

October

- 21** Kindergarten Orientation (TBC)
- 22** Year 2 Assembly
- 29** K-6 Day for Daniel



November

- 9-30** HSC Exams
- 11** K-12 Remembrance Day Assembly
- 12** Year 3-4 Assembly
- 30** Year 7-11 Presentation

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





PRINCIPAL'S REPORT:

COVID Update

Bulahdelah Central School still remains on Level 3 restrictions.

Masks/face coverings

Masks or face coverings are required in:

- all indoor and outdoor settings for all staff
- indoor settings for students in Year 7 and above.

Masks or face coverings are recommended for:

- outdoor settings for students in Year 7 and above
- indoor and outdoor settings for primary students.

Visitors

Non-essential visitors are not permitted in schools.

Parents should:

- maintain physical distancing by avoiding gathering outside school gates
- remain outside school grounds
- follow mask-wearing requirements and sign-in using the Service NSW QR code when entering the school for pre-arranged meetings or visiting administration block.

Attending school

Students must not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have isolated for 10 days, when no medical certificate is available
- they have a negative COVID-19 test result and are symptom free.

In circumstances where children or staff have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

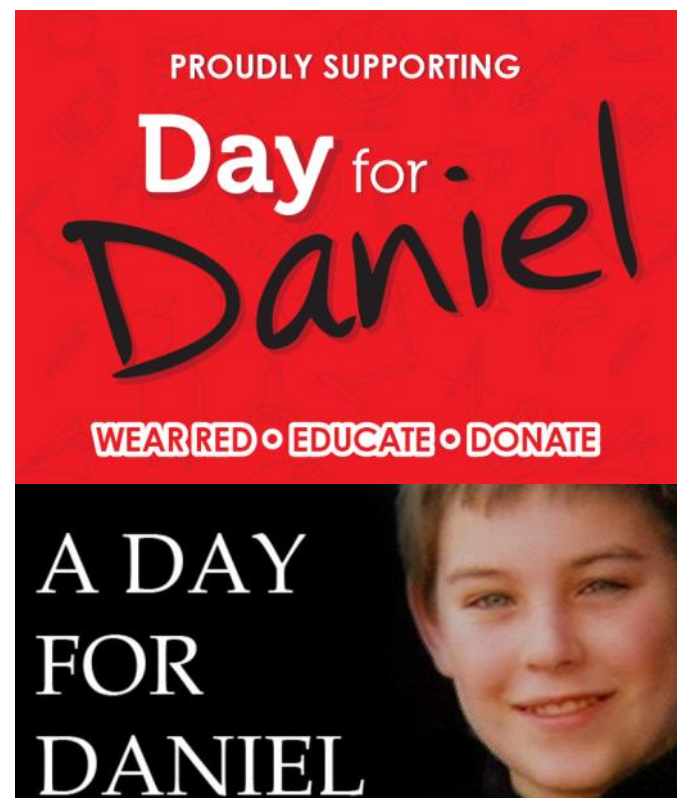
Cleaning

Current cleaning regimes will continue on school sites. Target areas include high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas. Enhanced cleaning is delivered as part of the daily cleaning of schools.

Staff Leaving

Unfortunately we are farewelling two staff members who will be sadly missed by all students and staff. To Elizabeth Smith thank you for your commitment to the students of Bulahdelah Central School as a Food Technology and Hospitality teacher. Your professionalism and dedication to the teaching profession has been demonstrated through the consistent outstanding results in the HSC for Hospitality. To Kevin Stephens thank you for your dedication in supporting students at Bulahdelah Central School as an SLSO (Student Learning Support Officer). Your ability to work with students in encouraging and supporting them to complete tasks is much appreciated. To Elizabeth and Kevin all the best for the future. *George Frangos*

Assessment Tasks Due		
Term 4	WEEK 2	WEEK 3
Year 7	English	History Visual Arts
Year 8	Visual Arts	English Technology Mandatory
Year 9		English Photography Visual Arts



