



School Calendar

October

- 27** Day for Daniel
30-31 Year 9 Camp - Sydney

November

- 1** Year 9 Camp - Sydney
14 Year 12 Formal
17-18 Bulahdelah Show



Meetings are held at BCS
every second Wednesday
of the month **4:00pm**
8th November



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bulahdelah-c.school@det.nsw.edu.au

Class of 2017

*"I have had 13 years of friendships, fun,
laughter and memories here and I wouldn't
change a thing."*

Thomas Locke





➤ REL. PRINCIPAL'S REPORT:

Welcome to Term 4 where at BCS things look a little different with no senior students in the school because they are currently sitting their HSC courses. Hopefully our students have adequately prepared for these assessments and feel confident that they can maintain or improve their standard demonstrated over the course. Students are still welcome, and in fact encouraged to come to school and meet with their teachers for additional tuition and support. For our teachers, this is where they review their programs and teaching strategies and hope that they have provided our students the best possible preparation for their exams. We wish our students all the best with their exams.

We are just starting to get word from some of our HSC students who have been successful with their Early Entry/Principal Recommendation Scheme where they have been able to secure a place in certain courses for 2018. Congratulations to Thomas Locke and Emma Miller who have been offered placements at the University of Wollongong.

In other areas of our school we are preparing for the next cohort. Our incoming Kindergarten students have started their orientation program and have enjoyed working at big school. We look forward to seeing them in our school each Thursday as a part of our introduction to BCS.

A different approach is being actioned for our incoming Year 7 students, where their Year Adviser, Linda Drenkhahn, and our Learning and Support Teacher, Lisa Jago, have been attending each of the Primary schools to get to know individual students prior to them coming to our Orientation Day on Tuesday, 5th December. I do thank both of the staff involved in each of these programs as it does make the change in 2018 less daunting for the students.

Last weekend I had the opportunity to open the school to a reunion group. I certainly enjoyed hearing their stories of their time at BCS and where their lives have taken them. This reunion, and the planning for the upcoming 150th Anniversary of the school, has me exploring options of how to capture the memories, photographs and documents for future reference. I welcome ideas in this area. *Deb Gilbert*



➤ WHERE IS DON?:



After almost a decade at the helm, Bulahdelah Central School's Principal, Mr Don Hudson, has recently been farewelled and taken up a new position with the Department of Education in Newcastle.

During his time at BCS, Mr Hudson has seen the integration of technology and air conditioning throughout the school, significant investment into teacher professional learning and a focus on the student voice.

Mr Hudson also led the school through a significant period of change, including the implementation of a new senior curriculum to provide students with a greater choice of subjects. "This was needed because of our small senior years and the diminishing choice of subjects that our senior students had," he said.

Mr Hudson began his teaching career in 1983 as an Industrial Arts teacher at Courallie High School. He then held various teaching and executive positions in Deniliquin, Broken Hill, Ungarie and Newcastle before being appointed to Bulahdelah in 2009.

Mr Hudson said professional practices to increase student engagement in learning changed significantly throughout his career.

"Schools these days need to work hard to engage students as they move from Kindergarten through to Year 12. Too often we see students switch off or just go through the motions as they enter high school."

Mr Hudson recalls reading an article that started with "Imagine a world where kids are as eager to learn throughout school as they were when they arrived". "I would love that world to be Bulahdelah Central School," he said.

In addition to his commitment to the local school community, Mr Hudson has also been very active within the state education networks. This included his involvement with the NSW Secondary Principal's Council State Assembly and Financial Reference groups, where he has been a strong advocate and support for other principals.

Mr Hudson is currently working on the implementation of a new HR Payroll system for the Department of Education. "This will possibly see me through to retirement," he said. *Daniel Sahyoun - Myall Coast Messenger*

Value of the Week

Respect. We respect the rights of others, ourselves & the school in an environment of harmony & personal responsibility. Do you respect yourself, respect others & take responsibility for our own actions?



