

Strive to Achieve Term4 Week 2 21st October, 2019

#### 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 your own actions?

#### **School Calendar**

#### October

- 21-25 Year 8-10 Yearly Exams
- 22-24 Years 5&6 Camp
- 23 Kinder Orientation
- **25** Day for Daniel
- 28-31 Primary Water Safety Program

#### November

- 1-7 Primary Water Safety Program
- 12 Year 12 Formal
- 13 Kinder Orientation/Teddy Bear Picnic
- 15-16 Bulahdelah Show





Meetings are held at BCS every second Wednesday of the month. Next meetings are: 13th November 11th December



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## *is for* Grandparents



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

I start this week's newsletter with the sad news that Jack Ireland recently died. Jack Ireland, OAM (Order of Australia), was a

lifelong supporter of Bulahdelah Central School. He was a student in the 1930's, then as a parent and then as a community member. In recognition of his significant voluntary contributions, Jack was awarded life-membership to the Bulahdelah Central School P&C Association and made an Official Friend of the School. Our deepest condolences go out to Jack Irelands family.

I would like to welcome back students and staff to Term 4 at Bulahdelah Central School. We have a very busy term lined up with various activities occurring throughout Term 4.

On behalf of Bulahdelah Central School, we wish all students undertaking their examinations for the Higher School Certificate all the very best. Your teachers are very proud of you and would like you to remember to keep everything in perspective.

Year 8, 9 and 10 students have their yearly examinations this week. Good luck to these students. Ensure you eat breakfast before an examination. Hunger is just another distraction that you don't need. Work on avoiding foods with high sodium and fat content. In addition, you want to avoid these foods along with greasy and sugary foods. It's the same concept as an athlete eating safe foods before an event - you want your body and mind to be in its best state. *George Frangos* 

#### Eat your way to Great Marks: Exam Time Nutrition -Naturopath, Tiffany Sharp

During these frantic weeks of exams, everything that doesn't directly relate to trying to understand hearsay or the Tasmanian Dam case goes out the window. Cooking and diet tumble down the list of priorities and your menu quickly descends into toast, two-minute noodles and anything sold in a vending machine.

Although making the effort to eat properly may take you away from the books for a few extra minutes, it will certainly reward you with greater concentration and improved memory.

A good study session begins with breakfast.

"Breakfast is imperative to kick starting and fuelling your brain for the rest of your day," Sharp says. The morning meal helps balance your blood sugar levels throughout the day, and skipping breakfast can lead to feeling lightheaded, irritable, and unable to concentrate. To start the day off on the right foot, she recommends eggs, salmon, green smoothies and protein smoothies.

For students on the run, she suggests starting the day with a banana: "grab a slightly greener banana rather than an overripe yellow banana as they contain less fructose," she says. Lower amounts of fructose means a more gradual rise and fall in blood sugar levels, helping the body to avoid that unwanted drop in concentration and energy.

What should we be munching on as we highlight our notes? According to Sharp, our favourite sweet study snacks are bad news: *"frequent high sugar snacks and high sugared beverages has been linked to brain shrinkage."* Eek!

As an alternative, she suggests snacking on raw nuts such as almonds, Brazil nuts, cashews, walnuts, and pecans. Other great snack options include low fructose fruits like berries, apple, pear and green banana.

Lean proteins like tinned tuna, salmon and boiled eggs are also good choices, as are complex carbohydrates such as rice snacks, sweet potato and quinoa. Sharp says that choosing the right study snacks makes a huge difference: *"not only will this help with focus, it also provides even energy bursts through the day."* 

If all of this snacking has made you thirsty, but you're not in the mood for water, Sharp recommends the 'brainy beverage' of green tea. "Green tea increases generation and proliferation of brain cells, providing benefits for memory and spatial learning." Sharp says. Tiffany Sharp - Naturopath

$\overline{\mathbf{n}}$	TERM 4	
	Wednesday	Wednesday
	3:30pm	6:30pm
		13th November
	11th December	

#### Intention to apply for Year 7 entry to a selective high school in 2021

#### Dear Parent/Carer

Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are unzoned so parents can apply regardless of where they live. Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 12th March 2020**.

