

# Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 8 Issue 18

24<sup>th</sup> November 2014

## ➤ GREAT NEWS INSIDE

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- \* Year 7 Orientation
- \* Misbehaviour at School
- \* Sculptures by the Sea
- \* Science Expo
- \* Year 7 tips

## ➤ BCS SCHOOL PROGRAMS

**healthykids**  
eat well, get active

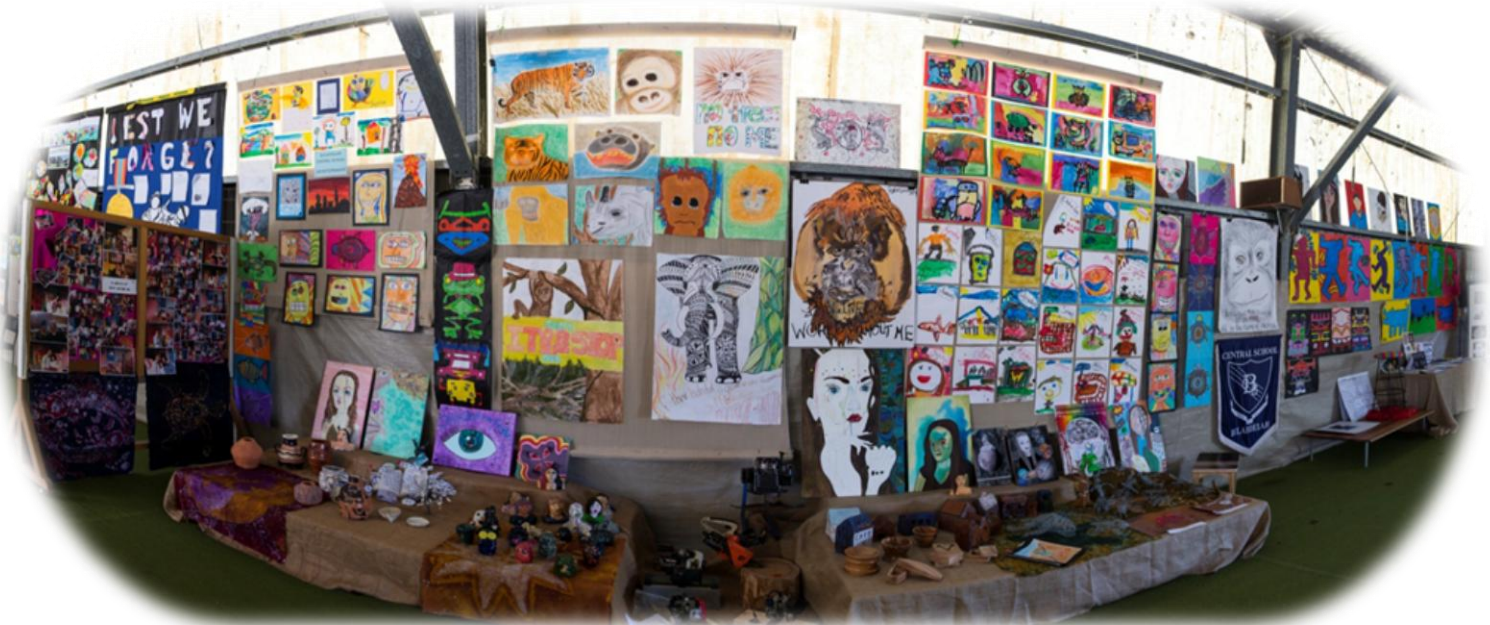
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## ➤ VALUE OF THE WEEK

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

# BCS SHOW OFF AT THE SHOW!





Friday 14<sup>th</sup> November, on a very warm day, Primary/Infants and the 15 Captain nominees for 2015 went by bus to the Bulahdelah Show. We began our visit with a sausage sandwich, drink and most importantly an ice block.



Our visit included the farmyard animals and the marvellous displays in the pavilions.







We watched the Campdrafting (Ellie Gooch pictured top left) and the Dressage horses. The students were very excited and enthralled with the talk and demonstration from the Mounted Police, one of whom, pictured below, is an ex BCS student, Bradley Barry.







We then enjoyed the rides on the Bumper Cars, Cha-Cha, the Jumping Castle and the Merry-Go-Round. Even though it was very, very hot on the day we had a wonderful time.

We would like to thank the Show Committee, especially Bernadette Newton for organising the show visit, including a sideshow ride and lunch, which makes this annual visit such a success for our younger students who may otherwise, not get to the Show. Thanks also to the parents and friends who helped make this day such a memorable celebration.

