

# Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 10 Issue 20

## ➤ GREAT NEWS INSIDE

- \* Bike Challenge donation
- \* Principal's report
- \* "Untangled Tales"
- \* Spelling Bee results
- \* Helpful sites

## ➤ BCS SCHOOL PROGRAMS



## ➤ VALUE OF THE WEEK

**Excellence.** We do our best to achieve excellence. Have you done your best?

## ➤ BIKE CHALLENGE 2012 CANCER COUNCIL VISIT:



*Participants in the Jeannette McCluskey Memorial Bike Challenge 2012  
Crawney Pass (940m elevation)*

On Friday 23<sup>rd</sup> November eleven students accompanied by Mr Horton, Mrs Stace and Mr Kershaw travelled to Sydney by train to visit The Cancer Council of NSW head office to present the proceeds from the Jeannette McCluskey Memorial Bike Challenge. The group was given a guided tour of the offices which are housed in an old warehouse and they gained a valuable insight into just how much work the Cancer Council does. They rely entirely on donations which fund valuable research as well as providing essential support and services for cancer sufferers, and their carers, around the state.

At the conclusion of the tour the group listened to a presentation by three Cancer Council workers and then Mr Horton presented the funds raised through the bike challenge, an amount of \$3,489.30.

Following the visit the group visited Sydney Tower, which was a first for most, before heading



*Gill Batt Head of Cancer Information & Support receiving donation*

back to Central Station and the trip home. A great day was had by all and the organisers would once again like to thank the students, staff and parents who participated in the Bike Challenge and everyone who gave help and support with the event, which enabled the raising of much needed funds for The Cancer Council.



### 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.

### ▶ IMPORTANT DATES:

Dec	10-12	Yrs7-11 Lifesaving
	13	Primary Presentation Day 10am
	14	Secondary Presentation Day 10am Matt Smith Music Memorial Yr3&4 Reward Day Forster
	17	Scary Things Sleepover 17th-18th Stage 2 Swimming
	19	Last Day for Students

## ARE YOUR CONTACT DETAILS UP-TO-DATE?



## ➤ PRINCIPAL'S REPORT:

This is the last newsletter for the year and I would like to thank the staff for their effort this year in providing our students with the best opportunities to achieve their personal best in terms of academic, sporting and/or cultural pursuits. I also wish to acknowledge the hard work done by our School Administrative and Support Staff (SAS staff) who have played a vital role in supporting me and assisting teachers to deliver quality educational programs.

This year we have also witnessed an increase in the number of parent and community members volunteering to assist in a number of programs across the school including our Breakfast Club and Stephanie Alexander Kitchen Garden program. Without the support of the volunteers we would not be able to offer many of these extra curricula activities and I thank all those involved for their time, skills and the knowledge they provide each and every week to the students of Bulahdelah Central School.

### **Student Achievements**

We endeavour to celebrate student achievements either via this newsletter, on our weekly assemblies or at our end of term presentations. Unfortunately we have some students who slip through our net and don't get the public recognition they deserve. If you have a child or know of another student who has achieved success please pass on to me the details so that I can share this news with our school community.

### **Communication**

After many years as a principal, I am still amazed at how little information "goes home" with the students to parents about their school.

Much of the information that does reach home is selective at best and erroneous at worst. Our website is up and running and we urge you to explore the calendar, photo galleries, policies and other information available on the website.

If you need to seek clarification or if you are concerned by anything **we are only a phone call away**.

We are using email as one form of communication a lot more so please let us know if you change your email address or if you are not receiving information via this system, please check the email address that you have registered with us.

### **Buying Footwear for 2013**

In 2013 we will continue to have an ongoing and continuous emphasis on appropriate footwear and we require your support. When you are buying new school shoes for your child over the break please ensure that they meet **Work Health and Safety requirements**.

Quite a number of students are missing out on practical activities because they are not wearing the correct footwear. Staff face significant **work cover** fines if they allow students into practical classrooms with inappropriate footwear.

Volleys, canvas slip-on shoes, "ballet style", or open style shoes, regardless of whether they are black, are NOT permitted to be worn. Shoes must have a stout protective upper to meet WH&S requirements.

I ask that parents support the school in this endeavour and do not purchase shoes for school that are inappropriate, do not meet WH&S requirements and are not part of our school uniform requirements.

