

Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 2 Issue 16

➤ GREAT NEWS INSIDE

- * Shrek the Musical
- * NSW AMAC State Championships
- * Bulahdelah Rock, Rattle 'n' Roll Classic Autofest
- * Helpful Hints
- * Myall River Festival

➤ BCS SCHOOL PROGRAMS



➤ VALUE OF THE WEEK

Respect: We respect the rights of others, ourselves & the school in an environment of harmony & personal responsibility. Do you respect yourself, respect others & take responsibility for your own actions?



SHREK



HAPPY EVER AFTER



➤ **HAPPY EVER AFTER PERFORMANCE:**

Term 3, Week 10 again saw the elaborate Yr 11 Musical on the school calendar. Students from Yrs 1-11 captivated audiences with their engaging acting, singing and dancing. Yr 11 Drama students turned Shrek 2 the film into a hilarious contemporary musical with songs like “Call Me Maybe” and “Accidentally in Love”. Some old favourites like “I Will Walk 500 Miles”, “Funky Town” and “All By Myself” also crept into the show with great character performances from Keerin Delardes as Shrek, Emma Crispin as Donkey, Mick Shultz as Prince Charming and Emily Churchill as the Fairy Godmother.

Gemma Bland’s set was magical with carriages, castles, swamps, formal dining rooms and onions. Chloe Green’s amazing choir dressed as fairy characters and Bob The Builder workers, were animated and energetic. The back stage crew pulled the show’s complicated set changes together without a major catastrophe. Talented teachers Ms Moncrieff and Mrs Newton sang and danced alongside students to “I’m Too Sexy”.



*Soldiers
Tiffany Rinortner, Jordan Schmidt, Tylah McKillop-Davis, Emily Kirkpatrick & Emily Legge*



*King & Queen
Michaela Mason & Sarah Hinitt*



*Snow White
Chloe Shultz*



*Prince Charming
Michael Shultz*



*Fairytale Characters
Makenzie Smith,
Kaitlyn Osborne &
Megan Markham*



Kyle - Madison Shannon & Fairy Godmother - Emily Churchill

Shrek was a wonderful production, highlighting the talents of our performing arts students. It was great to see students working together across different year groups, mentoring students, sharing ideas and building their confidence. In both small and large performance and production roles students shone. Thank you to the staff, parents, and community members and of course, the students, whose efforts made this production a success.



*Two Blind Mice
Tayla Fennell & Tara Clayton-Dieguez*



Mermaid - Page Carrick



Pinocchio - Bailey Shultz



*Little Red Riding Hood
Sharni Russell*



*Gender confused Wolf
Kai McNally*



➤ PRINCIPAL'S REPORT – MENTAL HEALTH:

We all want healthy children whether they are our own or members of our community. But when we talk about healthy children for the most part we talk about being physically active and being in a healthy weight range. But there is more to being healthy than just being active, for health covers the areas of social, emotional and mental health. These three areas are largely hidden but are generally larger and potentially more destructive than the physical area of health.

There is more and more evidence coming out to show that social, emotional, and, in particular, mental health is the key to children's well-being. Two of the biggest threats to students' wellbeing are depression and anxiety. Depression and anxiety can affect anyone at any time and often people won't talk about how they're feeling because they're worried about what others will think.

Raising awareness and getting people talking about mental health issues is a major step in reducing the stigma associated with mental health and ensuring that students with mental health problems are well supported.

The recent R U OK? Day is a national day of action dedicated to inspiring all Australians to ask family, friends and colleagues, 'Are you ok?' By regularly reaching out to one another and having open and honest conversations, we can all help build a more connected community and reduce our country's high suicide rate.

More than 2,200 Australians suicide each year and men are around 3 times more likely to die by suicide than females (ABS 2012). For each person that takes their life, another 30 people attempt to end their own life (SANE Australia).

Most people don't openly share their feelings, particularly if they're struggling. The best thing we can all do is regularly talk to the people we care about - regardless of whether they are at risk - because connection is good for us all.