# Too much fun for one day!





### ➤ **BCS DEPUTY PRI. PRINCIPAL:**

Where has the time gone? In my last newsletter I was welcoming parents and students back to Term 4. I would like to thank Mrs Wills for so capably taking over the reins, in my absence. Thanks also to Mr Gibbs for his input as Assistant Principal during that time. They both did an excellent job in their respective roles and I am appreciative of their hard work.

As the end of the year approaches, students are busy completing assessment tasks and teachers are busy completing student reports. It is always a very busy time of the year and somewhat more stressful than usual, for all involved. Please ensure that your child is getting plenty of rest, a healthy diet and sufficient exercise to help them get through until the end of the year. As the weather starts to heat up, I would also like to remind parents that students must wear an approved school hat when outdoors. The school has a duty of care to all students, which includes practising sun-safe behaviours. School hats are available from the office for a small cost of \$8.

It was an extremely hot day when our infant students, and their buddies, attended the Bulahdelah Show, but the extreme heat could not dampen their excitement and anticipation of the sights, smells, sounds and tastes to be experienced. The photos of the students certainly attest to the fact that the show didn't disappoint and that the students did, in fact, have a great time at the show!



The photos have been posted on our Facebook page for your convenience. Take a look! Thank you to the parents who assisted with supervision, of the students, on the day.

Swimming is in full swing and it is great to see that all students 3-5 are participating in this important educational program. Living in a country surrounded by water and with many lakes and rivers, it is essential that all students learn how to swim and be water confident. There are still 3 weeks to go! Great weather for it too!

Some of our students have the opportunity to visit "Wet n Wild" in Sydney, on Wednesday 26<sup>th</sup> November, as a reward for excellent attendance throughout Terms 2 & 3. Attendance at school is mandatory and days absent from school means lost learning time. Even a child, who is even 15 minutes late to school, each day, misses one week of school every year. Congratulations to those students who were eligible. I'm sure you'll have a great day! Ineligible students certainly have something to aspire to next year.

Stage 3 camp is drawing near and payments need to be finalised so that numbers can be confirmed. I am looking forward to accompanying the students again, this year. It is a wonderful experience which allows the students to experience our unique natural environment and learn about how we can protect it, by leaving a light footprint, so future generations may also enjoy it! Eight days and counting!

### **When can I go to a Swim and Survive program?**

Swim and Survive classes run from November to February each year. Lessons are held after school and during school holidays.

View a complete list of pools and dates for the 2014/2015 Swim and Survive program.

### **Who do Swim and Survive lessons cater for?**

- Infant and Preschool classes for 18 months to 5 years
- School age for 5 to 12 years



# Year 7 2015 Orientation Day

Wednesday 3rd December 10.00 - 2.00pm



Orientation Day for the incoming Year 7 students and their parents and guardians will be held on Wednesday 3rd 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.

Although many of our current Year 6 students will be on camp, we hope that their parents will still come along to the orientation day.

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



8 MEADE STREET  
BULAHDELAH  
4997 4329 (phone) 4997 4512 (fax))  
Bulahdelah Central School (facebook)

If you have any questions please don't hesitate to call.

# Ready for high school checklist

Tick each item when it has been done (not all tasks will apply to you).

## This year

- ☐ Allergies, medical condition or special needs?  
Talk to the high school principal early.
- ☐ Encourage your child to participate in any transition to high school program offered to them.
- ☐ Watch videos about high school at:  
[www.schools.nsw.edu.au/highschool](http://www.schools.nsw.edu.au/highschool)

## AT HIGH SCHOOL ORIENTATION

### Find out about:

- ☐ school uniforms (including sports uniform), where and when to buy them
- ☐ map of school
- ☐ school start and finish times
- ☐ transport to and from school – forms for travel pass or subsidy if applicable
- ☐ programs offered in the school
- ☐ book packs and school supplies lists
- ☐ ways to become involved in the school
- ☐ the name of the Year 7 adviser.

## Tips for the first week of high school

- ☐ Photocopy school timetables for school diaries, the inside of locker doors and on the fridge.
- ☐ Remind your child to note all assignments, homework and events in their diary.
- ☐ Check through the timetable each night while your child packs their bag – including sports uniform. Encourage your teen to eat healthy food and get a good night's sleep.
- ☐ Give the school your current contact details.

## Next year

### JANUARY

- ☐ Buy school uniforms, books, stationery, school bag, drink bottle, house key, etc.
- ☐ Label everything.
- ☐ Break in school shoes to make them more comfortable.
- ☐ Practise travelling to and from school with your child using the transport they will use. Let your child buy travel tickets, if applicable.
- ☐ Teach your child how to read the timetable for the bus, train or ferry as appropriate.

