



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

- 20** Years 5&6 Science & Tech.
Future Focus Learning Day
- 27-28** Years 10-12 Sydney Careers Expo
- 28** Years 7-12 Attendance Exc. Ninja Parc
- 30** Years 11&12 State Drama Camp

July

- 1-4** Years 11&12 State Drama Camp
- 3** Years 7-12 Chris Hoare Cup - Gloucester
- 4** K-12 Naidoc & Leadership Assembly
- 5** SRC Aussie Legend Day



Meetings are held at BCS every second Wednesday of the month.

Next meetings are:
14th August
11th September



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



Our 2019/20 elected BCS P&C representatives are:

*President: Aleesha Ray, Secretary: Alisha Smith, Treasurer: Melissa Smith,
Vice President: Edwina Bidwell & Amanda Dodsworth*





PRINCIPAL'S REPORT:

Professional Learning

Last week I was fortunate to attend the annual conference of the NSW Secondary Principal's Council in Sydney. The professional learning was extensive and I had the opportunity to network and share material with colleagues from across the state.

There was a series of guest speakers of the highest calibre. Their expertise and knowledge provided us with information about what is currently occurring in education across the globe. Keynote speakers included Professor Pasi Sahlberg, Dr Judy Willis, Mark Scott, who is the Secretary of the Department of Education and the Minister for Education the Hon Sarah Mitchell.

A series of masterclasses provided us with workshops on a variety of educational topics and cutting-edge programs and strategies. One of the workshops examined the integration of administrative and student systems. It also covered the importance of data exchange with uniform links for management learning systems. With these systems in place this provides an educational foundation for the assessment and reporting processes in schools. I was able to incorporate this to how we use our third party software Sentral at Bulahdelah Central School and how we can improve on our systems.

One of the presenters at the conference was a mathematics teacher, Eddie Woo of Cherrybrook High School. Many of you would know him from the ABC television series 'Teenage Boss' or from his YouTube channel Wootube. He examined the purpose of education and asked the thought provoking question: "What is the fundamental reason why we teach?". Focus areas covered included the multiple roles of teachers when engaging with students at school. Teachers are expected to oversee student academic growth, social development, psychological well-being and vocational skills.



P&C AGM

I would like to acknowledge and thank the outgoing Parent and Citizens leadership team for their commitment and hard work in supporting our students and the school.

I would especially like to thank the outgoing President: Belinda Cunningham. *George Frangos*



**Education
Standards
Authority**

2019 HSC Timetable has been released by NESA (NSW Education Standards Authority)

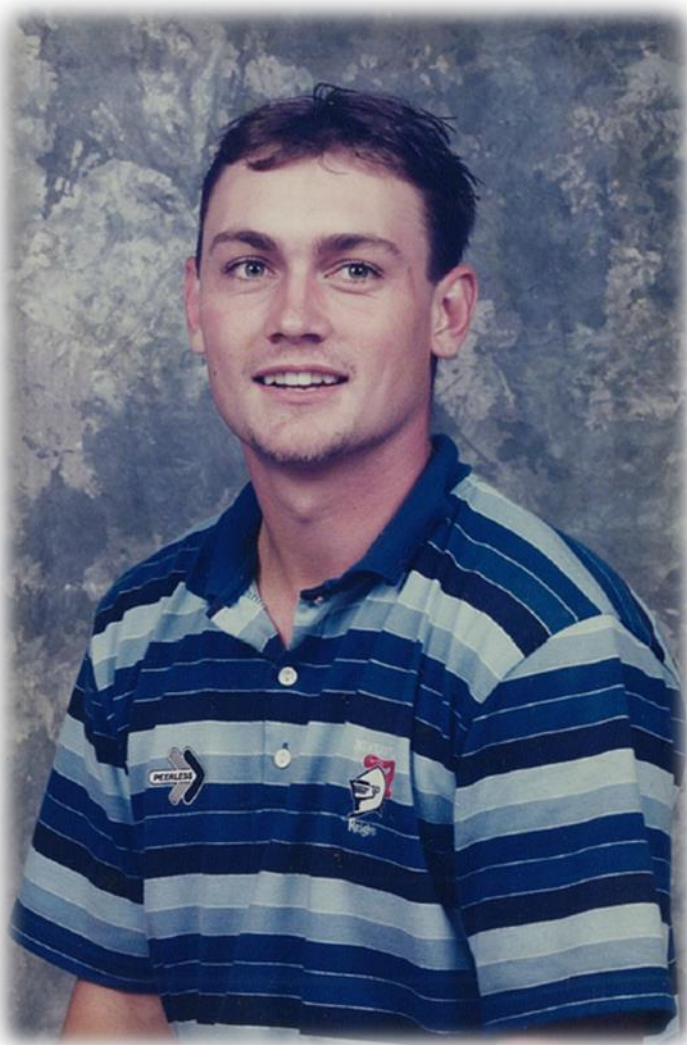
Students in Years 11 and 12 sitting exams can access their own individual timetables by logging into <https://studentsonline.nesa.nsw.edu.au/>

