# Tall Timbers Newsletter



### BULAHDELAH CENTRAL SCHOOL A PRIDE School

Term 4 Week 6 Issue 18

9th November, 2015

#### GREAT NEWS INSIDE

- \* Primary News
- \* Measurement Years 1&2
- \* Primary Captain Nominees
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- \* Madison Hurtado, Well Done!



Participation. We promote participation & school spirit in an environment that values the participation of students, staff & the wider community. Are you actively involved in the life of the school?



The annual 'Day for Daniel' was held Friday 30<sup>th</sup> October. The Morcombe Foundation coordinates this throughout Australia to raise awareness for child protection. Recognise, React, Report is the slogan that supports strategies for all students, teachers and community members. Wearing red, watching programs and having the involvement of the local police, Constable Trevor McLeod, made this day a valuable addition to our Personal Development subjects.

Thanks to Mrs Vella for organising the day and a big thank you to the teachers, students and parents for their support.

Warren Gibbs



#### > PRINCIPAL'S REPORT:

Enhancing online safety –
Australian Government Resource
The Office of the Children's eSafety

Commissioner has setup a one-stop-shop (website) for safety which provides a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying.

The Office of the Children's eSafety Commissioner administers this complaints scheme and deals with complaints about prohibited online content particularly materials posted as a form of cyberbullying.

On the site you will also find information on eSafety issues which include:

- Balancing online time
- Offensive or illegal content
- Sexting
- Unwanted contact
- Cyberbullying
- Online gaming social networking
- Digital reputation
- Protecting personal information
- Trolling

The site also has a section on Where do I go for help? with links to other support websites including:

- Kids Helpline
- Parent Line
- Lifeline
- Beyondblue
- Headspace

With the goal to create an environment in which cyberbullying is truly unacceptable the site is designed to both educate and help prevent harmful online behaviour from occurring in the first place.

I would recommend parents and students visiting the site to see what is available and the resources on offer to both educate and assist children in the area of Cyberbullying.

### Depression and Anxiety related to high levels of Social Media use.

Yesterday the ABC ran a story about the findings from the fifth annual National Stress and Wellbeing in Australia Survey (http://www.abc.net.au/news/2015-11-08/wellbeing-survey-finds-teens-feeling-left-out-on-social-media/6921780). The report highlighted the increasing levels of stress, depression and anxiety for young people, especially those who spend lots of time checking and responding to social media posts.

One of the messages that came from the report was the difference between the cyber world and the real world and the need for parents, and society in general, to educate teenagers so that they understand the roles of these two very different worlds. Teenagers need to be aware of the negative impact that social media can have on their lives and the lives of others. As a school we endeavour to provide these messages but to have the impact necessary it is important that parents also take a proactive role in educating their children about appropriate use of social media.



#### Good for Kids good for life

#### Packing a Safe Lunchbox

Myth: It gets too hot to pack cooked meat, dairy, eggs or other high-risk foods in children's lunchboxes

**Fact:** You can safely pack these types of perishable foods by doing the following:

- Use a good quality insulated lunch box
- Pack a freezer block or frozen drink with the cool items
- Pack the perishable foods close to the frozen item to keep them cool
- Encourage your child to keep their bag out of the sun
- Throw out any uneaten food at the end of the day



PHONE 4924 6499

Source: Munumbidgee Local Health District

# HTBA EquiStart



## SUNDAY 15<sup>TH</sup> NOVEMBER 2015 STUD TOUR DAY

Hunter Thoroughbred Breeders invites all current Yr 10 Students, School leavers, Parents, School Principals (or nominated deputy), TVET coordinators and Careers Advisors along with all other interested parties. Careers in the Equine Industry

Traineeship programs in Equine Agriculture

Get an inside look at a career in the Thoroughbred Breeding Industry

Book now to reserve your seat

> Lunch cost \$10.00 p/p

BOOK NOW &
REGISTER YOUR
COLLECTION POINT
WITH HTBA:

