

Strive to Achieve Term 1 Week 7 8 March, 2021



#### Value of the Week

**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 our own actions?



#### March

- **10** Year 11-12 CSU Port MacQuarie
- 22 Year 11-12 Whitecard Course
- 23 K-12 School Photos
- 24 Sec. Cross Country Carnival
- 25 Primary Young Leaders Day
- 26 Pri. Cross Country Carnival Years K/1 Primary Assembly
- **29-31** Primary Parent Teacher Meetings (Designated Classes and times to be advised)

#### April

1

Last day of Term 1 K-6 Easter Hat Parade



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





From the 15 to the 17 of February, 41 Year 7, 7 Year 10 and 11 Leaders and 3 teachers embarked on a 3 day 2 night get-to-know-you camp at Toukley on the Central Coast.

We loaded up the bus and headed off ready for an adventure. The first day we broke up into 3 groups and headed to our first activities which included orienteering, abseiling and the Leap of Faith. That night we ate tasty Spaghetti Bolognese and for dessert we had Panna Cotta. Then to complete the night we watched the Smurfs movie while the rain bucketed down around us.

Day 2 we got out of bed bright and early to find the sun out and beaming ready for a day of adventure. Throughout the day we conquered four activities. Some activities were the same as the previous day, but new ones included archery, the giant swing, bush initiatives and bush walking. During the second day Mr Gladys paid the camp a visit, and managed to get lost himself with a group of students. For lunch we had yummy fish and chips. The Year 7 students had plenty of time to get to know each other. For dinner we had Beef Stroganoff (not a favourite) and for dessert we had ice-cream sundaes. After dinner we had a campfire where we got to roast marshmallows, then we headed out to play a game of spotlight and watch more movies. An early night followed as everyone was exhausted.

Yet another early morning on Day 3 as we had to pack our stuff to get ready for the journey back home later that day. We then headed off to our last two activities of the camp - which saw more students, and teachers, conquer their fear of heights by jumping off tall objects for no good reason! All were surprised with yet another visitor on the day when Mr Vriesinga turned up to have some fun. He joined the activities of the morning then helped us load the bus. Our last meal at camp, lunch was wedges and a burrito. We then loaded the bus and began our drive home, with a bus full of happy, but exhausted teachers and staff. *Maggie Cunich - Year 10* 



















 Structure of

 Stomata

Stage 6 Biology students have been exploring nutrient and gas requirements of plants and animals. As part of our study, students created models showing gas exchange structures in autorophs and heterotrophs.

I constructed a model of an alveoli, showing the main structure of gas exchange in microscopic structures. The model showed the function and movement of gases in the lungs of mammals and traced the process of taking in oxygen and releasing carbon dioxide. *Kalani Minns* 



We made a model of a Stomata to demonstrate the exchange of gases in leaf structure in plants. The model showed the process of exchanging gases for photosynthesis. It was a great team work project which reinforced the course concepts. *Saxon Bramble and Angus Devon* 





As part of our Preliminary Biology course, we were asked to research the structures required for gas exchange and present it as a model and accompanying poster. We spent roughly 10 hours on our depth study and came up with some innovative models to display our understanding of gas exchange. Two groups focused on the Structure in Mammalian Neterotrophs, We as Humans and the other group, focused on the Structure in Plants. As a class we were proud of the work we achieved and are looking forward to moving on with our Biology course. *Seleana Murphy* -*Year 12* 









## **Secondary Merit System**

Throughout 2020 the BCS PBL (Positive Behaviour for Learning) PLC (Professional Learning Committee) group consulted with staff and students and revised the Merit/Reward system for Secondary students to bring it more into line with the system used in the Primary. This system recognises and rewards positive student behaviour. Reward excursion eligibility for positive behaviour and high attendance remain. So do the fortnightly pizza vouchers draws for students of the week, thanks to the generosity of the Lady Jane Motel. PRIDE certificates will also continue.

Additions to the system include;

- Year Advisor Awards, issued at Year Advisers discretion at Monday assemblies.
- Also new is a system of Bronze, Silver, Gold and Principal awards which recognise the overall achievement of students in demonstrating our schools PRIDE values.
- Finally, \$10 canteen voucher draws will also occur each fortnight along with the pizza voucher draw.

