DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19th August</td>
<td>Drew Petrie Shield Grade 4 Football</td>
</tr>
<tr>
<td>27th August</td>
<td>Scotsburn P-6 Book Week Dress Up Day</td>
</tr>
<tr>
<td>28th August</td>
<td>PLP Meeting</td>
</tr>
<tr>
<td>2nd September</td>
<td>Division Basketball Gr 5 &amp; 6</td>
</tr>
<tr>
<td>3rd September</td>
<td>M.A.V</td>
</tr>
<tr>
<td></td>
<td>Family Maths Night</td>
</tr>
<tr>
<td>8th September</td>
<td>Buninyong Kinder Visit 9:15 - 11:00</td>
</tr>
<tr>
<td>9th September</td>
<td>Division Basketball Gr 5/6</td>
</tr>
<tr>
<td>10th September</td>
<td>Buninyong Kinder Visit 9:15 - 11:00</td>
</tr>
<tr>
<td>11th September</td>
<td>Division Athletics</td>
</tr>
<tr>
<td></td>
<td>Lunchtime Live</td>
</tr>
<tr>
<td>15th September</td>
<td>Celebration of Learning 5:30 - 7:30pm</td>
</tr>
<tr>
<td>16th September</td>
<td>Prep NS &amp; NP Wildlife Park</td>
</tr>
<tr>
<td>18th September</td>
<td>Last Day of Term 3, 2:30pm finish</td>
</tr>
</tbody>
</table>

School Assemblies

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>21st August</td>
<td>Whole School Assembly</td>
</tr>
<tr>
<td>26th August</td>
<td>P - 2 Assembly</td>
</tr>
<tr>
<td>4th September</td>
<td>3 - 6 September</td>
</tr>
<tr>
<td>11th September</td>
<td>NO ASSEMBLY</td>
</tr>
<tr>
<td>18th September</td>
<td>Whole School Assembly</td>
</tr>
</tbody>
</table>

WOOLWORTHS EARN & LEARN
If you shop at Woolworths, please remember to ask for your stickers. You earn one sticker for each $10 spent. Stickers can be placed on sheets or dropped loose into the collection box in store (Ballarat Central & Sebastopol), or drop off at the school office. Thank you.

NEWSLETTER DISTRIBUTION

Over the past couple of years we have gradually reduced the volume of newsletter hard copies, as parents have adopted electronic means of reading newsletters...through email from the office, the school website or the School App. At School Council last night we decided it was time to take the next logical step, that being to only send out hard copies of newsletters to those who request it.

This will come into play from the start of next term. If you would like to continue receiving a hard copy of the newsletter, you can indicate that by either:

- Speaking to one of the ladies in the office
- Sending a message via the App or school email address
- Completing and returning the tear off slip on the last page of this newsletter.

Note: Those who already receive the newsletter by email you will continue to do so.
Another element of positive education that we are implementing at school is the PERMA model of well-being. We all want to be happy. When we’re happy, we’re productive, we’re good at building meaningful relationships with those around us, and... we feel great!

There are five measurable elements of well-being that Professor Martin Seligman, a leader in positive psychology and positive education, found essential to human well-being:

- **P**ositive Emotion
- **E**ngagement
- **R**elationships
- **M**eaning
- **A**ccomplishment

Each of these elements is essential to our well-being and satisfaction with life. Together, they form the solid foundation upon which we can build a happy and flourishing life.

Last week we explained Positive Emotion in more detail. This week, we’re looking at Engagement.

**Engagement**

We don’t thrive when we are doing nothing. We get bored and feel useless. But when we engage with our life and work, we become absorbed. We gain momentum and focus, and we can enter the state of being known as ‘flow’. In Positive Psychology, ‘flow’ describes a state of utter, blissful immersion in the present moment.

**Why?**

In a word: momentum. When you are lying in bed, it is often hard to convince yourself to throw off the covers and plant your feet on the ground. You worry about the cold. You feel tired and sluggish. You lie in bed, thinking but not getting anywhere. But when you are running, you don’t question anything. You are flying through space: one foot goes in front of the other, and again, and again, because it must. You are absorbed entirely in the present moment.

