

Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 8 Issue 19

➤ GREAT NEWS INSIDE

- * Jeannette McCluskey Bike Challenge
- * Bulahdelah Show Report
- * 2FL Ambulance visit
- * Stephanie Alexander Updates
- * AMAC Aust. Nat. Championships

➤ BCS SCHOOL PROGRAMS



➤ VALUE OF THE WEEK

Innovation. We initiate & continue to improve as individuals, teams & the school. Can you find a better, smarter or more creative way?

➤ MANNING GREAT LAKES TECHNOLOGY AWARD WINNER:



Mitchell Blanch won the judges award for best project on display with his nautical coffee table which he made for his Year 12 Industrial Technology Timber course.

His project was a nautical coffee table made out of rosewood. The top of the table is an elongated ship's wheel with 10 turned spokes and a glass top. Beneath the top is a series of nautical knots. The legs were turned and attached to a base

drawer. The drawer is dovetailed and attached with through draw runners.

Mitchell has also been nominated for inclusion in Intech 2013, the annual exhibition of outstanding Major Design Projects developed by 2012 HSC Industrial Technology students.

This exhibition will be at the Sydney Timber and Working with Wood Show held at the Sydney Showground, Homebush. This exhibition will take place on Friday 26th July to Sunday 28th July 2013.



➤ PRINCIPAL'S REPORT:

The finishing time for all secondary students and staff will change to 3.20pm in 2013. This has been brought about because of the need to provide an additional 5 minutes on our Whole School Reading period which takes place after recess each day from Tuesday to Friday. It also ensures we are meeting Department of Education and Communities (DEC) requirements on the number of teaching hours.

We envisage that this will not impact significantly on bus times as most buses already depart after 3.20pm.

Middle School changes for 2013

Due to class structures and a shift in our approach the 'Middle School' will cover Years 6 and 7 only next year. We know that student motivation and engagement in these years is critical, and can be influenced by tailoring approaches to teaching with learning activities and learning environments that specifically consider the needs of middle years' students. We also know that the middle years are an important period of learning, in which knowledge of fundamental disciplines is developed, but also a time when students are at the greatest risk of disengagement from learning.

Our middle school co-coordinator, Mrs Sonia McDonald, implemented a lot of successful initiatives this year and we want to build on these next year. We have introduced a course into our curriculum aimed specifically for the middle year students that will run for two periods per cycle. The intention is to design units of work and apply teaching practices that allow the teachers to meet the unique developmental and educational imperatives of our students.

The teaching and learning practices will include:

- higher order thinking strategies
- integrated and disciplinary curricula that are negotiated, relevant and challenging
- cooperative learning and collaborative teaching

- authentic and reflective assessment with high expectations
- parental and community involvement in student learning.

Too often students are not engaged in their learning because the class tasks lack challenge and intellectual demand. We want to shift the teaching focus to higher order thinking with higher levels of expectation while still maintaining a nurturing and supportive classroom.

What is Gonski?

The Gonski Review was the most comprehensive investigation of the way schools are funded in Australia in almost 40 years. It was commissioned by the Federal Government and conducted by an expert panel headed by senior businessman David Gonski. The final report was released in February 2012.



Gonski found Australia is investing far too little in education and, in particular, in public schools. As a consequence, too many students are missing out on the resources they need and there are growing gaps in the achievements of students from different backgrounds.

Gonski recommended a \$5 billion a year injection of funding into public and private schools (75 per cent to public schools) and an overhaul of the way the money is distributed to ensure it is going where it is most needed. That money would be invested in local schools in ways that help students learn such as:

- smaller class sizes
- extra specialist teachers in areas such as literacy and numeracy
- greater support for students with higher needs such as those with disabilities
- additional training and classroom support for teachers

But so far the politicians in Canberra are refusing to commit the extra funding or to make Gonski law in 2012.

The Gonski Review of school funding says we urgently need to invest more in education and

our public schools. Additional resources would make the world of difference to our children.

Register your support for better funding and/or email the politicians now. More information is available at: <http://igiveagonski.com.au/>

➤ **BCS DEPUTY PRINCIPAL:**

Term four, week eight already! As you can appreciate we have been very busy with the end of year testing and reporting phase of our year. There has been positive feedback from staff as to the conduct of the majority of our students in their exams.