0488 150 133

careers@htba.com.au

#### IMPORTANT DATES:

Nov	9	Yr12 Formal Bulahdelah Golf Club Yr11 Hamlet P&C Meeting 3.45 Tea Gardens
	13	Yrs10&11 Canoe Launch
	16	Yr10 Peer Support Training Pt1
	18-20	Yrs5&6 Canberra Excursion
	18	Yrs7-9 Baking for Bul. Show
	19	Yrs9&10 Try a Trade
		Yr10 Peer Support Training Pt2
	20	YrsK-2 Bul. Show Visit
	20-21	Bulahdelah Show
	28	Kinder Orientation
	30	Yrs7-12 Read-a-thon
Dec	10	Pri. Presentation Assembly
	11	Sec. Presentation Assembly
	16	Last Day of Term 4
Feb 2016	9-12	Yrs9-12 On Stage Drama Camp





#### REL. DEPUTY PRI. PRINCIPAL:

It was with some sadness that Mrs
Graham farewelled the students
and staff of Bulahdelah Central
School some two weeks ago. As she

spoke for the last time to the Primary assembly, Mrs Graham talked about the fine school that she has had the pleasure to be a part of and the wonderful children who make up our school. Mrs Graham is settling in well to her new role at the John Hunter Hospital School and is keen to hear about the ongoing efforts and achievements of the students here at Bulahdelah Central School.

Kindergarten orientation finished its final student session on Wednesday, 4<sup>th</sup> November. The damp weather certainly did not dampen the enthusiasm of the preschoolers as they met up with their Year 5 Kindergarten buddies and spent the morning engaged in classroom and playground activities. It was wonderful to see the initiative displayed by our Year 5 prospective captains as they entertained their charges with craft activities designed by them. Well done Year 5! Parents are invited to attend the afternoon information session on **Tuesday**, **10**<sup>th</sup> **November at 1:45pm** to be held in the Kindergarten room.

Swimming for sport also began on Wednesday, with Years 3, 4 and 5 travelling by bus to the local pool. Our supervising instructor, Ms Lawton, has graded the students into groups to maximise the swimming time each week. It is expected that all students will participate, unless excluded due to a medical condition. Students who have not returned their notes are reminded to do so this week. Midcoast Water's community education program called 'Whizzy Water', visited the Early Stage 1 and Stage 1 classroom to educate students about the water cycle and water conservation last Tuesday afternoon. Students particularly enjoyed their 'Whizzy Water' art competition prizes which were delivered on the day.

Stage 3 Canberra excursion final numbers have now been submitted. Notes and payment should now be finalised.

I would like to take this opportunity to remind students and parents about the importance of safety whilst using technology. This week we have had reports of concerning links being sent to students' phones. One of our Primary school students advised staff and is to be applauded for reporting her concerns promptly. These social chatting sites are connecting young students with phones and embedding frightening links to extremely inappropriate content. It is vital that student technology and social media sites are monitored by a parent. We do not want students being at risk of accessing inappropriate content on their phones. We discourage students from bringing phones to school.

Congratulations to our students who have been selected to participate in the Bulahdelah Show Public Speaking Competition. Oliver Gibbs and Charlise Luxon have been selected to represent Stage 2 and Khloe Middleton and Seleana Murphy have been chosen to represent Stage 3. We extend the best of luck to all speakers for Wednesday, 11<sup>th</sup> November.

Year 5 captain nominees were interviewed last week by Executive staff. All nominations have been accepted. Student statements have been published in this newsletter on pages 6, 7 & 8. Students have presented their captaincy speeches at the Week 6 Primary Merit Assembly held this morning. We remind all nominees to continue to model the Bulahdelah Central School PRIDE values. All students will be given the opportunity to democratically record their vote over the next weeks.



#### MEASUREMENT WITH YEARS 1 & 2:

The students in Years 1 & 2 have been involved with the aspects of measurement, area, capacity, mass and length. This has developed skills and given evidence for assessment.

