



Strive to Achieve

Bulahdelah Central School

Delivering Quality Education –

Teaching Today, Educating for Tomorrow

PRIDE: Participation, Respect, Innovation, Determination, Excellence

Term 4
Issue
17
15/11/10

Tall Timbers Newsletter

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 STACE,

Welfare Faculty

Deborah GILBERT

Primary Assistant

Principals:

Stan BACKHOUSE

Carol WILLS

School Admin. Manager

Sue BACKHOUSE

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Above: Karate Master, Sensei Sumi. See Report Page 5



Left: Daniel White – History Comes Alive – Page 4

Cyberbullying

Schools across Australia are dealing with dramatic increases of bullying through information and communication technologies, mediums such as mobile phone text messages, emails, phone calls, internet chat rooms, instant messaging – and the latest trend – social networking websites such as MySpace, Facebook and Bebo.

Cyberbullying is a fast growing trend that experts believe is more harmful than typical schoolyard bullying. Nearly all of us can be contacted 24/7 via the internet or our mobile phones. Victims can be reached anytime and anyplace. For many children, home is no longer a refuge from the bullies. In fact many more students seem to be targeted outside school in the belief that the perpetrator is immune from school based sanctions. This is not the case neither legally or morally.

No type of bullying is harmless. In some cases, it can constitute criminal behaviour. In extreme incidents, cyberbullying has led teenagers to suicide. Most victims, however, suffer shame, embarrassment, anger, depression and withdrawal.

Cyberbullying is often seen as anonymous, and the nature of the internet allows it to spread quickly to other students and even out into the community.

So what can we do about it? At the school level we do two things. The first is we can, and do, investigate any claims of cyberbullying. And then take appropriate actions. This action may include mediation, isolation, and/or suspension. These actions are reactive but we prefer to be proactive and provide education and awareness raising, for I believe this is the key to reducing the incidences of cyberbullying.

Parents and teachers need to understand the problem, and understand the technology. In an age of influences such as reality TV programs, where participants are harassed and ridiculed, children need to understand that this is not the way they should relate to each other. If awareness of these issues is raised to such a level among their parents, teachers and friends, children will begin to feel that they can talk about cyberbullying.

I have included below some information from the government's Cybersmart website and lastly three sites where you can get further information.

Tips

- **Ignore it.** Don't respond to the bully. If they don't get a response they may get bored and go away.
- **Block** the person. This will stop you seeing messages or texts from a particular person.
- **Tell someone.** Tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. Or you can contact the [Cybersmart Online Helpline service](#), call Kids Helpline on 1800 55 1800, visit their [website](#).
- **Keep the evidence.** This can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as evidence.
- **Report it to:**
 - your school—they have policies in place about bullying and cyberbullying;
 - your ISP and/or phone provider, or the website administrator— there are actions they can take to help;
 - the police—if there is a threat to your safety the police will help. Call Triple Zero (000) or Crime Stoppers on 1800 333 000.

http://www.bulahdelah-c.schools.nsw.edu.au/sws/view/cybersafety_resource.cnews

<http://www.cybersmart.gov.au/Teens/tips%20and%20advice/Cyberbullying.aspx>

<http://www.bullyingnoway.com.au/talkout/spotlight/cyberBullyingIs.shtml>

- **Don Hudson, Principal.**

FROM THE SECONDARY DEPUTY PRINCIPAL'S DESK

Last week staff, parents and friends said **farewell to Year 12, 2010** at a formal dinner held at the Bulahdelah Bowling Club. It was a great night as the Year 12 students looked splendid in their formal dress and celebrated not only the end of their HSC exams but also the end of their secondary schooling. Particular thanks must go to Ms Culley and the teachers that helped decorate the club and organise the night.

Last Wednesday I also had the pleasure of judging the public speaking for the **Bulahdelah Show School Pavilion Evening**. Students from Bulahdelah, Coolongolook and Bungwahl spoke on a range of entertaining and interesting topics. It was the first time secondary students participated in this event and it was great to see the quality and talents of all the speakers on show and a large audience of friends and parents.

Year 10 have completed their School Certificate exams and will now complete their year with a program of peer support, a Board of Studies course for prospective Year 11 students called *All My Own Work* and a welfare program called "*Love Bites*" during this week. Year 10 will then have two weeks experiencing the world of work before returning to school to receive their School Certificate at our presentation day on Tuesday 14th December.

- *Roger Horton, Secondary Deputy Principal.*

PRIMARY HAPPENINGS FROM THE DEPUTY PRINCIPAL

We are now halfway through the term and our students are still engaged in a variety of activities across the curriculum. Four of our Stage 3 students, Chloe and Bailey Shultz, Shanelle Russell and Rachael Krause have recently returned from the **North Coast Region Creative and Practical Arts** camp at Lennox Head. The students participated in dance, drama and vocal classes, while at camp, which culminated in a performance concert for parents. The camp was a wonderful opportunity for our talented students to work with talented teachers as well as other students with similar interests and talents. I hope that we can support this creative initiative in the years to come so that BCS students continue to have access to quality teaching and learning experiences.

As I write this, another of our talented students is participating in the **Primary Schools' Sports Association National Golf Championships**, in Toowoomba Qld; Ben Eadie (Yr 6) is representing NSW at this event of excellence. I am waiting with anticipation to hear about Ben's performance in the championships. It is very satisfying to know that we have students who continually "Strive for Excellence" in their learning. Congratulations and well done to the above students for their participation, innovation, determination and excellence in their chosen fields of endeavour.

