

**Value of the Week**

**Participation.** We promote participation & school spirit in an environment that values the participation of students, staff & the wider community. Are you actively involved in the life of the school?

**School Calendar  
November**

- 19 Years 7-11 End of Year Assembly
- 25 Primary Assembly
- 27 K-Year 7 Maitland Primary School Band Performance  
Years 8-11 White card Course

**December**

- 3 Year 7 Orientation
- 9 Primary Assembly
- 10 Year 6 Farewell Excursion
- 11 Year 8 Big Buzz Excursion
- 12 Year 7-12 Matt Smith Concert
- 13 Years K-6 End of Year Assembly  
Years 7-10 Rewards Exc. Stoney Park Aqua Park
- 18 Last day of Term 4



Meetings are held at BCS every second Wednesday of the month at 3:45pm.  
Next meeting is: 11th December



8 Meade Street, Bulahdelah 2423  
Phone: 4997 4329 Fax: 4997 4512



**11 NOVEMBER**

*Remembrance Day*





## PRINCIPAL'S REPORT:

I would like to acknowledge all the firefighters who devote their lives to keeping the community safe. There is not enough praise people can give to these firefighting heroes. The fact that our firefighters are willing to go the extra mile to ensure people are safe and save their homes has been highlighted through the tragic bush fires that have occurred. Our thoughts are with our staff, students and the general community who have been affected by these disastrous bush fires. People have had to evacuate not once, but several times, this takes a load on you personally and physically.

### Prepare your home for a bush fire

A well prepared home is more likely to survive a bush fire.

Even if your plan is to leave early, the more you prepare your home, the more likely it will survive a bush fire or ember attack. A well prepared home can also be easier for you or firefighters to defend, and is less likely to put your neighbours' homes at risk. A well prepared home will also give you more protection if a fire threatens suddenly and you cannot leave.

Here are some basic maintenance tips to prepare your property:

- Clean your gutters of leaves and twigs.
- Install metal gutter guards.
- Repair damaged or missing tiles on the roof.
- Install fine metal mesh screens on windows and doors.
- Fit seals around doors and windows to eliminate gaps.
- Enclose the areas under the house.
- Repair or cover gaps in external walls.
- Attach a fire sprinkler system to gutters.
- Keep lawns short and gardens well maintained.
- Cut back trees and shrubs overhanging buildings.
- Clean up fallen leaves, twigs and debris around the property.

- Have hoses long enough to reach around your house.
- If you have a pool, tank or dam, put a Static Water Supply (SWS) sign on your property entrance, so firefighters know where they can get water.
- Check and maintain adequate levels of home and contents insurance. Ensure it is up to date.

The NSW Rural Fire Service provides a Bush Fire Household Assessment Tool. This tool is designed to help you make an informed decision when making your bush fire survival plan, such as whether you will leave early, or stay with your property and defend it. *George Frangos*  
<https://assessmyrisk.rfs.nsw.gov.au/>



## Looking after yourself after a disaster

**People may be at risk of developing anxiety or depression after experiencing a traumatic event or a natural disaster like a bush fire, flood, cyclone or earthquake.**

In Australia, we're used to floods, storms, fires, cyclones and prolonged drought. Occasionally, severe disasters occur and can catch even the most conscientious and well-prepared people off-guard. Lives and property can be lost with little warning, causing a great deal of heartache and suffering.

Immediately after a serious disaster, you may experience a range of thoughts, feelings and behaviour that can be intense, confusing and frightening. These are common reactions to an extraordinary situation. Most people recover after disasters by drawing on their own strengths and the support of others, and most will gradually rebuild their lives and achieve a sense of wellbeing again.

However, some people may go on to develop a psychological problem. It's important to know the difference between a normal reaction to a stressful or potentially traumatic event and the signs that indicate you should seek additional support.

## Normal reactions

- Feeling overwhelmed.
- Feeling numb and detached.
- Inability to focus.
- Inability to plan ahead.
- Constant tearfulness.
- Intrusive memories or bad dreams related to the event.
- Sleep disturbances.
- Constant questioning – "What if I had done x, y or z, instead?"
- 'Replaying' the event and inventing different outcomes in order to be prepared should it happen again.

These reactions can be severe and are at their worst in the first week after the event, however, in most cases, they fade over a month. If a person's day-to-day functioning is seriously affected for more than **two months after the event**, it's important to discuss it with a GP or mental health professional.