This activity is busy and noisy and develops group work and social skills. Within the 'hands on' activities that cover curriculum concepts, there are many enjoyable moments.

Warren Gibbs, Teacher.



#### PRIMARY CAPTAIN NOMINATIONS 2016:

The following students have nominated to run for Bulahdelah Central School Primary Captains for 2016. Each of these students has been interviewed by the School Executive to assess their suitability for the role of captain. Students

will vote for eight captains (regardless of gender), two captains for each term. Voting will be held in the next couple of weeks. Here are our nominees:



#### **Amber Cunningham**

I believe I will make a good school captain because of my positive attitude to my school. I always wear my school uniform and try my best in everything. I am a good role model and help people when needed. I know I can speak in front of big crowds because I have spoken confidently at the Bulahdelah Show. I'm willing to attend leadership courses and represent the school in a positive manner. I see this as a way to develop my personal abilities.



#### **Camran Bailey**

I would like to be a captain because I don't do as much as I should. In all my time at BCS I have never felt like a real leader, so now it's my time to shine.



#### **Raylee Kierans**

I believe I will make a good captain and leader for this school because I have never received a detention in the 6 years I have been at this school. I believe I will make a good captain and I hope that you think I will make a good captain for this school too.



#### **Thomas McInerney**

I believe I would make a good school captain because I have made many positive contributions to the school. If you vote for me I will always be respectful to staff and other students.



**Bridie O'Connell** I believe that I am a good role model and that I would make an excellent captain. I am confident to speak in front of others and for others. I think that being a Primary captain in 2016 will show I can be a positive leader and an example to all Primary students.

#### **Aaliyah Paulson-Ruprecht**

I believe I would be an excellent captain and shine my positive attitude on the school. My school mates look up to me and think I am a great role model for all students at this school.



#### **Annee-Rose Perry**

My leadership ability is up to the standard expectations. I participate in a lot of events in the school and community. I obey school rules with respect and show good academics. I wear the correct uniform every day. I understand the rights and wrongs of a captain and I believe that I would be a confident leader and fulfil my role and duties in a positive manner. My ability to speak in public is strong. I am willing to attend leadership courses. I see this as an opportunity to further develop my leadership skills. Therefore, I would be honoured to represent Bulahdelah Central School as a captain in 2016.



#### **Carol Poniris**

I think I will make a good captain and role model for other younger members of the school. I will help those who are having trouble with their work and I will escort those who are hurt to the office. I will make sure no silly behaviour goes on between little kids. I will pick up any rubbish I see on the ground even though it isn't mine. I will uphold the school rules and encourage others to do the same. I will not talk rudely to other students or be involved in bullying. Instead, I will take people out of bullying and talk kindly to everyone.



#### **Olivia Smith**

I believe I would make a great captain as I would love to help out my peers at school and set a good example for everyone to follow. I understand there are extra tasks and duties in being school captain, but feel I am up to the task and willing to undertake the responsibility this involves. I have the ability to speak publicly and will attend any leadership courses. My aim is to represent our school in a positive manner and warmly welcome new students to our school, while being someone who is helpful and approachable to all my peers. I believe a good school captain is sensitive, understanding and humorous and I believe I meet all these qualities.



#### **Claire Terry**

I think I would be a good captain because when someone is getting bullied I will say stop. When someone is hurt I will help them to the sick bay. If someone needs help I will help them.





#### **Zachary Watt**

It would be an honour and a privilege to be your school captain in 2016. I think this could help me in becoming a more responsible person and role model. If voted I will do my best to fulfil all my duties as captain. I will respect my teachers and fellow peers and wear my uniform with pride. I would also love the opportunity to follow in my brother and sisters footsteps of becoming school captain.

# TWISTED TALES

Here is a story all in rhyme, if you need to leave now's the time. If you don't go now you're not going, my friend, we're reading this story right to the end.

Here is a tale of laughter and woe, to hear the story off we go! Over lands of mischief, laughter and rhyme, settle down now it's story time.