If you would like to have your child considered for Year 7 selective high school entry in 2021, you need to apply on the internet using a valid email address (not the student's email address). Detailed instructions on how to apply online will be available from late-September 2019 at <a href="https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7">https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7</a>.

The application website opens at that link on the **8th October 2019** and closes at **10:00pm** on the **11th November 2019**. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 8th October 2019.

You must submit only **ONE** application for each student. **Remember: the tear-off slip below is NOT an application and the school cannot apply on your behalf.** 

Yours sincerely

Jin

Principal

Cut along the dotted line and return the completed slip below to this school by Friday, 25th October.

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL. This is a notice to your Primary school only that you intend to apply. TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE. https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes

Intention to apply for Year 7 entry to a selective high school in 2021

Student's name:
Class:

I intend to apply for selective high school entry in Year 7 in 2021 through the High

Performing Students Team website between 8th October 2019 and 11th November 2019.

Yes
No

Signature of parent/carer:



Celebrating the life of Mr Jack Ireland (OAM) 1922 to 2019

> Official Friend of Bulahdelah Central School

## You will be missed, but never forgotten!

In 1951, the butchery amalgamated with the bakery and became known as T L Ireland & Sons, and moved to the new premises in Stroud Street a few years later.

"It was very difficult to build the business up, I was working 12 hours a day back then," Jack said.

Jack said working long hours taught him very early in life that nothing comes easily.

"It is the hard work and good decisions that bring success," he said.

Along with his commitment to his family and business, Jack was also devoted to his community and is well known for his tireless work, compassion, goodwill and support.

He also served as a councillor on Great Lakes Shire for 40 years.

Reflecting on his 95 happy and successful years, Jack said he is fortunate to have been blessed with good health.

"I didn't drink or smoke, and it has always been important to stay active and keep my mind busy," he said.

Sadly, during the holidays Mr Jack Ireland, Official Friend of the school passed away. We would like to acknowledge his dedication and support to both the Bulahdelah Community and our school. This article is from the News of the Area, September 19, 2017 reflecting on Jack's life on his 95th birthday.

"I have enjoyed life tremendously," Jack said.

"I even got to meet with the Queen, Prince Philip and the Governor General during the Royal visit in 1954."

From a young age, Jack worked long hours in the family butchery in Crawford Street and "enjoyed every minute of it".

"When I left school, the teachers said I should be going to university, but in those days, it was very expensive," Jack said.

"At the butchery, all the work had to be done by hand as there was no such thing as mains electricity."

"We had a number of runs where we used to take the meat and bread by horse and cart over to Bungwahl, Stroud, Upper Myall and Bombah Point," he said.

"People used to depend on the butcher and baker to bring their supplies."

"I have also been very fortunate to have had wonderful parents and a wonderful family and wife, Thora has been tremendous, she held me through every trial and tribulation."

Jack said he is also grateful to have had the support and assistance from many people in the community over the years.

WORLD War II Veteran, Jack Ireland OAM, said he was heartened to see so many school children marching in the Bulahdelah ANZAC Day Parade last week. News of the Area 3rd May, 2018.



Jack with his family who were all former students of Bulahdelah Central at the 150th celebrations. Left to Right: Elizabeth Dorse, Meredith Rae, Jack Ireland, Rodney Ireland, Beatrice Weekes, Thora-Lou Smith.







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 2019. Proud parents, invited guests, staff and students attended the special ceremony, which was a celebration of achievements, determination and friendships.

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

We wish the Class of 2019 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 12th November.



Reuben F Scarf Commitment Award Attendance Award



BCS Commitment Award



ADF Long Tan Award Jack Ireland Award David Gillespie Leadership Award University of Newcastle Scholarship Attendance Award



David Gillespie Leadership Award SRC Recognition Award CWA Hospitality Student of the Year Attendance Award



Caltex All Rounder

Indigenous Student of the Year



Consistent Effort and Improvement



Matt Smith Award



MidCoast Connect VET Student of the Year





University of New England Vice Chancellor's Prize Attendance Award



#### **REL. DEPUTY PRINCIPAL:**

Welcome back from holidays I hope that everybody had an enjoyable and relaxing break. Term 4 has started with many activities

already under way.

