



**School Calendar**

**October**

**30-31** Year 9 Camp - Sydney  
 Primary Learn to Swim

**November**

- 1** Year 9 Camp - Sydney
- 1-10** Primary Learn to Swim
- 3** Year 8 China Town
- 14** Year 12 Formal
- 17** K-2 Bulahdelah Show Visit
- 17-18** Bulahdelah Show
- 22-24** Year 6 Canberra Excursion



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



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



The Daniel Morcombe Foundation remains committed to Child Safety Education and developing Harm Prevention resources that help educate children, teachers, parents, carers and their families to *Keep Kids Safe*.

In addition, the Foundation now has a strong focus on building Respectful Relationships within our schools and communities through proactive education. Coupled with our core messages of

**Recognise, React, Report,**

this will enable children and young adults to act positively and appropriately while staying safe.





## ➤ REL. PRINCIPAL'S REPORT:

Term 4 is moving quickly for both staff and students at BCS.

Staff are currently developing the 2018 – 2020 School Plan, determining the focus areas for the school in pedagogy, staffing, resources and finances for the next 3 years. I am encouraging staff to dream big and try new approaches that support individual students' learning needs, across all KLAs (Key Learning Areas) and ability levels. We had a planning day with the Principal School Leadership officer, Pat Cavanagh, working with a staff team to initiate and plan some options focusing on academic results. From this meeting we will include a new approach to building students' literacy and numeracy skills to directly address the learning outcomes identified in NAPLAN (National Assessment Program - Literacy and Numeracy) class assessment, improvement to our school monitoring and introduce collaborative planning for Stage meetings for the Primary faculty.

I am really excited to have the opportunity to be part of the introduction of these programs in our school. As a part of our planning and development of the program we also want to include a parent and community perspective. Please use the link <https://www.surveymonkey.com/r/B8RVGH5> to tell us what areas we need to focus on to meet your needs and to further improve our school.

On the 28<sup>th</sup> October, I had the pleasure of attending the Myall Lakes Community Awards resulting from the nominations of 7 BCS students, of which 4 were finalists in their divisions. Congratulations to Liam Garemyn and Madison Hurtado who were finalists in the Young Citizen of the Year category and siblings Bianca Mason and Brendon Mason in the Young Sports Person of the Year group. It was a very proud moment when Bianca Mason was named as the winner of the Young Sports Person of the Year, acknowledging her effort and success in a diverse selection of sports.



Our senior students are half way through the HSC exam timetable and the majority are in the routine of studying, seeing staff at school for extra support, seeking advice from each other and managing their time well during the exams. The best advice I can offer to students at this stage is to prepare well, do your best and remain for the full duration of the exam. Whilst the HSC is not the “be all and end all”, it does determine what doors will open to you in the short term.

Last week I joined a band of community members and staff who are planning for the 150<sup>th</sup> year celebration of Bulahdelah Central School in 2018. Discussions included a street parade, open school day, school fete, buying commemorative bricks and development of a garden to acknowledge the event. I encourage you to write the 22<sup>nd</sup> and 23<sup>rd</sup> September, 2018 in your diary to be a part of the celebrations.

### ➤ YOUTH ALLOWANCE:

**Changes to Youth Allowance eligibility:** An Assistant Director from Student Payments at the Department of Human Services confirmed that the **change from 18 months to 14 months for the work force criteria** for Youth Allowance Independence will take effect from 1<sup>st</sup> January, 2018 for rural and remote students only. The legislation for this change has already passed.

Students wishing to test their eligibility under these criteria will be able to lodge early claims up to 13 weeks before 1<sup>st</sup> January, 2018. This should also apply to those students who completed study in 2016. It is unlikely that this will be publicised before 1<sup>st</sup> January, 2018. *Linda Drenkhahn - Careers Adviser*



#### Parents/Care givers

Please be aware since the implementation of our new finance and students' administration program, **LMBR (Learning Management and Business Reform)** there are a few changes regarding refunds.

In future, if an excursion has been cancelled or your child was unable to attend due to sickness, any amount that has already been paid will be stored as a credit on your child's school account. This credit can then be used for either outstanding fees or future excursions.

We are no longer able to reimburse via cheque or EFT unless a request form (available from Office) is completed which will take up to 4 weeks to process. If you have any further queries please contact our Office Manager.



