



Strive to Achieve

19/09/11
Issue 15

BULAHDELAH CENTRAL SCHOOL

Est. 1868

A PRIDE School

Delivering Quality Education

Teaching for today, educating for tomorrow.

Tall Timbers Newsletter

LAST FOR TERM 3, 2011

Happy
Holidays

Everyone
returns

Term 4
10/10/11

THERE IS NO STUDENT FREE DAY AT THE BEGINNING OF TERM 4.

HIGHER SCHOOL EXAMINATIONS
commence on MONDAY 17TH OCTOBER
SCHOOL CERTIFICATE EXAMINATIONS
commence on MONDAY 7TH NOVEMBER

YEAR 12 FORMAL GRADUATION ASSEMBLY
SCHOOL GYMNASIUM
THURSDAY 22ND SEPTEMBER - 10AM
ALL WELCOME

DAYLIGHT SAVING

Daylight Saving will begin in New South Wales on
SUNDAY 2ND OCTOBER 2011 (first Sunday in October) at 2am,
when clocks will be put forward one hour. ➡

(HSC students please note.)

It will end on the first Sunday in April 2012 (1st April) at 3:00am
when clocks will be put back one hour. ⬅

Our mission is to strive to achieve in all endeavours in a happy, caring and supportive environment.

OUR PRINCIPAL'S REFLECTIONS:

Year 12

This is the final week of formal schooling for year 12 and on Thursday we will be wishing them the best as we recognise their achievement at the Year 12 Graduation ceremony. One of the advantages of teaching in a central school is that you get to witness the growth and development of the students from kindergarten through to Year 12. Whilst I have only seen this group since they were sitting their School Certificate in 2009 I have witnessed a significant positive change in all of them. I firmly believe they will be leaving as fine young adults ready to pursue their next challenge in life. I wish them well whatever they chose to do in the future.

World Record Attempt

Today Year 12 organised and ran, as a fundraiser, an attempt to break the world record for the most people blowing a chewing gum bubble simultaneously. The current record is 304 and whilst Year 12 had organised more than enough people to participate I think the quality of the chew/bubble gum may have defeated them in the end. The result won't be known for a short while as certain conditions have to be met and verification carried out.

NAPLAN

Our school's NAPLAN results have arrived along with individual student reports for Years 3, 5, 7 and 9. Year 3 and 5 have already been sent home with the students last week and Year 7 and 9 will be sent home shortly.

The whole staff will be analysing the results over the coming months to inform our decision

making and provide the school with the directions necessary to refine our educational practices

Parentingideas Magazine

The second edition of Parentingideas Magazine comes with great tips and advice to help parents raise wonderful kids and enjoy the journey.

Parentingideas Magazine is a quality quarterly online parenting magazine featuring some of Australia's best parenting writers, covering the topics you want to know about. And it's published by Michael Grose.

Here's a little of what you'll read in the current issue:

- The amazing Dr. Jason Fox writes about motivating kids to learn through gaming
- Channel 9's Morning Show regular Dannii Miller has a great piece on overcoming self-consciousness in girls (it's great for boys too!)
- Fay Angelo writes about helping girls (and you) prepare for their first period.
- Fivehive's Yvonne Adele has some getting to bed tips with a difference
- Ninja Dad Malcolm Nix has a cool column for dads! It's a great read and it's fun too!

Best of all it's FREE! And you can find it at

Parentingideas.com.au/parents

Final words ...

"We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself." - Lord Alexander

UPDATE FROM OUR SECONDARY DEPUTY PRINCIPAL:

During the last week our middle school students have had two exciting and stimulating experiences. Firstly the winners of the unit on Egypt flew to Melbourne to see the **Tutenkhamun Exhibition** at the Melbourne Museum. I was fortunate enough to attend along with Mrs. Thompson and two parents and thirteen students. The whole experience was a marvellous opportunity for our students, who not only had the chance to visit one of Australia's major capital cities but to see one of the world's most fascinating and valuable examples of historical heritage. The exhibition was stunning particularly when you consider the age of the artefacts and how well preserved they were, as well as the intricate craftsmanship of the Ancient Egyptians revealed in their carvings and jewellery. Congratulations to our Middle School co-ordinator, Mrs. McDonald for organising both the activities and the prizes.

