



Bothwell District School Newsletter

DEPARTMENT OF
EDUCATION
learners first

31ST OCT 2019

UPCOMING EVENTS

SCHOOL BANKING
EVERY
THURSDAY

PRE KINDER

**THURSDAY'S 31ST
OCT—5TH DEC**

1.30 P.M.—2.30 P.M

6TH NOV

**DISTRICT HIGH
ATHLETICS CARNIVAL
7-10.**

LIL EXCURSION

**BRIDGEWATER DENTAL
CLINIC**

THURS 7TH NOV

9.15 A.M.

11TH NOV

ASSEMBLY

13TH NOV

**SPSSA SWIMMING
CARNIVAL**

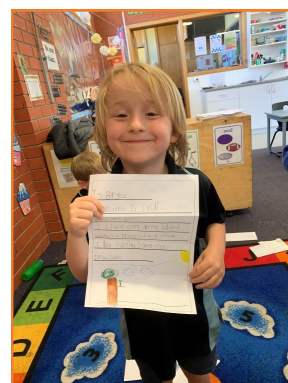
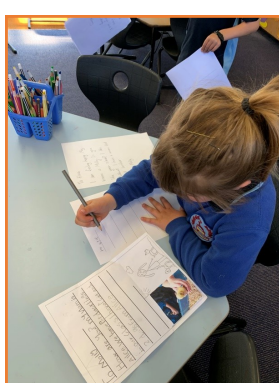
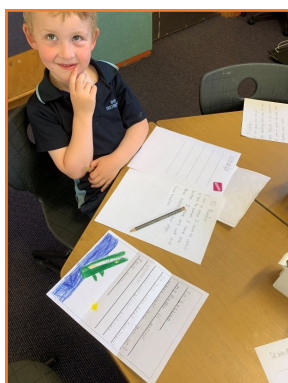
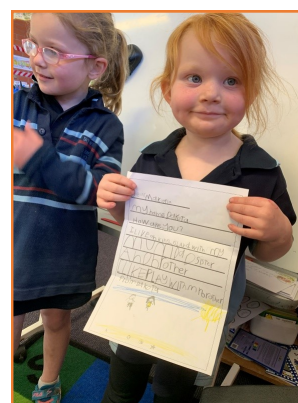
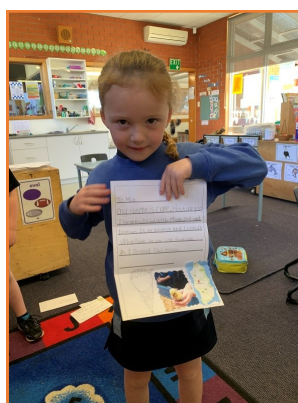
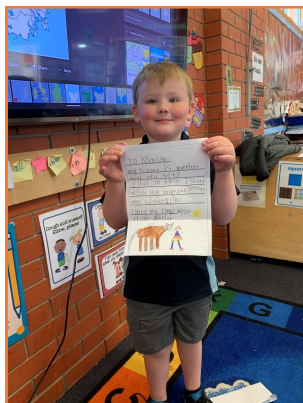
14TH NOV

**CHILDREN'S
UNIVERSITY
GRADUATION**

Thank you.

Kinder/Prep received some very exciting mail this week from our pen pal class on King Island. We each received a letter from a prep student from King Island District School.

We worked on our responses yesterday, which we will post next week.



The Bothwell District High School Student Council would sincerely like to thank the following businesses who have supported our activities at Bushfest.



Bothwell Freighting Service

Whittakers Coaches

Damien Matcham



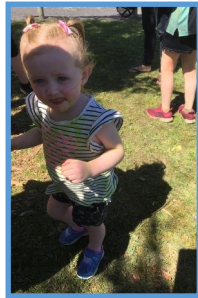
If you would like to donate to the Student Council's Silent Auction at Bushfest then it is still not too late. Please contact Mrs Jennifer Wise (Student Council Coordinator) at the school for further information.

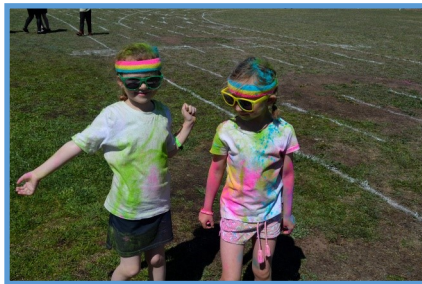
Colour Explosion.

