

# Bruny Island District School

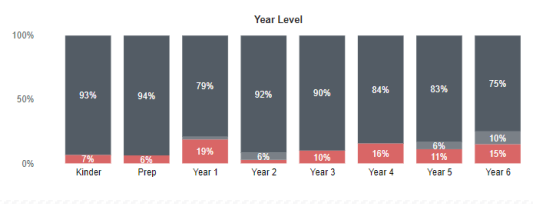


Where every child is empowered to develop the skills and confidence to enrich their lives and the lives of others.



28 JUNE 2023

## CURRENT ATTENDANCE THIS WEEK



## UPCOMING EVENTS

### DRILL Dance Residency

Monday 26—Friday 30 June

### NAIDOC Week

Monday 3—Friday 7 July

## TERM DATES

### Term 2

26 April 2023— 7 July 2023

## REMINDER

School finishes at 2:30 each Friday

## Dear Families

Welcome to our latest school newsletter.

Last week, on June 22, we celebrated b kinder day. See photos and details further along in the newsletter.

Our whole school is focusing on kindness and the importance of treating all of our community members with kindness and respect.

Patty O'Grady, PhD, an expert in neuroscience, emotional learning, and positive psychology, specialises in education and reports:

“Kindness changes the brain by the experience of kindness. Children and adolescents do not learn kindness by only thinking about it and talking about it. Kindness is best learned by feeling it so that they can reproduce it.”

Ask your child what they have done to be kind at school each day. What have they done for others? What kind words have they said to others? How did it make the other child feel? How did it make you child feel?

These conversations and actions will help to build a kind community at our school and to create adults who treat each other with kindness and respect.

The following blog post has some interesting information about eh benefits of teaching kindness in schools.

<https://www.edutopia.org/blog/teaching-kindness-essential-reduce-bullying-lisa-currie>

Ange Mieзитis

Acting Principal



## CONTACT DETAILS

Bruny Island District School  
15 School Road, Alonnah, 7150  
Phone 03 62 93 11 47  
Email [bruny.island.district@decyp.tas.gov.au](mailto:bruny.island.district@decyp.tas.gov.au)





## NAVIGATING FRIENDSHIPS WORKSHOPS

Thank you to all the parents that attended The Resilience Co's talk earlier this month. It was wonderful to see such a great turnout and we hope you left Lisa's talk with some new knowledge and skills around how best to support your children and their friendships. In case you missed it, Lisa posted this about her visit on The Resilience Co's Facebook page:

*Such a treat today to head to Beautiful Bruny Island School for parent and student sessions on navigating Friendships and Mean Behaviour. These things can be tricky to navigate and are often amplified in small communities. But the thing I've noticed about small communities is the amazing power they have to come together for a common purpose – and that was obvious today with a fantastic turnout and great discussion about working together to support ALL children – children who are still learning and making mistakes and developing their life skills.*

We'd also like to take this opportunity to say a HUGE thank you to Tassal who generously covered the entire cost of Lisa's visit. We really appreciate their support for this important community event.

Lisa presented valuable information to parents and to the 4/5/6 class about how to navigate friendship and bullying issues. Lisa talked to parents about how important it is to give our children agency to solve their own problems as



this builds crucial problem solving skills and resilience. As parents, it is natural to want to jump in to solve problems and keep our children happy. Lisa explained that we are not doing our children any favours when we rescue

them and smooth the pathway of all obstacles. It is through solving problems that we learn and grow.

Lisa also discussed the differences between rudeness, meanness and bullying. So what is bullying? Bullying involves repeated and targeted attacks where one party exerts power over another. It is not one off incidents or children of the same age group getting a bit boisterous in their play.



*When someone says or does something unintentionally hurtful and they do it once, that is rude.*

*When someone says or does something intentionally hurtful and they do it once, that is mean.*

*When someone says or does something intentionally hurtful and they keep doing it – even when you tell them to stop or show them that you are upset – that is bullying.*



There are three types of bullying:

### Overt bullying

Overt bullying (sometimes referred to as face-to-face or direct bullying) involves physical actions such as punching or kicking or overt verbal actions such as name-calling and insulting.

### Covert bullying(aka relational aggression)

Covert bullying (sometimes referred to as indirect bullying) is a subtle type of non-physical bullying which isn't easily seen by others and is conducted out of sight, and therefore often unseen by teachers. Covert bullying behaviours mostly inflict harm by damaging another's social reputation, peer relationships and self-esteem.

### Cyberbullying

Cyberbullying can be conducted in many ways, using different media including:

- the sending of abusive texts or emails
- taking and sharing unflattering or private images
- posting unkind messages or inappropriate images on social networking sites
- excluding individuals from online chats or other communication

All types of bullying need to be dealt with promptly. Please contact your child's teacher if you are concerned your child may be involved with bullying, either as a bully or a victim. Both need our help!

Lisa's handout for parents is on the next page. She has some valuable advice and strategies.





Some key messages your child will hear:

Friendships are important: connection with others impacts significantly on health & wellbeing.  
Friends help us make sense of ourselves & the world.  
Friendships should make you feel good about yourself.