Bulahdelah Show will be held this weekend and many of our students will be competing in the many different sections of the show from art and writing to horse sports and cattle judging. It is great to see so many of our students participate with success at community events. These students are the future and we should be encouraging them to be involved in the life of their local community. Well done to all students who will be participating in one way or another and congratulations to the place-getters in the many and varied sections.

School hours are 8:25am to 2:50pm Monday to Friday. Children should not be at school earlier than 8:25am as we cannot provide adequate supervision. Parents collecting their children, at the end of the day, must do so from under the COLA. Students will not be allowed to wait at the front of the school. If your child walks or rides home, at the end of the day, they should leave school at 2:50pm or as soon as possible afterwards. Bus travelers will be supervised at school until the secondary bell rings at 3:15pm. I thank you in anticipation of your support in these matters.

Some dates for your diary: 15/11 Merit Assembly; 17/11 Kindergarten Orientation; 19/11&20/11 Bulahdelah Show; 23/11 Visiting Band; 25/11 Aboriginal Education Focus Group meeting 3:30pm; 26/11 Wahroonga School Band. -*Sally Thompson, Primary Deputy Principal.*

REMEMBRANCE DAY

In Australia the 11th of November is a day to remember those who died in war. The 11th of November 1918, saw the end of World War 1. Australians observe one minute's silence at 11.00 am on Remembrance Day (originally called Armistice, Poppy or Veteran's Day). After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead. In 1993, to mark the 75th anniversary of the 1918 armistice, the Australian Government exhumed the remains of an unknown Australian soldier from the Western Front for entombment at the Australian War Memorial's Hall of Memory, Canberra. In the 30 years from 1915, 100,000 Australians died in war service. Many of those died in action. Many also died through sickness and accidents. Many Australians came home with severe war injuries and died not long after, or had a greatly shortened life. Over 500 Australians died in the Vietnam War, and since World War II, Australians have also seen action in places like Korea, Indonesia, Malaya, Afghanistan and Iraq. November is the time of the year when by the wearing of a simple emblem, a red poppy, we salute the memory of those who sacrificed their health, their strength, even their lives, that we might live in a free country. Long known as the corn poppy (*Papaver rhoeas*) because it flourishes as a weed in grain fields, the Flanders poppy as it is now usually called, grew profusely in the trenches and craters of the war zone. Artillery shells and shrapnel stirred up the earth and exposed the seeds to the light they needed to germinate. This same poppy also flowers in Turkey in early spring - as it did in April 1915 when the ANZACs landed at Gallipoli. According to Australia's official war historian C.E.W.Bean, a valley south of ANZAC beach got its name Poppy Valley "from the field of brilliant red poppies near its mouth".



Bulahdelah Central School students and staff observed one minute's silence at 11am on the 11th November as a mark of respect to all those who have made the ultimate sacrifice.

(Photo: Memorial Wall at the Australian War Memorial, Canberra)

HISTORY COMES ALIVE AT BCS!!

Trench warfare "Nerf" style? Aztecs invading BCS? Afternoon Tea with Archduke Franz Ferdinand?



All in a day's study of History at BCS. Across the school, students are becoming actively engaged in a range of tasks which support their learning outcomes in the subject of History. Students are using a range of technologies, including digital film-making, to explore people and events from Australian and world History. Ancient Rome was the brief and Year 7 students rose to the challenge with some awesome projects, including a full size traditional costume. Year 8 created their own short film, a

"Horrible Histories" episode entitled "Amazing Aztecs", which included human sacrifice and some shady Spanish Real Estate agents. A virtual Kokoda Track has proven a challenge for Year 9. Year 10 headed back to the 60's and protested for women's rights. The Library was the setting for Year

11 Modern History's attempt to break the stalemate on the western front with Trench warfare "Nerf" style.

-Kylee Owen, Humanities Faculty

Photos from top: 1. Marlies Hammerl, Doug Martin, Luke Schaefer, Daniel White, Brooke Smith, Emily Tischner. 2. Marlies Hammerl & Emily Tischner.

3. Bradley Kirkpatrick & Connor Lynch. 4) Michaela Mason, Kelsey Post, Natalie Aquilina, Shannon Markham & Michaela Renshaw.



KARATE MASTER SENSEI SUMI VISIT

Twenty five Middle School students took part recently in a training session with Karate Master, Sensei Sumi, as a follow up to the Middle School Sport Karate and Rock and Water classes students have participated in throughout the year. Master Sumi was one of the original team of supreme Karate Practitioners dispatched from Japan by the Karate Association of Japan to propagate Karate-Do throughout the western world.

A second-generation student of the teachings of Master Gichin Funakoshi, Master Sumi was the only member of the original Japan Karate Association team holding the prestigious title of "All Japan Armed-Forces Champion". Master Sumi taught throughout Europe and organised the very first European Championships. He was the Chief Instructor of the Southern Italy Branch for 10 years before being introduced to the Karate Union of Australia by Sensei Kanazawa in the early 1970's. As the Chief Instructor of the Karate Union of Australia, Sensei Sumi also holds the position of Chief Instructor of the International Shotokan Karate-Do Alliance, which presides over multiple member countries around the world.



Dave Chinner, Cathryn Guthrie, Sensei Sumi with students.



Breathing exercises Cathryn Guthrie, Kayden Malone, Jack Hutchinson, Tamara Gooch, Madison Shannon, Isabell Stuart.