Last week our Middle School students also took part in a whole day's activities relating to the **environment**. These included making musical instruments and artworks from recycled materials, creating posters on environmental issues and several other activities. The students were kept thoroughly engaged throughout the day and credit must go to the teachers who put in a lot of time and effort in preparing these activities.

I was also lucky enough to see some of the *Year 7 work* which was organised by Mrs. Connell. The students were required to create a picture book story around an environmental issue and illustrate the story. The quality of some of the work produced by Year 7 is outstanding and the students can be extremely proud of their efforts. I urge parents to have a look at these creations as they are truly amazing and worthy of wider publication.

This week we say **farewell to Year 12**, after what has been a traumatic few weeks for the whole class. This Thursday is their **formal graduation** and the school will be celebrating their achievements and wishing them success in their HSC exams next term. Parents and community members are most welcome to attend and be part of one of the most important events in our school year. Assembly starts at 10am in the Gym. In the evening there will be an **SRC disco** to farewell Year 12. Notes have been sent home for parents to sign. I would also encourage parents and friends to see the **Year 11 Musical Production of Pirates of the Caribbean** on Tuesday and Wednesday night. Tickets can be purchased from the office.

All in all a very busy end to a very full term but one I know has given students some wonderful learning experiences. My **best wishes** to all staff and students for a safe and relaxing holiday break. **School resumes** on Monday 10th October for both teachers and students.

- **Roger Horton, Secondary Deputy Principal**

OUR PRIMARY DEPUTY PRINCIPAL BRINGS YOU THE NEWS:

This is the **final newsletter** before the end of the term. Where has the time gone?

There have been many exciting and engaging learning experiences, which have taken place, throughout the term and many of these would not have been possible without the **support of parents**. Your support is always greatly appreciated. One of the many positive qualities of BCS is the myriad of interesting learning opportunities that are made available, by staff, to the students. They are very fortunate indeed.

One of these opportunities was the **trip to Melbourne** for the winners of the different categories of the Ancient Egypt unit of study. What an amazing experience this was for the 13 lucky students. Mr. Horton and I had the privilege of accompanying the students, to Melbourne, and they were wonderful ambassadors for BCS. The Tutankhamen Exhibition was awesome and the plane trip down and back was enjoyed by the students. I hope that we can continue to offer incentives, of this nature, in an effort to encourage students to *Strive to Achieve*.

The **Environmental Day** was also a huge success. There were a variety of learning activities including building a garden, making rockets from coke bottles, creating a mural using junk materials and a recycled clothes shop, to name a few. This was the culmination of work undertaken by Middle School students throughout Term 3. Stage 3 students participated in an on-line learning program called "*Murder Under the Microscope – Horror in the Harvest*" Students were given clues and undertook research to determine the victim, the crime site and the villain. Although unsuccessful in correctly identifying all three, the students learnt a lot about the environment on their learning journey. Thank you to the staff who were involved on the day and to Mrs. McDonald for her organisation and facilitation of the program.

Our current **kindergarten went back to pre-school** to visit some old playmates and tell our 2012 kindergarten intake all about big school.

I will report on the **Discover Uni Day** in the next newsletter.

I would like to wish everybody a **safe and relaxing holiday** and I look forward to working with staff, students and parents in Term 4.

Some dates for your diary: 19/9 Merit Assembly, 20/9 Pirates of the Caribbean matinee performance, 22/9 Stage 1 reward day (transport excursion), Disco, Debate V Tea Gardens, 23/9 Last day of school – Term 3, 10/10 School resumes for all students K-6. Cheers, **Sally Thompson, Primary Deputy Principal**

Our mission is to strive to achieve in all endeavours in a happy, caring and supportive environment.