Not everyone enjoys running, but perhaps you feel this way when you are playing music, painting, dancing or cooking. If you have a job you love, you probably feel this way at work. We are most likely to fulfil our own unique potential when we are engaged in activities that absorb and inspire us.

**How?**

Much of the work of Positive Psychology involves identifying and cultivating personal strengths, virtues and talents. When we identify our own greatest strengths, we can consciously engage in work and activities that make us feel most confident, productive and valuable. We can also learn skills for cultivating joy and focus on the present. Mindfulness is a valuable skill taught by many counsellors. Using mindfulness, you can learn to develop a full and clear awareness of the present, both physically and mentally.
Lunchtime Live is a chance for students to perform in front of their friends. Students audition to be part of the mini concert and if accepted, rehearse for several weeks, using microphones and honing their skills. It’s a great opportunity to perform in a relatively non-threatening environment, as students can perform solo or in groups and choose the songs they know well. Although most students choose to sing, Lunchtime Live is available for any kind of performance. In the past we have had singers, dancers, guitar players, trumpet players, jugglers and even comedy. Lunchtime Live is usually held during a Friday lunchtime in the gym and parents are always welcome to come and support their children.

Auditions will be held next Tuesday 25th. Students can sign up for auditions using the sign up sheet on the gym door. Lunchtime Live will be held on Friday 11th September.
Maths at Buninyong

I like Maths because you can always learn more. Mila - Grade 1

I like Galaxy Kids Maths because I get to go up on the Smart Board. Heidi - Prep

I found that 5 MAB minis are the same weight as 1 dice. Luke - Grade 3

Division is fun because we divide with the MAB. Poppy - Grade 4

We’re making tallies and we went all around the school looking for different colour cars. (Sophie and Isabella Grade 1)

I like playing Around the World with Friends of Ten. Ben S - Prep

Working with the maths extension group is really fun because you learn more about harder stuff. This will be helpful for high school maths in the future and doing well on maths tests. Kai Eddy (6KG)
**SPORTING SKILLS**

During terms 3 & 4 the house leaders will be teaching all year levels different sporting skills. This week it was a chance for the grade 1’s to learn some new skills in both basketball and skipping. All the children seemed to enjoy the experience. Well done to the grade 6 leaders on their coaching skills and we look forward to coaching the grade 2’s in the next session.

Daniel O’Kelly

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**BMX CHAMPIONSHIPS**

Congratulations to Shallan Pompe (2nd) and Damon Pomp (8th) who participated in the Regional BMX championships last week in Geelong. These two children should be very proud of their efforts.

We wish Shallan all the best as she has qualified for the State BMX championships in Bendigo.

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**BUNINYONG PRIMARY WAKAKIRRI STORY DANCE**

Last Thursday, 33 gracious girls and 1 brave boy from grade 4-6 took to the stage to tell their story. The bus headed down to Moonee Ponds mid afternoon to the Clocktower Centre to share their story about belonging, celebrating differences and getting along with others.

The students participated in their rehearsal in the afternoon and anxiously awaited while they got their hair and make up done for the performance, which started at 7pm.

We had a wonderful supportive audience filled with family and friends and the students loved every minute of it. There were three other schools telling their stories on our night and this was just one show in a series of Victorian shows. There are also performances in every other state that culminate in a state final and then a national final.

Our Buninyong kids displayed their school values with pride as they gave the performance of their life. We anxiously await to find out if we've got into the final or not but either way, we had an awesome time (and a very late night)!

Thanks to Mrs Belsar, Mrs Davis, Miss Thornton and Fiona Taylor for your efforts and patience on the day.

Thanks to Jayde Calisthenics Club and BCMA for the loan of the beautiful costumes and a big thanks to the supportive parents who have assisted along the way!
GRADE 4 - STORY OF BUNINYONG

Over the last 5 weeks the grade four students have been participating in a series of Story of Buninyong activities and excursions. We have visited Mount Buninyong, Lal Lal Falls and Mount Elephant. We also had a cultural day at school where the students learnt about Aboriginal culture by having a go at making bush toys and using natural ingredients from our land to cook with.

