



Strive to Achieve

Bulahdelah Central School

Delivering Quality Education –

Teaching Today, Educating for Tomorrow

PRIDE: Participation, Respect, Innovation, Determination, Excellence

Term 4
Issue
15
18/10/10
First for
Term 4

Tall Timbers Newsletter

WELCOME to TERM 4

YOUR P & C NEEDS YOUR HELP

WHO'S WHO AT BCS Executive

Principal: Don HUDSON

Secondary Deputy

Principal Roger HORTON

Primary Deputy Principal

Sally THOMPSON

Secondary Head Teachers:

English/History/CAPA

Faculty Vanessa SHULTZ

Maths/PE Faculty

Wayne HOLT

TAS/LOTE Faculty

Christopher GLADYS

Science/Social Science

Faculty Michael STAGE

Welfare Faculty

Deborah GILBERT

Primary Assistant

Principals:

Stan BACKHOUSE

Carol WILLS

School Admin. Manager

Sue BACKHOUSE

HOW TO CONTACT US

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TREASURER: The October meeting of the P & C found the Association without a treasurer and members are seeking that elusive "someone" who will take on the role until the Annual General Meeting in March, 2011. (Please note: there will not be another meeting until February 2011.) If you are willing to take on the role until then or if you need more information please contact the secretary on 4997 4174.

CHRISTMAS "BREAK-UP" GET TOGETHER: BCS P & C Association will hold its annual Christmas dinner on MONDAY 8th NOVEMBER at the Bulahdelah Bowling Club. More details will be available in a future newsletter.

An **OPEN INVITATION** is extended to all interested parents and community members to join the BCS P & C Association Inc.

NOT SURE WHAT THE P & C DOES? Our P & C Assoc. Inc is a member of the Federation of Parents and Citizens' Associations of New South Wales, more commonly known as the NSW Parents and Citizens' Federation, or more simply "P&C Federation". The Federation and **members are committed to a free public education system** which is open to all people irrespective of culture, gender, academic ability and socio-economic class which empowers students to control their own lives and be contributing members of society

This commitment is based on the belief that:

- all people have the capacity to learn;
- the NSW Government has prime responsibility to provide an education system which is free and secular and open to all;
- schools should be structured to meet the needs of individual students and should respect the knowledge those students bring to school and build on that knowledge to foster their understanding about the world.

Parents, as partners in the education process, have a right and a responsibility to play an active role in the education of their children. **P&C Federation and its representatives share a responsibility of ensuring representative decision making for the benefit of all students.** Membership of the Federation is open to constituted parents' associations in all NSW government schools and to district councils of these associations. P&C Federation provides a range of services to its members, which include 2,100 school based parent organisations, as well as a large number of district and regional councils.

If you are not already a member, why not come along to see what it's all about and perhaps join as a member in 2011?

PRINCIPAL'S MESSAGE

Welcome back to Term 4

This term is always a busy one for all students and staff. I mentioned to the students on the assembly that it is an opportune time to apply themselves more to class work, assessments and homework as a means to improving their knowledge and skills and to ensure that when the teachers are writing their reports later this term all comments will be of a positive nature. I also reminded them that any student who is having any type of difficulty should take to opportunity to seek assistance by talking to a staff member whether it is their class teacher, careers adviser, year adviser or counsellor. It is better to seek help or assistance earlier rather than waiting until it is far too late.

HSC

Year 12 would have already completed at least two exams by the time this newsletter has been published. The school wishes them the best for the remaining exams and whatever direction they take after the results are in. There is always a bigger picture and it's important to keep things in perspective, the HSC is just one step along the way to a long and fulfilling life.

Bike Challenge

Congratulation to all the students who participated in the Bike Challenge at the end of last term. A fantastic effort to complete the 400km challenge and raise a substantial amount of money for both Father Chris Riley's **Youth Off The Streets** and **Steward House**. Both worthy charities and I'm sure the funds raised will be put to good use.

Thank you to the sponsors and donations which made this activity a success. A special mention to the **parents and helpers**, especially **Greg Kilgannon** (bus driver), **Nikki** and **Anthony Dorney** (support vehicle & trailer), **Wayne** and **Louise Barry** (cooking), and **Don and Raelene Agett** (BBQ and lead vehicle). Please take the time to read the separate report on the challenge as well as the list of supporters and sponsors. Without the support of all these people, parents and the students this event would not be the success it was. A big and special thank you must also go to **Mr. Peter Kershaw** whose enthusiasm and commitment has ensured this event has run for the past two years.

P&C Meetings

You would have read the piece on the front about our P&C meetings and the encouragement for more to attend. The last meeting was run after school, beginning at 3.30pm in an attempt to entice more parents to attend. We did manage to attract one other parent which is a start but we would really appreciate more parents attending and having an input into these meetings.

Later this term, as part of our annual evaluation I will be sending a survey out which will include some questions on the P&C, this newsletter and our website. I'm hoping that we will be able to get a lot of feedback which will provide direction for 2011. - **Don Hudson, Principal.**



FROM THE SECONDARY DEPUTY PRINCIPAL'S DESK

Welcome back to Term 4. I hope everyone had an enjoyable break. **Year 12 students** hopefully have spent some time preparing for their **HSC exams** which started last Friday with English and I wish them all the best in their efforts over the next few weeks.

