



**Value of the Week**

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

**School Calendar**

**May**

- 18-25 'Monster' Book Fair
- 24 Yrs7-12 World Cup Soccer
- 27 Primary Athletics Carnival  
Yrs11&12 HSC Seminar Day

**June**

- 9 Manning Zone Athletics
- 22 Yrs7-12 Chris Hoare Cup  
Bulahdelah
- 24 Yrs9-12 Timber & Working  
with Wood Show, Homebush



Meetings are held at BCS  
3.45pm

Wednesday 8<sup>th</sup> June



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**Off and running in the  
Secondary Athletics  
Carnival!**

## SECONDARY ATHLETICS CARNIVAL:



On the 29<sup>th</sup> of April we held our annual school athletics carnival. The weather was perfect, very warm for this time of year. We held the carnival again this year off site down at the John Ireland Sporting Fields in Bulahdelah. There was a decent turnout from the students and their participation rates were quite good. The day was very successful with both staff and students having a great day of fun and laughter. There were many encouraging results from the day with many of our students making it through to Zone level, the Manning Zone carnival to be held Week 7 on Thursday, 9<sup>th</sup> of June.

I'd like to thank the soccer club for allowing us to use their grounds and canteen facilities for the day and to all staff and students for making the day a success.

Good luck to all students heading to Zone in Week 7.

*Brooke McKenzie, Sport Organiser.*





**1st**



**2nd**



**3rd**



**4th**

**AGE CHAMPIONS**

**Girls**

Tori Spring

**12**

Annie Sullivan

**13**

Heidi Buchanan

**14**

Josie Sullivan

**15**

Marley Mezi

**16**

Bianca Mason

**17**

Chloe Lamborn

**18**

**Boys**

Angus Devon

Blake Richardson

Lachlan Blows

Jacob Knight

Alex Haylett

Edan Cray

Matt Williams

Ben Eadie





## ➤ PRINCIPAL'S REPORT:

### Senior Vertical Curriculum (Previously referred to as Compacted Curriculum)

Over the past couple of terms staff have been investigating an alternate approach for the way we structure Years 11 and 12. The model is commonly referred to as a Vertical or Compacted Curriculum approach and there are an increasing number of schools either running this model or considering implementing this new approach.

At BCS we have made the decision to progress down this path and organise our senior school very differently from the way it has been in the past and our current Year 10 students will be the first cohort to be part of this new Vertical Curriculum model.

#### Background information

There are a great many positive things about not being a large school. We know most of our students very well and the relationships between students and staff and our communities continue to be one of the great strengths of our school. But one of the down sides of a smaller school is the challenge of trying to make certain we offer our students a wide choice of curriculum, especially in the senior school. It is my belief that this is absolutely critical for the continued success of our school. We have students with a wide range of interests and abilities and we need to cater for these needs as best we can.

#### What does the Compacted Curriculum model look like?

- *Students study three Preliminary/HSC subjects only in Year 11 instead of the normal six subjects. They study these subjects at 'double' time and complete the HSC exams in these subjects in Year 11. They then study another three subjects in a similar way in Year 12 with exams at the end.*
- *Students begin their Year 11(Preliminary) studies in the middle of Term 4 of Year 10 by being officially enrolled in their HSC studies at*

this time. This year we envisage we will start on Monday 14<sup>th</sup> November.

- Preliminary studies are completed by the end of Term 1 with Preliminary exams held at that time. *HSC studies will begin at the start of Term 2.* Mid-course exams would take place at the end of Term 2 and Trial HSC would take place in the middle of Term 3.
- HSC exams begin the first week of Term 4. As soon as the exams are finished students commence the next group of three subjects in mid Term 4.
- Within each subject students still do assessment tasks, and field trips etc. as normal.
- The size of the senior group doing HSC subjects increases as it will include two year groups and not one as it is now. For example, in 2017 the Year 11 group (approximately 35 students) will choose 3 subjects from a possible 12-15 subjects that can run. In 2018, these 35 and another 50+ students from our current Year 9 will also choose from over 25 subjects to select their 3 courses.

