



Bothwell District School Newsletter

DEPARTMENT OF
EDUCATION
learners first

25TH JULY 2019

UPCOMING EVENTS

STUDENT BANKING EVERY THURSDAY.

**THERE WILL BE NO
STUDENT BANKING**

8TH & 15TH AUG.

**BOOKCLUB FORMS
SENT HOME TODAY
PLEASE RETURN BY
NEXT THURSDAY.**

TUESDAY 30TH JULY

BDHS ASSOC.

MEETING 9.00A.M

RESOURCE ROOM.

**30TH JULY—1ST
AUG**

**PARENT TEACHER
INTERVIEWS.**

1ST AUG

MATHS COMPETITION.

7TH AUG

**HURRICANE & TIGERS
VISIT**

K-5 FROM 11.30-12.15.

8TH AUG

RECLINK FOOTBALL

9TH AUG

CLASS 2

**FESTIVAL OF BRIGHT
IDEAS.**

9TH AUG

GRADE 8 & 9

CREATING MY CAREER.

Thank you.

From the Principal...

What is in your child's report?

Welcome back and thank you to all our parents and families who have supported a smooth transition from holidays to Week 1 Term 3. Three days in, learning routines have resumed and the thought of lazy mornings rugged up against the cold are a distant memory for staff and students alike.

As with last year, the beginning of Term 3 is reporting time for staff and families. You will by now have received your interview appointment for next week. Please if you are unable to attend or need to change your appointment could you call the office and we'll do the best we can to help with a new appointment. Please arrive 5-10 minutes before the appointed time as it will give you a chance to read student reports before the parent teacher discussion.

The purpose of having parent teacher discussions with student reports is to provide an honest and frank discussion around student learning including the identification of student behaviours and attitudes that can hinder learning with a focus on setting goals and identifying priorities to support your child in achieving better outcomes for the end of the year.

Reports identify both positives and negatives in relation to student learning and behaviour. Students are quite welcome to attend the parent teacher interview and in fact we encourage it as an opportunity for students to understand where they are at and what they could be doing to improve learning.

Our priority in writing reports is to maintain high expectations for all students. That is we are working to ensure that every student from Kindergarten to Year 10 is doing the best they can possibly do in both learning and behaviour. We recognise that this is a challenge, the routine nature of the school day often impacts on our approach to learning. Never the less – it is about high expectations for every student and every staff member!

Honesty in the process is essential! It would be very easy to write a report that identifies everything a student can do! The purpose of reporting is not to do that. It is our professional responsibility to share with parents where students are at in their learning, specific difficulties they are experiencing and opportunities for moving forward. The best thing you can do to support your child in their learning is to discuss with them how they might improve, what behaviours teachers identify as challenging and continue to discuss this with them right through until the end of the school year to ensure your child is achieving their very, very best.

As always, we are looking forward to seeing you next week, enjoy your child's reports – and remember high expectations for every student brings about the best possible outcomes.

Nadine Davey.



Class 2

At the end of last term, Class 2 students learnt about 3D objects and their nets. Students were tasked to create 3D robots. To be successful, they were required to carefully create a 2D net for their 3D objects. Students put great effort into their robots and they look fantastic.

Breakfast Program.

Monday and Thursday will be as normal
in term three.

A big welcome back to everyone. The students can continue to enjoy having some toast and a nice warm Milo at the start of the day on Mondays and Thursdays.

Please feel free to donate any Bread, Milo, Margarine or Jams and Vegemite to the program, this benefits all the students.

Christine Turner & her team of helpers.



This week our school website has become live.

The address to access it is: <https://bothwelldistricthigh.education.tas.edu.au>

Everyone can have a look at our newsletters and school calendar of events
amongst other things.

We really hope you like our website.

It is not too late to let us know in the office, if you wish to change from the paper version of our
newsletter or

to receive an Email or just read it from the website.

Kinder/Prep

Kinder/Prep have been learning about Winter this week. We mixed shades of blue paint to make a wintery painting and enjoyed using the shaving foam, ice cubes and animals for winter play.



Student Council

There will be no more chips and gravy this term.

Please watch this space for our next activity.

Lone Guiding is Flexible Guiding and available in your area NOW!

Who are Girl Guides?