The staff and students of
BULAHDELAH CENTRAL SCHOOL

*wish the class of 2011 all the best in the Higher School Certificate
 and in their future endeavours*

Year 12, 2011

Sarah Benson
 Emily Bidgood
 Rhiannon Campbell
 Briana Charlton
 Leslie Coleman
 Kayla Cutajar
 Carissa Dalton
 Kassandra Edwards
 Guy Germon
 Liam Gleeson
 Nicole Goldsworthy
 Damien Green
 Marlies Hammerl
 Andrea Hammond

Marc Hughes
 Corey Johnston
 Bradley Keaton
 Thomas King
 Trent Lamborn
 Mitchell Markham
 Douglas Martin
 Stephanie Meyrick
 Emma Murray
 Carla Nott
 Phoebe Partridge
 Jakov Pekich
 Jay Reynolds
 Malak Ribah

Luke Schaefer
 Ali-Jade Searle
 Vanessa Sewell
 Brooke Smith
 Sam Smith
 Jessica Soley
 Dylan Tennyson
 Emily Tisschner
 Laura Waters
 Jayden Watt
 Thomas Weippeart
 Daniel White
 Madeleine Winn



STRIVE TO ACHIEVE

FORMAL GRADUATION ASSEMBLY - SCHOOL GYMNASIUM
THURSDAY 22ND SEPTEMBER - 10AM - ALL WELCOME
FORMAL DINNER THURSDAY 17TH NOVEMBER
(Bulahdelah Bowling Club – alcohol free event)

H.S.C. Exams commence 17th October.

WHOLE SCHOOL

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.



Daniel White, low line entertainment unit



Dylan Tennyson Compact cellar



Leslie Coleman – dartboard and pool table

DUNGOG SCHOOL HORSE SPORTS DAY



Seven students participated in the Dungog School Sports Day recently, showing great horsemanship and sportsmanship. Our students brought home ribbons from many categories. Cool conditions prevailed but everyone enjoyed the day which was very well organised.

Congratulations to Casey, Ellie and

Tamara Gooch, Natalie Aquilina, Jennefer Trott-Penton, Kimberley Hughes and Sarah Aldis.

(Photos from Julie Aldis)



CANTEEN – we are a HEALTHY canteen – GREEN for GO

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>Term 4</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
10/10	Chicken Mini Wraps	\$ 2:50 ea	Chicken Stir-fry	\$ 3:50
11/10	Mina Pizzas	\$ 3:50 ea	Beef & (G) Rolls	\$ 2:50
12/10	Ham & Cheese McMuffins	\$ 2:50 ea	Calamari & Salad	\$ 5:00
13/10	P/Pies & P Sausage Rolls	\$ 1:00 ea	Curried Chicken & Rice	\$ 4:00
14/10	Mini Salad Wraps	\$ 2:50 ea	Hot Dogs	\$ 2:50
17/10	Spring Rolls	\$ 1:50 ea	S/S Pork with Rice	\$ 3:50
18/10	Wedges S/C Chilli Sauce	\$ 3:00 ea	Rissoles (G) Roll	\$ 2:50
19/10	Goujons	\$ 3:00	Beef Stir-fry	\$ 3:50
20/10	Wedges (Chicken)	\$ 3:00	Chicken Vol au Vents	\$ 3:00
21/10	Chicken Munchies	\$ 3:00 ea	Fish Burger	\$ 3:50

WORDS OF WISDOM

Everything you need to know, you can learn from Noah's Ark

Don't miss the boat.

Remember that we are all in the same boat!

Plan ahead. It wasn't raining when Noah built the Ark.

Stay fit. When you're 60+ years old, someone may ask you to do something *really* big.

Don't listen to critics; just get on with the job that needs to be done.

Build your future on high ground.

For safety's sake, travel in pairs.

Speed isn't always an advantage. The snails were on board with the cheetahs.

When you're stressed, float awhile.

Remember, the Ark was built by amateurs; the Titanic by professionals.

No matter the storm, there's always a rainbow waiting.



SCRIBBLINGS FROM THE SRC

Tuesday 13th September saw the Student Representative Council members host an out-of-uniform day to raise awareness for the Australian Cancer Council. Students were asked to wear footy colours and donate a gold coin. At recess the SRC ran a crazy hair kiosk and during the recess and lunch breaks the SRC sold Daffodil Day merchandise. Well done to all those students (and staff who participated).

