

Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 10 Issue 19

8th December 2014

➤ GREAT NEWS INSIDE

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- * Wangat Camp
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- * School Technology Display
- * Yr9 Food Technology Cakes

➤ BCS SCHOOL PROGRAMS

healthykids
eat well, get active

STEPHANIE ALEXANDER
KITCHEN GARDEN
National Program
Learning, Understanding, Inspiring, Growing

SUPPORTING THE
good start
BREAKFAST CLUBS

➤ VALUE OF THE WEEK

Determination. We work towards quality, success & recognition in a persevering manner. Do you keep on working towards your goals?



2014 Highlights

Daniel Sahyoun wins National Youth Leader for Autism Spectrum Australia. The 'Bullying No Way' wall. Students excelled at State Athletics and State Cross Country. BCS reclaimed the Chris Hoare Cup and the wonderful drama performance of 'Hairspray'.





➤ PRINCIPAL'S REPORT:

As has been noted elsewhere this will be the last newsletter for the year. I would like to take this opportunity to thank all our parents and caregivers for their support during the year, for all you have done over the year in supporting your child and our school. Much is achieved in student learning outcomes when school and home work together in partnership.

I give special thanks to my dedicated staff, who work so hard to ensure that your child's learning outcomes are maximised. Our staff meets the challenges each day to deliver the curriculum and help students do and be their best in learning and behaviour and to keep our school functioning. Additionally I really appreciate the wonderful support of our extended community, in particular, the small but dedicated P&C who work tirelessly to improve the educational provision provided at BCS.

I would also like to congratulate our students on their efforts throughout the year. It has been another great year full of achievements, highlights and lasting memories of school life.

As I reflect upon the past twelve months and continue the planning for the next three years, I thought it would be appropriate for our students to reflect upon their school year. Reflection is an integral part of the learning process. It allows us to learn more about ourselves and how we learn, but it also aids us in improving our academic skills.

There are lots of different questions we could ask our students, your child, to have them reflect and think about all the different experiences they've had, learning they've acquired, and skills they've honed and developed. Megan Dredge (<http://www.megandredge.com>) suggests that reflection gives students an opportunity to think through the year and believes it's a great way to bring their thoughts together and bring closure to the school year.

Some questions you might ask your child to get them to reflect on their school include:

- What were your most memorable experiences this year?
- What was your favourite event/excursion/performance this year?
- What was the nicest thing someone in your class did for you this year?
- What are three things you did this year to help your classmates?
- What lesson did you enjoy the most?
- In what area do you feel you have improved the most?
- What is something you accomplished this year that you are proud of?
- What have you learned about yourself?
- What's one good thing that happened that you didn't expect?
- What are the three most important things you learned this year?
- What person at our school has made the biggest impact in your life this year? Why?
- What is something the teachers could have done to make this year better?

I would be interested in any responses you receive.

Finally I wish you and your families a wonderful Christmas and an enjoyable holiday break.

➤ IMPORTANT DATES:

Dec	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
	17	Students' last day of Term 4
2015		
Jan	28	First day Term 1 Yrs 1-6, 7, 11 & 12
	29	First day Term 1 Kinder, 8, 9 & 10
Feb	10-13	Yrs9-11 On Stage



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

As you relish the goodies, decorate every nook and corner of your home and enjoy the get-togethers...

*May the joy and festivities continue to radiate in your lives, long after Christmas is gone.
Merry Christmas! Happy New Year!*

*From the staff of Bulahdelah Central
Merry Christmas!*





➤ BCS DEPUTY PRI. PRINCIPAL:

The term is quickly drawing to a close and this is the final newsletter for the year. It has been a busy but productive year with staff working to provide a broad and varied curriculum for all students at BCS. All students have had the opportunity to participate in a wonderful range of educational activities, throughout the year, giving them a well-rounded educational experience. I would like to thank my staff for their energy, enthusiasm and care for the students. They are very hard-working and dedicated to their profession. I would also like to thank the parents for their support of the school and its programs. Lastly, I would like to thank the students for “striving to achieve” our PRIDE values of Participation, Respect, Innovation, Determination and Excellence on a daily basis. After all, teaching is all about the students!

I have just returned from spending 3 days with our Stage 3 students at “Wangat Lodge” at the base of the magnificent Barrington Tops National Park. What an awesome setting for a school camp! Although very hot and, at times, physically challenging, the students rose to the occasion and immersed themselves in the whole environmental experience. They were wonderful ambassadors for our school and I was very proud to be able to accompany them on such a memorable experience. I’m sure they were very tired when they returned but they should have also felt very proud of their “never give up attitude” even when things did get challenging. They all did very well and we had a lot of fun. Hopefully, we will return to Wangat in two years, to once again give our students the opportunity to experience one of the most beautiful parts of the world and to learn about our unique environment and what we can do to ensure that future generations will also be able to enjoy it. Many thanks to Mrs McDonald and Ms Mostyn for accompanying the students, on camp, and for the many hours of work involved in such an excursion. We all agreed that it’s well worth it.