All parents play a crucial role in developing resilient children who enjoy positive mental health and wellbeing. It is important that parents have access to accurate information and feel confident about managing the emotional and social wellbeing of their children. The following links provide additional information that parents, community members or students may like to visit to get more information.

- **BeyondBlue** (<http://www.beyondblue.org/>) National Depression Initiative. Gives a range of information on depression and supports available to people suffering depression and their family.
- **Headroom** (<http://www.headroom.net.au/>) Provides helpful information for parents on boys and girls, adolescents, emotional development, parenting practices and how best to support children and young people.
- **RAP-P** (<http://www.rap.qut.edu.au/>) Resourceful Adolescent Program-Parent Program. Designed to help parents promote the optimal family environment for healthy adolescent development.
- **KidsMatter** (<http://www.kidsmatter.edu.au/>) KidsMatter is the national initiative for mental health promotion, prevention and early intervention in primary schools. It provides a comprehensive whole-school framework designed to build schools' capacities for supporting student mental health and wellbeing focusing on four areas: A positive school community; Social and emotional learning for students; Parenting support and education; and Early intervention for students experiencing mental health difficulties.
- **MindMatters** (<http://www.mindmatters.edu.au/>) MindMatters is a national mental health and wellbeing initiative that includes a resource, website and professional development calendar.

➤ BCS DEPUTY PRINCIPAL:

Welcome to Term 4! I, Deb Gilbert, have been relieving for Roger for a week and already feel swamped. Roger is taking leave for the term. I will be stepping up into the role of Acting Deputy Principal and Michael McKinley and Georgina Cunich will be sharing the role of Head Teacher Welfare for the term. I am sure they will find the role both challenging and rewarding.

Last week I was seconded to the NSW Curriculum and Learning Innovation Centre to review resources and discuss the implementation of the Australian Curriculum into NSW schools. I had the pleasure of catching up with Tim Gorrod and seeing the exciting resources created from the hard work of his team.

Our Year 12 students started their HSC today and it seems that they were prepared, nervous and even a little excited. We wish them luck with the rest of their exams and would like to take this opportunity to remind students and parents that staff will still be available for assistance and last minute revision.

Our Year 11 students' jumpers have arrived and will be distributed shortly. Congratulations to Mr McKinley and the students on the great design and their organisation. I have been chasing some students from this group regarding incomplete course work. Parents and students have been attending meetings with Mr McKinley and me to ensure that students meet the outcomes of their courses.

Later this week and into next week, I will be joining forces with Mr DeAngelis to interview Year 10 students and their parents regarding student's meeting the requirements of the ROSA (Record of Student Achievement).

With this in mind all secondary staff will be provided information about the ROSA credential at our staff meeting this week.

NAPLAN results have come in to the school. I will get these out to parents this week. I encourage you to discuss your child's progress with them and their teachers. Just a reminder to our Years 7 to 10 students that Term 4 is the time for assessments and Yearly Exams, reports and Life Saving. They need to stay focused and achieve their best!

Finally congratulations to Mr Belic on becoming a proud dad (again). Freya Astrid was born on the 8th October, they all seem to be recovered and doing well, including dad.

➤ IMPORTANT DATES:

Oct	22	Kinder Orientation 2013 P&C Meeting
	23	Gymnastics
	24	Film Festival at Cockatoo Island
	29	Kinder Orientation 2013
Nov	1	Yr7 Injections
	5	Kinder Orientation 2013
	7	Bulahdelah Show Soc. Pavilion Night
	9	HSC concludes
	12	Yr11 VT Work Placement Kinder Orientation 2013
	13-15	Yrs5&6 Rainforest Camp
	16-17	Bulahdelah Show
	19	Yr9 Exams Kinder Orientation 2013 for Parents

➤ STEPHANIE ALEXANDER KITCHEN GARDEN PROGRAM:

Not all Australian children eat well. A disturbing number go to school each day without breakfast. Nearly a third is overweight or obese. We know that poor food choices lead to poor health, and that the obesity epidemic is the public health issue of our time.