SHINGLES

We have recently been informed of a case of shingles within our school community. We have made every reasonable attempt to contain the situation but just wanted families to be aware.

See the link below to answer any questions you may have.


BIGGER AND BETTER

Hot Milo Day

The Grade 6 canteen team will be putting on another Hot Milo Day. For only $1.00 you’ll get a hot Milo with extra Milo this time, a teaspoon of sugar and a biscuit. We have listened to customer feedback and improved our customer service.

Hope to see you back on Friday August 21st

Prep, Grade 1 and Grade 2 will be served at recess time.
Grades 3, 4, 5 and 6 will be served at lunchtime.

SHINGLES

We have recently been informed of a case of shingles within our school community. We have made every reasonable attempt to contain the situation but just wanted families to be aware.

See the link below to answer any questions you may have.


Premier’s Reading Challenge

Well done to everyone who has been entering their books on to the Reading Challenge website. We already have a number of students who have completed the challenge.

The Premier’s Reading Challenge finishes on September 14.

Please enter any books you have read on to the website www.eduweb.vic.gov.au (using your username and password) before September 14.

Nicole Healy
PRC Coordinator

RESPECT  OPTIMISM  COMMITMENT  COMPASSION  HONESTY
Our winners for this week are:

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>PBA</td>
<td>Spencer Stewart</td>
</tr>
<tr>
<td>PEB</td>
<td>Ryley Taylor</td>
</tr>
<tr>
<td>PNP</td>
<td>Cody Manson</td>
</tr>
<tr>
<td>PNS</td>
<td>Ava Jones</td>
</tr>
<tr>
<td>1CA</td>
<td>Zac Rowe</td>
</tr>
<tr>
<td>1SC</td>
<td>Matthew Collum</td>
</tr>
<tr>
<td>1HM</td>
<td>Grace Shackell</td>
</tr>
<tr>
<td>1RS</td>
<td>Maggie Stollery</td>
</tr>
<tr>
<td>SCOT</td>
<td>Eddy Menhenett</td>
</tr>
<tr>
<td>BM</td>
<td></td>
</tr>
<tr>
<td>2PG</td>
<td>Jaspar Lee</td>
</tr>
<tr>
<td>2WH</td>
<td>Riley Murdoch</td>
</tr>
<tr>
<td>2NJ</td>
<td>Harry Frequin</td>
</tr>
<tr>
<td>2JO</td>
<td>Rachel Gerada</td>
</tr>
<tr>
<td>3HA/PD</td>
<td>Ebonie Gallagher/Smith</td>
</tr>
<tr>
<td>3JB</td>
<td>Samuel Batistella</td>
</tr>
<tr>
<td>3HB</td>
<td>Mitchell Kelly</td>
</tr>
<tr>
<td>3DS</td>
<td>Cooper Rogers</td>
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<tr>
<td>SO</td>
<td></td>
</tr>
<tr>
<td>SCOT</td>
<td>Alex Young-Harvey</td>
</tr>
<tr>
<td>4AC</td>
<td>Josh Innes</td>
</tr>
<tr>
<td>4SD</td>
<td>Emily Stanczak</td>
</tr>
<tr>
<td>4JT</td>
<td>Taylor Sailsbury</td>
</tr>
<tr>
<td>5VB</td>
<td>Pirie Wakefield</td>
</tr>
<tr>
<td>5SM</td>
<td>Alyssa Hoffman</td>
</tr>
<tr>
<td>5JS</td>
<td>Skye Elkins</td>
</tr>
<tr>
<td>6RG</td>
<td>Annabelle Fletcher</td>
</tr>
<tr>
<td>6KG</td>
<td>Tia Clarkson-Pascoe</td>
</tr>
<tr>
<td>6MM</td>
<td>Harley Crabtree</td>
</tr>
<tr>
<td>6PW</td>
<td>Imani Rodgers</td>
</tr>
<tr>
<td>CM</td>
<td></td>
</tr>
<tr>
<td>SCOT</td>
<td>Luca Raneiri</td>
</tr>
<tr>
<td>Specialist</td>
<td>Luke Hart 5SM</td>
</tr>
</tbody>
</table>
SCOTSBURN NEWS