## ➤ REL. DEPUTY PRINCIPAL:

### **Medications (including *Panadol*) at School**

Recently I have been asked by a parent to clarify the school's policy in regard to students being in possession of Over The Counter (OTC) medications such as *Panadol* at school.

As a school we are required to follow the Department of Education's Drugs in Schools Policy. This policy and its associated procedures documents clearly stipulate mandatory school practices in regard to the management of drug related incidents (tobacco, alcohol, illegal drugs, and misuse of restricted substances) and the administration of medications to students at school.

We acknowledge that sometimes, some students will require medication at school throughout the day because of a current medical, behavioural or mental health condition.

When a medical practitioner has prescribed medication that must be administered during the school day, parents/carers must:

- Notify the school and complete a *Request for Support at School of a Student's Health Condition* form. These can be obtained from the school office.
- Provide up-to-date information as required.
- Supply the medication and any 'consumables' necessary for its administration in a timely way.

NSW Health has advised the Department of Education, and therefore BCS, that these procedures are applied to both prescribed medications and OTC medications. The only exemption from these procedures are students requiring an asthma puffer as part of their personal Asthma Management Health Plan.

A key feature of the procedures outlined is that the medication is kept secure and its administration to the student is carried out by a

trained staff member. Students who have medications in their possession at school and choose to self-administer do not have these protections. Furthermore the medication may be obtained by other students and this can cause a myriad of other issues. It is not acceptable for students to be in possession of OTC medications, even with a note provided by the parent/carer.

We ask that parents and carers assist us to follow the Department's policy in this area and ensure that their children do not bring OTC medications to school with the intent to self-administer if needed. If the student is unwell then parents/carers are advised to keep the student at home until they are well enough to return to school. If the medical or other condition is a long term condition then parents and carers are required to follow the procedures outlined so that the student can access school and their required medication throughout the school day safely. Your co-operation with this policy is greatly appreciated.

### **Student Wellbeing Programs**

In the coming weeks Year 9 and 10 students will be participating in some important health and wellbeing programs. Year 10 will be participating in the '*Love Bites*' program delivered by community health professionals. This day is an event Year 10 completes every year and it certainly enhances the students' skills to ensure their own personal safety and happiness in relationships. Year 9 will, for the first time, be undertaking the '*Youth Mental Health First Aid Training*'. This training will enhance the student's ability to identify when a mental health issue might be present and how they can provide support and assistance where necessary. This program is also delivered by trained professional staff from community health services and the program has been highly evaluated by the school staff I have spoken to where it has been delivered previously. I am sure it will prove to be beneficial for our students too.

### Academic Year Changeover

The new academic year for BCS students commences on Monday, 13<sup>th</sup> November. On this date all students will be commencing the next year above where they are currently (Year 7 students will be going into Year 8, Year 9 will go into Year 10 and so on). This occurs because this day marks the commencement of the HSC Preliminary Course as part of the Senior Vertical Curriculum for the 2017/18 Year 11 students who were previously in Year 10. New Year 11 students are expected to be in their senior school uniforms from this date but if this presents an issue for any

parents or carers then the student can continue to wear the junior uniform until the senior uniform can be organised. Students will have a new timetable and will most likely need to have new school books for each subject area. Teachers will advise students of the specific equipment requirements in each area. There may be some small class changes needed but all will have the singular purpose of enhancing teaching and learning in classrooms. I wish students well as they move through this transition and what is really an exciting yet challenging time. *Warren Jones*



## YEAR 7 2018 ORIENTATION DAY TUESDAY, 5<sup>th</sup> 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, 5<sup>th</sup> 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, 1<sup>st</sup> December, for catering purposes.



## Tips for High School



### Year 7


- The move to high school is challenging for many kids. It's vital you attend any orientation and meet the teacher events offered by the school. It will make the next year easier if you know what to expect, how the school works and who to talk to about issues. Staying in touch with your child's progress is much harder now they have a different teacher for each subject and parents rarely get involved in class room activities. Communicating with your school now is very important.
- Many schools start Year 7 with a few days at camp - a great way for kids to meet their new classmates and teachers, in a relaxed and fun environment. The biggest fears Year 7 kids have before starting the year is that they won't be with their friends or that they get lost in the bigger school.
- **Ask questions at info evenings.** Is there a parent or student portal with details of timetables, assignments, syllabus etc.? How do you access it? Who is the Year Adviser for Year 7 and how do you contact them? How do you contact individual teachers with any concerns?
- Your child will do NAPLAN this year.
- Does your child have a homework and study planner or diary? Are they using it? Check it weekly. If they aren't using it find out why.
- Some kids will prefer scheduling homework and setting reminders on their phone, but you still need to check on their homework and study weekly.