## ➤ BCS REL. DEPUTY PRINCIPAL:

This week marks the start of Swim School for secondary students. Twelve students volunteered to be instructors and fifty students returned their notes by the due date to be a part of this valuable program. Due to the lower number of students involved, this week some Year 7 and Year 10 classes will be condensed, with regular classes maintained in Years 8, 9 and 11. Ms McKenzie, Mr McCann, Mr Belic and Ms Cunich will be supervising the Swim and Survive programs. Congratulations and thanks to Ms McKenzie for her hard work putting this program together.

Friday the 14<sup>th</sup> December will culminate the year's work by students with our annual presentation assembly. Parents, family and friends are invited to join us at 10:30am in the school's gymnasium to acknowledge and celebrate the achievements of BCS students, be it in the academic, community, performance and/or sporting areas. Ms Lister has been working tirelessly to collect all the required information and collate it to have a streamlined assembly. I personally would like to thank her for her efforts with this huge task.

Following the assembly, past and present students and guests will perform at the Matt Smith Memorial concert. This student organised event is to recognise Matt's musical talent and celebrate him being part of our lives.

Secondary report cards will be given to students on Friday afternoon. I encourage students and parents to read the information provided carefully. I trust that each report will demonstrate the progress made by the student in his/her subjects and provide advice for further studies next year.

Congratulations to the students who have worked on the PRIDE video with Mrs Shultz. This week Ms Guthrie will assist with the editing of the video to produce a creation for students to understand our school's PBL message.

Next week staff members will host the scary things sleepover, finalising the Middle School unit for this term. Students have the opportunity to sleep over in the school buildings and participate in activities and excursions, hopefully with nothing too scary happening.

Thursday 20<sup>th</sup> December and Friday 21<sup>st</sup> December are Staff Development Days (student free days), where staff will undergo professional development. This year the focus is on preparing for the Australian Curriculum implementation and teaching students with specific needs.

With the Christmas holidays quickly approaching I would like to remind parents and students that the school grounds are off limits during this time. There have been a couple of small groups of students using the grounds for sport and leisure out of school hours. As you can appreciate, if there was an event where one of these students was hurt, there would be no one available to assist. It also limits the amount of graffiti, vandalism and property damage.

One a more positive note, this extended break is an opportunity for staff and students to refresh, reinvigorate and refocus before taking on the challenge to better themselves in 2013. Being the last newsletter of the year, and my last as Relieving Deputy Principal for Mr Horton who will be returning in Term 1 next year, I would like to thank everyone for the support whilst in this role and wish everyone a happy and safe break.



➤ **BCS REL. DEPUTY PRI. PRINCIPAL:**

This is the last report for the year. It has been an eventful and full year for all. Mrs Thompson is on leave for the rest of the year and in her absence I, Stan Backhouse, will be filling in as Primary Deputy Principal while Mrs Murphy and Mrs McDonald will be filling in as Assistant Principals.

Classes for next year are still flexible and subject to change, depending on enrolments but at this stage the most likely possibilities for classes are as follows:-

K/1	Mr Gibbs
Y2/3	Mrs Ottignon
Y4	Mrs Wills
Y5	Mr Backhouse
Y6	Mrs McDonald

As you can see, falling numbers have required the Primary Department to form five classes only next year. There will also be a change in the Middle School structure with only Years 6 and 7 making up our Middle School.

Mrs Murphy has accepted a transfer to Wirreanda Public School from the beginning of 2013. During her time at Bulahdelah Mrs Murphy has successfully fulfilled many roles with enthusiasm and it is with fond regard that we say goodbye and all the best at your new school. We also wish you all the best with your new arrival due in January. The staff and students will miss you.

During the year there has been a number of staff who has lost loved ones, most recently Mrs Ottignon. Our thoughts and commiserations are with Kathy, Tara and Linda during this most difficult time.

Thank you to all staff, students and parents who have contributed so much to the effective running of our school during 2012. It is always a team effort and we look forward to your continued involvement in the coming years.

Finally to everyone, have a safe and happy Christmas. May it be a time of happiness for all.

➤ **SUMMER READING CLUB 2012-2013  
"UNTANGLED TALES":**

**All Branches: Forster, Tea Gardens, Stroud, Bulahdelah & Nahiic.**

**[www.summerreadingclub.org.au](http://www.summerreadingclub.org.au)**

**Registrations Start: 12th December 2012**

**Completion Date: 23rd January 2013**

Come in to any of the Great Lakes Library Service Branches to register and receive an information pack containing the challenge details. All you need to do is READ to receive incentive prizes or go in the draw for a grand prize. Reading is a creative, mind expanding, adventurous, exciting activity.

