Dear Parents/Carers

I have been informed that flashing lights warning of the 40km/h school zone in Suttor Street that were to be installed last week will now be installed in the week commencing 17th August. Fingers crossed it happens this time!

Book Week is only two weeks away. Now is a good time to start thinking about costumes! If you are unsure about Book Week, please see Mrs Peard in the Library or your classroom teacher.

Also, on the Tuesday of that same week will be School Concert day. Tickets for the two shows will go on sale soon (see this newsletter for more information).

We are extremely excited to be hosting the Australian Ballet at our school on Thursday. This is an amazing opportunity for our Year 5 and 6 children to work closely with world class dancers and to watch them perform. Unfortunately, I will miss out as I am away on Thursday and Friday for Professional Development. Mrs Lloyd and Mrs Henry will mind things in my absence.

Make sure you also save the date of Thursday 20th of August for Sky Stories which will be held at school in the evening. This promises to be a great event for the whole family.

Next week will see some new playground activities for the kids. Boot camp and garden club have been very successful, but they will be replaced for the next five weeks with drawing club and volleyball. Mrs Pickford will look after drawing and is a talented artist in her own right. Miss Blowes, who plays at an elite level herself, will supervise volleyball. The popular PCYC program continues for those involved. We will analyse data on playground incidents to gauge the effect of these initiatives and I hope to report to you in the coming weeks.

Lastly, please remember the P&C Father’s Day breakfast coming up. If you would like more information or want to offer assistance, please contact James Meares at jmeares@ozemail.com.au.

Have a great week,
Darren Denmead, Relieving Principal
**School Awards**
**Congratulations to** -

**Principal’s Awards**
**Congratulations to** -
Ian, Daniel, Leo, Krishti, Jackson, Sophie, Isabelle, Mackenzie, Ella, Jack

**Canteen News**

**Roster**
| Mon 17/8   | T. Roels  |
| Tues 18/8  | J. Baillie, |
| Wed 19/8   | J. Baillie, A. Mulligan |
| Thurs 13/8 | J. Baillie, L. Kitto |
| Fri 14/8   | T. Roels, K. Riley, K. Taylor |

HAPPY HAMBURGER MEAL DEAL. Notes went out last week. If your child did not receive one there are spare copies available at the canteen. ORDERS AND MONEY MUST BE TO THE CANTEEN BY MONDAY 17th AUGUST. NO LATE ORDERS WILL BE ACCEPTED. This is a great meal deal which all the children enjoy. NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY - ONLY BASIC SANDWICHES. So get your orders in NOW. The meal deal will be held on Thursday 20.8.15.

**Book Week:**
Monday 24th August is the date set for the Bathurst West Annual Book Parade and Book Fair. Families should start thinking about a book character they could come dressed in for the day! The theme for Book Week this year is: *Books Light Up Our World!* Books will be for sale in the library on the day. More details to come!

**NAIDOC DAY**
ICE in Our Community’
A local forum for the Bathurst Community is being held on the realities of ICE use and the treatment and support available in our town. The Forum is open to the entire Bathurst community.

ICE in Our Community’
Is being facilitated by Drug & Alcohol Specialist Counselling Service Bathurst

Where: Heritage Building, Bathurst Hospital
Howick St, Bathurst
When: 19th August 2015
Time: 6pm until 8pm
RSVP: Melody or Sharon, 6330 5258
A light supper will be provided
Please leave a message if not answered

BATHURST BUSHRANGERS
Est 1982
AFL Under 10’s 3 week round robin competition
Starting 10am Sunday 16/8/15
George Park 2 (Browning St)
Just come along and have fun.
Contact Paul 0428 161 073 or Brian 0407 367 072
Cost: FREE. Free tea & coffee in our family friendly clubhouse.
Visit Bathurst Bushrangers
Bathurst West Public School invites our school community to the

**sky stories**

event

**Thursday 20th August, 2015**

5pm - 7pm

Aunty Gloria will deliver the Welcome to Country and share her indigenous Sky Story

CSU and Future Moves will share their involvement with Sky Stories

Observations of the night sky through telescopes

Free community sausage sizzle

A RSVP will be sent home later this week

We hope you can join us for a special evening
**BLOW, BREATHE, COUGH, WASH & CHEW (BBCWC) for Healthy Ears**

**WHY?**

- To clear the nose – this helps unblock our ears so we can hear better.
- To clear the lungs – to get lots of air for the energy we need
- To teach kids why and how

**IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER**

You need: Tissues, Garbage Bag, Kids, Soap and water

**BLOW, BREATHE, COUGH, WASH & CHEW**

- Blow your nose till it’s empty!
- Take deep breaths
- Cough to clear the lungs
- Exercise to get the air into our lungs
- Wash your hands
- Chew yummy crunchy fruit & vegetables

**HOW? FOLLOW THESE SIMPLE INSTRUCTIONS:**

1. **To Clear the Nose (Blow)**
   - Sit down with tissues and bin.
   - Blow each nostril, one at a time into a tissue until the nose is empty.
   - Check by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril.
   - Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).
   - Pop the ears by pinching the two nostrils together take a deep breath, close mouth tightly and blow gently against the fingers keeping the nose blocked.

2. **To Clear the Chest (Breathe & Cough)**
   - Take five deep breaths counting with the fingers.
   - Give two strong coughs to get the rubbish out.

3. **Exercise**
   - Do ten big jumps.

4. **Repeat 1, 2, 3 several times**

5. **Wash your hands after you blow & cough**

6. **Chew**
   - Chewing hard crunchy fruit and vegies helps open the Eustachian tube and allows air into the middle ear space, therefore keeping the middle ear healthy.
   - Sometimes when a child has a cold, croup or a runny nose the Eustachian tube gets blocked. This can be the start of ear disease.
   - The Eustachian tube is the tube that allows air into the middle ear space to keep it healthy. It is the space between the back of the nose & throat and the middle ear.
   - When children are very young, this tube is very narrow and doesn’t drain well so it easily becomes blocked. As they grow up the tube becomes wider and changes angle to drain better.

**IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER.**

**IF KIDS HEAR BETTER THEY LEARN BETTER**

Alana Benson
Audiology Nurse
George Street Medical Practice
115 George Street
Bathurst NSW 2795

Audiometry Nurses Association of Australia Inc May 2015
Siblings Workshop

Do you have a brother or sister with special needs?

Yes? Then come to our FREE workshop for siblings.

Designed for children aged 8 to 12 years who have a brother or sister with a disability, genetic condition or special needs.

You get to meet other young people in similar situations in a relaxed and fun setting.

A chance to talk about the positives and negatives of living with someone with special needs.

Enjoy a great opportunity to share stories, strategies and ideas with others who understand.

“It was fun and I didn’t get bored! There were games, activities, group discussion and helpful information!”

WHEN?
6th September 2015
9:30 am – registration
10am to 12am – Sibling Workshop
Morning tea provided

WHERE?
Bathurst RSL
114 Rankin Street, Bathurst
NSW 2795

Please RSVP by 2nd September 2015 to Genetic Alliance Australia
Details below and on attached form

If you'd like to attend please complete the attached registration form and send to Genetic Alliance Australia, C/-Garvan Institute of Medical Research, 384 Victoria St, Darlington, NSW 2010 or email: projects@geneticalliance.org.au.

Please feel free to call Doriane Ranaivoharison or Ayesha Wijesinghe at Genetic Alliance Australia on (02) 9295 8314 if you would like more information on our Sibling Workshops

More information and registration forms are available at the School’s front office