Girl Guides have operated in Tasmania for over 100 years. Girl Guides gives girls and women great opportunities to develop new skills, try activities, gain confidence, develop greater respect for the environment and experience a sense of community. The Australian Guide Program promotes life-skills and leadership, making friends and enjoying the outdoors. Everything that Girl Guides do is related to the AGP and the fundamentals of Guiding. Girl Guides provides opportunities to attend state, national and international events.



GIRL GUIDES
AUSTRALIA
TASMANIA

Girl Guides provides a non-formal education program that is a dynamic, flexible and values-based. It is supported by trained volunteer Leaders who are committed to the Girl Guides Australia's mission statement.



What is Lone Guiding or "Lones"?

Lones gives girls the opportunity to experience the Girl Guide program in a way that works for them. Open to girls aged 5-17, it differs to regular guides in that there is no physical weekly meeting. Programs are delivered in a wide variety of ways, including mail, email, social media and Skype. Whatever works for you!

Who is it suitable for?

There are many reasons a girl may join Lones. There may not be a local group, or the meeting time and place may not suit due to other commitments or distance. Girls may also be travelling around the country or overseas and may not be able to attend a regular unit. Another reason could be that the girl cannot participate in regular meetings for health or wellbeing reasons.

Whatever the reason, all girls are welcome, and programs are modified to suit as much as possible.

The Australian Guide program challenges girls to develop skills in a number of areas, while having fun and learning how to work together. Lone Guides have access to state guiding activities and have opportunities to camp, do environmental activities, crafts, cooking and the list goes on and on! Younger girls require an adult helper at times – this may be a parent, guardian or family friend

OUR MISSION

*To enable girls and young women to
grow into confident, self-respecting,
responsible community members*

If you would like to find out more about Lones,
please contact Leonie or Linda at
lones@guidestas.org.au

For general information about Girl Guides, contact
office@guidestas.org.au / 03 6244 4408 /
www.guidestas.org.au



Spell A Thon

Next week I will be sending home the forms for the Spell - a -thon.

I would like all the students to have a go,
it is fun and it will raise money to go to
"Susie's Memorial".

It will run the same as last year,
you get sponsors and choose prizes for your effort.

Those students who have done this in the past all
enjoyed the event.

Thank you from Tanya Lovell.



End of Term Assembly

Our students showing the work that they submitted to the Campbell Town Show.

Lots of awards were given out to students.



Tanya Lovell on behalf of the Bothwell Library, would like to Thank both Hailey Kline and Katelyn Nichols for entering the Morris Gleitzman Writing Competition. It was great to read your stories and thank you both again for entering.





Cooking with Brigitte.

Last term our students cooked Curried Chicken Pies.



We all should start preparing for the summer months and start planning to be sun smart.

Being SunSmart

The sun's ultraviolet (UV) radiation is a major cause of skin cancer but it is also the best natural source of Vitamin D.

When the UV is 3 and above take these five steps to protect against skin damage:

Slip on sun protective clothing that covers as much skin as possible. Long pants and shirts with a collar and long sleeves are best. Choose lightweight, closely woven material with an ultraviolet protection factor (UPF) of 50+.

Slop on SPF 30+ (or greater) sunscreen that's broad spectrum and water resistant. Apply generously to clean dry skin 20 minutes before you go outside and re-apply every two hours (and apply more often when swimming or sweating). Sunscreen should be your last line of defence. Check the expiry date.

Slap on a hat that shades your face, neck and ears. Broad brimmed, bucket or legionnaire hats are best.



Seek shade

Staying in the shade is one of the best ways to reduce sun exposure. Make sure trees, shade structures or portable shade casts a dark shadow.

Slide on sunglasses

Close fitting, wraparound style sunglasses that meet the Australian Standard (AS/NZ 1067:2003 - category 2, 3 or 4) are best.



Skin cancer

Skin cancer forms when skin cells are damaged by UV radiation penetrating the skin. All types of sunburn, serious or mild, can cause permanent skin damage and can lay the groundwork for skin cancer to develop later in life.

Australia has one of the highest rates of skin cancer in the world. At least two in three Australians will develop skin cancer before the age of 70. Both tanning and sunburn increase your risk of skin cancer.

UV, not heat, is what to beat

UV radiation comes directly from the sun.

It can damage skin even on cool, cloudy days as it can pass through light cloud and is not fully filtered out by heavy cloud.

UV radiation can be scattered in the air and reflected by buildings, concrete, sand, snow and water.

