



Strive to Achieve

Bulahdelah Central School

Delivering Quality Education –

Teaching Today, Educating for Tomorrow

PRIDE: Participation, Respect, Innovation, Determination, Excellence

Term 3
Issue
14
20/09/10
Last for
Term 3

Tall Timbers Newsletter

Happy
Holidays

Everyone
returns

Term 4
11/10/10

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 SHULT Z

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

HOW TO CONTACT US

Mail: 8 Meade Street

Bulahdelah 2423

Telephone

4997 4329 Admin Office

4997 4766 Canteen

Fax 4997 4512

Email bulahdelah-

c.school@det.nsw.edu.au

Web Site bulahdelah-

c.schools.nsw.edu.au

YEAR 12 FORMAL GRADUATION ASSEMBLY

SCHOOL GYMNASIUM
THURSDAY 23RD SEPTEMBER - 10AM
ALL WELCOME

DAYLIGHT SAVING

Daylight Saving will start in New South Wales on SUNDAY 3RD OCTOBER 2010 at 2:00am, when clocks will be put forward one hour. (First Sunday of the school holidays; Labour Day long weekend.)

Daylight Saving will end in New South Wales on SUNDAY 3RD APRIL 2011 at 3:00am, when clocks will be put back one hour.

In future, Daylight Saving in New South Wales will begin at 2:00am, Eastern Standard Time, on the first Sunday in October and end at 3:00am Eastern Daylight Saving Time on the first Sunday in April.

HIGHER SCHOOL EXAMINATIONS

commence on THURSDAY 14TH OCTOBER
(first Thursday Term 4).

SCHOOL CERTIFICATE EXAMINATIONS

commence on MONDAY 8TH NOVEMBER
(Week 5, Term 4).

PRINCIPAL'S MESSAGE

Congratulations Deb Gilbert

Deb was nominated and then became a finalist in the Pride of Australia Medal for 2010.

Pride of Australia™ celebrates ordinary Australians who do extraordinary things, with nominees reflecting the core value of giving for the good of other people, their community and their country. Those that know Deb will understand why she would have been nominated and certainly she goes way beyond the call of duty both here at school and out in the community.

The school community congratulates Deb on the nomination and we are very proud of her achievement. Well done and thoroughly deserved.

Year 12

This is the final week of timetabled classes for Year 12 and brings to an end 13 years of formal schooling. With only the exams to come we wish you well. More will be said at this week's assembly and at next term's farewell.

For now you need to stay focused, be positive, plan and use your time well and take advantage of the people around you to maximise your learning over the coming weeks. If any issues arise between now and through to the end of the exams please make sure you contact the school. We may be in a position to help or at least provide support.

Uniform and Footwear

Thank you to all the parents that support the school and its endeavour to have all students in full school uniform, including footwear that complies with Work Cover and OHS Safety requirements. I appreciate your effort and positive attitude.

I was reading a commentary recently by Dr Catherine Scott, Australian Council of Educational Research, Victoria who commented ..."compliance with school dress code... is far from being about obsessions with trivial surface details...Concern with uniform can be seen to be about the crucial task of helping students to learn the necessary habits of discipline". Dr Scott also commented that "Schools, both public and private, that make a point of being 'strict on uniform' signal that they mean business when it comes to maintaining control of their students' behaviour generally... Many parents find this reassuring and an attractive reason for choosing a particular school". *Directions in Education, ACEL, 12 Feb. 2010. Vol 19. No 2*

A reminder Term 4 commences on Monday 11 October for all staff and students.

Final Words

"The only pressure I'm under is the pressure I've put on myself."

FROM THE SECONDARY DEPUTY PRINCIPAL'S DESK

Last week **Year 11** students completed their **final exams** to conclude their Preliminary course. Students in Year 11 will commence their HSC studies next term. Also last week, 26 students from Year 11 and two staff attended **Jindabyne Sport and Recreation Camp** to participate in our annual ski excursion and compulsory Crossroads camp. Students in Year 11 who did not go on the camp completed a Crossroads program organised at school.

Year 12 students are continuing to meet with Mr. McKinley this week to organise post school options including early entry to university which are due to be sent off very shortly. A reminder that the Year 12 formal **graduation assembly** will take place at 10 am on the last Thursday of term. This is an important milestone in our school calendar as it celebrates the end of thirteen years of schooling for Year 12 and I invite parents and friends to attend this assembly in the gym and help make this a memorable experience for Year 12. The assembly will also feature the Year 12 presentation and academic awards.