Thanks ladies! Ken Rubeli, the owner of the camp, and Dave, the camp cook, both commented that the students from BCS were the best school group to visit the camp in 2014. What an accolade! Well done everyone!

Our Presentation Assembly will be this Thursday, 11th December, commencing at 10:30am in the school gymnasium. All parents, family and friends are invited and encouraged to attend. There will be a light luncheon, served at the conclusion of the assembly, for Year 6 students, their parents and special guests. All other family and friends are invited to stay and have lunch with their students under the COLA. The day will conclude with our annual concert, also to be held in the gymnasium. This will commence at 1:30pm. We look forward to seeing you at both of these events, to share in the celebration of another successful year at BCS.

I would like to conclude this report by wishing all of our students, their families and friends a very Merry Christmas and a happy and healthy New Year. Take care, stay safe and enjoy the holidays. Our staff looks forward to working with you all in 2015.

RESUMPTION DATES FOR STUDENTS

TERM 1 2015 ARE:

WEDNESDAY 28TH January

Yrs 1-6

Yrs 7, 11 & 12

THURSDAY 29TH January

Kindergarten

Yrs 8, 9, 10



Good for Kids good for life

The Lunchbox equation

Are you struggling for ideas for your child's lunchbox? Here are a few tips to ensure the balance is right.

- **A main meal** e.g. sandwich, wrap, salad, home-made dish etc. that includes vegetables and a protein food e.g. meat, fish, chicken, egg, cheese. Aim for wholegrain varieties such as wholemeal or multigrain breads, wraps, brown rice or wholemeal pasta etc.
- **A piece of fruit** – whole, cut into bite sized pieces, canned fruit in natural or unsweetened juice or dried fruit very occasionally.
- **A healthy snack** – vegetable sticks with salsa or hummus, cheese and crackers, wholegrain crackers with toppings etc.
- **A drink** – water is the best choice everyday
- **An extra snack** can be included for active children.

As a treat pack a small 'extra' pre-packaged snack once a week to teach children about eating "occasional" foods sometimes and not every day.

Reference:

Adapted from "How to pack a Healthy Lunchbox" fact sheet accessed from www.healthy-kids.com.au



PHONE 1300 657 197

➤ WHAT'S ON AT THE LIBRARY:

School Holiday Programs Tea Gardens Library Science on the Move

Plunging Jellyfish, Whipper

Snapper, Stubborn Ball

Wednesday 14th January 2015

2:30pm - 3:30pm

\$5:00

Cartoon Dave

Cartooning Workshop

Friday 23rd January 2015

2:30pm - 3:30pm

\$5:00

Suitable for children 6 years and over.

Under 6 years will require a parent or guardian.

Bookings essential; limited spaces.

Telephone: 4997 1265

Summer Reading Program Adventure

Forster, Tea Gardens, Stroud & Nahiab Libraries

Registrations Open

8th December 2014 ~ 21st January 2015

Read 10 books to earn incentive prizes and go in the draw for a major prize at each Branch Library.

Check out the website:

www.summerreadingclub.org.au

for games, competitions and reading raves.

Meredith Campbell
Great Lakes Library Service

Forster NSW 2428
Phone: 6591 7330

O_n

T_{his}

D_{ay}

1998:
1,300 page
FBI report
on Frank
Sinatra
opened to
the public.



➤ BCS DEPUTY PRINCIPAL:

Thank you to Mr Gladys for relieving as Deputy Principal while I have been working on a numeracy project within the school over the last six weeks. This has enabled me to put together some specific teaching items to be introduced next year and to also develop some resources for families to support numeracy.

Congratulations to our students who had their work on display at the Manning Great Lakes High School's Technology Display last week. I was informed that Karl Price was given a Highly Commended for his table and Jake Kilgannon's island bench was voted "People's Choice". All students with work selected for the display are to be very proud of their efforts.



I would like to thank the staff and students who attended the Wet 'n' Wild excursion to reward more than 90% attendance for Terms 2 and 3. We had a fantastic day; great weather and fun rides.



The attendance team has vowed to have the reward excursion again next year but will be looking at raising the bar to qualify. I will publish the criteria at the start of next year after the team have finalised the details.

The year is coming to an end and that certainly means reports and assemblies to acknowledge and celebrate the successes over the year. Today, Monday the 8th December, we had our PRIDE assembly in the school gym to award students with certificates and medallions for upholding our school values. Thursday 11th December is the Primary Award Assembly and Friday 12th December we will have our Secondary Presentation Assembly.