Meetings are held at BCS every second Wednesday of the month **4:00pm**

8th November

Class of 2017

A formal graduation assembly was held at the end of Term 3 to mark the final day of school for our Year 12 Class of 2017. Proud parents, invited guests, staff and students attended the special ceremony, which was a celebration of achievements, determination and friendships.

During the assembly, the HSC Drama class performed their group play and a slideshow filled with memories was an opportunity to reflect on 13 years of schooling.

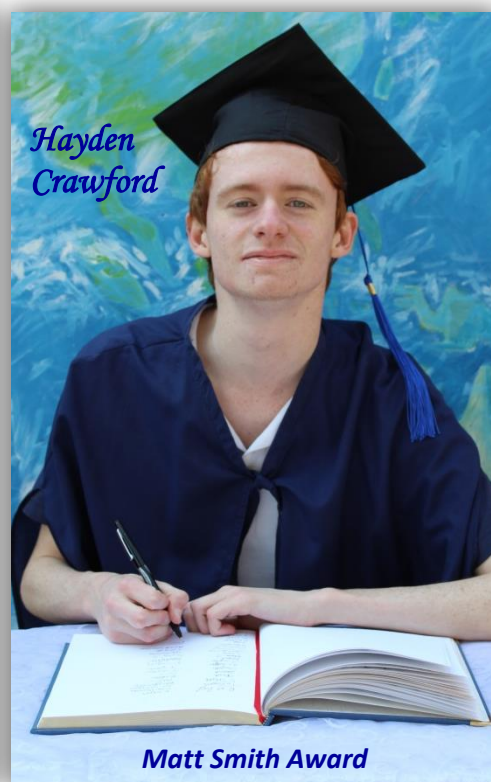
Major awards were also presented which recognised commitment, excellence and leadership across many areas.

To conclude, special guest, Senior Constable Ash Ray, presented each of the students with their academic certificates and portfolios.

Of the 39 graduating students, Jessica Chalker, Tamara Gooch, Kaitlyn Gregory, Thomas Locke and Bailey Shultz attended BCS for their entire schooling, having commenced Kindergarten together in 2005.

We wish the Class of 2017 all the best for their HSC examinations over the next few weeks and look forward to seeing them all at the Year 12 Formal, Tuesday 14th November. *Wendy Parsons - Year Adviser*

Award Recipients:





*“I have loved my entire time at BCS,
I have made good friends who have grown with me since kindy.”*

Kaitlyn Gregory





*“I am sad to leave,
but I am excited to be moving onto the next stage of my life.”*

Kaitlyn Gregory



➤ **REL. DEPUTY PRINCIPAL:**

Last newsletter I urged Year 12 students as they conclude their schooling with us to consider what their Legacy at BCS would be - would they be remembered for their positive contributions to school life or for their involvement in any unsavoury ways to mark the end of their time at school. I am very pleased to report that this year's group of students seemed to take on board this message by not entering school grounds and undertaking any so called 'muck up' day activities. This decision allowed teachers and students to move on with their teaching and learning without disruption to conclude the term. Well done Year 12! I would also like to acknowledge the work of Ms Wendy Parsons as this groups Year Adviser in facilitating

the linkages of this student group with the benefits of providing service to the community (e.g. Random Acts of Kindness). I am sure this helped the students to see the benefit of being involved in positive behaviours as opposed to negative behaviours.

Students in Years 8-10 will be undertaking final course assessments and examinations over the next 4 weeks prior to the roll over to the new academic year on Monday, 13th November. This is a great time for students to undertake some revision and talk with their teachers about the upcoming tasks so that they can maximise their achievement of course outcomes and school report measures. *Warren Jones*

YEAR 7 2018 ORIENTATION DAY TUESDAY, 5th DECEMBER 10:00am - 2:00pm

To assist students, parents and care givers with the transition from Primary to Secondary school, we will be holding an Orientation Day on Tuesday, 5th December. The day will provide an opportunity to find out about subjects for Year 7, uniform, equipment, bus travel and other information about the school you may require.

You will have the chance to meet staff and tour the school and the students will attend mini lessons and a treasure hunt. The day will conclude with a BBQ lunch.

