



Burren Junction Public School

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Term 4 Week 6

Wednesday 11th November 2015

"Look, listen and think"

Important Dates for BJPS

Term 4

November

12th – 2:15pm Transition Parent mtg & presentations

13th – No Tuckshop

20th – Tuckshop Jo & Kim

27th – Tuckshop ?

30th – Swim School starts

December

4th – Tuckshop ?

11th – Tuckshop Kieran & Bell

14th – Yr 6 Farwell Lunch

15th – Speech Day 10am

16th – Last day of school for 2015

February

3rd – Staff Development day

4th – Yrs 1-6 start school

5th – Kindergarten start school

16th – Swimming Carnival Narrabri



This morning we paused for one minute of silence at 11am to mark Remembrance Day. The ceremony prior to the silence was well led by our Parliamentarians. Each person present at the ceremony received a poppy to wear, marking the importance of this day. It was great to watch all the children listen carefully to the service, sit respectfully and wear their poppies proudly. Here are some photographs of our children in the ceremony.



Monsanto Grant Success

I was delighted to get the news last Friday, that our school had been successful in receiving a \$5000 Grant from Monsanto. Elizabeth Powell found the grant and asked was there anything we could use it for. I spoke to School Council about a concept that Mrs Stump and I had been discussing and the grant was written and submitted. One of our school goals is related to Culture and Diversity. This money is to be combined with some money that was left over from the Burren Singing Group and used to offer our students next year access to specialists in areas such as Dance, Singing and Drama. Our children will use these skills to perform at ANZAC Day, Narrabri Eisteddfod, and will be involved in writing a script and performing a school musical at the end of the year. We envisage it as a year long project, building to a final performance. In wasting no

time Mrs Stump has been making contact with a singing teacher and I have been in touch with a dance teacher. We hope to have some tentative bookings in the next few weeks. Thank you Elizabeth for bringing this grant to our attention.

Yearbook Progress

Our yearbook is currently in the process of being edited and getting ready for publication. Mr Mendes is finalising costs at the moment, and as soon as we have that, we will be taking orders. A sample is available in a display book at school if you would like to have a look at any time you are in.

Silver Award and ICAS Maths Assembly

Due to wet weather last week, our assembly has been put back to this Friday. It will begin promptly at 2.45pm to make sure we get everything in. We would love to see you there.

Transition

This week we conclude our Transition program for 2015. I would like to thank Mrs Stump and Mr Mendes for their hard work in preparing our children for school next year. They appear to have had a wonderful experience. An information session for parents will be held tomorrow at 2.15pm, this will be followed by the children being presented with their graduation certificates.

Thank you Emily

The past 10 weeks Emily Howie has been running a version of the Jan Marshall program 3 mornings a week. The targeted funding, we were accessing has now been used up, and this will be the last week we have Emily to help us. There has been improvement in children that Emily has been working with. Thank you Em, for all your hard work and willingness to go above and beyond, it is much appreciated.

Speech Day Trophies

Just a reminder to those people who have a perpetual trophy from speech day to please return it. We need to send them off to be engraved, to have them back in time for speech day.

Pool Membership

We have started using the pool for sport and will begin swim school in the coming weeks. If you are yet to pay your membership the cost of a family season pass is \$100 or it is \$50 for an individual pass. The season runs from now

until when the pool closes next year for winter. Money can be sent in to the school or paid by direct deposit.

Account details are BSB: 082903

Account Number: 62867 6153

Burren Junction Community Pool Committee.

Please use surname and initials as your reference. If you are able to volunteer to help out at the pool with general duties, they would love to hear from you. Contact Jude or Brett.

Have a great week,
Mrs Slack-Smith

★ **Tuckshop will not operate this week.**

Concert Opportunity

The following is an email sent to me by Mr Carrett. We are happy for students to attend this concert, however it will require parents to take their own children in. If you would like to attend, please let Jenny know as soon as possible, so we can arrange it with Wee Waa

"On Thursday 26th November Wee Waa Public are hosting a performance by a string trio from the New England Conservatorium of Music (NECOM).

The details are as follows:

- *Visiting Ensemble: PIANO TRIO*
- *Performers are: Eliza Scott (Violin), Charlotte Low (Cello) Jol Choct (Piano)*
- *Date: Thursday 26th November, 2015*
- *Number of sessions (each one is 50 minutes): Three*
- *Starting Time(s): Trio will arrive at 9.00am and times will be arranged for three presentations before lunch.*
- *Cost to each student is \$4.00:*
- *School Venue: hall*

I would like to invite your school to participate with us. As a way of keeping your costs down I am prepared to pay for your students. If you are interested in bringing some or all of your students in for one of the performances please let me know and we will organise a time for your school to join us." Peter Carrett

Fiona Robertson from Health Wise in Narrabri will be in Burren Junction at the CWA rooms from 1:30 to 4:30pm on Friday 13 th November, to perform health checks.

This term transition students joined K/1 for class on Thursdays. Transition has been wonderfully behaved and all students had demonstrated that they are ready for Kindergarten in 2016. They are a caring and clever bunch of students and we look forward to teaching them in 2016. Please enjoy looking at the self-portraits we painted altogether with the help of Mrs Hattingh.

Thanks,
Mr Mendes



Smart foods to boost learning

If you want your child to think more clearly, give them a breakfast high in protein such as eggs and milk. Mother Nature is full of foods that help children and adults think and feel better. Exercise is good for thinking because it supplies oxygen to the brain. Avoid white squishy things like chips, white bread and cakes.

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk.

"Having a higher protein, lower carbohydrate breakfast enhances concentration and memory," says Andrew Fuller, a fellow at the University of Melbourne's departments of Psychiatry and Learning and Educational Development.

