

#### 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**

#### **November**

- 13 Year 12 Formal
- 15 Years 8-10 Forster Fun Day
- 16 K-2 Bulahdelah Show Year 7 Reward Day -Hunter Valley Zoo

#### **December**

- 4 Year 7 Orientation
- 14 K-6 Primary Assembly
- 13 Years 9&10 iStem Fighter World
- **17** 7-12 Secondary Assembly



# Barrington STEM Community

# Co2 Dragster Challenge Day

Science & Engineering Day 2018





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

7th November 12th December



8 Meade Street, Bulahdelah 2423 P 02 4997 4329 F 02 4997 4512 bulahdelah-c.school@det.nsw.edu.au



#### **PRINCIPAL'S REPORT:**

I would like to take this opportunity to thank the staff, students and community for the warm welcome afforded me as I take up the role of

Principal at Bulahdelah Central School. I am impressed by the enthusiasm, level of expertise and professional approach demonstrated by staff in my first two weeks here. I have seen many interesting and engaging lessons with staff working above and beyond to provide students with quality learning experiences and opportunities both within and outside the classroom.

I have had the opportunity to meet many of the students and would like to commend them on their attentiveness in class, their positive manner and their praiseworthy manners. I look forward to getting to know all the students over the coming weeks.

Parents and caregivers are always welcome at the school and I'd like to encourage all parents and caregivers to take an active role in the education of their children.

My teaching career has taken me to various parts of the state over many years while working in the public education system. This has included working in numerous schools in Sydney, Newcastle, the North Coast and Country areas. I also spent time working as a teacher with the Australian Technical College in the Hunter.

My roles in these schools have included being an Industrial Arts Teacher, Head Teacher, Deputy Principal and Principal. My previous position before starting at Bulahdelah Central School was Principal of Coolah Central School in the Midwest of country NSW.

During my teaching career I have been involved with the Board of Studies, NESA (National Education Standards Authority) in piloting new Programs and Curriculum, and as a Higher School Certificate Chief Examiner for a number of years. I have also worked as a casual university lecturer focusing on retraining mature age students on becoming teachers.

I have a good understanding of the local area having lived and worked in Forster previously. I was Head Teacher of Technology and Applied Studies at Great Lakes College Forster Campus during this time.

I am married to Fiona and have three children Lia, Alek and Lukas. *George Frangos* 



#### At a glance

Parties are part of a teenager's social life and a way for your teen to develop social skills.

Talk to your teen about your concerns such as hosting or going to parties.

Planning is the key to a successful and safe party. Know the law about supplying alcohol to people under the age of 18.

#### **Hosting a party**

Communication and careful planning are the keys to hosting a great party. While the internet and social media channels such as Facebook and Twitter are great tools which can be used to spread the word quickly, they can increase the chance of gatecrashers turning up at your home.

#### Tips to avoid common party pitfalls

- Have a starting and finishing time for parties and decide if some areas of your home are off limits.
- Create a guest or invitee list and send personal, written invitations to avoid uninvited people turning up at your home. Consider hiring security guards to deter gatecrashers.
- Let your neighbours know about the party and provide them with your contact number should they have any concerns.
- Organise some fun, party activities.
- Let the local police know you are hosting a party.
   You can register your details online through the
   NSW Police Force My Nite website.
- If alcohol is going to be served **do not supply alcohol to people under the age of 18**. In NSW, except in specific limited circumstances, it is illegal to sell or supply alcohol to people under the age of 18 and carries a maximum penalty of \$11,000 or a \$1,100 infringement notice and/or 12 months imprisonment.
- Pre-plan your response to people arriving intoxicated or becoming intoxicated at your party, or bringing along other drugs.
- Have plans in place to deal with underage guests or others who bring alcohol along and attempt to supply it.