Year 11 students have started the HSC component for most of their courses and hence it is now timely to remind students and parents of the importance of attendance. It is no coincidence in the correlation between attendance and high HSC results. Students who are absent for any classes are expected to provide a justifiable reason (as per DET policy) and are also expected to catch up on the work missed.

Yr 11 students have also approached the school executive with a charter to request the use of O Block open learning area as a common room during recess and lunch. Credit must be given to Alex Barry for his effort, maturity and time invested in negotiating the charter.

Most of our Year 10 students are currently experiencing their first day of work in the real world. The two week work experience program is a valuable learning opportunity and gives our students direction with their career choices and therefore their subject choices. Students have had to approach an employer and request the opportunity, complete paperwork and meet requirements of the workplace to participate. Thanks to Mr McKinley and Mr DeAngelis for their efforts to get as many students as possible to where they would like to be.

Years 7 to 9 have completed their exams for the year and will be participating in educational lessons and activities to complete the subject learning program and registration for the year.

Finally a couple of reminders; Week 10 is Lifesaving week from Monday to Thursday. On Friday 14th December, we will be having our Presentation Day Assembly to recognise students and their achievements for the year. Following the assembly the SRC are hosting the Matt Smith Memorial event with local and guest bands playing.

➤ **IMPORTANT DATES:**

Nov	29	Spelling Bee Finals
	30	Yrs7-10 Sport Big Buzz
Dec	4	Medieval Day
	5	Yr7 Orientation Day
	6	Lifesaving Instructors Training Yrs5,6,7 Scary Fete
	7	Yr8 Reward Day Yr6 Farewell
	10	P&C Meeting & Dinner Sec. Lifesaving Program
	13	Primary Presentation Day
	14	Secondary Presentation Day Matt Smith Music Memorial
	17	Scary Things Sleepover 17th-18th Stage 2 Water Awareness
	19	Last Day for Students
Feb 2013	5	On Stage



➤ BCS PRI. DEPUTY PRINCIPAL:

Stop Press.....BCS are the Lower North Coast debating champions for 2012. This is a fantastic achievement and Tim Smith, Mary Bramston, Savannah Williams and Isabella Francis should be congratulated for the time and effort put into honing their debating skills. They have worked very hard over the past two terms and have connected extremely well as a team.

Congratulations to the team! They have certainly done themselves and the school proud! The topic for the debate was "Summer is better than Winter," and their opposition was Old Bar PS. BCS was the affirmative. Tim, as the 1st speaker, laid the foundations for a very good debate. He did a great job defining the topic, introducing the team and outlining their arguments. Mary continued the team line with some very convincing arguments, while Savannah effectively rebutted the opposition's arguments, and summed up the team's case. The team was very ably supported by team advisor, Isabella. She did a great job writing and organising the team's rebuttals. The adjudicator was most impressed with the high standard of debating and praised the students on their confidence, skills and their understanding of the debating process and their roles within the process. Well done Tim, Mary, Savannah and Isabella!

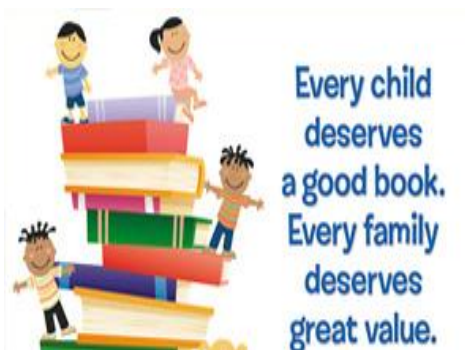
Gymnastics concludes this week. The students have really enjoyed their lessons.

The "Drumbala" workshops were great fun. The students readily engaged in the lessons and had a ball. There was lots of positive feedback from the students.

The Stage 3 excursion to Wangat Lodge, last week, was a wonderful learning experience for all involved. The program was inclusive, hands-on and engaging on the most basic level. The camp had an environmental focus which encouraged the students, and staff, to think about their choices and thus their impact on the environment. I would like to thank the students for their participation in the program. They were a pleasure to be with!

Kindergarten Orientation has concluded. We have 12 students in our kindergarten class of 2013 and are eagerly awaiting their arrival.

I am taking long service leave for the last 11 days of this term, commencing on Friday 7th Dec. Stan Backhouse will be relieving DP in my absence. Sonia McDonald is currently relieving Carol Wills and Mel Murphy will relieve Stan for the last 11 days.