DEPARTMENT INFORMATION

WHOLE SCHOOL

- **Local schools, local decisions:** The Department of Education and Communities is starting a process of consultation on empowering local public schools. "The current rules and processes can make it hard for principals and teachers to respond quickly to these issues. It can be very frustrating when a decision that is made in the best interests of a student is hindered by a process that just doesn't quite fit. Parents can find this difficult to understand as well." said education minister, Adrian Piccoli. To find out more and to have your say go to: <http://bit.ly/nyzxX8>
- The last day of Term 3 is Friday 23 September. With warmer weather hopefully upon us, here are some ideas for enjoying the holidays with your family: www.nsw.gov.au/school-holidays; <http://goplay.nsw.gov.au>; www.kidspot.com.au; <http://ourkidz.com.au/content/view/196/156/lang,en/>; www.visitnsw.com

PRIMARY

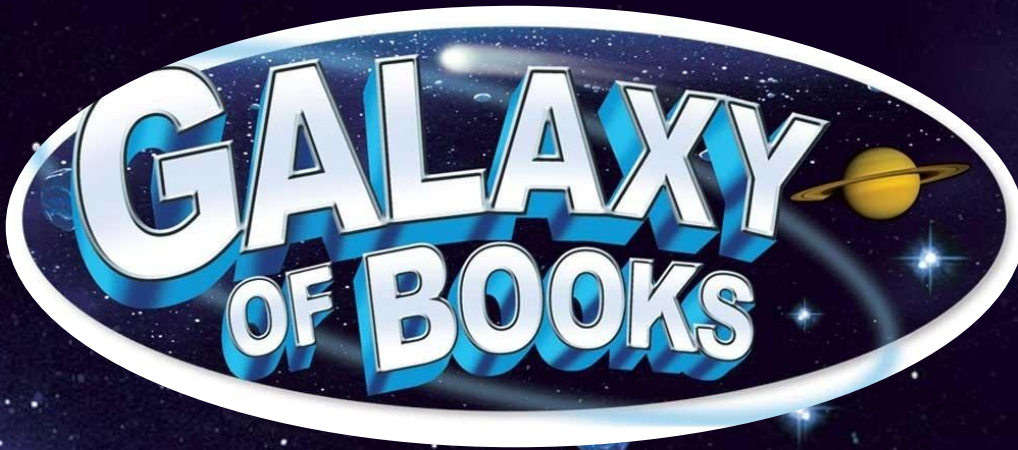
- **Safe sparks:** Electricity Safety Week (5-9 September) aimed to teach children how to stay safe around electricity both at home and outdoors. Through the special Electricity Safety Week curriculum, developed by the department and the NSW Science and Technology K-6 syllabus, students learnt about a wide range of electrical equipment, from substations that power whole suburbs to everyday household appliances. For more info: www.electrickids.com.au
- **Building self esteem:** It's never too early to help build self-esteem and resilience in a child. Self-esteem builds a solid foundation for people to deal with life and the many challenges it can pose. The Department of Family and Community Services has a good publication on this subject, as well as more for grandparents who are caring for young children, step families, single parents and coping with grief. Go to: www.community.nsw.gov.au/parents_carers_and_families/parenting/general_tips_for_parents_and_carers.html

SECONDARY

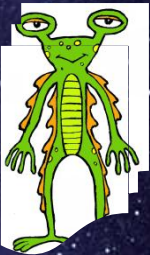
- **Skills training and competition:** If your teenager is considering an apprenticeship or traineeship after leaving school, check out the State Training Services website which has a host of information about training opportunities, how to start an apprenticeship, vocational training and the skills areas in most demand. www.training.nsw.gov.au There is also a YouTube competition which invites young people to make a short video about why everybody having the right green skills will be essential to create the sustainable jobs we need for the future. The winner will receive one of three \$500 gift vouchers for JB Hi-Fi. Closes 15 September 2011. www.training.nsw.gov.au/news/gs_competition.html
- **TAFE applications closing soon;** A reminder that if your child would like to enrol at a TAFE NSW college for semester one, 2012, enrolments close on 28 October (November for the North Coast). For information and advice on courses, go to: www.tafensw.edu.au/

Department of Education & Communities

LIBRARY GLEANINGS



BCS IS HOLDING A BOOK FAIR
Tuesday 18th October, 2011 (Term 4)
 Many various & interesting books will be on display for
 Student's/parent's to purchase.