2021 HSC Written Exam Timetable • Week 1

Monday 8 November	Tuesday 9 November	Wednesday 10 November	Thursday 11 November	Friday 12 November
–	HSC Day 1	HSC Day 2	HSC Day 3	HSC Day 4
	English Advanced Paper 1 – Texts and Human Experiences 9.50am – 11.30am English Standard Paper 1 – Texts and Human Experiences 9.50am – 11.30am English Studies 9.50am – 12.30pm English as an Additional Language or Dialect (EAL/D) Paper 1 – Module A and Focus on Writing 9.50am – 11.30am	English Advanced Paper 2 – Modules 9.25am – 11.30am English Standard Paper 2 – Modules 9.25am – 11.30am English as an Additional Language or Dialect (EAL/D) Paper 2 – Module B and Module C 9.25am – 10.30am Listening Paper 10.40am – 11.10am*	Economics 11.25am – 2.30pm Classical Hebrew Extension 11.30am – 1.30pm	Classical Greek Continuers 9.25am – 12.30pm Software Design and Development 9.25am – 12.30pm Textiles and Design 9.25am – 11.00am German Continuers 9.30am – 12.30pm Spanish Extension 9.30am – 11.30am
	Aboriginal Studies 1.55pm – 5.00pm Chinese and Literature 2.00pm – 5.00pm Chinese in Context 2.00pm – 4.40pm Classical Greek Extension 2.00pm – 4.00pm	Music 1 Aural Skills 1.55pm – 3.00pm* Music 2 Musicology and Aural Skills 3.25pm – 5.00pm*		Modern History 1.55pm – 5.00pm

2021 HSC Written Exam Timetable • Week 2

Monday 15 November	Tuesday 16 November	Wednesday 17 November	Thursday 18 November	Friday 19 November
HSC Day 5	HSC Day 6	HSC Day 7	HSC Day 8	HSC Day 9
Mathematics Advanced 9.20am – 12.30pm Mathematics Standard 1 9.20am – 11.30am Mathematics Standard 2 9.20am – 12noon	Ancient History 9.25am – 12.30pm	Personal Development, Health and Physical Education 9.25am – 12.30pm French Extension 9.30am – 11.30am	Engineering Studies 9.25am – 12.30pm Retail Services (VET) 9.25am – 11.30am Chinese Beginners 9.30am – 12.10pm French Beginners 9.30am – 12.10pm Japanese Extension 9.30am – 11.30am Latin Extension 9.30am – 11.40am Modern Greek Beginners 9.30am – 12.10pm	Community and Family Studies 9.25am – 12.30pm Chinese Extension 9.30am – 11.30am French Continuers 9.30am – 12.30pm
Mathematics Extension 2 1.50pm – 5.00pm	Classical Hebrew Continuers 1.55pm – 5.00pm Financial Services (VET) 1.55pm – 4.00pm Japanese and Literature 2.00pm – 5.00pm	Automotive (VET) 1.55pm – 4.00pm <i>Vehicle Body</i> <i>Mechanical Technology</i> Society and Culture 1.55pm – 4.00pm Chinese Continuers 2.00pm – 5.00pm	Legal Studies 1.55pm – 5.00pm	Mathematics Extension 1 1.50pm – 4.00pm Primary Industries (VET) 1.55pm – 4.00pm Tourism, Travel and Events (VET) 1.55pm – 4.00pm

2021 HSC Written Exam Timetable • Week 3

Monday 22 November	Tuesday 23 November	Wednesday 24 November	Thursday 25 November	Friday 26 November
HSC Day 10	HSC Day 11	HSC Day 12	HSC Day 13	HSC Day 14
Biology 9.25am – 12.30pm	Drama 9.25am – 11.00am Arabic Extension 9.30am – 11.30am Italian Continuers 9.30am – 12.30pm	Construction (VET) 9.25am – 11.30am Indonesian Extension 9.30am – 11.30am Science Extension 10.20am – 12.30pm	Studies of Religion I 9.25am – 11.00am Studies of Religion II 9.25am – 12.30pm	Human Services (VET) 9.25am – 11.30am Physics 9.25am – 12.30pm
Industrial Technology 1.55pm – 3.30pm <i>Automotive Technologies</i> <i>Electronics Technologies</i> <i>Graphics Technologies</i> <i>Metal and Engineering Technologies</i> <i>Multimedia Technologies</i> <i>Timber and Furniture Technologies</i>	Business Studies 1.55pm – 5.00pm	History Extension 1.50pm – 4.00pm Entertainment Industry (VET) 1.55pm – 4.00pm	Agriculture 1.55pm – 5.00pm Information and Digital Technology (VET) 1.55pm – 4.00pm <i>Digital animation</i> <i>Networking and hardware</i> <i>Web and software applications</i> Arabic Continuers 2.00pm – 5.00pm	Visual Arts Art Criticism and Art History 1.55pm – 3.30pm