Last week I spent time talking to **secondary students** about occupational health and safety **requirements in regards to footwear** around the school. Consequently a significant number of students have been issued with guidelines regarding appropriate footwear at school to discuss with their parents. (See page 5 of this newsletter.) Could all parents be supportive by ensuring that correct footwear is worn by students whilst attending school.

Year 11 have begun their HSC course this term and will be issued shortly with their yearly assessment schedule. Please take time to examine the range and frequency of assessment tasks with your child so that you can be aware of HSC requirements and give them your support. **Year 10** are also coming to the end of their academic year with Trial Exams starting this week prior to their School Certificate exams which commence the week beginning November 8th. Both the HSC and SC require **mandatory attendance at the exams**. Please contact the school immediately if your child is sick and cannot make it on the date and obtain a doctor's certificate so that a misadventure application for that exam can be made on your child's behalf.

Congratulations to the **Year 11 Drama** students and the cast of ***Dracula Spectacular*** who entertained the school community at the end of last term. Particular mention to **Jamii Gardener** from Year 7 who did an outstanding job in one of the lead roles having stepped into the role at very short notice. The Year 11 musical has become an annual tradition at the school which enables students from Primary to Year 11 to work creatively together to showcase their talents. I would like to thank the staff and students who put in a great deal of time and effort to ensure the continued success of this venture.

I look forward to a productive and fulfilling final term for 2011 and look forward to celebrating all of our student's achievements.

- **Roger Horton, Secondary Deputy Principal.**

PRIMARY HAPPENINGS FROM THE DEPUTY PRINCIPAL

Welcome back to Term 4 which is traditionally a very busy term for students and staff, and this year is no different!! There are many educational activities for the students to participate in, on the school calendar, between now and the end of the year.

Kindergarten Orientation commences this week and will run for 5 weeks. I hope our 2011 kinders enjoy their taste of big school. We look forward to their visits!!

Mrs. Wills is still on LSL until the end of Week 7. Mrs. McDonald will be **relieving Assistant Principal** during this time.

The warmer weather is fast approaching and we have a duty of care to **ensure ALL students are sun safe**. Students are required to wear a school hat when playing outdoors.....this includes SPORT!! If a student does not have a school hat, then they must stay under the COLA. The library is also an option, for students, if they do not have a hat, during the second half of lunch. Hats are available from school for \$8.

I would like to remind all parents that **hands-on behaviour will not be tolerated** under any circumstances, at school. There are much better ways to solve problems than resorting to physical violence. All staff have a duty of care to ensure the safety of all students whilst at school. If students are involved in behavior of this nature they will also have to accept the consequences which may include suspension from school.

I would like to thank Ms Britton for her efforts in organising the Jump Rope for Heart Jump-Off at the end of last term. It was a great day which was enjoyed by all students. Thanks also to the Year 5 girls who assisted Ms Britton on the day. I do not know the total of funds raised, at this stage. Thanks to everyone who supported this very worthy cause through sponsorship and/or donations. Your support is greatly appreciated!!

Some dates for your diary: **18/10** Assembly; **20/10** Eating for Health workshop (Stage 3), Kindergarten Orientation; **22/10** Rugby League Coaching Clinic (K-6); **27/10** Kindergarten Orientation; **28/10** Scripture Seminars, Aboriginal Education Focus Group Meeting; **29/10** Camp Quality Puppets (K-6) - **Sally Thompson, Primary Deputy Principal.**

THE GREAT BIKE CHALLENGE 2010

Sixteen students and support crew recently completed a very successful Bike Challenge, having ridden over 400Km in 10 days. Starting at Mt Kaputar they were beaten by the weather and had to bus to Barraba. Then they cycled to Manilla and after camping at the showground, visited the spectacular Mt Borah before cycling to Tamworth in the afternoon. The evening's activity was ten pin bowling. Everyone was up bright and early at 5:30am the next day to prepare for a more difficult ride to Nundle, visiting Woolomin School and Chaffey Dam on the way. Three students opted to ride up to Hanging Rock with Mr. Murray that afternoon. What a fantastic effort. Then it was on to Glenrock via Barry Station complete with a major hill climb and the 20 or so creek crossings on the way. Leaving Glenrock the riders visited Ellerston School and camped overnight at Moonan Flat. The intrepid hill climbers rode up to the dingo gate while the remainder of the riders took the soft option. Following a spectacular ride over Barrington Tops they camped at Camp Cobark and then rode into Gloucester via the last big hill climb over Copeland Tops. The last night was spent at Gloucester Aero Club and then the longest day's ride back to Bulahdelah and a warm welcome from parents and friends.

We would like to thank everyone involved in helping make the trip a real success and a big thank you to our sponsors for all their support. The money raised will go equally to Father Chris Riley and Stewart House.

