Visible Learning
A number of classes this term have commenced mindfulness exercises using a resource called ‘Sitting Still Like a Frog’. Mindfulness is about attention and the awareness that arises from paying attention on purpose, in the present moment, non-judgementally. Studies in both medicine and neuroscience are showing that mindfulness is an essential life skill that can have profound consequences in terms of both physical and mental health. It supports and enhances learning, emotional intelligence and overall wellbeing. Children will participate in listening activities which include “Sitting Still Like a Frog”, “The Spaghetti Test” and “The Secret of the Heart Chamber”. In “First Aid for Worries”, children are taught to shift their attention out of their head and down into their belly. The narrator explains that: “deep down in the abdomen all is calm. There are no worries”. There are no fights. There is peace and intense quiet. In “The Pause Button” young listeners learn to take the time to note how they are doing, to “look at the inner self with curiosity and without judgment”.

We do not know what specific knowledge our children are going to most need ten or twenty or even fifty years from now because the world and their work, when they come to it, will be so different from now. What we do know is that they will need to know how to pay attention, how to focus and concentrate, how to listen and how to learn, and how to understand their thoughts and emotions and relationships with others. That skill set and this approach to learning lies at the heart of mindfulness.

Next week our teaching staff will be participating in the next session of visible learning rounds. Stages work collaboratively for a day, researching, observing and providing constructive feedback. There will be a number of visiting teachers in our school to support this very valuable program.

Toormina District Athletics Carnival
On Wednesday, over sixty students from our school competed at the Toormina District Athletics Carnival. It was a fantastic day with all students doing their Boambee BEST and displaying excellent sportsmanship. Congratulations to everyone who was involved and well done to those who qualified for the Coffs Harbour Zone Carnival. A special mention to Elke Bowles who was the Junior Girl Champion and Zoe Wilson who came second and Max Gosschalk who was a close second to the Junior Boy Champion. Well done! (MNC 17 August 2015)

Senior Boys Relay Team
Phoenyx Jakob, Riley & Seth placed 2nd

Senior Girls Relay Team
Macey, Charlet, Jessica & Gabby placed 3rd

Junior Boys Relay Team
Jye, Joss, Zac & Max placed 1st

Junior Girls Relay Team
Shayla, Bree-Anna, Elke & Imala placed 1st

“Problems are to the mind what exercise is to the muscles: they toughen and make strong” N Peale
Conservatorium of Music Visit
On Tuesday, five students from the Conservatorium came to visit our school and share with us their passion for music. Firstly, Li taught us about the violin, gave a brief demonstration and then let some volunteers play it. George followed with his cello, which looks a little like a violin, just bigger and sounds a lot deeper. Ryan is a tenor singer and was joined on stage by Brett on his classical guitar. Together they played us an Irish lullaby which sounded great. Lastly, Laura came out and showed us the different parts of a flute, played for us and even played another member of the woodwind family - the piccolo. At the end some of the senior students and Mr Martin were invited on stage and had a dance off! I enjoyed the visit and I’m sure many students have been inspired to learn an instrument.
Kyra Clunas - 3/4M

Library News
At the suggestion of two senior students, Stage 3 has been taking part in a “Share your Book” activity during Terms 2 and 3. This has given children the opportunity to review their favourite book for the class and to read their favourite passage. We have covered a wide range of texts: from “The Wimpy Kid” by Jeff Kenny to “The Old Man and the Sea” by Earnest Hemingway to “101 Most Disgusting Things on the Planet” by Anna Claybourne. It has been very interesting to share these book readings, some sad, some funny, some exciting (and in Atilla’s case) some disgusting! Well done Stage 3.

The New Car Track Play Area is Now Open!
This long awaited attraction in our playground has proven to be very popular this week. Students wishing to bring toy vehicles to school have been asked to have their name clearly marked on their toys. Thank you to Mr Wood for building this wonderful addition in our playground.

ASSEMBLY Week 3 CLASS AWARDS
Congratulations to the following students for their fantastic week at school.

