

#### Value of the Week

**Innovation.** We initiate & continue to improve as individuals, teams & the school. Can you find a better, smarter or more creative way?

#### **School Calendar**

#### June

- Years 10-12 CSU P. Macquarie Campus "My Day"
- 27 K-2 Very Hungry Caterpillar show Years 7-12 Chris Hoare Cup Bulahdelah
- 29 K-12 P&C Colour Run

#### July

- Years 11-12 University of Newcastle Open Day
- Years 10-11 Meningococcal Vaccinations





Meetings are held at BCS every second Wednesday of the month at 3:45pm. Next meetings are:

> 8th August 12th September



8 Meade Street, Bulahdelah 2423 P 02 4997 4329 F 02 4997 4512 bulahdelah-c.school@det.nsw.edu.au Boolah-Dillah in the Kattung
language of the Worimi people means two rocks,
or two teeth, but the word two in this case does more than
signify a number it expresses the idea of two things intertwined, unity.



#### **REL. PRINCIPAL'S REPORT:**

Congratulations to the parents,

staff and students who
attended our Parent/Teacher night
for Kindergarten to Year12. I cannot
stress enough the importance of these events.
They allow the education partners to physically
check in, acknowledge educational growth,
negotiate strategies, raise concerns and celebrate
the success of each child's progress at BCS in an
open, honest and supportive environment.

I would like to thank our staff for their time and professionalism in making themselves available to work with our school community of parents after school hours. A particular thank you to Warren Jones for his efforts in organising this event. We welcome feedback from those involved as to how we can further improve the afternoon for everyone. Parents can always make an appointment with staff members to discuss their child's progress, behaviour and ambitions.

You may have noticed the notes that were sent home and mentioned on our Facebook page relating to a colour run at school. This is an initiative of our P&C as a fun and innovative approach to fundraising. Please get involved by participating in the run as a runner, volunteer, sponsoring others in the run, cooking for the cake stall, setting up or packing up, etc. It is hoped that this event, along with the Sydney Warehouse shopping trip, will be the major fundraisers for the year. Get involved and help our students!

In recent weeks I have been out of the school more than I would like, but for good cause. Whilst I have had some leave due to loss of a family member, I have also been actively involved in the annual Secondary Principal Conference in Tweed Heads. I have also challenged myself by enrolling in 'The Art of Leadership' Course. Unfortunately these events all occurred within a short timeframe, however I believe it is important to model the practice of self reflection and improvement as a school leader. This demonstrates and supports the words of Dylan Wiliams;

"if we develop a culture where every teacher believes they need to improve, not because they are not good enough, but because they can be even better, there is no limit what we can achieve". Deb Gilbert



All students from K-12 have the opportunity to participate in the Colour Run being run by the Bulahdelah Central School P&C . This event allows students to contribute towards a P&C Fundraising Day. Activities on the day will include;

- Out-of-uniform (all day),
- Red Food Day (includes a food stall & BBQ lunch),
- ♦ Colour Run (after lunch).

Students will be provided with a sponsorship form for the involvement in the Colour Run.

**Date:** Friday, 29th June

**Cost:** Gold Coin for out of uniform

Start: 1:00pm Finish: 3:20pm

Students are encouraged to change into old clothes at lunch time to run in as the ingredients will cause staining on clothes. Sunglasses are recommended to protect eyes.

**Colour-Run Ingredients:** Flour/Corn Starch, Water and Food Colouring.

Minimal risk of Asthma due to the powder, if in doubt please participate in other events.

Please note in the event of wet weather, the alternate date will be Friday, 6th July 2018.

# Boolah-Dillah

Boolah-Dillah in the Kattung language of the Worimi people means two rocks, or two teeth. But the word two in this case does more than signify a number it expresses the idea of two things intertwined, unity. This was the message delivered by the CEO of Karuah Land Council on Thursday the 31<sup>st</sup> May during Reconciliation Week when Deb Gilbert, Michelle-Leigh Gray, Harrison Hughes, Abby Fenner, Khloe Middleton and Sally Curnow attended the opening ceremony for Boolah-Dillah. Also present on this occasion was Minister for Aboriginal Affairs the Honourable Sarah Mitchell MLC (Member of the NSW Legislative Council).

The day began when Worimi elders, representatives of local organisations and the Minister, recognised and talked about the cultural and spiritual significance of Bulahdelah Mountain.