Recently I attended the **Deputy Principal's Conference** in Sydney along with DPs from over 400 High and Central Schools across the state. The theme of the conference was *Catalysts: Making It Happen* and it focused on leading change in our schools and included workshops on Digital Technology, the new Australian curriculum and developing Higher Order Thinking skills. There was a strong emphasis on improving student achievement and ensuring equity for disadvantaged students. It is clear there are a number of new challenges ahead for schools no matter what party is in government. Our school will continue to ensure our teachers and students are well prepared for any new changes in curriculum or teaching by keeping abreast of the developments and changes taking place.

Students in Years 7 and 9 received their **NAPLAN results** last week. If you have any queries or did not receive your results please contact me at school. Staff will now take time to analyse and investigate our results to identify our strengths and weaknesses and adjust teaching programs to address these over the next year.

It was very pleasing to see the high level of participation and enthusiasm shown by staff and students in the recent **Literacy and Numeracy** competitions. The week culminated in a cup cake day with a numerical theme as well as our annual spelling bee, our microstory competition and our reading group competitions. Particular thanks go to all the staff who organised the events and engaged students in these fun activities to help them develop their skills and their appreciation of the importance of literacy and numeracy in their learning.

Finally I wish everyone a **great holiday and a safe one**. School resumes for both students and staff on Day one Term 4 Monday October 11th.

- **Roger Horton**.

PRIMARY HAPPENINGS FROM THE DEPUTY PRINCIPAL

Finally, we managed to complete our **athletics carnival**. It was a really successful day. The weather was perfect and the students participated keenly in all of the activities. I would like to congratulate **ALL** students on their participation and behaviour on the day. I would like to make special mention of the age champions. **Congratulations** to you all on your efforts and determination!! Congratulations also to the students of the winning house.....Melba. Well done to you all!! **Thanks** to the parents for your support on the day. It was great to see so many of you cheering from the hill. Thanks also to the parents who assisted in any way. Your assistance certainly contributed to the overall success of the day!! See page 8 for full results.

I would like to congratulate **Ben Eadie** (Yr 6) on his success at the State PSSA Golf Championships recently. Ben placed third in the event and subsequently has been selected in the NSW team to contest the National Championships, in Toowoomba, during November. This is an outstanding achievement and the school is very proud of Ben. Ben's success, in the sport of golf, highlights the values of Participation, Determination and Excellence. Well done Ben and good luck at the nationals!!!!

The **NAPLAN results** for students in Years 3 and 5 have been sent home to parents. The staff will be analysing these results in early term 4. The data, which highlights the things that we are doing well and the things we need to improve, will be used to inform our teaching focus for 2011.

"Learn to Swim" classes will be held again during the summer holidays throughout January. Enrolment forms can be obtained from school. They are located in the foyer.

I would like to remind parents that **students should use the pedestrian crossing** when entering or exiting the school. This is the only place on Meade St where students should cross the road. **Students must not walk between buses** to cross the road. If your child rides a bike to school, **they must wear a helmet. It is the law!!**

I would like to wish everyone **a safe and happy holiday**. I look forward to working with you all in Term 4. School resumes for staff and all students on Monday 11/10/10. See you then!!!!

Some dates for your diary- 20/9 Merit Assembly @ 2:00pm; **23/9** School Musical Performance for primary students- Pds 3&4, Aboriginal Education Focus Group Meeting @ 3:30pm; **24/9** JRFH Jump-off, last day of school for Term 3.

- **Sally Thompson**

P & C ASSOCIATION INC – GREAT SUPPORTERS OF OUR SCHOOL

The Bulahdelah Central School P & C Assoc. Inc members would like to thank those of you who supported our **Father's Day stall** at school. It was another successful event on our busy calendar. Thanks must also go to **Voni Hughes** and **Nikki Hammerl** who volunteered to sell our gifts. Thank you both for assisting on the day.

Our **Election Day BBQ** went very well also. Thank you to the volunteers who cooked, served and also sold guessing competition tickets – it's always busy on election day!

Finally, what a wonderful effort for our **Father's Day guessing competition**. Tickets were sold at the Election Day BBQ, through the school and at our street stall. We sold over \$1000 worth of tickets – what an amazing effort. The proceeds will be equally divided between Father Chris Riley's Youth Off The Streets and Stewart House as the money was raised for the students participating in the Bike Challenge.