The week will conclude with the Matt Smith Memorial Concert in the gym on Friday 12th December from 1:15pm to 3:15pm. This is an open invitation event for family, friends and community to remember Matt in an event fitting to his nature and for some quiet self reflection. The SRC (Student Representative Council) have organised bands and performances for a fun filled afternoon of music and drama.

Finally as this is the last newsletter of the year, I thank you all for your support throughout the year as we aim to provide the best education possible at BCS. On behalf of all the staff and students at BCS, I wish everyone a safe, happy and healthy Christmas and New Year. See you in 2015.



➤ YEAR 9 FOOD TECHNOLOGY:

Year 9 Food Technology has been studying the topic Food for 'Special Occasions'. As part of the assessment for the unit, students had to design and make a cake for a special occasion. Students learnt a variety of skills including tempering chocolate to make swirls and curls, working with fondant, piping icing and marbling techniques.

During the process there were many mishaps including a cake dropped on the floor, problems rolling the fondant with one student attempting the rolling 20 times before they were happy, cakes falling apart, chocolate melting from the

heat and uneven, sloping cakes. However to the credit of the students these issues were able to be overcome with all of them producing a great final product.

A variety of stunning cakes were created including a Cookie Monster, Treasure Chest, Princess, Little Kittie, Mario and Lego Cakes. The final results looked amazing and the class thoroughly enjoyed this task.



Above: Sarah Rooney and her Cookie Monster cake.

Below: Kaitlyn Gregory and her Treasure Chest cake.





Above: Brianna Clarke and her Princess cake.

Below: Alisha Griffis and her Little Kittie cake.



Below Right: Allyn Buck's Lego cake.

Below Left: Madison Morante's Mario cake.



A guide to technology toys



What's covered:

- E-readers have Wi-Fi, music, games, apps, social networking, and even ads.
- Tablets are easy to use, offer a world of apps, and thanks to improved connectivity can be great as a combination family computer and entertainment hub.
- Smartphones have cameras, video, games, location services, Internet access, and social networking.
- Game gadgets like Nintendo's DS and Sony's PSP are now fully-fledged entertainment devices with rich graphics for games *and* movies, multiplayer options, Internet access, and social features.
- Handheld devices like the LeapFrog LeapPad Explorer Tablet offer younger kids learning and creative activities.

The holidays are traditionally the time for the big gifts that kids have been begging for all year.

This year's crop of devices promises exciting stuff – like the ability to pack all of your kids' books into one tiny digital device or practice math drills en route to Grandma's house. But if you don't read all of the fine print (and, let's face it, who does?), these new products' high-tech bells and whistles may catch you off guard.

Often, it's not until your kids start taking advantage of the fancy features that you realise what the devices can do. That new tablet computer your daughter uses for homework also lets her video chat with friends at midnight.

The smartphone your son uses to text you for a ride also "helped" him rack up \$60 in charges playing a certain app with in-game purchases.

The manual that comes with the device may cover the basics, but when it comes to managing how your kids use them, that's up to you. To help you figure it out, we've highlighted the top parental concerns for each of this holiday's most popular electronics for kids.

E-readers

WiFi, music, games, apps, social networking, and even ads are showing up on e-readers like Kindle.

What to watch out for:

- **Multimedia:** E-readers' ability to play music, download apps, and read to your kid seems cool, but if your kids are opting for the entertainment rather than hitting the books, you may begin to feel that too much of a good thing defeats the purpose.
- **Web access:** Some e-readers connect to the Web, play YouTube videos, do email, and even offer social networking.
- **Price of books:** E-books may be cheaper than regular books, but because you can download books (and apps) whenever you want, costs can add up.

What to do:

- Create rules for reading times (many schools require a certain amount of minutes per night), and set aside different times for just plain fun.
- If you can, turn off the extras until you know your kid can use them responsibly.
- Keep an eye on your kids' activities, and discuss responsible use.
- Look for books together: The beauty of online purchasing is that you can sort, search, and preview just about any book on any interest.

Tablets

Their ease of use, range of apps, and connectivity features make tablets like the iPad 2, Kindle Fire, and Samsung Galaxy Tab great as a combination family computer and entertainment hub.

What to watch out for:

- Video chatting: Camera-equipped tablets allow for video chatting, which is fine when it's the grandparents – but less fine when it's midnight and your kid is talking with who knows who.
- App purchases: Kids can rack up fees both by downloading apps and buying items as part of their games (called in-app purchases).
- Time-limits: Because tablets are so easy and fun to use, kids may have a hard time stopping once they get started. And children can easily lose track of time (and stumble onto age-inappropriate sites) with a tablet's easy Web access.