Book Fair will be open **ALL DAY** for
 Student's/parent's and will be held in the hall
 (near Canteen).

*Books will be available for preview
 Monday afternoon 17th October*

A percentage of all purchases will be given back
 to the school, therefore benefiting the students of
 BCS.

Remember Christmas is coming, buy a book for family & friends

ALL WELCOME!
CAN'T WAIT TO SEE YOU THERE!



EXTRA CURRICULA ACTIVITIES



1. **The Bulahdelah Girls' Soccer team** won their Grand Final, defeating Greenpoint. This is their second successive win, being Minor and Major Premiers both years. Well done to **Michaela & Bianca Mason, Grace Newton, Chloe Lamborn, Tiffany & Chloe Griffis, Megan Harrington, Meagan Terry, Tiffany Woods, Tiffany Rinortner, Hannah Rietveld, Kyra-Lea Gregory, Lily Sibert** and coached by **Dave Sibert**. Next challenge - Kempsey for the zone championship Good luck. (Thanks to Jacinta Mason.)

2. **Brittany Dorney** of

Year 10 has ambitions to be a journalist and she is well on her way. Every month she writes an article for the prestigious *Australian Bushmen's Campdraft & Rodeo Magazine*. In addition, Brittany sometimes supplies photos for her articles. She writes at least one article every month but September and October she will provide two articles for each of those months. Congratulations Brittany. To read Brittany's articles, go to www.abcra.com.au



TALKING 'BOUT CAREERS

Ausgrid (formerly known as Energy Australia) have released their Apprenticeship, Cadetship and Traineeships opportunities for 2011.

Closing Dates: (In school holidays)

- Traineeships in Electrical Engineering
- Cadetships in Electrical Engineering

30th September 2011

30th September 2011

For more information check out <http://www.ausgrid.com.au/careers> or see Mr. McKinley

HOUSEKEEPING _ INFORMATION

OFFICE HOURS

Your school's Administration Office is open Monday to Friday from 8:10am to 3:30pm.

Exceptions are two Thursdays in Term 4 - 27th October and 24th November - the office will be closed from 3pm on those days.



NEXT NEWSLETTER: Monday 17th October – Issue 16 – first for Term 4



BCS distributes the *Tall Timbers* newsletter by email. If you are not receiving the newsletter, please make sure your email address is entered correctly at the school office and that your mailbox is cleared each Monday fortnight.

Also, the newsletter is available on the school webpage.

PLEASE NOTE: A small number of printed copies of the newsletter are 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 17th & 31st October, 14th & 28th November and 12th December. Please mark these dates on your home calendar and, if necessary, remind your student to collect your copy from the foyer.



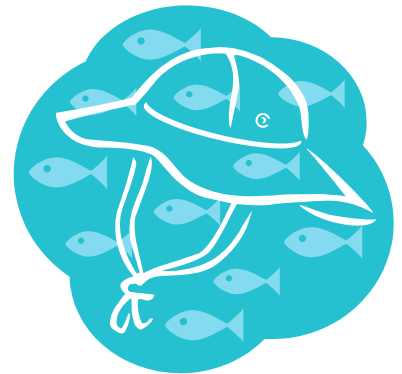
SUMMER SAFETY FOR KIDS: SUNSAFE ADVICE

Babies under 6 months:

- The two main recommendations to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.
- Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.