Almost as confronting is the cultural deprivation that comes with the loss of familial food experiences. In losing access to the shared table, children are deprived of a crucial centre point for family life and an opportunity to share, interact and try something new.

The good news is that children are as responsive to positive food experiences as they are to negative ones. And the **Stephanie Alexander Kitchen Garden Program** provides limitless opportunities for positive experiences.

We know that the Kitchen Garden Program works! We have years of anecdotal evidence that supports the premise of the Program and an [academic evaluation](#), undertaken by a University of Melbourne and Deakin University research team between 2007 and 2009, has given us hard evidence to validate this.

Benefits for children








Kitchen Garden Kids...

-  Love cooking and gardening
-  Cook and eat new foods on a regular basis
-  Significantly increase their knowledge, confidence and skills in gardening and cooking
-  Build self-esteem and trust through gardening and cooking activities
-  Benefit from a non-academic learning environment
-  Experience new foods, flavours and textures

-  Extend literacy and numeracy learning's into the garden and the kitchen
-  Enjoy physical activity
-  Learn to cooperate
-  Develop social skills
-  Learn about different cultures and traditions
-  Build strong relationships with adult role models, such as teachers, specialists and volunteers
-  Develop a practical understanding of environmental sustainability
-  Gain a working knowledge of the relationship between garden and table

Benefits for schools

Kitchen Garden Schools...

-  Achieve learning outcomes across the curriculum, using an innovative, hands-on education model
-  Provide an alternative learning environment for 'non-academic learners' and kids with challenging behaviours
-  Are recognised as valuable contributors to educational innovation
-  Create a point of engagement and excitement for the school community
-  Create closer links with local communities and build community pride
-  Build valuable facilities which can be used for community purposes, before and after school care and special celebrations, and even hired out for extra income
-  Generate close to \$2 in additional resources for every \$1 of government funding invested in the Program
-  Attract new families and increase enrolment

➤ NSW AMAC STATE CHAMPIONSHIPS:



Another very successful outing for Team Bulahdelah!

Our adventure began with a road trip to Sydney, an overnight stay in Lidcombe followed by some very stiff competition and the opportunity to qualify for the AMAC National Championships. Congratulations to all of our competitors who fought with confidence, pride and passion.

NSW AMAC State Championship Results:

Cath Guthrie -

*NSW State Champion Runner Up - Point Sparring

*NSW State Champion Runner Up - Continuous Sparring

*4th Place - Kata

Madison Hurtado

*NSW State Champion - Sumo

*Qualified in top 10 - Kata

Elke Studdert

*4th Place - Kata

Braiden Guthrie

*4th Place - Sword Combat

Jackson Lee

*Qualified in the top 10 - Kata



Congratulations to all athletes for their outstanding spirit, sportsmanship and support.

A very big thank you to Sensei Celso for all of his guidance, support, time, effort and for sharing his

wealth of knowledge of karate-do and years of experience; also not forgetting our fabulous cheer squad Adam and Cheryl without their support and driving skills ensuring we make it to our very many qualifying rounds we would not be here without you, thank you.



➤ **BCS PRI. DEPUTY PRINCIPAL:**

Welcome back to the final term for the year. It is an 11 week term which I'm sure will go very quickly. Many activities and learning will take place between now and the end of the term.

Our debating team comprising of Tim Smith, Mary Bramston, Savannah Williams and Isabella Francis were successful in their debate against Tea Gardens Primary School last week. It was an impromptu debate where the students were given the topic and only had one hour to prepare their case. The topic was "Boys have it better than girls," and we were the negative. This great result means we now progress to the semi-final of the competition. We will debate Tuncurry Primary School in Week 4. I would like to congratulate the students on their fantastic achievement. We are very proud of the team and wish them luck in their next debate. I would like to thank Mrs Wills for her work in preparing the students.

