Principal’s News

Netball

Congratulations to our girls netball team who participated in the NSW Netball Cup State Finals in Sydney yesterday. The girls finished fourth out of a total of 764 teams from state, private and independent school systems who originally started in the competition. This was a fantastic effort from the team and we are very proud of both the girls’ netball skills and their attitude towards sport.

Many thanks to Miss Clarke (coach) and the parents who taxied the team to the various sporting venues.

Staffing

From 2nd October until 2nd November I will be relieving for Paul Morris, Director Public Education. While I’m away Mark Rutter, Janelle Morgan and Julie Frost will relieve in my position as Principal. If you have any questions or would like follow up on anything please contact the school to organise a meeting.

Congratulations

Congratulations to the following students for their success in the ICAS English Competition:

• Credit: Sarah Burnes, Felix Stone, Thomas Derwent and Lachlan Davenport
Holidays
I would like to wish all of our educational community a happy and healthy holiday. The last few weeks have seen many children and staff go down with a bad strain of the flu so hopefully the holiday break will give us time to recover and rejuvenate. If you are travelling please take care and if you are staying home take time to read a book, play on the beach or just spend some time with your children. They grow up so very quickly.

This Friday, the last day of term, will be a Mufti Day. We will then see everyone back on Tuesday 6 October for our last school term of 2015!

This Thursday’s assembly at 1.45 pm will be led by our House Captains. All families are welcome to attend.

Sue Lowe
Principal

Thought for the Week
To create a happier humanity we have to pay more attention to our inner values, whether we are religious or not. Dalai Lama

Principal’s Stickers
Jayden Sturgiss,
Reuben Birss,
Tim Perks,
Blade Hall,
Harriet Lassau,
Ollie Tweedie,
Chelsey Shilling,
Demi Sullivan,
Isaac Floreani,
Zoe Brown,
Ethan Shannon,
Mack Whitty,
Flynn Cox,
Laila Pratt,
Maddi White,
Nathanial Mundy,
Donovan Wade,
Matayah Meriton,
Joe Bos,
Hunter Absolon
& Rubi Kelly

Fish Bit Draw

Term 3 Week 9
Stage 1 Jake
Stage 2 Jasmine
Stage 3 Ben

To create a passion for lifelong learning with a commitment to innovative, flexible & creative thinking.
P&C News

Crazy Camel Fundraiser
You should have received the Crazy Camel info last week. Please return your order, money and the required artwork or photo (via upload or an actual photo) by the end of this week so we can process the order over the holidays.
If you have any questions, please send a message to our facebook page—Broulee Public School P&C Fundraising.

https://www.facebook.com/brouleepspc?ref=hl

Walkathon
The Walkathon is on again in Term 4! This is always one of our biggest fundraisers so your kind support is appreciated. Please keep an eye out for a note coming home that contains all the details.

Disco
We're looking forward to seeing all the kids, parents and teachers rockin' it on the dance floor in their “H” outfits and accessories this Thursday at the disco!

Thanks for your support and enjoy the break,
Broulee Public School P & C

To create a passion for lifelong learning with a commitment to innovative, flexible & creative thinking.
Silver Awards

Ethan Shannon, Kynan O'Connor, Malcolm Crooke, Timothy Perks, Joe Bos, Tain Padman, Dylan Cooper, Annika Thorne, Daisy Seath, Demi Sullivan, Sienna Paul, Scarlett Ladmore & Alissa Tilyard

Hugh Wignell, Mali Barnes, Kyrell Gardner, Aletia Delahey, Lucas Collarde, Cagla Yarar, Hayley Padman, Maddison White, Teliyah Foulstone & Summer Bradshaw
## Weekly Class Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Award Winners</th>
<th>Term 3</th>
<th>Week 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>6R</td>
<td>Felix Stone  Violetta Diacomihalis  Finn Holmes  Lily Jackson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5/6C</td>
<td>Jade Delaney  Stuart Megee  Keshi Quinton  Jack Seath</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5D</td>
<td>Jake Walker-Tutty  Callum Elliott  Jacob Hill  Tahni Mackay-Kierspel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4H</td>
<td>Elijah Turner-Collins  Mary Woodford  Florence Gawith</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/4M</td>
<td>Tully Ware  Sky Lewis  Georgie Parkin  Morris Absolon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3T</td>
<td>Travis Fairweather  Chris Whitty  Madi Ahearn  Madi Bingley-Hughes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2F</td>
<td>Charlie Hough  Foxx McGeachy  Macie Bos</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2C</td>
<td>Sarah Clarke  Jake Sullivan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1E</td>
<td>Ella Fraser-Fitzgerald  Piper Hartigan  Leah Rigby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1J</td>
<td>Lachlan Johnson  Jayden Sturgiss  Felix Warren</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KD</td>
<td>Blade Hall  Maxine Horne  Sophie Keir</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KB</td>
<td>Rubi Kelly  Zoe Brown  Armani</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KW</td>
<td>Shelby Mulder  Lacey Jonas  Oliv Perra  Isaac Floreani</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Why eat fruit & veg everyday?