#### Why do we need to make this change?

##### 1. *It's about numbers.*

A small cohort of students places significant limits on the number of courses that we can offer for the HSC. Our staffing allocation is determined by the number of students we have at different stages across the school. With small student numbers in Years 11 and 12 we lose a significant staffing allocation from the Department of Education.

At BCS, we have a very diverse student body that demands a wide variety of courses and interests and I believe this model will allow us to meet more of our students' needs in these areas of the Year 11/12 curriculum. By being able to run a greater diversity of courses we will be able to cater for students at all levels and provide as many opportunities as other schools in our area.

All of our experience tells us that students do best when they are in classes where there is co-operation between students, but also where we have students who are involved in healthy competition trying to do their very best. This can be very difficult to achieve with very small numbers and combined classes. It also is hard for students and staff to see where they 'sit', in comparison to the many thousands of other students, who are enrolled in that subject across the state. By combining cohorts to create larger groups, this will increase the competition, allow for greater collaboration and raise the standards within classes.

### ***2. It's about what we can do to get the best out of students in Years 10, 11 and 12.***

For years there has been a concern about the organisation of the last term of Year 10. I want our entire student body to take all years of their study seriously but especially from Year 10 onward. I continue to be concerned that some students still do not always apply themselves in Years 10 and 11 as we might want, saying that they will really knuckle down when it gets to Year 12. Then of course we have the issue of Year 12 being very stressful on many of our students. They have a great deal to do in a relatively short period of time.

### ***3. It's about us having a sustainable top quality school well beyond 2017.***

There has been a downward trend in terms of student enrolment over several years at BCS. Implementing this model will assist in addressing this decline in numbers and more importantly maximising the opportunities offered to our senior students.

### **What would be the advantages of the new proposal?**

- The last term of year 10 will be used very effectively.
- Year 10 takes on a new meaning as it is now a serious preparation Year for HSC study.

- Year 11 takes on a real meaning – it is not just a preparation year.
- Students' stress is spread over two years as they only have to sit exams for three subjects each year.
- By organising the school so that Year 11 and Year 12 can complete courses together this in effect doubles the number of students available to do subjects and will mean that we can offer a far broader range of subjects. We think that the students in Year 11 and 12 will have a choice of 8 or 9 subjects on each of their subject lines when this model is fully implemented as opposed to 3 or 4 under the old model.
- Having a greater range of choice means that students are more likely to be engaged in learning because they are doing things they want to do and are capable of doing.
- A slightly larger number of students in each subject means that there is more scope for healthy competition and students having a realistic understanding of their success level.
- This will eliminate the need to reduce face to face teaching time and the need to do subjects through Distance Education in many cases.
- Students have the flexibility to change their mind at the end of the first year of their studies in terms of the subjects they select.
- With students only studying 3 subjects at a time there are fewer exams to do which should assist significantly in terms of student preparation for those exams.
- Students can get really immersed in a smaller number of subjects. This is similar to study at tertiary institutions where often students only study 3 or 4 subjects per year but they do so in considerable depth.

**We will be holding a parent information evening later this term to further explain the change and give people the opportunity to ask questions. More information will also be posted out to parents in the near future.**



## ➤ DEPUTY PRINCIPAL:

This week our staff and students have been busy with the NAPLAN exams, where students from Years 3, 5, 7 and 9 have had their current literacy and numeracy skills captured. This assessment program allows us to see how our students compare with others throughout the nation. Unfortunately it is some time before students' results are available to the school and homes. I would like to thank the staff who organised and supervised the program and the students who, on the whole, made a serious effort.

Just a reminder to parents regarding our Sentral Parent Portal: this is an easy way for parents to check in and see how their child is going at school, providing access to attendance data, reports, etc. Unfortunately it is not very clear as to where to access the data from the interface. Hopefully the information below clears this up. Parents just need to log onto <http://web2.bulahdelah-c.schools.nsw.edu.au/portal/dashboard/> and enter their family key (available from the school) to access. Once you have selected your child you will see a screen that appears as below. Parents need to click on the drop down arrow for the hidden menu.

