Acting Principal's Patter:

MECKERING INTERSCHOOL CROSS COUNTRY
Our high school students who performed well in our Faction Cross Country will be attending the Meckering Interschool Cross Country on the 21st August. I would like to wish our students well in their cross country run. This is a great opportunity for our high school running champions to attend an interschool carnival competing against a large number of schools. Good luck!!

UNIFORMS
Please ensure that your children are wearing school uniform to school. Students are required to wear the school red shirt and a red or black jumper or a school jacket. Hoodies are not permitted. Black shorts, pants or skirts are the required uniform and students must not be wearing coloured or patterned clothing.

ELECTRONIC DEVICES
We do ask that if students need to bring a mobile phone or electronic device (IPad, mobile phone, IPod etc) to school that they be checked in to the Front Office before the morning siren and collected at the end of the day. This is for a multitude of reasons regarding personal safety and safety of the device. Our school upholds a strong policy regarding this and if students are found to have any items at school without checking them into the Front Office, they will be confiscated and parents will be called to collect the device from our front office.

ATHLETICS
Our Faction Athletics will be held on the 1st September (Tuesday, Week 7). We will be training at school in the lead up to this date. For those who are keen to take home a medal, some out of school training would be of great advantage!! Please ensure that your children are wearing appropriate footwear for running as we are training during morning fitness and sport periods this term. If any parents or community members are able to help at the athletics, please contact our Front Office on 96461165. All help will be greatly appreciated!

ARTIST IN RESIDENCE PROGRAM
Our Artist in Residence Program is producing excellent work from our students. A big thank you to Charlotte O’Shea and Jenny Broun for all of their hard work over Term 2 and 3. The students’ work will be displayed at our Beverley Show and then again at the Royal Show so make sure you get into the Shed at the show to see the display!! There is a link to the project’s blog on our school website. Please feel free to follow the link to have a look at the great work and leave a comment.

BEVERLEY SHOW
The Beverley Show is fast approaching and we are encouraging all of our students to enter some fabulous projects!! I’m looking forward to seeing a lot of great work!!

WORK EXPERIENCE
This term our Year 10 students will be entering the work force on work placements each Wednesday starting on the 19th August. We would like to thank those who have offered a position to our students. This will provide valuable experiences and skills and we wish our students well in their venture into the workforce.

ENROLMENTS
Please make sure that if there are any changes to address, phone number, emergency contacts or medical details that you contact the Front Office on 96461165 to update enrolment details. Kindy enrolments are due in so if you haven’t already enrolled your child for Kindy in 2016, please collect an enrolment package from our front office.

Alyesha Murray
Acting Principal
Look what’s happening around our school...

Our generous school community
On Friday 7th August, the Student Councillors ran Jeans for Genes day. It was a huge success with over $165 being raised for this amazing cause. We are so proud of the generosity shown by our Beverley families and would like to say a big THANK YOU!

Choir performance at the Beverley Show
After lots of practice, the BDHS choir is very excited about performing at the Beverley Show on Saturday 22nd August. Could all choir members please meet at the large white tent at 11.45am, wearing the choir uniform - choir shirt [or plain shirt] and jeans.

Spelling Bee
On Thursday 3rd of September, we will be running heats to find our very best spellers to compete in the Interschool Spelling Bee to be held in York at the end of term. Students from Years 4 to 6 will be eligible so start practising now. We will be looking for nominations soon.

Golden Broom Award
Congratulations to the Year 1 class for being the first winner of our Golden Broom Award for Term 3. The class who displays the best lining up, tidiest room and nicest manners gets to keep this beautiful trophy in their room. I wonder who will win it next? Don’t forget to put your jumpers and hats away, hang your bag nicely and respect your teachers and classmates. These simple things can make everyone’s day nicer. Thanks Year 1s!

Positive Playground Award
We love to see wonderful people doing wonderful things around our school, so the staff at BDHS are trying very hard to catch out students showing fabulous qualities. Why? So we can nominate them for a Positive Playground Award. We are looking for those students showing positive sportsmanship during games, picking up rubbish to ensure our school stays clean, helping someone younger with a problem, using sports equipment with respect or simply playing considerately with others. Every student nominated will receive a certificate, and one lucky winner will be drawn out to receive a special prize. You never know, you might already have been spotted!

Book Week—Dress Up Wednesday 26th August
Calling all Katniss Everdeens, Harry Potters, Cranky Bears and Hungry Caterpillars. The fun of Book Week is just around the corner. Start thinking about which book character you would like to come dressed as. Parents are welcome to attend our assembly on Wednesday 26th August at 8.50am where all our costumes will be on display. Parents can come dressed up too! Every book character will win a point for their faction. Start reading now.

Kellie Shaw
Acting Deputy Principal

FACTION ATHLETICS CARNIVAL

This year our Faction Athletics Carnival will be held on Tuesday 1st September.

We are in need of helpers on the day of the carnival. If you would like to volunteer, please contact the office on 9646 1165 or return this slip below as soon as possible.

VOLUNTEER/S NAME

1. ________________________________

2. ________________________________

3. ________________________________

CONTACT NUMBER

________________________________

________________________________

________________________________
Kindy Enrolments for 2016

ENROLMENT FORMS ARE NOW DUE BACK

If you wish to enrol your child in Kindy for 2016, please collect an Enrolment Form from the school office.

Children who were born between 1st July 2011 and 30th June 2012 are eligible to attend Kindergarten in 2016.

An Information Session will be held at the Kindy at a later date.

Choir at the Beverley Show

The BDHS choir will be performing three songs at the Beverley Show during the opening ceremony. Please meet in full choir uniform [choir shirt and denim jeans] near the white tent at 11.45 sharp. See you there!