Students who had the opportunity to train with Master Sumi learnt quite a lot from the exchange. Some of the students testimonials are below: -

- **Boadi Luxon 3W-** I learned that karate isn't all about the moves it is also about the mind and breathing- Thank you Master Sumi.

- **Tamara Gooch 2/3W-** I wasn't very interested in Karate until master Sumi visited us. I was interested in the different types of breathing he taught us.

- **Kaitlyn Gregory 2/3W-** Master Sumi helped me to control my breathing whilst doing Karate. We did many different types of breathing like how to inhale and exhale properly.

- **Jessica Chalker 2/3W-** Master Sumi taught me how to do Karate and taught me

how to do my breathing correctly.

- **Madison Shannon 2/3W-** Master Sumi taught me how to breathe properly, how to focus and how to block and defend myself correctly.
- **Braydon Merrell 3W** Master Sumi is a black belt but he taught us how to breathe right and to defend and block and also to stand right
- **Rachel Rae** I really thought that the karate was fun , it was a little hard to understand him
- **Taylor Garemyn 2/3W-** I thought that it was really fun and I would definitely go to it again!!!!
- **Keahne Hurtado 5/6W-** I thought the way he taught us to do the basic skills were really AWESOME!!!:) I really enjoyed spending time with Master Sumi
- **Alarnie Hawkins 5/6W-** Master Sumi's visit was so awesome. I enjoyed it so much that I would love to do it again

Cathryn Guthrie, Organiser

MUSICAL NOTES



Visiting Band

On Tuesday 23rd November, students and staff from Orburst High School in Victoria will be visiting our school as part of their annual Band Tour. The school band has 38 members from Years 7 to 12. They will be performing for students from the Bulahdelah Pre-School in the morning. After recess there will be a music workshop where instrumental students from our school and also our partner primary schools will work with the band to develop their musical skills. Following lunch, will commencing at 1.45pm, a one hour concert will be performed for our primary students. All parents and interested community members are welcome to attend any of the performances and workshops during the day. Please contact Wendy Parsons at the school if you would like any more information about these activities.

Nutrition Note

Nutrition and activity tips:

- Try to control when and where food is eaten by your children by providing regular daily meal times with social interaction and demonstration of healthy eating behaviors.
- Involve children in the selection and preparation of foods and teach them to make healthy choices by providing opportunities to select foods based on their nutritional value.
- For children in general, reported dietary intakes of the following are low enough to be of concern: vitamin E, calcium, magnesium, potassium, and fibre. Select foods with these nutrients when possible.
- Most Australians need to reduce the amount of calories/kilojoules they consume. When it comes to weight control, calories do count. Controlling portion sizes and eating non-processed foods helps limit calorie intake and increase nutrients.
- Parents are encouraged to provide recommended serving sizes for children.
- Parents are encouraged to limit children's video, television watching, and computer use to less than two hours daily and replace the sedentary activities with activities that require more movement.



- Children and adolescents need at least 60 minutes of moderate to vigorous physical activity on most days for maintenance of good health and fitness and for healthy weight during growth.

- To prevent dehydration, encourage children to drink fluid regularly during physical activity and drink several glasses of water or other fluid after the physical activity is completed.

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>NOV</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
MON	15	Scones, Jam & Cream	\$ 1:50	Rissoles (G) Roll	\$ 2:50
TUES	16	Chicken Goujons	\$ 3:00	Calamari Salad	\$ 5:00
WEDS	17	Wedges S/C Chilli	\$ 3:00	Stir Fry with chicken	\$ 3:50
THURS	18	Nachos	\$ 3:00	Chicken & Cheese Vol au Vents	\$ 3:00
FRI	19	Muffins with Ham & Cheese	\$ 2:50	Fish Burger	\$ 3:00
MON	22	Fruit Kebabs	\$ 1:50	Chicken Fettucini	\$ 3:50
TUES	23	Mini Pizzas	\$ 3:00	Roast Beef with (G)	\$ 3:50
WEDS	24	Binna Cake	\$ 1:50	Beef Stir Fry	\$ 3:50
THURS	25	Chicken Wraps	\$ 2:50	Meat Ball in S/Sour	\$ 3:50
FRI	26	Mini Salad Wraps	\$ 2:50	Prawn Rolls	\$ 3:50

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, 25th November and 9th December. Please mark these dates on your calendar.**



NEXT NEWSLETTER: Monday 29th November – Issue 18.



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: 29th November and 13th December.

Please mark these dates on your home calendar and remind your student to collect your copy.



LIBRARY GLEANINGS – Participation & Excellence



Students/Mum

REMEMBER!

to send in your Scholastic Book Orders by:

9:00am Thursday 25th November, 2010.

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

PRIMARY CAPTAINS

Although our secondary leaders are elected at the end of term 2 and serve for four terms, thus allowing them study time in their Higher School Certificate year; our eight primary leaders are elected at the end of each year. They each serve one term the following year. Nominations for the positions have been open from the commencement of this term and are printed in this newsletter. The nominees will make a speech at today's Primary Merit Assembly and parents, friends and community members are welcome to attend.

READ THEIR NOMINATIONS ON PAGE 14.