2021 HSC Written Exam Timetable • Week 4

Monday 29 November	Tuesday 30 November	Wednesday 1 December	Thursday 2 December	Friday 3 December
HSC Day 15	HSC Day 16	HSC Day 17	HSC Day 18	HSC Day 19
Chemistry 9.25am – 12.30pm	Geography 9.25am – 12.30pm	Hospitality (VET) 9.25am – 11.30am <i>Kitchen Operations and Cookery</i> <i>Food and Beverage</i>	Dance Section I Core Appreciation 9.25am – 10.30am Dance Section II Major Study Appreciation 10.40am – 12noon Information Processes and Technology 9.25am – 12.30pm	Food Technology 9.25am – 12.30pm
Design and Technology 1.55pm – 3.30pm	English Extension 1 1.50pm – 4.00pm	Earth and Environmental	Investigating Science 1.55pm – 5.00pm	



Long serving TAS (Technological & Applied Studies) teacher, Elizabeth Smith, walked out of the school gates for the final time last week, bringing her teaching career of almost 40 years to a close. The popular Food Technology, Textiles and Hospitality teacher will be greatly missed at Bulahdelah Central School. She was well-known for her passion, knowledge, expertise, innovative teaching skills and devotion to her students' education. She set high standards for herself, was generous with her time and always inspired her students to strive to their best. Mrs Smith can be exceptionally proud of what she achieved with the thousands of students who were fortunate to be part of her classes.

Amongst the many initiatives implemented by Mrs Smith at BCS were The Positive Food Hub Program for students experiencing challenges within the school environment, baking and cake decorating classes for the Bulahdelah Show and elective courses in Textiles and Design. She also oversaw student participation in the Tocal Bake and Burn Competition and the purchase of a professional coffee cart for students undertaking Barista training as part of the senior Hospitality course.

Mrs Smith had a long association with the local region. She attended Pacific Palms Primary School and completed her schooling at Forster and Taree High Schools.

Following her training at the University of Newcastle, she taught at Tenterfield, Broken Hill and Tomaree High Schools where she held various positions including classroom teacher, mentor and Head Teacher. She was appointed to Bulahdelah Central School in 2015.

Mrs Smith's reputation for excellence in the areas of Hospitality, Food Technology and Textiles lead to her involvement in writing HSC examination papers, undertaking HSC marking and developing online Hospitality resources for the state-wide network of teachers. Her long list of accolades includes being awarded the NSW Premier's Teachers' Scholarship, giving her opportunity to study textiles in India. She quickly became a leader in the field and regularly escorted other teachers to India, sharing her knowledge and expertise.





The Bulahdelah Central School Community wish Mrs Smith all the very best in her retirement. We hope she enjoys good health and spending lots of time with her grandchildren. Wendy Parsons - Music Teacher

Friends
never say
goodbye





I wish to advise the school community that one of our highly important School Learning Support Officers, Kevin Stephens, has just recently left BCS as he and his family move to another stage in their lives.

Kevin has provided the Bulahdelah Central School community with approximately 18 and a half years of continuous service, supporting student learning across both the Primary and Secondary parts of the school. Kevin has played a crucial role as the link which enabled students with a disability to access the full curriculum with support. He also assisted students with their practical subject areas such as Industrial Technology, Design and Technology, i-Stem and Food Technology.

We wish Kevin well in his future ventures and thank him for his dedication supporting the learning of all students at BCS over such a long period of time. *Warren Jones - Head Teacher Wellbeing*



In Year 12, looking for the next step and not sure what to do?

Looking for a job or training but not sure where to go?

If you're aged 15-19 and about to finish school, Andrew can help you!



Andrew
Youth Pathways Coordinator
Manning, Great Lakes & Gloucester
0422 449 482

Call, text, message or email:
andrew.ballard@midcoastconnect.com.au
[facebook.com/andrew.midcoastconnect](https://www.facebook.com/andrew.midcoastconnect)
or visit midcoastconnect.com.au for more info





Connecting work ready young people with local job opportunities

jobCONNECT is free, customised support for employers and young people

For young people

- resumes, cover letters & job applications
- assistance applying for identification documents, tax file number, bank account & myGov account
- interview preparation
- work readiness
- work wear and PPE
- ongoing mentoring and coaching

For employers

- advertising vacancies
- candidate screening
- work-ready applicants
- work trials
- apprenticeship and traineeship information and sign-up support
- ongoing employment support

jobCONNECT is for

Young people

- 15 - 19 years old
- looking for a job
- not at school
- not in training
- working less than 8 hours per week

Employers

- throughout the mid north coast from Coffs Harbour to Great Lakes
- with casual, part-time or full-time job vacancies; including apprenticeships and traineeships

CONNECT WITH US TODAY!