TREE PLANTING
This Wednesday (19th Aug) the Scotsburn students will be planting a number of trees as part of National Tree Day. We will be starting the day at Buninyong and then making a short walk past Brim Brim to plant along Ogilvie Lane. A representative from the Leigh Catchment Group will be assisting us on the day. We will be returning to Scotsburn at 11.30am by bus. If you would like to join us, please see your child’s teacher.

NEW ANIMALS AT SCOTSBURN
We are pleased to announce the safe arrival of four feathered friends - two ducks and two Chinese Silky Bantams. Whilst nameless at the moment, our VoTS representative, Toby, will run a name competition shortly.

Thank you to Sarah from St Francis Xavier Primary (Dylan, Ryan and Jackson's aunty) for giving them to us and trusting us with her feathered family.

SCIENCE DAY
On Monday we had our whole school Science Day. The Scotsburn students were spread across various classrooms at Buninyong and had a wonderful time participating in a range of science activities.

MS READATHON
The Scotsburn students have recently received information regarding the MS Readathon. To get involved, please register your child via the blogsite (www.scotsburnsenior2015.blogspot.com) or directly through the website at www.msreadathon.org.au (but remember to join our Buninyong Primary School, Scotsburn Campus group). It is great to see so many students supporting this great cause.

DEBATING
On Monday Toby, Mia and Bianca participated in the Semi-Finals of the 2015 Debating Challenge Cup. They prepared and represented the campus extremely well and should be very proud of their efforts. Special thanks again to Sharon and Natasha who guided the students throughout the competition.

CONGRATULATIONS PAT
At assembly last week, Pat Scuffins was presented with the Act of Kindness. Congratulations Pat.

GOLF TOURNAMENT
Congratulations to Mia Lepair and Nathan Levens who represented Scotsburn at the recent golf tournament. Both students had a great time and played very well. Mia has qualified for the Regional competition in October.

WELCOME BACK ROSEMARY
Last week we welcomed Rosemary Barr back to Scotsburn for a morning tea. She spent the morning wandering around the school grounds, chatting with students and enjoyed watching the students participating in their weekly cooking, gardening and ICT rotations. Rosemary was also thrilled to see the garden that we created in recognition of her time spent teaching at Scotsburn. Joanne O’Loughlin who spent many years as an integration aide at Scotsburn also enjoyed her visit.

WILDIFIRE PARK EXCURSION
This term the Grade P/1 students are learning about Australian Animals. As part of this unit they will visit the Ballarat Wildlife Park on the 9th of September (Week 9). The Grade 4-6 students from Scotsburn will also be attending as an opportunity to extend our buddy program.

TERM 3 LUNCH ORDER PICK UP ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Parent Helper</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th August</td>
<td>Jenny Edmunds</td>
</tr>
<tr>
<td>27th August</td>
<td>Sarah Palmer</td>
</tr>
<tr>
<td>3rd September</td>
<td>Amanda Eustice</td>
</tr>
<tr>
<td>10th September</td>
<td>Jodie Menhenett</td>
</tr>
<tr>
<td>17th September</td>
<td>Tracey Mellington</td>
</tr>
</tbody>
</table>

MONDAY ROTATIONS
Our next rotation for term 3 will be on the (24th August). Our groups will be doing the following:

- Cooking – Group 2 (Parent helper – Jo Klein)
- ICT – Group 3
- Gardening – Group 1 (Parent helper – Richard Archer)

Please remember to pay the $15 for this semester or $30 for the year to the office at Buninyong for the cooking program. A friendly reminder to bring along your gum boots if you are helping out with the gardening.