It's ok if you don't like everyone or not everyone likes you;  
BUT you do have to **SHARE SPACE** with others you don't get along with.  
(respectful, kind, assertive)

**Help! My son/daughter is having friendship dramas- what do i do?**

<b>Listen</b>	without judgement/instructing	avoid telling them how to handle it.
<b>Comfort</b>	validate their feelings	don't brush it off
<b>Understand</b>	their perspective. When we recount events we filter for our own needs	children do not have adult perspective and tend to see problems egocentrically
<b>Recognise your desire to act</b>	Sleep on it! Jumping in and 'Fixing' it for them won't necessarily help	Fixing it- is often you trying to take your own distress away. It actually disempowers our children
<b>Empower</b>	send the message you believe they can move through & cope with this	reacting strongly catastrophises/creates fear
<b>Wait for calm</b>	before problem solving WITH not FOR your child. (Support, don't fix).	Ask a question, support them to plan their response now, or change their approach next time

You don't have to have the answers. Rarely does an offered solution make things better: the **connection** does.

**When your child is the mean one:**

- Listen, Seek to understand (even if you don't agree). They need to feel heard or won't listen to you!
- Acknowledge their feelings
- Then discuss ways to respond without meanness.
- Be clear about what's ok & not ok.
- If the GROUP is involved in mean behaviour: Challenge your child to be an UPstander rather than a bystander next time.

During Friendship dramas:

*we have opportunities to develop & practice a whole range of interpersonal skills like negotiation, compromise, assertiveness, perspective taking, empathy, and personal boundary setting.*

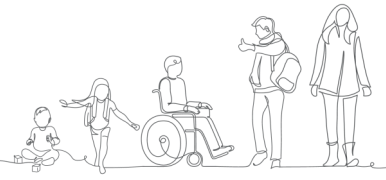
Responding to mean behaviour

Mean kids like it when you get upset. It gives them power.

- Short, clear sentence ("You need to stop". Or "Whatever!")
- calm, firm voice, confident body language
- Eye contact: Strong gaze, then walk off
- You might have to do this again + again.

If it keeps happening it's time to talk to a trusted adult (like mum, dad or a teacher) who can help you





## NEW ONLINE INFORMATION HUB FOR FAMILIES

Some exciting news!

The Department for Education, Children and Young People has recently launched a new online information hub for families with school-aged children in Tasmania. Our new website has information to help you navigate your child's education, from birth all the way up to 18 years of age.

Visit our new webpage at [Welcome to your child's Tasmanian education - The Department for Education, Children and Young People Tasmania \(decyp.tas.gov.au\)](https://www.decyp.tas.gov.au/information-for-families-and-students) (https://www.decyp.tas.gov.au/information-for-families-and-students)

Some of the things you'll find include:

- tips on how to support your child's learning at home
- information to help you keep your child safe and well
- a guide to explore courses for the career they want

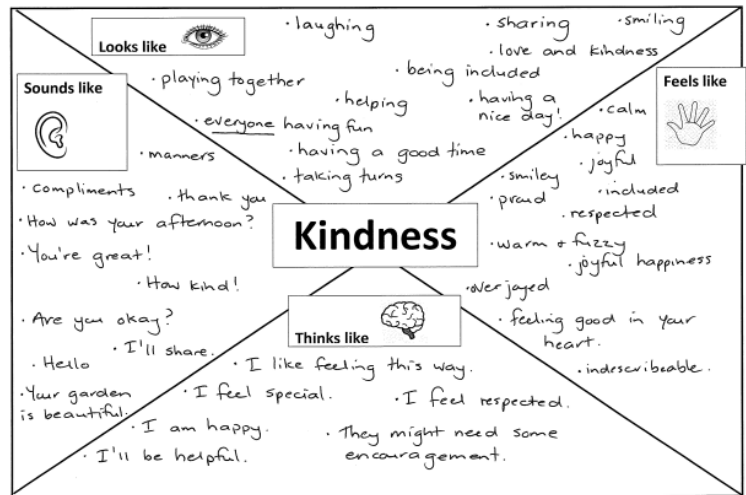


Know the facts about vaping. Vaping is addictive and harmful for the lungs, brain development and general health.

Information on what vaping is, the impacts and how to support your child is available. Visit <https://www.decyp.tas.gov.au/about-us/projects/child-student-wellbeing/vaping/>

## b kinder day

On Thursday June 22 we celebrated b kinder day as a whole school community. Each class made and gave cards to each other. We made a whole school chart about what kindness looks/sounds/feels and thinks like! The students had fantastic ideas to contribute about being kind.





## KITCHEN-GARDEN LEARNING

I am so excited to be in a school with a kitchen garden program again! It is so joyful to see our students cooking with delicious, fresh produce and enjoying food together at a long table lunch. I was lucky to be invited along to lunch and enjoyed beautiful vegan spinach parcels with fresh, crunchy salad. All of the salad ingredients came from the garden!

Here is the recipe for the spinach parcels. They were so yummy!