UV levels are highest during the middle of the day.

When the UV Index is forecast to be 3 or above the SunSmart UV Alert with sun protection times is issued for that day.

Check the daily sun protection times:

- on the free SunSmart app
- online at www.cancertas.org.au,
- www.bom.gov.au/weather/uv or
- www.myuv.com.au
- in the weather section of newspapers.



Vitamin D

Vitamin D is a hormone that controls calcium levels in your blood. It is needed for healthy bones, muscles and teeth and for general good health. It is made in your body when your skin is exposed to sun (UV radiation).

Some foods such as oily fish and eggs contain small amounts of vitamin D, and margarine and some types of milk have vitamin D added. However it's hard to get enough from food alone.

Only a certain amount of vitamin D can be absorbed by the body at a time. Being in the sun for a longer time doesn't mean more vitamin D, but does mean a higher risk of skin cancer.

From September to April when UV is usually 3 and above
Sun protection should be used when heading outdoors for more than a few minutes. Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.

From May to August when UV level is usually below 3
Sun protection is not necessary unless near snow or other reflective surfaces. Spend time outdoors in the middle of the day with some skin uncovered. Being physically active whilst outdoors helps to boost vitamin D levels.

Please see your GP if you are concerned about vitamin D deficiency.



When is sun protection needed in Tasmania?

From September to April

For the general population, sun protection is required when UV levels reach 3 and above which usually occurs from the beginning of September through to the end of April. This means using a combinations of sun protection such as hats, clothing, shade, sunscreen and sunglasses between these months.

From May to August

When average UV levels are below 3, sun protection is not recommended during these months unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods.

Those who work outdoors require year-round sun protection as they receive greater amounts of UV.

For more information visit www.cancertas.org.au/healthyliving/sunsmart

Get in touch today

Call Cancer Council Tasmania on 1300 65 65 85

Visit www.cancertas.org.au

You can also speak to your doctor, community health worker or child health nurse.

Need more information?



CCT wishes to acknowledge CCVIC & VicHealth in the development of this resource. Information in this brochure is current at time of printing. February 2017. Version 1



Being SunSmart in Tasmania



Bread tags for Wheelchairs Update

So far we have 800 grams of bread tags. This may sound disappointing, it is true that it takes 200 kilos of tags (or about 1 million tags) to bring in enough money to by one wheelchair, but because many other schools and organisations are also collecting, we are part of the big picture.

A great job is being done by all who are supporting this, we have been very lucky and saved lots of tags.

We will keep going and see how many we can save. We may get 2 kilos by the end of the year.

“From little things big things grow”



Canteen Order Form

Name :.....

Toasted sandwiches on Wednesday

Order from the following combinations:

\$2.00 ea.

Please only one meat choice.

Write combination choice on the brown paper bags available in the office and classrooms.

Please place money in the bags.

Ham		Pineapple	
Cheese		Tomato	
Chicken		Baked Beans	
Mayonnaise		Spaghetti	

Fruit-boxes still available for \$1.00.

Orange		Apple	
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School Association Contacts

Susan Webb	0428 591 136
Richard Hallett	0428 863 420
Rachael Clark	0408 618 526
Natasha Lewis	0400 629 887
Annie Ramsay	0408 122 218
Mikaela Wilton	0457 143 836



Launching into Learning

We welcome any new families as well as past families,
9.00—11.00
come along and have some fun,
See you there.
Watch the newsletter for updates.



School Office Opening Times **2019**

8.00 am—4.00 p.m.
**Keep an eye on Facebook as any
changes to the above will be
posted on there.**

Chris & Tanya

2019 – School Terms

Students return Tuesday 23rd
July - Fri 27th Sept.

**Term 4 Mon 14th Oct -
Thurs 19th Dec (students
finish)**



There will be
No
School
Banking
On 8th or 15th
August.



ARE YOU SHOWING RESPECT?

R	Responsibility
E	Engaged
S	Safe
P	Positive
E	Effort
C	Community
T	Teamwork

Bothwell District High Values

Our students are working hard on the
schools values in class, if they have done a
really good job they are given raffle tickets.

The raffle is drawn at an assembly.

Two students names are drawn and they re-
ceive a prize as their reward.

School's
Mobile.

No is
0474 533 146

CONTACT DETAILS

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Web www.education.tas.gov.au