

Value of the Week

Determination. We work towards quality, success & recognition in a persevering manner. Do you keep on working towards your goals?

Cancellations

- Year 5/6** Canberra Camp
- Year 7** Toukley Camp
- Year 10** Jindabyne Camp



8 Meade Street, Bulahdelah 2423
Phone: 4997 4329 Fax: 4997 4512
bulahdelah-c.school@det.nsw.edu.au





PRINCIPAL'S REPORT:

This continues to be a difficult time for us all and I envisage further challenges as we continue working through the phased approach to schooling. At all times the well-being and health of our students and staff is paramount. I thank you for your enduring patience and support.

I acknowledge it has been a difficult time for parents/carers through the remote learning phase, as it has been for students and staff. New ways of teaching and learning have been introduced during this time to meet the challenges we have had to face due to COVID-19.

Thank you to all staff at Bulahdelah Central School who have been phenomenal during these difficult times, you are all amazing. With changing guidelines and requirements during COVID-19 we have to change daily structures on a regular basis, sometimes at short notice. I would like to acknowledge and thank Debbie Booth and Georgina Cunich who have spent countless hours on daily organisation and timetabling across the school.

HSC Minimum Standard tests

New South Wales Education Standards Authority (NESA) has provided more opportunities for students to sit the HSC Minimum Standard tests.

Year 12 students who have yet to meet the HSC minimum standard can now sit each minimum standard reading, writing or numeracy test six times in 2020.

NESA recognises students may have had their access to the online tests limited due to the COVID-19 pandemic. They have made this decision to ensure students have a fair and reasonable opportunity to sit the short, online tests.

The number of calendar days between reattempts has been reduced to 14 days for Year 12 students in 2020.

I would like to acknowledge the incredible work that Kim Rigley is performing in supporting students with the HSC Minimum Standard tests.

What is being done to ensure schools are safe during the phased return?

Schools were sent additional provisions of soap and hygiene supplies, such as hand sanitiser.

In addition to daily general cleaning, there has been extra hours allocated for enhanced cleaning of the school.

In addition to daily general cleaning, schools have been allocated an additional 25% of cleaning hours each day to ensure that high touch surfaces are thoroughly cleaned every day. This includes a thorough wipe down of targeted areas including hard surfaces, door handles, light switches and handrails in stairways and movement areas. This will continue for as long as required. *George Frangos*



MINIMUM LITERACY AND NUMERACY STANDARD:

WHAT YOU NEED TO KNOW



From 2020, students need to demonstrate a minimum literacy and numeracy standard to be eligible for the HSC



There will be multiple opportunities to pass online reading, writing and numeracy tests before and after the HSC



Early identification and support for students most at risk of not achieving the minimum standard is available under the NSW Literacy and Numeracy Strategy



Students with Band 8 or above Year 9 NAPLAN results in reading, writing and numeracy will prequalify for the minimum standard



Some students, including those studying Life Skills courses, will not need to meet the minimum standard to be awarded the HSC

Health Care heroes



Thank You
TO OUR
HEALTHCARE WORKERS



Thank you so much for all your hard work and support during this difficult time.

Your humility, kindness, and strength are greatly appreciated. Thank you for being our nation's guiding light in the face of this adversity.

You are our heroes.



REL. DEPUTY PRINCIPAL:

Captain and SRC Elections

We are starting the process of nominating for the Secondary School Captains and School Representative Council elections for 2020/21.

If your child is interested in nominating for any of these positions, they should collect a nomination form from their particular Year Adviser and return the completed form to myself by the due date. See below the Term 2 Election Timeline.

Allocated Days

Please check the roster below for allocated days for Years K-12 for Week 4.