HEAT STRESS IN EXERCISING CHILDREN



- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
 - At the beginning of a strenuous exercise program or after travelling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatisation to the heat.
 - Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, cold tap water or a flavoured sports drink, even if the child does not feel thirsty.
 - Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

BCS BILLBOARD

Sept	19	Newsletter No. 15 published (last for term)
	20	School Musical (and 21 st) – <i>Pirates of the Caribbean</i>
	22	Year 12 Assembly
	23	Stewart House visit (Bike Challenge); Last day Term 3
	30	Ausgrid traineeships & cadetships (Elect. Eng.) close – 1st week of holidays
Oct	10	Staff & students return – THERE IS NO STAFF DEVELOPMENT/STUDENT FREE DAY
	17	Higher School Certificate Exams commence
	18	Book Fair
	20	Year 7 Injections
	27	Admin Office closed from 3pm
	28	World Teachers' Day
	07	School Certificate exams commence
Nov	09	Bulahdelah Show Society Student Pavilion Night
	11	Remembrance Day
	17	Year 12 Formal – Bulahdelah Bowling Club
	18	Bulahdelah Show (& 19 th)
	21	Year 10 Work Experience commences (ends 02/12/11)
	24	Admin Office closed from 3pm

COMMUNITY CHATTER

Football Mid North Coast - Northern Junior Six-a-Side Summer Comp:

Starting Monday 10th October 2011 and finishing 21st December 2011 for U8-10s, 11-12s and 13-14s. Comp will run on Mondays and Wednesdays from 4 to 5.30pm – Dixie Park – Port Macquarie. Format will be 6 a side on a half field. Max of 10 players per team. Cost will be \$450 per team (Both registered and unregistered players are acceptable) Teams will need to provide a referee. Team nomination days: Monday 19th September, Monday 26th September & Wednesday 28th September - Dixie Park 4-5pm. Players must be a minimum age of 7 years at the start of the comp. Contact for information – mel@footballmidnorthcoast.com or phone 02 6585 0351. Registration form can be downloaded from our website

Bulahdelah Show Society Student Pavilion Night & Show:

The annual Student Pavilion Night will be held on **WEDNESDAY 9th NOVEMBER**. Schools in the area (Bulahdelah Central, Booral, Bungwahl, Coolongolook, Pacific Palms, Tea Gardens Public and St. Joseph's Primary Schools) have been sent the details of the relevant sections in which students can compete. The **Bulahdelah Junior Achiever of the Year** will also be announced..

STUDENT INVOLVEMENT IN THE SHOW WEEKEND (Friday 18th and Saturday 19th November, 2011): Details can be found on the Show Pavilion program, available at several outlets in the Bulahdelah area. Please contact Jo Pope, Chief Steward on 49879071 for more details. Students are also invited to participate in the pet show, Led Steer Cattle Section and any other appropriate section.

If you have any queries regarding the Pavilion Night please ring Kathy Aquilina on 4997 4329 (W) OR email kathy.aquilina1@det.nsw.edu.au

Bulahdelah Swimming Club starts 10th October (first Monday of Term 4) – 3:45pm at the Bulahdelah Pool

WHO'S WHO AT A GLANCE

Executive

Principal Don HUDSON

Secondary Deputy Roger HORTON

Primary Deputy Sally THOMPSON

Secondary Head Teachers:

Humanities Vanessa SHULTZ;

Maths/PE Wayne HOLT

TAS/LOTE Christopher GLADYS

Welfare Deborah GILBERT

Primary Assistant Principals:

Stan BACKHOUSE & Carol WILLS

School Administrative Manager:

Sue ROBARDS.

Friends of the School

Elizabeth (Betty) BBRAMBLE,

OAM and Jack IRELAND, OAM



We're on the Web!
bulahdelah-
c.schools.nsw.edu.au

Bulahdelah Central School

was established in 1868 and from that time, has served a supportive community between Forster & tea Gardens. The school is located below Alum Mountain, with spacious, well laid-out grounds. As a central school, BCS serves the needs of students from Kindergarten to year 12 on the same site, in a friendly, caring manner. The school has developed close educational links with our partner primary schools as we are all proud members of the Myall learning Community.

Bulahdelah Central School
 teaches the values of

PRIDE-

Participation
Respect
Innovation
Determination
Excellence

Strive to Achieve

HOW TO CONTACT US

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