### AT HOME

- ☐ Talk positively to your child about the move to high school.
- ☐ Ask them what's exciting about high school. Does anything worry them?
- ☐ Make sure your child has a quiet work area and extra stationery supplies.
- ☐ Organise personal hygiene items in school bags.
- ☐ Decide what your child will do before and after school, and what time they need to be home.
- ☐ Discuss emergency and safety issues with your child.

### THE FIRST DAY

- ☐ Help set your child's alarm. Encourage them to get themselves ready on time.
- ☐ Provide your child with money in case of emergencies and your contact numbers.
- ☐ Make sure you have the school's phone number with you.

Watch videos about high school at:

[www.schools.nsw.edu.au/highschool](http://www.schools.nsw.edu.au/highschool)



For more information: [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)  
[www.schoolatoz.com.au](http://www.schoolatoz.com.au)

English





## ➤ PRINCIPAL'S REPORT:

Teachers and parents/caregivers share a common purpose: educating children. When we work together we can achieve great things and whilst teachers account for about 30% of the variances in student outcomes research has shown that students themselves account for about 50% of the variations in their success or otherwise. Where do students develop those attitudes, values and behaviours that positively influence their education outcomes? I would suggest mostly from the home and definitely from their parents/caregivers.

My experience tells me that a student's home can nurture and support their achievements or it can be harmful and destructive. As with teachers, positive expectations from the parents can be critical to the success of a child.

Parents are being encouraged to be more responsible for their children's education. Most teachers would agree, minimally, this means sending your child to school ready to learn, with a good night's rest, and a nourishing breakfast.

Being responsible for your child's education also means advocating for them when a problem occurs at school and I'm a strong supporter of parents/caregivers being an advocate for your child when things aren't working for them at school.

What concerns me though is the number of parents who are increasingly defensive of their child's misbehaviour, and more likely to point the finger at the school, a certain teacher or blame bullying. Many parents will now question the word of the school when very mature, supportive adults are saying this is what happened, the parent's automatic fall-back is that their child is innocent and the school has made a mistake.

Yasmine Phillips, Education Reporter for The Sunday Times in a 2012 article titled ***Parents need to 'chill out' and accept children will***

***misbehave at school*** argued that "All children tell untruths and schools are not upset about that because everyone does it - and it's part of life. But when a parent is questioned about a child making an untruth, they will not believe the school, they will believe their child." The long term consequences for such behaviour are profound as the child has learnt that if I tell my parents a 'story' or 'deliberately mislead' them they will believe me and hence this sets up a pattern of always lying to avoid the consequences for their behaviour.

Researchers have found that by the time children reach school-age, they lie more often and can do so more convincingly. The lies also become more sophisticated, as their vocabulary grows and they better understand how other people think. By eight, children can lie successfully without getting caught out. As a parent/caregiver you need to be aware of this, but I actually think most already are and it's from an ill-conceived notion that if they believe their child and disbelieve the school then the relationship with their child will improve. I have lost count the number of times in recent years I have been told by a parent that their child doesn't lie.

Linda Aitchison in ***Do schools reward naughty pupils?*** (<http://www.parentdish.co.uk/kids/do-schools-reward-naughty-pupils/>) also noted the issue. "So many parents excuse their child's behaviour as being 'normal' or don't have any control of their own. The number of parents I've spoken to over the years who've made excuses for their kids is disheartening, and you learn that the children have no boundaries at home, no rules and no sanctions if they don't behave. Even worse, some parents become aggressive and will drag their children into school to watch while they berate the teacher. From that point on, the child has no respect for the teacher." And this then will have great effect on the child's ability to engage in their own education and especially school. *Continued.....*



I will leave the last word to Ron Clark. Writing in his on-line article,

***What teachers really want to tell parents***

(<http://edition.cnn.com/2011/09/06/living/teachers-want-to-tell-parents/>) he states quite clearly what he sees as the issue.

*For starters, we are educators, not nannies. We are educated professionals who work with kids every day and often see your child in a different light than you do. If we give you advice, don't fight it. Take it, and digest it in the same way you would consider advice from a doctor or lawyer. I have become used to some parents who just don't want to hear anything negative about their child, but sometimes if you're willing to take early warning advice to heart, it can help*

*you head off an issue that could become much greater in the future.*

*Trust us. At times when I tell parents that their child has been a behaviour problem, I can almost see the hairs rise on their backs. They are ready to fight and defend their child, and it is exhausting. One of my biggest pet peeves is when I tell a mum something her son did and she turns, looks at him and asks, "Is that true?" Well, of course it's true. I just told you. And please don't ask whether a classmate can confirm what happened or whether another teacher might have been present. It only demeans teachers and weakens the partnership between teacher and parent.*

## Orange the World in 16 days

From 25<sup>th</sup> November, the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day, the 16 Days of Activism against Gender-Based Violence Campaign is a time to galvanize action to end violence against women and girls around the world.