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:
- coronary heart disease
- some forms of cancer
- overweight and obesity
- constipation
- high blood pressure and blood cholesterol levels
- help improve control of diabetes.

Aim to eat fruit and vegetables everyday – the greater the variety, the better health benefits.

### “That Sugar Film”

Below is a letter from one of our parents which may interest other families:

Hi Sue, Our family watched this film together the other night, we were all blown away by how badly Australians eat. I know that you do a lot at school to teach children about healthy eating, and until I watched this film I considered that we were a healthy family. It is one for everyone to watch, from teachers to parents and most importantly children. Mel.

Click this link to view the trailer: [https://www.youtube.com/watch?v=6uaWekLrilY](https://www.youtube.com/watch?v=6uaWekLrilY)
Community News

Broulee Netball Club Meeting
Monday 21 September at 6.30 pm at Tomakin Club. We will be reviewing the season, talking about the trivia night for next year and discussing new uniforms. We hope to see lots of parents there.
Any questions, please contact Kate Blackmore on 0419 846 453.

Art On The Path
The next Art on the Path event will be on Sunday 4 October 2015 on the shared pathway Coronation Drive. Broulee. Event will start at 8 am and run to about 12.30 pm. Let’s hope we have sunny skies and a gentle breeze.
We will have a few new artists and environmental agencies joining us in October and the Single Fin Gypsy coffee van will be there to keep caffeine lovers amongst us happy. Tomakin Landcare will be bringing along their BBQ to tempt us, great to have them on board. The Clean Coast Collective will also be there with their fabulous lotus tent as an art gallery – make sure you pop in to check out what they have been up to. Remember, Art on the Path is a plastic free event. Please do not bring plastic bags or provide any single use plastic items at your stall.

Term 4 Monday Night Aussie Rules – Moruya Gundary AFL Ground
10 week competition starting on Monday 12 October & concluding on Monday 14 December.
**U10s** competition (kids born in 2005, 2006 and 2007) 4.30pm start
**U13s** competition (kids born in 2002, 2003 and 2004) 5.30pm start
9 a side on field, 45 minute game divided into 3 x 15 minute thirds.
Maximum 3 on the bench.
Organise your own team with a group of friends from school and name your team.
Or register as a player and we’ll put you into a team.
To encourage new kids to the game only 6 of the team can be current Aussie Rules players.
Registration is $40 per player.
**13 years–125 years Mixed AFL 9's touch** competition 6.30pm start.
9 on the field, with a maximum of three on the bench.
3 girls need to be on the field at all times. Goals scored by a girl are worth 9 points as opposed to the usual 6 points. If you would like learn the AFL9’s rules go to [http://afl9s.com.au/rules/](http://afl9s.com.au/rules/)
You can enter your own team of work mates, family and friends or enter as a player and we'll put you in a team.
Registration is $50 per player. Enquiries and registrations email bmaussierules@gmail.com or ph Marty 0478605645
Community News (cont)

**Broulee Surfers SLSC Nippers**
Most Sunday mornings or Saturday afternoons during summer Broulee Surfers SLSC runs Nippers at South Broulee Beach in front of the Surf Club. Children from ages 7–14 participate in a variety of fun and challenging beach and water activities for two hours. Nippers is all about learning skills, building confidence and having fun in a supervised and safe beach environment. For Nippers, the beach is the classroom. They learn and thrive by participating and testing themselves in swimming, board paddling, beach sprinting, dolphin-diving, spotting a rip, having fun with new friends and discovering things about themselves. Nippers activities are fun and a great opportunity to learn some valuable life skills. The nippers of today are the future of surf lifesaving tomorrow!

Broulee Surfers SLSC is holding its Pool Assessment at Moruya Pool on Saturday 10 October 2015 from 10am – 12pm. Following the Pool Assessment, the first beach session will be held at the Broulee Surfers SLSC on Sunday 25th October at 10am. Please go to the Broulee Surfers website (http://brouleesurfersslsc.org.au/) to register via the membership link. For any problems with the online process, please email the Club contact on the website. For more information on Nippers at Broulee contact Scott Elliott on 0413–009–993 or David Hosking on 0421–615–905.