Thank you and stay safe in these trying times. *Chris Gladys*

SRC Election Timeline Term 2 2020

Week 3	Year 11 Meeting – Captaincy Nomination process explained and forms distributed to interested Year 11 students
Week 5	Throughout week – Year Meetings with 7 – 10 where nomination process explained and nomination forms distributed to interested students. Friday – Captaincy Nomination forms due
Week 6	Friday – 7– 10 Nomination forms due for submission.
Week 7	Executive Interviews with Year 11 Captain Nominees. SRC evaluation of 7 - 10 Applications.
Week 8	Monday – Prospective Captains present speeches to Assembly Tuesday – Voting in Roll call for 7 – 11 Nominees. Wednesday – Friday – Tallying process.
Week 9	Successful candidates notified.
Week 10	Induction of Captains and SRC Representatives at Formal Assembly.

Week 4 18/5 to 22/5	MONDAY B	TUESDAY B	WEDNESDAY B	THURSDAY B	FRIDAY B
PRIMARY	Year 3/4 Sofie Dorney	Year 2/3 Kayla Hunter	Year 5 Jackie O’Connell Danielle Davy	Year K/1 Alex Wills Year 1/2 Warren Gibbs	Year 6 Rod Pye
SECONDARY	Year 7 In addition: Stage 6 Chinese Beginners Georgina Cunich English Standard (Year 12) Vanessa Shultz Kate Deaves Support Classes Robyn Grey Micheala Sawtell	Year 8 In addition: Stage 6 Biology Natalie Stanfield English Studies (Year12) Kate Deaves Standard Mathematics (Year12) James Vriesinga Visual Arts Sue Cross	Years 11 & 12 In addition: Stage 6	Year 10 In addition: Stage 6 Hospitality Elizabeth Smith Visual Arts Sue Cross Photography Tara Smith Construction Jake Kinnear Drama Vanessa Shultz Indus. Tech Brent Smith Advanced Mathematics (Year 12) Andrew Watt	Year 9 In addition: Stage 6 Visual Arts Sue Cross Construction Jake Kinnear Drama Vanessa Shultz Indus. Tech Brent Smith

Due to the Corona Virus restrictions we are unable to predict what will be happening in Week 5 at this stage. If restrictions are lifted we will notify parents via Facebook.

A managed return to school

Phase 1



1 day a week



4 days a week

Keep learning from home. You're doing great!



Schools will remain open for students who need them and no child will be turned away



Bring a packed lunch and water bottle



Keep your distance



Parents and carers, stay in the car for drop offs and pick ups



Visit education.nsw.gov.au/learning-from-home to support your child's learning



Follow health advice and keep your child home if they are unwell



For full details, visit education.nsw.gov.au/managed-return



HSC MAJOR WORKS



Senior Vertical Curriculum Industrial Technology students are back to school and hard at work constructing their Major Projects.

Students are showing their resilience and determination and not letting the current situation stop their desires to complete their designs. Designs include; a dresser, a bed, an entertainment unit, a Ibanz guitar and a resin river flow coffee table.

Students are making the projects from timber species such as Victorian Ash, Sydney Blue Gum, Forest Oak, River Gum, American Cherry, and a variety of mixed eucalyptus species.

They are utilising a variety of building techniques that include lamination, dovetail joint, finger joints, domino machining, steam bending and jig building, to build their projects.



These major works need to be completed by Thursday, 27 August (Week 6 Term 3). Due to the Covid-19 Virus, the major works will not be marked by the Board of Studies markers as in previous years. Instead, they will be marked in Week 7/Week 8 of Term 3 by a panel selected from qualified BCS teachers.

The students and myself, would like to thank Chris Gladys, Jake Kinnear and Dave Rose for giving up their free time to assist and guide the students during the early stages of their major projects.
Brent Smith – Relieving Head Teacher TAS



Keep Up the
Good Work!



HOSPITALITY COFFEE COURSE



Year 12 students completing the hospitality course at school are also undertaking Barista training. As part of this training, students are required to develop skills in preparation and customer service. BCS Hospitality students are learning how to prepare and use the espresso coffee machine to create a variety of coffees such as espresso, latte, cappuccino and macchiato.

Students are learning about industry standards for strength, taste, temperature and appearance as well as the characteristics of the different styles of coffee.