The students representing Bulahdelah Central School were then asked to be part of the ribbon cutting ceremony that officially opened the new cultural experience area.



After morning tea, all of the attendees were invited to walk up the mountain where the beginning of the track is now marked with beautifully constructed carvings in the living trees. Midway up the mountain path a clearing has been established complete with a fire pit and seating. At this second location attendees viewed a demonstration of traditional dancing, singing, storytelling and a Smoking Ceremony by Karuah performers who entertained and educated the crowd throughout their presentation. This area was encircled by a number of the new tree carvings and each was a unique example of Aboriginal culture.

BCS students were invited to join in the dancing for the telling of the story of the Rainbow Serpent. It was a fabulous experience for all involved and a great opportunity to learn about the cultural significance of the mountain which sits in the backyard of our school. It is hoped that this encounter with our local surroundings will be able to be replicated in the near future for all students of BCS to experience and enjoy. *Michelle-Leigh Gray - Aboriginal Education Coordinator* 







Boolah-Dillah is
an initiative of
Karuah Land
Council and the
Forestry
Corporation to
create a cultural
visitor experience
at Bulahdelah
Mountain
Aboriginal Place.











#### **Don Lansdowne - Former Teacher of BCS**

The history of the Manual Arts Department at BCS is interesting and unusual. In 1958 a double portable classroom was erected at the North East corner of the then well-established pine forest. This room was used one day per week starting in the 1959 school year, the teacher coming from Forster Central School.

In 1960 I was appointed to BCS 3 days per week and Nabiac Central School 2 days per week. I had taught at Wingham District Rural School the previous year. The Manual Arts Inspector based in Newcastle Area Office of Department of Education, told me that BCS had the best equipped Manual Arts room for any Central School in NSW. On arrival I found this to be quite true. Everything was brand new, some items still unwrapped.

This provided the ideal opportunity to set up the room as I pleased. The Principal, Mr Roy Eastcott, showed great interest in the setup, as he was pleased to have this building added to his school. Many hours outside school time were consumed in this setting up process.

1960 saw 3 Manual Arts classes, First Year Wood and Metalwork, Second Year Wood and Third Year Wood. I also had to take Physical Education and Art classes. Some community members approached Roy Eastcott and me with a view to establishing adult evening classes. With approval from Area Office, classes started in 1961, with 15-20 adults involved. Teaching in the 60's involved a large amount of community involvement. Many teachers assisted in town activities and held positions in organisations and clubs.

As there was no swimming pool, pupils were transported by bus to Bombah Point for swimming lessons. Charlie Leary, a partner in White & Leary Bus Co, was the bus driver and asked me if I would like to do the driving, so I started a bus driving hobby which lasted over 40 years. Some years later the pool was built from funds raised by the community, Shire Council and State Government Grants.



Back Row LtoR: Monica Whelan, Ken Havord, Betty Bramble, Don Lansdowne (far back), David Bishop.

Middle Row LtoR: Robyn Havord, Dianne Burns, Lyndall Davis, Bill Miller (Principal).

Front Row LtoR: Margaret Gilbert, Milton Johnstone (Deputy Principal), Pauline Haysted

The introduction of the School Certificate changed the teaching of Manual Arts in many ways, with new materials and processes added to classroom activities. More interesting projects and greater freedom on the part of the teacher made this an interesting time. By attending in-service courses at Tighes Hill TAFE, I was able to introduce welding and auto mechanic options to pupils.

Many interesting and new projects were constructed, examples being go-karts, mini bikes, boats (both powered and unpowered). Fortunately, parents were willing to provide payment for some group projects so that materials could be purchased. This allowed about 20 pupils to construct fibre glass canoes.

Due to an increase in school numbers and parent interest, Year 11 was introduced in 1983. This meant a variety of new subjects were available under the heading, Technology. Metal Technology and Automotive Technology were the main areas covered in the early years, to provide practice in the metal area, 3 box trailers were built for staff members - funds being paid upfront.

Year 12 Major Works produced a variety of projects from furniture, form buggies to a remote controlled power boat. Some of these projects consumed many out-of-school hours, but with just rewards.