EARLY	
Roll	Roll Call Yr10 (10Roll2) ROOM 08 WITH D KEYTE
1	English Yr10 (10ENGU) ROOM N10 WITH H MONCRIEFF.
2	English Yr10 (10ENGU) ROOM N10 WITH H MONCRIEFF.
REC	
WSS	Top Gear 1 WS (WSR3) ROOM PR1 WITH J O'CONNELL.
3	Food Technology200hr Yr10 (10FOOD 200)



Staff will be using the Parent Portal and the SchoolStream App more often throughout this term as they become familiar with them to communicate with parents. This form of communication has obvious benefits of being immediate, environmentally friendly and readily available. I would welcome parent feedback on both software packages.

This term we will be selecting our new school captains and SRC (Student Representative Council) members for 2016/2017.

This is a very rigorous process to determine worthy candidates for these prominent positions within our school. I would like to commend our current school leaders, although we now have a

reduced number. Jayden Lilley, Hannah-Rose Rietveld, Emily Kirkpatrick and Joshua Collins have grown into the roles and developed their leadership skills throughout the year. Certainly at the recent ANZAC service at Bulahdelah, they demonstrated their public speaking skills, wore the BCS uniform with PRIDE and were a credit to our school. The SRC students are also to be acknowledged and congratulated for their work throughout the year.

I would also like to congratulate all the students who participated in the recent Taree Eisteddfod. We had some amazing results and this is a great opportunity for our students to show their skills and talent in various categories. We have some of the winners pictured below and further detailed reports following in this newsletter. Well done BCS!





## **Bulahdelah Drama students from Years 4-12**

**competed at Taree Eisteddfod from 2<sup>nd</sup> to 7<sup>th</sup> May at Manning Entertainment Centre.**

**We are very proud of all our students who performed.**

**Here are some of the highlights**

The Year 9/10 Debating Team was narrowly beaten to receive an impressive 2<sup>nd</sup> place.

The public speaking section showcased our younger students with Seleana Murphy first, Nicholas Beitzel 2<sup>nd</sup> and Annee-Rose Perry placing 3<sup>rd</sup>. Our public speaking program in our school is really giving our student's valuable skills and confidence.

It was amazing to watch our students perform in the unscripted drama section. Students are given a topic and 3 minutes to prepare.

Years 7/8 students, Logan Davidson and Westleigh Richardson, won their section.

Lachlan Rutter, Laurie Bray and Montana Johnston received a 2<sup>nd</sup> place in Years 9/10 for their hilarious representation of a phone call to a computer store. I definitely won't be taking my computer to Lachlan!

In the senior section with 16 competitors, Bulahdelah's Year 12s, Chloe Shultz, Kyle Shultz, McKelty-Rae Searle and Ruby Keys won the event with their very physical bear hunt.

Year 11 boys, Bailey Shultz, Sonny Marks, Timothy To and Tate Bruinsma, were hilarious with their play called 'Safari', taking out 2<sup>nd</sup> place. The Year 11 girls, Madison Shannon, Taylah Boyle and Stevie-Lee Smith received 4<sup>th</sup> place and were highly commended. Amazing results!

In the group plays, Year 11's play they wrote on teenage sexuality, received 2<sup>nd</sup> place and they were congratulated for their team work and movement.

Year 10 students, Tim Smith, Maddison Boyd, Paris Battle, Katie Nolan-Slattery and Tia King-Stow won their section and were commended on their sophisticated content and excellent stage use.

In the Dialogue section, Stevie-Lee Smith and Madison Shannon received 1<sup>st</sup> place with their humorous play about a politician on his bike.

Laurie Bray and Lachlan Rutter in Year 9 received 4<sup>th</sup> place for their Monty Python sketch. In the championship section, special mention went to Tim Smith with his Hamlet monologue, receiving a 3<sup>rd</sup> place. Tate Bruinsma (Romeo), Paris Battle (Ophelia) and Maddison Boyd (Juliet) were also commended for their performance.



In the monologue section, our students were compelling. Kyle Shultz received 1<sup>st</sup> place in the Year 12 section with Luana White and McKelty-Rae Searle placing 3<sup>rd</sup>.

In the Year 11 section, Bailey Shultz entertained with his crazy monologue about his neighbour Steve, earning 1<sup>st</sup> place. Sarah Rooney received a 2<sup>nd</sup> place, Hayden Crawford and Luci Campbell were rewarded with 3<sup>rd</sup> place and Taylor Garemyn was highly commended for her first solo performance.

