

Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 2 Issue 16

14th October, 2013

➤ GREAT NEWS INSIDE

- * Madagascar Musical
- * Attendance
- * P&C Meetings Term 4
- * HSC Survival Guide
- * Michael Grose Insight

➤ BCS SCHOOL PROGRAMS



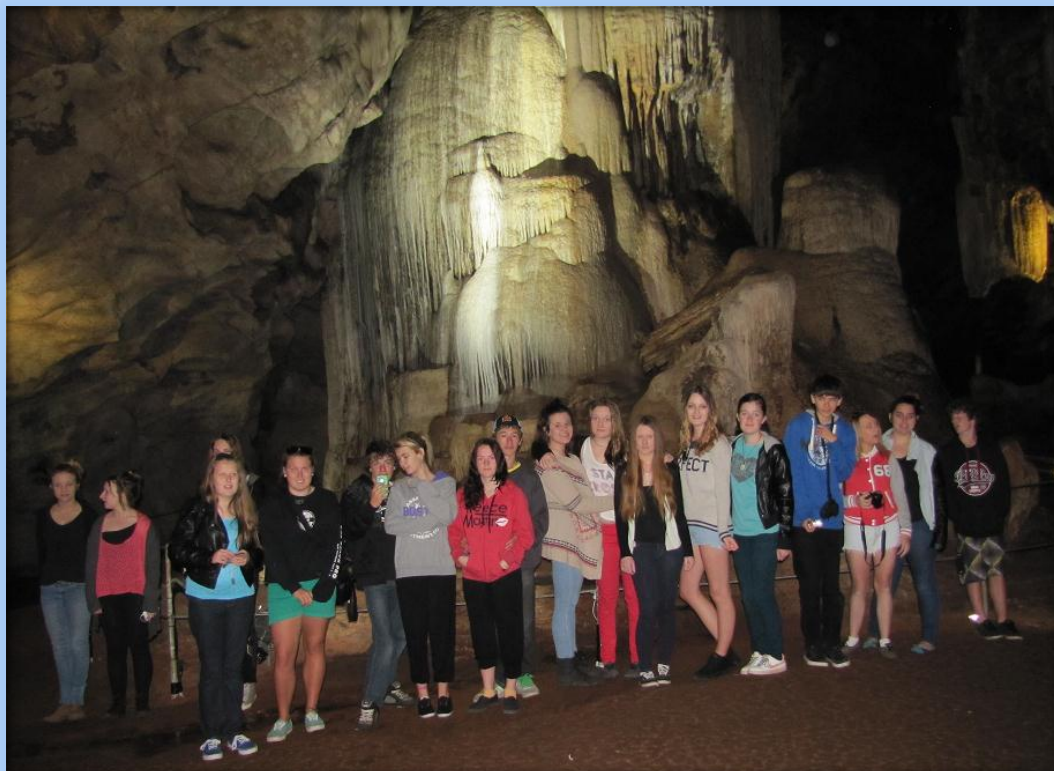
➤ VALUE OF THE WEEK

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

➤ YEAR 9 DUBBO CAMP:

The 16th of September 2013 was the day 19 Year 9 students set off, eating their way through NSW on their trip to Dubbo. They set off with enthusiasm and excitement for what was to come. The bus ride was long and interesting with silly questions being asked and stopping at almost every town to eat. Finally they arrived to pouring rain in

Dubbo. Still raining they headed over the bouncy bridge for their first part of the trip at Taronga Western Plains Zoo, Dubbo. There they would be camping 'rough' the first night. Their last activity for the day was still very wet, but luckily Ms Connell had colourful ponchos for them to wear on their night walk through the zoo in the pouring rain. But like Ms Connell said a million times, "It's all part of the adventure!"



Day 2 and it looked like the rain had left never to be seen again until after feeding the giraffes and making their way around the zoo for the day.



The zoo ended up being wet and cold most of the morning with the meerkats being the number one meeting place for wet Year 9s (and teachers). After touring their way around the zoo, via the bus, they picked up the rest of the group. Most of them were whining with cries of hunger to make a trip to the Kiosk where they could refuel and continue their journey exploring the animals and being snap happy. Later that day, they headed off to The Royal Flying Doctors' Service learning about the way the amazing service works and trying not to fall asleep during the documentary near the end of the visit. (They were still tired from their rain adventures the day before). That night they ate the 'leaning tower of pizza' and jumped in the happy sack that the drinks came in before getting ready (some taking a lot longer than others) to see White House Down at the Dubbo cinemas.

Bed time could have come sooner for the sleepy Year 9s after the movie.