There is a hero, one with the land, quiet now, there's a story on hand!
He sure was the nicest, now that can be true, so do a deed for him and he'll do one for you.

Of all the people he could have saved, these are the problems he had to brave. These are the people, who are forever in his debt, we'll tell them all but wait not yet!

Humpty Dumpty sat on the wall, Humpty thought he was going to fall, but then our hero saves the day, to hear the story come this way.

Humpty was about to be fried, he fell 'Oh no!' poor Humpty cried! He fell, down, down, down then slowed to a halt, this was Miss Muffet's doing, it was her fault! Our hero had stopped him before he touched down, then he looked up and growled with a frown. For there was Miss Muffet sitting on the wall, and she was angry like never before.

She had pushed Humpty off of his wall, and of course she was hoping he was going to fall. She was tired of her tuffet and the silly old spider, that always was scaring and creeping up behind her.

She had needed somewhere else to sit, (and of course it was not on a tuffet).
So she had pushed Humpty, the good merry chap, he forgave her and that was that.

She thanked him profusely again and again, (she was so happy he was being humane)!

Of course she had to have some punishment, no curds, nor whey, and of course admonishment.

Our next victim's name is Red Riding Hood, Little Miss Red got lost in the wood. She thought she was going to be Big Wolf's dinner, but here comes our hero, he sure is a winner!

He swoops down and catches her safe in his arm, the wolf down below, Miss Red safe from harm, 'Ha-ha!' laughs Miss Red to the wolf down below, 'What champ, what a boy, what a lad, what a show!' continued...

She blew a raspberry at the Big Bad Wolf, then she disappeared off with a 'poof'! She was an apprentice magician to the great Merlin, she wasn't the best, now that was certain!

She re-appeared down on the ground, the wolf looked surprised and turned around. He grinned a wolfish grin and crept up behind Red, who looked around worried then scratched her head.

'How'd I get here?' she wondered aloud, 'For the love of good health' our good hero vowed, 'I'll save her again, but only this once' he scooped her up, Little Red Riding Dunce.

'Maybe your magic is not the best, run along home and I'll get some rest.' 'Thank you again,' she said without cheek, then she ran off home with a streak.

'Goodness my gracious' our good hero muttered,
'I've never met a person with a brain so cluttered.'
Then muttering to himself about things I don't
know, our hero ran off, on the ground, keeping
low.

The next person's name is Goldilocks, she had a head full of golden dreadlocks.
She took the bear's porridge, naughty girl!
Then our brave hero took her away with a twirl.

The bears howled and growled for their porridge all gone, but Goldi did not notice their growly old mourn. She laughed with glee and shook her hair. She did not care about any old bear!

Our hero was angry, though she did not know, quite suddenly our hero just let her go! 'I'm not picking you up till you say you are sorry.' But Goldilocks was almost sick with worry!

She ran around screaming and would not stop, until Mr Bear got out the family cooking pot, Then she lay quivering in a corner.

She did not realise she was on Jack Horner!

He shoved her off with a plum in his mouth, then Goldilocks gave a mighty shout! The bears came upon her with the large cooking pot, she ran away but was quickly caught.

Mrs Bear tied an apron round Goldi's waist, then gave her a ladle with a lot of distaste, 'You'll make us more porridge whether you like it or not.' Then the three bears gave her their cooking pot.

So Goldi works for the three bears now, when she sees our hero he gives her a bow. She scowls angrily then turns back to her work, Then our hero runs off with a smirk.

Hey diddle, diddle, the cat ate the fiddle, the cow smacked into the moon. Where is our hero? He must save them soon!

Here he comes now, swooping off with the cow, then stopped the poor cat from choking, And now our hero is not joking!

He smacks the dog for laughing so hard, then he makes him run a million yard. The dog puffing and panting arrives to his home, in the front garden is a small garden gnome.

This is the child of the spoon and the dish, and he's at the well making a wish.

