



Bothwell District School Newsletter

DEPARTMENT OF
EDUCATION
learners first

1ST AUGUST 2019

UPCOMING EVENTS

STUDENT BANKING

**THERE WILL BE NO
STUDENT BANKING**

8TH & 15TH AUG.

SPELL A THON

PRACTICE WORDS

TESTED 20TH AUG

MONEY DUE 22ND AUG.

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.

**ASSEMBLY AND
BOOKWEEK PARADE**

HELD AT 9.15

26TH AUGUST

13TH SEPT

PINK AND BLUE DAY.

**STUDENT COUNCIL
FUNDRAISING.**

Thank you.

From the Principal...

Week 2 and more to celebrate!

It's constantly surprising how quickly the school holidays become a blur amidst the ongoing nature of learning. With everything that was going on this week it is no surprise that most of us have forgotten that the term commenced only last week!

The busy nature of school was exemplified in Parent – Teacher discussions. I would like to acknowledge and thank the high percentage of parents that attended (or are still to attend tonight) parent teacher meetings. It is great to see as it provides a very strong message to students, that learning is a priority and we are all – parents and teachers alike – invested in each and every child's learning. While it is a compulsory part of a teacher's role, I would like to acknowledge the commitment and energy teaching staff have put into their work this week. It is very draining to spend a full day on class, focussed on student learning to then turn around and spend another 3-4 hours talking about this learning.



Around school this week it has been nice to see the wide and varied opportunities for learning. It is great to see Class 1 develop their 'inquiry' mindset with questions and explanations about their Wondering Wall. Class 2, Battle of the Books was very engaging and I'm wondering which books will win the battle and why students



choose particular books over others. It was also great to see a real spike in the number of students committed to their learning and participating in the Australian Mathematics Trust Maths Competition. Every student who could participate and was here on the day participated. Well done, already your commitment to having a go, makes you a winner!

In closing my article this week I would like to take this opportunity to celebrate once again the collaborative effort that went into Bothwell's (Beyond) Blue Farmer. The sign, only recently installed acknowledges the cooperative efforts of students and community groups reminding all of us to 'Look out for each other.'

Nadine Davey



Class 2

Last week, some Class 3 students joined Class 2 at the garden. Students enjoyed. We have managed to grow some broccoli which we will be cooking with in the next few weeks. Students also enjoyed picking and eating carrots.



Class 2

Class 2 students have been learning about perimeter. This week, students were tasked with creating two different shapes of the same perimeter, 14 metres. Students drew their shapes on the pavement with chalk and used metre rulers and trundle wheels to measure their shapes. This is an excellent way for students to be more hands-on in their Maths learning, they particularly enjoyed being outside.



School Association

As a parent, you are automatically a member of the School Association!

As always we would love as many parents and/or community members as possible to attend our meetings. They are usually held in Weeks 2 and 8 of each term and in an effort to support all parents we are rotating our meeting times between 9am Tuesday morning and 6:00pm Tuesday evenings. Please consider coming along. We attempt to advertise each meeting ahead of time through the school newsletter.

Chairperson Vacancy

The position of Chairperson is currently vacant and needs to be filled. Chairperson is the coordinating role of the Association and acts as the go between in a lot of instances. They are also responsible for conducting meetings. None of the Association positions are particularly difficult, they can be a little time consuming. Please if you or someone you know is interested in the Chairperson role please contact the Association through the school office.

Fathers Day—please donate items to our Father's Day Stall through the front office

School Association members are keeping busy planning and organising a number of events coming up between now and the end of Term. Fathers Day is the second weekend in September and as such the Father's Day Stall will be held on Wednesday August 28th to allow Kinder to participate. A collection of items will also be held over for Leap Frogs the next day.

Movie Night Success

It was great to see so many people come and support our Movie Night, that went off without a hitch!

Upcoming events at School

The Student Council under Mrs Wise's supervision have been very active this year. They will also be conducting our annual Footy Colours Day. Get your Footy Colours ready, date to be confirmed.

