



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

September

- 23-24 Year 10 Zoo Snooze
- 24-25 Year 9 Food Tech. Cake Decorating
- 26 Year 12 Graduation Assembly
Nursing Home Band Performance
- 27 Last Day of Term 3

October

- 16 Kinder Orientation
- 21-25 Year 8-10 Yearly Exams
- 23 Kinder Orientation
- 25 Day for Daniel
- 28-31 Primary Water Safety Program



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

Next meetings are:
16th October
13th November
11th December



Like us on

Facebook

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BCS ASK, R U OK?





PRINCIPAL'S REPORT:

I would like to acknowledge and thank all staff and students for their continued commitment and hard work throughout the term.

It's been a very busy and rewarding term for all. I would also like to thank parents/carers, volunteers and community members, and our P&C for their continued support of the school.

Have Your Say on Before and After School Care. The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, a parent web form has been established by Service NSW that will enable parents to tell the department about their specific care needs. This will enable you to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery. This will help to ensure the extra places are delivered where they are required. Have you say today at <https://www.service.nsw.gov.au/basc>.

Scholarships for future teachers are now open. The NSW Department of Education is offering a range of scholarship opportunities for high achieving students entering teacher education degrees after their HSC. Applications are now open for 2020 scholarships for future teachers.

The scholarship programs for future teachers offer a range of benefits, including financial support whilst studying. It will also guarantee a permanent teaching position in a NSW public school on successful completion of studies.

The scholarship programs for future teachers include:

- Teacher Education Scholarships
- Teacher Education Scholarships - Aboriginal
- teach.Rural Scholarships

The teach.MathsNOW Scholarships site is now open for parents and carers.

Do you know an industry professional or current university student in a career area requiring tertiary studies in mathematics, e.g. engineering, accounting, finance or IT - who would make a great secondary mathematics teacher?

The teach.MathsNOW Scholarship offers an opportunity to change career paths and retrain as a mathematics teacher in a NSW public school.

teach.MathsNOW scholars will receive up to \$50,000 in equivalent upfront course contribution fees. Paid part-time employment during studies and a guaranteed permanent teaching position in a NSW public school on successful completion.

To find out more about these and other great opportunities, please visit the teach.NSW and follow the teach.NSW social channels (Facebook, Instagram, Twitter). *George Frangos*

	TERM 4	
	Wednesday 3:30pm	Wednesday 6:30pm
16th October		
	13th November	
11th December		

Assessment Tasks Due Term 3/4

TERM 3/4	Week 10	T4 Week 1
Year 7	Mathematics Art (Clay Building)	
Year 9	PDHPE 9/10 PASS PASS English Agriculture Child Studies	Photography
Year 10	PDHPE 9/10 PASS PASS	



Staff, students and
parents would like to
wish the Year 12
students of
2018/2019
all the best for their
exams and the future.



Tia Bishell, Laurence Bray, Hayley Chalker, Ben Cole, Charlotte Collins, Jreaytaine Davis, Ashleigh Dorney, Olivia Evans, Liam Garemyn, Georgia Gillett, Caitriona Hawes, Madison Hurtado, Montana Johnston, Benjamin Lewis-Ayliffe, Emma McLoughlin, Kya Morrison, Molly-Mae Perry, Joshua Petrak-Swann, Emily Roberts, Georgia Roberts, Lachlan Rutter, Imogen Stewart, Josie Sullivan, Brooke Towers, Jordyn Watt



REL. DEPUTY PRINCIPAL:

This week our Year 12 students complete their formal schooling at Bulahdelah Central School. On Thursday, 26th September, we will celebrate their achievements with the formal assembly after 13 years of education. We wish them all the best in their future directions.

Both Year 11 and Year 12 will not have any formal classes in the first 5 weeks of Term 4 as they will be sitting their HSC exams in the subjects that they have studied this school year. If they require any assistance in those subjects before their exams, they should make arrangements with their teachers beforehand. In the last few weeks senior students have been either performing or handing in major projects for their respective subject which contributes to their HSC overall mark. Well done to those students.

Grandparents Day & Special Friends Day

Last Friday, 20th September, our annual Grandparents and Special Friends day was held in the Primary.

It was nice to see lots of grandparents and special friends visiting our school to witness their grandchildren working and/or performing in various activities. Congratulations to all involved.