The whole **written exam** HSC timetable can be found on the NESA website <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables/hsc-written-exam-timetable>

Students can see Linda Drenkhahn in the Careers Office for assistance accessing and printing their timetable. *Linda Drenkhahn - Careers Advisor*

Assessment Tasks Due Term 2

TERM 2	Week 8	Week 9
Year 9	Geography	Food Tech.
Year 10		History Food Tech.
Senior Vertical Curriculum	Exploring Early Childhood	Ad. English



Chris Hoare Rugby League Cup between Gloucester High and BCS.

Chris Hoare was a student at Bulahdelah Central School from Kindergarten through to Year 12. Chris's parents, well-known local identities Steve and Jenny, were always very proud of Chris's achievements and gave great support in all his endeavors as did his younger brother Brenton.

Chris was born in February, 1976 and tragically died in a car accident on 27th December, 1996. BCS decided, under the guidance of teacher Damien Keen, to celebrate Chris's achievements by playing matches in the Under 14 and Open Team categories against Gloucester High School each year. The inaugural match was played on 20th May, 2004, refereed by Bill Harrigan, well known former referee.

Chris was a capable and hardworking student who achieved to his potential academically and achieved his Higher School Certificate in 1994.

He also took on various roles within the school by being a member of the Student Representative Council, participating in school musicals and fundraising activities. However, it was at sport that Chris excelled. His potential was evident during his Primary school years when he was the Junior Boys Athletic, Tennis and Swimming Champion. In secondary school he represented BCS in athletics and Cross Country at Zone level and also in football.

In 1993 while in Year 11 Chris was selected to the Manning Zone Open Rugby League Team and continued his school sporting achievements by being the 17 Years Boy Athletics Champion as well as the School Sportsman of the Year.

In 1994, as a Year 12 student, Chris was Hunter Region representative in the Open Rugby League team. Other sporting achievements include competing in the Bulahdelah King of the Mountain triathlon an endurance race (1983 & 1984) which he successfully completed, both times being the youngest to finish. His Indoor Cricket Team won the Winter Competition and he was Under 16 Years Taree Old Bar "Best Back" in 1992.

Under the headline of "Big Future for Local Footballer" in a local newspaper, it was announced that a young Bulahdelah footballer had been picked to play against Queensland and Western Australia. Chris Hoare, a member of the Under 18 Rugby League team which regularly played in the Tea Gardens/Hawks Nest-Bulahdelah area each week was picked to play with the Newcastle Under 18 representative squad against Queensland Under 18. This match was held at Lang Park and played before the third test against New Zealand in 1993. During this match, he scored the winning try for Newcastle. Following that match Chris was picked to play in the Under 17 Newcastle representative squad to play against Western Australia on 17th July, 1993.

In 1994 he played in the Under 19 Country Championship at Coffs Harbour and in September, 1994 Chris received confirmation of his selection in the Newcastle Knights Jersey Flegg Summer Training Squad.

The Chris Hoare Cup will be held on Wednesday, 3rd July at Gloucester sporting fields. Hopefully we will be able to bring the cup home this year.



REL. DEPUTY PRINCIPAL:

Success

Even though the school term is coming to an end quickly, students and staff are still engaged in learning opportunities every day.

Our students have been busy participating in:

- ◆ Manning Futsal
- ◆ Taree Eisteddfod
- ◆ Primary Debating
- ◆ Regional Cross Country
- ◆ Various band musical performances
- ◆ Years 5&6 Science and Technology days
- ◆ RYDA (Rotary Youth Driver Awareness)
- ◆ Tea Gardens opening of Parliament
- ◆ WHS White Card training
- ◆ Taste of Tafe
- ◆ Stage 3 Aussie Bush Camp
- ◆ Year 7 Orientation camp at Toukley.

