANY PARENTS WHO PUT THEIR NAME DOWN FOR A COPY OF THE PRODUCTION DVD PLEASE COME INTO THE OFFICE TO PURCHASE THIS.

---

NOTES FROM P&C

The next P & C meeting will be on Monday 7 December starting at 2:00pm in the community room. Please come along to learn more about your child’s school and how you can contribute – all welcome. The next autism support meeting will be advised at a later date, we apologise for any inconvenience. If you are in need of support please contact Karen Miller on 6361 9940.

---

LOST PROPERTY

THERE IS A LOT OF LOST CLOTHING IN THE OFFICE WITHOUT NAMES. IF YOUR CHILD HAS LOST ANY ITEM OF CLOTHING PLEASE COME IN AND CHECK. REMAINING ITEMS WILL BE RECYCLED TO OUR PRE-LOVED UNIFORM POOL

---

Bowen Public School is taking enrolments now for 2016

Enquiries at our office
Come in or call 63623665
CHRISTMAS CAROLS AND FESTIVAL

WHEN: Friday 11th December 6pm-8 pm

WHERE: Margaret Stevenson Oval, Orange

Free sausage sizzle
 Lots of games and fun:
 • Face painting
 • Balloons
 • Craft
 • Jumping Castle

PLUS: Friday Fun Kids Club – Nativity Play and Carols

BYO chair.
(No alcohol please)

Fun for the whole family!

All Welcome

Supporting Aboriginal families of children 0-9 years with a disability. Helping out during the process of diagnosis and further assistance to make connections to services suited to your child.
1-2-3 Magic: Effective Discipline for Children and Emotion Coaching

WHEN: Three consecutive Thursday sessions: 19th Nov, 26th Nov and 3rd Dec
TIME: 10.00 am to 12.30pm
COST: FREE ($10 resource book optional)
WHERE: Orange Family Support Service, 211 March Street, Orange
PRESENTERS: Kristen Brookings and Sue Brown
TRANSPORT: Available for those who live locally and would otherwise be unable to attend.
MORNING TEA: Provided
TO BOOK IN: Telephone Kristen on 63611064

1-2-3 Magic: Effective Discipline for Children from 2 to 12:

- It is a parents-in-charge program that eliminates arguing, yelling or smacking. Emotional
tumol and excessive talk do not make for good discipline. In fact, you might say 1-2-3
Magic is the only discipline program we know based on the fact that parents talk too much!
  - The Emotion Coaching aspect gives parents information and strategies to help
children manage their emotions.
- It is a behaviour management program for parents and carers of young children.
- It is easy to learn and it works.
- It’s gentle, but action-oriented.
- Parents like it because it reduces marital stress and helps them feel better about
themselves as parents.
- Parents can learn the program one day and start the next. The basic logic and simplicity of
the method means that it is easy to remember for both parents and kids, especially under
conditions of emotional stress.

According to 1-2-3 Magic, the job of parenthood consists of three tasks:
1. Controlling obnoxious behaviour (arguing, whining, fighting, tantrums);
2. Encouraging good behaviour (going to bed, homework, eating);
3. Strengthening your relationship with your child (praisis, active listening, shared fun).

Is 1-2-3 Magic evidenced based?
- Yes. The ‘Hospital for Sick Children’ in Toronto conducted a large controlled study using
this 1-2-3 Magic video to train parents of 3 to 4-year-olds.
- At a one year follow-up, not only were the kids much better behaved, but the mums and
dads also experienced a significant reduction in parental stress and depression (J. Am.

What do kids say about 1-2-3 Magic? Many children say, “I like it because Mum and Dad don’t
yell so much.”

Next group will be running in early 2016, contact 63611064 for further Info.

ZONES GROUP
GET SET FOR SCHOOL
THINK SOCIAL!

We’re ready for the school holidays! SEED Therapy Services will
be offering ZONES GROUP, GET SET FOR SCHOOL, and THINK SOCIAL
as part of our January Holiday Groups!
This is a great opportunity for our kids to learn vital skills in an environment
that focuses on the positives, sees the funny side and celebrates the
individual. Don’t be the one to regret not joining us!

www.seedtherapy.com.au
SEED Paediatric Therapy, 86 Byng Street, Orange NSW | 02 6363 1870
Bowen Public School Playgroup is inviting families to come along to the Fair Trading Community Fun Day between 11am and 2:30pm.
Wednesday Breakfast with Mountain Hope
Rememberance Day 2015
Infants Athletics Carnival

Sack races, throwing the boot, hurdles and finally the egg and spoon race
VOLUNTEERS’ MORNING TEA

Jyrone and Tyrone making a presentation to our volunteers: where would we be without them?
Imogen making a presentation to Mr Parr and our Year 6 students with our canteen volunteers.