The 2010 **sponsors and helpers are:**

Don & Raelene Agett, Barraba Bakery, Wayne Barry, Rod Blanch (fridges), Bourkes Bicycles of Taree, Bulahdelah Bakery, Bulahdelah Central School Canteen (Sheryl Barry), Bulahdelah Gold Club, Bunnings Forster, Cafe Delish, Caltex Fuel, Camp Cobark, Anthony & Nickie Dorney, Dave Fenning (bike repairs), Glenrock Station, Gloucester Aero Club, Hadley's Cycles of Lambton, Geoff & Tracey Hutchinson, Linda Kershaw, Greg Kilgannon, Leo's Fruit & Vegetables, Liarne's Hair & Beauty, Ken Levy, Manilla Parasailing, Manilla Shire Council, Moonan Flat Show Committee, Angie & Rob Murray, Myall Coast Auto Electrics, Nundle Pony Club, Bill Onley (for trailer), Ron Pile, RAM Surf Shop Raymond Terrace, Raymond Terrace Cinemas, Tamworth Regional Council Manilla Branch (for Manilla facilities), Tamworth Tenpin, Thrifty Link Bulahdelah, Watts in Vogue and Windy Ridge Farm (Sue Paff),

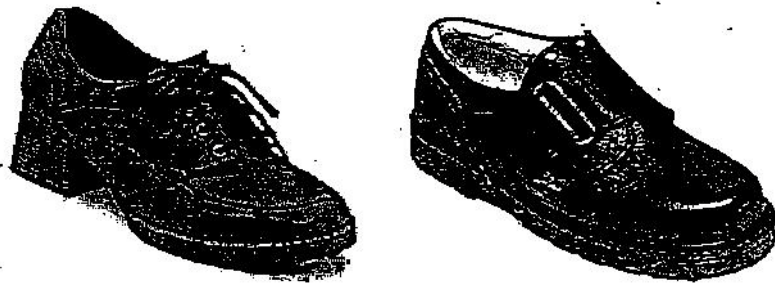


DET FOOTWEAR REQUIREMENTS

The Department of Education states in the publication "School Uniforms in new South Wales Government Schools (2004)" that, under the Occupational Health and Safety Act 2000, schools must ensure that students are not exposed to health or safety risks while they are on departmental premises. Every school has a duty to ensure students wear appropriate footwear so as to avoid injury.

The Department's Policy "Chemical Safety in Schools (1999)" clearly states: "**It is mandatory that students carrying out practical activities using chemicals or equipment in schools wear enclosed leather footwear. Sandals, open footwear or high heeled shoes must not be worn in workshops or laboratories**".

ACCEPTABLE STYLES: The school expects that students wear closed-in leather, lace-up style shoes. They must cover the top of the foot and have a small heel, similar to the two shown below:



STYLES THAT ARE NOT ACCEPTABLE: Students **MUST NOT** wear skate shoes, soft "ballet" style shoes, open styled "Mary Jane" shoes, canvas shoes or any similar shoe.



If you are unsure as to what is appropriate footwear for school, please consult with the Deputy Principal before buying a new pair.

CHINA ADVENTURE



During the recent school holidays (September-October) I received an amazing opportunity to travel to Shanghai, in China to experience the culture, the people and the bustling atmosphere. I applied for a scholarship/grant through the Department of Education (DET), and was lucky enough to be selected along with 16 other teachers in NSW.

The aim of our trip was to immerse ourselves in the Chinese way of life and to experience firsthand the enormity of one of the biggest cities of the world (over 19 million people). The teachers on the trip were all Geography, History, Art or Primary teachers, and

everyone had specific syllabus and personal goals they wanted to achieve throughout the 10 day adventure.

Being a Geography teacher the obvious highlights for me were getting the opportunity to visit the World Expo that is currently on in Shanghai, climbing the 468m of the Oriental Pearl TV Tower, visiting the Yuyuan Gardens, walking along The Bund with 20 million other people, visit the Urban Planning Museum and participate in a bit of shopping along Nanjing Rd and in China Town (the Old Town).

I found Shanghai to be an energetic and vigorous international metro-polis with welcoming and lovely people everywhere. One of the absolute highlights of my trip was having lunch with a middle class family in Shanghai with three other teachers. We travelled to the wet markets to see where they buy their food (and take plenty of great photos), and then went back to their place to make a banquet lunch.

Another great place to visit was the area of Xin Tian Di (The European/French inspired area) and Suzhou, otherwise known as the Venice of the East. The people of Shanghai who I met were so delightful and inspirational. Shanghai is a very modern city within China, which successfully merges its rich ancient and cultural heritage with its modern attraction and attitudes. I learnt and experienced so much in Asia over the holidays and I can't wait to implement China and Asia throughout my Geography lessons.

Elizabeth Lister



KINDER 2011 ORIENTATION

Incoming students for Kindergarten (Early Stage 1) in 2011 have been invited to their Orientation Days commencing on **WEDNESDAY 20TH OCTOBER** (this Wednesday) at **1:30pm** and continuing each week up to and including 10th November. On **WEDNESDAY 17TH NOVEMBER** parents are invited to join with their student for the final orientation Day.

ENROLMENTS FOR ALL STUDENTS ARE BEING TAKEN NOW FOR 2011.
Please contact the
School Administration
Office for more
information or to arrange
for an Enrolment Pack.