A big thank you to Bunnings for donating the first prize, RAM Surf Shop for the key chain and Burke's Bicycles who donated the helmet.

Congratulations to:

Sue Malone (\$200 voucher at a well-known hardware store);

Ben Saville (4 piece drill set valued at \$100);

Sandra Charlton (a bag of Father's Day gifts);

Jayne Stewart (helmet)).

P & C members hope you all enjoyed your prizes and the dads enjoyed their Father's Day.

At our September meeting we toured the new facilities including primary toilets, fitness equipment and language centre. Welcome to our newest P&C parent and we would welcome any newcomers at our next meeting.

Next P&C Meeting - first day back of Term 4 - Monday 11 October at 3.30pm (please note the earlier starting time)

- **Nickie Dorney, Secretary**



HSC MAJOR WORKS

Head Teacher TAS faculty Mr. Chris Gladys has congratulated his Year 12 Industrial Technology, Timber students for their commitment to building their major works which were marked recently at BCS.



Jason Shultz - Computer Desk
Matt Webster - Low Line Table



Tim Gooch - Queen Size Bed



Robert Arnautovic- Chess Set

SCRIBBLINGS FROM THE SRC – *Participation, Respect, Innovation, Determination, Excellence*



World Vision Cup-Cake Stall: The World Vision Cup-cake stall was held to raise money for the 40 Hour Famine. This was an extremely successful day with \$255 being raised for a very worthy cause. The SRC sold over 500 little cupcakes on the day to primary and secondary students, the teachers and SASS members. A massive thank you must go to Sarah Stuart from Year 10 and her family, who made ALL the cupcakes the morning of the cake stall. Well done Bulahdelah Central

School. - **Liz Lister, SRC Coordinator**

CAREERS INFO

TRANSITION INTERVIEWS: Over a three day period early in September Year 12 students were given the opportunity to participate in a transition interview with Careers Adviser Mick McKinley.

ACTIVITIES, EXCURSIONS – *Participation, Determination, Excellence*



VISIT TO BUNGWAHL PUBLIC – A PARTNER SCHOOL: On Wednesday 8th September, our Year 9 and 10 music students and the vocal group performed at Bungwahl Primary School for the students and staff. For some, it was their first performance in front of an audience, and all students should be pleased with their presentations on the day. Following our performances, Bungwahl students demonstrated their skipping routine for us. We are very impressed with the skills they were able to demonstrate. We thank the staff at Bungwahl for allowing us to visit and we also thank the students for making us feel most welcome. Special mention must go to Alex Barry of Year 9 who did an amazing job packing the equipment into the school trailer. It was a lot of gear to fit into a small area and was skillfully achieved by Alex! Congratulations and well done to all students involved.

- **Wendy Parsons, Music Teacher**

Photos Clockwise from top: **Faith Wallace Yr 10; Josh Barnett, Kyra Gregory, Chloe Green, Skye Marks & Sofie Dorney; Vocal Group; Jack Burns & Chanel Christie**



GRAND FINAL WINNERS:

Congratulations to the Bulahdelah Bullets FC Under 15 Girls' Soccer Team – they won the Grand Final 3 to 0 on Saturday 11th September against the Old Bar team.

Double congratulations as the team went through the competition undefeated. Coach **Dave Sibert**, Assistant Coach **Nathan Makila** and Team Manager **Jacinta Mason** were very proud of their achievements. Thanks go to the **sponsors** including Bulahdelah Bowling Club, Cafe Delish and NTI Constructions.