### Vegan Spinach Parcels (Makes 12-14)

#### Pastry:

- ½ tsp dried yeast
- 100ml lukewarm water
- 180g self-raising flour
- 180g plain flour
- 125ml olive oil
- 1 tsp salt
- Approx 250ml cold water

#### Method:

Mix all ingredients except cold water. Add cold water gradually to form a slightly sticky dough. Knead on lightly floured surface until smooth and non-sticky. Set aside for 1 hour while making filling.

#### Filling:

- 250g silken tofu (drained and dried on paper towel)
- 1 ½ Tbs nutritional yeast
- 2 garlic cloves
- juice ½ lemon
- ¾ tsp chicken stock(vegan)
- 8 large silverbeet leaves and stems, finely chopped
- 1 large onion, diced
- cauliflower, small florets
- 2 Tbs thyme, parsley, oregano, chopped

#### Method:

Blend tofu, yeast, garlic, lemon and stock in food processor until smooth. Sauté silverbeet, onion, cauliflower and herbs in large frying pan until soft and juices have evaporated. Combine silverbeet and tofu mix.

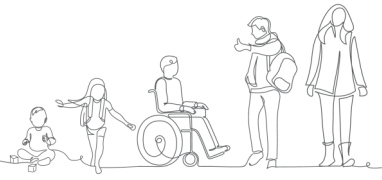
Roll out dough on lightly floured surface until approx. 1-2mm thick. Cut rounds of 15cm. Spoon silverbeet mix into centre and fold over, pressing down firmly on edges.

Bake for 15-20 mins at 180 degrees or until golden brown. Serve with winter salad of wombok, grated beetroot, mint and grated apple.

## A HUGE THANKS, LADIES WHO JUMP!

On Saturday a group of 38 very brave ladies plunged into the ocean to raise funds for the BIDS Kitchen Garden Program. This annual fundraiser by the Bruny Island Ladies has added a huge sum of almost \$25 000 to the coffers. This is enough to run the program for two years at Bruny. What an amazing achievement! We are so grateful! And our program would not be possible without your support.





## MUSIC AT BRUNY

Every week we enjoy music lessons with Mr Jeremy Marcotte. Students engage in learning to play a range of musical instruments and to play an item in harmony together. It is a joy to hear the sounds of beautiful music emanating from the Multi-purpose Room each Thursday!



## SCHOOL DISCO NEWS

Thanks to our P&F for the 'Over the Top' disco on Friday night. The children had a ball and their choice in music tunes was impressive! Thanks to all of the families for bringing such an impressive array of desserts—so delicious. Thanks too to the staff who gave up their time to support this event.





### REMINDER: AFTER HOURS SUPERVISION

We welcome students and families to use our school grounds both before and after school times, as well as during the weekend and across the school holiday break. We believe that this is a valued and important part of our community and we welcome children and families using our site.

We do ask that if your child will be at school before 8:30am that you contact the office and discuss this with us at least one day prior to ensure we have appropriate supervision.

We also ask that families are onsite and actively supervising their children after school times.

If you are running late for the end of day pick-up, please contact us and we will do our best to support you.

Thank you for your support and understanding.

### MID-YEAR REPORTS

A reminder to families that mid-year reports will be distributed on the last day of this term. Reports will be sent home with students.

The report will show your child's learning achievement on a 9-point visual scale for students in Years 1 to 6 (and for Prep students at the end of the year).

The 9-point scale shows where your child's learning achievement is against the expected standard for their year level.

There will be no teacher comments in the report.

Parent Teacher Conversations are happening over this week and next week. These are a great opportunity to discuss how your child is progressing with their learning.

For more information about reports:

[School Reports FAQs](#)

[Understanding the 9-point scale](#)

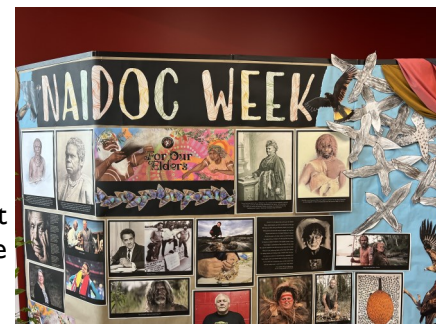
Visit the Department's website at: [Reporting - The Department for Education, Children and Young People Tasmania \(decyp.tas.gov.au\)](#)

### DRILL DANCE RESIDENCY

This week we are very lucky to have the DRILL Dance residential underway. The students are working with their dance teacher, Bec Dundas, each day to prepare a dance for the NAIDOC Week assembly which will occur next week. The dance sessions focus on building skills of self-expression, confidence, team work and cooperation as well as kindness.

### NAIDOC WEEK ASSEMBLY

Parents and carers are warmly invited to attend the NAIDOC Week Assembly next Monday at 10.00 in the Multipurpose Room. Students will be sharing their Drill Dance as part of this celebration



and each class will be sharing their learning about our

whole school inquiry question - Who are our elders? On Monday Uncle Rodney Dillon came to visit and spoke to our students about the importance of mutton birding to Aboriginal people. He shared insights into



places of significance, stories which have been passed down and the intergenerational knowledge which is held by Aboriginal people. Care for the land and sustainability were recurring themes as he spoke. We felt very lucky to have this precious time with Uncle Rodney.



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Web <http://www.brunyislandschool.org/>

