**PRINCIPAL'S REPORT**

Dear Parents and Friends of BSW,

**Solar Panel Launch** Our Nature Warriors, and honorary Warriors, hosted the celebratory launch of the installation of our school’s 96 solar panels. They collected some interesting information. To learn more about this, turn to page 3 and 4 but, first, it’s worth remembering that the panels were funded by:

- a $10,000 grant from Sustainability Victoria
- $19,090.91 by our school, half from fund raising and the other half from the Building Fund

Positive Charge assisted us with the grant application and the project management. Moreland City Council has a Solar Bulk-Buy program. If you’re interested, collect a flyer from the office.

**Saturday’s working bee** was both highly productive and enjoyable. Do walk through our wonderful grounds and notice the work of our volunteers! New seats were installed near the oval; the kitchen garden was weeded and refreshed with compost*; the irrigation system was repaired; the tennis court received similar attention; the terracing and other areas were weeded; litter was collected and our many, many paths swept . . . On Friday night and Saturday, the oval was cored, fertilized and watered thoroughly.

Lunch was delectable. The kitchen team of parents and students had prepared enchiladas (chicken & pepper; broad bean**, pea and sweet potato; rice, sweet potato and black

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**CALENDAR**

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<th>Date</th>
<th>Month</th>
<th>Event</th>
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<tr>
<td>Thu 29 Oct</td>
<td>Music: Count Us In</td>
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<tr>
<td>Mon 2 Nov</td>
<td>Curriculum day</td>
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<td>Fri 20 Nov</td>
<td>Curriculum day</td>
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<tr>
<td>Fri 27 Nov</td>
<td>Special family &amp; friends event (after school)</td>
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CURRICULUM DAY—MONDAY, 2ND NOVEMBER
This is a student free day
beans) and quesadillas (salami or ham and cheese with tomato, capsicum and avocado; white beans and kale). Lettuce, sour cream, coriander and pickle onion were garnishes. Fresh fruit and an assortment of homemade cakes and slices followed.

Equal winners of the Golden Garden Trophy and the gardening/cooking prize were Caroline/Lucy’s & Ashley’s classes. On behalf of us all, students, staff, parents and the wider community – you’d be surprised at the number of people who make use of our grounds and facilities of an evening and at weekends - I’d like to thank our wonderful working bee volunteers!

School Council Casual Vacancy Our Council needs one new member. Being a member of School Council is a great way to learn about your child’s school. You do not need any special experience. What is necessary is your interest in BSWPS and the desire to work in partnership with others to help shape its future. Council meets once/month on a Monday at 7:30 pm and concludes at about 9:30 pm. Councillors also need to belong to a sub-committee.

If you have any questions about this, please contact me on 9387 6886. Don’t hold back, if you are interested! I can’t recall ever being swamped with responses to such an invitation.

World Teachers’ Day will be this Friday, 30th October. I would like to take this opportunity to publicly recognise and thank our teachers. They are dedicated, highly skilled professionals. Day after day they go far beyond the call of duty for our students. I’m looking forward to the luxury of an entire day, next Monday, developing our English curriculum with the other teachers at BSW. I hope many of you will be able to enjoy an extra-long weekend.

Yours sincerely,
Louise Chocholis
Principal

Weekly Collective Nouns:
A covey of quails
A flick of rabbits
A crash of rhinoceroses

DON’T FORGET CURRICULUM DAY
MONDAY, 2ND NOVEMBER
And FRIDAY, 20TH NOVEMBER

Next week is a 3 day week for students. As a result there will be no newsletter.

Lamont Book Club Bumper Issue!
Last Order for 2015

Online orders close 9th November
Brochure Orders close 12th November.
The school encourages you to order online.
Ordering online is easy and quick, you don’t need to send anything back to the school. Your books will be sent home when the orders arrive at school.

Happy reading

FAMILY & FRIENDS EVENT
SAVE THE DATE! Friday 27 November

Special BSWPS family & friends event planned for after school on Friday, 27 November. Loads of fun. Lots of surprises planned! More details to follow soon.
ART SHOW—MASKS

Many masks that were sold in the silent auction at the art show have not been collected. Below is a list of people mask winners who have not collected their mask.