SUMMER SAFETY FOR KIDS

BUG SAFETY:

- Don't use scented soaps, perfumes or hair sprays on your child.
 - Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
 - Avoid dressing your child in clothing with bright colors or flowery prints.
 - To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.
 - Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
 - Use insect repellents containing DEET (see below) when needed to prevent insect related diseases such as ticks which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses.
 - The current CDC and AAP recommendation for children over 2 months of age is to use 10-30 percent DEET. DEET should not be used on children under 2 months of age.
 - The effectiveness is similar for 10-30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours – 30% for about 5 hours – choose the lowest concentration that will provide required length of coverage.
 - The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.
- Insect repellents containing DEET (N,N-diethyl-m-toluamide, also known as N,N-diethyl-3-methylbenzamide) with a concentration of 10% appear to be as safe as products with a concentration of 30% when used according to the directions on the product labels. DEET is not recommended for use on children under 2 months of age. For more information on DEET: <http://www.aapnews.org/cgi/content/full/e200399v1>



PLAYGROUND SAFETY AT SCHOOL AND AT HOME:



As a general rule, the playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.



- Equipment should be carefully maintained. Open “s” hooks or protruding bolt ends can be hazardous.
 - Swing seats should be made of soft materials such as rubber, plastic or canvas.
 - Make sure children cannot reach any moving parts that might pinch or trap any body part.
 - Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.
 - Make sure metal slides are cool to prevent children’s legs from getting burned.
 - Do not allow children to play barefoot on the playground.
 - Parents should supervise children on play equipment to make sure they are safe.

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 you 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		
November	15	All My Own Work begins
	15	Newsletter published by email and on webpage with primary captain nominations; Primary Merit Assembly where captain nominees present their speech.
	19	Bulahdelah Show (& 20 th)
	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	07	Year 7 Orientation
	09	School office closes at 3pm
	13	Newsletter published by email and on webpage;
	14	Presentation Day: Primary 10am, Secondary 1pm
	15	Last day for students to attend in 2010

International Day of Tolerance (16th): Was declared by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1995 to remind us to accept and acknowledge difference and the uniqueness of every individual

International Students Day (17th): Began in 1941, in commemoration of university students who were killed protesting fascism on the streets of Prague, in what was then Czechoslovakia (now the Czech Republic). Since that time, the theme of the global day for tertiary students has always revolved around the efforts to achieve "Peace, Equality and Freedom", not just for students, but for the peoples of the world.

COMMUNITY CHATTER

THROW BULAHDELAH SOCCER CLUB A LIFELINE OR.....



The Annual General Meeting of the Bulahdelah Soccer Club set down for 1st November was cancelled due to lack of support. The second date for the AGM is now **29th November** at the **Bulahdelah Bowling Club** commencing at **6pm**. Lack of interest at this meeting could result in fewer teams being fielded. The secretary is leaving town and a new registrar and treasurer are also required. To find out how you can help your Soccer Club please ring Dave Sibert on 0427563152

OUR TOWN, OUR CLUB, OUR FUTURE

SHOW STUDENT NIGHT AT THE PAVILION - WHAT A GREAT NIGHT!

Students from Coolongolook and Bungwahl Public, St. Joseph's Primary and Bulahdelah Central schools participated in the Bulahdelah Show Society's School Pavilion Night held on Wednesday 10th November. The night began in the traditional manner with a BBQ provided by Society members and then it was down to the program for the night. Thora-Lou Smith and Meredyth Rae presented a musical introduction then led the audience into the National Anthem followed by a welcome from John Smith of the Bulahdelah Show Society Inc. The announcement of the Creative Writing awards was made by one of the judges, Mrs. Jan Bennett assisted by Ms. Pamela Everingham, Principal of Coolongolook Public School. The Art Competition awards followed and were presented by Mrs. Sue Hobbs, Principal of Bungwahl Public School. The public speaking

competitions were judged by Mrs. Betty Bramble, Ms. Bennett, Ms. Everingham, Ms. Hobbs, and Mr. Roger Horton, Secondary Deputy Principal at Bulahdelah Central School. Keeping them all to time was timekeeper Mrs. Tracy Fenning. And then Bev Maybury, on behalf of the other judges Cath McNeil and Ellen McSweeney, presented the Young Achiever of the Year contestants and the winner was announced. Public Speaking for Stage 3 followed and then the Inaugural Public Speaking Competition for Stage 4. Roger Horton made presentations to the winners. The Community Choir once again provided the entertainment, presenting two brackets of songs: *Pretty Sara* and *All Things Bright and Beautiful* and then, later in the evening, *Thank You for the Music* and *The Lion Sleeps Tonight*. John closed the evening by thanking all participants and supporters.

Primary Writing Awards:

Early Stage 1	Kodi Perrot & Mitchel Nott Seren Everingham Bridie O'Connell Jonathon Bayer	Equal First Highly Commended Highly Commended Highly Commended	Bulahdelah CS St. Josephs PS Bulahdelah CS Coolongolook PS
Stage 1:	Finlay O'Connell – Year 1 Anjoli Luxon – Year 2 Lilly Kennedy - Year 2 Seleana Murphy – Year 1 Indiana Irwin- Year 1	First Equal Second Equal Second Highly Commended Highly Commended	Bulahdelah CS Bulahdelah CS Bungwahl PS Bulahdelah CS Coolongolook PS
Stage 2:	Tim Smith – Year 4 Kyra Workman – Year 3 Misty Cornish – Year 3 Kayly Whitfield – Year 3 Matthew Locke – Year 4	First Equal Second Equal Second Highly Commended Highly Commended	Bulahdelah CS Bungwahl PS Bungwahl PS Bulahdelah CS Coolongolook PS
Stage 3:	Angus Jacoumis – Year 5 Isabelle Rea-Hardi – Year 5 Jessica Chalker – Year 5 Isabella Stuart – Year 5	First Second Highly Commended Highly Commended	Bungwahl PS Bungwahl PS Bulahdelah CS Bulahdelah CS
Bush Poetry:	Ashleigh Dorney	Stage 2	St. Josephs PS
Overall Writing Winner:	Tim Smith	Year 4	Bulahdelah CS