The skills these students are developing will assist in preparing them for future employment in the hospitality industry. It is a great way to break into the industry if you don't have any prior experience.





It has been an invaluable experience for students to receive coffee orders from staff. This gave provided feedback on the strength, taste, temperature and appearance of the coffee and the service provided.

The class is very grateful to the staff for their willingness to be the taste-testers of all the coffees made. *Liz Smith - Hospitality Teacher*

Enjoy
your
Coffee





Years 7 and 8

have been busy with their Art ISO Challenge. They had many tasks to complete, and here are some of the creations they have come up with.

Task 1: Make an alien out of food, Lego or junk.
Alien - Abbey Van-Veen
Spider Alien - Emily George

Task 2: Free Choice Origami pets - Mya Hawkins

We definitely have some very creative and talented students!



HSC & BEYOND

Virtual Careers Expo

WEDNESDAY 27TH TO SUNDAY 31ST MAY 2020

WEDNESDAY 24TH TO SUNDAY 28TH JUNE 2020



VISIT VIRTUAL STALLS
CONNECT WITH HIGHER EDUCATION PROVIDERS
ACCESS HSC STRATEGIES FOR SUCCESS

IN OUR INTERACTIVE ENVIRONMENT YOU CAN



Live chat with NSW universities and Higher Education Providers.



Book a time to speak to specific faculties or course advisors.




Participate in live Q&A sessions with expert HSC teachers, career advisors & other experts.




Participate in webinars, view recordings and download resources across all major HSC subjects.

REGISTRATION IS FREE
FOR ALL STUDENTS, PARENTS & SCHOOLS.

 inspired.edu.au/hscbeyond

 info@inspired.edu.au

 1300 677 336



**DEPUTY PRINCIPAL
INSTRUCTIONAL LEADER:**

Breakfast Club Support

Last week I had the pleasure of delivering a certificate of appreciation to the Manager of Coles at Tea Gardens. The certificate was in recognition of the weekly donation of goods made by Coles to support our Breakfast Club. Coles has been doing this now for several years as part of their community participation programs.



Paul (the manager) was very pleased to receive this acclamation in what he said, "has been a trying time for everyone and how lovely it is to receive some positive thanks." Paul then hung the certificate on their new Community Noticeboard- the first to be hung there!

Whilst our school is not able to have its regular community helpers in due to the current situation, teachers have been manning the kitchen, toasting up delicious cheesy toasties on Thursday and Friday mornings for our students. However, we look forward to welcoming back our community helpers when circumstances allow us.

Primary Classes Return for a Day

This week saw our Primary classes return to school for one day per week. It was exciting for teachers to catch up with some of their students they had not seen for some weeks. The students were also as excited to see their friends. A reminder of the designated days, as at this stage we are only allowed 10 students in a classroom.

- Monday 3/4 (Sofie Dorney)
- Tuesday 2/3 (Kayla Hunter)
- Wednesday Year 5 (Jackie O'Connell/Danielle Davy)
- Thursday K/1 (Alex Will) and 1/2 (Warren Gibb)
- Friday Year 6 (Rod Pye)

When the students come to school they will be given their work booklet for the upcoming week, and begin completing some tasks while at school.

If your child is unable to make their designated day, booklets will be left in the undercover bike racks at the front of the school for collection between 9am and 3pm. If your child needs to attend school on any other days, it is very important that their workbook is returned to school with them.

A reminder also, if your child has any library books at home, they can bring those along with them and a time will be arranged for returning and borrowing books whilst they are at school.

Fantastic Art

During the week some students worked with Hayley Nicholson to complete some Mandala Nature art. According to the students it was fun to get outside and scrounge for some interesting items to use in their artworks. You will have to agree that the artworks look superb.



Flexible Home Learning

Again many thanks to the parents who have been juggling their days to assist their children with their learning. We know it is a very difficult task. From many conversations a favourite saying at the moment is "You're not my teacher!"