Students/Mum REMEMBER!

to send in your Scholastic Book Orders by:

Thursday 29th November, 2012

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

What about some books for Christmas presents?

➤ BULAHDELAH SHOW STUDENTS' NIGHT:

On Wednesday 7th November many primary students attended the students' night that is held each year prior to the Bulahdelah Show. Our primary choir gave beautiful renditions of 'Funky Town' and 'Accidentally in Love' and awards were presented for creative writing and art that had

been completed earlier at school. Students from Bungwahl, Coolonglook and St. Josephs also competed in these competitions.

Award winners from our school were as follows:

Creative Writing

Kinder	1 st	Tiras Lamborn
Year 1	1 st	Layla Smith
	Highly Commended	Georgia Ryan
Year 2	Highly Commended	Amber Cunningham
Year 3	Highly Commended	Murray Jones
Year 4	Highly Commended	Elly-Rae Banks
Year 5	Highly Commended	Angus Plummer & Brandon Nott
Year 6	Highly Commended	Mary Joy Bramston

Art

Line Drawing

Kinder	1 st	Tiras Lamborn
	Highly Commended	Sean Whalan
Stage 1	1 st	Bridie O'Connell
	Highly Commended	Zane Walker, Mitchell Nott
Stage 2	Highly Commended	Anjoli Luxon
Stage 3	2 nd	Joshua Brown
	Highly Commended	Elke Studdert, Chyna Smith

Painting

Kinder	Highly Commended	Ruby Plummer, Ryley Smith
Stage 1	2 nd	Olivia Smith
Stage 2	2 nd	Kynan Barclay
	Highly Commended	Finlay O'Connell
Stage 3	1 st	Scott Smith
	Highly Commended	Jayden Saville, Brandon Nott, Darcy White

Collage

Kinder	Highly Commended	Sasha Middleton, Ruby Plummer
Stage 1	1 st	Bridie O'Connell
	3 rd	Claire Terry
	Highly Commended	Jai Nott
Stage 2	1 st	Khloe Middleton
	Highly Commended	Taylah Smith, Kobi Watt and Beau Thatcher
Stage 3	1 st	Hayley Chalker
	2 nd	Chyna Smith
	3 rd	Savannah Williams
	Highly Commended	Jessica Lyall, Brock Buchannan, Mary Bramston

Following these awards, several students from Years 4, 5 and 6 presented their speeches in the Public Speaking competition, to a large audience. They all did a fantastic job and although not all of them received a place on the night, we can be proud of every one of them! They were competing with students from Bungwahl and Tea Gardens. Our students and places were as follows:

Year 4 Anjoli Luxon (1st), Marni Barry (3rd) and Tayla Hartley

Year 5 Jordan Watt (2nd), Madison Hurtado

Year 6 Mary Bramston (3rd), Brandon Watt

Thank you to those students who were there on the night and a very big thank you to the parents who brought the children along. Also, thanks must go to the show committee for organising the event, all of the judges involved both before the night and on the night and the teachers from each school who put in a lot of time getting the students and their work organised.

The members of the Bulahdelah Show Society Inc. offer a **VERY BIG thank you** to all those schools (students and staff), volunteers and sponsors who contributed to the Bulahdelah Show 2012. It can't be run without you! Thank you one and all.

➤ JEANNETTE MCCLUSKEY BIKE CHALLENGE:

On the 17th September seventeen of our students completed the annual bike challenge, which commenced from Lake Keepit, near Tamworth, a lovely ride over the mountains from Stroud and concluded at Bulahdelah. This year they raised a massive

\$3489.30

which will be donated to the Cancer Council. Congratulations to Peter Kershaw for his initiative for organising such an adventure and also a special thanks to Georgina Cunich, Roger Horton and parents who supported the riders - *report on visit to cancer council in next newsletter.*

ARE YOUR CONTACT DETAILS UP-TO-DATE?

➤ **2FL AMBULANCE STATION VISIT:**

On Thursday 15th November, 2FL went to Bulahdelah Ambulance station. We were taught us how to make an emergency call and they showed us Beau Thatcher's heart rate and even told us some funny stories from previous experiences. Overall, it was a great experience and very fun. They even blew up some gloves for us as souvenirs. By Anjoli Luxon and Marni Barry

Students pictured are:
Hayden & Jeff Baker, Elly-Rae Banks, Kynan Barclay, Marni Barry, Heidi Buchanan, Tayla Hartley, Caleb Kilgannon, Anjoli Luxon, Bailey Middleton, Stewart Morris, Brodan Nassif, Lana Pringle, Tahlia Read, Taylah Smith, Beau Thatcher, Holly Towers, Kobi Watt, Abby Whitfield.