Art Awards:

Early Stage1	Sophie Lyle Jessica Mosley Sophie Lyle Seren Everingham Bridie O'Connell Raylee Kierans	First Second First Second First Second	Collage Collage Line Drawing Line Drawing Painting Painting
Stage 1:	Marni Barry Celeste Stubbs Luke Vella Jack Cunich Braiden Guthrie Phoebe Gordan Olivia-Belle Magee-Scannell Hayden Krohn Bailey Middleton Elly-Rae Banks Izaak Chisholm Abbey Whitfield Brendan Mason Hayley Tenbosch	First Second Third Highly Commended Highly Commended Highly Commended First Second First Second Third Highly Commended Highly Commended Highly Commended	Collage Collage Collage Collage Collage Collage Line Drawing Line Drawing Painting Painting Painting Painting Painting Painting
Stage 2:	Hayley Chalker Elke Studdart Hayden McKenzie Brook Towers Yilleen Galimard Madison Hurtado	First Highly Commended First Second Highly Commended Highly Commended	Collage Collage Line Drawing Line Drawing Line Drawing Line Drawing

Stage 3:

Daniel Howarth
 Talib Matheson
 Joshua Petrab-Swann
 Jordyn Watt
 Cody Cornish
 Alanna Moore
 Tiffany Rinorter
 Tenneal McMahon
 Toby Dixon
 Brad Aldis
 Rachel Krause
 Tara Price
 Chloe Lamborn
 Taylor Garemyn
 Hayley Burns
 Steene Douglass

First	Painting
Second	Painting
Third	Painting
Highly Commended	Painting
Highly Commended	Painting
Highly Commended	Painting
First	Collage
Second	Collage
Third	Collage
Highly Commended	Collage
First	Line Drawing
First	Painting
Second	Painting
Third	Painting
Highly Commended	Painting
Highly Commended	Painting

Judges' Comments: *Changes were made as to what section some entries were entered.
 Early Stage 1 place getters in line drawing – great try, you have the right idea about line drawing.
 Stage 2 Line Drawing – Brook, Yilleen and Madison – not true line drawings but you are on the right track and will learn.
 Thank you to everyone for participating – it was a pleasure to see such enthusiastic artists!*



Definition of Collage: the use of natural bits & pieces to make/form a picture, not using paints, crayons, lines.

Definition of Line Drawing: the use of black pens/chalk/crayons to make a simple drawing with NO infill of colour.

Definition of Painting: the use of any medium; paints, chalks, crayons.

Young Achiever of the Year: Five young competitors vied for this award in 2010 and the judges complimented them all on their efforts and commitment.

Trophies, certificates

and prizes were awarded, including show tickets and congratulations offered to:

Ashley Grimshaw	Young Achiever of the Year 2010
Angus Jacoumis	Runner-Up 2010
Keahne Hurtado	Encouragement Award 2010
Shakira Sorbello	Participant Award 2010
Thomas Stanley	Participant Award 2010

Public Speaking:

Stage 2: Tim Smith (First), Madison Hurtado (Second) Brandon Watt (Highly Commended) all from Bulahdelah Central and Hayden McKenzie (Highly Commended) from Coolongolook

Stage 3: Angus Jacoumis, Jack Shaw (Second), Shakira Sorbello (Bungwahl); Kaitlyn Gregory (Highly Commended), Bailey Shultz, (First), Thomas Locke, Chloe Shultz, (Third), Keahne Hurtado (Bulahdelah); Erik Shannon, Logan McKenzie (Coolongolook).

Inaugural Stage 4: Jamii Gardener-Carroll (First), Nathan Hutchinson (Second) – both from Bulahdelah Central



THE BULAHDELAH SHOW SOCIETY INC. members are very appreciative of the effort that teachers and students make to ensure a representation at the Show. The Society believes that by promoting the children of today we will encourage citizenship and community involvement in the future.

(Photos: Community Choir members; Young Achievers with Show Society President Gary Gooch; Public Speaking judges conferring).

2010 PRIMARY SCHOOL CAPTAIN NOMINATIONS

(Please note: Photos were not available for all students.)

NAME: JESSICA CHALKER

CONTRIBUTION TO SCHOOL:

My contribution to Bulahdelah Central is shown in my participation as a Buddy for the Korean Exchange students this year. I have also participated as a volunteer as a leader for Jump Rope for Heart. This year I also volunteered to assist in the production of the school magazine for year 5.

CONTRIBUTION TO COMMUNITY:

Every year I feel it is important to join our community in either the ANZAC Dawn Service or the school march.

EVIDENCE OF LEADERSHIP ABILITY:

This year I have assisted our teachers by being a playground leader. I have also led the younger students in Jump Rope for Heart.

GENERAL STATEMENT:

I always wear my school uniform and try to help any younger students when needed. I hope to be your school captain for 2011. Vote me number 1.