Day 3 was their trip to Old Dubbo Gaol where they discovered the history of the gaol with a guided tour. The care takers of the gaol believed the gaol was haunted and said that they get high warm and cold readings in certain areas particularly in the areas where people died. After that they headed off to Dundullimal where they had a tour of the oldest slab house in Australian history and found a tree painted gold buy one of the care takers for a photo shoot. Then they headed off to the Western Plains Cultural Centre to visit the 'Undisclosed' Indigenous Art Exhibit and participated in an art workshop run by a local artist. There they chose a letter they liked and painted something about them onto it.

Relaxed, they headed off to the shops with Mr De Angelis and Ms Connell to do the grocery shopping for dinner and dessert. After dinner was their final stop for the night at the observatory where they watched a few short videos about space and stars then looked at the moon and the brightest star in the sky.

Day 4 saw them pack up and begin the long journey home, but not before a stop at Wellington to go below ground in the amazing Cathedral Cave. Despite a few cases of claustrophobia, everyone was awed by the beauty and size of the cave.

Finally, they boarded the bus and headed home with a trip remembered for toilet breaks, eye spy, Ms Connell's storytelling and bad jokes.

Overall, the trip was a very rewarding experience with all the laughs and stories, and it will stay in their memories for years to come.

Charlie Brown Year 9



➤ PRINCIPAL'S REPORT:

HSC Exams Begin today.

We wish all our Year 12 students the best as they begin their HSC exams today with English.

It is very pleasing to see so many students taking advantage of working with their teachers during the recent break. Many teachers gave up their time to work with their Year 12 classes over the two weeks and I know that the students who took advantage of this were very appreciative of the time and effort the teachers put in for them.

All students are encouraged to continue to see their teachers during the exam period to finalise their study and get those last minute tips and techniques.

Developing a Growth Mindset

In my Year 12 graduation speech I mentioned about Growth Mindsets versus Fixed Mindsets. Mindsets are the assumptions and expectations we have for ourselves and others. These attitudes guide our behaviour and influence our responses to daily events and with students we see this every day in students' response to work that is given in their classes.

According to Stanford University psychologist Carol Dweck, success is not determined by innate talents and intellect. Rather, success depends upon mindset – the degree to which we believe we have the capacity to cultivate our intelligence and grow our abilities.

People embrace fixed or growth mindsets about all of their qualities, not just intelligence. Many people believe that our other qualities – creativity, artistic ability, athleticism, personality traits – are qualities with which we are born or not. However, Carol Dweck asserts that any and all of these qualities can be cultivated.

At school we need to develop in all students a growth mindset mentality because this approach has many positives for student success and enjoyment at school. Students who display a growth mindset display:

- a love for learning and self-improvement.
- a desire to be challenged.
- a willingness to work for positive results.
- a belief that they can control the outcomes of their life with effort and practice.
- the ability to learn from mistakes and failures.
- emotional resilience.

As a parent it is important that we develop a growth mindset with our children. When they succeed talk about the work that went into the success and praise persistence and perseverance. Focus on the positive habits that were practised and the choices made which led up to the success.

It is important not to shelter your child from the realities of failure by placing blame on others or circumstances. Ask what they can learn from the experience and what could they try differently the next time. This approach promotes growth and develops a more positive approach to difficult tasks in the future.

For people with a growth mindset it's not about immediate perfection. It's about learning something over time - confronting a challenge and making progress. Students with a growth mindset thrive when they're stretching themselves.

As parents and teachers our mission is developing children's potential. Let's use the lessons of the growth mindset - and whatever else we can - to do this.

Celebrate Attendance

Hints and Tips No 8: Tips for Parents



Missing school leaves gaps in your education

There are some simple yet effective tips that parents can follow to ensure their child has a happy day at school.

Make sure your child has a good nights sleep.

Make sure you and your child get up early enough to:

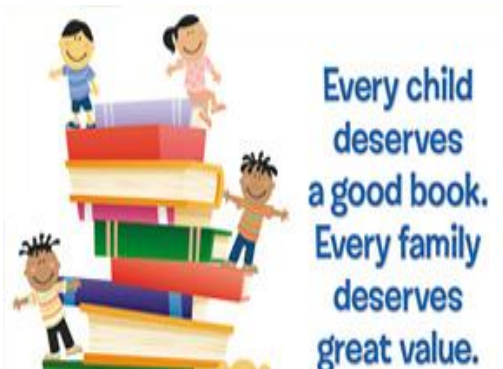
- Have breakfast
- Get lunch ready
- Pack a school bag
- Get dressed

Be organised – help your child pack bags and have homework and sports gear ready for the next day.

Be involved with your school – meet with your child's teacher and talk regularly.