Our Stage 3 students are preparing for their excursion to Wangat Lodge in Week 6. I am very excited about this wonderful learning experience for our students, which I know they are going to love. Mrs McDonald is currently completing the paperwork for the excursion. If you haven't already done so, could parents please return the medical forms so that Mrs McDonald can get things sorted and finalised. This is a time consuming job and one made easier with your cooperation. Thanks!

We are running a gymnastics program for all students K-6 this term. The program will run for 5 weeks and will cost the students \$20, what excellent value!

The decision to offer gymnastics comes from a request from a group of active Year 5 boys. The staff thought it was a great idea, so we have engaged the services of a professional gymnastics group "Activated" to deliver the course to the students. We request the money be paid in advance. Your cooperation with this will be greatly appreciated. The classes will begin in Week 3.

Our friends from pre-school begin their Kindergarten orientation with us this week. We welcome them to BCS and trust that they will enjoy their taste of "big school." I know Mr Gibbs will have many interesting and exciting activities to ensure an enjoyable experience.

The Stephanie Alexander Kitchen Garden program is really powering along. The students are really enjoying their kitchen and garden classes, appreciating the gate to plate philosophy of the program. The garden is producing a range of fruit and vegetables and the infrastructure continues to grow and enhance the program. The larger garden beds are nearing completion, the chook pen has been started and should be completed prior to the end of the year and a watering system has been installed. The garden is definitely worth having a look at. The focus in the kitchen is on fostering independence and developing skills in pasta and dough making. We are so very fortunate to have such skilled and knowledgeable kitchen and garden specialists and a fantastic group of volunteers who make the program the success that it is. We always need volunteers so if you would like to be a part of this amazing program, contact me at school.

➤ **BULAHDELAH ROCK, RATTLE 'N' ROLL CLASSIC AUTOFEST:**

Commencing at 10am in Wade Park on Saturday the Bulahdelah Rock, Rattle 'n' Roll Classic Autofest featuring hot rods, vintage, veteran & classic cars, trucks, motorcycles and tractors along with market stalls, food, live music, giveaways and games for kids, camel & pony rides and a giant bungee slingshot ride will get underway. There will also be a party at the Plough Inn that night from 6pm with a spit roast BBQ, and live music from the Rattlesnakes to dance the night away.

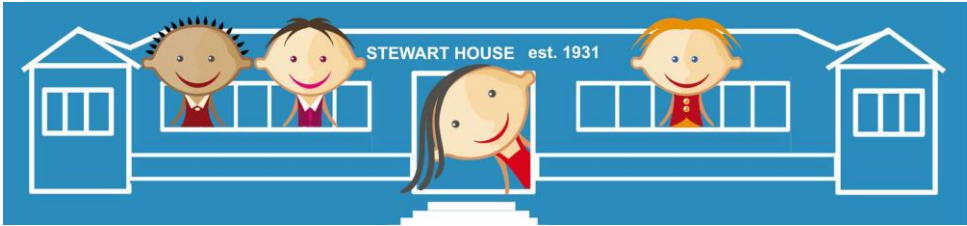
Also on the 20th, the newly renovated Bulahdelah RSL Hall will be open to the public with interesting displays about the citizens of the local area who participated in War War I. More details will be released closer to the date.

Sunday the 21st sees the Centenary Celebrations of St. John's Anglican Church. From 2pm walk through the open gallery of the history of the church and the community. Afternoon tea and music will be provided.
(More details on www.bulahdelahevents.com)

➤ **ST JOHN'S ANGLICAN CHURCH 100 YEAR ANNIVERSARY CELEBRATION:**

St John's Anglican Church is holding a 100th Year Anniversary Celebration on 21st October, 2012. They would like to invite the community to attend this celebration and are also interested in any items of clothing that would have been used

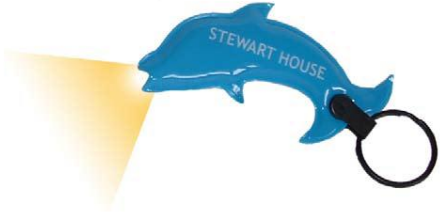
for marriages or baptisms for display. If you have any other items of interest in relation to this celebration, please contact Margaret King on 49978198 or 0407978198.