## Beyond a normal reaction

**If you experience any of these symptoms at any time, seek professional help:**

- a sense that the emotional and physical reactions are not normal
- thoughts of ending your life or self-harm
- loss of hope or interest in the future
- avoiding things that bring back memories of what happened to the point where you're unable to carry out day-to-day tasks

- being startled easily, e.g. jumping when a door slams
- feeling overwhelming fear for no obvious reason
- panic attack symptoms: increased heart rate, breathlessness, shakiness, dizziness and a sudden urge to go to the toilet
- excessive guilt about things that were or weren't said and done.

## Dealing with the emotional impact of a disaster

### DO

- spend time with people who care
- give yourself time
- find out about the impact of trauma and what to expect
- try to keep a routine going, e.g. work, study
- return to normal activities
- talk about how you feel or what happened when ready
- do things that help you relax
- set realistic goals – don't take on too much, but try to find goals that keep you motivated
- review and reward progress – notice even the small steps
- talk about the ups and downs of recovery with friends, family and the health professionals involved in your care
- have a plan to maintain positive changes and plans to deal with times of stress or reminders of the trauma.

### DON'T

- use alcohol or drugs to try to cope
- keep yourself busy and work too much
- engage in stressful family or work situations
- withdraw from family and friends
- stop yourself from doing things that you enjoy
- avoid talking about what happened take risks.

**Talk it through with us, we'll point you in the right direction**

**Call 1300 22 4636  
24 hours a day / 7 days a week**

# Yum



## The Positive Hub - Food program

has been implemented at Bulahdelah Central School as part of the student's welfare system.

The initiative was devised to assist students, who were experiencing ongoing challenges within the school environment. The program provided participants the chance to engage in new conversations about their positive achievements in cooking.

The 15 week program required the students to plan, prepare and present a huge variety of foods and beverages. This raised the students awareness of what they could achieve and allowed them to experience success.

The program cumulated with a luncheon prepared by the students for their family, friends and teachers.



The PRIDE shown by the students and the many positive comments received from guests demonstrated the success of the program.

Liz Smith - Food Technology Teacher





**REL. DEPUTY PRINCIPAL:**

**New academic year for secondary students:**

Our new academic year for Secondary students starts Monday, 18th November. All of the Secondary students begin their academic year with new timetables, classes, teachers and curriculum. Students should be prepared to start new courses and have the correct equipment to perform at their best.

The school reports from the 2019 school year should be available in the coming weeks. Our Secondary assembly is on Tuesday, 19th November starting at 6:00pm.



Our special guest for the night will be an ex-student, Heath Francis (BCS Captain 1999). Heath was an Australian athlete who has participated in the 2000, 2004 and 2008 Summer Paralympics. His right arm was amputated at the age of seven as a result of a mincing accident on his family farm in Booral.

**Remembrance Day:**

Congratulations to the staff and students for the organisation and presentation of our Remembrance Day assembly on Monday, 11th November.

**Year 12 Formal:**

Due to bush fires that surrounded our area over the past week, our Year 12 Formal that was to be held on Tuesday, 12th November had to be postponed to a date later in the term. This event is one of the highlights of the school year and culminates the end of the schooling life of our Year 12 students. Once the new date for the formal is confirmed, all students will be notified.

**Spelling Bee:**

After the Remembrance Day assembly, our school conducted the Spelling Bee. It was amazing to see how well our students participated and performed in front of the whole school. Congratulations not only to winners, but also to all who participated.

**Bulahdelah Show Public Speaking Evening:**

On Wednesday, 6th November some very talented and animated public speakers delighted the packed house with engaging speeches.

Students from Bulahdelah Central, St Joseph's, Tea Gardens and Bungwahl competed for monetary awards and trophies.

Congratulations to all the winners and participants who performed on the night. From all accounts, it was a fabulous night, showcasing our talented young public speakers, artists and writers. *Chris Gladys*



<b>TERM 4</b>
<b>Wednesday</b>
<b>3:30pm</b>
11th December

**ORIENTATION DAY  
YEAR 7 - 2019**

**Tuesday,  
3rd December**



## BCS at the Australian Champion of Champions Futsal on the Gold Coast



Students from BCS travelled to the Gold Coast from 7th - 11th of November to compete at the Australian Futsal Champion of Champions. We qualified in the U16 and U19 boys and were granted a wild card entry for the U16 girls team. Training began weeks prior to this prestigious competition.

Once up there and settled into our accommodation, the players were keen to start day one of competition.