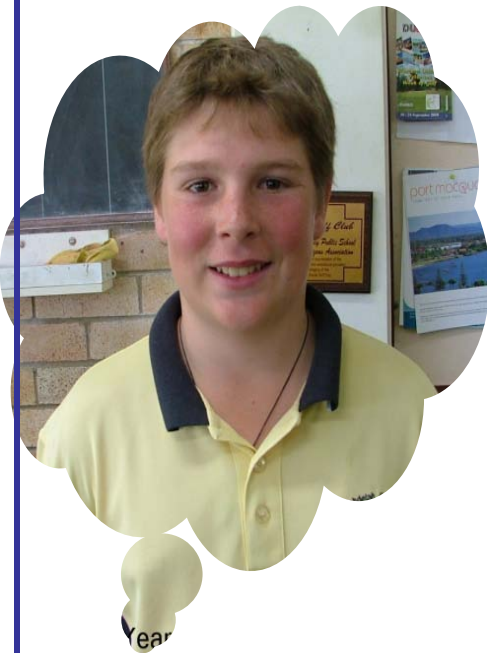


Team members are **Rene Vella, Sally Krause, Skye Hammerl, Kyra-Lee Gregory, Kiah Finch, Gabby Keaton, Lily Sibert, Michaela Mason, Megan Hamilton, Grace Newton, Sam Rinorter, Katrina Mason, Vera Pekich, Lauren Shultz** and **Carly Collins**. **Well Done! You have displayed Participation, Innovation, Respect, Determination and Excellence.** (Photographer Jacinta Mason)

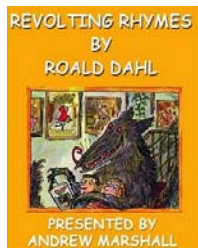
BEN WINS SELECTION IN STATE GOLF TEAM:

Ben Eadie has won selection for the State Team. Ben, a Year 6 student at BCS, last week won selection to represent NSW in the Australian Primary Schools Golf Championships. The PSSA State Championships were held at Mudgee Golf Course, playing 36 holes, over two days. Having just experienced their highest rainfall in many years the water logged course proved quite a challenge for the primary school golfers on the first day of play, improving with the sunshine on the Tuesday. Playing in a field of 60 boys aged 12 years and under from all over NSW, Ben shot a gross score of 83 for the first day and 82 for the second day, putting him in third place for the Championship. The top eight boys were selected to play in the Australian Primary Schools Golf Championships to be held in Toowoomba, Queensland on 7th to 11th November 2010. They will be representing NSW, competing against teams from each state. Unfortunately there is no funding available to help

pay for the PSSA levies, team uniform and travel required to participate in this competition, so Ben will be selling raffle tickets over the next six weeks to help support the cost of this great experience. Ben would greatly appreciate your support. **Well Done Ben! You have displayed Participation, Innovation, Respect, Determination and Excellence.** Students, staff and the wider community wish you luck in November.



STATE WINNER: Shannon Markham of Year 8 was placed in the top 10 in NSW for High Jump Congratulations Shannon.



AUNTY PEACH AND THE REVOLTING RHYMES: On Friday 27th August students from Kindergarten to Year 6 were to be treated to a wonderful performance as the wacky and humorous rhymes of Roald Dahl were brought to life. However, due to the performers' family being in ill health, the performance was cancelled. The good news is that the performance was held on Wednesday 15th September and students were given the opportunity to participate, act and interact both with Aunty Peach and each other.

“SNAKE MAN” PERFORMANCE: Students from Kindergarten to Year 2 attended a presentation by the “Snake Man” which assisted them to obtain knowledge of snakes and so help them remain safe.



BIKE CHALLENGE UPDATE: With the Bike Challenge already underway as you read this, it was a busy few weeks of preparation before hand for all those involved. The itinerary was set out in great detail (subject to change due to local road, weather or other conditions): *Friday 17th* – all gear packed and ready to go:

- *Saturday 18th* – leave BCS at 6am to travel to Mt. Kaputar, estimated to take 8 hours.
- *Sunday 19th* – explore Mt. Kaputar.
- *Monday 20th* – travel to Split Rock Dam; visit Barraba School – approximately 80km of riding, the last 20kms on dirt road. Camp overnight.
- *Tuesday 21st* – cycle to Tamworth visiting Manilla School – approximately 80kms of riding – camp at Austin Caravan Park.
- *Wednesday 22nd* – Tamworth to Nundle via Woolomin and Nundle Schools. Approximately a 50kms ride.
- *Thursday 23rd* – Nundle to Glenrock Station – 60 kms of challenging riding including Hanging Rock Road.
- *Friday 24th* – Glenrock to Manning River campsite at Barrington Tops. Visit Ellerston School. (Probably the toughest day – 60kms.)
- *Saturday 25th* – Barrington Tops to Cobark – an easier 35kms.
- *Sunday 27th* – Gloucester to Bulahdelah (65km moderately hard riding).