They were wonderful representatives of our school, showing kindness and support to other students and each other. For some, it was their first time on stage.

Students further developed their vocal and movement skills, their memory, showcased their innovation and creativity, their sense of timing, their humour and flexibility. Most of all, they demonstrated their ability to work as a team, to collaborate, solve problems and take risks.

It was a long week but well worth the effort. Outstanding job everyone.

Bulahdelah was lucky to receive 4 special awards by the adjudicator.

Best boy performer in any group was won by Bailey Shultz. The Manning Valley Business Award went to Tim Smith. Kyle Shultz and Madison Shannon won the Mid Coast Water Award for their amazing efforts. All 4 students received money awards as well. So it was a fabulous week of dramatic talent. Students learned theatre etiquette, enjoying the performances of other schools.

Our drama students are very talented, committed and gorgeous students to take on excursions. Thanks to our parents who took students to Taree and to our dedicated teachers who worked with our students. Thanks also to our teachers back at school who took our classes whilst we were in Taree.

Our MAD (Music & Drama) performance will be held at school shortly if you'd like to see some of our fantastic performances. Yours in drama, Vanessa Shultz, Head Teacher English/Drama Teacher.





### ➤ REL. DEP. PRI. PRINCIPAL:

Primary students have completed their NAPLAN assessments for yet another year. Testing took place last week on Tuesday, Wednesday and Thursday. Language conventions and writing were administered on Tuesday morning. Reading was held on Wednesday and Numeracy on Thursday. The tests were administered as 'low key' as possible to avoid any anxiety or stress TO the students. Thank you to both parents and students for ensuring that children were at school prior to bell times. Results for NAPLAN are expected in Semester 2. We have been advised through the National Assessment Program that, from 2017 a wider window for NAPLAN assessment may be introduced to accommodate online delivery of the tests'. This does not reflect that Bulahdelah Central School WILL be administering tests online. At this point in time there are no planned changes to the administration process although our school community will be kept informed if changes are to be implemented.

On Tuesday, 10<sup>th</sup> May, staff held a 'Reporting to Parents' afternoon and evening. Approximately 50% of our parents attended individual interviews to discuss their child's progress. To attend these meetings provides an excellent forum for parents and teachers to applaud student achievements and to also address any joint concerns about a

student's progress. Teachers have reported that the sessions were very productive and thank the parents who came along for the meetings.

On Wednesday, 4<sup>th</sup> May, our P&C held the Mother's Day stall. The stall was well attended by primary students, with approximately 80% of classes purchasing gifts. A warm thank you is extended to Belinda Cunningham and her mother, Lyn Jaques, for their generous donations to the stall. Our P&C committee are already planning and purchasing gifts for Father's Day. They would like to encourage greater participation OF our secondary students who are invited to also purchase gifts at these stalls in their recess break.

Bulahdelah Central School was very fortunate to be able to host Tour de Cure on Friday, 6<sup>th</sup> May, with a large contingent of cyclists and support personnel in attendance. Students were very attentive during the healthy living presentation with a, 'Be Fit, Be Healthy, Be Happy' message. A team of cyclists then selected the winning drink bottle poster which was created by Olivia Fitzgerald. Olivia was not present to collect her prize as she was representing Bulahdelah Central School at the Zone Cross Country carnival. Congratulations and well done to Olivia. She was certainly demonstrating a, 'Be Fit, Be Healthy, Be Happy' lifestyle.





*Our Primary students decorated a bike helmet and presented it to the crew from Tour de Cure. How great does it look, I'm sure they will treasure it!*

The Life Education program takes place on Monday 16<sup>th</sup> and Tuesday 17<sup>th</sup> May. It is always very popular with our students. Our P&C generously sponsor the program each year. The Primary school program consists of thirteen curriculum based modules focusing on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs and programs around the dangers of tobacco, alcohol and caffeine. The selected programs are delivered by specially trained educators to ensure that all messages are age-appropriate and relevant.