IMPORTANT DATES & EXTRA-CURRICULAR EVENTS

- 19th August, Gr P-6 Tree Planting – (Meet at Buninyong at 9am)
- 27th August, Gr P-6 Book Week Dress Up Day
- 3rd September, Family Maths Night
- 9th September, Gr P/1 & Gr 4-6 Wildlife Park
- 10th September, Gr P-6 R.U.O.K Day
- 15th September, Celebration of Learning
- 18th September, Term 3 Finishes

RESPECT  OPTIMISM  COMMITMENT  COMPASSION  HONESTY
Schools without Books

Thank you for all your book donations ….. we are still collecting all of August until Book week!

So far we have received 514 donated books!!!

The Achievement Program is part of Healthy Together Victoria, a state-wide prevention initiative aimed at improving people’s health where they live, learn, work and play. Launched in 2012, it boasts a membership of more than 3000 early childhood services, schools and workplaces from around Victoria. Developed by the Victorian Department of Health and Human Services and the Department of Education and Training, the Achievement Program is a great way to enhance student engagement and wellbeing outcomes.

Health Promoting School Survey

Click on……..

https://www.surveymonkey.com/r/Q6QMDBP

Our newly formed sub-committee made up of parents, teachers and Tameaka Gower from Ballarat Community Health are working to achieve accreditation.

Please help to inform us about your ideas on promoting health for our school by clicking on the link to complete this quick survey.

We welcome any additional parents who would like to be involved, just contact the office!

Buninyong PS Achievement Program Committee.

JEANS FOR GENES

Day

Well done Buninyong Primary School, we raised a tidy sum of……

$450

Well done to you all!!!

GALLIPOLI OAK

Earlier this year we planted a Gallipoli Oak at the front of the school to commemorate the Anzac Centenary (2014-2018).

We were very fortunate to have a large rock donated by “Les” from DHM (Sand, Gravel & Soil Supplies). The plaque has been attached to the large rock which is situated at the front of school, beside the Gallipoli Oak.
18th August, 2015

Dear Parents,

This term we are able to offer your child/children the opportunity to participate in a Sporting Schools Program after school. The programs and dates are: 24/8, 31/8, 7/9, 14/9

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
<th>Dates required</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Gymnastics</td>
<td>Gym</td>
<td>24/8, 31/8, 7/9, 14/9</td>
<td>3.40pm - 4.40pm</td>
</tr>
</tbody>
</table>

We have a limit of 20 children per session. These activities are free. **Please return to the school office by Thursday 20th August**

If you have any queries regarding this program please contact Daniel O’Kelly

_Daniel O’Kelly_

**“Sporting Schools” After School Program**

I would like my child to attend:-

Gymnastics P - 3

Child’s Name: .............................................................. Grade: .................

Parent/Guardian: ........................................................................

(please print)

Signature: ........................................................................
SAUSAGE SIZZLE NEEDS HELP!

- Helpers for the Sausage sizzle on Wednesday 26th August. Please come to the office, and sign up to help if you can between 9 – 11 or 11 – 1, or both! Thanks in advance.

JAPANESE PERFORMANCE @ BALLARAT LIBRARY

There is an upcoming performance on Saturday 29 August from 12-1pm at the Ballarat library. The performance will feature Japanese musician Kakizakai Kaoru.

It will be followed by a talk and workshop.

BUNINYONG GOLFERS!!!

"Last Monday our golfing team took to the Buninyong golf course like seasoned professionals braving an icy wind, muddy fairways and tricky holes. All students had a fantastic day, enjoying the challenges of the great game of golf. We had some students play particularly well and advanced to the next stage.

These students are: Mia Lepair, Jack Bambury, Will Mesley, Joel Smith and Imogen Thorne. Also, a big thankyou must go out to the parents, grandparents and Fed Uni students who volunteered their time to make the event possible.

Bravo everyone!"

REQUEST TO RECEIVE A HARD COPY OF THE NEWSLETTER

Name: ________________________________________________________________

Child/rens Names and Class: ___________________________________________

___________________________________________

___________________________________________

___________________________________________

___________________________________________