Those participating are bush camping without power or hot or cold running water except for the creeks and rivers for half of the trip. Cell phones, MP3players or any other electrical appliance were not permitted on this trip and shampoos, aerosols and cosmetics were not needed. A bare minimum of equipment was permitted: swag/tent/sleeping bag; eating utensils; one set of warm clothes for sleeping; comfortable and highly visible riding clothes; approved helmet; hat, sunscreen, sunglasses; towel, swimwear, soap, toothbrush. Well done to all participants and staff member Mr. Peter Kershaw, the co-coordinator. We look forward to hearing all about it in the first newsletter of Term 4. *(Photo shows the 2009 Bike Challenge Team with co-coordinator Peter Kershaw on the right.)*

STOP PRESS: Many thanks to all those people who supported the Bike Challenge Competition which raised \$1003:50. (See P & C Association Inc Report on page 4.)



JINDABYNE FIELD STUDY: Year 11 students attended a Field Study Residential School at Lake Jindabyne Sport & Recreation Centre from 12th to 17th September. This Centre, located in the Southern Highlands of NSW, offers students an unique opportunity of studying a diverse range of natural and human features in their real setting. The camp furthers the opportunity of students to meet and study with teachers and students from different schools and social backgrounds, providing

an important social experience not available in the normal school situation. The camp also caters for individual confidence and morale as well as team building activities. Students were accommodated in a dormitory building catering for 40 students plus staff with each room sleeping six to eight students. Each dormitory building has two large bath/shower rooms, a drying room and a laundry with washing machine and dryer. Students were carefully supervised at all times by resident and visiting teachers, including BCS staff members Mr. Chris Gladys and Ms. Simone Payne. Social and recreational programs were organised for the evenings. This Field Camp incorporated downhill skiing (compulsory for three days) with the Crossroads Course (two days). Crossroads is a compulsory 25 hour course for senior students and covers topics such as self-management, risk taking, drug and alcohol education. The cost of the camp was \$835. Students were given notice as early as March of this year and many took advantage of the instalment payment system. The cost of \$800 included transport to and from Jindabyne, accommodation, meals, hire of skis, boots and stocks as well as the compulsory helmet, a three day lift pass and professional skiing instructions each day with the additional \$35 for hire of clothing.



PRIMARY ATHLETICS CARNIVAL: Thursday 9th September saw the Primary Department finally hold their athletics carnival after having it postponed a number of times due to poor weather. It also meant that our students missed out on Zone and possible Regional representation. Our carnival is a selection process for representing the school, zone and possibly region. Of course, it is also meant to be an individual competition for championship honours as well as being a team or House competition.

Many thanks to the parents, students and staff who worked to make the day an enjoyable and successful one. Thanks to the students who actively supported their houses by dressing up or decorating themselves. Special mention to the Blue Smith Boys and to the Green Hurtados who even went to the effort of decorating the car!

Congratulations to all students who participated but a particular congratulations to the following students for achieving very well in their age championships.

8 Year Boys 1st Angus Plummer, Equal 2nd Alex Hamilton & Brodan Nassif

8 Year Girls Equal 1st Heidi Buchanan & Yileen Galimard, Equal 3rd Eva Germanos, Abby Whitfield & Madison Hurtado

9 Year Boys 1st Brandon Nott, 2nd Liam Garemyn, 3rd Jayden Saville

9 Year Girls 1st Mary-Joy Bramston, Equal 2nd Elke Stoddart, Kaylee Whitfield, Grace Germanos & Chloe Pringle

10 Year Boys 1st Djindi Galimard, 2nd Thomas Morgan, Equal 3rd Klayton Haynes & Tayla Sanders

10 Year Girls Equal 1st Kaitlyn Gregory & Tamara Gooch, 3rd Katelyn Sibbert

11 Year Boys 1st Kyan Briffa, 2nd Braydon Merrell, 3rd Stuart Smith

11 Year Girls Equal 1st Hayley Byrnes & Tiffany Wood, 3rd Izabella Stewart

12 Year Boys 1st Jayden Lilley, 2nd Shane Hamilton, Equal 3rd Kyle Shultz & Mitchell Partek-Swann

12 Year Girls 1st Hannah Rietveld, 2nd Rachael Krause, Equal 3rd McKelty-Rae Searle & Chloe Lamborn

The House competition results were close but eventually the placings were Melba first, Wentworth second, Kenny third and Bradman fourth. Congratulations to Melba and to all students who participated well on the day.