Once again, there were some fantastic uploads into the Google classroom from students. These were two I couldn't go past this fortnight:. Ajay's spelling words made with pipe cleaners.



Henry's answers and research from "Beth: Story of a Convict Girl."

- 1 Beth was sent to the penal colony because she stole a dress and a top.
- 2 Beth met Molly on the ship and their friendship began because Molly had no mother or father and Beth kept her safe.
- 3 The author was talking about the Aboriginal people when he said the natives.
- 4 Mr Brady was their on-board surgeon. He made them collect firewood and dig up rocks and dig a garden bed and get muscles and berries.
- 5 I learnt that she was a very kind mother and was very poor. She also died of a fever.
- 6 Molly's illness was she was very tired, that she went very pale and got dark splotches on her. I think the author is describing smallpox.
- 7 At the end of the story I felt quite sad because Molly died and Beth had no one to be friends with and Beth would have gotten sick too.

Debbie Booth

CORONAVIRUS PREVENTION



AVOID



KEEP CLEAN



DISINFECTANT



SYMPTOMS AWARE



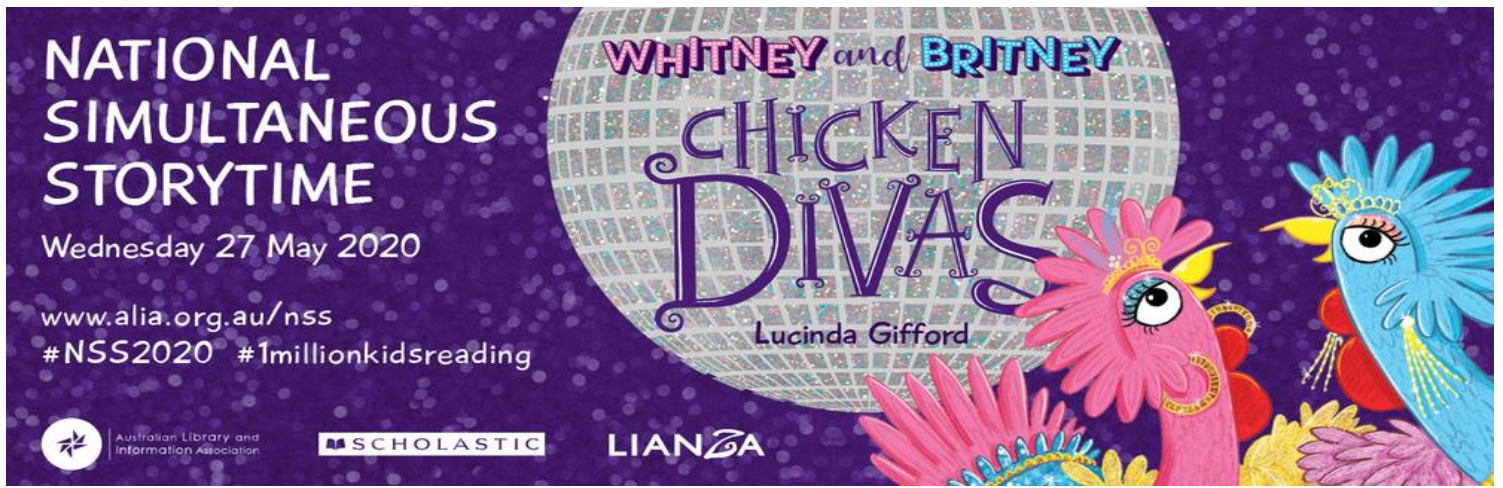
Unfortunately the decision has been made to cancel all major excursions for 2020. This Includes;

Year 5/6 Canberra Camp (31/8 to 4/9)

Year 7 Toukley Camp (10/6 to 12/6)

Year 10 Jindabyne Camp (2/8 to 7/8)

Payments made for these excursions will be credited to your child's account for future payments. However, if you require a refund please contact the office to discuss arrangements. *Melissa Smith - School Administration Officer*



National Simultaneous Story time (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 20th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy. An Australian children's book is selected that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

By facilitating NSS we aim to:

- promote the value of reading and literacy,
- promote the value and fun of books,
- promote an Australian writer and publisher,
- promote story time activities in public libraries and communities around the country,
- and provide opportunities to involve parents, grandparents, the media and others to participate in and enjoy the occasion.