In 1979 the original double portable demountable was replaced during a building program which included the Library, Hall, Science classroom and a staff room building. In the mid 1980's I was joined by Peter Frappel and Tech Drawing was finally introduced as we now had staff to cover the extra classes. The late 1980's saw some new machinery in the form of a circular saw bench and a thicknesser. By now we were in need of extra accommodation, but I did not see this in my time, it came sometime later.

Along the way I served as Sports Master, in charge of Distance Education and a School Representative on the School Council. The bus driving 'hobby' which the Department of Education approved by the way, allowed me to participate in many school sporting visits and local excursions to Newcastle, Taree and Forster.

I also had the pleasure of driving students on their excursions to the Snowy Mountains and Canberra. Pupils gained from me being able to drive as the Bus Company did not have to pay and supply a driver, so this kept costs to a minimum.

In 1995, after much thought and deliberation, I decided to retire on 28th January, 1996. This did not end my dealings with BCS as I drove the Markwell school bus and school excursions for another 10 years. *Don Lansdowne* 



Governor, Rear-Admiral Peter Sinclair, with one of the red cedars which His Excellency and Mrs Chadwick planted at the school as part of the functions for the school's 125th year (1993).



Don Lansdowne helps bury the time capsule which will stay in place for 100 years (2093) as part of the 125th celebrations of the Bulahdelah Central School.



## COMBINED SINGLE NAME PAVER & HAND DRAWN TEMPLATE

## Bulahdelah Central School 150th Anniversary

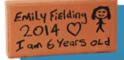
In 2018, <u>Bulahdelah</u> Central School will be celebrating 150 years of quality teaching public education. As part of the celebrations we will be creating a commemorative garden with these pavers as the border. This is your opportunity to purchase a personalised paver to acknowledge your time at <u>Bulahdelah</u> Central School.

DON & SHIRLEY ELLIOTT

## OFFER 1: \$25.00 INDIVIDUAL PAVER

Your donation of \$25.00 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in the 150th Anniversary Commemorative Garden at the front of the school proudly showing your donation

Size: 230 x 115 x 40mm



#### OFFER 2: \$30.00 HAND DRAWN PAVER

Your donation of \$30.00 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in the 150<sup>th</sup> Anniversary Commemorative Garden at the front of the school proudly showing your donation

Size: 230 x 115 x 40mm See page 2 for hand drawn template.

Please print clearly in CAPITAL letters. Each box represents a character (letter, number, punctuation mark or space). Max 16 characters per line, three lines per paver. See over the page for Hand Drawn Paver template.

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LINE 1	ш			
LINE 2	ш		ш	
LINE 3				

Simply fill out this form and return along with full payment by cheque, cash or money order to:  Alternatively, call the office on 4997 4329 to make a credit card payment over the phone.	Bulahdelah Centra 8 Meade St, BULA NSW 2423	
Contact Name	Phone ( )	
Street		
City	State	Post Code
Offer 1 Offer 2	Our Donation \$	

Offer closes on the 6<sup>th</sup> July 2018 (1<sup>st</sup> round) & 28<sup>th</sup> September 2018 (2<sup>nd</sup> Round)

For engraving details please complete the form on the reverse.

Please copy and pass on to any friends & family.

WE NEED YOUR SUPPORT!



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## HAND DRAWN **TEMPLATE**

## **ENGRAVING DETAILS**

#### PLEASE FOLLOW THESE SIMPLE STEPS WHEN CREATING YOUR IMAGE.

- 1. ONE NAME PER PAVER.
- 2. Draw your image using a good quality medium thickness black marker pen (about 2mm thick). eg Artline 70 'High Performance' marker. Do not use a ballpoint pen, coloured texta or pencils!
- 3. Make sure you rub out any pencil lines as these will show up on the finished paver.
- 4. Do not include computer-generated or pasted pictures. The hand drawn image engraving process is set up to engrave hand drawn images only.

#### SAMPLE 1



#### THIS IS OK ✓

- · Good clean writing
- · Simple illustrations

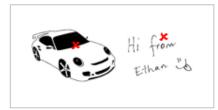
#### SAMPLE 2



#### THIS IS NOT OK X

- · Too many names
- · Illustrations too detailed · Information gets lost

#### SAMPLE 3



#### THIS IS NOT OK \*

- · Do not include computer-generated or pasted pictures
- · The process is set up to engrave hand drawn images only

Administrator note: Please photocopy this page for your records, cut out the drawing below and send the ORIGINAL to Signature Engraving.