- **Stan Backhouse, Sports Coordinator.**

STAFF DEVELOPMENT

Staff at BCS have many opportunities to participate in staff development activities. Each year the SASS (School Administration Support Staff) Conference is held in Coffs Harbour and it offers a variety of work-related workshops. SASS who attend bring back updates and new ideas which they then share with their colleagues. **Kathy Aquilina, Leanne Gooch** and **Gemma Stace** attended this year's conference on 9th and 10th September while **Bev Maybury** and **Louise Young** are looking forward to their in-service for Abode Indesign Training coming up at Pacific Palms Public School on Wednesday 22nd September.

HOME STUDY AREA



For students to gain the maximum possible benefits from their learning at home, a special place to study is highly desirable. This area to study should be used only for that purpose; over time the brain will associate the place with study, thus making it a habit and reducing barriers to getting started at night. Many families find space a problem and a special study area difficult to provide. In these cases, the best scenario is to create as many features for an efficient study area as possible e.g. well lit, quiet, warm, and comfortable, etc. Study in front of the TV is a total waste of time because very little, if any, of the subject matter will be absorbed in the students' memories; a proven fact. Also, studying in bed is not beneficial. Firstly, the brain relates bed to sleep, not study, and efficient study won't occur. Secondly, studying in bed will effect sleep patterns and reduce the students' quality of health.

HOUSEKEEPING

COLES SPORTS FOR SCHOOL PACK

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.

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 14th & 28th October, 11th & 25th November and 9th December. Please mark these dates on your calendar.**



NEXT NEWSLETTER: Monday 18th October – Issue 15 – first for Term 4.



BCS distributes the *Tall Timbers* newsletter fortnightly by email. Please make sure your mailbox is cleared. Also, the newsletter is available on the school webpage.

PLEASE NOTE that as from term 4, 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: 18th October, 1st, 15th & 29th November and 13th December. Please mark these dates on your home calendar and remind your student to collect your copy.



Nutrition Note

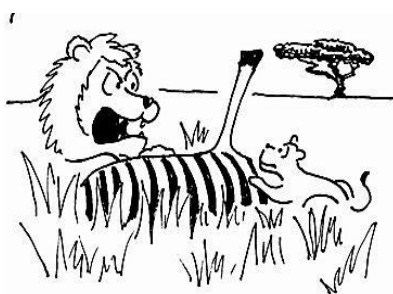
Got a Fussy Eater? You're not alone and there is a solution! Do you find it hard to:

- Get your child to eat enough?
- Get your child to eat what you have prepared for him/her?
- Get your child to eat healthy foods?
- Get your child to sit still at the dinner table during meal times?



Here are some tips that can help you:

1. Develop a meal plan for 3 main meals in a day and maybe a small snack in between mealtimes.



"What do you mean, you're tired of zebra? Some cubs in America never have zebra."

Serve all foods in small portions. They will always ask for a second helping if they still feel hungry. Large portions might overwhelm your child.

2. Don't fall into the trap of making a special meal for your child if they refuse to eat. Instead, serve the meal you have prepared for them and if they don't eat it, keep it in the fridge. Say to them "It's a shame you weren't hungry, that was such nice food" instead of being angry with them. Your child won't starve and he/she will learn to eat their dinner as they know they will not be offered anything else. You can also try

letting your child prepare the dinner together with you, they are more likely to eat what they prepared.

3. Offer new food to your child in small amounts. Avoid labeling your child as a "fussy eater" and give up after a few tries as they are more cautious and takes time to accept certain foods. Instead, keep trying and praise them when they try eating the food. You can also try adding small gratings of vegetables when preparing rissoles/meatballs/lasagna/bolognaise sauce for them.

4. Turn off the TV and radio and gather everyone to sit at the dinner table. Enjoy your mealtimes together and talk about things other than food, such as what they did in school that day or some funny stories you heard. **Source from Managing Toddler Mealtimes Factsheet from Westmead Children's Hospital**

