Welcome to this week’s newsletter.

_Thank you_
To start off this week newsletter we have lots of thank yous. My first thank you is to the whole school community for your kind thoughts during the last week. In all sincerity it means a great deal to know that so many people care. Thank you again. Thank you also to our wonderful teachers. They are a dedicated and caring bunch who freely give up a significant amount of their personal time both before and after school and on weekends to ensure they are doing the best they can for our students. Also thank you to all the parents who came in to the meet the teacher evening, it is great to know you support us in educating your children. Finally a great big pat on the back to all of the parents who come in regularly to support our students during reading groups time. As we know from last year’s results, it really does make a difference.

_Pink Stumps Day_
Pink Stumps Day is over for another year. I understand that everyone had a great day and raised quite a bit of money for the McGrath Foundation. Thank you Kim, Kathy and the crew from Cricket NSW for making this event possible. Thanks also to the other schools who contributed to this event. Please also see the message below from Kim in case you missed her email.

Thanks to everyone who attended the Pink Stumps Day (PSD) at the Burren Junction town oval today. It was a great success with approx $1,488 being raised for the McGrath Foundation !!! This is an absolutely amazing effort; however, it would be fantastic if we could possibly raise at least $2,000. So if you haven’t supported this cause already, please donate online or send this link onto anyone you know who may be interested in donating to support the great work of the McGrath Foundation.

All funds raised will be donated to the McGrath Foundation to ensure every family experiencing breast cancer in Australia has access to a breast care nurse, no matter where they live or their financial situation. 100% of all donations will go to the McGrath Foundation and you will automatically receive a tax-deductible receipt via email.

http://www.mcgrathfoundation.com.au/ Thanks for your support !

Campbell & Will

Tom & Zara

_P&C Meeting Tonight 6:30pm_
Please find attached the agenda for tonight’s AGM followed by a general meeting.
New School Website
We are happy to announce that our new school website should be up and running this week. An automatic redirection from the old website will be in place. Our new website address is www.burrenjunc-p.schools.nsw.edu.au
Please feel free to offer feedback on what you would like to see included on the website as it is still under development.

Regional Swimming carnival
Congratulations to all of our swimmers who competed at the Regional Carnival in Armidale yesterday. In no particular order they were Zac A, Declan, Campbell, Hamish, Milly, Dani, Sophie S, Tom S-S and Strath. It is great to see so many of our students competing at such a high level. I understand that Zac and Hamish have also made it onto state. Terrific job boys.

Chess
Recently I have been speaking to students about competing in chess tournaments and have sent home notes with several students. If you child is interested, please contact me urgently as entries close soon and I would not like to see students miss out. Also for interested student we have signed up for chess coaching webinars. More details will follow as they become available.

Homework
During our staff meeting yesterday teachers were discussing the issue of homework. As a general rule of thumb, homework will be sent home with students on Mondays. The contents will vary depending upon the grade level of students. However, it is expected that homework will be returned to school completed each Friday. This gives teachers time over the weekend to mark the work and prepare home readers etc. for the following week. Please remind you child to pack their homework on Friday mornings.

Until next time,
Have a great fortnight,
Lynn Starkey
Principal

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<tr>
<th>Week 2</th>
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<tr>
<td>K/1</td>
<td>Jessica Elke</td>
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<td>Kendra Zara</td>
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<td>Lucy Jenna</td>
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<td>Strath Lilliana</td>
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<td>4/5/6</td>
<td>Lachlan Stella</td>
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<td>Bridie Campbell</td>
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Time Capsules at BJPS
Do you or your relatives know the where abouts of any time capsules buried on the school site? We are aware of the capsule buried along the front fence, last dug up in 2004 during our Centenary celebrations, and then reburied. Before too much time progresses we’d like to pinpoint where the others are. Any help would be greatly appreciated!

Counsellor Corner 11.2.2015

The beginning of a new school year is an exciting time for everyone: students and teachers alike. At Burren Junction, students are settling into their classes, making new friends and learning new things every day. The opportunities for success and positive growth are enormous! However, it can be a stressful time as well. Some students will find the changes - in their classes, teachers and even friendships – difficult to cope with. They may be anxious about what is going on around them and unsure where to find help. Therefore, it is important that we work together to help each other during this settling in period. In addition, students at Burren Junction have the support of a strong welfare program. As School Counsellor, I have special training in counselling, assessment and psychological support for a range of issues and situations. If you or your child needs my help and support, please do not hesitate to contact me through the office here at school. I look forward to meeting all our students and their families!
We all know how important resilience is in our lives. The ability to ‘bounce back’ from bad events and hard times is crucial to our wellbeing. But what makes some children more resilient than others?

Strength-based research has found many common factors amongst young people in particular who have survived and thrived in the face of adversity and hardships. These studies provide evidence that resilient people draw on skills and qualities that help them cope during stress, and that these factors can be transferred to other people or situations, that is they are not unique or “special qualities”.

Across resilience research, studies have found what is important are the positive internal or external factors in a person’s life rather than the negative ones. These positive factors can buffer or protect a person from the negative impacts of traumatic experiences. Things like having a supportive teacher or mentor at school, having a strong engagement with sports or being able to set goals about the future are just some examples.

The good news is that we can all work on building up our own resilience and that of our children. Playing a sport and joining in a regular group activity outside school are two strategies which can and do help children to improve positive skills and grow their own resilience.

For more ideas about resilience and examples of resilience research, see Lyn Worsley’s book ‘The Resilience Doughnut.’

Ruth Jenkins
District Guidance Officer
P & C General Meeting: Wednesday 4th March 2015 at 6:30pm
Location - Year 4,5,6 classroom

Meeting opened:

Present:

Apologies:

Acceptance of minutes from previous general meeting held on 13 October 2014
Moved 2nd

Acceptance of minutes from previous general meeting held on 31 October 2014
Moved 2nd

Business arising from minutes

Correspondence In

Correspondence out

Treasurers Report

Principles Report

School Council Report

General Business
1. $1500 donation from IGA

2. Naming of school buildings

3. School time capsules

4. Tuckshop roster

Recording of new members

Date of next meeting:
Meeting Closed