

Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 2 Issue 15

13th October 2014

➤ GREAT NEWS INSIDE

- * Nat. Mental Health Week
- * Bike Challenge report
- * P&C Meetings
- * Triple P Parenting Seminars
- * Pre-School 25th Anniversary
- * TG Golf Club Apprenticeship

➤ BCS SCHOOL PROGRAMS

healthykids
eat well, get active



➤ VALUE OF THE WEEK

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

HAIRSPRAY

Tuesday 14th &
Wednesday 15th October
6-8pm



Students \$5

Adults \$10

Family \$30



➤ PRINCIPAL'S REPORT:

Last week was National Mental Health Week and I have previously written about this issue in our school newsletter.

Some of the aims of Mental Health Week are to promote social and emotional wellbeing to the community, and enhance the coping capacity of communities, families, individuals.

From a school perspective a significant part of children's mental health comes from having happy and confident students. Michael Grose (<http://www.parentingideas.com.au/Home>) writes extensively about Child Development and Parenting and I have decided to include a recent article of his because it highlights this critical aspect of parenting and the impact this has on a child's development.

The secret to raising happy, confident kids by Michael Grose

Despite what you may think, the fundamental job of the parent has not changed since the dawn of time. And it's never too early to start.

The end game or goal for parents is *redundancy*. Yep, you read it right. Your job is to make yourself redundant as a parent from your child's earliest possible age. It always has been and always should be.

When redundancy is your aim most of your time, effort and energy will go into promoting independence.

Independence leads to the 4C's

When independence becomes your priority, suddenly it will reveal a pathway to the development of other positive qualities and traits in your children. These include:

Confidence comes from facing your fears and doing things for yourself.

Competence comes from the opportunity to develop self-mastery that independence offers.

Creativity is developed when kids solve problems themselves as opposed to someone solving them on their behalf or, worse, sheltering them from any risk of harm.

Character, which is essential for success, is forged under hardship and is needed if kids are to live a sturdy life.

Independence takes many forms

Independence has many guises and can be developed in many ways, though in the end it is adults who are the gatekeepers for their children's independence.

On a basic level developing independence is about developing children's autonomy.

Independence is built when children spend time in unpredictable circumstances and environments such as the bush, and also have the opportunity to navigate their neighbourhoods on their own.

Allowing kids to follow their own impulses even if they are different to your own is the key to gaining independence.

Allowing kids to take responsibility and own their own problems builds confidence and competence. Start by expecting kids to help at home. Look for ways to develop self-help skills and don't take their problems on as your problems.

Create junior versions of independence

It can be scary and also difficult developing independence in one big step. So smart parents intuitively develop *junior versions* of independence by breaking up big activities into digestible bits.

In all the noise and commotion about raising kids today it's easy to forget that the job description for parents hasn't changed since the dawn of time. Love them, bond with them, teach them and spend time with them. But also work like mad to develop their real independence so they become capable of handling what life will throw their way.

YEAR 12 2014 GRADUATION DAY

GOOD LUCK AND BEST WISHES



➤ IMPORTANT DATES:

Oct	13	P&C Meeting Bulahdelah 3.30pm
	14-15	"Hairspray" Performance
	15	Triple P Parenting Seminar Aspirations Online Survey
	20	Yr7 SMART Show
	22	Tell Them from Me Survey Yrs9&10 Syd. Justice & Police Museum Kindergarten 2015 Parent Meeting
	27	Scholastic Orders Due Primary Assembly
	31	Daniel Morcombe Day
Nov	3	Yr11 Resilience Workshop
	10	P&C Meeting T.Gardens 3.45pm Yrs7-10 Exams
	11	Yrs12 School Formal
Dec	12	Yrs 7-11 End of Year Assembly Matt Smith Memorial Concert

Day for Daniel Get red, Red, READY for **Friday Oct 31st 2014**

RECOGNISE REACT REPORT

TEACHERS
GRANDPARENTS
POLICE
000
COURT CLERKS

What you can do!
Wear Red and Educate

..THE MUSICAL..

HAIRSPRAY

• Bulahdelah Central School •
presents

STARRING
Tracy-Chloe Shultz
Link-Andrew Wood
Edna-Kai Manally
Velma-Ruby Keys
Corny Collins-Kyle Shultz
Amber-Sarah Rooney



WHEN-Tues Oct. 14th
WED-Oct 15th 6pm to 8pm

WHERE-School Hall
Bulahdelah Central

COST-Adults \$10
Students \$5
Family \$30

Refreshments
Available



➤ BCS DEPUTY PRINCIPAL:

Welcome to Term 4!

Firstly congratulations to our Bike Challenge team, who left late last term on their gruelling ride from Nundle to Bulahdelah. These exceptional students (and support team of fantastic parents and the amazing Ms Brewer) rode for days, camped under the stars at night and raised money and awareness for Stewart House and prostate cancer. Ms Brewer has reported back to me that all students arrived home safely at the end of the first week of the holidays and had enjoyed their ride. I commend all those involved!