Coffs Coast: Troy Herbert | 0422 450 241



midcoastconnect.com.au

Nambucca/Macleay: Adam Worthy | 0447 766 899



jobconnect@midcoastconnect.com.au

Hastings: Sue Green | 0434 702 488



facebook.com/midcoastconnect

Hastings/Camden Haven: Jackie Shay | 0422 454 833



instagram.com/mid_coast_connect

Manning: Andrew Ballard | 6551 5463 | 0422 449 482





School Visitor Check-in

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds!
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate](#).
- Giving every school greater access to streamlined NSW Government services.

Watch our short [parent video](#) to see how it works for parents or our [contractor video](#)

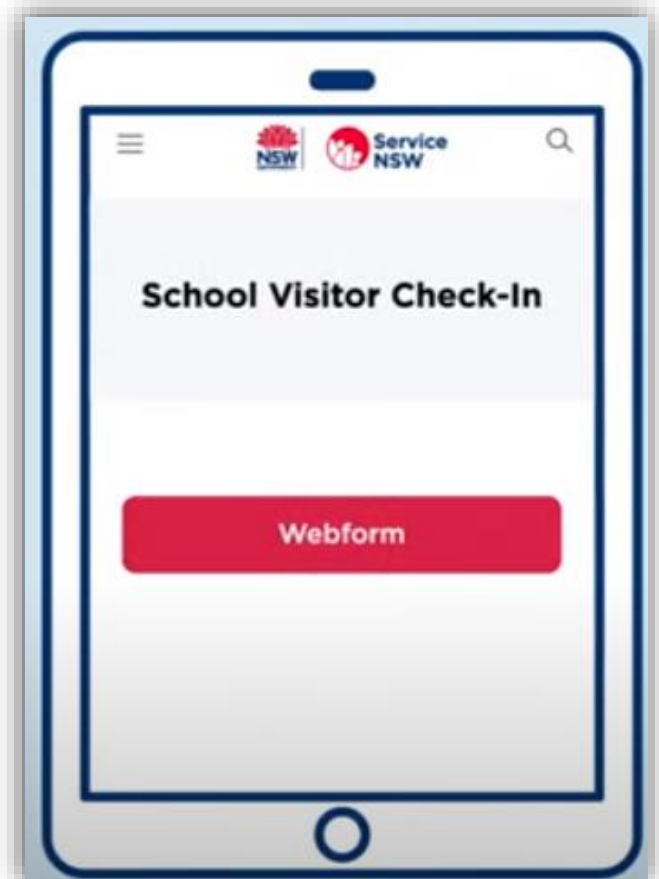
Who can use School Visitor check-in

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

School Visitor Check-in will be ready from 18 October at all NSW Government schools.

For more information visit School Visitor Check-in on the department website.



upcoming sessions

Parents, Carers, and Community Members in Hunter New England are invited to attend a free mental health education session in Term 4.



The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

For more information, contact:
programsupport@headspace.org.au



Tamworth: supporting young people and those impacted by suicide

Date: 5 October 2021
Time: 12 – 1:15pm AEDT
Location: Online webinar
Registration: <https://bit.ly/2Xp1Ly0>



Supporting young people impacted by COVID-19

Date: 13 October 2021
Time: 12 – 1:15pm AEDT
Location: Online webinar
Registration: <https://bit.ly/2Xspe1e>