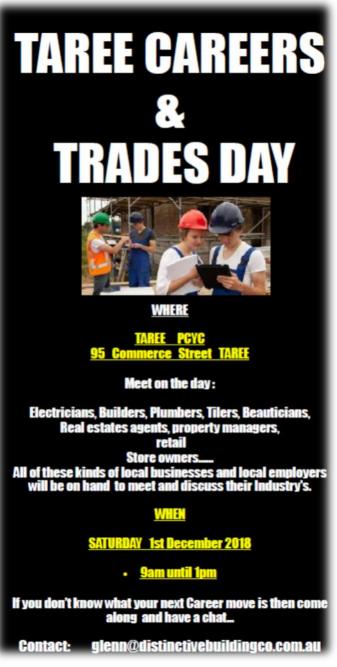
#### **Oceanic School Futsal Championships**

Bulahdelah Central School competed at the Oceanic School Futsal Championships from 19<sup>th</sup> to 21<sup>st</sup> October. After a very strenuous training and preparation schedule, the team were excited to travel to Brisbane to represent BCS.

Team 1 played extremely well to make the semifinals. Team 2's fate came down to their group stage game against Bulahdelah team 1 where with one minute left in the game and 2-0 down, Harry Cole scored two quick goals to finish the game at 2-2. On the morning of the semi-finals Ferguson's Football Academy defeated Hillcrest Christian College which meant BCS Team 2 would advance through to the semi-finals.

Both teams began their matches well and team 1 was winning 2-0 inside the first 60 seconds of the match. However, both Bulahdelah teams were defeated by some impressive Futsal teams from around Australia. Special mention to the captain of Team 2, Cody Ross, who led his team with passion and great communication against seemingly impossible odds.

Thank you to Jake Kinnear and Nathan Hanley for coaching the teams preparing them to perform and compete at the championships. *Tyson Oakley - Sports Co-ordinator* 



#### **DEPUTY PRINCIPAL:**

This week sees the conclusion of our Years 7 to 10 exams, hopefully students have been pleased with their efforts and

feedback from staff about the semester's learning. This data will be used as staff complete the reports which are currently being prepared.

Our senior students are currently sitting their HSC exams and we have had pleasing reports from the presiding officer regarding their application.

Just a reminder to all Secondary parents that our new timetable will start on Monday, 19th November as all Secondary students start their new academic year. Students will receive their new timetable during week 5. Deb Gilbert



### **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



#### Autism Community Network

## **AUTISM SUPPORT** IN LAKE MACQUARIE

The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who under-

stand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

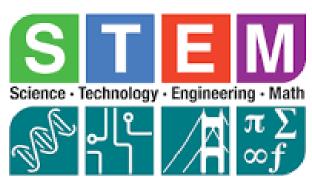
### LAKE MACQUARIE SUPPORT GROUP

When: Last Saturday 11.30 am to 1.30 pm

Venue: Wangi Wangi RSL - 275 Watkins Rd, Wangi Wangi

For more information:

www.autismcommunity.org.au | info@autismcommunity.org.au | 02 9543 9036



#### **Challenge Day 2018**

On Tuesday, 23<sup>rd</sup> October saw Bulahdelah Central School host the inaugural AGL Energy Greater Barrington STEM (Science, technology, engineering, and mathematics) Co2 Dragster Challenge day.

Students from Dungog High School, Gloucester High School and Bulahdelah Central School iSTEM classes participated in a day of science and engineering challenges. This culminated in each student racing their own Co2 dragster, which were designed and constructed by the students, down the brand new custom built track.

Awards were given for fastest cars, best engineered designs and best accompanying folio. The following BCS Students were successful in receiving awards:

#### **Best Engineering**

Design 1st Brodan Nassif
Fastest Car 2nd Seleana Murphy
Fastest Car 3rd Annie Sullivan

Special thanks to John Walton and his volunteers from Dungog Rotary and AGL Energy for their continued support. *Brent Smith - Teacher* 







## DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

Preparing Our Kids to be Lifelong Learners

As our Year 12 students sit their
Higher School Certificate Examinations, it
got me wondering about where they would be this
time next year, and what they would be doing.
Would they be attending a university, completing
TAFE or an apprenticeship, or doing something else
entirely. Just because our kids leave school does not
mean they stop learning – just like we keep learning.