Each team was set to play 6/7 games during the rounds. All three teams played well and represented BCS with a never give up attitude against some very difficult opponents. Sadly, we only came away with one win in the U16 boys.

It has been a pleasure to have been coaching these great students and after 2 years finally qualifying at the national level. I know they will never forget such a great trip and experience.

There are so many people that have been a part of this long journey that we would like to thank:

- Bulahdelah P&C Association for donating funds towards the trip.
- Melissa Smith and the Bulahdelah Fishing Club for funds for the trip.
- Sue Robards for many hours behind the scenes.
- The entire BCS SAS (School Administrative Staff) team for collecting notes, money, and details from students.
- George Frangos and Chris Gladys for their continued support.
- Jake Kinnear and Tara Smith for coaching and attending the trip away from their families.
- Staff members for covering classes while we were away.

Hopefully in the future we can work together to qualify at this level again. *Tyson Oakley - Coach/Sports Coordinator*



**DEPUTY PRINCIPAL  
INSTRUCTIONAL LEADER:**

**Swimming School**

During weeks 3 and 4 our students from Kindergarten to Year 6 participated in a highly successful Intensive Swimming School.

Organised by Alex Wills and ably assisted by Jacki O’Connell, students were exposed to ability based lessons to teach our students water safety, water confidence, how to swim and stroke correction for the more able students.

It was wonderful to see the younger students gain confidence in and around the water. While the older students not only gained confidence, they also learnt strategies to assist them to be safe in and around water.

Many thanks to the parents of our school who volunteered their time to make this program happen; and to the staff who drove the bus and assisted at the pool. Thank you also to the Bowling Club for the use of their bus on the second Tuesday. Without community support extra activities such as this scheme would not be possible. Thanks to Alex Wills and Jacki O’Connell for using their Austswim expertise to plan and execute a wonderful program for everyone!

**Bulahdelah Show**

What a wonderful time I had when I attended the Bulahdelah Show Student Evening, which was organised by Bernadette Newton and the Show Society.

I was delighted to be invited alongside Glen Rooke, Principal of St Joseph’s School and Georgia Rose a teacher from Coolongolook Public School to adjudicate the Public Speaking, which included students from all schools in our learning community.

The standard of all the speakers was awe-inspiring, with the adjudicators’ decisions very close and it made it very difficult to choose a winner. Every student that spoke is to be congratulated on their confident efforts. When speaking, you could have heard a pin drop, so engrossed were the audience.

Congratulations to all students and in particular to Grace McRae (Stage 2) and Aiden Miles (Stage 3) who were awarded Public Speaking 2nd placings from our school.

In the Creative Writing section Henry O’Connell took out the Stage Two 1st placing, with his story “The Hole.” Highly Commended placings were awarded to Bailee Gleeson (Stage 3) for her story “Midnight Cat”, and to Blake Matheson (Stage 3) for his bush poetry.

In the Artistic Competition awards received were:

**Line drawing**

- ES1:**        **HC**    Jaxon Styles and Abbie Cassar
- Stage 1:**   **1st**    Ryder Wheaton
- Stage 2:**   **2nd**    Cooper Sams
- Stage 3:**   **HC**    Flynn Guthrie and Katelyn Shepherd

**Painting**

- Stage 1:**   **1st**    Brodie Guthrie
- Stage 2:**   **2nd**    Nikita Wheaton
- Stage 3:**   **HC**    Jye Bailey and Bao Tran

**Collage**

- ES1:**        **HC**    Mathew Haley
- Stage 1:**   **1st**    Levi Cassar
- Stage 2:**   **HC**    Jasper Gibbs
- Stage 3:**   **1st**    Ezra Hammerl
- HC**    Mia Hope and Delilah Newlin

*(HC: Highly Commended)*

Congratulations again to all our students.





## Mathematical Dispositions

As part of professional development being undertaken by Danielle Davy, Naomi King and myself, we asked our students what their mathematical disposition was, by asking "If maths was a food what would it be?" Here are some of the very creative dispositions. You can tell by the answers what students actually think about maths. *Debbie Booth*

**Student 1:** Maths would be vegetables - Yucky!

**Student 2:** Maths is like a pineapple - sour because it is sometimes tricky; sweet because it is sometimes easy; and rough on the outside because it can be challenging at times.


**Student 3:**

If Maths Was A Food ...

Happy meal many different varieties of food, just like how maths has many varieties of solutions and questions.

Happy meal

In a happy meal, you always start with the soft serve ice cream and work your way to the cheese burger, just like how you start with the basics then work your way to the hard stuff.