Years 11 & 12 have been on Stuvac (student vacation) for part of week 1 and they have started their HSC exams with English last Thursday and Friday. We wish them all the best in their exams over the next few weeks to obtain the best results they can achieve. Students are still welcome, and in fact encouraged to come to school and meet with their teachers for additional tuition and support.

On Tuesday, 12th November sees the culmination of 13 years of schooling with the Year 12 formal. We look forward to seeing the Year 12 students all dressed up for the occasion.

Students in Years 7-10 will be undertaking final course assessments and examinations over the next few weeks prior to the roll over to the new academic year on Monday, 18th November.

#### **Day for Daniel**

We as a school are joining in on Australia's biggest child safety lesson and awareness day. This will be held on Friday, 25th October and we would like all K-6 students to wear red shirts on that particular day. Let's get involved and support in this very important day.

#### **Australian Futsal competition**

A couple of our students and staff participated in the national Futsal competition in the last school holidays. Blake Richardson and Saxon Bramble gained selection in the U/16 and U/17 national teams that are to travel to Chile and China next year. Congratulations on such an outstanding performance and selection.

#### **End of Year Presentation Assemblies**

The following dates are: Secondary Tuesday, 19th November 6:00pm Primary Friday, 13th December 10:00am

Secondary invitations will be sent out in Week 5 of this Term to let parents know if their child is receiving an award. *Chris Gladys* 



#### Parent and carer responsibilities:

- Practice catching public transport, riding or walking the route together until your child is confident.
- Create a safety test for your child to pass before they can travel independently (i.e. ask them to lead the walk to school and demonstrate the safety skills they have when crossing roads).
- Very young children should always walk or ride with an adult or older child.
- Make sure your child has your contact details and knows how to reach you. This might mean your child needs a mobile phone.
- Develop a safety plan together about what to do if there is an issue (such as a bus not stopping or falling off a bike).
- Make sure bikes and scooters are well maintained, that car seats are available and that your child has all the safety equipment required.
- Always tell your child exactly who will be picking them up and what time.
- Make sure you have met other parents or carers providing transport.
- Ensure you have contact numbers of parents and emergency contact details for all children you transport and that others have the same for you and your child.



National School Futsal Championships 2019 During the holidays I had the privilege of coaching the U/16 Far North NSW State Futsal team over 4 days of competition on the Gold Coast. From BCS Blake Richardson was selected to play in the U/16 and Saxon Bramble in the U/15. There were teams from all over Australia and the competition was intense.

The U/16 team made the quarter finals of the competition and were defeated by the team who eventually won that division.

There were some unforeseen injuries to the U/16 squad and Saxon Bramble had to play in both divisions for most of the games. Both students played extremely well and were noticed by scouts.

I am proud to announce that Saxon has been selected as a Goal Keeper in the U/16 Australian team to tour China in 2020 and Blake was selected in the U/17 Australian team heading to Chile next year. *Tyson Oakley - Sport Co-ordinator* 







#### DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

Congratulations Danielle Davy Congratulations to Danielle Davy who was awarded her Teaching Accreditation late last term.

To complete this proficiency (as all staff are required to) you must have evidence of quality teaching practice and participation in teacher professional development to ensure currency need to be demonstrated in-depth.

Danielle has been providing quality education this year with Year 6, team teaching with Jackie



#### O'Connell.

Danielle was presented her certificate at a staff morning tea by George Frangos.

#### **Robotics Learning for Students and Teachers**

A very big thank you to Brent Smith from the TAS (Technological & Applied Studies) Department at school for organising some wonderful training in robotics and coding.

Primary and Secondary staff, plus selected Year 8 students were in-serviced by the Newcastle University SMART Team in conjunction with Google.

On the day we learnt how to operate machines through coding and running computer programs as a control measure. The Uni staff even explained and demonstrated how vehicles are propelled, etc. on other planets.