In all of these activities our students have performed exceptionally and represented the school with PRIDE.

Over the following week, students will be voting for their school captains and SRC (Student Representative Council) members for the following 12 months.

Bus Travel

Over the past few weeks it has come to the school's attention that some students have been banned from travelling to school on the bus. All students must behave in a safe and proper manner whilst travelling on the bus. The safety of fellow students, the bus driver as well as themselves, is a priority. It is important that all students behave themselves correctly at all times when travelling on the bus.

If students are not travelling on their regular Busway service (this includes travelling to football training or sleeping over at a friend's home) they are required to pay full fare.

If you have any concerns about fares for the bus journey, please contact Kevin Price at Busways on 4997 4788. *Chris Gladys*



School bus safety tips

Bus travel is one of the safest ways to travel to school, but accidents occur most before and after the bus journey.

Learn how to stay safe in and around buses with these tips for students, parents and drivers.

Tips for students

While on or near a school bus, students should:

- Cross the road where and when it is safe to do so.
- Wait for the bus in a quiet and orderly manner.
- Remain in your seat, or if standing, remain behind the front passenger seat and hold on tight at all times.
- Keep bags and other items out of the aisle.
- Wait until the bus stops moving before getting off.
- Listen to directions from the driver.

Tips for parents

You can assist your child to become a safer bus traveller. Remember:

- Wait for your child on the same side of the road as the stopped bus.
- Never call for your child to cross the road to meet you.
- Supervise your child and hold their hand to and from the bus stop.
- Discuss what to do should your child miss the bus or catch the wrong one.

Practice how to cross the road safely with your child. Remember:

- **WAIT** on the footpath until the bus has driven away and choose the safest place to cross.
- **WATCH** until there is no traffic or the traffic has stopped.
- **WALK** across the road, turning your head both ways to look and listen for traffic.

FOR SALE

**2006—25 Seat Mitsubishi Rosa Bus Diesel
(155,139km)**



**Second-hand School Ride On Mower & Deck
(Husqvarna PF21AWD)**



Please send any tenders in a sealed envelope marked Bus/Ride On Mower to the school by 3.30pm Friday, 21st June.

Only reasonable tenders will be considered.

If you would like to inspect the bus/mower please ring the school on 49974 329 to organise a suitable time.





Modelled United Nations Assembly 2019

Friday, 31st May and Saturday, 1st June saw Bulahdelah Central School return to MUNA (Modelled United Nations Assembly) in

Muswellbrook supported by the Rotary Club of Myall Lakes. The representatives, Seleana Murphy and Westleigh Richardson, were originally going to be the delegates from Mexico, but due to a double up of countries, became delegates from the Republic of Poland.

The Modelled United Nations Assembly is an interesting and entertaining debate where teams of 2 students are assigned a country and they had to debate actual UN resolutions from that country's perspective. An example would be the "moratorium on the use of the death penalty," which was debated at this assembly. The delegates from the US and China spoke and voted against banning the death penalty, but Poland, Germany and other countries voted for it.

Seleana and Westleigh debated exceptionally well as it is not a traditional style debate, where you have ample time to prepare. Nations usually have time to work together to promote world peace and form negotiations. When they spoke, they did it with belief, conviction and as proud representatives of Poland.

Congratulations go to Iran (Toronto High School) for winning overall and representing the Rotary district in Canberra at the National MUNA. Egypt (Newcastle High School) who were runners up, and Israel (Merewether High School) for getting the peace prize.

For any students in Years 9-11 who would like the chance to go next year, please let Mr Gladys know. *Cordel Murphy*





Students travelled to Taree and joined with Chatham High School to successfully complete their Work Health and Safety Construction Induction (White card). It was a comprehensive course and students should be congratulated for their diligence and conduct during the day.

White Card is the common name for the 'Prepare to Work Safely in the Construction Industry CPCCWHS1001' training course.



At a White Card training course, you will learn about Australia's legal requirements for workplace health and safety on a construction site. Students learnt:

- How to identify a safety hazard.
- How to report a safety issue on a worksite.
- What measures should be taken to reduce the risk of accident or injury.
- How to correctly respond to a workplace health and safety incident.



Taste of TAFE at Newcastle where BCS students had the opportunity to find out about TAFE course options for the future.

The workshop programs, expose Year 10 school students to TAFE TVET and mainstream course offerings.

