

# Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 10 Issue 20

9<sup>th</sup> December, 2013

## ➤ GREAT NEWS INSIDE

- \* Sports Blue Award – Molly Wilton
- \* Staff retirements/transfers
- \* P&C Meeting 9<sup>th</sup> December
- \* Christmas message from staff
- \* Roger Horton's last report
- \* Important dates
- \* Pleasures of free play
- \* Choosing the right shoe

## ➤ 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?

# BCS PRIMARY CAPTAINS FOR 2014



**Marni Barry**



**Aria Brown**



**Heidi Buchanan**



**Tayla Hartley**



**Anjoli Luxon**



**Bailey Middleton**



**Taylah Smith**



**Beau Thatcher**



## ➤ PRINCIPAL'S REPORT:

### **Congratulations to Molly Wilton**



I had the pleasure of attending the Hunter Sports Association Sporting Awards on Wednesday. At these awards Molly Wilton was recognised for her outstanding achievements at Lawn Bowls where she was awarded a Sports Blue.

The Regional Blue is the top award and presented to those athletes who have shown excellence at a high level of competition in their sport(s). Molly was one of about twenty six recipients to be recognised for her dedication, persistence and outstanding achievements. This places her in an elite field of top performing athletes across the Hunter Region which extends up as far as Taree and south to the Central Coast.

I know her parents are proud of her achievement and they need to be acknowledged for the support, time and effort they themselves put in to allow Molly to achieve at her chosen sport.

### **Staff changes in 2014**

Many of you will know that we have a number of staff members either retiring or moving on from Bulahdelah Central School.

Roger Horton is taking up the position of Deputy Principal at Armidale High School after a significant number of years here at BCS. He will leave a lasting legacy both at school and in the community.

Michael Stace, Yvonne Mason and Kathy Ottignon are all retiring after many, many years teaching at BSC. They have had a positive impact on hundreds if not thousands of students who have passes through our front gates.

Matthew Phair will also be leaving us in 2014 but at this stage it is unsure on his final destination. Matt has also taught a significant number of students over his 15 years at BCS.

We wish all those staff members leaving us all the best for 2014 and the future, wherever that maybe. I'm sure they will continue to have an impact on those students and/or people they meet and interact with in the coming years.

### **Best Wishes for Christmas and the New Year**

The years seem to go quicker with every passing year. Next year will bring its own challenges and rewards. I look forward to again working with an outstanding staff and community to continue the work in making Bulahdelah Central School a school that we can all be proud of now and into the future.

All the best for the festive season and I hope you all have a happy and prosperous new year.



### ➤ BCS DEPUTY PRI. PRINCIPAL:

This will be the final newsletter for the year. It has been a very productive and successful year for our students and staff.

As well as their everyday learning, our students have also had access to many extra curricula activities. The scope of learning at BCS is very broad with opportunities for all students to succeed. I would like to thank the students for their efforts this year in the classroom and for consistently displaying our five PRIDE values. Many of our students make the most of the opportunities to *participate* in the life of the school, show *respect* to others and our values, display *initiative*, show *determination* in their learning and strive for *excellence*. Thank you to parents for your support of everything we do to meet the educational needs of the students at BCS. We appreciate and value your input and support. I am very proud of our collective achievements this year.

Good luck to our Year 6 students who will be moving into high school next year. We wish you all the best in your secondary studies.

I would like to thank my staff for their tireless efforts in providing high quality learning programs and for the extra learning opportunities that they offer our students.

I attended the Stage 3 camp, last week. The students had an amazing time participating in a range of challenging, outdoor adventure activities. Many of the children really challenged themselves and I think surprised themselves as to what they were capable of. I think that "Mudworld" and the waterslides were probably the favourites. I bet many washing machines worked overtime last weekend!



I thoroughly enjoyed my time at camp with the students. They were a great bunch of kids and represented our school with PRIDE. Great ambassadors for BCS! I think Mrs McDonald and Mr Backhouse are still recovering.

Our presentation assembly and concert will be held on Thursday 12<sup>th</sup> December. We encourage and welcome all family and friends to come along and help celebrate another successful year of learning at BCS.