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>SEPT/ OCT</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
MON	20	Banana Cake	\$ 1:50	Calamari & Salad	\$ 5:00
TUES	21	Ham & Cheese English Muffins	\$ 2:50	Quiche & Salad	\$ 4:50
WEDS	22	Spring Rolls	\$ 2:50	BBQ Chicken & Salad	\$ 5:00
THURS	23	Chicken Goujons	\$ 3:00	Chicken Vol au Vents	\$ 3:00
FRI	24	Wedges S/C Chili/S	\$ 2:50	Beef Stir-fry & Rice	\$ 3:50
ENJOY THE HOLIDAYS					
MON	11	Fruit Rockets	\$ 1:50	Chicken Stir-fry & Rice	\$ 3:50
TUES	12	Scones, Jam & Cream	\$ 1:50	Curried Prawns & Rice	\$ 4:50
WEDS	13	Mini Salad Wraps	\$ 2:50	Greek Salad	\$ 3:00
THURS	14	Zucchini Slice	\$ 3:00	Quiche & Salad	\$ 4:50
FRI	15	Chicken Wraps	\$ 2:50	Caesar Salad	\$ 5:00

CULTURAL EXCHANGE – Participation, Respect & Excellence



EXPERIENCE ANOTHER CULTURE – BRING HOME A BROTHER OR SISTER: In January 2011, students aged 15 – 18 years, from over 20 countries will be arriving in Australia to study at local schools for 2-10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis. Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today. To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. <http://studentexchange.org.au/>

TAKE HOME AN INTERNATIONAL BIG BROTHER OR BIG SISTER: Capture the spirit of family and friendship by hosting an international exchange student from Southern Cross Cultural Exchange. Carefully-selected students arrive in early February 2011 from Europe, the U.S.A., Japan and Canada. Check out our brochure BRING THE WORLD TO YOUR HOME on the Southern Cross Cultural Exchange website www.scce.com.au . If you want to seize this opportunity, contact S.C.C.E. on 1800 500 501 (we may have a representative in your area), fill in the Host Family Application Form (also on our website). Students will attend your local secondary school, are fully insured and have their own spending money. The February students are being matched now!

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 style="text-align: center;">Participation</p> <p style="text-align: center;">We promote participation and school spirit in an environment that values the participation of students, staff and the wider community.</p> <p style="text-align: center;">Are you actively involved in the life of the school?</p>	
R		<p style="text-align: center;">Respect</p> <p style="text-align: center;">We respect the rights of others, ourselves and the school in an environment of harmony and personal responsibility.</p> <p style="text-align: center;">Do you respect yourself, respect others and take responsibility for you own actions?</p>	
I		<p style="text-align: center;">Innovation</p> <p style="text-align: center;">We initiate and continue to improve as individuals, teams and the school.</p> <p style="text-align: center;">Can you find a better, smarter or more creative way?</p>	
D		<p style="text-align: center;">Determination</p> <p style="text-align: center;">We work towards quality, success and recognition in a persevering manner.</p> <p style="text-align: center;">Do you keep on working towards your goals?</p>	
E		<p style="text-align: center;">Excellence</p> <p style="text-align: center;">We do our best to achieve excellence.</p> <p style="text-align: center;">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		
September	20	Bike Challenge all week; Pri Merit Assembly; Newsletter published by email and on webpage
	21	International Day of Peace
	22	Spring Equinox
	23	Year 12 Graduation Assembly 10am School Gymnasium; Performance for Primary students Pds 3 & 4; Aboriginal Education Focus Group Meeting 3:30pm.
	23	Entries close at BCS for Bulahdelah Show School Pavilion Night – Art, Creative Writing
	24	Jump Rope for Heart Jump off Save the Koala Day; Last day of Term 3
	25	Last day term 3
	29	National Police Remembrance Day
October	03	DAYLIGHT SAVING COMMENCES (Clocks put forward one hour)
	05	World Teachers' Day
	11	Staff and students return for Term 4 – there is NO student free day in term 4; P & C Meeting at 3:30pm (note new time)
	14	HSC Examinations begin – till 10th November
	14	School office closes at 3pm
	18	Newsletter published by email and on webpage;
	28	School office closes at 3pm
November	01	Newsletter published by email and on webpage;
	05	Entries close at BCS for Bulahdelah Show School Pavilion Night Public Speaking Competition
	08	School Certificate Examinations begin – till 12th November
	10	Bulahdelah Show School Pavilion Night
	11	School office closes at 3pm
	15	All My Own Work begins
	15	Newsletter published by email and on webpage;
	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?



1. **International Day of Peace (21st September):** In 1981 the United Nations decreed that this day be observed each year on the opening day of the regular session of the United Nations General Assembly. This day is intended to commemorate and strengthen the ideals of peace within and among all nations of the world.

2. **Spring Equinox (22nd September):** In the southern hemisphere on this day the sun's rays are directly over the equator and the hours of daylight and darkness are equal.