KL Poppi Hudson & Shaye McCormack
KD Jake Clunas & Samantha Hayer
KTD Stephanie Perry & Jaylen Naden Dumas
K/1F Max Vaughan & Bryson Galvin
1A Mattie Bloomfield & Cameron Bourne
1G Brooke Mulholland & Ruari Buttle
1/2S Noah Corner & Noah Crowfoot
2H Annabelle Snape & Lachlan Neal
3/4B Tia Hayer & Jesse Semenikow
3/4G Hunter Bellamy & Jye Price
3/4M Ned Jones & Aaron Howton
3/4R Jake Hobbins & Declan Bellamy
5/6G Joss Boyes & Arshpinder Singh
5/6SG Brad Clancy & Cooper McInally
5/6TH Seth Connell & Tyler Morris

3/4M won the Gus Award last week.

Kinder Sport
Kindergarten participate weekly for 40 minutes in a small group sport rotation based on fundamental movement and gymnastic skills. The program involves 70 students divided into 10 groups. The students rotate between activities including balance, jumping and landing, rolling and trapping a ball, skipping, striking, rolling down a mat, vertical jump, zigzag running and throwing and catching. The activities are changed or modified every 3 weeks. The students are actively engaged in the activities and able to demonstrate developing movement skills over each term.
Seasons for growth is an innovative grief and loss education program that uses the imagery of the seasons to illustrate the experience of grief. It aims to strengthen the social and emotional wellbeing of children and young people (aged 6–16) who are dealing with significant life changes by exploring the impact of change and loss in everyday life and learning new ways to respond to these changes. Ms Donoghoe attended a course last week to become qualified as an adult ‘companion’ and will be facilitating the small group program at Boambee PS next term. During the program participants support and learn from each other in age appropriate and engaging activities. If you would like to enquire about the program please contact the school office.

Skoolbag App
Wow what a response! We already have 137 people who have our school’s Skoolbag App. All comments so far about our App have been very positive. We are able to notify you of school alerts, events, newsletters etc: You can install the Skoolbag App on your smart phone, iPhone, iPad and android devices. Just log on to our school website to find instructions on how to download the App.

Jump Rope for Heart
Jump Rope for Heart is going well with $2146.13 raised already. If you run out of space on your form, your child can obtain another from the school office. The preferred method of payment for Jump Rope for Heart is online but we will accept cash payments at the school office.

Swimming
This program starts on the first day of Term 4. It is essential that all permission notes and payments are completed by the end of Term 3. Thankyou to all who have paid already.
Cost: Kinder to Year 4 - $30.00 and Year 5 & 6 - $40.00.

Monster Fathers Day Raffle
Tickets are only $2.00 each. The prizes are vouchers kindly supplied by AMART SPORT. Every book sold will receive an entry into a special draw with some great prizes. We have already raised over $2365.00. Please return all raffle tickets and money by 31st August 2015. The Raffle will be drawn during assembly on Friday 4th September 2015.

Mini Fete Thursday 17th September
We are calling on second hand items and plants to sell. If you are cleaning out cupboards please bring any re-saleable items in for the fete. If you have any plants please pot them for the fete. All donations would be greatly appreciated.

Woolworths Earn and Learn
If you would like to help our school receive some great new equipment from Woolworths Earn and Learn please collect the stickers and pop the sheets in the box at the school office. Thank you to everyone who has already helped.

Canteen News
Canteen Volunteer Walk
Some of our canteen volunteers had a lovely morning off from canteen duty on cup day with a walk at Sawtell.

Pizza Boat and Milk $4.50
Hot dog roll lined with pizza sauce filled with your choice of ingredients and warmed. Choose any 3 ingredients from ham chicken, tuna, egg, tomato, pineapple, onion, avocado, corn and cheese and pizza sauce.

Canteen Roster
Wed 12 Aug Leanne Larnach & Kathryn White
Thurs 13 Aug Cathy Cooke & Dee Schley
Fri 14 Aug Julie Bellamy, Kristy Watson & Marie Cane

Bingo Roster
Tuesday evening at 7.00pm eyes down at the Coffs Ex Services Club. Come along and support your school.
Tuesday 11th August - Team 4 Vicki Totzl, Kristy Watson, Nicole Bourne and Peta Robinson

Important Dates
11.08.15 ICAS Mathematics
14.08.15 MNC Athletics
14.08.15 Assembly 1.00pm Stage 2
08.09.15 2016 Kinder Expo10.00 - 11.00am
17.09.15 Mini Fete
“Toormina District Athletics Carnival”