- Offer your support and help.
- Read notes from school and reply on time.
- Phone the school if you want information.
- Listen to your child read.
- Show an interest in homework.

REMINDER: If your student will be absent from school for 5 or more days on a family holiday, an EXEMPTION FORM (one for each student in your family) should be completed and returned to the school PRIOR to the holiday for principal approval.



REMEMBER!

to send in your Scholastic Book Orders by:

Tuesday 29th October, 2013

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



➤ BCS DEPUTY PRINCIPAL:

Welcome back to Term 3. This term commences with our HSC students doing their exams from today and they will be involved in exams up until early November. I'd like to wish them all the best in their endeavours. A lot of Year 12 students have been studying hard throughout their break, with a number of teachers working with the Year 12 students during the holidays.

Our Year 11 students have now completed their Preliminary course and will this week commence their HSC courses. Reports will be issued shortly (before the end of Week 3) for parents to assess their child's results in the Preliminary course.

This week our Year 11 Drama musical "Madagascar" will be performed on Tuesday and Wednesday evenings. They have been working hard over the last week rehearsing; a special guest singer will be performing with the choir – so get your tickets and don't miss it!

Mr Kershaw and Ms Brewer are heading off with students from Year 7-11 on the annual Bike Challenge. They will be riding from Nundle back to Bulahdelah over some challenging terrain.

This week, a set of new School Rules has been placed in every classroom. This is part of our Positive Behaviour for Learning Programme and an attempt to refocus students on working to create a positive learning environment in the classroom. Our five key rules are:

- ✚ Respect others' rights to learn.
- ✚ Act in a safe and responsible manner.
- ✚ Follow instructions.
- ✚ Use electronic media only as directed.
- ✚ Wear appropriate uniform and be prepared for work.

We are also redirecting our use of detention and the planning room including using after school detention as an alternative in some cases to suspension. More information on these changes to our behavior management system will be sent home shortly.

BULAHDELAH CENTRAL SCHOOL YEAR 11 PRESENTS:

MADAGASCAR THE MUSICAL!

October 15th & 16th

BCS HALL 6pm

Adults - \$ 10 Children - \$ 5

Family (Parents and Children) - \$ 30



Refreshments available – come and sing along to 'Wild Thing' & 'I Like To Move It.'



Do you have a child in year 4, 5 or 6?

In 2001 (over 12 years ago) the Government introduced the 'Child Tax Offset' and surprisingly many Australians did not know about it and have NOT claimed any benefits.

Act now!
Time is running out fast!

HAVE YOU MISSED OUT ON THOUSANDS OF DOLLARS?

If your child was born between **1 July 2001 and 30 June 2004** you may be eligible to receive up to \$12,500 of entitlements.

The government has now put a deadline on this entitlement so please email childoffset@twelve.com.au to receive more information.

Twelve Chartered Accountants ABN 61 712 659 747
Suite 2, Level 1, 10-14 Boyle Street, Sutherland 2232
P: (02) 9524 2744 www.twelve.com.au Principal: Derek Nolan CA



Your Family Tax Specialist



TEA GARDENS HAWKS NEST
SURF LIFESAVING CLUB

NIPPERS

5 -13 Years

9am - Each Sunday Morning

Register Now!!!

For more information, please contact

Mark 0414 351779 / Brad 0418 760998

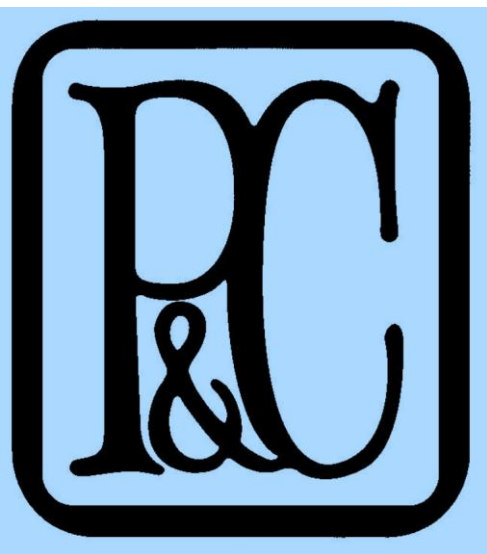
OR

Maxine 0421 687311

NEW MEMBERS ALWAYS WELCOME

Come along, give it a go & meet some new friends.....

It's great fun!!!



Dates for P&C Meetings Term 4:

11th November Tea Gardens 4.00pm

9th December BCS 3.45pm



➤ **BCS DEPUTY PRI. PRINCIPAL:**

Welcome back to Term 4! I trust you all had a restful and relaxing holiday. Traditionally Term 4 is quite hectic and this looks to be the case already.