#### PHOTOCOPY THIS PAGE FOR EACH HAND DRAWN PAVER. PLEASE ENSURE THAT YOUR DRAWING DOES NOT TOUCH OR GO OUTSIDE OF THE BORDER

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6	100mm high x 190mm wide	0

### THE NOMINEES FOR BCS CAPTAINS ARE:

#### **School Captain Process**

This year we have 5 nominees for 2 Captains and 2 Vice Captains. The rigorous process for these students to be nominated includes 20% of the score coming from students' behaviour, academic performance in subject areas, uniform compliance, participation in school events and within the school community over the 18 months prior to the election, 10% from a written application, 10% from an interview, 10% from their assembly speech and the remaining 50% from student and staff voting. This process helps to acknowledge the hardworking and achieving students rather than the process just being a popularity contest. Your nominees are:



#### Charlotte Collins

I would like to be Bulahdelah Central School's 2018/19 Captain so that I can contribute to creating a safe and welcoming environment for new and already existing students at Bulahdelah Central School. I hope to become a positive role model for BCS.





#### Ashleigh Dorney

As a current member of the Student Representative Council I display my desire to help others and assist them with their concerns. I always try my best to demonstrate the schools PRIDE values and wish to encourage my peers

to do the same as a school leader. I would like to support more participation relating to extracurricular activities academically, physically and culturally.





#### Liam Garemyn

I would like to be School Captain to help represent the school and the students. I would like to have a say in what activities and things we do within the school. I would like to be the voice of the students so that they can further enjoy their time at Bulahdelah Central School.

DETERMINATION



#### Madison Hurtado

As an ADF Youth Leadership Award winner and co-ordinator of 'Kids Karate' and a Primary School Captain at BCS I believe I have the ability to be School Captain. I perform my leadership duties with pride, respect, fairness and dedication. My

experiences working in industries outside of school, working with staff and peers of all ages and being able to co-ordinate and be part of a team, I believe are valuable qualities to have to be a part of the BCS leadership team.





#### Jordyn Watt

I have enjoyed my other leadership roles during my time at BCS and as I am in my final years of school I would love to finish my last year of school as a Captain and a role model to the younger students. I feel that being a Captain will help push me

further in my studies and will be a great final experience at BCS.

Voting was conducted on Tuesday, 12th June and the results will be announced in the next edition of the newsletter.



#### **World Skills Expo**

World Skills Competition and Expo were at the new International Convention Centre in Darling Harbour on Monday, 4th June. NSW Department of Education sponsored a bus for us to take targeting students from Years 7-12 to witness the competitions and 'Try a Trade'. Our students enjoyed the brick and block laying, jewellery making, robotics, floristry, fashion, painting and baking in particular. Linda Drenkhahn - Careers Advisor





#### Year 7 Camp

At the end of May Year 7 attended a 3 day/2 night adventure at Camp Toukley. They participated in a multitude of activities that they found both great fun and quite challenging. Ranging from the giant swing, leap of faith, high ropes, archery, dancing, bushwalking, table tennis, and soccer. In the evenings they participated in a trivia competition, dancing, movies and a camp fire. A great time was had by all, despite the really cold wind.

Ms. Drenkhahn didn't defrost until Sunday! *Linda Drenkhahn - Year 7 Advisor* 



#### BULAHDELAH CENTRAL SCHOOL

ORDER	FORM - S	сноог и	NIFORM	S	
Student Name:			Year:		
ITEM	SIZE	SIZE REQUIRED	QUANTITY	COST	TOTAL
School Shirt (Blue)	4 - 24			\$30.00	
Senior School Shirt (White)	10 - 24			\$30.00	
Sport Shirt	8 - XXL			\$30.00	
Sport Shorts	6 - XXL			\$25.00	
Handad Iumus:	4 - 14Y			\$45.00	
Hooded Jumpers	14 - 24			\$50.00	
Poisson Charle Dans	4 - 8			\$50.00	
Primary Check Dress	10 - 12			\$50.00	
Primary Hats	S, M & L			\$10.00	
Primary Navy Unisex Shorts	4 - 14Y			\$20.00	
Apron				\$8.00	
Safety Glasses				\$6.00	
Calculators				\$23.00	
Art Books				\$9.00	
Photography Books				\$9.00	
Hanging Emblem				\$4.50	
	•	PAYMENT	TOTAL:		

#### Payments can be processed by:-

Parent On-line Payments (POP) - Please include the reference number:
Cash, cheque or card at the administration office
Card payments may be made by phone - 4997 4329

Please note there have been a few price increases in costs of uniforms. If you need to make a purchase please print and complete this form hand or send into the office and your order will be prepared for pick up.

## DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

Sitting in a crowded restaurant last weekend, I couldn't help, but notice the number of young children and adolescents sitting with their parents and family, heads bowed down into their laps. The next thing I noticed was that they all had either a mobile phone or tablet in their hands, being seen but not heard, in fact being ignored. However, to my friends and myself, we pondered "is that so terrific?"

As one friend continued to comment about the lack of socialisation skills these children were missing out on, I began to think about the importance of oral communication with others. Educational experts will tell you that oral skills, both speaking and listening, are at the very foundation of literacy and numeracy. Talking helps your children to learn, to reflect on what they are learning, and to communicate their knowledge and understanding to others. Did you know that in the first twelve months of a baby's life the foundations of speech and language develop due to you talking to them – even if they can only answer with "gah,gah,gah", and continue to develop at an amazing pace for the next three years. The language experiences that children have before they start school form powerful brain connections. These connections are used for language, thinking and understanding. Without activities like talking, singing, reading and building number sense, the brain doesn't develop these important connections.

By the time children reach school age they know that sounds make up words. They can identify words beginning with the same sound – for example, 'Mummy made magic marshmallows'. They can also spot words that rhyme. They might play rhyming games and sing out words that rhyme, like 'bat', 'cat', 'fat', 'hat' and 'mat'. At 5-6 years, children might know some or all of the sounds that go with the different letters of the alphabet. This is important for the development of reading skills. At this age, children also learn that single sounds combine into words, e.g. when you put the 't', 'o' and 'p' sounds together, they make the word 'top'.

For this children need to be able to listen to and hear the sounds and articulate them well. By 6 years of age, children can usually read simple stories and write or copy letters of the alphabet, usually because they have been exposed to sounds and words orally and visually.

By eight years of age, children start to understand what they are reading and are beginning to learn many new words. They might be reading on their own, and reading might even be one of their favourite activities. They should be able to write simple stories using complex or compound sentences and start to compare two things using vocabulary such as "like" or "as" – and this is all thanks to a decent understanding of oral communication and listening skills.

From around 11-17 years of age language development becomes a gradual process. Changes still take place, but they are harder to see. Children and young adolescents need to learn to develop relationships and join in regular social activities – rather than walking around with their head in a phone or wearing earmuffs. They can only do this successfully if they can communicate orally and listen. We all know as parents that the older our children become the more difficult they can be to talk with and have them listen to you. Setting the expectations of communication at a young age is so important.

Speech, language and communication do play a vital role in our lives. Without being able to talk to, and understand other people we wouldn't be able to do things like:

- Communicate appropriately with others.
- Buy things at the shops.
- Watch television.
- Build quality relationships.
- Socialise.
- Learn.
- Go to work or even be successful in gaining a job.

So next time you hand that phone or tablet to your child as an inducement to be seen, but not heard, **STOP, DROP** (i.e. put it away) and **TALK**. Who knows you might find it an enjoyable experience, along with building positive relationships with your children for many years to come. *Debbie Booth* 



Although unlimited time with electronics may keep your child quiet, too much screen time isn't good for kids. But setting limits on how much TV your child watches or how many video games he plays isn't always easy in today's screen-filled world.

Here are 10 tips that will help you limit your child's screen time to a reasonable, healthy amount.

#### 1. Model Healthy Electronic Use

It's important to role model healthy electronics use for your children. So before you binge watch your favorite Netflix series, remember to set a good example. Keeping the TV on for background noise all the time or scrolling through your phone any time you have a spare minute teaches your child bad habits.

#### 2. Educate Yourself on Electronics

Today's kids are tech savvy. Most of them know more about electronics than adults do. That's why it's essential to stay up-to-date on the latest cell phone app or the newest social media craze.

You can't teach your child about the risks of social media unless you understand the dangers. And you can't prevent them from playing violent video games if you don't understand the ratings.

#### 3. Create "Technology-Free Zones"

Establish zones in your house where you just don't allow electronics, like smartphones and laptops. For example, the dining room can be a great technology-free zone that is reserved for meals and family conversation.