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.



Year 7 2013 Orientation Day

Wednesday 5th December 10.00-1.30pm



Orientation Day for the incoming Year 7 students and their parents and guardians will be held on Wednesday 5th December beginning at 10.00am.

The day will provide you with a chance to find out about subjects for Year 7, as well as uniform & equipment required, bus travel, and any other information about the school you may require. The day for your student includes attending mini lessons and a treasure hunt.

You will also have the opportunity to meet staff and tour the school and will end with a BBQ lunch.

Afterwards the students will be able to return to their schools or go home with their parents.

We look forward to meeting you and working together to make your child's entry to secondary school a happy and stress-free event.



Please RSVP to the front office by Monday 3rd December for catering purposes.
8 MEADE STREET BULAHDELAH
(PH) 4997 4329 (FAX) 4997 4512

➤ STEPHANIE ALEXANDER KITCHEN PROGRAM RECIPES & UPDATES:

October Update

It was wonderful to return to the kitchen this term to be greeted by children with mulberry stained lips, bounding constantly through the door with baskets full of produce. To be honest I have never seen so many broad beans or silver beet harvested in the one day and it was fantastic. This produce was quickly utilised and shared with plenty left over to preserve for future weeks.

At the end of last term the children harvested a bunch of oddly twisted many legged carrots that were surprisingly still fresh after the holidays. It's examples like these that show the children how old the supermarket carrots must be. Year 5 made some jars of vegetable stock with these carrots along with the very odd kohlrabi which Justine talks about in her report, celery, spring

onions, parsley, many herbs and celtic sea salt, yum, and all the produce used came from their garden.

This term class groups will continue on their rotational kitchen routine and we will be continuing last term's focus on pasta making, but increasing the difficulty into ravioli with its fillings, changing and focusing on seasonal produce from the children's garden. And with the arrival of our beautiful new SHARP knives one-two of our stations will also be focusing on knife skills and using their bear 'grrrip' to protect their finger tips.

All in all it was a wonderful first week back and the children devoured all of their hard work and loved it as usual.

➤ FREEDOM HERB BALSAMIC OR LEMON DRESSING:

Ingredients:

50ml balsamic vinegar or lemon juice

75 ml olive oil

1 clove garlic, crushed

1 teaspoon chives, finely chopped

Herbs of choice, finely chopped

Salt & pepper to taste

Equipment: *knife, cutting board, measuring jug
garlic crusher, glass jar*

To serve:

4 small cups

4 teaspoons



What to do:

- * Measure out the balsamic vinegar or lemon juice, and the olive oil and pour into a glass jar.
- * Add crushed garlic, and finely chopped chives and basil leaves.
- * Add salt and pepper to taste, then screw lid on tightly and shake well.
- * Pour equal amounts into the 3 small cups and place one on each share table with a teaspoon.

November Update

First of all I would like to say it was great to arrive to find the notice boards in the kitchen covered with funky new materials that align perfectly with the SAKG program. All of the children noticed them and they look fantastic. Thank you Clair you have done a wonderful job.

Over the last few weeks the children have been cooking up a storm discovering all the different ways you can cook silver beet creating Crustless Silverbeet, Pine Nut and Olive Tarts, Silver beet Stem Chips, and Silverbeet Pasta Pillows (ravioli). And the mulberries, well I think you could do anything with these tasty little fruits, they are absolutely delicious! The Mulberry Bomb Cakes literally went off like bombs! We have also discovered the delicious combination of mulberries and rhubarb by adapting one of Stephanie Alexander's recipes from Apple Betties to Mulberry and Rhubarb Betties, it is really important to raise an awareness within the children that recipes are not set in concrete and

many ingredients can be substituted with what's growing in their garden, creating a much more sustainable outlook and program. Other adapted recipes which were baked; Savoury Rosemary Biscuits that we served with a delicious Beetroot Raita using some fresh baby beetroots from their garden and also a broad bean dip using some of the saved frozen broad beans.