The Primary athletics carnival is scheduled for Friday, 27<sup>th</sup> May to be held on our top school oval. The P&C are planning to provide tea and coffee for our adult guests. If you would be able to support your P&C by serving at the stall or donating slices/cakes for the day, then please contact the school. The stall will not be providing recess or lunch for students. Students may purchase their lunch items from the canteen if needed.

The Department of Education has strict guidelines regarding attendance at school. Unfortunately we are seeing an increasing number of students who are arriving late to school after lessons have begun. Our morning bell rings at 8:55am in the Primary department. If students arrive after this time, the DoE classifies the lateness as an unjustified absence. It is very important that the priority for each morning is to ensure that students are at school before the bell rings. I would ask for your help and support in this important matter.



➤ **PRIMARY EISTEDDFOD RESULTS:**

During the last 6 weeks a group of Primary students from Years 5/6 auditioned and prepared themselves for the annual Taree Eisteddfod. In past years we have achieved success in prepared speeches, one act plays and debating and this year, once again, we were successful against many other schools in the region. The students and I (Angie Vella) often find the preparation a stressful time; however the results and a feeling of a job well done show that our PRIDE values at BCS are evident in these events. Congratulations to the following students:

**Debating**

3<sup>rd</sup> place - Bridie O’Connell, Annee-Rose Perry, Olivia Smith, Raylee Kierans & Amber Cunningham.

**Prepared Speech 10yrs & under**

1 <sup>st</sup> place	Charlise Luxon
2 <sup>nd</sup> place	Amia Murphy
Highly Commended	Carol Poniris
Merit	Grace Kiehne

**Prepared Speech 12yrs & under**

3 <sup>rd</sup> place	Annee-Rose Perry
Merit	Olivia Smith
Encouragement	Bridie O’Connell
Encouragement	Claire Terry

**One Act Play Primary:**

2<sup>nd</sup> place - Amia Murphy, Annee-Rose Perry, Maggie Cunich, Bridie O’Connell, Natarlia Faulkner, Olivia Smith Elijah Lawler, Oliver Gibbs, Charlise Luxon & Georgia McKillop–Davies.

**Unscripted Drama:**

3<sup>rd</sup> place – Annee-Rose Perry, Maggie Cunich & Olivia Smith.  
Encouragement award - Elijah Lawler, Oliver Gibbs & Charlie Luxon.

**Original poetry reading**

Merit award - Maggie Cunich

Thanks to parents and other staff members who assisted in preparation and transport and the class teachers who supported the Eisteddfod. *Angie Vella, Learning & Support Teacher.*