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 the office know if you wish to change from a paper version of our newsletter to an email or even just to accessing it on our website.

We will continue to distribute a paper version to all students until families have had a chance to consider which version they would like to access.

Kinder/Prep

Kinder/Prep have been looking at characters this week. We sang Hey Diddle Diddle and pretended to be each of the characters in the rhyme, acting out each part.



BOOK WEEK 2019

Donate a book to our school library to celebrate Book Week 2019 each book donated will have a bookplate indicating the student, family or staff member donating the book and the year. These books will be on display in our library.

Thank you.

Brigette.

Student Council

**Chips and Gravy are finished
for now.**

**Please watch this space
for our next activity.
Info over the page.**

Spell A Thon

Today I have sent home the forms for the
Spell - a -thon.

Spelling words are attached to learn.

Julie Honner and myself will test students on the
20th August, 2019.

It would be great to see all students to have a go.

It is fun and it will raise money to go towards
"Susie's Memorial".

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

Have fun!

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

Sponsorship money to be returned to the office by the
22nd August please.

Thank you from Tanya Lovell.



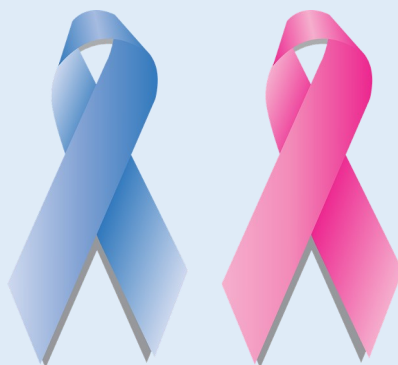
Dear Parent/Carer

On Friday 13th September, the Bothwell District High Student Council are having a blue and pink day to raise money for testicular cancer and breast cancer research.

We would like students to wear either blue or pink for the day and contribute towards fundraising with a gold coin donation.

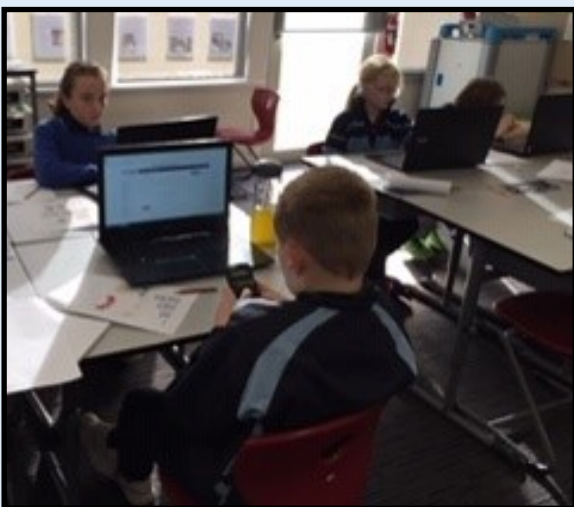
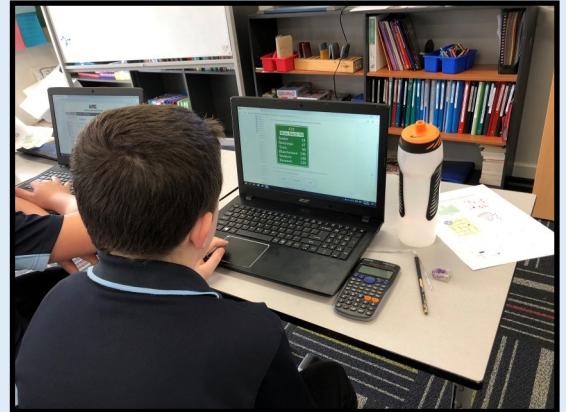
We will be selling pink and/or blue cupcakes at recess to raise more funds for the Cancer Council.

We would love your support!