ACTIVITIES, EXCURSIONS – Participation, Determination, Excellence

NUMERACY WEEK: Results from the Numeracy Week Competitions are as follows:

Times Table Winners:

Yr 7: **Jaxon Harris**

Yr 8: **Georgia Mason**

Yr 9: **Kiah Finch**

Yr 10: **Sarah Stuart**

NIM Champion:

Yr 7: **Troy Muncaster**

Cake Winners:

Primary: **Jacob Allen** (Yr 1)

Secondary: **Bec Hinitt** (Yr 9)

Staff: **Ms Cunich**

Dead Mathematician Crossword:

No student winner

Staff: **Mr Stace**

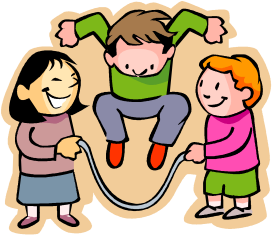
Thanks to everyone who contributed or participated in a great celebration of Numeracy Week.

- **Deb Gilbert, Coordinator**

(Photos: Left Jacob Allen's cake; right Bec Hinett's cake.)

WORLD OF MATHS ROADSHOW: On 22ND October 2010 there will be an opportunity for students from Kindergarten to Year 8 to participate in the World of Maths Roadshow activities in the school gymnasium. Numeracy is a compulsory component of the school's curriculum and, to make numeracy fun and relevant for our students, we have arranged for the World of Maths Roadshow to visit our school. This is an ideal opportunity for students to see how Maths is applied to some real life situations. Students will be engaged in hands-on activities that will cater for ability levels. The permission note and payment of \$ 6:00 are due at the School Administration Office no later than 10.55am on Tuesday 19th October 2010 (TOMORROW) Please note that each session (K- Yr 4 and Yr 5 – 8) is limited to 70 students each. Parents are welcome to attend at no cost.





JUMP ROPE FOR HEART: Jump Off Day at BCS was held on Friday 24th September with a full program of activities organised. The day began early with an assembly and coordinators and captains setting up ready for the eager students to begin. Stage 3 students led the way, followed by K-2 and then, after lunch, Stage 2W/2O finished the day.

Organisers and K-2 Group leaders were Jessica **Chalker**, **Katelyn Sibert**, **Kaitlyn Gregory**, **Tamara Gooch**, **Madison Shannon**, **Izzabella Stuart**, **Rachel Rae**, **Taylor Garemyn**, **Charlie Burns**, **Sami King Carroll**, **Boadie Luxon**, **Bronte Hammerl**, **Tiffany Rinortner**, **Chloe Lamborn**, **Sally Tennyson** and **Tara Price**. The skipping activities for all students included single rope skills, partner skills and long rope skills. Coordinator Penny Britton congratulated everyone on their efforts. (See amount raised in a future newsletter when all pledges have been received and counted.)

CANTEEN CATERING – Innovation & Excellence

PRICE LIST/MENU: The **PRICE LIST/MENU** for Term 4, 2010 and Term 1, 2011 (combined) is included with this newsletter. The Canteen Menu follows the guidelines of the NSW Healthy School Canteen Policy. A **Menu/Price List** is included with every enrolment pack or can be obtained at the School Admin Office. **Reminder:** If your child's order does not have the correct price/money, your student will be given a healthy, lower cost alternative. Please note also that MEAL **DEALS** which are a choice of two alternatives where, **if the student orders by 9am**, the cost is less than the advertised Menu price. Please read your attached menu or ask at the Canteen.

Nutrition Note *Fit as a Family! Easy, simple and family orientated exercise ideas!*



Most children need at least an hour of physical activity every day, as it has been shown to increase their sense of wellbeing, boost their self esteem, and increase ability to concentrate, keep a healthy weight, and build healthy bones. Research has shown that keeping fit and healthy can add 5 years onto your life, so it is important for the whole family to regularly part take in physical activity. Family activities that promote health and activity can also assist in keeping the family emotionally and socially healthy.

Suggestions for activities that include the whole family:

- Activities with pets- this may involve throwing tennis balls to the dog in the back yard or at your local park, taking the dog, for walks.
- Delivering papers or pamphlets in your local area –the delivery can involve walking or running and will result in earning some money which may be put away for holiday spending money.
- Buy pedometers for everyone- keep a tally, the winner gets a movie or other non food rewards.
- Experience and embrace nature - bushwalking, rock climbing or drive to the closest beach and have a game of beach cricket, volleyball or soccer.
- Sport club - Involve the whole family in joining a sporting organisation e.g. a soccer club. Try to include everybody in a role; coach, referee, manager or player.
- Working bee – organise one for around the house and include the children in gardening.
- Save petrol- Ride your bikes instead of taking the car whenever possible.



Depending on your fitness levels, you can complete these activities at a pace suitable to everybody in the family. It is important when trying to increase fitness levels, the time spent and intensity should be gradually increased, this will ensure the benefits of physical activity and a healthy lifestyle are achieved.