PROPOSED BY: Nicola Murrell

POSITION: Primary Teacher

PROPOSED BY: Kathy Ottignon

POSITION: Primary Teacher



NAME: TAMARA GOOCH

CONTRIBUTION TO SCHOOL:

- Playground leader
- Reading buddy
- Represented the school in PSSA Soccer, also Zone Athletics and Cross Country
- Participate in sporting carnivals such as cross country.
- Always march in ANZAC Commemorations
- Received Bronze, Silver and Gold Merit Awards every year

CONTRIBUTION TO COMMUNITY:

- Member of Bulahdelah Pony, Fishing and Tennis Clubs
- Participated in fundraising for Jump Rope for Heart.
- Active participant in the annual Bulahdelah Show
- Participated in the local soccer camp.

EVIDENCE OF LEADERSHIP ABILITY:

I have shown leadership ability by being a team leader in Jump Rope for Heart. I am also a willing volunteer to do jobs and messages for teachers.

GENERAL STATEMENT:

I wear my school uniform with pride. I try to help other students in need and help out in the class room. I always do my best, neatest work and hand in completed homework weekly. I am a good listener and fair person. I feel I have the qualities to make a good school captain. If elected I promise to do my best at all times. I would be proud to be a captain of BCS.

PROPOSED BY: Kathryn Gresham

POSITION: Teacher/Librarian

PROPOSED BY: Stuart Smith

POSITION: 2010 Captain



NAME: TAYLOR GAREMYN

CONTRIBUTION TO SCHOOL:

I have been in many school musicals. I am a playground leader and I have been in the Maths and Spelling UNSW Global Assessments. I participated in Jump Rope for Heart and raised money for the foundation.

CONTRIBUTION TO COMMUNITY:

I have played soccer and I play tennis now. I have got many trophies and awards for them..

EVIDENCE OF LEADERSHIP ABILITY:

I am a playground leader. I have got my Bronze, Silver and Gold awards almost every year that I have been at this school. I am a buddy for one of the pre-school kids.

GENERAL STATEMENT:

I really want to be a school captain. I think that I would be a good captain because I hardly ever do the wrong thing. I have a lot of teacher's trust. That's why you should vote me number one!

PROPOSED BY: Nicole Murrell **POSITION:** Primary Teacher

PROPOSED BY: Warren Gibbs **POSITION:** Primary Teacher



NAME: KAITLYN GREGORY

CONTRIBUTION TO SCHOOL:

- Participated in PSSA Soccer
- Playground leader
- Jump Rope for Heart participant
- School public speaking
- School Magazine
- School musicals participant
- Received Bronze, Silver and Gold Merit Awards every year

CONTRIBUTION TO COMMUNITY:

- Public speaking at Bulahdelah Show
- Member of Bulahdelah Soccer Club
- Regular visitor to Great Lakes Nursing Home
- Regularly contribute to community fundraising

EVIDENCE OF LEADERSHIP ABILITY:

- Playground leader
- Jump Rope for Heart leader
- Kindergarten buddy
- Always willing to help

GENERAL STATEMENT:

I think I would be a good school captain because I always obey the school rules and always wear my school uniform with pride. I always show respect to the students and to my fellow students.

PROPOSED BY: Nicola Murrell **POSITION:** Primary Teacher

PROPOSED BY: Sally Thompson **POSITION:** Primary Deputy Principal



NAME: SAMANTHA KING CARROLL

CONTRIBUTION TO SCHOOL:

I have contributed in a school musical and I am a playground leader. I try to wear my school uniform with pride and I strive to get my gold award each and every year. I have been in public speaking, went to Great Aussie Bush Camp and I am a kindergarten buddy. I follow PRIDE and the Aussie Fair Rules. I put effort into everything I do.

CONTRIBUTION TO COMMUNITY:

I take pride in both of my communities, Bungwahl and Bulahdelah. I have gone in an Anzac Day march. I keep my community clean. I cleaned up my local beach on Clean Up Australia Day. I was a skipping performer in Jump Rope for Heart and I always try to raise money for this.



EVIDENCE OF LEADERSHIP ABILITY:

- I am a playground leader
- I am a kindergarten buddy
- I try my hardest to achieve
- I love to help people in all ways and I'm a good worker
- I love to achieve in lots of things in life.

GENERAL STATEMENT:

I think I would make an excellent captain because I try my best in everything. I have pride in my school. I work very hard with the best of my ability. I try to achieve my goals in my path of life. I think I will be a good captain in 2011.

PROPOSED BY: Warren Gibbs

POSITION: Primary Teacher

PROPOSED BY: McKelty Searle

POSITION: Captain 2010

NAME: BOADI LUXON

CONTRIBUTION TO SCHOOL:

I have been in the girls' soccer team. I also enter art and stories in the local shows as well as school competitions. I attend camps, school performances and excursions. I have assisted as a kindy buddy, playground leader and year 1 reading buddy. I contribute to fundraising such as Jump Rope for Heart and Fred Hollows Foundation.

CONTRIBUTION TO COMMUNITY:

I have played soccer with the Tilligery Soccer Club for 4 years and in 2009 my team was a finalist for the Port Stephens Competition Team Effort of the Year Award. I participated in Clean Up Australia and I help to keep my school environment clean. I participated in the ANZAC march and in Relay for Life 2009.



EVIDENCE OF LEADERSHIP ABILITY:

I have been a playground leader, Yr 1 reading buddy and kindy orientation buddy. I am the oldest child in my family so I step up to help mum and dad around the house. I am responsible and trustworthy.

GENERAL STATEMENT:

I believe I would be a good captain because I am responsible so you can trust me in a lot of school activities like sports and fundraisers. I pay **respect** to the teachers, students, visitors and to the school environment. I show **innovation** and creativity when I come up with new ideas. I show **determination** by never giving up. I always try to do my best and show **excellence** in everything I do.