If you are interested in any of the recipes mentioned, I highly recommend buying two of Stephanie Alexander's Cookbooks; The Cooks Companion and Kitchen Garden Cooking with Kids as this is where I sourced all of my recipes this time.

With the end of the year fast approaching we only have a few weeks of cooking left, so if you are available to help out please do. A big, big thank you must go to all of our volunteers as without you this would be impossible.

Nicole Dixon

➤ SALAD OF IMAGINATION:

*Select then place all your salad greens into a sink filled with cold water then gently swish and clean the greens. Remove some greens from the sink and place in salad spinner and spin **gently**.

* Try to avoid chopping salad greens as they seem to bruise and become unattractive.

* Select some prewashed greens from the basket, enough to make 3 medium bowls of salad.

* Carefully tear salad greens of your choice using your **FINGER TIPS ONLY**.

* Place the greens into the serving bowls and decorate with edible flowers.

* Place one bowl of salad on each share table with a set of tongs for each bowl.



Beetroot raita

Season: Autumn/Winter/Spring

Type: Soups & Dips

Difficulty: Easy

Serves: 24 tastes in the classroom or 6 serves at home

Fresh from the garden: beetroot, chilli, coriander

Recipe Source: Foster Primary School, VIC

Beetroot can be boiled or baked whole. It does take a long time to bake in the oven, and not quite so long to boil till tender. If boiling the beetroot, do not completely slice off the root end as the beetroot will 'bleed' much of its juice into the water. The method recommended here using the microwave is a great time saver. If you do not have a microwave, you will need to allow about 20–40 minutes to cook the beetroot, depending on size.

Equipment:

tea towel
small knife
chopping board
fork
microwave-safe container or bowl
grater
medium bowl
spoon
measuring cups
measuring spoons
disposable gloves
frying pan
spatula
salad spinner
4 small serving bowls

Ingredients:

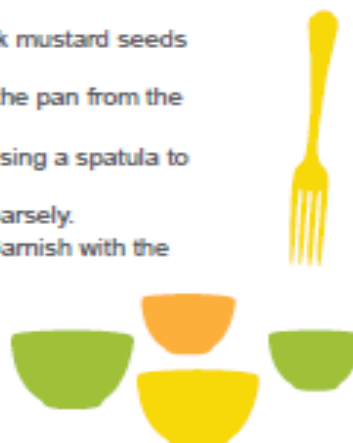
2 small–medium beetroot
1 ½ cups plain yoghurt
1 teaspoon cumin powder
salt to taste
1 green chilli
2 teaspoons vegetable oil
½ teaspoon black mustard seeds
8 sprigs fresh coriander



What to do:

- Dampen a tea towel and place it under the chopping board to keep it from slipping.
- To cook the beetroot in the microwave, first wash them and cut off the tops and fibrous roots. Prick the beetroot all over with the fork.
- Place the beetroot in a microwave-safe container or bowl with 3 cm of water. Cook on high (850W) for 6–8 minutes. You can tell the beetroot is cooked when the fork slides easily into it. Set aside to cool.
- When the beetroot is cool enough to handle, slip the skins off with your fingers.
- Grate the beetroot coarsely and place in a medium bowl.
- Add the yoghurt to the bowl and combine thoroughly.
- Measure in the cumin powder and add a pinch of salt. Mix together and taste, adding more salt if needed.
- Set the yoghurt mixture aside while you flavour the oil with mustard seeds and chilli. To do this, cut off the stem of the chilli and slice it open. Remove the seeds, using the tip of the knife and holding the chilli directly over the compost bin or rubbish bin. This stops flyaway seeds remaining on the board. Chop it finely. (Wear disposable gloves to do this.)
- Heat the oil in a frying pan, and when it is hot, add the black mustard seeds and the finely chopped green chilli.
- When the mustard seeds start to sputter and pop, remove the pan from the stove.
- Tip the seasoned oil into the beetroot and yogurt mixture, using a spatula to scrape it all out of the pan.
- Wash the coriander and dry it in a salad spinner. Chop it coarsely.
- Divide the raita evenly between four small serving bowls. Garnish with the coriander.

Notes: This dip goes very well with Indian flatbread.