I would like to thank Mrs Wills for relieving as Deputy Principal in my absence last term, and Mr Gibbs for relieving as Assistant Principal. I appreciate the efforts and hard work of both staff members.

I had an amazing holiday which culminated in my visit, for two weeks, to Woodville Primary School in South Woodham Ferrers, Essex. It was an interesting insight into another education system which has many similarities to NSW whilst also having distinct contrasts. Children are children the world over, inquisitive and energetic. Teachers are teachers, hard working and devoted to making a difference to their students. The physical layout of English schools is much different to ours and there is a complete devolution of money, from the government, to schools which is solely managed by the Head Teacher (Principal) and the school’s Board of Governors.

Salaries, maintenance, building programs, professional learning and all teaching resources are managed locally by the school. Schools are driven by data, in order to satisfy the external accountability mechanism known as OFSTED, The Office of Standards for Education, which regularly conduct inspections of schools. I thoroughly enjoyed my time at Woodville Primary School. Both systems have their strengths but at the end of the day the one thing that we do have in common is the students at the heart of everything we do.

Our debating team will be defending their title, as champions of the Manning District, next week, at BCS on Monday between 9am and 1pm. Their opponents will be Old Bar Public School. Unlike their previous debates, in the rounds and semi-finals, the final debate will be an impromptu debate. The students receive the topic and have one hour to prepare their debate before debating. We wish them luck and, regardless of the outcome, they have already done their school and themselves proud! Go girls!

Mrs Wills begins Long Service Leave on the 28th October for the remainder of the term. Miss Nixon will be teaching her class and Mrs McDonald will be Relieving Assistant Principal for the duration of her leave.



➤ **IMPORTANT DATES:**

Oct	12-20	Bike Challenge
	14	Kinder Orientation
	15-16	“Madagascar” Musical
	21	Kinder Orientation
		Pri. Debating Final at BCS
	22	Yrs9&10 Healthy Body Image Workshop
	28	Kinder Orientation
		Primary Assembly
	30	K-6 “Shekere Beats” Performance



At a Glance

Year 12 is a challenging time for kids, as studying for the HSC often coincides with other stressful factors.

- Support your child by encouraging good sleep, nutrition and physical activity.
- Have realistic expectations about your child's performance and goals.
- Stay calm and positive.
- NSW HSC Online has excellent study resources.

Practical advice for the whole family

If your child is studying for the HSC, you're probably feeling the stress too. Many parents want to help but don't want to interfere.

As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family.

Year 12 is often the year when kids:

- lose interest in school
- have no plans for after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- get their driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- are a member of a sporting team
- develop an eating disorder
- suffer from depression.

If any of these concerns sound familiar, don't despair. You're not alone - and this won't last forever.

How you can help

Richard Cracknell, counsellor and district guidance officer at Inverell High School advises that "the most obvious forms of support parents can offer are the practical, physical things," and recommends parents:

- Provide a **good place to study**, that's quiet, comfortable, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide **healthy**, balanced **meals**.
- Encourage **sleep** and regular **exercise**.
- Encourage them to **avoid late night parties and alcohol** consumption.

Less obvious, but just important, is giving your child the support they need in the lead-up to exams, which can be hard when emotions run high.

Tips to remember

- **Be supportive** and encouraging.
- **Highlight strengths** and successes. Encourage your child not to dwell on failures, but to see them as "mistakes", which can actually be something they can learn and benefit from.
- **Appreciate your child may be feeling very stressed**, even if it's not obvious to you. Many kids fear letting their family down so beware of setting unrealistic expectations. Some worry they can't do as well as a sibling, or friend. Many Year 12 kids are feeling overwhelmed about what lies ahead: leaving home, leaving lifelong friends, the prospect of having to live in a new city.
- **Understand people under pressure become supersensitive** and explosive from time to time. Family members are usually the first targets. Try not to overreact.
- **Be realistic in your expectations** as to where the HSC leads. Not all HSC students will go on to university – but they can still have a wealth

of excellent and satisfying career options. If they don't get the HSC marks they needed and still really want to go on to tertiary education later, there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.

- **Encourage your child to seek help** from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- **Encourage a healthy balance between work and leisure**. Sometimes kids need a total break from everything for a weekend or so, to recharge their batteries.
- Remember **the occasional hug and "I love you" don't go astray**, even when they are 18 years old.
- Encourage and **allow your child to be as independent as you can possibly stand**. The more independent your child is in meeting the demands of Year 12, the better prepared they will be to succeed at a tertiary level or in the workforce.