This year, the United Nations Secretary-General's Campaign UNiTE to End Violence against Women invites you to "Orange YOUR Neighbourhood." Take the UNiTE campaign to local streets, shops and businesses, and organize "Orange Events" in your own neighbourhoods between 25<sup>th</sup> November and 10<sup>th</sup> December 2014.

The date of November 25<sup>th</sup> was chosen to commemorate the Mirabal sisters, three political activists from the Dominican Republic, who were brutally assassinated in 1960 during the Rafael Trujillo dictatorship (1930-1961).





## SCULPTURES BY THE SEA EXCURSION

Visual Art students and our practice teacher Miss Sawtell, had the opportunity to go to The Sculpture by the Sea again this year. The weather was as spectacular as the landscape as the students walked in the sand at Tamorama and around the headland to the iconic Bondi Beach. Sculptures ranged from tiny to huge and were constructed from a wide array of found objects, recycled materials and beautiful natural stone and wood. Sculptures included figures made of plastic lids, animals made of old wooden brushes and brooms, totems made of Granny's old cut glass and crystal, a double headed rocking horse and even giant resin babies. This was a wonderful experience for these keen young artists.

A big thank you to our bus driver Mr Seale, who has taken us on many an arty experience. He will be missed by us all when he starts his new position at Gloucester High in 2015.









## ➤ BCS REL. DEPUTY PRINCIPAL:

Busy, busy, busy time of the year.

Last Wednesday, 19<sup>th</sup> November, Year 10 completed an end of year program, involving the 'Love Bites' program which was run by Community Health and organised by Mrs Carter and Ms Connell. They then completed the 'All My Own Work' program on Thursday 20<sup>th</sup> and Friday 21<sup>st</sup> November. Thank you to Ms Connell for all her organisation of these programs.

Year 10 participate in work experience program from Monday 24<sup>th</sup> November to Friday 5<sup>th</sup> December at various organisations around the area. If you have any concerns or enquiries regarding a student please contact Mr McKinley, our Careers Advisor.

Year 7, 8 and 9 are completing their formal yearly exams this week (Monday 24<sup>th</sup> November to Monday 1<sup>st</sup> December) and finishing off all assessment tasks for yearly reports.

Congratulations to all students who performed or participated at the Bulahdelah Show on 14<sup>th</sup> and 15<sup>th</sup> November.

Our drama students were lucky enough to be invited to Wingham High School on Wednesday, 19<sup>th</sup> November, to watch that school's drama performance of 'Cinderella' and from all reports it was a wonderful. It is interesting to see how other schools put their performances together and maybe inspire our drama students with some new ideas.

On Wednesday, 26<sup>th</sup> November, students from Years 4-11 with more than 90% attendance in Terms 2 and 3 are going to 'Wet 'n Wild' as a reward for their efforts. I hope they have a wonderful day and enjoy their reward for this achievement.



Find us on  
**Facebook**

*O<sub>n</sub>*

*T<sub>his</sub>*

*D<sub>ay</sub>*

*1963:  
Jack Ruby  
kills Lee  
Harvey  
Oswald on  
live TV.*

## RESUMING DATES FOR STUDENTS

TERM 1 2015 ARE:

**WEDNESDAY 28<sup>TH</sup> January**

Yrs 1-6

Yrs 7, 11 & 12

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

Kindergarten

Yrs 8, 9, 10



## ➤ CONGRATULATIONS! & WELL DONE!

Bradley & Matthew Aldis raised a massive

# \$1,309.55

when Matthew shaved his head and Bradley helped to raise money for the Bulahdelah Central School Bike Challenge.

This amount has been donated to Stewart House and the Prostate Cancer Foundation of Australia.