The Primary staff are looking forward to sharing their newly acquired knowledge with their students,

along with the assistance from Year 8. I'm not sure who learnt the most or had the most fun during the day. By the way, I'm still waiting for NASA to contact me and offer a job in their robotics



#### department, or else I will just dream on! Second Visit to 'Big' School

Last Wednesday, Kindergarten enrolments for 2020 from Bulahdelah Pre-school made their second visit to Bulahdelah Kindergarten classroom, as part of our Transition to School Program. The students participated in a variety of practical activities, in groups led by Year 5 students. These activities included:

- Listening to a story.
- Building machines with Mobilo that required particular specifications.
- Completing jigsaw puzzles.
- Shape Bingo.
- Number Snap.
- Outdoor fitness activities.
- Making their own noisy bear.

Everyone is really enjoying the visits - both old and new kindies (although the teachers present were trying to figure if Year 5 are having just as much fun). Following the activities the pre-schoolers stayed for lunch, which they had ordered from the school canteen. Thank you to the canteen staff for accommodating our new students.

The students are also busy learning some bear songs and poems, during their time with us. They will perform these presentations on their final visit, when their parents will be in attendance.

Our next Kindergarten 2020 orientation visit will take place on Wednesday, 23rd October from 9:30am until 12:30pm. *Debbie Booth* 

# Kindergarten! ... here | come!



## GRANDPARENTS SPECIAL FRIENDS' DAY

Our annual Grandparents and Special Friends Day Assembly was held on Friday, 20th September and was well attended by many grandparents and family members who enjoyed a vibrant assembly. Primary students enjoyed showcasing their class presentations for the many visiting grandparents and celebrated the significant role grandparents have in so many families. Visitors enjoyed video snapshots from Year 5 and Year 6 students about grandparents. Year 4 performed the song, *'When I'm 64'* whilst Year 2/3 students got funky to performing the *'Footloose'* song. A Year 1/2 play entertained many and we ended the class presentations with Kindergarten students singing the song, *'My Grandma'*.

Visitors on the day enjoyed a delicious morning tea that was catered by the P&C and the School canteen, thank you. It was a terrific event to have so many family members visit our school. Students this year enjoyed preparing a gift for their grandparents and special friends. They made a magnetic photo frame with a photo of all the students taken by Tara Smith. *Rod Pye -Assistant Primary Principal* 









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## We Our Grandparents





Bulahdelah Central School is very excited to begin our Kindergarten Orientation Program to welcome our incoming 2020 enrolments. This is a nurturing way to get your child ready for starting school and will commence with our current Kindergarten.

We will be having 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.

#### Wednesdays:

23rd October 9:30am to 12:30pm 13th November 9:30am to 12:30pm (Teddy Bear Picnic) We look forward to getting to know our future students and their families.

#### What do I need to bring?

**Orientation Sessions:** Student enrolment forms and the following documentation: Birth Certificate, Immunisation Records, Proof of Residency, Medicare Card and any Health Plans.

Teddy Bear Picnic: Hat, drink bottle and teddy bear.

If you have any questions regarding orientation you can contact Courtney Rodgers, Kindergarten teacher and Assistant Principal, at Bulahdelah Central School. Courtney Rodgers - *Kindergarten Teacher* 







Reading has never been more fun!

### LOOP! Linked Online Ordering & Payment





ABC Newcastle and Hunter Water are running a water conservation campaign now the Hunter Region is in water restrictions for the first time in 25 years.

This is very much a community campaign to raise awareness around ways in which we can all save this precious resource.

As part of the campaign we are looking for four families to take part in a competition, in which Hunter Water has donated a \$10,000 water tank as first prize.

Second prize is a water-saving pack worth \$500 and third prize is an ABC pack.

There's also a Listener Prize, which is a tour of The Reservoir (Hunter Water tells me they have 20,000 people on the waiting list for this tour, but they simply don't have the resources to do them very often)!

Please find the media release attached and two images, which you are welcome to use.

Here's some sample text:

- ABC Newcastle and Hunter Water invite you to join the fight against water wastage.
- With the start of water restrictions across the Hunter for the first time in 25 years, it's time to take a stand.
- Join ABC Newcastle and Hunter Water in their Water Warriors campaign, with the chance to win a \$10,000 water tank.