The BCS Canteen staff **Sheryl Barry (Canteen Manager)** and **Stephanie Dennis (Assistant)** continue to provide a healthy and varied selection of foods for our students and staff. They prepare healthy one-off specials each week. These specials are publicised each fortnight in the school newsletter, on the school web site and the daily notices. Students and staff are invited to order from this list in addition to the Menu/Price List. Specials this fortnight are:

<u>DAY</u>	<u>OCT</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
MON	18	Mini Pizzas	\$ 3:50	Calamari & Salad	\$ 5:00
TUES	19	Chicken Goujons	\$ 3:00	Chicken VolauVents	\$ 3:00
WEDS	20	Fruit Rockets	\$ 1:50	Roast Beef (G) Roll	\$ 3:00
THURS	21	Mini Chicken Wrap	\$ 2:50	Chicken Stir-fry & Rice	\$ 3:50
FRI	22	Prawn Parcels	\$ 1:00	(Greek) Salad	\$ 3:50
MON	25	Spring Rolls Each	\$ 1:50	Rissole (G) Roll	\$ 2:50
TUES	26	Wedges S/C Chilli Sauce	\$ 3:00	Curried Chicken & Rice	\$ 3:50
WEDS	27	Fruit Rockets	\$ 1:50	Beef Stir-fry & Rice	\$ 3:50
THURS	28	Wedges (Chicken)	\$ 3:00	Quiche & Salad	\$ 4:50
FRI	29	Scones, Jam & Cream	\$ 1:50	Fish & Salad	\$ 4:50

LIBRARY GLEANINGS – *Participation & Excellence*



Students/Mum REMEMBER!

to send in your Scholastic Book Orders by:

9:00am Thursday 28th October 2010.

Don't miss out on some excellent books, posters, games and fun things to make and do.

ICAS ASSESSMENTS FOR SCHOOLS – EARLY NOTIFICATION FOR 2011

The University of New South Wales International Competitions and Assessments for Schools recognizes and appreciates the forward planning that schools undertake to enable students to participate in these assessments and so have set the competition dates for 2011 as follows:

Subject	Sitting Date	Closing Date at BCS Office	
Computer Skills	Tuesday 24 th May 2011	10:55am	4 th April 2011
Science	Wednesday 8 th June 2011	10:55am	6 th May 2011
Spelling	Tuesday 21 st June 2011	10:55am	18 th May 2011
Writing	Tuesday 21 st June 2011	10:55am	18 th May 2011
English	Tuesday 2 nd August 2011	10:55am	24 th June 2011
Mathematics	Tuesday 16 th August 2011	10:55am	24 th June 2011

Staff will notify students closer to these dates and will also advise entry fees (if any).

For more information please go to www.eaa.unsw.edu.au

SPECIAL RELIGIOUS EDUCATION (SCRIPTURE) – SPECIAL EVENT

On **THURSDAY 28TH OCTOBER** students from Kindergarten to Year 9 will have the opportunity to attend a special Scripture event instead of their usual scripture classes. Ron and Pam Schrauemade from Tahlee who are regular presenters in NSW Government schools will be presenting a popular, exciting program with drama, puppets, a ventriloquist dummy and Ron's unique method of storytelling. This special event will be held in the hall during periods 1 to 3 and there is no cost for students. For more details please contact Mike Thorpe on 0438667705

HOUSEKEEPING

OFFICE HOURS:

Your school's Administration Office is open **Monday to Friday from 8:10am to 3:30pm**. The exception is **Thursday Week A** – the office will close at **3:00pm** to enable SASS to hold a fortnightly meeting. **Early closing dates for Term 4 are 28th October, 11th & 25th November and 9th December. Please mark these dates on your calendar.**



COLES SPORTS FOR SCHOOL PACK – ALMOST THE END – PLEASE BRING VOUCHERS IN

From Thursday 2ND September until Sunday 31ST October 2010, every \$10 customers spend at Coles Supermarkets, Coles Online, Bi-Lo and Pick'n Pay Stores will earn a *Coles Sports for Schools* voucher worth one point. These points can be redeemed for quality sporting equipment, delivered to BCS at the start of the 2011 school year. Take your receipts to the School Admin Office. Visit coles.com.au/sports_for_schools for further information.

NEXT NEWSLETTER: Monday 1st November - Issue16.



BCS distributes the *Tall Timbers* newsletter by email. Please make sure your mailbox is cleared.

Also, the newsletter is available on the school webpage.

PLEASE NOTE that as from this term, a small number of printed copies of the newsletter will be available in the foyer of the school administration office for those parents who

require a printed version and for visitors to the school.

Newsletter distribution dates for term 4 are: 1st, 15th & 29th November and 13th December. Please mark these dates on your home calendar and remind your student to collect your copy.



COMMUNITY CHATTER

BULAHDELAH SHOW SOCIETY SAYS “LADIES....START YOUR ENGINES!!!!”.

Due to the popularity of the **Demolition Derby** at the Bulahdelah Show (and humorous, numerous complaints that it is over too soon) members have decided to run a **LADIES DERBY** if there are sufficient entries to make it a worthwhile experience for both the drivers and the spectators. Great prizes are being offered for both this and the **MEN'S DERBY**. For more information on both including rules, regulations etc please **contact Arthur Baker on 49974522**.