Lifelong learning is a buzzword in 21<sup>st</sup> century education. And for good reason. Becoming a seeker of lifelong learning is critical in today's fast-changing world. Learning is not only a matter of absorbing information, but a process of developing many other internal skills, like curiosity, perseverance, and the ability to tackle tough challenges.

Last year I had the pleasure of taking some students to the opening of extensions at an aged care facility. In the middle of the opening presentations, a 96year-old man and resident of the facility was asked to give a talk about his life and how he ended up being a resident there. The students and I were in awe of this man. After leaving school, he went onto university and became a doctor, where he ran a successful practice until his retirement in his late 60's. When he started to become old and arthritis began to set in, he became a resident at the facility. It was here he said that he gained the time to continue learning. At the age of 95 he achieved a high distinction in a business studies degree at Sydney University – most of which he completed externally from the comfort of his room at the facility. He told the students that by continuing to learn, it kept him young, his mind active and gave him a sense of still being worthwhile to society. He then continued to let us know that he was planning to complete another degree. So, as we think of famous scholars like Einstein, we are reminded of great learners and their eternal quest for knowledge. As educators and parents what can we do to develop the quest in our children and teens the internal drive that propels them to embrace the practice of learning throughout a lifetime?

As children develop towards adolescence changes occur in the brain that heightens their abilities to learn. Teens become capable of thinking more critically, solving more complex problems, and weighing difficult decisions. In order to utilise these abilities for lifelong learning they must be internally motivated. They must learn because it feels good, not just because they want to be accepted into a good university. The preparation for lifelong learning starts at a young age.

As a parent there are three things you can do to assist your child to value lifelong learning. They are:

- 1. Ask Questions: Rather than always providing answers for your child, ask or identify questions that will pique their curiosity. Assist them to make associations between what they learn at school and what happens in the outside world building connections that encourage lifelong learning.
- 2. Let Them Fail: As parents, we feel it is our duty, to protect our children at all times and prevent them from experiencing setbacks and failure. However, as adults, we know that learning occurs when we are willing to risk failure. If we didn't take risks nothing new would ever be invented. As I say to students at school "Mistakes are our friends if we learn from them."
- 3. Give them learning experiences: Learning through experiences and not just from books, is one of the best ways to give our children the skills they need for lifelong learning and working in the 21<sup>st</sup> century. Particularly in the high school years, sharing quality experiences and service experiences, e.g. the SES (State Emergency Services), where children will nurture critical thinking, develop problem-solving skills and the ability to see the world as an interconnected community.

In the words of Benjamin Franklin,

### "Tell me and I forget, teach me and I may remember, involve me and I learn."

Come on, get involved with your children. By doing this, you will also learn, as well as assisting in educating the next generation towards success!

Debbie Booth



Bulahdelah Central School is very excited to begin our Kindergarten Orientation Program to welcome our incoming 2019 enrolments. This is a nurturing way to get your child ready for starting school and will commence with our current Kindergarten students visiting the Preschool on Thursday, 27<sup>th</sup> September (9:30am – 10:30am).

We will be having five consecutive sessions in Term 4, designed to help transition future students by familiarising them with fellow students, the school environment and slowly introducing them to staff and school routines. These sessions will take place in the Kindergarten classroom at Bulahdelah Central School.

Session 4 Wednesday, 7th NovemberSession 5 Thursday, 15th November (Teddy's Bear Picnic)

All sessions will be from 9:30am to 10:30am. Your child will also need to bring a hat, drink bottle and a Teddy Bear to the picnic.

An information session for parents and carers will be on our last orientation session (Thursday, 15<sup>th</sup> November 9:30am to 10:30am). This will take place in the school library. During this session, parents and carers can discuss any concerns they may have about their child starting school.

We look forward to getting to know our future students and their families.

If you have any questions regarding orientation you can contact Mrs Hayley Nicholson, Kindergarten Teacher and Relieving Assistant Principal, at Bulahdelah Central School.