Then he pulls out the pussy that was there in, put there by naughty Johnny Flynn.

So that is our story we're nearly at the end, but wait just a sec there's a funny little bend! As our hero was getting water from a well on a hill, with his loving sister, the lovely Miss Jill.

He fell down, down, down and onto his crown! Jill took him home and put his head in paper brown. He was so lucky not to break his back, and I think you can guess his name is Jack.

Finlay O'Connell, Year 6, Age: 12.

#### REL. DEPUTY PRINCIPAL:

Busy, busy, busy time of the year.

The Year 12 cohort finally finished their HSC exams on Wednesday 4<sup>th</sup> November, which concluded with Visual Arts and Geography and their formal will be held tonight. It will be fantastic to see them all dressed up at their last engagement as a year group.

I, along with the rest of the school, wish them all the best when their HSC results become available on Wednesday, 16<sup>th</sup> December, and ATAR (Australian Tertiary Admission Rank) results on Thursday, 17<sup>th</sup> December. We also wish them the best of luck in whichever direction their vocation leads them.

On Saturday, 24<sup>th</sup> October, at Club Forster our former school captain, Ellie Gooch, was one of 4 people nominated for the 2015 Myall Lakes Community 'Young Person of the Year'. In a very strong group of candidates, Ellie was the overall winner in this category. Her award was presented to her by Mr Stephen Bromhead MP for Myall Lakes.

In another award, a former SASS worker of the school, Mrs Irene Worth, received the Senior Person of the Year.

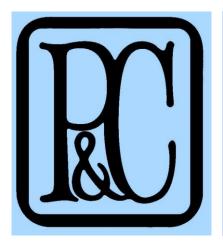
Congratulations to both outstanding ladies; well done on behalf of the school.

Year 10 starts their yearly exams this week (9<sup>th</sup>-13<sup>th</sup> November) and their enrichment activity program is being held in Week 7. Ms Parsons is busily organising a full week's program of events. They should also be getting themselves organised for their work experience program in weeks 8 and 9 (23<sup>rd</sup> November – 4<sup>th</sup> December). If you have any concerns about your child's work experience program, you can ring Mr McKinley, Careers Advisor, about this on 49974329.

Years 7, 8 and 9 students will be sitting their yearly exams in Week 8 (23<sup>rd</sup> - 27<sup>th</sup> November). In the coming week, all students should receive assessment sheets explaining the details of each particular exam.

All Year 11 students received their Preliminary school report in the past week and are now starting to complete the 1<sup>st</sup> of their assessment tasks for their HSC year.

A date to place on the calendar is the formal Secondary Assembly, which is on Friday, 11<sup>th</sup> December, starting at approximately 10:30 am.



#### **Date for P&C Meeting Term 4:**

Monday 9<sup>th</sup> November

3.45pm Tea Gardens

#### > LET'S PARTY:

Year 9 Food Technology students have completed their "Let's Party" unit of work. The final task was to design and create a decorated cake. As you can see from the photos, the students did a wonderful job!

It was a delight to see the students so motivated and skilled with their work.

The students are now contemplating which baked products they will enter in the Bulahdelah Show.



#### > CONGRATULATIONS MADISON HURTADO:

Madison is in the Australian Martial Arts Team and has recently competed in National Titles in New Zealand. Although she is still 13, she competed in her age division as well as the 15 year girls' division.

Her overall results were:

1<sup>st</sup> Place Kata (a set of moves of defence and attack)

2<sup>nd</sup> Place Wrestling

3<sup>rd</sup> Place Point Sparring

4<sup>th</sup> Place Continuous Fighting.

Well done Madi.







The highest possible score a player can get in Scrabble, on a first turn, is for the word MUZJIKS (128 points)

### School Based Traineeship

**Equine Focus** 



Animal & Equine Studies



#### Hunter Thoroughbred Breeders Association in partnership with Hunter TAFE

Are you interested in gaining employment in the Hunter thoroughbred horse breeding industry?