The Year 6 farewell will be held on Monday 16<sup>th</sup> December. Notes have been sent home. I would appreciate it if notes could be returned to school as soon as possible. It's always a very positive day and a fitting way to celebrate the end of their primary school years. No student is excluded from attending this event!

Traditionally, the Christmas holiday period is generally when parents purchase new shoes for their children. If this is going to be the case in your family, please ensure that you purchase black shoes with leather upper for everyday wear. Students should also have a pair of joggers for sports day. It is very important that students wear the correct footwear to school as they may be excluded from certain classes e.g. kitchen/garden if their footwear does not meet workplace health and safety standards. Coloured joggers are not appropriate footwear. Please refer to page 6 of the newsletter for further information. I thank you in advance of your support in this matter.

Finally, I would like to wish you all the joy of the festive season. May your holiday be happy, healthy and safe and I look forward to working with you and your children in 2014.

#### Date for final P&C Meeting

##### Term 4:

9<sup>th</sup> December BCS 3.45pm



*This Christmas we wish that all your hopes and desires come true. May the Christmas magic make all your aspirations and dreams real.*

*May the warmth and joy of Christmas bring your family closer to each other. A happy family wrapped together would be the best gift for Christmas.*

*From the staff of Bulahdelah Central  
Merry Christmas!*





### ➤ BCS DEPUTY PRINCIPAL:

This will be my final newsletter report as Deputy Principal at Bulahdelah Central.

I have had a fantastic 16 years at the school and will miss the many friends I have made during that time.

It has been a great privilege to have taught at Bulahdelah which is a unique school with great staff and lovely children. I hope I have been able to make a contribution to the students' welfare and education in that time.

I would like to thank the staff, the students and the community for their support and encouragement throughout my time in Bulahdelah and particularly the kindness and care given to me and my family during Jeannette's illness.

As I embark on my new adventure to Armidale High School as Deputy Principal, I would like to wish the students of Bulahdelah Central all the best for their future. I will always be connected to Bulahdelah and hope to see and hear how people are going on a regular basis.

This week we have our Year 7-8 lifesaving program in place and we also have a Year 10 group going to Taronga Zoo.

Yesterday we had our PRIDE assembly and I would like to congratulate all the winners for showing consistency for our school values of Participation, Respect, Innovation, Determination and Excellence.

I would like to wish everyone a safe and happy holiday and festive season.

Merry Christmas and a happy New Year.  
Goodbye and farewell.

### RESUMING DATES FOR STUDENTS

TERM 1 2014 ARE:

**WEDNESDAY 29<sup>TH</sup> January**

Yrs 1-6

Yrs 7, 11 & 12

**THURSDAY 30<sup>TH</sup> January**

Kindergarten

Yrs 8, 9, 10

### ➤ IMPORTANT DATES:

<b>Dec</b>	9	P&C Meeting BCS
	9-10	Yr10 Taronga Zoo Snooze
	9-11	Secondary Lifesaving Program
	12	Primary Presentation 10.30am Yrs7-11 Reward Day Luna Park
	13	Secondary Presentation 10.30am Yrs7-11 Matt Smith Music Day
	16	Yr6 Farewell (Ice Skating & Ten Pin Bowling)
	18	Last day of Term 4
<b>Jan</b>	29	Yrs 1-6 & Yrs 7, 11 & 12
	30	Kindergarten & Yrs 8, 9 & 10

## ➤ PLEASURES OF FREE PLAY:



When you're rushing to fit in soccer training, swimming and music lessons, it can be hard to keep hold of the magic stare-into-space, muck-about moments in children's lives.

Whether it involves hiding in a cardboard box or sitting in a tree, those free afternoons can provide the space for ideas and the imagination to run wild, building life skills that some believe are overlooked in a search for sports trophies, concert performances and academic excellence.

"Parents have the very best of intentions but I think we can get a bit confused about what success and socialisation looks like – particularly in the early years of school," says Kathy Walker, education consultant and author of *What's the Hurry?*, which examines the busy lives of many Australian children today.

*It's important for parents to learn that it's OK to sometimes say 'no' to activities. They shouldn't feel guilty.* **Kathy Walker** Author and education consultant

"The over-scheduling is a problem not only in its own right – kids get tired and their parents get tired rushing them from one thing to another – it's also a downside that children aren't learning the skills that are important in the early childhood and primary years."