Just a reminder to everyone, could all money from fundraising, BBQ, entry and t shirts from the colour explosion be in by the 7th of November. No late orders will be sent in as it takes a few weeks for the prizes to come back. We want to get them back and handed out before school finishes.

Thank you, I hope everyone enjoyed themselves.

Kind Regards,
Julie
Co-ordinator.







BOTHWELL WELLNESS GROUP
MELBOURNE CUP AFTERNOON TEA
TUESDAY 5th NOVEMBER at 2.15pm



Bothwell Football Club & Community Clubrooms

Come along watch the race and celebrate MELBOURNE CUP
with a glass of bubbles & afternoon tea.

Cup sweeps running

Prize for best Hat or Fascinator

Lucky door prizes & cake auction to finish the day

ENTRY \$10.00

Includes a glass of bubbles & afternoon tea



Canteen Order Form

Name:.....

Toasted sandwiches on Wednesday's

Order from the following combinations

\$2.00 ea.

Please note only one meat choice

Write combination choice on order form.

Place money in a bag

Ham		Pineapple	
Cheese		Tomato	
Chicken		Backed Beans	
Mayonnaise		Spaghetti	

Fruit Boxes still available for \$1.00 EA.

Apple		Orange	
-------	--	--------	--

Canteen Special

Mini Pizzas

Base is toasted pitta bread or English muffin.

Toppings: Salami, Cheese.

Pineapple (Tick a box)

Yes

No



Bothwell District High School

Patrick Street, Bothwell TAS 7030
Ph (03) 6259 5518 Fax (03) 6259 5610
Email Bothwell.District.High@education.tas.gov.au

DEPARTMENT OF
EDUCATION
learners first

17th October, 2019

Dear Parents/Carers,

RE: Pre-Kinder

Pre-Kinder sessions will run on a Thursday afternoon from 1.30-2.30 pm in the Flexi room for all children attending Kinder at Bothwell District School in 2020. These sessions will begin Thursday 31st October and conclude Thursday 5th December.

Pre-Kinder is a fun opportunity for your child to meet, play and interact with the children in their class next year and begin to develop an understanding of school structures. We will read books, do craft activities, sing, use play dough and have a play outside.

Parents are invited to all sessions of Pre-kinder, however children may be left if they are comfortable. You are welcome to a coffee in the staff room for the duration of pre-kinder if you would like to leave your child but still be close by.

Please contact me through the school office if you have any questions or concerns. I am looking forward to seeing you for a fun couple of sessions.

Kind Regards,

Ashley Quinn
Kinder/Prep teacher



SCHOOL HEALTH NURSES + ☺ 🗨️ ❤️
Better health for better learning



Bothwell DHS is a proud Sun Smart accredited school.

From September to April when UV is usually 3 and above – The Cancer Council encourages sun protection be used when heading outdoors for more than a few minutes. So, it is time to start bringing your hats and sunscreen to school. Overexposure to UV during childhood is a major risk factor for future skin cancer risk.

You can't see or feel the sun's UV rays so don't be fooled! Whatever the weather, if the UV levels are 3 or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

1. **Slip on a shirt**—for free dress days, ensure your child wears clothing that covers as much skin as possible e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts.
2. **Slop**—on SPF 30 or higher **broad spectrum**, water resistant sunscreen—apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every **two** hours.
3. **Slap on a hat** - one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket hat style. Peak caps do not offer enough protection and are not recommended by sun smart.
4. **Seek shade**—choose shady spots for play whenever possible.
5. **Slide on some sunglasses**—if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available in the weather section of the newspaper, on the sun smart website www.sunsmart.com.au



Slip



Slop



Slap



Seek



Slide



the GROWING UP program

WHEN:



PROGRAM OUTLINE

The Growing up program is Tasmania's leading relationships, sexuality, and protective behaviours program for students from K - 6.

The program is age-appropriate and sequential, and addresses:

- staying physically, emotionally and mentally healthy throughout life
- protective behaviours, peer pressure and self-esteem
- creating and maintaining healthy and meaningful relationships

Family Planning Tasmania recommends that students are provided with relationships, sexuality and protective behaviours education each year.