Ashley’s Class Mask—Dee
Kay’s Class Mask—Kai
Carly’s Class Mask—Ava
Maurice’s Class Mask—Lily
Chantel’s Class Mask—Dave Palmer
Cathy/Jacqui’s Class Mask—Leo Marsili

Did you leave a container or esky when you donated to the art show?

Please pick up your containers from the Hall.

BSWP SOLAR CARNIVAL

Hi, our names our Mihir, Ruben, Emerson and Evie. We’re part of the Nature Warriors. We work together with Ruben’s dad Colin to make our school more eco-friendly. Not last holidays but the holidays before, the school bought and installed solar panels on the roof of the hall. They generate 25% of all our power. Today we are going to have some special guests to talk about sustainable energy. They are from MEFL. That stands for Moreland Energy Foundation. after that we will have a few people from Urban Renewables who install our solar panels. But first we are going to watch a small PowerPoint about solar panels.
The Nature Warrior’s Presentation

School Solar

- 96 Panels, on top of hall
- 25% of schools energy needs

Expected Power Savings

Power kW

This is a graph showing how much we are estimated to save with our solar panels but not only are we doing this, but we are doing better for example we were expected to save 2611 kw in September but we actually used 2630Kw! 22 years – free generation

Payback

- 5 years
- 10 years
- 15 years
- 20 years
- 25 years

4.8 years

• 3.1 years
• With Grant

Introducing…MEFL
WORKING BEE

A big thank you many wonderful parent & student volunteers who helped at the working bee on Saturday. Your help is much appreciated.

The Golden Garden Award
Awarded to the class with the largest parent participation.

1st Place (tied): Caroline/Lucy’s & Ashley’s classes
2nd Place (tied): Chantel, Cathy/Jacqui, Maurice & Mathew’s classes
3rd Place: Barb’s class

Kate Douglas          Belinda Noble          Philip Carr
Martin Reeves        Rob Catchlove         Melissa Seto
Jen Solterbeck       Ann Catchlove         Jaime Fontbona
Roy Solterbeck       Cathy Vaughan         Catherine Flower
Grant Kruger          Felicity Kingsford   Sally Thomas
Cal MacDonald         Nicolas Paquient      Peter Crouch
Louise Jorritsma     Stephanie Veyrier     Julie Crouch
Paul Lockhart         Lucinda Pridmore     Angela Storer
Rod McLennan          Anoushka Lenffer     Truc Le
Bernadette Dooley     Duncan Adams         Bouakham Chanmyxay
Leon Meyer            Glen Thomson         Jamie Gough
Karen Seligman        Casey O’Farrell      Yang Song
Cory Seligman         Melanie Koinari      Mathew Dixon
Craig Leversha        Michael Karl         Colin Bell
Sam Proud             David Deng           Louise Chocholis

LOVE YOUR LIBRARY!

Last week some new shelving was added to the library to house and display our growing collection of picture story books. The children feel that this addition makes it easier for them to locate the books in the A-E section.

The senior school children have added some of their great work around the library so pop in and have a look. I believe there is more to come!

This week a short review of two new books in our library.

“SAD THE DOG” by Sandy Fussell- Sad the dog was an unwanted Christmas present. Even so, Mr. and Mrs. Cripps feed their dog, wash him and even clean inside his ears. But they don’t give him a name. So the dog names himself-SAD. What will it take to make Sad, the dog, happy? This story brought a tear to my eye! A beautiful story about caring and friendship.

“BLUNDERINGLY BRILLIANT” by Adam Wallace – Jackson Payne has blundered his way onto the front page of the newspaper. He’s a hero! A star! He’s brilliant! The problem is Jackson believes the hype. He’s getting a big head. He thinks he’s the biggest legend in the entire world! And that’s when things start going very, very wrong. This book follows “Accidently Awesome” from earlier in the year.

Don’t forget the library opening times. A reminder below:
Tuesday 8:45-9:00  First break 11:10-11:50
Wednesday 8:45-9:00
Friday 3:30- 3:45  Second Break 1:50-2:30

Happy Reading!
Chris
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

“You’re okay. I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiety threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.