Supporting young people and those impacted by suicide

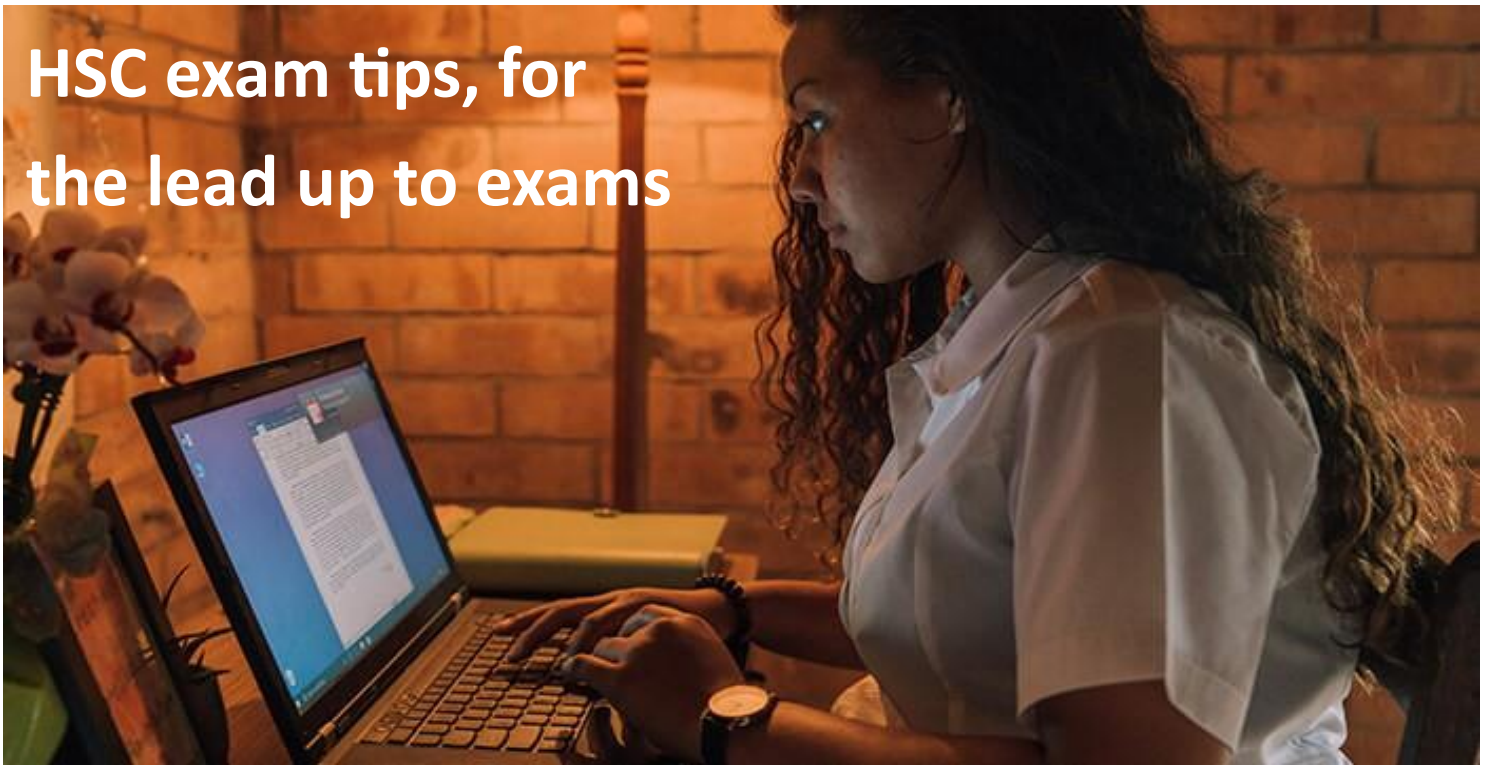
Date: 27 October 2021
Time: 6 – 7:15pm AEDT
Location: Online webinar
Registration: <https://bit.ly/3zsG91n>



Accessing help for my young person

Date: 23 November 2021
Time: 12 – 1:15pm AEDT
Location: Online webinar
Registration: <https://bit.ly/3ziI9cm>

HSC exam tips, for the lead up to exams



Tip 1 # Study plan

A study timetable means that all your subjects are revised and you spend enough time on the subjects that really need attention. Your study plan will work best if it's a bit fluid as there will always be things beyond your control. It's OK if you don't cover everything you want in one session. Don't be too hard on yourself.

Don't forget to include time for self-care and positive activities to give you a break such as exercise, mindfulness, sport, music and relaxation in your timetable.

Make sure you have priorities and key goals you want to achieve each study session. Flowcharts and diagrams will help you visualise your study areas. Find a study plan template online if you need too, or make one from timetables you already use. Study groups are a great way of getting support and learning new things.