R U OK? Day

Last Thursday, 19th September, our SRC (Student Representative Council) conducted a day activity which involved students and staff dressed in yellow to mark the R U OK? day. At recess, the SRC also conducted a cake stall to raise money for this very important organisation. The students were made aware of how important it is to consider other students feelings and to ask, "R U OK?" Students were reminded that this was not only for this special day, but to support people who may be struggling with life's ups and downs every day of the year.

Years 8 to 11 Subject Selection

Subject selection notes for the school year 2019/20 have been sent home for Years 8 to 11 for students and parents to peruse, select and sign. Please return these notes to me by the end of next week so we can finalise subject selections. *Chris Gladys*





Thursday, 12th September, Bulahdelah Central School participated in national R U OK? Day; the national day for mental health awareness and suicide prevention. The purpose of this day is to encourage and inspire everybody to meaningfully connect with the people around them and to start a conversation with anyone who may be struggling with life.

R U OK? Day is an important day as it is removing the stigma around mental health. By drawing attention to these issues, we are providing a safe space for people with mental health issues to talk and open up about their feelings.

Our school held a fundraiser to raise money and awareness for this cause. We encouraged students and teachers within our school community to wear yellow clothes or accessories and bring a gold coin donation.

In addition, we held a stall where we sold homemade cupcakes with yellow icing and yellow lollipops with an R U OK? card attached.

As well as raising funds, the students were all given a lesson about well-being awareness. They were shown the signs of someone who is struggling and how to find appropriate help. Students were taught the four step program of:

- Ask R U OK?
- Listen.
- Encourage action.
- Check in.

If you require help with any of these issues you can contact:

Lifeline 13 11 14

Kids Helpline 1800 301 615

Casey Connell - SRC Co-ordinator



HSC Major Industrial Technology Work



Jacob Anderson - River Table

Modern designed River table made from Sydney Blue Gum. Lock model joints have been used to construct the side legs. Resin has been used to create the 'River' effect down the centre of the table. LED lights are installed underneath the table to emphasis the 'opaque' resin effect. The table has 2 hidden push-to-open drawers. Project is finished in tung oil.



Jake Billinghamurst - Pool Table

New twist on an old design. This modern pool table has been created from Victorian Ash, with inserts of Sydney Blue Gum. Handcrafted bent legs with turned corner designs. The table has its own ball return system that returns the balls to 2 drawers that are carefully crafted into the sides of the project.

Table finished with Mirowax.



Jreyetaine Davis - Hall Table

Traditional designed hall table made from Brush Box and Camphor Laurel timbers. Tabletop has a laser cut inlay of a map of New Zealand cut into the Camphor Laurel and it has been matched out with contrasting Brush Box. The table consists of legs that have been turned on the lathe and 3 drawers.

Finished in Mirotone Water Base.



Liam Garemyn - Lift Top Coffee Table

Modern designed coffee table with a herringbone inspired pattern inlaid top, made from Tasmanian Oak and Sydney Blue Gum. Frame of the table is constructed from Victorian Ash and American Cherry timber. The table consists of a lift top with gash strut hinges and drawers with joints that consists of dovetails and finger joints.

Finished in Mirotone Water Base and Mirowax.



Benjamin Lewis-Ayliffe - King Size Bed

King bed built from Sydney Blue Gum with Tasmanian Oak inlays. Project has been designed in a panel system for the bed to be dismantled and able to be transported. The bed has 4 large drawers that have been constructed with finger joints and have push to open drawer runners. The bed head contains 2 nooks for storage. Finished with Mirowax.



Molly Perry - Dressing Table

Contemporary designed dressing table constructed from Victorian Ash timber with Sydney Blue Gum insert strip. Table contains 3 drawers with soft close drawer runners and a modest upright mirror. Finished in Mirotone Water Base and Mirowax.



Primary Industry Fencing - Taree



Years 11 and 12 Primary Industries students travelled to Taree in week 7 to complete their Install, Maintain, and Repair Farm Fencing competencies and to achieve 2 days of work placement. Students removed and replaced a boundary fence with prefabricated hinge joint and barbed wire fencing. Their efforts were much appreciated by the property owners. Special thanks to our Farm Assistant John Barry who without his expertise and guidance the project could not have been completed. *Brent Smith - Rel. Head Teacher TAS*



Daylight saving will begin again in NSW on **Sunday, 6th October 2019**, when clocks will go forward one hour at 2:00am.