This year NSS takes place on **Wednesday 27 May 2020 at 11:00am** and we would love it if you could join us by sharing Whitney and Britney Chicken Divas written and illustrated by Lucinda Gifford. Everyone can join NSS, it doesn't matter whether you are at home, a school, a public library or even a university library!

Register to participate - (it's free)

On Monday 25 May 2020 we will send you a variety of electronic downloads to support your NSS event. Please note, digital presentations of the book will only be available until Friday 29 May 2020.

"Whitney and Britney are two gorgeous chooks who live alongside Dora von Dooze. But Dora is perplexed - why do her dear chickens seem to sleep all day long? Dora decides to snoop. She follows the chooks out at night to the local jazz club where she discovers, to her amazement, that they are Whitney and Britney: Chicken Divas!"

Written and Illustrated By: Lucinda Gifford



Lucinda Gifford is the author and illustrator of many well-loved books for kids. Her books include The Cat Wants Custard series written by P Crumble

(Notable, Children's Book Council of Australia, CBCA awards 2017 and 2018), the Chook Doolan series by James Roy and The Adventures of Princess Peony series by Nette Hilton (Shortlisted in the 2019 Speech Pathology Awards).

Her picture book Dogasaurus was a Notable in the 2019 CBCA awards.

As well as Chicken Divas, Lucinda's most recent work includes a new junior fiction series with Emily Rodda - Monty's Island, and Saved!!! a picture book collaboration with Lydia Williams, goalkeeper for the Matildas. Lucinda Gifford is the author and illustrator of many well-loved books for kids. Her books include The Cat Wants Custard series written by P Crumble (Notable, CBCA awards 2017 and 2018), the Chook Doolan series by James Roy and The Adventures of Princess Peony series by Nette Hilton (Shortlisted in the 2019 Speech Pathology Awards).



Do It For Dolly Day's anti-bullying message more important than ever during COVID-19 isolation

The second Do It For Dolly Day looked vastly different in light of COVID-19 restrictions, but the message is the same: everyone can still say yes to kindness and no to bullying held on Friday, May 8, and beyond.

With more young people than ever before online across Australia, awareness and prevention of bullying has never been more important.

This month, eSafety Commissioner, Julie Inman Grant revealed that higher use of the internet during the COVID-19 crisis has been accompanied by a 40 per cent spike in reports to eSafety across its reporting areas.

Last year, thousands of families, schools and workplaces were awash with blue as Australia stood together against bullying for the inaugural Do It For Dolly Day.

Dolly Everett was only 14 when she took her life in January 2018, following relentless and sustained bullying and cyber-bullying.

Her parents, Tick and Kate Everett, created the Dolly's Dream organisation, determined that no other family would suffer from the same devastation.

"We can't ask people to come together like last year but fostering a sense of community and togetherness is more important than ever," Kate said.

"Kindness is at the core of everything we do. We believe that through kindness we can create a sense of community and together, we can combat bullying." *Queensland Country Life*

What can I do?

We know that at the moment coming together looks a little different. But what that also means is that a sense of community and togetherness is actually more important than ever.

Together, we made not only Friday 8 May a day of kindness, but everyday. Big or small, what's most important is to make the effort. Here are some acts of kindness you could consider:




- Call to check in on a family member/friend or send them a friendly text message.
- Make a music playlist or card for someone you care about.
- Cook a meal for the people in your house.
- Write a positive online review for a small business.
- Start an online fundraiser.