What to do:

- Find games and apps that have real value. There are thousands of apps and games that are fun to play and also help reinforce what your child is learning in school.
- Establish rules for safe and sensible video chatting, and use the device's parental controls (or download a parental control app) to restrict access to specific features until you know your kid can use them responsibly.
- Most devices allow you to password protect access to the device's app store and can also prevent in-app purchases. Definitely make sure you talk to your kids about not buying things without your permission, because app creators can be very sneaky in the way they encourage users to buy stuff.
- Enforce time limits and discuss the importance of staying on age-appropriate, parent-approved Web sites. Make sure you're setting a good example by enforcing time limits on your own usage, too!

Smartphones

Smartphones – the ones kids really want – offer far more than the ability to text. Smartphones have cameras, video, games, location services, Internet access, and social networking.

What to watch out for:

- Constant connection: Kids' ability to be constantly connected to their friends via their phones can drain their time – and distract them – from their responsibilities. It's hard for parents to know what's going on in their kids' lives when kids are always using the phone.
- Download fees: Music, games, apps, movies, TV shows, and in-app purchases are all available through the phone without ever seeing actual money change hands.
- Location services: Nearly all phones come with GPS, which can be used for safety reasons but can also be used to tell other people where to meet you using apps like Foursquare. GPS can also tag photos with their location, which follows the photo when it's posted – unless you turn it off.

What to do:

- Set rules for when kids need to be off their phones (during dinner and homework, for example) and when it's OK to use them.
- Many smartphones allow you to restrict access to app stores as well as set content filters so kids can't download age-inappropriate movies and games. Consider giving your child a pre-paid card to set up an online account.
- Unless you use GPS for safety, turn it off, and have a serious conversation about how location services can compromise your child's safety. *Continued.....*



Handheld game consoles

Game gadgets like Nintendo's DS and Sony's PSP have morphed into fully-fledged entertainment devices with rich graphics for games and movies, multiplayer options, Internet access, and social features.

What to watch out for:

- **Content:** Just because the screen is smaller doesn't mean that game violence doesn't impact kids. In fact, screen quality – including 3D – makes games even more immersive. Kids can also download a huge range of movies and TV shows for their handhelds.
- **Online interaction:** Multiplayer gaming, chatting, social networking – these features are all built into handhelds, and you probably won't know who your kid is interacting with.
- **Price of games:** The cost of games is probably one of the biggest shocks to parents of new handheld owners. They can set you back as much as \$80+ each.

What to do:

- Check out the device's parental controls and other settings that let you restrict the kind of content that can be downloaded. Help your child choose quality, age-appropriate games and entertainment.
- Establish rules around online communication – when, where, who - and check in with your child periodically to see who he or she is interacting with.
- Consider renting games at your local video store. And be aware that game companies offer automatic, free downloads for some games.

Many handhelds also let you wirelessly share content and games for free – a perk that somewhat offsets the cost of the games.

Learning tablets

Handheld devices like the LeapFrog LeapPad Explorer Tablet offer younger kids learning and creative activities – many of which are taught by familiar Hollywood characters.

What to watch out for:

- **Screen time:** Reading, writing, phonics, counting – all are appropriate pursuits for preschoolers. But every minute spent in front of a screen is a minute not spent doing other activities that are also very important for young kids, like running, playing with others, and interacting with the adults in their lives.
- **Price of software:** At upwards of \$35 a pop, the programs that run on these devices aren't cheap. And they're proprietary – meaning they'll only run on one device.
- **Branded characters:** Kids gravitate toward characters they know and love, whether it's a Disney princess or Thomas the Tank Engine. Make sure that there's real educational value.

What to do:

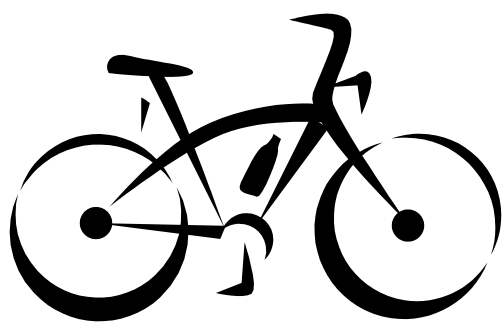
- **Use in moderation.** Set age-appropriate screen limits and remember to count total screen time (TV, computer, handheld) and balance your kids' days so they get lots of different experiences to help them grow and develop.
- **Consider sharing programs with friends and family,** look for discounted items, and choose age-appropriate, quality software very carefully.

*Believe it
or Not!
or Not!*

*Every person has a
unique tongue print
as well as
fingerprints.*



FOUND



A child's pushbike was found on the weekend of the 16th November and handed in at the Bulahdelah Police Station. If you think that this may be your child's bike and can accurately describe it please call the Police Station and claim it. *Senior Constable Trevor McLeod / Lockup Keeper/ Bulahdelah Police*

