Weekly Awards

K
Thomas Coombe – ‘becoming a brave and more independent writer’

1/2
Corrigan Parker – ‘his continued excellent reading progress’
Selina Denyer – ‘being very ready for Year 3!’

3/4
Zane Commons – ‘being an organised, on task student’
Hamish Laurie – ‘trying to ask more questions’

5/6
Beau Blanch – ‘showing improved commitment to his learning’
Will Germon – ‘doing a great job producing well-organised texts’

Silver Commendation Certificates
Zane Commons, Sienna Marzato, Toreen Denyer and Lucas Pope.

Congratulations to the following students who have demonstrated the school’s values this week:

BPS Values Award
Erin Connell for the value of RESPONSIBILITY

COMING EVENTS

TERM 3 2015
Friday 28 August
Final $65.00 instalment due for the Canberra Excursion.
Regional Athletics carnival at Glendale.

Wednesday 9 - Friday 11 Sept
Years 3-6 Canberra Excursion.

Friday 18 September
Last day of term 3.

TERM 4 2015
Tuesday 6 October
Staff and students return to school.

Thursday 22 October
School Photos.

Wednesday 18 November
Kindergarten Orientation.

Birthdays
Elana Pope 24.8.15 (8)
Luke Blanch 29.8.15 (9)

Canteen Roster
Monday 31 August
Amanda Ellis and Kate Fitzpatrick.

A proud member of the Bucketts Way Community of Schools
Congratulations to Year 6 student, Courtney Webeck who competed at the Athletes with Disabilities Regional Athletics Carnival at Woodberry last Friday. Courtney was successful in an impressive three out of four of her events (110m, 800m and long jump) and will now be competing at the State Carnival in Homebush in October. Well done, Courtney!

P&C Father's Day Stall
The P&C will be holding a Father’s Day stall at school on Wednesday 2 September. There will be a selection of items to purchase for $5.00 each. Please send the $5.00 with your child on the day if they wish to purchase an item. Thank you.

Canberra Excursion
The bus for this excursion will be leaving at 5.45am sharp on Wednesday, 9 September. Students are asked to be at school at 5.20am that morning. Please add full school uniform to the things to take list as the students will be required to wear this on the second day which includes a visit to Parliament House.

Bull Sale
A big thank you to everyone who helped to organise and support the canteen at last weekend’s bull sale. This was once again a very successful day and is a major fundraiser for our ever busy P&C.
**Soccer Report**

On Friday 21 August BPS soccer team travelled to Coffs Harbour to play the 3rd round of the PSSA Small Schools Soccer against Blakebrook School. The first 15 minutes saw a lot of pressure from both sides. There were so many huge kicks from one end of the field to the other that sent the play backwards and forwards. Once settling in to our style of play, Lane, Ethan and Beau combined well with the ever presence of their captain Rohan. Great defensive play by Will G. and Hayden helped keep the score at 0-0 at half time along with some great saves by our goalie Ben. Ruby and Makayla were everywhere chasing the ball and Jarrod and Will B did a great job on the wing. Chloe, Keira and Bradley all put in a great effort when they swapped over. During the second half Blakebrook applied more pressure to our players and this resulted in two quick goals. Blakebrook’s big kicking game did not suit our style of football and we struggled to play our usual passing game. Even though the final score was 2-0 every player should be proud of their effort and commitment to the team. A very special thank you to our coach, Mr John Hughes who put in many hours of his time to coach and mentor the children as well as travel to all the games. We could not play in this competition if we didn’t have the support of our wonderful BPS parents and grandparents who are willing to take their children all over the state to play soccer.

Thank you,
Debbie Faull.

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**Pyjama/Crazy Hair Day**

Week 10 Tuesday 15 September.
$2.00 per child.
Popcorn and Popper, plus movie.
Pancakes at lunch.

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**Regional Athletics**

Ruby Cliffe and Ethan Cawthorn (both Year 5 students) will be representing Barrington School and the Manning PSSA Zone, at the Hunter Regional Athletics Carnival at Glendale this Friday 28 August. Ruby will compete in the 11 year girls 100m and 11year girls long jump, while Ethan will compete in the 11 year boys 200m. We wish Ruby and Ethan all the best and watch this space for a full report next week.

Good luck!!

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**Alison Wise**

Principal
The simplest way
…to make pizza, healthy!

Healthy pizzas are easier to make than you think…

What you need
- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.:
  - diced mushroom
  - diced tomato
  - diced capsicum
  - pineapple pieces
  - grated carrot
  - olives
- reduced-fat grated cheese

Method
- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/under grill until cheese melts and is golden…watch your kids enjoy eating vegies!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Raising a critical generation

In a digitally literate world of ‘likes’ and social criticism, Lakshmi Singh looks at how parents can foster a critical spirit in a constructive, healthy and balanced way.

The age of entitlement

Parents have always wanted the best for kids, but taking the “you deserve the best, this/he/she is not good enough” mentality a bit too far can also be detrimental, says parenting and education expert Ronit Baras.