Yesterday was busy in the garden, more than usual due to a temporary shortage of volunteers. Still we did welcome a new volunteer, Diane, and she's coming again next week so that is wonderful. Lots of harvest for collection yesterday with the warm holiday weather really pushing up the production level of the garden; snow peas, broad beans, lettuce and silver beet were all in big supply. The most popular job was harvesting the mulberries! A lot went into mouths and the rest went into bags which Nikki has snap frozen for future use. The promise of mulberry pie was the only way I could encourage some kids to get the berries into their buckets and not their mouths! We also harvested the great mystery vegetable, kohlrabi, which the kids are were keen to try after seeing this weird plant growing for a while.

We also did a big watering effort on all plants and gave them all some seaweed tonic to perk them up in this dry hot weather we have been having. With the rain today they will hopefully soak in the benefits of these extra minerals.

Nick and Mark were able to complete two of our new rectangle beds so they can be filled with soil next week and then the spuds!

The irrigation system was installed to many of the beds in the flower design which is great; with a few connections on the top beds we should have all of the existing beds ready for water over the holiday period. Many of the seedlings that the kids had started took off so the Years 3 and 4 had a good time planting them into the garden; most of them were in our own hand-made newspaper pots and it was lovely for the kids to see how simple these pots are to use and effective in nurturing the seeds and then going into the ground with small roots already poking through their base.

Next week I'm planning on moving soil, as much as possible, as well as some maintenance on the grass poking through our woodchips.

Justine Thompson

➤ SCONES:

Ingredients:

- plain flour, for dusting
- 3 cups self raising flour
- 80g butter, cubed
- 1 to 1 1/4 cups milk
- Strawberry syrup, to serve or fresh strawberries from the garden

Method:

1. Preheat oven to 200°C. Lightly dust a flat baking tray with plain flour. Sift self raising flour into a large bowl.
2. Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.
3. Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).

Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with strawberry syrup and yogurt.



➤ AMAC AUSTRALIAN NATIONAL CHAMPIONSHIPS:

Five members of the Bulahdelah Shotokan Karate Club had the honour of representing their State, New South Wales, at the 2012 AMAC Australian National Championships. Elke Studdert, Jackson Lee, Madison Hurtado, Braiden Guthrie and Cathryn Guthrie were selected in the top 10 athletes in their respective divisions at the AMAC NSW State Championships to compete in the invitation only AMAC National Championships on November 17th and 18th 2012, at the Anne Clark Netball Stadium, Olympic Park Sydney.

The Australian Martial Arts Championships is the Australian branch and flagship of the World Martial Arts Championships. It has been in operation since 1993 and across Australia since 2008. It is currently running over 20 tournaments throughout the year in five Australian States (NSW, QLD, VIC, ACT and SA).

The weekend presented all competitors with top competition and a drive to succeed. Competitors were pushed to their limits and beyond by the interstate rivalry and emotions ran high. Each competitor wanted to bring home the illustrious prize of Australian Champion and an invitation to compete as part of the Australian Team in Japan and New Zealand in 2013.

In the 8 to 10 years division Jackson Lee was awarded 4th place in Point Sparring and Sword Combat and 5th place in Sumo. Braiden Guthrie was awarded 6th place in Sword Combat. The 10 to 12 years division saw Elke Studdert placed 4th in Point Sparring and 5th in sumo, whilst Madison Hurtado placed 4th in Sumo and 6th in Point Sparring.



In the Adult Female division Cathryn Guthrie was Awarded Australian Champion in Point Sparring, Runner-up Australian Champion for Freestyle Sparring, 6th place in Kata and an invitation to compete as part of the 2013 Australian Martial Arts National Team.



Congratulations Cathryn Guthrie



Cathryn Guthrie - competing

The 2013 Australian Martial Arts National Team will have the opportunity to compete against the Japanese Martial Arts Team at the JMAC Titles in Japan in March 2013 and New Zealand Martial Arts Team at the NZMAC in November 2013.



Madison Hurtado

We would like to take this opportunity to thank our sponsors. Without their generous support we would not be in the position we are in to develop the young and very promising talent in our club: Plough Inn, Bulahdelah Bowling Club, Bulahdelah Lions Club, KR D Print, Robyn's Café,

Bulahdelah Bakery, IGA, Barry Brother Butchers, Myalla Café, Warners Bay Autobarn, Thrifty Link Bulahdelah, Watt's in Vogue and Yoga with Janine.