3. **Save the Koala Day (24th September):** This day is sponsored by the Australian Koala Foundation and aims to raise awareness of the plight of koalas, the importance of preserving their natural habitats and raising funds for the cause. The month of September is Save the Koala Month.



4. **National Police Remembrance Day (29th September):** This is the day to remember police officers who have died in the course of duty. A minute's silence is observed at services throughout Australia.

1. **World Teachers' Day (5th October):** This special UNESCO day focuses public attention on the contributions and achievement, concerns and priorities of teachers at all levels of education. It reinforces the centrality of the work of teachers in providing the next generation of the world's people with the knowledge, skills and understanding they need to shape and manage their lives in the 21st century.

SUMMER SAFETY FOR KIDS

With the holidays only a week away and the weather warming up, now is the time to consider summer safety for our children. During the summer months many children are taken to hospitals for serious injuries resulting from motor vehicle crashes, drownings, bike crashes, pedestrian incidents, falls, and other hazards. The fun and relaxation of summer can be deceptive when it comes to safety. Kids are exposed to more dangers because they tend to be more active. The good news is the majority of these can be avoided by taking a few simple steps.

WATER RELATED ACCIDENTS:

The warm weather usually sends children to the nearest swimming pool. Taking the time to teach children how to be safe when swimming can help avoid a drowning. Childhood drownings and near drownings occur silently and within a matter of seconds, typically when a child is left unattended or unsupervised near a pool or an open body of water.

Following these steps can help keep your children's time around water fun and safe.



- Always supervise swimming children or children near water—never leave them alone—even for a moment!
- Teach children to never swim alone—even when they are older.
- Learn CPR for adults and children.
- Make sure children take swimming lessons when they are ready—usually after age 4.
- Don't let kids dive into water that is less than nine feet deep.
- Realise that children can get into trouble in the water even if they know how to swim or are wearing a life jacket.
- Empty & turn over wading pools as soon as they are empty.

If You Own Your Own Pool:

- Have a fence that separates the pool from the house and yard.
- Keep a phone and emergency numbers near the pool
- Use a gate or pool alarm.
- Keep rescue equipment near the pool.

For Oceans, Lakes and Rivers:



- Make sure kids swim only in areas marked for swimming.
- Never allow them to dive into ocean, lakes or rivers because you do not know how deep the water is.
- Make sure everyone wears an approved Personal Flotation Device (PFD or Life Jacket) near or in the water on boats.
- Water wings and inner tubes are not substitutes for life jackets.
- Don't allow children to drive jet skis.

Bicycle safety and teaching rules of the road will appear in the next issue of our newsletter,

dated 18th October.

Subscribe today to...

FIREWISETM eNews

To help protect yourself & your family from bush fire

Learn what may best protect you, your family and pets from bush fire

Be better prepared for bush fires

Get the latest news about community fire safety

Why you need to have a bush fire survival plan

Understand your level of risk

How do fire danger ratings and emergency warnings work?

To subscribe go to:

www.rfs.nsw.gov.au

PREPARE. ACT. SURVIVE. | 1800 NSW RFS



The staff and students of

BULAHDELAH CENTRAL SCHOOL

*wish the class of 2010 all the best in the Higher School Certificate
and in their future endeavours*

Year 12, 2010

**Robert Arnautovic
Nyomi Aubrey
Melissa Barry
Cameron Blackwood
Sally Caulfield
Kate Clark
Brett Corfield
Nicholas Donovan
Timothy Gooch
Jake Hacene
Bianca Hamilton
Benjamin Harragon**

**Lauren Harrington
Alana Howard-Young
Sabrina Jeffery
Chavez Johnson
Dylan Kealy
Hayley Malone
Vanessa Manaos
Kim Rigley
Richelle Rowney
Gabrielle Sackley
Carissa Sewell**

**Jason Shultz
Aleshia Spencer
Germaine Staples
Roxanne Syron
Nathan Tansey
Skye Tazewell
Zachary Thatcher
Alexander Todd
Jessica Van Der Linden
Jessica Watts
Matthew Webster
Lauren Winn**



STRIVE TO ACHIEVE

FORMAL GRADUATION ASSEMBLY - SCHOOL GYMNASIUM

THURSDAY 23RD SEPTEMBER - 10AM

ALL WELCOME

(H.S.C. Exams commence 14th October.)