Monday 16<sup>th</sup> to Wednesday 25<sup>th</sup> May, 2016

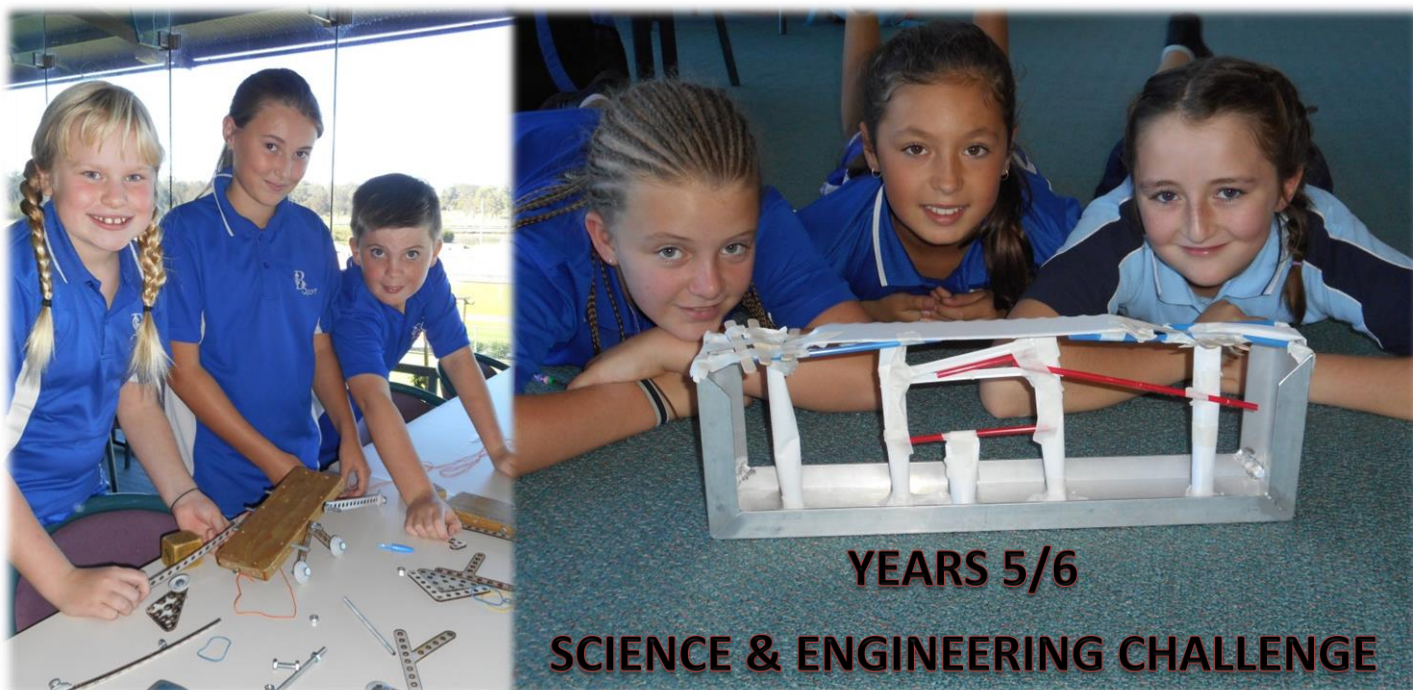
Many varied & interesting books will be on display for a whole week in the Library for students and parents to purchase.

Books will be available for preview

Tuesday 17<sup>th</sup> May

A percentage of all purchases will be given back to the school therefore benefiting the students of BCS.

**ALL WELCOME!**  
**CAN'T WAIT TO SCARE YOU THERE!**



**YEARS 5/6**

**SCIENCE & ENGINEERING CHALLENGE**

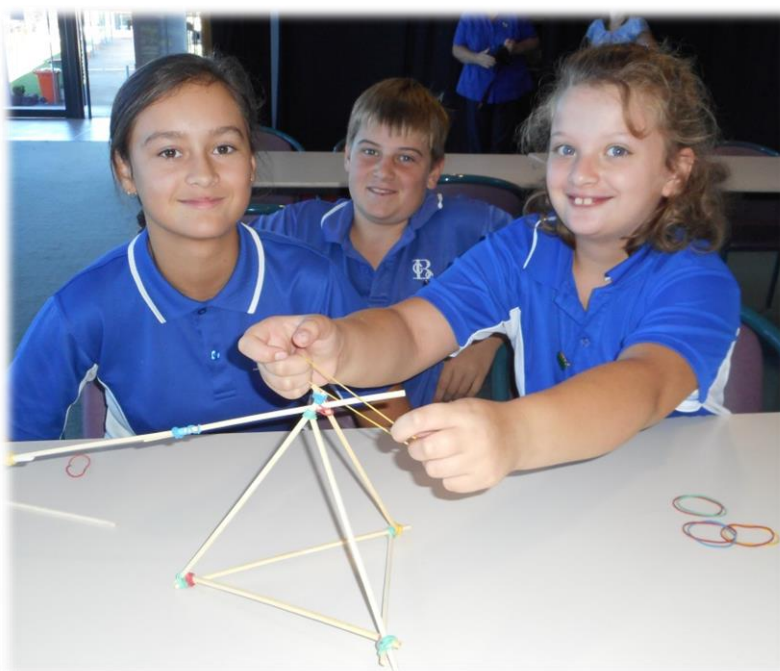
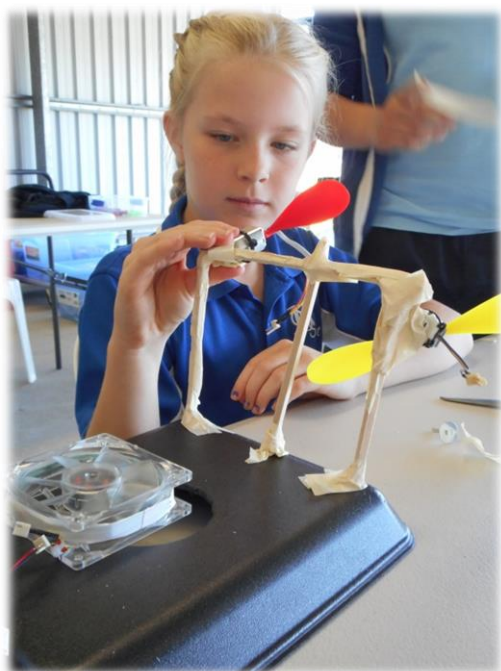
On Monday, 2<sup>nd</sup> of May, Bulahdelah Central school 3Mc headed off to Taree for a very fun and challenging day. We arrived at the Taree racecourse and were invited inside to be placed with our first exciting activity. We were up against Cundletown Public, Harrington Public, Tinonee Public and Taree West Public. Here are some of the student comments from the day.