Print out our monthly homework planners, write in all exams and assignment dates and post it on the fridge as a reminder.

- Review your child's exercise books at least fortnightly. Are they keeping up in class, completing set work? The demands of Year 7 can overwhelm some kids – without parents even suspecting it. These reviews keep you informed and help nip issues in the bud.
- Really monitor your child's technology use. Are they on Facebook while trying to do their homework? Are they receiving or making texts or calls late at night? Sleep requirements start to change this year and sleep deprivation is a big problem for many kids. Midnight texts from friends will only make this worse.

### Year 12

- Year 12 is a continuation of Year 11 in terms of learning and study. It actually starts for students from Term 4, of this year.
- Your child may start to feel anxious about the HSC so help them plan a weekly schedule that includes enough study, activity, social activities and sleep. Seeing it all planned out, and sticking to the schedule can really help calm anxious kids or motivate laid-back kids.
- Have your child print out our monthly homework calendar, write in all exams and assignment dates and post it on the fridge as a reminder.
- Try to avoid any big decisions that could affect your child this year – including family holidays and changes in living arrangements, if at all possible.
- A good balance of work and play is important for their well-being this year. If your child has a part-time job, make sure it's manageable and fits in with all the other responsibilities they have.
- Support your child to give it all they have, but also to remember the ATAR score at the end is not the sole indicator of their worth. There are many alternative pathways to most careers, even if they don't receive the ATAR they hoped for, or an offer from their preferred university.



# Behind The Wheel Driver Education

## SAFER DRIVERS COURSES - TAREE AND FORSTER

The Safer Drivers Course is available to all NSW Learner drivers between the age of 16 and 25 years. The requirements to attend the course are as follows: Learner drivers must have completed a minimum of 50 hours of actual driving recorded in their logbook (this must not include any hours accredited from professional structured driving lessons under the 3 for 1 scheme). The course cost is \$140 inc GST (cost is fixed by the RMS ) which includes a 3 hour workshop and a 2 hour in car coaching session. Both parts of the course are completed on the same day. At the completion of the course you will gain a 20 hour additional credit in your logbook. Morning tea and lunch are provided for the course.

### Our next courses will be held as follows:

#### TAREE

Visitor Information Centre

21 Manning River Drive

Sat November 25, 2017.

Sat December 9, 2017.

Mon January 15, 2018.

Tues January 23, 2018.

Sat February 24, 2018.

Sat March 10, 2018.

Mon April 16, 2018.

Tues April 24, 2018.

#### FORSTER

Community Centre

12 Breese Pd

Sat November 4, 2017.

Sat December 2, 2017.

Tues January 16, 2018.

Mon January 22, 2018.

Sat February 10, 2018.

Sat March 17, 2018.

Tues April 17, 2018.

Mon April 23, 2018.

Safer Drivers Course information and registration forms are available at

[www.behindthewheel.net.au](http://www.behindthewheel.net.au)



## ➤ REL. ASSISTANT PRINCIPAL:

Term 4 is always a busy and often stressful term, filled with many extra events, as well as teachers wildly trying to finalise the expected learning/teaching goals for their classes, before the end of the year.

Students can become a little unsettled during this period also, as they begin to tire and feel the pressure from final exams, planned extra-curricular activities and end of year performances. It would be beneficial if you could ensure your child/children get a good night's sleep during this busy period, to help ensure they remain calm, positive and on task at school.

During Term 3, our students from Stage 3 participated in the Newcastle Permanent Primary Mathematics Competition. Congratulations are extended to the following students who were awarded a Distinction: Paulo Coelho and Zahli Conroy and Merit Certificates: Matthew Spiteri, Charlise Luxon, Ryan Bonfield, and Nate Redman.