### **Simple pleasures of free play**

Allowing free time for children to play on their own, making up games and activities, can help

kids to be comfortable in their own company, teach them how to cope with boredom and importantly, foster their imagination. Kathy calls it emotional resilience.

"There's no safer, better place to learn how to play [on your own] and bounce back and get on with things, than in your own home. That's very important in life to learn how to bounce back and have a go and self-initiate."

To that end, Kathy says a couple of props around the house can help. Little kids love to get dressed up. Bigger kids like to have access to board games, Lego and other building materials.

### **Balance is the key to happy kids**

Recent US research shows that extracurricular activities can add a lot to children's social and intellectual development, but too much emphasis on achievement can create stress. Balance can be beneficial for all involved.

The desire for more balance has even seen some American parents forming groups to advocate for days that are free of organised sport – so kids can get out and play on their own.

Kathy says many parents simply get caught up – starting with a soccer class, then introducing a music class because it's good to begin young, and next thing the week is packed.

"It's important for parents to learn that it's OK to sometimes say 'no' to activities. They shouldn't feel guilty. It's best to think that children are at school five days a week so one or two extracurricular activities a week is probably plenty, given that five days a week is pretty full-on anyway."

And of course, when parents are no longer ferrying kids from one activity to the next, there's the added bonus of more family time for everybody.

## ➤ CHOOSING THE RIGHT SCHOOL SHOE:



### **At a glance:**

- Good school shoes don't have to be expensive.
- Shoes should be flexible but supportive.
- A good shoe should weigh about 250 grams.
- Allow a maximum of one thumb width between the big toe and the end of the shoe.
- Danger signs of poor shoes - your child stumbling a lot or complaining of pain.

Let's face it; School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn't evolved much at all. Most school shoes are still navy, black or brown with laces for boys and a t-bar design for girls. But while they all look the same, the cost can vary from about \$30 all the way up to \$120 and beyond.

But does a more expensive shoe mean a better shoe?

Geoffrey Crichton, a podiatrist with more than 27 years' experience and a father of seven kids, says not necessarily. Rather than concentrating on the price tag, he says the shoe needs to pass these three simple tests:

1. Hold the shoe, one hand at the heel, the other around the middle of the shoe and twist. There should be resistance through the middle of the shoe.
2. Hold the shoe at the heel and squeeze. The shoe should have a strong heel counter which means the heel should hold firm.
3. Flex the shoe at the forefoot (or where the ball of the foot would be). The shoe should flex enabling natural movement of the foot.

### **Rules of thumb for a good shoe**

"Listen carefully to your child," advises Geoffrey. "If they are in pain or if they stumble, then there's probably something wrong with the shoe. If the problem persists then I'd recommend getting some professional advice."

Geoffrey says cheaper shoes can be OK, but if the materials are inferior it's likely the shoe will breakdown more quickly and need to be replaced.

He also cautions against buying shoes too big. "I'd allow a maximum of one thumb width from big toe to the end of the shoe. Anything more and the shoe can alter the way your child walks."





## 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 and on the school web site. 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>
Dec 9	Ham & Cheese McMuffins	\$3.00	Ham Salad	\$5.50
Dec 10	Mini Salad Wraps	\$3.00	Prawn Cutlets & Salad	\$5.50
Dec 11	McBites	\$3.00	Cornmeal & Veg. White Sauce	\$6.00
	Mini Chicken/Lettuce/Mayo			
Dec 12	Wrap	\$3.00	Chicken Parmigiana	\$6.00
Dec 13	Wedges S/C Chilli Sauce	\$3.00	Salt & Pepper Squid & Salad	\$6.00
Dec 16	Crumpets with Syrup	\$2.00	Seafood Basket & Chips	\$6.00
Dec 17	Banana Cake	\$1.50	Rissole Roll (G)	\$3.50
Dec 18	Chicken Kebabs	\$2.50	Pork & Pickle Sandwich	\$4.50
<b>Dec 19</b>	<b>Pupil Free</b>			
<b>Dec 20</b>	<b>Pupil Free</b>			



## 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>.



**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.