Daylight saving ends in NSW on **Sunday 5th, April 2020**, when clocks go back one hour at 3:00am.



STATE ATHLETICS

2019 NSW All Schools Championships

Angus Devon (Year 10) and Ginger Harrison (Year 8) competed at the NSW CHSSA (Combined High School Sports Association) Secondary Athletics Championships recently held at Sydney Olympic Park Athletic Centre earlier this month.

Ginger won the Bronze Medal in the girls 14 years high jump with a leap of 1.58m. Angus finished in the top 14 of the state in both boys 15 years discus (35.57m) and shot put (11.67m).





BCS WORLD CUP SOCCER



Friday, 13th September saw the annual World Cup Soccer competition take place under sunny skies and mild temperatures. A total of 8 teams and 90 students contested a round robin knockout competition. Twenty games were played between the countries to determine who would play in the World Cup Final.

Spain and Belgium were knocked out early and favourites, France suffered a shock loss in the semi finals.

After some very close games and a penalty shoot out, Germany and Scotland were declared the finalists.

Unfortunately the Friday, 13th 'hoodoo' struck and the final was postponed until the following Monday.

In very hot conditions the Germany team scored early and managed to come away with a 3-1 victory.

The winning team consisted of the following students: Sasha Middleton, Cobe Edwards, Toby Barry, Isaac Mitchell, Camran Bailey, Ashleigh Mitchell, Annie Sullivan, Angus Devon and Bailey Middleton.

Congratulations to all players who participated for their excellent effort and sportsmanship and thank you to the senior SLR (Sport, Leisure & Recreation) class who organised and played in the competition. Thank you also to the teachers who assisted in refereeing and crowd control. *Robert McCann - PDH Teacher*





Future Moves has grown from CSU's commitment to lift participation in higher education by students from disadvantaged backgrounds.

It is a program for school students who have the potential to succeed at university, but may come from families with little or no experience of higher education. We introduce them to the world of university study; communicate the benefits of higher education and addresses perceived barriers and encouraging them to become more confident in considering tertiary study as a realistic option in their career.

Future Moves aims to:

- lift aspiration for university study;
- introduce the idea of a career and lifelong learning;
- raise awareness of post school options;
- demonstrate pathways and options;
- increase students' educational attainment whilst at school and
- engage with parents to help them support their children in their post-secondary choices.

The Future Moves team works in partnership with schools and their communities, bringing together University and industry partners to create a suite of engaging interactive activities for students in Years 5 -12. The team also work closely with local indigenous communities to develop activities specifically designed to encourage the participation of Aboriginal and Torres Strait Islander students.

CSU Future Moves Team visited from the Port Macquarie Campus during Week 8 to deliver engaging workshops with Years 5, 6, 7 and 8.

Year 5 participated in a workshop called 'Who Am I?', designed to inspire students to think about their interests, goals and potential careers using ipads and QR scanners.

The **Year 6** students did a role play where they read and interpreted job clues to dress a student mannequin in appropriate clothing and props and report back to the group.

Year 7 engaged in a highly practical STEM workshop designed to get students competitively working in teams to creatively come up with solutions to problems.

Year 8 enjoyed a fun spin on the board game 'The Game of Life' that got students thinking about the rewards of work. *Linda Drenkhahn - Careers Advisor*



Year 6 Role Playing



Year 7 STEM Workshop



MACQUARIE University

Macquarie University Rising Stars Aboriginal Leadership Camp is an opportunity for Aboriginal and Torres Strait Islander leaders to immerse themselves in University life. It enables students to consider their career options and develop their leadership skills.

Walanga Muru hosts an annual three-day leadership camp for Aboriginal and Torres Strait Islander Year 10 students. Students experience activities that develop their leadership skills, cultural knowledge and future aspirations.