Some people may dislike or like of the food in a happy meal, just like how some people love maths and some hate it.

When you look at a happy meal, your eyes widen, when you hear your having a maths maths test, your eyes also widen.

**Student 4**

Once you get the hard bit of math, the rest is easy.

Pistachio Nut!



Do it the right way!  
If you eat the nut without cracking the shell, it doesn't taste to good.

getting through the shell can be hard, but once you crack the shell it's great on the inside.

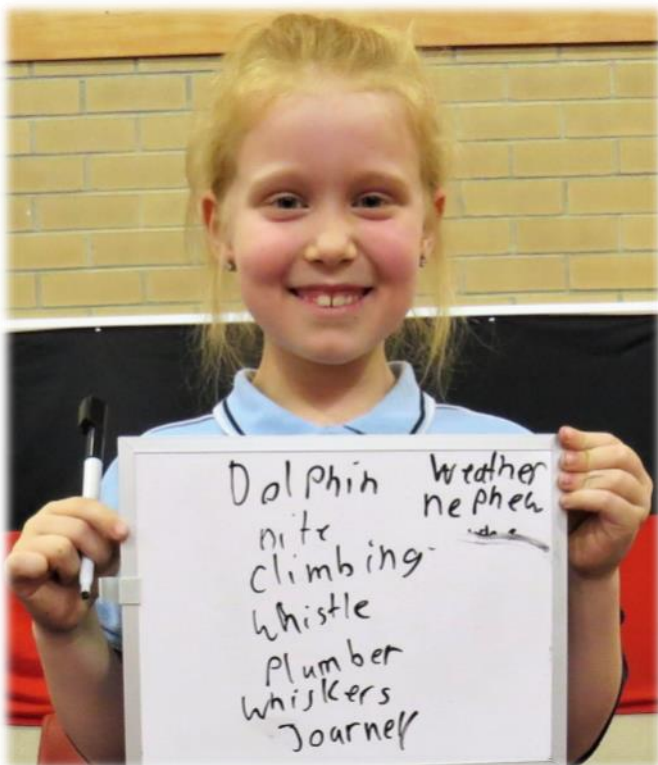
# Spelling Bee



Thanks to all for your support of the Spelling Bee. It was a lot of fun with the new whiteboards. It was also fantastic to use metalanguage lists from teachers.

Great to see the parents, teachers and Secondary students thunderously cheering on the Primary students. Year 2 were phenomenal! Despite all of the bush fire chaos, the competition continued.

A big thank you to Renae Bishop, Mathew Pont and Warren Gibbs for their help organising the Spelling Bee. *Vanessa Shultz - Head Teacher English*



Year	Place	Name
<b>K</b>	1st 2nd	Jaxon Styles Mercedes Godoy Wootton
<b>1</b>	1st 2nd	Jaida Morgan Savannah Dawes
<b>2</b>	1st 2nd	Annabelle Smith Levi Cassar
<b>3</b>	1st 2nd	Jordan Brown Fenix Roller
<b>4</b>	1st 2nd	Henry O'Connell Charlie Matheson
<b>5</b>	1st 2nd	Charlie Garemyn Amethyst Bishell
<b>6</b>	1st 2nd	Blake Matheson Nicky Tran
<b>7</b>	1st Equal 2nd	Arthur Whyman Elise Miles Izabell Read Caily Aberhart Matilda Matheson
<b>8</b>	1st 2nd	Zahli Conroy Amia Murphy
<b>9</b>	1st Equal 2nd	Olivia Smith Oliva Fitzgerald Abbie Smith
<b>10</b>	1st 2nd	Indianna McDonald Reuben Brough



On Thursday, 7th November, Stage 3 went on an excursion to Charles Sturt University Port Macquarie Campus.

Students enjoyed a tour of the campus and participated in STEM (Science, Technology, Engineering & Mathematics) activities. It was wonderful to hear the positive chatter from students about university and their futures.