Just before exams:

- **Don't stress about the little things** like leaving lights on, leaving the lid off the toothpaste and not doing chores.
- **Don't panic** when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot." is a good standby.)
- **Avoid nagging**, which doesn't mean you can't give a nudge or gentle reminder from time to time.
- **Encourage confidence** by reassuring your child. If you have doubts, keep them to yourself.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Why finishing 4th beats winning

We all love to see our kids be successful. But maybe it's their struggles rather than their wins that will set them up for future success.

Everyone wants to win. We want it for ourselves.
We want it even more for our kids.

It's great to see the smile of satisfaction on a child's face after winning a game, a race or finishing on top of the pile in any endeavour.

Winning feels good. It means they're doing well.
It's equated with **success**.

It's a good habit to develop ... *or so the theory goes.*

But winning is just one part of the story.

Not finishing first carries emotion too, though it's not necessarily positive.

It's good for kids to experience disappointment, annoyance and frustration just as it's good for them to experience positive emotions.

It's good to learn when you are young that **bad feelings happen, but they don't last**. This is a valuable life lesson.

Not winning also teaches kids that there is a link between success and effort. It teaches them that perseverance pays off eventually.

Helping kids to accept setbacks and unpleasant emotions, rather than blocking them out, is **the key to building their resilience**.

What about the child who never wins?

Some children seem to never win, or hardly ever do. A friend has a child who always seems to have 4th place sewn up in any race – just missing a ribbon – unless he is trying to get into a four person relay team, in which case he finishes 5th.

As a caring parent my friend works hard keeping her son's chin up year after year. And that's what she has to do. I suspect her son will learn the value of struggle. But it will pay off in his adult life when he understands that persistence is a fabulous asset.



So if you have a child who continually comes 4th (figuratively as well as literally) here are some strategies you can focus on:

- 1. Encourage liberally:** Stanford University professor Carol Dweck (who has written a great deal on this very topic) encourages parents to use process praises: "You used smart strategies", "You worked hard on that one", "You thought long and hard to work that problem out". She says this helps kids value effort and work for longer-term results.
- 2. Focus on struggles, not just on victories:** Your focus as a parent reveals your values. If you value effort and struggle then you need to be on the lookout for these so you can applaud them. If winning is all you value, then you'll only focus on that. There is a choice here.
- 3. Share stories of struggle and overcoming adversity:** Whether it's stories from your own life (kids love to hear about when their parents struggled) or stories from public news and sport, inspire and encourage your kids with the narratives of the struggles of others.

It's easy as a parent to get caught in the winning trap. We sometimes just get carried along with the hype.

But maybe, just maybe, finishing 4th is better for kids in the long term than always being a winner.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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- Where:** St. John's Anglican Church
Bulahdelah
- When:** Last Wednesday of the month
Starting October 30th
- Time:** 4:30 pm to 6:30pm
- Who:** For children and their family or
carers. All ages welcome
- What:**
- Get a bit messy doing craft.
 - Learn more about God.
 - Enjoy some time over a meal with others that is provided.

No cost – children must be accompanied by an adult.

Contact: Rev. Michael Birch 0409221246



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

Specials this fortnight are:

week. These specials are publicised each fortnight in the school newsletter and on the school web site. Students and staff are invited to order from this list in addition to the Menu/Price List.

<u>DATE</u>	<u>RECESS</u>	<u>COST</u>	<u>LUNCH</u>	<u>COST</u>
Oct 21	Spring Rolls	\$2.00	Ham Steaks & Salad	\$4.50
Oct 22	Wedges S/C Chilli Sauce	\$3.00	Steak Sandwich	\$4.00
Oct 23	Zucchini Slice	\$3.00	Apricot Chicken & Rice	\$4.50
Oct 24	Savoury Dish	\$3.00	Hot Dogs	\$3.00
Oct 25	Mini Chicken Wraps	\$3.00	Fish Pieces & Salad	\$4.50
Oct 28	Party Pies/Sausage Rolls	\$1.20	Beef Stir Fry & Rice	\$4.50
Oct 29	Noodles	\$1.00	Kebabs & Salad	\$6.00
Oct 30	Apple Pie	\$2.00	Seafood Basket & Chips	\$5.50
Oct 31	Fish Pieces	\$1.50ea	Roast Beef Rolls (G)	\$3.50
Nov 1	Mini Salad Wraps	\$3.00	Salad Plate with Egg	\$4.50



HOUSEKEEPING INFORMATION:

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>.

Next Newsletters for Term 4: 28th October; 11th & 25th November; 9th December

ARE YOUR CONTACT DETAILS UP-TO-DATE?

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.