Entries in the Creative Writing and Art sections have been judged and awards will be presented at the **SCHOOL PAVILION NIGHT on WEDNESDAY 10TH NOVEMBER**. (Please note change of day from Thursday as in previous years.) Although this will not be a late night, the Community Choir will present a bracket of songs, the Public Speaking will be contested and this year we are pleased to advise that there will be several entries from Coolongolook Public. Please **email Bev Maybury by 11:15am on Friday 5th November, 2010** with the name, stage of the contestant and title of the speech to enable it to be included in the program. bev.maybury@det.nsw.edu.au **YOUNG ACHIEVERS OF THE YEAR** are currently being assessed and the winner will be announced at this venue. The **School Pavilion Night (free admittance)** will commence at 7:00pm with a Sausage Sizzle from 6:00pm. (Bring your money with you – sandwich \$2:50; can of drink \$2:00.)



The **annual Show** is set down for **FRIDAY 19TH and SATURDAY 20TH NOVEMBER**. **Gates** will open at 7am on Friday and 8am on Saturday, closing at 11pm both nights **Tickets** are available from the Holiday Coast Credit Union and Daphne's Fruit Shop. (See the web page for prices.) **Membership** for the Society is now available and this entitles the bearer to one pass for both Show days and to another function run by the Society as it sees fit. A full member also receives passes for his/her children less than 16 years of age as well as the member being able to attend meetings of the Bulahdelah Show Society Inc and to vote at the Annual General Meeting. The cost of full membership is \$10 per adult per annum. Junior membership is also available.

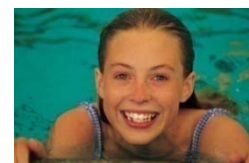
Although still in the planning stages, the **Show's attractions** will include plenty of interest for children and adults alike the U Beaut Utes, Hunter Valley Tractor & Machinery exhibits, chain saws, post splitting, wood chop, beef cattle (with the Led Steer Class), working dogs, animal nursery, pet show, fireworks, side show alley and entertainment including Brooke Harvey. The **Grand Parade** will be held between 2pm and 2:30pm on the Saturday. The **pavilions** will feature the usual school displays and all the other wonderful things that Bulahdelah is fast developing a reputation for. (**Contact Chief Steward Margaret Mears on 49974147**) **Remember, there are many sections open for students.**

Bulahdelah Show is a family show run by members of the community and profits are returned to community groups. However, the Show cannot happen without the valued assistance of the **volunteers** who help out in many areas. **Sponsorship** is the other mainstay of the Bulahdelah Show and the members thank all those businesses and individuals who have donated funds or services. If you think you could assist in any way, either as a volunteer or as a sponsor, please do not hesitate to get in touch with the Society – your offer will be gratefully received and it is not too late to do so. For more information about the 2010 Show log onto the society's website bulahdelahshowsociety.org.au or contact the **Show Secretary on 49974392**.



JUNIOR TENNIS CHAMPIONSHIPS will be held 23rd and 24th October. Names to the Clubhouse or Leo's Fruit Shop by 21st October please. Enquiries Meredith Rae on 4997 4146.

BULAHDELAH SWIMMING CLUB has started for the 2010/2011 season. Every Monday at 3:45pm Bulahdelah Pool. Enquiries Meredith Rae 4997 4146.



BULAHDELAH SOCCER CLUB – ANNUAL GENERAL MEETING – Monday 1st November, 2010 at 6:30pm Bulahdelah Bowling Club. ***Come along and be part of the team – the future is in your hands.***



SUMMER SAFETY FOR KIDS

Bicycle Safety

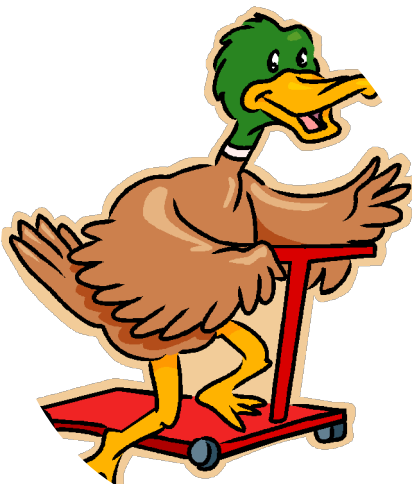
Children also tend to spend a fair amount of time on their bikes, scooters, and skateboards during the summer. Bicycles are associated with more childhood injuries than any other consumer product except the automobile. Head injuries are the leading cause of death and permanent disability related to bicycle crashes. Bicycle helmets have been shown to reduce the risk of head injury by at least 85% and therefore they are compulsory for all bike riders.



Children's actions when on bikes and other wheeled devices can also put them at risk. Help protect your child on bikes and other wheeled devices by:

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to <http://www.aap.org/family/bicycle.htm#choosing>
- Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

Teaching Kids the Rules of the Road:



- Bikes, scooters, skateboards and inline skates are vehicles—not toys.
- When on the road, ride with the traffic and as far to the left as possible.
- Learn and use appropriate hand signals.
- Respect traffic signals.
- Stop and look right, left, and right again before crossing an intersection.
- Don't ride when it's dark.
- Don't negotiate! If you don't wear a helmet—you don't ride it!

Teaching Kids to Use Proper Gear:

- Bikes – Use a helmet.
- Scooters – Use helmet, knee pads and elbow pads.
- Skateboards – Use helmet, knee pads, elbow pads and wrist guards.
- Inline skates – Use helmet, knee pads, elbow pads and wrist guards.