*“We did the build a bridge challenge for our first activity; our group was successful and placed*

*second. Our bridge held 4 kilograms”. Annee-Rose Perry.*

*“In my first activity we had to make a building between 35 and 70 centimetres tall that could withstand an earthquake. Unfortunately we didn’t pass the test but this just built up my confidence for the next activity”. Olivia Smith.*

*“Our group’s first activity was string along and we came first out of eight groups with over 1000 points”. Bridie O’Connell.*





After everyone completed their first activity we had a quick lunch break. They provided us with a sausage sizzle, a piece of fruit and a soft drink. Soon enough we had finished our lunch and headed back inside to watch the science show that was performed by Helen, the host of the day. She shot a homemade cannon and showed us some cool science experiments. It was really interesting and we learnt about Newtons first and third laws.

After the show we got put back into our groups and began our second activity of the day. *“In my second activity, Elijah Lawler, Polly Sullivan and I did the string along challenge. Our task was hard as we had to connect every bolt with string on our way to the finishing point. The amount of string we had left over is how many points we received. We ended the activity with a huge 2636 points!”* Annee-Rose Perry

“For my second activity Carol Poniris and I had to create a hand that worked like a normal hand, using straws, string, tape and a bit of pipe. Each individual finger had to move; there had to be five fingers and the hand had to be able to pick up certain objects. Our hand was able to pick up a handball, a ball of clay and a roll of sticky tape. Carol and I were the only team to complete the whole test; we were very excited about that.

It was a fun activity and we were pleased with the results!” Olivia Smith

“My group’s second activity was the build a bridge activity. At first we had doubts about whether it would hold up, but surprisingly we won. Our bridge held up 2 kilograms”. Bridie O’Connell

At the end of the day they tallied the results and Bulahdelah was the overall champion school. We all had an awesome time and left with a big, proud smile on our faces. Thanks to Mrs McDonald, Miss Mostyn and all of the 5/6 students for making this day possible and successful. *Written by Annee-Rose Perry, Olivia Smith, Elijah Lawler & Bridie O’Connell.*



# Removing Head Lice and Nits



## At a glance:

- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

## Nitbusters' myth busters

- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.

- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying back girls' hair and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don't need to use an expensive commercial product.
- If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

## Removing head lice and nits

You'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

## Steps:

1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
4. After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.



5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel.
7. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
8. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
9. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
10. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.

Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

## ACTIVE KIDS ARE SMARTER KIDS



**WALK SAFELY TO SCHOOL DAY**

**FRIDAY 20 MAY 2016**

### **A Challenge to All Australian Primary Schools and Councils**

National Walk Safely to School Day (WSTSD) is on Friday 20 May 2016. Now in its 17th year, it is a campaign and annual event when all primary school children, their parents and carers are encouraged to walk and commute regularly and safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthier, perform better academically and less likely to be obese or overweight, which can lead to the long-term and costly risks of heart disease and diabetes etc.. Walking regularly is the best exercise because you can build it into your daily routine.