PROPOSED BY: Kathy Ottignon

POSITION: Primary Teacher

PROPOSED BY: Chloe Shultz

POSITION: 2010 Captain

NAME: TARA PRICE

CONTRIBUTION TO SCHOOL:

- PSSA Soccer
- PSSA football
- Cheerleading
- Dracula Spectular play
- Myall Lakes Learning Community clay queen
- Playground leader
- Taree Eisteddfod
- Received Bronze, Silver and Gold Merit Awards.

CONTRIBUTION TO COMMUNITY:

I have participated in the Bulahdelah Soccer Team and we came second in the comp. I have participated in the Bulahdelah swimming lessons

EVIDENCE OF LEADERSHIP ABILITY:

1. I try to be nice to everyone around me
2. I am good at public speaking

GENERAL STATEMENT:

I would like to be captain because I think I have the skills to be captain. I think it would be nice to hand out merit awards to the kids. I think that I would be a good role model for kids around me, older and younger than me.

PROPOSED BY: Rob Seale

POSITION: Secondary Teacher

PROPOSED BY: Stan Backhouse

POSITION: Assistant Principal

NAME: MADISON SHANNON

CONTRIBUTION TO SCHOOL:

The contributions to my school include participation in the zone athletics, swimming and cross country carnivals, in the Taree Eisteddfod and the Bulahdelah Show for public speaking, member of the school soccer team and as a team leader showing 2011 kindergarten around the school.

CONTRIBUTION TO COMMUNITY:

The contribution to my community includes playing tennis for Bulahdelah tennis Club, competing at Swimming Club, entering arts and crafts exhibits in the Bulahdelah Show, participating in Clean Up Australia and the Green Tree Day.

EVIDENCE OF LEADERSHIP ABILITY:

My evidence of leadership includes being a reading buddy and helping Year 1 students with their reading skills, showing 2011 kindergarten around the school and being a team player in sport activities.



GENERAL STATEMENT:

I believe I would make a good school captain because I like contributing to my school in any way possible and I won't make any empty promises. I would work hard to make coming to school a safe and fun place to work and learn. I will make sure everyone gets a say and I will take the captaincy role seriously.

PROPOSED BY: Mel Murphy

POSITION: Primary Teacher

PROPOSED BY: Warren Gibbs

POSITION: Primary Teacher

NAME: IZABELLA STUART

CONTRIBUTION TO SCHOOL:

In the time I've been at Bulahdelah Central School I have contributed in many different ways. I was chosen to participate in the school Spelling Bee. I represented the school in the soccer and football teams. I managed to get through two rounds of public speaking and I am now a playground leader. These are just some of the ways I have contributed to my school. I try my very best every day to demonstrate being a well mannered and cooperative student and believe this is an important aspect when fulfilling the role of a school leader.

CONTRIBUTION TO COMMUNITY:

I contribute to my community by trying my best to be a well rounded citizen, respectful and courteous. I treat everyone equally and believe I am a good citizen to my local community of Bulahdelah.

EVIDENCE OF LEADERSHIP ABILITY:

My leadership skills are an everyday use, setting a good example for younger students and always following school rules. Since I have been a playground leader I have been to every meeting and have not missed one day. A leader needs to be dedicated to their responsibilities.

GENERAL STATEMENT:

I believe I have a number of good qualities such as honesty, respect, listening and leadership. I am well organised and I like to do tasks that I am given very quickly. I treat everyone equally and try my best to include everyone in activities. I enjoy helping others and setting a good example to other students. I like to try my best at anything and everything I do. I am polite and a respectful student to both teachers and students. I like contributing to the school in any way possible. Well, enough about me. Let's talk about why I would make a good school captain. I believe I would make a good school captain because I'm not going to make any empty promises. I would work to make coming to school a safe and fun place to work and learn. I want to make the school a place to come to and have fun



with friends as well as learn. I would also work hard in making sure everyone gets a say in what happens at school such as fundraising ideas and suggestions to improve the school. I would also take the captain role seriously.

PROPOSED BY: Nicola Murrell
PROPOSED BY: Sally Thompson

POSITION: Primary Teacher
POSITION: Primary Deputy Principal

NAME: SALLY TENNYSON

CONTRIBUTION TO SCHOOL:

I have participated in:

- PSSA touch football
- School sporting events
- Public speaking
- School choir
- School musical 2010

CONTRIBUTION TO COMMUNITY:

- Participated in Tea Gardens Anzac March
- Entered the creative writing at Bulahdelah Show 2009
- Participated in 100 word microstory

EVIDENCE OF LEADERSHIP ABILITY:

Since starting at Bulahdelah Central in August 2009 I have been a part of Year 1 reading buddies and have been playground leader in 2010.

GENERAL STATEMENT:

I would love to be a captain of BCS because I think I show excellent leadership skills. I try my best at everything I do and I wear my uniform with pride. I understand the meaning of PRIDE and what it stands for.

PROPOSED BY: Warren Gibbs
PROPOSED BY: Mel Murphy

POSITION: Primary Teacher
POSITION: Primary Teacher



NAME: LUKE GRAY

CONTRIBUTION TO SCHOOL:

I have contributed to the school by being a playground leading and representing the school in 2 maths tests. Also I have been in 2 school musicals and enjoyed both.