Entry forms will be available on ABC Newcastle's website https://www.abc.net.au/radio/newcastle/ from Monday, 21st October 2019, and on our Facebook page.



2 to 3 .30pm

Membership \$80 for 8 and under Membership \$100 for 9 and over

Join online <u>https://swimcentral.swimming.org.au/</u> Buy an Active Kids Membership if using your voucher



STROUD SEALS Stroud Community Swimming Pool

Phone 0467291996

stroudseals.swimming.org.au

stroudseals.swimclub@outlook.com

Stroud Seals Swim Club

Meet one Sunday each month

Fun\_and Family BBQ

#### Meet Dates

17Nov 19	22 Dec 19
19 Jan 20	15 Feb 20
16 Feb 20	22 Mar 20
Active	Kids

Vouchers can be used



#### PRIMARY ASSEMBLIES TERM 4 Monday @ 2:00pm

Week 2:	21st October
Week 7:	25th November
Week 9:	9th December

Pri. Presentation: 13th December (10:00am)

Mon Tues	Curried Sausages & Rice Pizza	\$6.50 \$6.50
Wed	Roast Beef & Gravy Roll with Chips	\$6.00
Thur	Beef Burger	\$6.50
Fri	Chicken Wings in Plum Sauce	\$6.50
	Orders need to be in by 9:00am	





#### Need assistance with your homework? Join us: BCS Student Support Centre

Monday afternoons 3:30pm - 4:15pm Also Week A lunch times on Monday, Tuesday, Wednesday & Friday Primary and Secondary students welcome. We also offer help with assignments and all other designated school work. *Kim Rigley - Teacher OR* 

Tea Gardens Library

Wednesday afternoons

3:15pm - 4:45pm Primary and Secondary students welcome. *Carol Johnson - Librarian* 



## 2020 NANGA MAI AWARDS



#### **Student Awards**

Awards for academic excellence, student leadership, sport, public speaking, arts and more...



#### **Staff Awards**

Awards for outstanding contribution to Aboriginal education, Aboriginal languages and more...



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NOV

#### <u>School/Community</u> <u>Awards</u>

Awards for Aboriginal community members, schools and more...

The Nanga Mai Awards are an annual awards ceremony held by the Department of Education to celebrate the outstanding achievement of Aboriginal students, Aboriginal and non-Aboriginal staff, Aboriginal community members and schools demonstrating excellence across a diversity of areas.

NOMINATIONS CLOSE ON FRIDAY 6 DECEMBER 2019

#### Nanga Mai is an Eora (Sydney) word meaning to dream

https://sites.google.com/education.nsw.gov.au/nanga-mai-awards/home

ENQUIRIES 0437 655 458



# B ABLITIES ABLITIES KINDY THROUGH TO HIGH SCHOOL 10 NOVEMBER 2019

ENTRY \$10 - DRINK, SAUSAGE & MEDAL INCLUDED! WHERE: YMCA, LAKE STREET, FORSTER

TIME: 8.30AM DROP OFF BIKE & MARK NAME OFF START: 9AM KIDS WILL START IN CLASS GROUPS COURSE: SWIM IN POOL, BIKE RIDE, RUN ON FIELD WHAT TO BRING: SWIMMERS, GOGGLES, TOWEL, BIKE, HELMET, SHOES, SHIRT FOR BIKE AND RUN LEG

THIS IS A NON-COMPETITIVE EVENT. EACH CHILD WILL BE ENCOURAGED TO TAKE PART TO THE BEST OF THEIR ABILITY & ALL WILL RECIEVE A MEDAL & SNACKS AT THE CONCLUSION OF THEIR RACE.

REGISTER ONLINE WWW.FORSTERTRICLUB.COM.AU ON THE DAY REGISTRATIONS AVAILABLE



LIKE US ON FACEBOOK

THANKS TO... LIFE SKILLS 4 KIDS SAXBYS MID COAST COUNCIL ALDI CLUB FORSTER YMCA MCDONALD'S BUNNINGS



"The most wonderful part of being a teacher is to think that many years down the line, there will be someone, somewhere out there, thinking about how lucky they were to be taught by a teacher as wonderful as yourself."