We look forward to welcoming our new students and making entry to Secondary school as happy and stress free as possible.

Please RSVP to BCS Front office by
Friday, 1st December for catering purposes.





At a glance:

- Year 12 is a challenging time for kids, as studying for the HSC often coincides with other stressful factors.
- Support your child by encouraging good sleep, nutrition and physical activity.
- Have realistic expectations about your child's performance and goals.
- Stay calm and positive.
- [NSW HSC Online](#) has excellent study resources.

Practical advice for the whole family

If your child is studying for the HSC, you're probably feeling the stress too. Many parents want to help but don't want to interfere.

As well as pre-exam tension, there are other common factors that can make life seem even more challenging for the whole family.

Year 12 is often the year when kids:

- lose interest in school
- have no plans for after the HSC
- develop an intense relationship with a boyfriend or girlfriend
- get their driver's licence
- experiment with legal or illegal drugs
- have a part-time job
- are a member of a sporting team
- develop an eating disorder

If any of these concerns sound familiar don't despair. You're not alone - and this won't last forever.

How you can help

Richard Cracknell, Counsellor and District Guidance Officer at Inverell High School, advises that *"the most obvious forms of support parents can offer are the practical, physical things,"* and recommends parents:

- Provide a good place to study, that's quiet, comfortable, with good ventilation, good lighting, adequate desk or table space and free from distractions such as TV, noise, a telephone, interesting conversations, little brothers and sisters.
- Provide healthy, balanced meals.
- Encourage sleep and regular exercise.
- Encourage them to avoid late night parties and alcohol consumption.

Less obvious, but just important, is giving your child the support they need in the lead-up to exams, which can be hard when emotions run high.

Tips to remember

- Be supportive and encouraging.
- Highlight strengths and successes. Encourage your child not to dwell on failures, but to see them as "mistakes", which can actually be something they can learn and benefit from.
- Appreciate your child may be feeling very stressed, even if it's not obvious to you. Many kids fear letting their family down so beware of setting unrealistic expectations. Some worry they can't do as well as a sibling, or friend. Many Year 12 kids are feeling overwhelmed about what lies ahead: leaving home, leaving lifelong friends, the prospect of having to live in a new city.
- Understand people under pressure become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact.
- Be realistic in your expectations as to where the HSC leads. Not all HSC students will go on to university – but they can still have a wealth of excellent and satisfying career options.

If they don't get the HSC marks they needed and still really want to go on to tertiary education later, there are many other pathways. Interestingly, the success rate of mature age students is much higher than for those who go straight from school.

- Encourage your child to seek help from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- Encourage a healthy balance between work and leisure. Sometimes kids need a total break from everything for a weekend or so, to recharge their batteries.
- Take an interest in what your child is doing, if they'll allow you to (some won't). This can include the subjects or topics being studied, how their study timetables and programs have been organised and their leisure pursuits. (Note: "Taking an interest in" does not mean interfering.)
- Remember the occasional hug and "I love you" don't go astray, even when they are 18 years old.
- Encourage and allow your child to be as independent as you can possibly stand. The more independent your child is in meeting the demands of Year 12, the better prepared they will be to succeed at a tertiary level or in the workforce.

Just before exams:

- Don't stress about the little things like leaving lights on, leaving the lid off the toothpaste and not doing chores.

- Don't panic when they announce on the evening before the examination that they know nothing. (Reassure them, even if you think they could be right. "Just do the best you can. We know you're giving it your best shot." is a good standby.)
- Avoid nagging; which doesn't mean you can't give a nudge or gentle reminder from time to time.
- Encourage confidence by reassuring your child. If you have doubts, keep them to yourself.

According to Richard Cracknell, all parents make mistakes, and we need to bear in mind that we're human too.

Don't feel too badly when you forget *not* to nag, when you get picky, and complain bitterly that your child has the time to attend the 18th birthday party of every Year 12 student, but doesn't have time to help with the washing up.

BULAHDELAH MILO CRICKET

In2Cricket 5 - 8 Years

T20Blast 7 - 12 Years

Boys and Girls Welcome!