Mrs Shaw

MERIT CERTIFICATE RECIPIENTS 10TH AUGUST 2015

Yr 1: Patrick Farr, Ruby Murray
Yr 2: Christopher Tomic
Yr 3/4: Fred Ochtman
Yr 4/5: Sophie Kilpatrick, Tabitha Roche, Jamelia Ugle
Yr 6: Anneliese Mellick, Declan Kilpatrick
Yr 7/8: Jayden Woods, Joe Byworth
Yr 9/10: Jessica Appelbee

CHOCOLATES!!!!
The P & C are again selling chocolates as a fundraiser. If anyone in the school community would like to assist us by selling a box of chocolates, please contact Cara Hammond on 0400 762 889 to collect them.

RECYCLABLES WANTED FOR ART
Please send any clean plastic bottles (e.g. plastic soft drink or water bottles of any size) to school for our art projects. Clean plastic tubs are great too, especially Mundella yoghurt pots. Cardboard boxes or tubes of any shape or size are always very handy. We do not need milk cartons thanks, because their shape and smell is not as good.

UNIFORM SHOP
Uniform Shop will be open on Assembly days (Monday) before the assembly. Please make an appointment prior with Kerry-Anne 0413 672 013.

Waterwise Tip:
Always repair leaking taps. Just one tap left dripping at a drop per second wastes 5 litres of water a day.
Bed time can be a difficult time for some, especially in younger children. But a good night’s sleep can mean the child is settled, happy and ready for the school day.

The recommendations for school children are between 10 and 11 hours of sleep each night. A child should be tired after a day at school but it is very important to establish a bedtime routine. A bedtime routine in your house could be:

- 6.30pm: Put on pajamas, brush teeth and go to toilet
- 7.00pm: Reading a story or having quiet time. The use of technology before bed time is not recommended.
- 7.15-7.30pm: Goodnight and lights out

If your child is still having trouble falling asleep or staying asleep, you could try some of the following tips:

- Avoid nap times for older children over the age of 5
- Encourage children to go to bed and wake up at similar times to establish a habit
- Help children to relax before bed time which could include a bath or reading a story
- Make sure you child feels safe at night using a night light and avoiding scary movies or stories
- Provide a dark, quiet and private space for your child to sleep

For more information on how to get your children to sleep better visit the Raising Children’s Network website: http://raisingchildren.net.au/articles/good_sleep_habits_tips.html/context/618

Alternatively, you can speak to your School Health Nurse.

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**Positive Body Image**

**Body Image** is how a person thinks or feels about their own body. A negative body image can be a contributing factor in:

- Poor self-esteem.
- Depression.
- Eating disorders.
- Poor overall health and wellbeing.

A healthy body image will help boost your teens self-esteem so they can enjoy life!

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**Helpful Hints**

Help foster a positive body image in your teen with these helpful tips.

**Respect**

Understand your teen’s concerns are a natural part of growing up.

**Support**

Don’t criticise, offer advice.

**Be A Good Role Model**

Your influence can shape their attitudes. The most significant role model in your teens life is YOU.

**Set A Good Example**

Enjoy a healthy diet and emphasise good personal hygiene.

**Be Active**

Highlight the importance of fitness and health rather than weight loss or size.

**Be Positive**

Compliment achievements, including talents and school results.

**Nurture**

Encourage your teen to pursue their interests, personal style and activities that make them feel good about themselves.

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**Where to get help**

- Talk to your teen’s school.
- Local doctor.
- Psychologist.
- Dietician.
- Community Health Centre.
- Kids Help Line 1800 551 800
Canteen is open
Tuesday 1 September 2015

School Athletics Carnival
With a limited menu

The menu is available to all students (including pre-primary), staff, parents and family members. Please support the P & C with your custom.

Please mark each bag with individual’s name, choice from menu and faction/ parent/staff status. All orders must be in by 9am, Friday 28 August.

- Sausage Roll and Sauce $3.50
- Pie and Sauce $4.50
- *Chicken or Leg Ham or Cheese Roll with Salad $5.50
  (Rolls from Beverley Bakery. Salad: lettuce, cucumber, tomato, carrot. Mayo & beetroot free on request)
- *The above are also available as a Sandwich $4.50

Drinks
- Bottled Water $2.00
- Apple Juice or Orange Juice $1.70
- Choc Chill 300ml $2.50
- Yoghurt or Chocolate Yogo $2.30
- Morning tea on Sale Tea/Coffee/Milo

Any donated cakes for morning tea will be received with appreciation.

BOOK WEEK 2015

Dress Up Parade
“Come as your Favourite Book Character”

Wednesday 26 August 2015

Come dressed as your favourite book character
(Parents …… please assist your child to dress as a character from a book rather than from a movie……..)

A parade of costumes will commence just after 8.40am in the undercover area. Participation is free and guaranteed fun!
NAME: ___________________________________________________        AGE:__________
CONTACT DETAILS:____________________________________________________________
GOLD COIN DONATION TO ENTER. ALL PROCEEDS GO TO GUIDE DOG CHALLENGE 2015
Bring your completed form into the CRC by Friday, 4th September 2015. Competition will be drawn prior to race day and
prizes awarded on the 12th September 2015.
The Charity Dog Race at the Town Oval, Forrest St 10am-12noon. We are aiming to raise $700.
Help us to earn educational resources for our school by collecting Earn & Learn Stickers from your Woolworths shopping. If you receive any stickers from the checkout operator please place them on a sticker sheet and pop them into the collection box in our office or send them into the front office and we will do the rest!

This promotion runs until the 8th September 2015.
OLIVER Rural IT Solutions
We come to you for all your computer needs
John Oliver
Mobile: 0427 412 130
Email: John@OliverRural.com.au