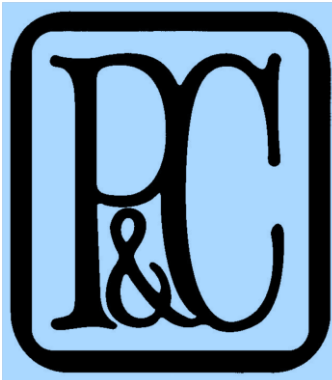
This term is already filling up fast with some important dates that students and parents may wish to mark on the calendar now;

- ❖ 14th and 15th October: school musical "Hairspray"
- ❖ 15th October: Aspirations online survey
- ❖ 15th October to 4th November: Peer Learning for staff
- ❖ 22nd October: Tell Them from Me survey
- ❖ 10th November: exam period starts for Years 7 to 10
- ❖ 11th November: Yr 12 School Formal Graduation
- ❖ 12th December: End of Year Presentation assembly
- ❖ 12th December: Matt Smith Memorial concert

Of course other key dates will be advertised in our newsletters and on our Facebook page throughout the term, so please stay tuned.

This term staff will start their professional learning project "Peer Learning" where staff will be working in teams on a focus area, to improve their teaching practice. Every teacher has agreed to staff assisting them with planning a lesson including a selected focus and also to watch them teach and evaluate the lesson. Research has shown this model to be the most effective way to improve pedagogy of staff and student outcomes. It is certainly no secret that we have exceptionally talented staff members who will work together in this project to share their success with other staff members. Whilst this does mean that staff will need to miss some of their own lessons to assist their team members, I am assured the two days used to participate in this initiative will see significant gain in the teaching time thereafter. I thank the staff for taking on this challenge and for supporting their colleagues.

Just a gentle reminder about students on school grounds outside school hours. This was particularly evident last week with the start of daylight savings, where there were groups of children walking around, skate boarding and playing in the school grounds outside of school hours. Parents and students are reminded that this is not allowed as students are not supervised and it does present issues with security and safety.



Dates for P&C Meeting Term 4:

13th October	Bulahdelah	3.30pm
10th November	Tea Gardens	3.45pm

➤ TRIPLE P TAKES THE GUESSWORK OUT OF PARENTING:



The Lower Mid North Coast Children, Young People and Families Service in partnership with Homestart Forster are running a series of FREE parenting seminars as part of the **Positive Parenting Program (Triple P)**.

The Triple P Seminar Series is a series of presentations on positive parenting for people with children aged 3-12 years. The seminars are designed to provide an overview and introduction to the principles of positive parenting for any interested parent. Parents learn how to use positive parenting to encourage children to learn the skills and competencies they need and to promote their health, development and overall wellbeing.

This will be a series of three seminars in one day. Each session is about 60 minutes long and there will be time throughout and at the end for any questions you may have as a parent.

The most benefit will be gained from attending all three of the seminars through the day however, attending for part of the day can still be beneficial to parents.

The seminars are being run at the Bulahdelah Central School Student Support Centre on the following date:

Wednesday 15th October @ 9:30am (finishing about 2:00pm)

Seminar 1: The Power of Positive Parenting

Seminar 2: Raising Confident, Competent Children

Seminar 3: Raising Resilient Children

If you plan to attend, we'll need to know that you're coming and all you need to do is call Gloucester Community Health Centre on 6538 5058 and register your name for the day.

We appreciate how busy you are as parents and that is why we have decided to run the three seminars across one day.

Morning tea and lunch will be provided on the day.

We look forward to seeing you at the seminars!

Andrew Harvey

Counsellor

LMNC Children, Young People and Families Service

Tania Shakespeare

Family Worker & Parenting Facilitator

Home Start National Inc





➤ BCS DEPUTY PRI. PRINCIPAL:

Welcome back to Term 4. Busy times ahead!

The Term 3 Reward Day was an outstanding success. Did you see the photos on facebook?

The students had a fabulous day participating in a variety of creative and challenging activities. It was great to witness their enthusiasm for the activities and the support they displayed for their peers. They were engaged throughout the day and there was much evidence of our 5 PRIDE values on display! Students *Participating* in the activities, *Respecting* the input and attempts of others, being *Innovative* in the design and making activities, demonstrating *Determination* in their efforts and striving for *Excellence*. Great stuff! Well done to all students and staff!

I will be commencing long service Leave on Monday 20th October. I will return to school on Thursday 6th November. During this time, Mrs Wills will be relieving Deputy Principal while Mr Gibbs will step up into Mrs Wills' Assistant Principal position.

Year 5 students will complete the University of Newcastle "Aspirations Survey" on Tuesday 14th October. Parents of students in Year 5 have also been asked to complete the survey. A hardcopy has been forwarded to all eligible parents. There is also a link to the survey on the school's Facebook page. I would encourage all parents to complete the survey, as the data collected will help us to better support students and parents to make choices about education and careers.

We are enjoying the visits from our pre-school friends (Kindergarten 2015). Their Year 5 buddies took them on a school ramble, last week. I had quite a few pop into my office and say hello. Their last visit will be this Wednesday, followed

by the parent meeting next Wednesday 22nd October. It won't be long now until they will be with us full time. I would like to thank Mrs Wills for her efforts in providing an excellent transition program for the children.