Andrew says eggs in particular "literally lay down learning" because of the nutrient choline found in them, which helps to improve thinking and memory.

Mother Nature is full of foods that aid smarter thinking and help kids and adults alike live longer – richly coloured berries to improve your child's mood, avocado on toast to calm them. It all comes down to regularly eating foods that supply nutrients which support specific brain and body functions, Andrew says.

"What you're trying to avoid is white squishy things, so basically chips, bread, cakes – these aren't the things that really love us long term," he says.

"If you want your kids to be on top of the game, they need to have an optimal brain and you only get an optimal brain if you sleep well, eat well, live well."

In the mood for food

Learning, concentration and memory: eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

Happiness and sleep: almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkin seeds; and turkey.

Pleasure, motivation and concentration: chicken; dairy such as milk, yoghurt and cheese; fish such as wild salmon; oats; and chicken.

Energy and memory: chicken; dairy such as milk and yoghurt; lima beans; peanuts; and sesame seeds.

Calmness: avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

Longevity: think Mediterranean diet such as olive oil and tomatoes.

Vitamin power

Children with learning problems and behavioural issues often show substantial deficiencies in vitamins when assessed, Andrew says.

Stage 3 Mathematical wizards!

Our mathematical minds have been challenged over the last few weeks completing challenging maths problems. In week 3 and 4 we were finding the area of triangles and composite shapes. Miss Paull made us write out the formula for finding the area of the triangle over and over again; she even made us answer Year 7 and 8 questions! We all rose to the challenge, however, and now can confidently complete these complex problems!

Here is some of our work:

$$\begin{aligned}
 E \quad A &= \frac{1}{2} \times B \times H \\
 A &= \frac{1}{2} \times 40 \times 16 \\
 &= \frac{1}{2} \times 640 \text{ mm}^2 \\
 &= 320 \text{ mm}^2 \quad \checkmark
 \end{aligned}$$

$$\begin{aligned}
 A &= \frac{1}{2} \times B \times H \\
 A &= \frac{1}{2} \times 40 \times 20 \\
 &= \frac{1}{2} \times 800 \text{ mm}^2 \\
 &= 400 \text{ mm}^2 \quad \checkmark
 \end{aligned}$$

$$\begin{aligned}
 A &= 320 \text{ mm}^2 + 400 \text{ mm}^2 \\
 &= 720 \text{ mm}^2 \quad \checkmark
 \end{aligned}$$

19.10.15

Area of Triangles

Area of triangle = $\frac{1}{2} \times \text{base} \times \text{perpendicular height}$

Perpendicular height

base

$A = \frac{1}{2} \times B \times PH$

$A = \frac{1}{2} \times 4 \times 10$

$A = \frac{1}{2} \times 40$

$A = \frac{1}{2} \times 5 \times 20$

$A = \frac{1}{2} \times 100$

$A = 50 \text{ cm}^2$

$A = \frac{1}{2} \times 30 \times 50$

$A = \frac{1}{2} \times 1500$

$A = 750 \text{ km}^2$ ✓

Exercise 11L

1) $A = \frac{1}{2} \times \text{base} \times \text{height}$ (E)

$A = \frac{1}{2} \times 3 \times 4$

$A = \frac{1}{2} \times 12$

$A = 6 \text{ cm}^2$

2) $A = \frac{1}{2} \times 6 \times 10$

$A = \frac{1}{2} \times 60$

$A = 30 \text{ cm}^2$

3) $A = \frac{1}{2} \times 8 \times 7$

$A = \frac{1}{2} \times 56$

$A = 28 \text{ mm}^2$

4) $A = \frac{1}{2} \times 4 \times 9$

$A = \frac{1}{2} \times 36$

$A = 18 \text{ cm}^2$

5) $A = \frac{1}{2} \times 7 \times 6$

$A = \frac{1}{2} \times 42$

$A = 21 \text{ km}^2$

6) $A = \frac{1}{2} \times 11 \times 10$

$A = \frac{1}{2} \times 110$

$A = 55 \text{ m}^2$

7) $A = \frac{1}{2} \times 9 \times 8$

$A = \frac{1}{2} \times 72$

$A = 36 \text{ cm}^2$

8) $A = \frac{1}{2} \times 12 \times 5$

$A = \frac{1}{2} \times 60$

$A = 30 \text{ m}^2$

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$A = \frac{1}{2} \times 3 \times 4$

$A = \frac{1}{2} \times 12$

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$A = \frac{1}{2} \times 60$

$A = 30 \text{ m}^2$

1E) $A = \frac{1}{2} \times \text{Base} \times \text{Height}$

$A = \frac{1}{2} \times 40 \times 20$

$A = \frac{1}{2} \times 800$

$A = 400 \text{ m}^2$

$A = 400 \text{ m}^2$

$A = \frac{1}{2} \times B \times H$

$A = \frac{1}{2} \times 40 \times 16$

$A = \frac{1}{2} \times 640$

$A = 320 \text{ mm}^2$

Final Answer

$A = 400 \text{ m}^2 + 320 \text{ mm}^2$

$A = 720 \text{ mm}^2$

1F) $A = \frac{1}{2} \times B \times H$

$A = \frac{1}{2} \times (5 \times 4)$

$A = \frac{1}{2} \times 20$

$A = 10 \text{ cm}^2$

$A = \frac{1}{2} \times B \times H$

$A = \frac{1}{2} \times (15 \times 4)$

$A = \frac{1}{2} \times 60$

$A = 30 \text{ cm}^2$

Finally the real answer

$A = 10 \text{ cm}^2 + 30 \text{ cm}^2$

$A = 40 \text{ cm}^2$