CONTRIBUTION TO COMMUNITY:

I contribute to my community by going to the smart shop as a volunteer with my aunty and help the elderly citizens carry their bags to their cars.

EVIDENCE OF LEADERSHIP ABILITY:

I am a playground leader and I help any kid of any age to the best of my ability. I try to stop all fights, name calling and other problems someone may have in the playground.

GENERAL STATEMENT:

If I become a captain I will represent the school to the best of my ability to make the best decisions and I will be the best role model I can be. I will help anyone who needs help.

PROPOSED BY: Mel Murphy
PROPOSED BY: Nicola Murrell

POSITION: Primary Teacher
POSITION: Primary Teacher



NAME: JACK HUTCHINSON

CONTRIBUTION TO SCHOOL:

My contribution to my school is that I will try my hardest to achieve good things and I will clean our playground when it is really dirty. I achieve good things when I help the teachers, students and parents.

CONTRIBUTION TO COMMUNITY:

My contribution to my school community is to stop things like arguments and I will encourage students by helping them with work.

EVIDENCE OF LEADERSHIP ABILITY:

The evidence of my leadership ability is that I've been a member of PSSA soccer, footy and other sports like running. I have represented my school for Zone athletics and shot-put.

GENERAL STATEMENT:

To make my school better I will pick up litter and make the students be better by helping them understand something and also helping them with anything they find hard. I will make an effort.

PROPOSED BY: Stan Backhouse

POSITION: Assistant Principal

PROPOSED BY: Anthea Whittaker

POSITION: Primary Teacher



NAME: TOM LOCKE

CONTRIBUTION TO SCHOOL:

- Gold Certificate every year so far
- Public Speaking finalist last 5 years, winner in 3.
- No unexplained absences
- Always wear school uniform
- Won library borrowing award
- Participate in the Premier's Reading Challenge
- Participate in Jump Rope for Heart
- Participate in Taree Eisteddfod

CONTRIBUTION TO COMMUNITY:

- Marched in 2010 ANZAC parade
- Played soccer in Bulahdelah Soccer Club
- Helped collect money for Red Cross
- Took cover photo for 2009 Bulahdelah calendar
- Participate in public speaking at Bulahdelah Show

EVIDENCE OF LEADERSHIP ABILITY:

- Assistant coach for mini soccer
- Assist fellow students with class work
- Never received a detention or bad behaviour form
- Good role model
- I am able to speak confidently in front of a group.

GENERAL STATEMENT:

I believe that I would make a good school captain because I am proud of my school and its achievements. I would like to help improve our school for our students. I wear my school uniform with pride. I am honest, trustworthy, reliable and I have a great relationship with the teachers and students. I am a great negotiator; just ask Mrs. McDonald and Mrs. Wills.

PROPOSED BY: Sally Thompson

POSITION: Primary Deputy Principal

PROPOSED BY: Penny Britton

POSITION: Primary Teacher



NAME: KAYDEN MALONE

CONTRIBUTION TO SCHOOL:

- Playground leader
- Jump Rope for Heart
- Good attitude towards my fellow students and teachers
- My willingness to help others in need
- My commitment to sports and events that represent my school

CONTRIBUTION TO COMMUNITY:

I participate in soccer, karate, fishing, tennis and swimming clubs

EVIDENCE OF LEADERSHIP ABILITY:

I have many trophies for sports that I have participated in as a leader. I have also been a playground leader.

GENERAL STATEMENT:

I believe that I, Kayden Malone, would be a good captain because I am an honest person, always friendly to others. Because of my good sportsmanship I will always be a team player and would do my best as a captain to make everyone proud.

PROPOSED BY: Kathy Ottignon

POSITION: Primary Teacher

PROPOSED BY: Anthea Whittaker

POSITION: Primary Teacher

NAME: BAILEY SHULTZ

CONTRIBUTION TO SCHOOL:

- Gold Merit Award winner every year
- PSSA Soccer Team member
- PSSA touch football team member
- Knights Knockout team member
- School public speaking finalist every year; first place public speaking Taree Eisteddfod 2010; Bulahdelah Show participant in public speaking
- Participant in school choir every year and school plays
- Playground leader
- Preschool buddy
- Debating team
- Regional Creative Arts Camp – Drama
- I wear my school uniform with PRIDE
- I am well-behaved and try hard in class.

CONTRIBUTION TO COMMUNITY:

- Soccer Club 2009/2010
- Sub Junior, Bulahdelah Fishing Club
- Champion team in Mid North Coast Fishing Association
- ANZAC marches
- Jump Rope for Heart fundraising
- Clean Up Australia
- Bass Bash volunteer

EVIDENCE OF LEADERSHIP ABILITY:

- I work hard in class, am well-behaved, setting a good example
- I hate bullying and try to stop it whenever I can
- I enjoy public speaking and Mrs. Thompson said I'd make a good politician.
- I get along with teachers and students and I've had fun being a buddy and playground leader.
- I'm a team player and have been a member of lots of sporting teams.

GENERAL STATEMENT:

I've learnt a lot in Ms. Chapman's Public Speaking Reading Group and like Martin Luther King said, "I have a dream" to be the school captain so I can represent my school with PRIDE. I like helping people and I'd like a chance to make our school an even better place, I hope to be a good leader and role model. I'll give 100%. Vote 1 Bailey Shultz. And as Barack Obama said, "Yes we can!"

PROPOSED BY: Sonia McDonald

POSITION: Primary Teacher

PROPOSED BY: Stan Backhouse

POSITION: Assistant Principal