DO YOU HAVE PRIDE?

Under the Positive Behaviour Learning (PBL) Program Bulahdelah Central School has created the “buzz” word **PRIDE**. Students and staff are asked to implement the buzz word in their behaviours.



<p>P</p>	 <p>Participation We promote participation and school spirit in an environment that values the participation of students, staff and the wider community. Are you actively involved in the life of the school?</p>
<p>R</p>	<p>Respect We respect the rights of others, ourselves and the school in an environment of harmony and personal responsibility. Do you respect yourself, respect others and take responsibility for your own actions?</p> 
<p>I</p>	<p>Innovation We initiate and continue to improve as individuals, teams and the school. Can you find a better, smarter or more creative way?</p> 
<p>D</p>	<p>Determination We work towards quality, success and recognition in a persevering manner. Do you keep on working towards your goals?</p> 
<p>E</p>	<p>Excellence We do our best to achieve excellence. Have you done your best?</p> 

BCS BILLBOARD

Dates are correct at time of publication. Please do not hesitate to contact the School Administration Office if you have any queries.

2010		
October	18	Newsletter published by email and on webpage
	18	National Water Week –till 24th
	20	Kindergarten 2011 student Orientation Day
	24	United Nations Day
	26	Ulura handed back 1985
	27	Kindergarten 2011 student Orientation Day
	28	School office closes at 3pm
	29	Teachers' Day (Australia)
November	01	Newsletter published by email and on webpage;
	03	Kindergarten 2011 student Orientation Day
	05	Entries close at BCS for Bulahdelah Show School Pavilion Night Public Speaking Competition
	08	School Certificate Examinations commence – till 12th November; Primary Swimming commences; LAST P & C MEETING for 2011
	10	Last day HSC examinations; Bulahdelah Show School Pavilion Night; Kindergarten 2011 student Orientation Day
	11	School office closes at 3pm
	15	All My Own Work begins
	15	Newsletter published by email and on webpage;
	17	Kindergarten 2011 student & parent Orientation Day
	19	Bulahdelah Show (& 20th)
	22	Work Experience Week
	25	School office closes at 3pm
	29	Work Experience Week; Year 9 Canberra Excursion; Newsletter published by email and on webpage;
December	09	School office closes at 3pm
	13	Newsletter published by email and on webpage;
	15	Last day for students to attend in 2010

DID YOU KNOW?

- **National Water Week –18th till 24th** : National Water week “Water for Life” is sponsored by the Australian Water Association to assist the community to understand and take action to protect and conserve water resources and habitats.
- **United Nations Day (24th October)**: In 1945, the representatives of 50 nations gathered in San Francisco to complete the Charter of the United Nations which came into effect on 24th October 1945. Two years later the UN General Assembly adopted the resolution declaring 24th October to be United Nations Day. Since 1947, the United Nations Day has been observed by all member states, large and small, around the world.
 
- **Uluru handed back 26th October, 1985**: The Uluru-Kata Tjuta National Park in central Australia covers 132,566 hectares and contains the huge monolith of Uluru (formerly known as Ayers Rock) and Kata Tjuta (The Olgas). It is the traditional country of Aboriginal speakers of the Western Desert dialects. Two related dialects, Pitjantjatjara and Yankunytjatjara, are prominent and these people refer to themselves as Anangu. Title for the park was handed back to the Anangu in 1985 following a successful land rights claim under the NT Land Rights Act. The traditional owners then leased back the area to the Director of the National Parks and Wildlife Service to operate as a national park. The park is now jointly managed.
 
- **Teachers' Day (Australia)**: In Australia, Teachers' Day is always held on the last Friday in October. On this day public attention is drawn to the challenges facing teachers and related issues around the quality and financing of education in Australia.

BULAHDELAH CENTRAL SCHOOL
CANTEEN MENU AND PRICE LIST, EFFECTIVE FROM TERM 4, 2010

Bulahdelah Central School Canteen operates in compliance with the NSW Government Healthy Schools Canteen Strategy.

Lunches (staff and students) are to be ordered by 9:00am.

SECONDARY STUDENTS please use the EXPRESS LINE to collect orders at lunchtime.