On behalf of the PBL-PLC group, we are very happy to receive any feedback you may like to provide. If you need more information or would like to discuss this process please contact Warren Jones - Head Teacher Welfare.



Congratulations to the these students who have received their Bronze Merit Certificates. Well done!







#### **PRIDE Students of the Week**

**Charlotte Lyons - Kindergarten** (*pictured bottom left*) Consistent and sensible behaviour on the playground and in the classroom

**Ella Kent - Year 1** (pictured bottom middle) Consistently following instructions and displaying sensible classroom behaviour.

**Claire Tufrey - Year 6** (*pictured bottom right*) Quite and conscientious worker and a kind and helpful class member. **Sheena Lamborn - Year 7** (pictured top left) Consistently displaying a positive approach in the classroom.

**Shona Miller - Year 12** (pictured top right) Exceptional participation and teamwork in Futsal.

Participation, Respect, Innovation, Determination, Excellence





As part of their Certificate II in Hospitality (Kitchen Operations), students in the Year 11/12 Hospitality class have been working at a fast pace to prepare a wide variety of foods. These food preparation lessons were designed to show their skills in the modules, "Use Food Preparation Equipment" and "Prepare and Present Simple Dishes".

The students will be continuing to prepare food throughout the year, developing their skills in a wide variety of cutting and cooking techniques and using a range of equipment.









Additionally, the class have also been using their lesson time to learn their basic barista skills. We really appreciate the students who have been coming into school early Thursday and Friday mornings to make a variety of coffees for the teachers. They have also been making milo drinks for the students accessing breakfast club before school.

The class has been using a new coffee machine fixed to a coffee cart. The cart has made it possible for students to prepare coffees for parents who attended the Meet and Greet Year 7 afternoon. We are looking forward to continuing to use our coffee cart for future parent meetings as well as at the Athletics Carnival early next term. *Elizabeth Smith - Hospitality Teacher* 









# Purchase canteen meals online.

### No cash. No problem! Try QuickCliq today!

QuickCilq is an innovative online ordering system trusted by schools and parents across Australia. QuickCilq is a cashless solution that helps you manage your children's canteen orders from the comfort of your home or office.



## How to get started

- · QuickCliq is free to set up and easy to use
- Register at www.quickcliq.com.au
- SIGN UP and complete the registration form
- Receive a link via email to ACTIVATE your account before logging in
- ADD STUDENT, add your child's details, select their school and save to your account
- ADD CREDIT to your online wallet before ordering or pay as you go using credit or debit card
- Select MEAL ORDER and you're good to go

Orders can be placed up to 28 days in advance. You can view your completed orders via the Active Orders or Transaction History tabs in your account.

## Want to know the best thing about QuickCliq?

- One family, one account you will have one unique and secure login to manage all your children's orders, even if they attend different schools.
   QuickCliq saves you time and gives you complete visibility over your family's needs.
- Tired of looking for change every morning before your kids run off to school? With QuickCliq, lunch money is a thing of the past.
- We're giving control back to you over your children's diets. By ordering their lunch ahead of time, you can ensure they are eating healthy and balanced meals.
- QuickCliq was designed with mobile access in mind. Simply login to add credit and order, all from the convenience of your smartphone or tablet.
- To top up your account you have three options; Direct Debit / Credit Card / PayPal
  - Direct Debit 0.50c transaction fee
  - The surcharge to add credit is 1.5%
  - The surcharge for PayPal is 3.8%
  - When placing an order there is a small booking fee per transaction per student.

Our Call Centre is here to assist your families with ordering online Call 1300 11 66 37





# School online ordering

Convenient. Cashless. Contactless.

Register now! Order your canteen meals today.



Bulahdelah Central School is now operating as a cashless canteen. We have had an amazing response with a record number of orders last week. The school will be reviewing the \$0.21 charge for each order after six months – it will not be charged to parents.

Please call or come into our school if you need any help with the process as we are more than willing to assist. *Sue Robards - Office Manger* 



## THE DIGITAL PARENTS SHOWCASE IS BACK FOR 2021!

The Skills and Thrills Digital Parents Showcase is a 30 minute video available (FREE) to all parents, with most benefit to parents of high school aged students.