Do you want an exciting career working with horses every day of the week?

If you would you like to gain a National qualification in Agriculture with an equine focus that counts towards your HSC then this program is designed with you in mind.

#### Program content

- · Providing daily care for horses
- . Understanding WHS procedures and formal induction into the horse breeding industry
- · Safe horse handling techniques
- · Preparing horses for transport
- · Carrying out regular observations and assisting to provide health care to horses
- Preparing to work in the agricultural and horse industries
- · Operating basic machinery and equipment
- · Assisting with the maintenance of fences and water supplies
- · Using hand tools
- Apply and handle chemicals under supervision
- · Feeding livestock and carrying out daily health observations

#### Program information

- · Nationally recognised qualification completed at TAFE and on the job
- · Credited units towards the HSC
- Paid work one day per week on a thoroughbred stud
- Mentoring and support provided by The Hunter Thoroughbred Breeders Association
- · Life skills and industry networking
- . Opportunity to gain further study and career opportunities in this exciting industry



140 teaching experts

#### Contact details

Mia Collins, Teacher Equine Studies



02 6540 3224 mia.collins3 @tafe.nsw.edu.au

Stuart Murphy, Head Teacher Rural Skills & Equine Studies



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## School Based Traineeship

**Equine Focus** 



Animal & Equine Studies

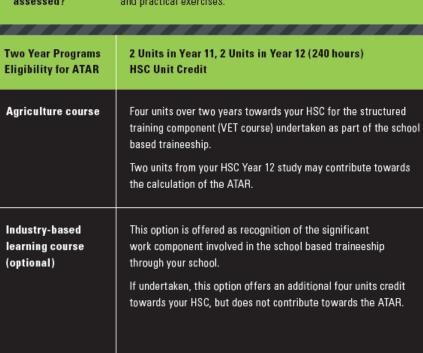


#### Equine Specialisation

Trainees will learn about WHS processes, sustainable work practices and acquire the technical skills and knowledge relevant to commencing work at a thoroughbred breeding enterprise.

Job roles include: Stable Hand, Assistant Foal Watch and Stud Hand, Yearling Sale Preparation Assistant, Stockperson, and General Station Hand.







"I come to Hunter TAFE because I think quality matters" Hunter TAFE Student

#### Program starts

#### November 2015

· Available for current Year 10 students only

#### INFORMATION SESSION

#### Friday 30 October 2015

Venue: Hunter Valley Equine Research Centre Scone

For further information contact:

Scone Campus



6540 3201

BR14210-Year10-V3-161015

🖲 Google Hunter TAFE 👩 Call 131 225



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#### **Remembrance Day tradition**

Why is this day special to Australians?

At 11am on 11<sup>th</sup> November 1918 the guns of the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

The 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

On the first anniversary of the armistice in 1919 two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which endorsed it. King George V personally requested all the people of the British Empire to suspend normal activities for two minutes on the hour of the armistice "which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom". The two minutes' silence was popularly adopted and it became a central feature of commemorations on Armistice Day.

On the second anniversary of the armistice in 1920 the commemoration was given added significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front. Unknown soldiers were interred with full military honours in Westminster Abbey in London and at the Arc de Triumph in Paris. The entombment in London attracted over one million people within a week to pay their respects at the unknown soldier's tomb. Most other allied nations adopted the tradition of entombing unknown soldiers over the following decade.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.

In Australia on the 75th anniversary of the armistice in 1993 Remembrance Day ceremonies again became the focus of national attention. The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Memorial's Hall of Memory. Remembrance Day ceremonies were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11 am and coinciding with the traditional two minutes' silence. This ceremony, which touched a chord across the Australian nation, re-established Remembrance Day as a significant day of commemoration.

Four years later, in 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11<sup>th</sup> November to be Remembrance Day, urging all Australians to observe one minute's silence at 11am on 11<sup>th</sup> November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.







# "The job of an educator is to teach students to see vitality in themselves".

Joseph Campbell