Khloe Middleton and Sally Curnow from Year 10 were successful in gaining one of 70 places from 135 applications. Students from across NSW, from Brewarrina in the west to Casino in the north participated in a variety of activities across the 3 days including lectures, dance, language, Aboriginal history and Truths and Myths of university. The girls had some great ideas and information to share with their peers on their return to school. *Linda Drenkhahn - Careers Advisor*

Walanga Muru means 'follow your path' in the language of the local Darug people and is responsible for a whole of university approach to Aboriginal and Torres Strait Islander success through the following strategic initiatives:

- Baduwa (Aspire) – Unlocking the capacity and building the aspirations of Indigenous students and staff through increased access to and opportunity, for tertiary education.
- Manawari (Discover) – Developing cultural capability and discovering new and innovative ways of embedding Indigenous knowledges and perspectives into curriculum to support Indigenous students and staff in the discovery of new paradigms.
- Djurali (Evolve) – Empowering Indigenous students and staff to evolve, to be responsive to change and to embrace the entire world, stimulating progress.





DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

As term three is quickly coming to a close and it's time for those dreaded exams and trials, I thought about what it was like when my children went through the HSC process. It became a conversation all about "I need a score of to be accepted into". I must say with my youngest son, it drove me absolutely mad. For weeks we had piles of books and study papers stacked in neat piles from the front of the house to his bedroom. Woe betide if you even moved those piles a centimetre – even to vacuum. It would cause a riot! I couldn't wait for those exams to finish and get our house back to some normality, (if there is ever such a thing). The ability to study effectively is not easy to master. Here are a few simple tips that may assist you in this demanding time.



- **Pick a place and time:** It's never too early or late to develop good study habits. Make sure you set up your study space so it is quiet, comfortable and is distraction-free. Find the best time for you, whether it is in the morning or evening, everyone is different.
- **Study everyday:** You can set an alarm to remind you about your plans and it may help you to stay on track. Use a wall planner or post-it note to mark on a calendar of when and what you will be focussing on. Make a to-do list to break down your tasks into manageable chunks, and set time limits so you don't feel "brain-dead."
- **Review and revise:** Get a family member or friend to quiz you on key concepts in the subject of study. Make your own study materials such as questions or flashcards.
- **Take breaks:** It is important to take breaks. Working too long on a task can actually decrease your performance. Go for a walk around the block or a quick coffee with a friend to help you re-energise.

- **Ask for help:** If you're stuck on something, or something just doesn't make sense, you can always ask for help. Talk to your teachers if you don't just understand, they are only too happy to help you.
- **Stay Motivated:** Keep in mind the reasons why you are doing all this hard work, like a course or career you are working towards.
- **App it Up:** There are many study apps out there to assist you with all aspects of study, e.g. iTunes Collections page, which is linked to the Australian Curriculum.
- **Look After Yourself:** You will study better if you take care of yourself. Make sure you eat well and get enough sleep and exercise. As they say "a healthy body, a healthy mind."

These are only a few tips of things you can do to get the most out of studying. You might already have other things that work better for you.

Whatever it is, whatever the strategy you come up with, when you find something that works for you, put it into practise and go for it! We'll be right there to support you. *Debbie Booth*

Texas A&M's Academic Success Center Study Tips

1

GET ENOUGH SLEEP



so that your brain has the opportunity to consolidate new knowledge.

2



BREAK STUDY TIME INTO SMALL CHUNKS

Space your learning over multiple days.

3

Know Your Body. Study when you are at your **MOST ALERT.**

4

TURN HEADINGS INTO QUESTIONS

and read paragraph by paragraph for comprehension.



5

TEST YOURSELF FREQUENTLY

when you study, so you can practice retrieving information.



PRIDE Voucher Awards

A big appreciative thank you to Phil Nelson-Marshall from the Lady Jane Motor Inn, who is providing our school with two pizza vouchers each week, to support our Positive Behaviour for Learning program here at BCS.

The recipients of these vouchers are students from our school who display our PRIDE Values (Participation, Respect, Innovation, Determination and Excellence) not as a 'one off', but everywhere, any time. Students who had been nominated for a PRIDE Award during the week, were placed into a draw for the vouchers.

Our first recipients to be selected from a draw for these fabulous vouchers are Ruby Abraham from Kindergarten and Seleana Murphy from Year 9.