**Matthew Aldis Year 9**



**Bradley Aldis Year 10**

## ➤ IMPORTANT DATES:

<b>Nov</b>	24	Yr10 Work Experience begins
	26	Yrs3-5 Swimming Yrs4-11 Wet n' Wild Attendance Reward Day
<b>Dec</b>	2	MC Class Ten Pin Bowling
	2-5	Stage 3 Camp
	3	Yr7 Orientation
	5	Yr10 Work Experience completion
	8	Yr8 Aztec & Indigenous Australians Exhibit
	8-10	Secondary Life Saving
	10	Yr11 Sydney Art Daze #2
	11	Primary End of Year Assembly
	12	Yrs 7-11 End of Year Assembly Matt Smith Memorial Concert
<b>Feb</b>	10-13	Yrs9-11 On Stage

## Good for Kids good for life

### Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it's the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:

- Offer water when children are thirsty
- Have a jug of water on the table at mealtimes
- Keep water in the fridge so it's cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for Crunch&Sip®

Milk is also a nutritious drink that children should consume, as it's important for strong bones and teeth.

### Reference:

Adapted from Healthy Kids: "Choose water as a drink" fact sheet accessed from [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



UNE is hosting the

**ConocoPhillips**

**Science Experience**

**13-15 January 2015**

for all year 9 and 10 students  
who are looking for a  
hands-on science experience

Register at:  
**scienceexperience.com.au**

Contact: Richard Willis  
p: 02 6773 2615 or  
e: rwillis@une.edu.au



Over the summer break, UNE (University of New England) will be hosting the **ConocoPhillips Science Experience**. This three day 'camp' is for current Year 9 and 10 students and designed to provide students who have an interest in science with an opportunity to engage in a wide range of hands-on science activities, under the guidance of scientists who love their work.

It is being held from the 13<sup>th</sup> through to the 15<sup>th</sup> of January 2015, at the UNE, Armidale. Further information and registration application is available at [www.scienceexperience.com.au](http://www.scienceexperience.com.au).

**Sponsorship:** The event is sponsored by Rotary International. They will assist with covering the registration costs if a student approaches their local Rotary club and applies for sponsorship to attend the event.

**Accommodation:** Students are welcome to stay on campus for the two nights during the event, for a charge of \$80. This will include all their meals and social activities during that time.

**Description of Activities:** Science Experience comprises a number of hands-on lab based activities as well as a few informative and entertaining talks and demonstrations. The activities include robotics, where students program remote controlled vehicles, chemistry, DNA extraction, exploring the physics of sound and music, and an opportunity to culture some of the microbugs found on and in all of us. There will be illustrated talks on DNA with a criminologist explaining how DNA is used and misused in crime detection. There will be a demonstration of a computerised tomography (CT) scanner in operation scanning a live sheep. The highlight of the Experience is always the "Extreme Chemistry" show in which all five senses are intensely bombarded! On the first evening students will visit the UNE sports complex, and test their skills on the climbing walls and play pool sports. On the second evening they visit the famous Dangar's Falls, east of Armidale. Students at UNE also have the opportunity to experience life in a university residential college.



## Year 7 tips for high school



### Year 7

- The move to high school is challenging for many kids. It's vital you attend any orientation on Wednesday 3<sup>rd</sup> December and meet the teacher events offered by the school. It will make the next year easier if you know what to expect, how the school works and who to talk to about issues. Staying in touch with your child's progress is much harder now they have a different teacher for each subject and parents rarely get involved in class room activities. Communicating with your school now is very important.
- Many schools start Year 7 with a few days at camp - a great way for kids to meet their new classmates and teachers, in a relaxed and fun environment. The biggest fears Year 7 kids have before starting the year is that they will not be with their friends or that they get lost in the bigger school.

- **Ask questions at info evenings.** Is there a parent or student portal with details of timetables, assignments, syllabus etc.? How do you access it? Who is the Year Adviser for Year 7 and how do you contact them? How do you contact individual teachers with any concerns?
- Your child will do NAPLAN this year.
- Does your child have a homework and study planner or diary? Are they using it? Check it weekly. If they aren't using it find out why. Some kids will prefer scheduling homework and setting reminders on their phone, but you still need to check on their homework and study weekly. Print out a monthly homework planners, write in all exams and assignment dates and post it on the fridge as a reminder.
- Review your child's exercise books at least fortnightly. Are they keeping up in class, completing set work? The demands of Year 7 can overwhelm some kids – without parents even suspecting it. These reviews keep you informed and help nip issues in the bud.
- Really monitor your child's technology use. Are they on Facebook while trying to do their homework? Are they receiving or making texts or calls late at night? Sleep requirements start to change this year and sleep deprivation is a big problem for many kids. Midnight texts from friends will only make this worse.

*Believe it  
or Not!*

*Men can read smaller  
print than women;  
women can hear  
better.*



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

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 has resumed for the season on Monday afternoons, at 3.45pm, so if you've not been before, come along and find out what it 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](mailto:badenoch@activ8.net.au).