Stewie Keyrings with LED light

This year Stewie the Dolphin keyring is made of PVC and has a LED light in his mouth. Show your support by purchasing the all new Stewie the Dolphin Keyring with light.

Available from Office.



➤ CANTEEN SPECIALS:

The BCS Canteen staff **Sheryl Barry (Canteen Manager)** and **Christina Watt** 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>DATE</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
Oct 15	Muffin Ham & Cheese	\$2.50	S&P Squid & Chips	\$5.00
Oct 16	Nachos	\$3.00	Chicken Caesar Salad	\$5.00
Oct 17	Mini Hot Dogs	\$1.50	Beef (G) Rolls	\$2.50
Oct 18	Smoothie	\$2.00	Rissoles (G) Chips	\$4.50
Oct 19	Scone Jam & Cream	\$1.50	Prawn Salad	\$5.00
Oct 22	Chicken Wings	\$3.00	Fish Chips & Salad	\$4.50
Oct 23	Banana Cake	\$1.50	Kebabs & Salad	\$5.00
Oct 24	Fried Rice	\$2.50	Bacon & Egg Roll	\$3.00
Oct 25	Wedges S/C Chilli Sauce	\$3.00	Quiche & Salad	\$4.50
Oct 26	Mini Quiche	\$2.00	Snitzel & Salad	\$5.00

➤ HOUSEKEEPING INFORMATION:

NEXT NEWSLETTER

Term 4: Monday 29th October; 12th, 26th November and 10th December.

BCS distributes the *Tall Timbers* newsletter by **FAMILY EMAIL**. Please ensure that your family

email is entered correctly on our records.

We also place a copy of our newsletter on our website;

<http://www.bulahdelah-c.schools.nsw.edu.au/>

SPARE CLOTHING

If you have any small size school clothes that you have no use for, could you please send them in to the office for our spare

clothes supply for the clinic. We need shorts and/or track pants for boys and girls size 6-8.



HELPFUL HINTS AND SITES:

What to expect in high school

The transition from primary to high school often creates in kids a mix of anxiety and excitement. Two videos feature Year 7 students giving great tips about life in high school - making friends, trying out new things, and getting organised and planning assignments and study. Informative and fun.

Go to:

<http://www.schools.nsw.edu.au/gotoschool/highschool/index.php>

MP3 players and hearing loss

If your child can't hear you talking when they're listening to their MP3 player, then their music is up too loud. Find out what you can do to help protect your child's hearing.

Go to:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/mp3-players-and-hearing-loss>

Road safety tips

Kids can be easily distracted on busy roads. Here are some tips to help you show your child how to make safety a priority when they're near traffic.

Go to:

<http://www.kidsafensw.org/road-safety/>

TAFE open days

One of the best ways to find out more about what TAFE NSW offers is to go to an open day. They're a great way to check out the campus and facilities, and give you the opportunity to talk to teachers and other staff.

Go to:

https://www.tafensw.edu.au/about/calendar/event-2012_institutes_open_days.html#.UFKUA655eRW

Planning a future

The myfuture career information service helps young people make career decisions and plan career pathways. It provides inside information on occupations and industries, offers details on courses and advice on how to get a job or start a business.

Go to:

<http://www.myfuture.edu.au/en.aspx>

Beating exam blues

The mere thought of an exam can make kids nervous. Help create the right study conditions for your child in the lead up to exams and know the warning signs if it's all getting too much.

Go to:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-exam-stress-busters>

Sound advice on sleep

Did you know it's recommended that school-aged children get 10-11 hours sleep each night? For tips on how to make sure your child gets a good night's sleep.

Go to:

http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html



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Myall River Festival

October
26 &
27th 2012

**Fireworks - Dancing - Music
Markets - Aquatic Activities
Competitions
Prizes and more...**
www.myallriverfestival.com.au
Last weekend in October
Annually - FREE Family FUN!
at Tea Gardens

Brought to you by:



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