The day consisted of presentations from several different faculty areas and gave the students the opportunity to experience the courses available to them as either subject choices for their Years 11 and 12 Higher School Certificate studies at school, options that are available at TAFE after school hours, or when they finish school. *Linda Drenkhahn- Careers Advisor*

Rotary Youth Driver Awareness



Last week our students had the opportunity to participate in the RYDA Road Safety Education program at Taree. This program has been developed for young people, who are soon to be drivers and passengers on our roads. This program gives them the tools they need to identify risks factors, develop strategies to keep themselves safe and think about their approach to driving.

Throughout the day our students attended 5 workshops where they observed a demonstration of the relationship between speed and stopping distance.

They also spoke with a local crash survivor and police and analysed a real crash scenario to identify the risks and choices that contributed to the crash and how it could have been avoided. They also discussed how their own personality can play a role in the choices they make as drivers and passengers in a car.

Feedback from our students was encouraging and a step in the right direction for them evaluating their choices and identifying ways to keep themselves safe. *Jody Mostyn - Teacher/Librarian*



Good for Kids good for life

CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Good for Kids good for life

24HOUR MOVEMENT GUIDELINES

Australian Government
Department of Health

Have you **moved** enough today?

SLEEP
• 5–13 year olds need 9–11 hours per night.
• 14–17 year olds need 8–10 hours per night.

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day – the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.



K-6 BCS

NAIDOC & LEADERSHIP ASSEMBLY



**VOICE
TREATY
TRUTH** 07 - 14
JULY 2019

Lets work together for a shared future.

THURSDAY, 4TH JULY 10:30AM



DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

The Importance of Physical Activity

With many reports raging in the media this week, stating that perhaps 10,000 steps per day was over-doing it (yes I'm a Fitbit addict), I thought *"No! It's not that hard to reach 10,000 steps every day to keep me fit and active."*

This term the K-6 staff have taken on 20 minutes of physical activity with their classes immediately after recess. We have had very positive comments of how much more focused the students were following participation in physical activity.

So on Tuesday, during Week 6, the K-6 staff invited Matthew Ryan from Hunter New England Health, to 'put us through our paces.' Following discussion around statistics and the new Physical Education-Health and Personal Development Syllabus that will be mandatory in all schools next year, we had the chance to get out and try some games and energisers that we could use with our students. And can I say we have never laughed so much whilst learning new skills.

So what are the benefits of physical activity and sport for our children?

- **Long-Term Health Benefits**

It's all over the news and everywhere you look: there is an obesity epidemic amongst children. This can cause risk factors for 'adult' diseases like Type 2 Diabetes and high blood pressure. Regular involvement in sports and physical activity is one of the best ways to protect our kids from these conditions.

- **Activity for Activity's Sake**

Participating in sports and being accountable to a group provides children with constructive, trouble-busting structure and has been shown to reduce criminal mischief, including drug use, among children.

- **Social Networking (Minus the Online account)**

Sports often provide a ready-made social network for our kids and camaraderie without the screen time.

- **Encouraging Sportsmanship**

Winning and losing is part of any sport. Children who take part in sports learn the delicate arts of winning graciously and losing well. Being able to shake hands with the competition, no matter what the outcome of an event, serves children well into their adult lives.

- **Understanding the Nature of Commitment**

Whether for an hour a week, or three hours a day, most sports require a commitment from children to attend regular practices, team meetings, and games. When kids dedicate their time and energy to a sport that they like, they learn important lessons about commitment.

- **Building Self-Esteem**

Children develop positive self-esteem through accomplishments. Sport gives children opportunities to learn, achieve, and feel good about themselves through skill development and goal-oriented activities.

- **(Academic) Performance Enhancing**

According to researchers at Michigan State University's Institute for the Study of Youth Sports, young people who play sport perform better in school than those who don't. Rather than serve as a distraction, participation in sports teaches children to focus their minds on a task at hand and to manage their time effectively.

- **There is No "I" in Team work**

Children learn all sorts of valuable social lessons through sport. For younger players, sharing the ball, listening to teammates, and following group rules are fundamentals of good play. Being part of a group and learning to accept coaching is one of the most valuable benefits of sports for older kids.

- **Perseverance & Persistence**

Children who participate in sport face disappointments, defeats and injuries. Those who learn to take setbacks in their stride and dust themselves off for the next round benefit from life lessons in perseverance and persistence.

- **Working Towards a Goal**

Involvement in sport provides children with experience in breaking long-term goals into short-term objectives. Commitment and perseverance are honed as young people cast aside the instant gratification of their earliest years. They then work toward goals that are only achieved through long hours and hard work.