"*Hairspray*" the musical is on this week. I am proud to say that we have quite a few primary students involved in this production. There are two matinee and two evening performances Tuesday 14th October and Wednesday 15th October. Hurry and get your tickets from the school office!

The Triple P program is being held at BCS on Wednesday 15th October. All parents are welcome to attend!

"The Triple P program is not telling us how to be a parent; it's giving us the tools to be better at it." Louise, mum of two.

Kids don't come with an instruction manual. Whether you're a mum, dad, single parent family, step-parenting or a carer – the Triple P Positive Parenting Program can help you with a specific problem, or provide tips on parenting and help with understanding your child's development and behaviour.

The Triple P positive parenting program is for parents with children aged 3–8 years. The program gives you the tools to:

- encourage behaviour you like from your child
- deal positively and consistently with problem behaviour
- take the stress out of parenting.

Triple P can also help to develop family relationships assisting children to reach their full potential.



The pool is open! That means it's time to start another season of Swimming Club.

Swimming Club is fun and helps to improve fitness. It's a great way to make friends and learn new skills for life. Swimming is good for your health and is especially beneficial to asthmatics.

Anyone, child or adult alike, can join Bulahdelah Swimming Club - the only requirement being that you are able to swim one lap of the pool. There will be at least three adults swimming this year and we'd love to have others join also.

Swimming Club is a great way of motivating oneself to exercise and to help improve swimming times! Our swim meets are on Monday afternoons at 3.45pm where swimmers race with others in their grade. Swimmers are graded according to ability, not age. They are rewarded when their personal times are improved, regardless of their finishing position.

Swimming Club will resume on Monday afternoon, the 13th of October, at 3.45pm when we'll run some informal races, giving you an opportunity to see how well you swim (and to see how cold the water is after winter!). So if you've not been before, come along and find out what Swimming Club involves.

If you or your child is interested in joining Swimming Club and you'd like to know more about it then we'd love to see you there.

For further information please contact Meredyth on 4997 4146 or email Meredyth at badenoch@activ8.net.au



Education &
Communities



Important Notice - Research in the School

The school is participating in the Aspirations Study, a research project run by Professor Jenny Gore and her colleagues at the University of Newcastle.

Students in Years 5, 7, 9 and 11 will be completing a survey during class time. If you do not want the data to be given to the researchers, please return a withdrawal form to the school. Withdrawal forms are available from the school office.

For more information or to download a withdrawal form, please visit www.newcastle.edu.au/aspirations.





BULAHDELAH
PRE-SCHOOL inc.

25TH ANNIVERSARY



Come Celebrate Our 25th Anniversary

Be Entertained by:

An Official Opening at 3pm
Commemoration to Pre-School

Photographs
Share Memories
Afternoon Tea

Jumping Castle
Face Painting
Music and more...

SATURDAY, 18TH OCTOBER

from
1pm - 5pm

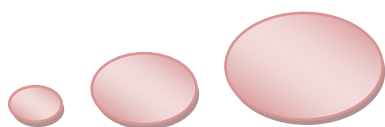


Bulahdelah Pre-School
Cnr Meade & Crawford St

proudly sponsored
and supported by



*Believe it
or Not!*



If a statue in the park of a person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.

ARE YOUR CONTACT DETAILS UP-TO-DATE?



Hawks Nest Golf Club Ltd are seeking a suitable candidate to undertake an apprenticeship in Sports Turf Management.

The applicant will commence work in late 2014, with a view to beginning TAFE studies associated with the apprenticeship in February 2015.

Applicants will need the following:

Strong communication skills

Good attitude

Be trustworthy and punctual

Be able to demonstrate that you have researched the trade and have an interest in this field of endeavour.

All applications can be forwarded to Hawks Nest Golf Club, marked for the attention of the Course Superintendent

By mail: Hawks Nest Golf Club Ltd
P O Box 6
Hawks Nest NSW 2324

By email: service@hawksnestgolfclub.com.au

By fax: 02 4997 1397

Applications will be accepted until Friday 31st October 2014.



Every year during the third full week of October is Sock it to Suicide week, the White Wreath Association encourages everyone to wear bright coloured socks to their workplace, school, etc and donate a gold coin in support of the White Wreath Association.

National/State: National Contact

Phone: 1300 766 177

Email: white.wreath@bigpond.com

Website: www.whitewreath.com

O_n

T_{his}

D_{ay}



1933

*Sydney's first set
of traffic lights
installed.*

Good for Kids good for life

Tempting your tastebuds

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it's important to continue offering vegetables regularly as they are packed with nutrients that children need ¹.

So how do we tempt children's taste buds?

It's important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food ¹.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together ¹.

The key is perseverance.

Below are some great vegetable ideas:

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets



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SCHOLASTIC
 Read Every Day. Lead a Better Life.

REMEMBER!

to send in your Scholastic Book Orders by:

Monday 27th October, 2014

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