**Batemans Bay Basketball Association**
Nominations now open for SUMMER SEASON STARTING OCTOBER FOR ALL AGES AND ABILITIES
All competitions are held at Hanging Rock Sports Complex Beach rd. Batemans Bay (next to Batemans Bay Library)
Junior competitions for Boys and Girls of all ages from 5 years to 17 years.
Senior competitions for Open Men and Open women.
Mixed competitions.
Representative Programs
Coaching and Referee Programs
If you would like to nominate to play, or need further information
Email – batemansbaybreakers@gmail.com or
Phone – Kylie Armstrong 44717789 0400597630 / Marnie Crabb 0417586768
Nominations for Summer Competitions close Friday 18 September

To create a passion for lifelong learning with a commitment to innovative, flexible & creative thinking.
South Coast Region
Spring Holiday Program 2015

For National Parks and Wildlife Service general information phone: 1300 061 320

What are your favourite animals to watch? Are they birds, fish or mammals? What are their habits and how do they survive? At this year's Spring Holiday Program, you can learn the answers to these fascinating questions. For information on the Spring Holiday Program visit: www.nationalparks.nsw.gov.au

Saturday 19 September to Saturday 3 October 2015

Discovery Ranger — Spring Holiday Program
Saturday 19th September to Saturday 3 October

From rare rocks and plants to unique animals and cultural sites, national parks are places you’ll experience wonders unlike anywhere else in the world. Discover the wonders of each of these special places on a ranger-guided tour.

Bunada Jerra-Lali — Journey through Time
Saturday 26 September

Meet the Discovery Rangers at Siteworks — Bundanon

THE FERAL AMONGST US

Victoria Rd, Dharawal National Park

Join the Discovery Rangers for this unique opportunity to learn the story of one of Australia’s most controversial animals and experience an ancient art-making adventure with local artist Vanessa Wuldo. Includes food and drink.

WILDERQUEST — BUSH DETECTION

Depot Beach, Murramarang National Park

Grade: Easy

Time: 10:30 am to 1:00 pm

Meet: Coastal Park Picnic Area

Cost: Child $10. Accompanying adults free

Equipment supplied.

WILDERQUEST — BUG DETECTIVES

Minnamurra Rainforest Centre, Budderoo National Park

Grade: Easy

Time: 10:30 am to 12:00 noon

Meet: Park Entrance Car Park

Cost: Child $10. Accompanying adults free

WILDERQUEST — FINDING FOOD IN THE FOREST

Minnamurra Rainforest Centre, Budderoo National Park

Grade: Easy

Time: 10:30 am to 12:00 noon

Meet: Park Entrance Car Park

Cost: Child $10. Accompanying adults free

To book please phone 02 4887 7270

WILDERQUEST — ROCKPOOL TREASURES

Depot Beach, Murramarang National Park

Grade: Easy

Time: 10:30 am to 1:00 pm

Meet: Beach Rd Picnic Area

Cost: Child $10. Accompanying adults free

Why not get a group together and book your own Discovery?

Traditional indigenous methods are used to extract the precursors for food from plants. You’ll be able to try your hand at cooking with the leaves of the wild, wonderful wallum wattle. You will also have the opportunity to learn about the parts of the plant and how to identify them. Suitable for families and community groups.

ORCHIDS ON SHOW

Saturday 3 October

To book please phone 02 4887 7270

VICAS, NSW 2540

For further details or more Discovery activities across NSW visit:

www.nationalparks.nsw.gov.au

For National Parks and Wildlife Service general information phone: 1300 361 967
Community News (cont)

Mindfulness
The .b Foundations Course
2 Day Teacher Training

Please see attached flyer for details of the .b Foundations Course which provides the opportunity to learn about mindfulness and to develop a personal mindfulness practice that is of value for your professional and daily life.

To create a passion for lifelong learning with a commitment to innovative, flexible & creative thinking.
Mindfulness

The .b Foundations Course
2 DAY Teacher Training

This is based on the core mindfulness principles of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT).

The .b Foundations Course provides the opportunity to learn about mindfulness and to develop a personal mindfulness practice that is of value for your professional and daily life.

Will I be eligible to train in Teach .b or Paws .b with children?
Yes, if you complete this mindfulness training, you will attend a retreat and develop a personal practice for at least 6 months afterwards. The next Teach .b training in Australia is planned for July 2016.

At the end of this course, participants will be able to use mindfulness:
* to feel happier, calmer, and more fulfilled
* to get on better with others: students and staff
* to concentrate and learn better
* to help cope with stress and anxiety in your classrooms

For some, this experience will be an end in itself. Other participants may wish to deepen their practice through further reading, workshops, or retreats at their own pace.

What is the structure of the course?
8 session course completed in two days.

Dates: Day 1: INTRODUCTION 19 & 20 October 2015
Day 2: INTERMEDIATE 14th November 2015

Time: DAY 1 3.30-6.30pm
      DAY 2 9.00am – 4.30pm

Venue: Broulee Primary School: NSW.

Teacher: Jean Watson is an experienced, internationally accredited mindfulness teacher; a practicing school teacher who has completed a Masters degree at Oxford University in MBCT. Jean currently runs mindfulness courses for teachers in Australia and England.

The book Mindfulness: Finding Peace in a Frantic World by Prof Mark Williams and Dr Danny Penman, forms the basis of the lessons.

The total cost for 2 Days is $598. If each day is booked separately the cost is $340 per day. There is a 15% reduction for teachers coming from the same school.

For further Information: Email Jean at: jean.watson@mindfullnessinschools.org