So as the old saying goes *"Active body, active mind."*
Debbie Booth

30TH OPENING OF PARLIAMENT:

On Wednesday, 12th June, our school leaders and aspiring leaders from Years 5 and 6 accompanied Chris Gladys and Debbie Booth to the 30th Official Opening of Parliament at Tea Gardens.

Students who attended were Matthew Lee, Kyesha Jobson, Chilali Baggins-Cuppitt, Bonnie Minns, Isabella Sumner, Tayla Tassell, Blake Matheson, and Nate Reitsma.

From all accounts the students enjoyed the procedures of the parliament opening and witnessed both school ministers and students suggesting ideas to ultimately improve their school. Both Chris and Debbie were very proud of the way the students conducted themselves. Congratulations! *Debbie Booth - Deputy Principal, Inspirational Leader*

A school parliament provides an opportunity for students to be involved in school governance and decision making. They are a group of democratically elected students who represent the views of all students at their school. The parliament provides an opportunity to:

- Involve students in democratic processes and decision making within the school;
- Demonstrate the importance of representation and active involvement in the school community;
- Democratically elect student representatives;
- Develop student leadership and communication skills;
- Give a forum for the presentation of student ideas and opinions on school policies that directly impact students;
- Improve the school community by addressing student issues and concern;
- Support the teaching of the Australian Curriculum Civics and Citizenship stand.





PRIMARY ASSEMBLIES

TERM 2

Monday @ 2:00pm

Week 9: 24th June



Mon	Chicken Parmigiana & Salad	\$7.50
Tues	Stuffed Potatoes	\$6.50
Wed	Cob Loaf	\$6.00
Thur	H/Soy Chicken Wings & F/Rice	\$7.00
Fri	Kebabs	\$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 - 4:10pm

Also Week A lunch times on

Monday, Tuesday, Wednesday & Friday

Primary and Secondary students welcome.

Kim Rigley - Teacher

OR

Tea Gardens Library

Wednesday afternoons

3:15pm - 4:45pm

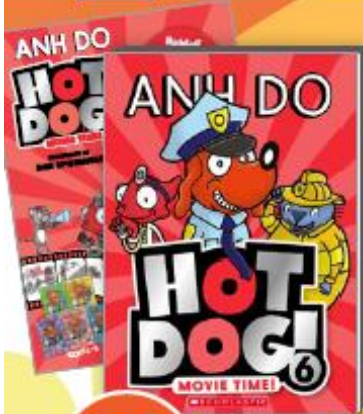
Primary and Secondary students welcome.

Carol Johnson - Librarian

ISSUE
4
TERM 2
2019

Book Club

PULL OUT POSTER
Hang me
up in your
classroom!

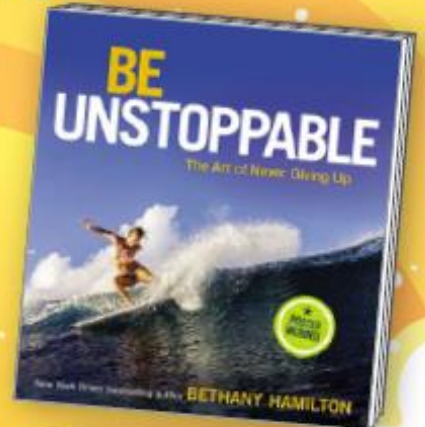


FREE
poster
included

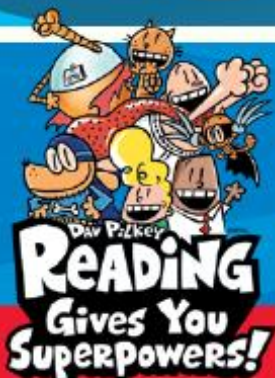
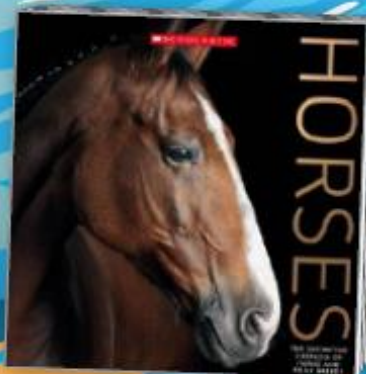
Design a hat
WIN a book pack!
[scholastic.com.au/
nowthatsahat](http://scholastic.com.au/nowthatsahat)