#### **The Objectives of National Walk Safely to School Day are:**

- To encourage parents and carers to walk to school with primary school age children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport



### **Mobile Dental Clinic**

Bulahdelah Dental has been conducting a mobile dental clinic at the school this year which has enabled a number of Secondary students to access this service for initial consultations, scale/clean and fluoride treatment. Several students have then been provided with necessary follow up treatment/s.

There are no out of pocket expenses to access this service for eligible families. The costs are covered through the Commonwealth Medicare Dental Benefits Scheme. Families who are not eligible for this scheme can still access the service if they have a level of private health cover which provides for free dental services for dependent children/teenagers.

If you are interested in accessing this service for your Secondary school child/ren, please ask them to see Mr Jones (Head Teacher Welfare) at school and he will provide the necessary forms for completion by a parent/carer to return to the school. If you have any enquiries these can also be directed to Mr Jones.

*Believe it  
or Not!  
or Not!*

*Scotland has more  
red heads than any  
other country.*



### **School Liaison Police Officer Visit**

The School Liaison Police Officer will be visiting BCS on Friday, 27<sup>th</sup> May. The School Liaison Police Officer will be presenting information about a range of important issues to students in Years 8 and 9.

Topics addressed will include social media and associated issues, strategies to ensure personal safety and drug use. The officer will also be conducting an information meeting for parents from 1:40pm to 2:30pm on Friday, 27<sup>th</sup> May in the school library. The focus of this meeting will be social media and associated issues however the officer is able to facilitate the discussion of other pertinent issues affecting young people should time allow.

All Secondary students across Years 7-10 will be provided with an information note about this event which will include a section for parents to notify the school if they will be in attendance for the parent meeting. Any enquiries can be directed to Mr Warren Jones, Head Teacher Welfare.

# BCS SPORTING HOUSES



**BRADMAN:** Named after Sir Donald George Bradman, cricketer. Born 27<sup>th</sup> August 1908 at Cootamundra; died 25<sup>th</sup> February 2001 at Kensington Park, Adelaide. Known affectionately as “The Don” his batting style was right hand bat while

his bowling style was leg break. Sir Don was, without any question, the greatest phenomenon in the history of cricket and perhaps in the history of all ball games. He had a deep and undying love of cricket as well as a natural ability. It was always said he could have become a champion at squash, tennis, golf or billiards had he preferred them to cricket. He made his test debut in 1928/29 at Brisbane in the first test for Australia vs. England while his last Test was also Australia vs. England in 1948. *House Colours – Yellow & Black*



**MELBA:** Named after Dame Nellie Melba, opera singer. Born Helen Porter Mitchell, in Richmond, Victoria in 1861; died in Sydney in 1931. She changed her surname to Melba to honour the city of Melbourne and to make people notice her

hometown which was a very remote place for most people. She studied singing in Paris and was acclaimed in every great Opera House in Europe and the United States. Such was her fame she even had a dish of peaches and ice cream named after her – “Peach Melba”. Dame Nellie was one of the first people to make gramophone recordings. In 1918 she was awarded the DBE (Dame of the British Empire). *House Colours – Blue & White*



**KENNY:** Named after Sister Elizabeth Kenny, nurse. Born at Warialda, NSW in 1880; died in 1952. She was a leader in the fight against polio. Before the discovery of a vaccine for the disease, treatment was all but ineffectual. Sister Kenny found a traditional

method that worked. Although widely opposed by the Australian medical profession, she continued her fight to have this effective method of treatment recognised in Australia and overseas. She served as a nurse in World War I. *House Colours - Red & White*



**WENTWORTH:** Named after Sir William Charles Wentworth, explorer and barrister. Born on board the *Surprise* in July 1790, he died in England on 20<sup>th</sup> March 1872. Wentworth crossed the Blue Mountains with Blaxland and Lawson in 1813. He studied law in England

from 1817 to 1822, published books; was joint publisher of the *Australian* (1824-28) and was responsible for the introduction of trial by jury in 1830. He also fought for self-government. Among his many other activities, Wentworth played a leading role in establishing in 1848-49 the first real system of state Primary education in NSW and he led the movement which resulted in the founding of The University of Sydney. *House Colours – Green & Yellow*



***“We never know which lives  
we influence, or when, or why.”***

*Stephen King*