#### PRIMARY CAPTAIN NOMINATIONS 2019: NOMINATIONS:

The following students have nominated to run for Bulahdelah Central School Primary Captains for 2019. Each of these students will be interviewed by the School Executive to assess their suitability for the role of captain.

Students and staff will vote for four captains (regardless of gender). The four elected students will be announced at the Primary Presentation Day Assembly on Friday, 14<sup>th</sup> December. Here are our nominees:



I believe I would be a great leader because I am a trustworthy and responsible student, who is excited of the possibilities of being a leader. I always try my best, I help people whenever possible and I try hard to always have a positive attitude.



I would like to be a School Captain as I believe I am a good role model for other students. I know it is a position that I will be great at. I would like to play a bigger part in my school community as a whole and I will continue to strive to achieve the best that I possibly can.



I would like to be a Primary School leader in 2019 as I think I would be a wonderful leader to look up to. I feel I would be a great asset to our school community.

I would like to be Captain because I will be a good role model towards other students. I am helpful, easy going, responsible and able to be asked for help. I think being Captain will be a good experience to finish off my primary years.

Bonnie Minns

Blake Matheson

I want to be a School Captain because I think it would be fun. I like helping people and I could help make the school a better place. I believe in the PRIDE moto and will put it into my everyday efforts. I am a very good listener, caring and honest. Being a School Captain would be a great honour to represent the school.



Nathaniel Reitsma

I will be happy to talk on stage at assemblies as I have been a public speaking finalist 4 times. I have experience in leadership as I am a 2018 House Captain which I have enjoyed. I would gladly do everything on the list of duties required. I would like to add that as a Scout, I raised the flag at the 2018 ANZAC service.



Isabella Sumner



I wish to be School Captain so I can show my real talent for public speaking and representing my fellow students. After participating in the public speaking challenge earlier in the year and attending the Graffiti Busters, I have come to realise I enjoy being in the public eye and being a leader.

Taylah Tassell



I would like to be School Captain because I like helping others and being a good role model for the younger students. I always follow school rules and always responsible in the playground and class activities. Being Captain will also make me become more confident speaking in front of a crowd.

Mathew Thompson



I Mathew Thompson would like to be a Captain because I proudly wear my uniform everyday. I also show respect and kindness to my peers and teachers. I try my best in all areas of school work and activities. I am confident, am easy going person and I will be there to help anybody who needs it. I respect my school, follow school rules and would like to represent you to be a 2019 School Captain.



Rod Pye - Primary



# Primary Captains for 2019 Timetable for Voting

- Week 4. Primary Leadership Advisory
   Committee meeting with Primary Staff.
   Endorsement of standing candidates on Tuesday, 6th
   November and interviews with the Primary
   Leadership Advisory Committee.
- Week 5. Speeches delivered at assembly on Monday, 12th November. Voting on Tuesday, 13th November.
- **Week 6.** Nominations published in the newsletter, Monday, 19th November.
- Week 9. The 2019 Captains (2) and Vice-Captains (2) announced at Primary end-of-year assembly, Friday, 14th December. *Rod Pye Primary Teacher*



#### **PRIMARY ASSEMBLEY TERM 4**

Week 5: Monday, 12th November

Week 9: Friday, 14th December

(Primary Presentation Day)



Our school is participating in Hunter New England Health's *Good for Kids. Good for Life* program which has been working with schools in our region for more than a decade to implement healthy eating and physical activity programs.

As part of the program *Good for Kids* are returning in Term 4, 2018, to measure the activity levels of students. Students who participated in the initial data collection will again be wearing an accelerometer each day while at school for one school week. An accelerometer is worn on the wrist and looks like a watch but captures activity levels.

This data is collected to assist in providing support in schools with the scheduling of physical activity. This includes the provision of professional development for our staff as well as the provision of resources and ongoing support from the *Good for Kids* team.





On Friday,
26th October
Bulahdelah
Primary participated
in the Day for
Daniel.

During the morning our Local Police Officer Ash Ray opened the day with an introduction to the students regarding their safety, including Halloween practices. Then, in class students were taken through age appropriate information from the Foundation's Website.