Tip # 2 Practise your exam technique

Use old exam papers and practise. This gives you vital training in how to formulate your answers and work with the exam format. You should also use a timer and practise writing your answers with your favourite black pen within a set time. This is critical for when you find yourself in the exam room on the day. Visit NESAs to [download past HSC exam papers](#)[External link](#). You'll also find the guidelines used by markers, plus sample answers with markers' feedback.

Tip #3: Reach out to teachers

Niggling doubts in your mind about where you're going and how you're studying? Don't be afraid to ask questions in class or check in with your teachers. Show teachers your notes and where you've been focusing your studies, so you can get their feedback. It's a good idea to get your teachers support right up until the actual exam day. They are the experts on the curriculum and the way exams will be assessed. So if you're confused about what's needed for an assessment or how best to direct your studies, it's always better to ask.

You can reach out to teachers by sending them an email, making a time to meet with them, approaching them directly or through online platforms or whatever way you feel comfortable.

Tip #4 - Practise and learn from your mistakes

It doesn't matter if you don't always do well in your assessments. What matters is how you learn from mistakes you made and how you apply it to doing things in a slightly different way, just like if you were riding a wave, a skateboard or swinging a racket. Keep practising over and over, identify your weaknesses and figure out how to improve them. Think of assessment as the practice run for the HSC. The HSC is about showing you understand the concepts and preparation. Ultimately doing the work will get you through.

Tip #5: Look after yourself

Both your mental and physical health are really important. Make sure you do plenty of exercise, which will make you feel good about yourself and also fire up your brain cells.

Exercise doesn't have to be a sport. Just going for a long walk and listening to music will really help. So will eating healthily and drinking lots of water. Use music to help calm you and alleviate stress. You may want to check out meditation or yoga or other calming techniques, like stretching.

Talk to friends or families or any staff that support student well-being at your school such as a school counsellor/ school psychologist or teachers you're comfortable with, if you're feeling overwhelmed or anxious or isolated. You can also [reach out and talk to someone](#) – available online or phone 24/7.

Tips from former Year 12 students — on study

"One tip I would give is to study in groups. It makes it a lot more enjoyable and I found that conversations about content was easier to remember because it made the content more applicable to different questions." Cilla, former Year 12 student

"I have broken up all my free time into small sections. I've been studying this way for a long time and it's really beneficial especially in year 12 as the HSC gets closer. So, give it a shot!"

Narma, HSC student 2021

"One piece of advice I would give is to study in a clean environment. I think it makes the whole study experience heaps more enjoyable. I used to enjoy studying outside in natural light. I would also recommend making a to-do list to plan each day so that you can know exactly what you've achieved that day as sometimes the HSC can seem really overwhelming." Grace, former Year 12 student

"My tip is to set simple achievable tasks to complete while studying throughout the day. If I have a large amount of work to get done on a particular topic. I'll break it down into smaller obtainable tasks. that take 20 - 30 minutes each. This helps with productivity as you can see you are achieving your goals, giving you the energy to keep ticking tasks off, leading to a productive, successful day of study." Jasper, former year 12 student

"Study can be an overwhelming feeling but I, for one, can say you are not alone. I choose to share my notes with peers, create challenges to finish textbook exercises and memorise syllabus dot points via zoom because together everyone achieves more." Neha, current Year 12 student

"My top tip would definitely be to refrain from studying in your bedroom. This is because everyone needs somewhere where they can relax and unwind and this can be difficult if you've prioritised school in this environment. It can become overwhelming and stressful and stop you getting a good night's sleep which is super important in the lead up to the HSC and trial HSC exams." Stella, former Year 12 student

PRIMARY ASSEMBLIES

TERM 4

Friday @ 12:00pm

22nd October - Year 2

19th November Year 3/4

3rd December Primary Presentation





BULAHDELAH Central School

Strive to Achieve

Get Red, Red, Ready!
Day for Daniel
FRIDAY 29 OCTOBER, 2021
WEAR RED • EDUCATE • DONATE

KEEPING SAFE
Do you know the 3 R's?
Recognise Are you safe?
React What can you do?
Report Who can you tell?
You have the right to be safe and you can get help.
Talk to the 3 government or your safety network, and you get the help you need.

Next Newsletters for Term 4: 25 October; 8, 22 November; 6 December

End of Term 4: 15 December



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

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

Ph: 4997 4329

Respect.

We respect the rights of others, ourselves & the school in an environment of harmony & personal responsibility.

Do you respect yourself, respect others & take responsibility for your own