Ruby has been recognised for her positive attitude to her schooling and always being a well-mannered, enthusiastic class member. Seleana receives her voucher for her outstanding attitude, contribution and participation in all facets of her school involvement. Congratulations to these two model students. *Debbie Booth - Instructional Leader*



FUN FREE ACTIVITIES FOR ALL AGES

Wednesday 2 October - Creatures of the Night

Saturday 5 October - Discovering the Dunes

Thursday 10 October - Squirrel glider habitat tree planting

Sunday 13 October - Wild Whales

Wednesday 23 October - Dawson River Ramble

Saturday 26 October - Tales of the River

This project is made possible by the MidCoast Environmental Special Rate

EXPLORE WITH AN EXPERT



For more information or to book for any of these events visit midcoast.nsw.gov.au/ReportCard



Bulahdelah Cricket Club is taking expressions of interest for

**Junior Cricket
and
Woolworths Cricket Blast.**

If anyone is interested, please contact:
Geoff Matheson 0400 487237 or
Erin Matheson 0428 457367

Kindergarten Orientation

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:

16th October 11:00am to 1:40pm
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.

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

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. Courtney Rodgers - Kindergarten Teacher



Bulahdelah Preschool Fundraiser



With over 100 specialty stores including food, fashion and homewares, Rhodes Waterside IKEA is the perfect destination for a day of shopping. The best part is you don't have to worry about the city traffic or parking, it's all taken care of when you book your seat on the bus for the Bulahdelah Preschool fundraiser.

When: Sunday, 20th October
Where: Bulahdelah to Sydney
Time: Early departure TBA

Tickets will be \$50, with a \$30 non-refundable deposit, to secure your seat on the bus.

So get in quick by leaving your deposit in an envelope with your name and phone number and hand in at Bulahdelah Preschool or Café on Main. You can also transfer money to the Preschool account;

BSB: 721-000
Account: 100017009

All funds raised will go directly to the Bulahdelah Preschool. Everyone is welcome (adults only) There are only 57 seats available on the bus so book early.

Paul Spiteri (bus driver) is happy to have a pick-up point from Newcastle Oak Factory for family and friends coming from Newcastle.



PRIMARY ASSEMBLIES

TERM 4

Monday @ 2:00pm

Week 3: 28th October
Week 6: 18th November
Week 9: 13th December

(End of Year - time to be advised)



MIDCOAST
council

FREE FUN ACTIVITIES

2019 Waterways and Catchment Report Card

LAKE SIDE Living Museum

Curious kids and adults are invited to explore hands-on fun activities at this pop-up museum.

- Discover plants and animals of Wallis Lake
- Nature art workshops
- Interactive catchment model
- Water quality testing with visiting scientists
- Gathang dancing
- Worimi cultural walks
- Wetland tours
- Talks by National Parks Discovery Rangers
- Games

WHEN Sunday 29 September
9am - 12pm

WHERE Wallis Lake foreshore near the Pacific Palms Recreation Club

- * No need to book, just drop in and join the fun anytime.
- * Children must be accompanied by an adult at all times.

**EXPLORE
WITH AN
EXPERT**



We're holding a series of free events throughout October
Visit our website for details and bookings

midcoast.nsw.gov.au/reportcard



ACTIVE KIDS
CLAIM YOUR \$100 VOUCHER TODAY
 SPORT.NSW.GOV.AU/ACTIVEKIDS

JOIN THE FUN

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN NEW SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.

Bulahdelah Cricket Club Cricket Blast (for ages 5+)

Monday 14th October – 16th December (4.15pm – 5.30pm)

Venue: Jack Ireland Sport Complex Bulahdelah

Contact Erin Matheson on 0428 457 367 for more details

Register online by searching for 'Bulahdelah Cricket Club'

**JOIN THE FUN AT YOUR LOCAL CENTRE
 REGISTER AT PLAYCRICKET.COM.AU**

B

**BIG BASH
 INSPIRED**

L

**LEARN
 THROUGH
 PLAY**

A

**ALWAYS
 ACTIVE**

S

**SKILL
 DEVELOPMENT**

T

**TIME WITH
 FAMILY**



BULAHDELAH Central School

Strive to Achieve



Year 12 Graduation Assembly

Thursday, 26th September

P&C Meetings: 16th October; 13th November; 11th December

Next Newsletters for Term 4: 21st Oct; 4th, 18th Nov; 2nd, 16th Dec

End of Term 3: 27th September



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

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

Ph: 4997 4329

***“Where your talents and the needs of your students meet,
there lies your calling as a teacher”***

Robert John Meehan