#### 4. Set Aside Times to Unplug

Set aside times for the entire family to become unplugged from technological devices. For example, the dinner hour or an hour before bedtime can be great times for the entire family to have quality time together without TV, video games and computers.

#### 5. Use Parental Controls

Protect kids from explicit content on TV and online. Use parental controls that allow you to monitor what your children are viewing on TV and what they're doing online.

## 6. Talk to Kids About the Dangers of Too Much Screen Time

Kids who understand, "It's not healthy to watch too much TV," are less likely to try and break the rules compared to kids who think, "I can't watch TV because my parents are mean." In an age appropriate manner, explain how violent video games, movies and images can be harmful to kids. Also, discuss potential dangers of online predators.

#### 7. Obtain Your Child's Passwords

Depending on your child's age and your values, it may make sense to obtain your child's passwords to any social media accounts or online accounts. Many children lack the maturity needed to handle online problems, such as cyberbullying.

#### 8. Encourage Other Activities

Kids easily grow dependent on technology for entertainment. Encourage your children to become involved with activities that don't involve screens. Get your child to play outside, read a book or play a game.

#### 9. Make Screen Time a Privilege

Screen time should be a privilege and not a right. Take away privileges, such as TV time or computer use, as a negative consequence. Once you've set a limit on how much screen time is allowed, don't allow kids to earn extra time as a reward. Instead, stick to the daily limit and offer other free or low cost rewards.

## 10. Don't Allow Screen Media in Your Child's Bedroom

It's impossible to monitor a child's screen media use if it's allowed in the bedroom. Don't allow your

child to have a TV, video game system or computer in their room. This includes hand-held devices that many children use late at night, which can interfere with their sleep. Very Well Family article.





A four week driver education program that will raise the awareness of road safety for new drivers and their families.

Dates: June - 4 Wednesdays 6, 13, 20, 27

Time: 6.30 - 8.30 pm Place: Karuah RSL Club

Presentation topics will include: causes & consequences of car crashes, drugs & alcohol, head & spinal injuries, strategies for safer driving & information on the free keys2drive lesson which is funded by the Australian government.

The cost of the program is \$20 a family. This includes a FREE First Aid Certificate (conditions apply).

BOOK NOW! for info & booking: www.facebook.com/Drive4Survival Contact: Allen Shrimpton 0438 922 091 or Lisa Bungay at Dungog Shire Community Centre 4992 1133

Proudly presented by









Week 10 Monday, 2nd July



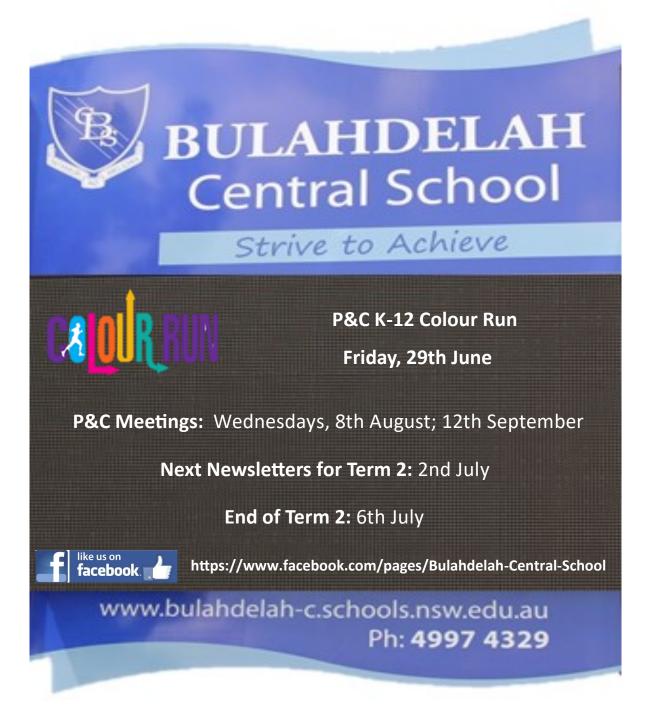
Need assistance with your homework?

Join us:

Monday afternoons
in the Student Support Centre.
3:30pm - 4:30pm
Primary and Secondary students welcome.

Kim Rigley - Teacher





## "A teacher needs to have the vision and conviction that dreams can and will be achieved."

Robert John Meehan