Fridays 5:00pm - 6:30pm

Commencing 20th October - 22nd December

Contact Erin Matheson to register.

Phone: 0428 457 367

Email: ering417@yahoo.com





➤ REL. ASSISTANT PRINCIPAL:

Welcome back to staff and students to the final term for 2017. The term begins with a number of staff changes and some new students joining our Primary classes. We have a busy term with many planned activities and excursions. These are the dates for you to mark on the calendar:

- 'Swim School' (instructor Karen Baker) - Monday, 30th October to Friday, 10th November.
- Years 5/6 Canberra Excursion - 22nd, 23rd, 24th November.
- Day for Daniel Morcombe - Friday, 27th October.
- Bulahdelah Show Presentation Night - Wednesday, 8th November.
- Years K-3 Show Excursion - Friday, 17th November.
- Also the Rotary debate with Tea Gardens School - Monday, 13th November.
- K-6 End of Year Presentation Day - Wednesday, 13th December.

Welcome to Mrs Debbie Booth, who has joined the staff in a Deputy Principal role as Instructional Leader for 'Early Action for Success'. She will be working with staff in the Literacy and Numeracy areas for infant students.

Of course some students will need assistance at school and home to reach the benchmark levels in Key Learning Areas, social skills and physical development. We have classroom teacher referrals, a Learning Support Team, a School Counsellor, a web of Government assistance areas and medical practitioners that we can refer families and students to for assistance. If your child has a Speech Intervention Program, could you please inform the school the outcome of specialist appointments.

Wednesday, 11th October, was 'International Day of the Girl'. As a parent and teacher, I can see the many issues that face youth at home and school.

The values of respect and tolerance are often learned at home but we also reinforce these values through our PRIDE program; **P**articipation, **R**espect, **I**nnovation, **D**etermination, **E**xcellence, and our Positive Behaviours for Learning (PBL).

Warren Gibbs

KINDY 2018 ORIENTATION



Thursdays

9:30am - 10:30am



19th October

26th October

2nd November

9th November

What do I need to bring?

Fruit and water for 'crunch and sip' time and a hat.

PARENT INFORMATION SESSION

Mums and dads and carers are invited to an information session on:

Tuesday, 14th November

1:45pm - 2:45pm

What do I need to bring?

Student enrolment forms and relevant

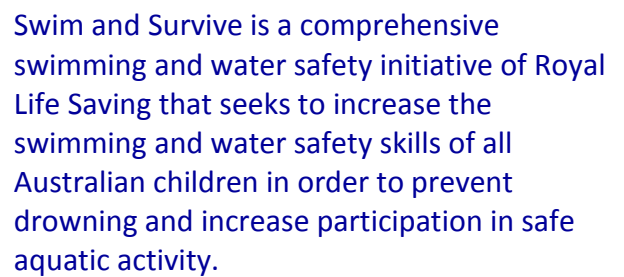
PARENTS! ARE YOU REGISTERED FOR LOOP?
scholastic.com.au/loop

Watch your inbox for our awesome

Bonus Book Offers!



**Orders are due by:
Thursday, 26th October**



Swim and Survive is delivered in pools, schools and other aquatic locations across the country by qualified swimming and water safety instructors.

- 1 in 5 of all drowning deaths are children aged less than 18 years of age
- 56 children drowned last year
- 91% of children aged 0-4 fell or wandered into the water
- 43% of children aged 10-14 drowned in rivers
- Males are 4 times more likely to drown than females
- Drowning rate dramatically increases as teenagers become young adults.

ISSUE 7 BONUS BOOK BONANZA

JUST IN TIME FOR CHRISTMAS!



Issue 7 is a great place for parents to get extra gifts this Christmas!

Parents can earn up to three Bonus Books with their Book Club order.

Orders are due by:

Thursday, 26th October










“The journey of every doctor, engineer, scientist, astronaut, programmer, architect, accountant, analyst and all other professions begins under the watchful eye of the most important one of all - Teacher.”