<u>SANDWICHES:</u>		<u>HOT FOOD:</u>	
<i>Bread Rolls are \$0:30c extra)</i>			
Cheese	\$ 2:30	Pies – Meat (from Bakery)	\$ 3:20
Cheese and Tomato	\$ 2:50	- Party	\$ 1:00
Chicken	\$ 3:00	Chicken: Nuggets (Limit of 6)	\$ 0:40c ea
Chicken & Salad	\$ 4:50	Chilli Tenders	\$ 1:50
Corn Meat	\$ 3:10	Plain tenders	\$ 1:50
Corn Meat & Salad	\$ 4:50	Dagwood Dogs (Mini)	\$ 2:00
Egg	\$ 2:60	Lasagne	\$ 2:70
Egg – Curried	\$ 2:90	Patties: Beef	\$ 1:50
Egg and Lettuce	\$ 3:00	Chicken	\$ 1:50
Ham	\$ 3:10	Pizza Slabs: BBQ Chicken	\$ 2:70
Ham, Cheese and Tomato	\$ 3:80	Hawaiian	\$ 2:70
Ham and Salad	\$ 4:50	Supreme	\$ 2:70
Roll – Lettuce & Mayonnaise	\$ 1:70	Sausage Rolls	\$ 2:00
- Plain	\$ 1:00	Scallops	\$ 0:70c ea
Salad	\$ 3:40	Spinach & Cheese Rolls	\$ 2:00
Tomato	\$ 1:90		
Vegemite	\$ 1:80		
<i>Multigrain bread is available – please order</i>			
		<u>BULA BURGERS (c):</u>	
		Beef Burger (Lettuce, Tomato, Tomato Sauce)	\$ 3:60
<u>WRAPS: (Lebanese Bread)</u>		Plain Chicken Burger	\$ 3:40
Salad	\$ 3:50	Tropical Chicken Burger	\$ 3:60
Salad with Meat/Chicken	\$ 4:80	(Chicken, Lettuce, Pineapple)	
Sweet Chilli/Plain tender, Lettuce & Mayo	\$ 3:50		
Sweet Chilli/Plain Tender, Salad, Sour Cream with Sweet Chilli Sauce	\$ 4:80		
Toasted: Chicken & Cheese	\$ 3:80	<u>SALAD IN A BOWL:</u>	
Chicken, Cheese & Tomato	\$ 4:00	Caesar Salad	\$ 4:00
		Caesar Salad with Chicken	\$ 5:00
		Salad only	\$ 3:80
<u>EXTRAS on</u>			
<u>Sandwiches/Wraps/Salads:</u>		<u>Salad with:</u>	
Cheese	\$ 0:40c	Calamari	\$ 5:00
Lettuce	\$ 0:50c	Chicken/Corn Meat/Ham	\$ 4:70
Mayonnaise – 97% fat free	\$ 0:20c	Egg	\$ 4:30
Onion, Sauce (each)	\$ 0:30c	Dressing (extra)	\$ 0:40c
Salad Dressing	\$ 0:30c		
Tomato	\$ 0:30c	<u>SALAD IN A BOX:</u>	
TOASTED SANDWICHES extra	\$ 0:20c	Lasagne (large serve only)	\$ 5:50
		Sweet Chilli Tender (1)	\$ 5:00
		Sweet Chilli Tender (2)	\$ 6:00
		Dressing (extra)	\$ 0:40c

<u>FRUIT:</u>			<u>SNACKS:</u>	
Provide your own apple/pear to be "slinked"		\$ 0:20c	Chips – Red Rock	\$ 1:10
Fruit Salad in a Bowl - large		\$ 3:50	Grain Waves	\$ 1:70
- small		\$ 2:00	Muffins	\$ 1:70
- mini		\$ 1:50	Scrolls	\$ 1:70
Fruit Salad & Icecream		\$ 3:00		
Orange Quarters – Frozen (each)		\$ 0:20c	<u>FRUIZIA SLUSHIES:</u>	
Pineapple Rings – Frozen (each)		\$ 0:40c	(with no artificial dyes)	
			Primary	\$ 1:80
<u>MILK, JUICE, WATER:</u>			Secondary (200mL)	\$ 2:00
<u>Milk -</u>				
Plain	300mL	\$ 1:40	<u>ICE CREAM. ICE BLOCKS:</u>	
Chocolate	300mL	\$ 1:50	Calypos	\$ 1:00
Strawberry	300mL	\$ 1:50	Cyclones	\$ 1:00
Vanilla Malt	600mL	\$ 2:80	Dixie Cups – Vanilla	\$ 1:00
Chocolate	600mL	\$ 2:80	Fruit Tubes	\$ 0:60c
(600mL not for sale for primary students)			Icy Twists – Lemonade	\$ 1:20
<u>Popper Juice-</u>			Juice – frozen	\$ 1:00
100% apple	275mL	\$ 1:50	Paddle Pops	\$ 1:40
100% apple & blackcurrent	275mL	\$ 1:50		
100% orange	275mL	\$ 1:50	<u>YOGHURT:</u>	
100% tropical	275mL	\$ 1:50	Tubs Lite - Vanilla	\$ 1:50
<u>Orchy</u>		\$ 1:50	- Strawberry	\$ 1:50
<u>Spring Water</u>	600mL	\$ 1:50	Frozen - Mango	\$ 1:50
<u>Chocolate – Hot</u>	175mL	\$ 2:00	- Peach mango	\$ 1:50
<u>Up & Go</u>	250mL	\$ 1:50	- Strawberry	\$ 1:50
<u>AVAILABLE MOST DAYS – JUST ASK CANTEEN STAFF:</u>				
<u>Breads-</u>				
Chilli & Cheese		\$ 2:00		
Garlic		\$ 1:00		
Mustard & Cheese		\$ 2:00		
<u>Spaghetti Bolognaise</u> Large		\$ 3:50	<u>With Free Garlic Bread</u>	
Small		\$ 2:00		

MEAL DEALS (by order only)

Meal Deal No.1

Salad Wrap
Fruit Tube
Water
\$ 5:00
(A saving of \$ 0:60c)

Meal Deal No. 2

Small Fruit Salad
Ice Cream Bucket
Popper
\$ 4:50
\$ 0:50c)