Ride an *Unstoppable* Reading Wave

**WITH THESE
ISSUE 4 BOOKS!**



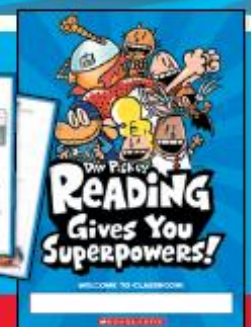
ORDERS DUE IN BY
Friday, 21st June



To help bring reading alive in your classroom,
you can download a **FREE** copy of the

**DAV PILKEY'S
READING GIVES
YOU SUPERPOWERS! KIT**

scholastic.com.au/readingeventkit



 **SCHOLASTIC**

LOOP! Linked Online Ordering & Payment



Bulahdelah agency

Junior savers getting ahead. With Bendigo Student Banking.

For our kids, learning something new is often easier the younger they start. Whether it's ballet lessons, skiing, or kicking the footy, beginning at a younger age can reap big rewards.

The same applies for learning to save.

That's why at Bendigo Bank we run our Student Banking Program and offer our Bendigo PiggySaver Account. Designed specifically for primary school children, it's an ideal way to introduce kids to the basic concepts of savings, budgeting and money.

With no account keeping fees, no transaction or government fees and no deposit restrictions – plus a host of fun games and rewards for young account holders – a Bendigo PiggySaver Account makes saving easy.

So, if you're looking to encourage your own junior saver at home, consider opening a Bendigo PiggySaver Account for your child – it could really pay off for their future.

Opening an account is simple. All you need is your child's birth certificate and Medicare card.

Drop into your nearest agency at Bulahdelah Post Office, 88 Stroud Street or phone 4997 4283.



Student Banking will be collected in the front office every Tuesday morning. A staff member from the Post Office will collect the banking box every Friday and return it Monday.

 **Bendigo Bank**
Bigger than a bank.

bendigobank.com.au

ID of parent/guardian required. This material contains general advice only. Please consider your situation and read the T&Cs available in branch before making any decision. Bendigo and Adelaide Bank Limited (ABN 11 068 049 178, AFSL 237879). A232491 (453536_v1) (12/02/2019)





P_{ositive} B_{ehaviour} for L_{earning}

Positive Behaviour for Learning (PBL) is implemented to improve the learning and wellbeing of all students in all school settings.

Positive Behaviour for Learning is a whole school approach for creating a positive, safe and supportive school climate in which students can learn and develop. This approach involves the school community working together. Students are empowered to participate in decision-making through active involvement in the school's leadership of PBL.

All staff are responsible for teaching the behaviour expectations, providing consistent positive feedback to students. They also deliver consistent corrective feedback and consequences when expectations are not followed. The entire school, including the classrooms, corridors, canteen, school gates and buses, is considered part of the total learning environment.

Schools implementing PBL organise their systems to establish the social culture, learning and teaching environment. They also provide individual behaviour supports to achieve positive academic and social outcomes for all students. While key practices will be similar in every school, each school designs their own approach based on their context, resources and the outcomes that are important to their school and community. Schools only use those practices and strategies that are effective in their local context.

Each school develops a continuum of support that promotes student learning and wellbeing for all students. Importantly, students have access to more support when they need it. The continuum emphasises prevention and early intervention and includes:

- Tier 1 Universal prevention: school-wide and classroom systems for all students, staff and settings
- Tier 2 Targeted interventions: small group systems for students at-risk behaviourally and academically
- Tier 3 Intensive interventions: systems for students with high-risk behaviour and/or learning needs.

When PBL is implemented well, a safe and supportive learning environment is provided for all students. Students and staff benefit from:

- increased academic instructional time for students
- improved social climate of the school
- increased numbers of students displaying positive behaviours
- support for students, teachers and families which is matched to their needs
- systems that support an instructional approach
- consistent delivery of effective programs and practices that are sustained over time.





BULAHDELAH Central School

Strive to Achieve



**VOICE
TREATY
TRUTH**

07 - 14
JULY 2019

Let's work together for a shared future.

K-12

NAIDOC & LEADERSHIP
ASSEMBLY

Thursday, 4th July 10:30am

P&C Meetings Term 3: 14th August & 11th September

Next Newsletter for Term 2: 1st July

End of Term 2: 5th July



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

www.bulahdelah-c.schools.nsw.edu.au

Ph: 4997 4329

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

Margaret Filipek