This is an inaugural event to highlight the Daniel Morcombe Foundations core values of keeping kids safe, raising awareness and developing within children their own ability to recognise, react and report. BCS raised

The Morcombe Foundation extensive website is continuously updating yearly. So when you have a moment, parents and carers alike, it's well worth the time to explore the site and take the opportunity to discuss with your children.

Angie Vella - Learning & Support Teacher

\$160

in a gold coin donations to support this worthy organisation.



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

**R**ecognise, **R**eact, **R**eport, this will enable children and young adults to act positively and appropriately while staying safe.

# PARENTING MASTERCLASS

#### MIDCOAST COUNCIL AND MISSION AUSTRALIA PRESENT



#### Keeping children and young people safe in an online world

An informative and entertaining sessions for parents and carers is delivered with Susan's famous 'no-nonsense' approach and will cover the positive benefits of technology, as well as what parents need to be are of.

#### What are kids doing online?

You know Facebook, Twitter, snapchat, Instagram and Skype but what about Omegle, Musically, Yubo, melon or KiK? These other apps are also used as live streaming sites. What are the age restrictions and why are they important? What are they exposed to and why can this be a problem?

#### **Online Grooming**

What is it and when/how does it occur? What are the warning signs and what to do if you suspect this is happing to your child?

#### Cyber bullying

What it is, where it happens, what it looks like, how to prevent it and what to do if it occurs? Also the legal consequences and the possible criminal charges.

#### Sharing nudes and sexting

The taking and sending of explicit images. The social and emotional consequences as well as the Law.

#### Potential dangers and safety tips

How to assist the children in your care to stay safe online via parental controls and restriction pass codes.

Susan
McLean
Australia's
foremost expert
in cyber safety
for children and
young people



Also featuring a live Q&A with local young people and a pop up resource library courtesy of MidCoast Libraries

> BYO device for hands-on support

When: Thursday, 29th November

Where: Club Taree, 121 Wingham Road, Taree

**Start:** 5:00pm registration (light refreshments)

Close: 8:00pm Cost: Free Register: https://

www.stickytickets.com.au/70287 More information: (02) 6539 2003





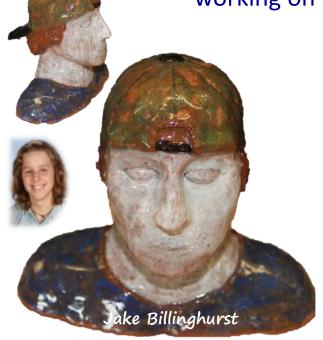
Problematic Internet use and faming issues







# Students have been working on 'Selfies' this year.







These paper clay sculpture busts reflect the students physical



Some students also tried to show their personalities and aspects of their life.

Sue Cross - Art Teacher

#### **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.

#### Nit busters' 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 girls' hair back 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.



The HSC written exams commenced at the beginning of this term with students at BCS sitting the English and Music papers during the first week of the examination period.

Year 12 Music students Lillian Lee and Katie Nolan-Slattery said although they were a little nervous, they felt well-prepared going into the Aural Skills Examination, which required the students to analyse four unknown pieces of music.

These included an excerpt from 'An American in Paris' by George Gershwin and a percussive piece titled, 'Mutant Brian', by Sam Spiegel and the 'Ape Drums'.

The final question of the one-hour exam was based on an excerpt from 'Don't You Worry' by the Piano Guys which Katie said was a little more challenging.