Thanks also to Sensei Celso for his dedication and sharing his wealth of knowledge and experience to prepare us for such a rigorous competition, as well as Sensei Allan and Sempai Pat for working with us and making us the Martial Artists we are.

Congratulations to our students and teacher from Bulahdelah Central on your outstanding achievements and awards.

We wish Cathryn the best of luck with her invitation to compete as part of the 2013 Australian Martial Arts National Team. We will be very interested in hearing about her outcomes when she competes in Japan in March 2013.



LtoR Elke Studdert, Braiden Guthrie, Cathryn Guthrie, Jackson Lee & Madison Hurtado

WELL DONE!

➤ 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>
Nov 26	Spicy McBites	\$3.50	BBQ Chook & Salad	\$6.00
Nov 27	Mini Quiche	\$3.50	Schnitzel & Chips (6)	\$6.50
Nov 28	Apple Pies	\$2.50	Toasted Ham & Cheese	\$3.00
Nov 29	McMuffins	\$3.50	Kebabs & Salad	\$6.50
Nov 30	Goujons	\$3.50	Seafood Basket & Salad	\$6.50
Dec 3	Wedges S/C Chilli Sauce	\$3.50	Caesar Salad	\$5.50
Dec 4	Mini Salad Wraps	\$3.50	Chicken Parmigiana	\$6.50
Dec 5	Goujons	\$3.50	Beef Stir Fry & Rice	\$4.50
Dec 6	Smoothies	\$3.00	Bacon & Egg Roll	\$4.00
Dec 7	Ham & Cheese McMuffin	\$3.00	Rissole (G) Roll	\$3.00

➤ HOUSEKEEPING INFORMATION:

NEXT NEWSLETTER

Term 4: 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

We would like to thank the people who sent in spare clothing. We appreciate your donations.

CONTACT DETAILS

Parents, could you please make sure you fill out the form recently sent out regarding change of details e.g. your address, mobile phone, home phone or emergency contacts. Could you please make sure you return this

form to the office so we are able to keep an accurate record. It is important for us and your children that we are able to contact you in case of an emergency.

ARE YOUR CONTACT DETAILS UP-TO-DATE?

➤ HANDY INFORMATION SITES:

When your teen's new best friend is a bad influence

Best friends are a key part of adolescents' lives. But what do you do when you suspect your child's best buddy is a bad influence? Experts discuss different approaches.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/when-your-teens-new-best-friend-is-a-bad-influence>

Copying and plagiarism

Copying other people's work and presenting it as your own is plagiarism. It's an increasingly common problem in the online world where material can easily be copied and pasted from websites. Students need to acknowledge the ideas of others when they use them in projects, assignments and assessments. Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/copycats-beware>

Help your kids enjoy reading

How do you make reading a joy and not a chore for your child? One way is to find information and interesting facts about things that intrigue or interest your child in books, magazines or on the internet. Read and talk about what you find out. Here are some other tips:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/ten-ideas-to-help-your-child-with-reading>

Exploring careers by subject

Help your child to broaden their ideas about work and career paths. Bullseye posters have been designed to help your child assess career and training options based on 33 subjects. Each includes sample career biographies by young people. Find out more: <http://www.deewr.gov.au/Schooling/CareersandTransitions/CareerDevelopment/Resource/Pages/CareerBullseyeposters.aspx>

Work and study advice

There is a range of school staff who can help your child navigate their way through study and training options. Student support is provided by key people such as careers advisers, transition advisers, year advisers and school counsellors. Find out more: <http://www.schools.nsw.edu.au/leavingschool/schoolleaveage/options/atyourservice.php>

Mobile behaviour

AUDIO: What do parents need to know about sexting – the use of a mobile phone to send sexual images or messages? Learn about the consequences and get tips to help you educate your child.

Find out more:

<http://www.schoolatoz.nsw.edu.au/technology/using-technology/sexting-what-every-parent-should-know>

Schoolies safety

Want to know how to prep your child for schoolies week? The Turning 18 website offers savvy advice for parents and students alike. Get the facts on drugs, alcohol and celebrating, with top tips for staying safe.

Go to: <http://www.turning18.com.au/>

Holiday planning

Holiday camps are a great way for kids—7-12 years or 13 and over—to have an adventure and make new friends in a supervised environment. Packages include accommodation, activities and meals. Bookings are now open at camps across NSW. Find out more:

<http://www.dsr.nsw.gov.au/kidscamps/>