Readers embark on a journey every time they open a book. Reading is an essential skill for everyone.

It is the vital foundation of a child's learning and engagement in his/her school years and for life.

**Christmas Craft**

Friday 21st December 2012

2:30-3:30pm

Free of charge

**Cartooning Workshop**

Wednesday 9th January 2013

2:30-3:30pm

\$5:00 per child

**Ocean & Coastal Care Initiative**

Wednesday 16th January 2013

10:30-11:30am

Free of charge

**Activities for children 5-12 years of age.**

**Bookings essential Ph: 4997 1265**

➤ SPELLING BEE RESULTS:

The following students are the newly crowned Spelling Bee Champions of 2012. Congratulations to all of these students:

Kinder	Grady Ryan
Year 1	Charlise Luxon
Year 2	Bridie O'Connell
Year 3	Finlay O'Connell
Year 4	Marni Barry
Year 5	Kayley Whitfield
Year 6	Cherise White
Year 7	Luke Gray
Year 8	Arlee Francis-Nieswandt
Year 9	Joshua Collins
Year 10	No participants
Year 11	Mary-Anne Gooch



*The staff of Bulahdelah Central School  
would like to wish all students and parents  
a very.....*

*Merry  
Christmas*

## ➤ 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>
<b>Dec 10</b>	Fruit Salad	\$3.50	Fish & Chips	\$5.00
<b>Dec 11</b>	Mini Chicken Wraps	\$3.00	Calamari & Salad	\$5.50
<b>Dec 12</b>	Banana Cake	\$2.00	Spring Rolls	\$3.50
<b>Dec 13</b>	Hot Dogs	\$3.00	Beef Burger	\$4.00
<b>Dec 14</b>	McBites (Oriental)	\$3.50	Fried Rice	\$3.00
<b>Dec 17</b>	Savoury Dish	\$3.00	Stir Fry & Vegies	\$4.50
<b>Dec 18</b>	Fruit Cake	\$3.00	Quiche & Salad	\$5.50
<b>Dec 19</b>	White Christmas	\$3.00	Prawn Cutlets & Salad	\$6.00
<b>Dec 20</b>	Goujons	\$3.50	Seafood Basket & Chips	\$6.00
<b>Dec 21</b>	Chicken Wedges	\$3.50	Beef (G) Roll	\$3.50

## ➤ HOUSEKEEPING INFORMATION:

### NEXT NEWSLETTER: 4<sup>th</sup> February 2013

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/>

### CONTACT DETAILS

Parents, if you have changed any details e.g. your address, mobile phone, home phone or emergency contacts, could you please make sure you let the office know 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?



## HELPFUL SITES:

### **2013 homework planner**

Kids and families run more smoothly when there's a plan - so print out School A to Z's 2013 homework and study calendar, which includes key dates and school holidays.

Find out more

<http://www.schoolatoz.nsw.edu.au/home-work-and-study/homework-tips/2013-homework-planner>

### **Hundreds of holiday activities**

There's no time to be bored these school holidays when you have Go Play's list of family and budget-friendly activities at your fingertips. Take a look at the calendar of events, or download the free Go Play app for ideas in an instant.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/school-holidays-5-things-to-do>

### **Helping your child choose right from wrong**

In a fascinating podcast broadcaster James O'Loughlin talks to Dr Simon Longstaff from the St James Ethics Centre about how to raise ethically aware kids. Ideas discussed include getting involved with your child's school, providing some well-defined boundaries, knowing how to talk to your child and being a role model at home.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>.

### **Helping your child with career choices**

A video interview with a career expert offers advice to parents about how they can assist their children to recognise their

personal interests and choose a career that suits them.

Find out more:

<https://www.det.nsw.edu.au/vetinschools/schooltowork/parentscommunity/partnerships.html>

### **Are active kids less likely to be bullied?**

Researchers have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs.

Find out more:

<http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/kids-who-are-less-likely-to-be-cyberbullied>

### **Body image**

#### **For girls**

Body image is the number one personal concern for young people aged between 12 and 24, with research showing they feel under more pressure than ever to look a certain way. In a revealing podcast, an expert in the area explains what healthy behaviour is and what parents should be concerned about.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image/body-image-and-girls>

#### **For boys**

Body image issues don't only affect girls and young women. Some boys also worry excessively and unnecessarily about their weight and the way they look. This podcast discusses the signs to look for when your child has body image issues and what you can do to help.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>