The listening exam will account for 30 percent of the final HSC Music mark with 70 percent coming from the practical examination which was held at the end of Term 3. Wendy Parsons - Music Teacher





Katie said, "I liked the first two questions on the use of Tone Colour and Duration.
I had done a lot of revision on these concepts and the questions related well to the music played.
They had a clear structure and there were lots of different techniques to



Canteen Meal Deals Term 4		
Monday Tuesday	Chicken & Cheese Vol av Vent Chicken Tender & Brown Rice Salad	\$6.00 \$6.50
Wednesday	Pizza	\$5.00
Thursday	Noodle Salad	\$5.00
Friday	Schnitzel Burger	\$6.00
Meals must be ordered by 9:00am		

Specials for Week 4

Zucchini Slice & Salad \$6.50 Hawaiian Burger \$6.00

### **ENTERING**

Y E A R





Starting high school comes with a number of mixed feelings. It's an exciting time. So much is changing and you're about to start a whole new set of subjects, meet new people, create new friendships and take on new challenges. While all this change is exhilarating, the fear of the unknown can also be a daunting prospect. You're about to be a small fish in a big pond again.

So here are some tips to make sure you get off on the right foot next year.

#### 1. Get set before day one

It's incredibly important to ensure you start high school with all the tools you need. Make sure you have your stationery, uniform, and study space ready before your first day. Parents, make it as easy as possible for your child to organise their notes from day one, because once a week or two has passed, it becomes difficult to try and systemise loose scribbles and worksheets.

2. Find a good study space free from distractions
Create a designated area for your study where you
can focus and limit distractions. Maybe you prefer
the dining room table, or perhaps it's a desk in your
room - choose a place you feel comfortable, alert
and focused. Keep it clean and tidy to help you
keep focused.

#### 3. Get a homework and study planner

In high school you are expected to be more organised. Use a study planner to mark out key dates and a diary to keep track of when your assignments are due.

Write a 'to-do' list and tick off each task as you finish it. Colour code your subjects, and know when you have to be in which classroom. This will make every day easier.

#### 4. Set up a study routine

Never underestimate the value of a routine, especially when it comes to school work and study time. A good way to do it is to spend the first 30 minutes to an hour after you arrive home from school doing something you enjoy – which might be playing music, sport, video or games. Then spend an hour or two on homework before dinner.

#### 5. Set realistic goals for your first term

Setting yourself goals and dedicating yourself to achieving them will help you stay motivated and help you achieve the results you want.

The best time to set them is when you're feeling refreshed and re-energised at the start of the term. (Don't be too hard on yourself if you don't achieve them, try your best and you will reap the rewards).

#### 6. Be flexible with what subjects you study

You might be overwhelmed with the amount of study in high schools. Try to manage it with being flexible with what you study when. If you have a big maths exam coming up, spend the entire evening on maths and work on the other subjects tomorrow. Practice your routine every day (even if you don't have much on - use the time to get ahead) and your workload will feel manageable.

#### 7. Be proud of what you have achieved

Write your goals down and stick them above your desk, as a reminder of what you're aiming for.

Once you reach a goal, be proud of yourself. You will notice that working hard will pay off.

#### 8. Meet new people

Remember, everyone is in the same situation as you. Try to speak with your new classmates, they might be even shyer than you are. High school will be a lot more fun when you can share your memories with new friends.

#### 9. Try something new

One of the best ways to meet new people is by trying something new! Find an activity you enjoy, like music or soccer. High school gives you so many new opportunities to find something you enjoy doing and meet others with the same interests.

#### 10. Stay in touch with your 'old' friends

You might miss your friends from primary school.

But don't be sad, just because you may not go to the same school, it doesn't mean you will forget each other. Stay in touch, it will be so exciting when you see each other and talk about your new high school adventures!

#### 11. Stay positive and enjoy the ride

Challenges won't get easier if you worry about them. You might come across obstacles that make you feel uncomfortable. Try to stay positive and take every day at a time. With a positive attitude, you can accomplish anything!

#### 12. Don't be afraid to ask for help

Ask your teacher when a question arises in class. Ask a friend who shares the same class as you. If you are stuck with a tricky maths formula, or need help with grammar and writing, you can always connect to one of our online Subject Specialists. More peaceful homework evenings, less pressure on mum and dad to remember high school Maths, English, and Science concepts. *Mona Pradella* 

### YEAR 7 2019 ORIENTATION DAY TUESDAY, 4th 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, 4th 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, 30th November for catering purposes.





"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."

Albert Einstein