*Danielle Davy - Primary Teacher*



*“I can’t see a negative to this place”.* Axel Case

*“I think the dorms are awesome, it would be fine to live there”.* Nathaniel Reitsma



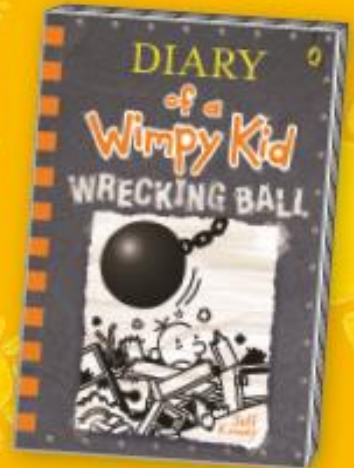
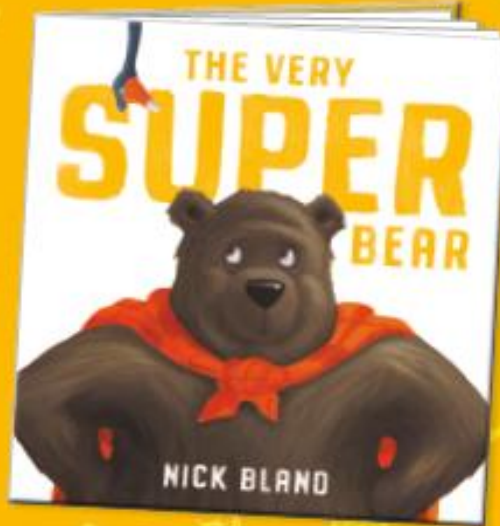
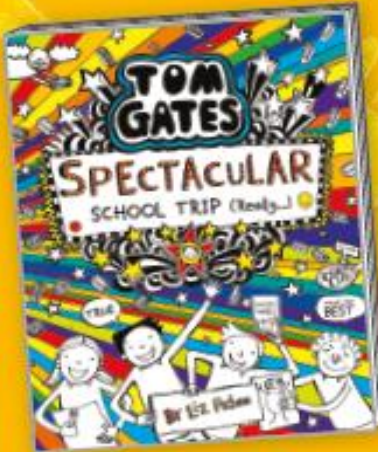
*“The Ozobots were really fun. It was a good challenge.”* Blake Matheson

*“It was such a fun day. I loved playing Pictionary Air”.* Mathew Thompson

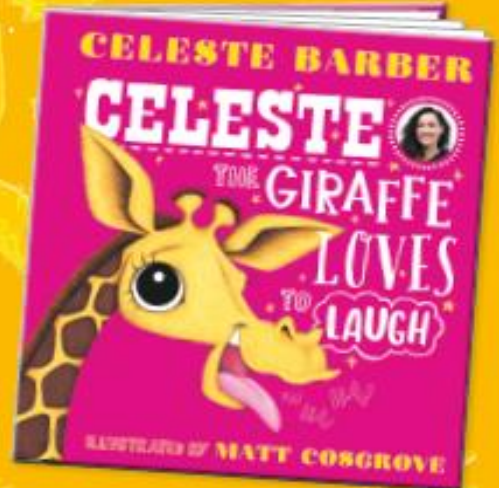


**PULL OUT POSTER**  
Hang me  
up in your  
classroom!

## Grab a **SUPER** SPECTACULAR read!



ORDERS DUE IN BY  
**Monday,  
2nd  
December**



**SCHOLASTIC**

**OUR VALUE BOOKS FOR THIS ISSUE**  
Each issue we offer quality VALUE BOOKS because we believe every child deserves the chance to take home a great book and experience the joy of reading for pleasure.

## LOOP! Linked Online Ordering & Payment

# Australian Government Mobile Service Centre



## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

## Thursday, 5 December 2019

9 am to 4 pm

Near Wade Park, Crawford Street

BULAHDELAH

For more information, go to [humanservices.gov.au/mobileoffice](https://humanservices.gov.au/mobileoffice)

587156/19003





# PRIMARY ASSEMBLIES

## TERM 4

**Monday @ 2:00pm**

Week 7: 25th November

Week 9: 9th December

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

Mon	Chicken Schnitzel & Salad	\$7.00
Tues	Frittata & Salad	\$7.50
Wed	Nachos	\$5.00
Thur	Greek Salad	\$6.50
Fri	Fish Burger	\$5.00

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*



# BULAHDELAH Central School

*Strive to Achieve*

Y  
E  
A  
R



## ORIENTATION

Tuesday, 3rd December

P&C Meeting: 11th December

Next Newsletters for Term 4: 2nd, 16th December

End of Term 4: 18th December



<https://www.facebook.com/pages/Bulahdelah-Central-School>

[www.bulahdelah-c.schools.nsw.edu.au](http://www.bulahdelah-c.schools.nsw.edu.au)

Ph: 4997 4329

***“Teachers are the people who dedicate their entire lives in for just one cause - helping others build their own.”***