“The rules of education are very simple, judgmental parents will raise judgmental kids. Why? Because judgment is a coping mechanism to fight inadequacy. Judgmental people have weaknesses [and] judgment is their way of hiding. ‘If I find faults in others, I will be able to hide mine.’ If parents model this mentality, kids will adopt it.”

Similarly projecting a “my child is special and they need to know that” vision by over-supplying them with activities, commodities and even praise can lead to an unhealthy sense of entitlement, says Dr. Ash Nayate, a clinical neuropsychologist.

“Narcissism (i.e. a feeling of entitlement) is a sign of unhealthy self-esteem. Narcissistic people don’t see themselves as equal to others, they see themselves as better than others - and the reason they hold this belief is to cover up their fear of ‘not being good enough,’” she says.

Judging people helps alleviate that fear, she says. To help stop the cycle, she believes parents need to lead by example.

“Developing a healthy self-esteem is critical. If as a parent you have low confidence and low self-esteem, your kids are going to pick up on that as well. If you want your kids to be resilient and confident, then you need to work on the confidence and self-esteem within yourself.”

Readily accessible forums to dish out criticism

It is no secret that Millennials are more digitally literate than the rest of us. With most having access to their own mobile phone, laptop and social media accounts, the stage through which they can communicate with others is wide and always available.

“Social media encourages us to be more vocal about criticism. So instead of just judging people quietly, in our mind, we can do it aloud, behind the safety and anonymity of a computer screen,” says Dr. Nayate.
The privacy that social media affords also brings to the fore a trait that Baras calls a “brain fart”.

“In my program we consider it a “brain fart” when you do not consider others or the outcome of what you say and only want to say it, at all cost,” she says.

She believes the problem is intensified in a society that values external standards and imposes them on the education system through set metrics. “Teachers use marks, tests [and] they flash with standards and rules and this is far away from teaching critical thinking. So, no wonder kids are learning that everything in their life needs to be judged.”

From teacher review sites to specialist groups and threads on social media forums, kids today can critique anything about their school, programs or individual people, making up their mind whether something makes the cut or not.

A culture that accepts criticism

With the prominence and popularity of reality TV shows comes the hard truth that our culture is now one of judgement and criticism.

“People are evaluated on the basis of what they’re missing, how they’re not good enough or worthy enough, and what’s ‘wrong’ with them,” says Dr. Nayate.

To compound the situation, today’s society is more geared towards materialism and capitalism, she says.

With the aim of being ‘better’, ‘richer’ and ‘more successful’ comes the habit to indulge in self-criticism, another trigger for engaging in a dialog centred around “I am better than this guy because …” or “I am so hopeless at this compared to …”

“Self-criticism is the first step towards judgement of others. We can only judge others if we’re somehow judgemental of ourselves,” says Dr. Nayate.

Striking a balance

So, how do we turn all this ‘judgement’ into something that is more considered, evaluated and more respectful of the people and practices involved in the process?

By understanding the difference between informed decision-making or critical thinking and straight judgement, says Baras.

“Critical thinking is when we present kids with options and teach them to evaluate and consider the advantages and disadvantages between options. Criticism/judgment is considering yourself above others and rating them based on your own individual standard.”

The good news is that critical thinking skills can be developed without being critical of others says Dr. Nayate.

“It’s about adopting an attitude of open-mindedness and healthy curiosity. Just like a three year old who always asks ‘why’ - the child isn’t doing it out of judgement or maliciousness, it’s simply a raw desire to learn more about the world.”

While critical thinking skills depend on the maturity of the child, Dr. Nayate believes parents can nudge kids in the right direction by role modelling it:

1. **Verbalise** the thought-process involved in everyday decisions – for example choosing healthier food options (“When I eat fries, I feel a bit sick in the stomach, and the next day I get a headache from all the salt and grease. And then I feel sluggish and lazy, and I just want to sit around at home all day instead of going to the playground with you.”)

2. **Assist** with decisions and evaluations – implement this as a two-step process, she advises: first, acknowledge kids when they have demonstrated critical thinking. For example: “that was a good decision to do your homework before you went to your friend’s house. That way, you can really have fun and you don’t need to rush to get home”.

   Secondly, help them assess whether the decision they made was because they accept an idea or because it came from a person they accept. As an example, many teenagers tend to accept information as credible when it comes from their peers or celebrities more so than their parents.

3. **Help** them put their higher values in perspective – while some children may value hard work or aim for certain levels of achievement, they would also value acceptance, connection with others, happiness, fun and adventure, she says. For example, a child who values health and fitness highly might override them in favour of other values like fitting in with their peers who smoke and thus take up that habit. Encourage them to see when decisions are made based on what we value, rather than on impulse or what feels good at that moment.

Sources:
- Tim Elmore’s blog on ‘Curing a critical spirit in students’ - [link](http://growingleaders.com/blog/curing-critical-spirit-students/)
- Time magazine article Millennials: The Me Me Me Generation - [link](http://time.com/247/millenials-the-me-me-me-generation/)

Lakshmi Singh