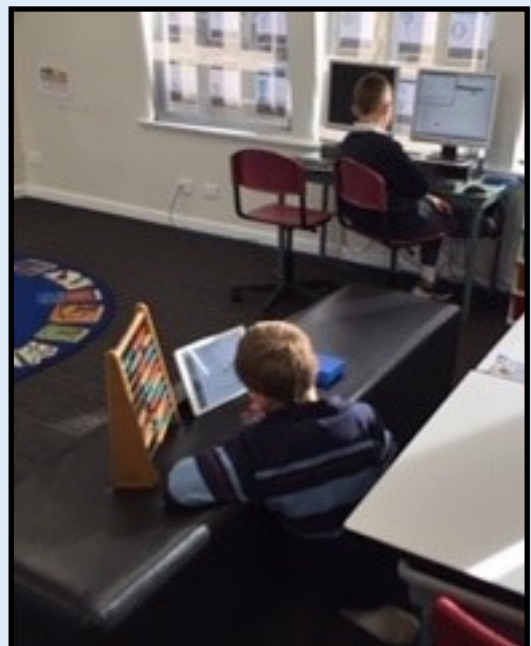
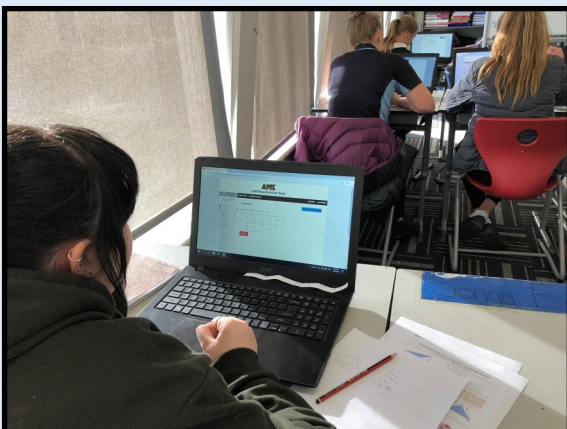
Australian Maths Competition

Today 31 students from Grade 3 to Grade 9 sat the Australian Mathematics Competition. This competition is open to all students Australia wide on this day. The students had 30 questions to answer. The primary students had 60 minutes to complete it whereas the secondary students had 75 minutes. Well done to all those students who had a go. We wish them well with their results!



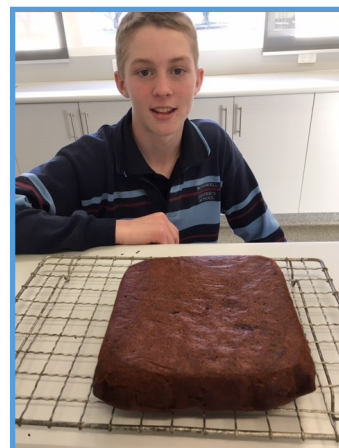


Australian Maths Competition.





Cooking with Brigitte.
Our students made Sticky Date
Pudding.



We all should start preparing for the summer months and plan 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



Book Week

This years theme is
“Reading is my Super Power”

We will be holding a Book week Parade in the

Flexi Room

On Monday 26th August, 2019.

Time: 9.15.

Students are welcome to come in costume or in uniform, you will be given time to change. After the parade all students should be in school uniform for the rest of the day.

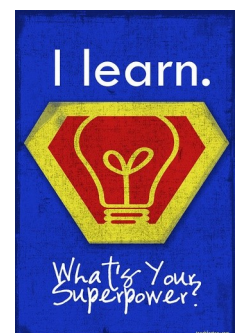
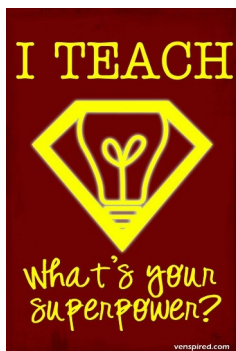
We hope to see you there!

Assembly will be held straight after parade.

READING

is our

SUPERPOWER



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

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 am Thursday.

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 the 8th or 15th
Of 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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