The Growing Up Program aims to increase positive communication between parents/carers and their children.

Family Planning Tasmania provides a parent/carer information session with every program. This covers the program content and the ways in which parents can support their child's learning. Family Planning Tasmania also provides parent fact sheets and take home tasks in some year levels.

EARLY CHILDHOOD (K-2) 2 X 30 MINUTES

- Topics: public and private body parts, gender, personal safety and hygiene
- Name parts of the body and describe how their body is growing and changing
- Identify people and demonstrate protective behaviours that help keep themselves safe and healthy
- Identify and practise emotional responses that account for own and others' feelings
- Practise strategies they can use when they need help with a task, problem or situation

LOWER PRIMARY (3-4) 2/3 X 40 MINUTES

- Topics: introduction to puberty, conception, pregnancy, birth, personal safety and hygiene
- Explore strategies to manage physical, social and emotional change
- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe
- Describe how respect, empathy and valuing difference can positively influence relationships

UPPER PRIMARY (5-6) 3 X 60 MINUTES + 30 MINUTES SINGLE GENDER

- Topics: puberty and adolescence, decision making, sexual safety
- Investigate resources and strategies to manage change and transitions associated with puberty
- Plan and practise strategies to promote health, safety and wellbeing
- Practise skills to establish and manage relationships
- Examine the influence of emotional responses on behaviour and relationships
- Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours

CAR BOOT SALES

Sunday 20th October 2019

Saturday 16th November 2019

Saturday 18th January 2020

Saturday 15th February 2020

Saturday 21st March 2020

9.30 am – 2.30 pm

Cnr Patrick Street and Market Place Bothwell

Sites \$5.00

To book a site or for information

**Contact Julie on 0417168339 or Leanne at Bothwell
Super Store on 62595508**



Sausage sizzle

Cakes, bric a brac, collectables



Bothwell Library

Opening Hours

Tuesday 3.30 p.m.—6.00 p.m.

Wednesday 10.00a.m.—3.00 p.m.

Wi Fi access 8.45 a.m. till 7.15p.m



Family Planning Tasmania
www.fpt.asn.au

The Growing Up Program

Parent session

The Growing Up Program – a relationships, sexuality and protective behaviours program, will be run by Family Planning Tasmania for grades K-6, starting on **Monday the 4th November**. A parent information session will be held at 8.30 am on the **4th November** in the **Resource Room** at the School.

For information about talking to your child about relationships, sexuality and puberty visit http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often

Breakfast Program.

Every Monday and Thursday,

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

We are asking for donations of Bread, Milo, Margarine or Jams and Vegemite to the program, this benefits all the students.

Christine Turner & her team of helpers.





Get Into Hockey

Tasmanian Hockey Centre

19 Bell Street, New Town

Get Into Hockey Program - Term 4
Wednesdays 5:00-6:00pm
6 November - 4 December
Cost: \$40

Hockey Skills Session
Ages 6-12 years
Beginners Welcome!

Register:
www.hockeytasmania.com.au/getintohockey

Enquiries: Tania.Barry@hockeytasmania.com.au

Receiving & Trapping



Ball & Stick Control



Passing



Fun Skills



Correct Grip & Posture





JUNIOR BLASTER PROGRAM

Glenora School Oval

Junior Blasters is for kids (Aged 5-7) new to cricket with participants building their skills through fun, game based activities

- *Learn new skills including catching, throwing and teamwork*
- *Make new friends or organise a group to learn together*
- *Wear the colours of your favourite big bash heroes in a personalised t-shirt*
- *All equipment supplied, parents join in the fun*

Program Details:

When: Sunday 9.00am – 10.00am

Start Date: 27th October

End Date: 15th December

Price: \$75

All participants receive a pack including:

- T-shirt
- Bat
- Hat

Register at: www.playcricket.com.au



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)**



School Banking
is
every
Thursday.



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 well
they are given raffle tickets.

The raffle is drawn at an assembly.

Two students names are drawn and they
receive a prize as their reward.

School's
Mobile.

No is
0474 533 146

CONTACT DETAILS

Patrick Street, BOTHWELL, 7030

Phone 62 595 518 Fax: 62 595 610

Email Bothwell.DistrictHigh@education.tas.gov.au

Web : <https://bothwelldistricthigh.education.tas.edu.au>