There are many upcoming events in the Primary Department this term. It would be very helpful, where applicable, if you could ensure notes and payments for excursions and swimming activities are completed promptly and by the date designated. Complying with these requests aids staff in the organisation and finalisation of events, as they all require a trail of paperwork and come with due dates to submit final numbers. Ensuring notes and payments are completed on time helps ensure final costs can be established, and the venues can be paid the amount owing by the required due dates. It becomes a very timely exercise when teachers have to phone parents/caregivers to clarify whether or not a child is going to attend an excursion. Staff would be really appreciative of your consideration in this area. We welcome back Rod Pye, the Assistant Principal, who returned last Friday, after an extended holiday overseas.

We hope he had a relaxing and enjoyable holiday and is ready to hit the ground running, as the end of term events begin to snowball.

A big thank you to Jody Mostyn and Warren Gibbs, who stepped up to fill in the vacancies in the absence of Rod and Carol. Their efforts are to be commended, as the school continued to run smoothly and efficiently in the absence of our more senior and experienced executive staff.

Last Friday our school held the annual "Day for Daniel" event, which focused on child protection issues and the promotion of child safety, which is so important in this world of ever increasing dangers. Our local constable was in attendance, and children in Years 3 to 6, were given the opportunity to participate in a live broadcast on this topic. Students were adorned in colourful red clothing in remembrance of Daniel Morcombe. Thank you to both Angie Vella and Constable Ray, for organising this day and giving so generously of their time to help ensure the safety of our children.

Attendance at school is a Government requirement, so please ensure your child is in attendance until the end of the term, unless they are unwell or have a good reason to miss school. Teaching will continue in all classes up to and including the last days of the term, so if your child is not at school they are missing out on valuable learning experiences. Keep in mind that absences impede student progress.





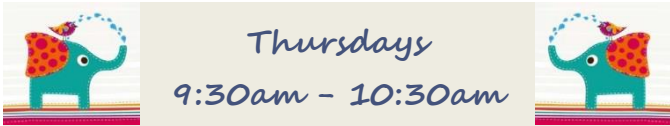


Students from our school will soon be undertaking an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to

visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30.00 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

## KINDY 2018 ORIENTATION



Thursdays  
9:30am - 10:30am

2<sup>nd</sup> November

9<sup>th</sup> 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, 14<sup>th</sup> November

1:45pm - 2:45pm

What do I need to bring?

Student enrolment forms and relevant documentation.



SunSmart Snippet

## The simplest way

...to be a good role model!

### Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

### How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.

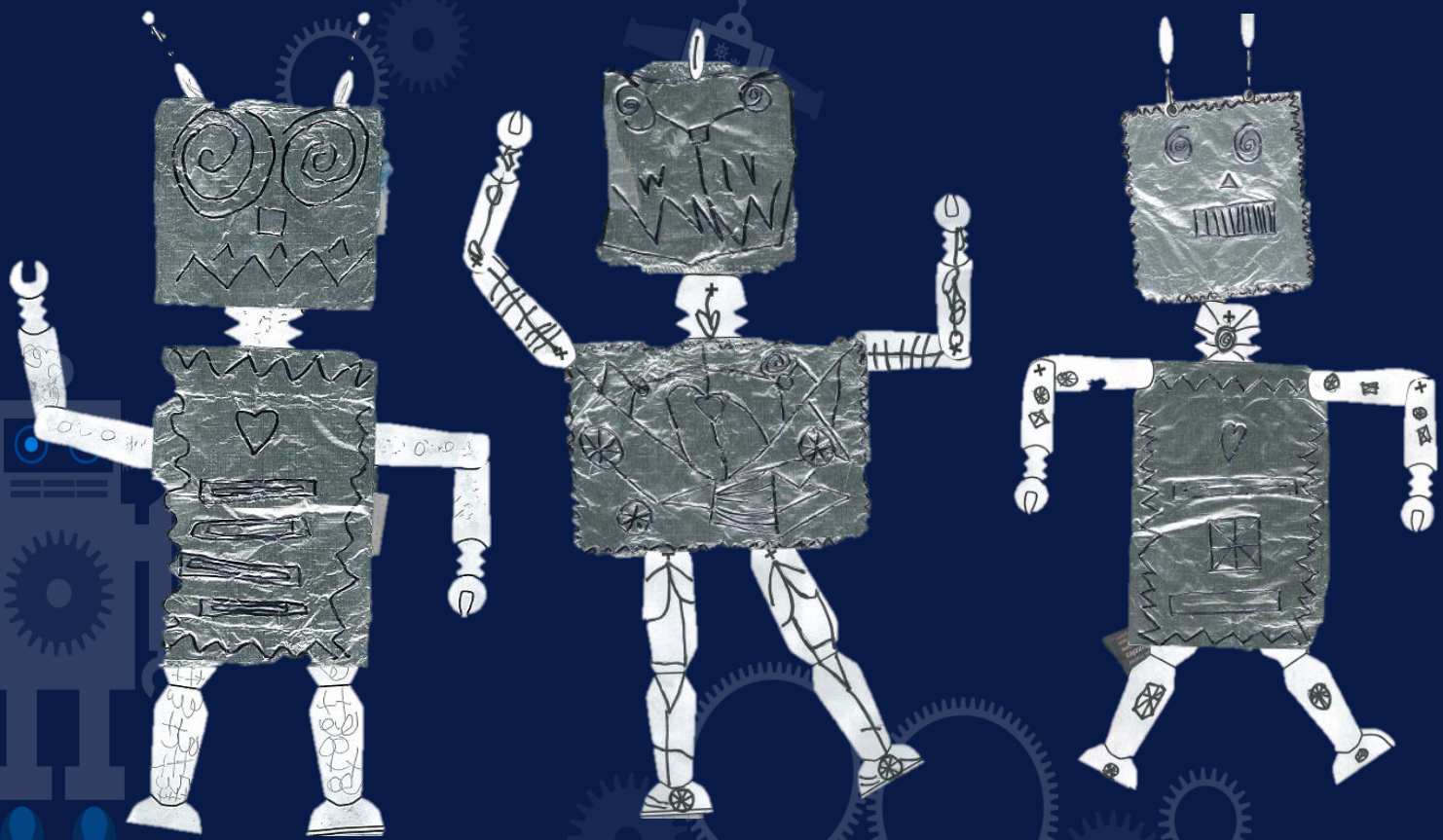


Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

**Set a positive example and your kids will follow your lead!**

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



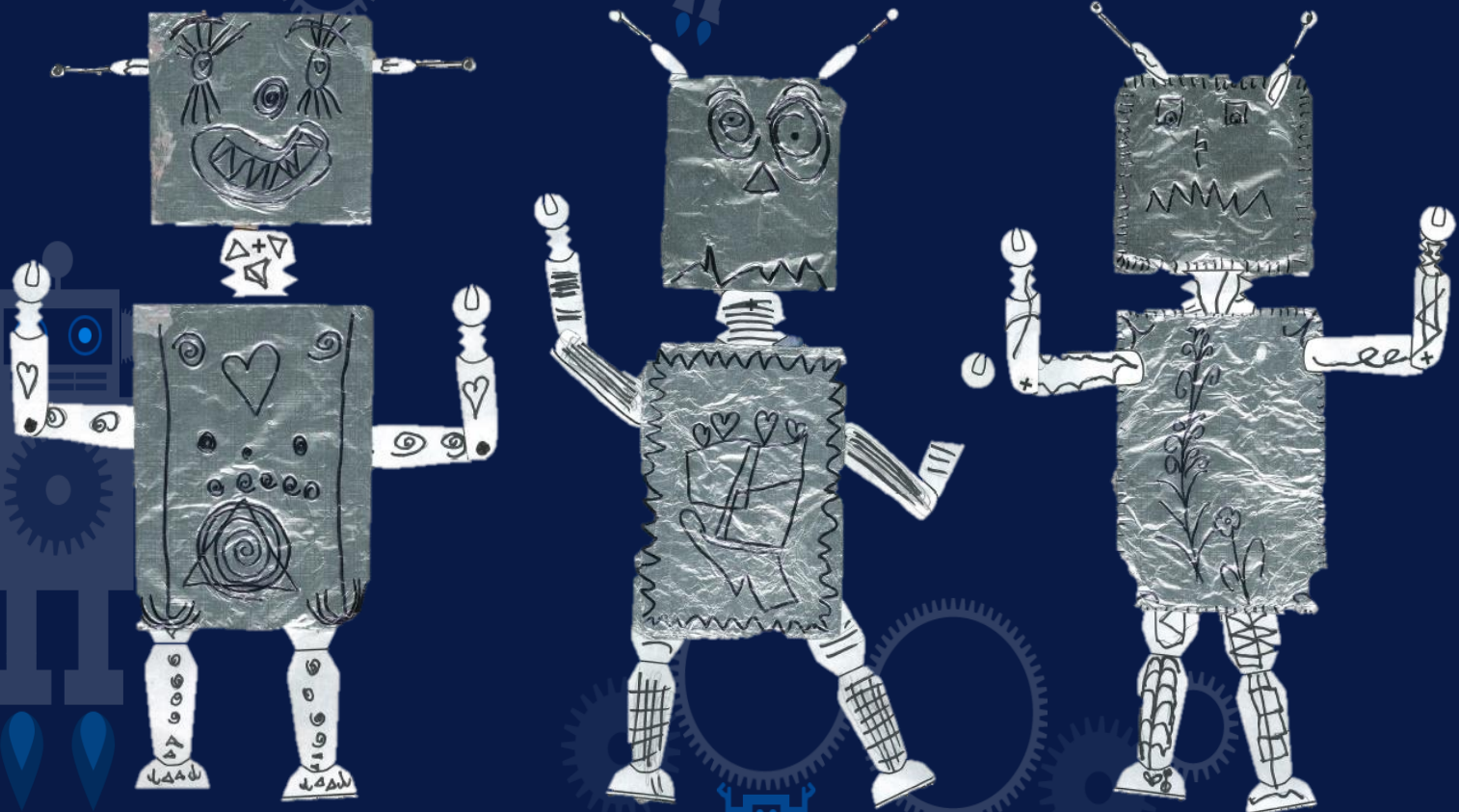


Diesel Case

Kia Harvey

Laura Whitby

Kindergarten Robot Artwork - Collages, made with aluminium foil as a part of their artwork for the Bulahdelah Show.



Ruby Dibley

Xavier Wheaton

Ryder Wheaton



Occupational Therapy and Resources  
[www.lifeskills4kids.com.au](http://www.lifeskills4kids.com.au)



Thanks to our sponsors  
McDonalds, YMCA, Kidspot,  
Aldi, Forster Cycles, Saxbys.  
Bunnings, NAB

# Life Skills 4 Kids All Abilities Kids Triathlon

**Who:** Kids who are in Kindy to year 6. If the child is in a Support unit - then from Kindy to year 10.

**When:** November 12, 2017

**Time:** 6:45 – 7:15 a.m. Drop off bike and get name marked off

**Start:** 7:30 am – tri starts. Kids will start in class groups – Finished by 9.30 am

**Where:** YMCA Forster, Lake St, Forster

**Three legs:** Swim in the pool, bike ride out the front of the YMCA (Lake St will be closed to traffic from 7.15am), run on the field.

**Cost:** \$20 per child

**Registration:** On our web site [www.forstertriclub.com.au](http://www.forstertriclub.com.au)

**What to bring:** Swimmers, goggles, towel, bike, shoes, helmet, shirt (for the bike and run leg).

Each child will be encouraged on each leg of the course, and can take part to “the best of their ability”. There is no timing. Each child who “finishes” will receive:

- a finisher’s hat and voucher (thanks to McDonalds)
- a sausage sandwich (thanks to Aldi)
- an ice block and a drink (thanks to Saxbys).



Each child will also receive a ticket for lucky dip prizes from a number of local companies.

**Change up your Sunday morning.**  
Mark the date on your calendar, put a reminder on your fridge, and come down and join us for a non-competitive morning of fun outdoor activities for kids of all ages and abilities.  
**We look forward to cheering you on!**

For registration and more information about the course, visit the Forster Tri club web site: [www.forstertriclub.com.au](http://www.forstertriclub.com.au).

Like us on the Life Skills 4 Kids All Abilities Triathlon Facebook page:  
[www.facebook.com/allabilitieskidsrace/](https://www.facebook.com/allabilitieskidsrace/)

For more information call: **0419 291 401**



***“Teachers who love teaching,  
teach children to love learning.”***

*Robert John*