We're also asking families to come together to take the DigiPledge. The DigiPledge is an online educational challenge that teaches families how to make good choices online. Kids are spending more time online now than ever before, so it's even more important that we educate and empower our kids – and ourselves – with the knowledge needed to be safe and respectful online. <https://dollysdream.org.au/do-it-for-dolly-day>



Resources for Families During Remote Learning

If you or your child needs to talk to someone...

Name	About	Phone	Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane
	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
QLife 	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3PM - Midnight	Webchat 3PM – Midnight https://www qlife.org.au/resources/chat
1800RESPECT 	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome

Name	About	Phone	Online
Carers NSW 	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.org.au/how-we-help/support/carers-line/
Mental Health Line 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx
	Child Protection Helpline	13 21 11	https://reporter.childstory.nsw.gov.au/s/mrg

If you are looking for an app to support you or your child...

Name	About	Website
 Calm Harm	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
 Clear Fear	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
 ReachOut Worry Time	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
 ReachOut Breathe	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
 Smiling Mind	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
 WellMind	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

Are you in danger?

If you, or someone you are with is in immediate danger please call:



or

go to your nearest hospital emergency department



COVID-19 & MENTAL HEALTH DAILY STRATEGIES



Work Space



Routine



Activity



Time & Energy Management



Accessibility



Connectivity



Resources



Support

ARE YOUR CONTACT DETAILS UP-TO-DATE?



Weeks 4 and 5 the canteen will be open for recess and lunch orders, with a limited menu.

Hot food will only be available if ordered before 9:00am.

Drinks, chips and muffins will still be available to purchase at recess and lunch.

The limited menu is as follows:

Recess

Party Pies	\$1.50
Party Sausage Rolls	\$1.50
Goujons	\$5.00
Wedges	\$5.00
Nuggets	\$5.00

Lunch

Pies	\$4.80
Sausage Rolls	\$4.50
Spaghetti Bolognese	\$5.00
Beef Burger	\$5.50
Chicken Burger	\$5.50





www.myallcoastlac.org.au

**Myall Coast Little Athletics Centre
Annual General Meeting
Monday, 25 May 2020 7:00pm
(Zoom meeting due to Covid-19 unless
circumstances change then it will be hosted
elsewhere)**

As you are all aware most sports are run by volunteers, usually parents, and here at Myall Coast Little Athletics Centre we call on a lot of help from you all which is greatly appreciated. We have just ended our 2019/2020 season, but are already thinking of next season.

We are having our Annual General Meeting on Monday, 25 of May and must have an executive committee of 5 people to continue running as a group. We are calling on people to step up and take a role on the committee. It can be an executive or a minor role, we just need numbers and helpers to continue running next season. We have been a bit light on the committee now for some time so we really need YOU!

Roles aren't too daunting and as a committee these are made lighter and help is always there. I have currently finished my 10th year as a committee member and I have done it so the children of our community have some different sport in the area. Unfortunately I have had my time and I won't be continuing and it is now time for someone else to step up.

Athletics offers a great diversity of activities within the group and it caters for all ages and abilities that's why I love it and wish for it to continue here. Please think seriously about helping out in some way.

Below are a list of positions that need filling so please come along to the AGM on Monday, 25 of May at 7pm via a Zoom meeting (unless otherwise notified).

Positions at Myall Coast Little Athletics Centre

President
Vice President
Secretary
Treasurer
Registrar
Officer for Championships
Officer for Results/Records
Officer for Equipment & Grounds
Officer for Canteen
Officer for Publicity
Officer for Fundraising
Officer for Uniforms
Officer for Health & Safety
Officer for Social Media
Officer for Website Administration
Officer for Tiny Tots

Please consider and continue little athletics well into the future. Any questions please call Melisa Brown Secretary MCLAC on 0437 970 685.



BULAHDELAH Central School

Strive to Achieve



K-6

School Photos

Tuesday, 16th June

(to be confirmed)

Next Newsletters for Term 2: 1st, 15th, 29th June

End of Term 2: 3rd July



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

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

Ph: 4997 4329

***“We never know which lives
we influence, or when, or why.”***

Stephen King