This video resource will only be available from **3** *March to 31 May 2021*, we encourage it to be watched in this time.

The video will cover the following information:

- Industry trends for the next 5-15 years
- Industry trends post Covid-19 impacts
- Apprenticeships
- Traineeships
- School Based Apprenticeships and Traineeships (SBATs)
- Opportunities in the vocational education and training sector (VET)
- How to support your child to make informed career choices.

The video can be accessed here: <u>https://</u> <u>www.skillsone.com.au/digital-parents-showcase/</u> SkillsOne will additionally be hosting a video panel discussion with industry representatives and ambassadors on **Tuesday, 11 May (evening)**. Parents can pre-submit questions to be addressed on the evening via info@skillsone.com.au. The Digital Parents Showcase is supported by the NSW Government.



The Annual General Meeting (AGM) of the Parents and Citizens Association of Bulahdelah Central School will be held on Wednesday, 31 March 2021 in the school library from 3.45pm until 4.45pm. COVID restrictions will only allow us to meet for 1 hour so if time permits we will hold a general meeting following the AGM.

If anyone would like to add items to our agenda for discussion at our general meetings please email at least one day prior to the P&C messenger page of facebook or email to bulahdelahp.c@gmail.com – only listed items on our agenda will be discussed.

If you are a current member and are interested in nominating for a position on the executive for the AGM please come to the front office of the school prior to 17 March to submit a nomination form. Only current members are able to vote at the AGM.

Membership cost is \$1.00 and payments for will be taken after our AGM for the 2021 year.





**PRIMARY ASSEMBLIES TERM 1** 

Week 9: Friday, 26 March Year K/1

Assessment Tasks Due Term 1					
	Week 7	Week 8			
Year 9	Ceramics History PDHPE Forensic Science	PASS (100) PASS (200) Food (100) Timber (100)			
Year 10	Ceramics Forensic Science	PASS (100) Food (100) Timber (100)			
SVC	Legal Studies	Modern history SLR English Studies (Year 11) English Advanced (Year 11)			



## Bulahdelah Soccer Club registrations are now open for 2021 Winter Competition.

You can register online at

www.myfootballclub.com.au. We welcome all ages and abilities from 4 years and up. Come and join a team and have fun.

#### Fees for all competitions are:

AGE	TOTAL FEES	WHAT YOU GET
Town comp	\$150.00	18 weeks of home soccer, socks & shorts
Town comp	\$169.60	18 weeks of home soccer, socks & shorts
Travelling Bullets 10-11	\$164.90	18 weeks of soccer, socks & shorts
Travelling Bullets 12-14	\$185.00	18 weeks of soccer, socks & shorts
Travelling Bullets 15-18	\$205.00	18 weeks of soccer, socks & shorts

NSW Government Active Kids voucher (\$100) for all school age children can be used by applying on-line to Services NSW BEFORE registration. Active Kids vouchers can be applied reducing all fees by \$100.00. This voucher cannot be partially redeemed or payed after registration.

If you do not have internet access or are having

#### How to claim your voucher



problems registering, a committee member can be contacted on the phone number provided.

If you are interested in a role as coach (requires a Working With Children Check), manager, referee or general helper for any ages, please email and let us know.

Any further enquiries can be made to bulahdelahsctreasurer@hotmail.com or Jackie O'Connell on 0425 282 665.



Thank You CWA How lucky were our new Kindergarten students last week when our local CWA group presented our newest students with their very own handmade library bag.

#### DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:



The students were really excited to receive their bags and couldn't wait to visit the library to borrow a book for home. The bags are a wonderful gesture of caring and we appreciate the time and effort the ladies have put into making them for us.

#### **Excelling at Cricket**

On Friday, February 26, Isaac Redman and Charlie Matheson represented our school at the Zone Cricket Trials, held at Raymond Terrace Public School. Congratulations to both boys who were successful in gaining selection to the Hunter Regional Trials at Maitland. This is the second time for Charlie to reach this level at cricket and the first for Isaac. Fingers crossed they perform well. A wonderful opportunity for both boys and we look forward to sharing their success in the future.

#### **NSW Cricket Visit**

Last Thursday we were very lucky to have a visit from Kate Jackson and Holly Simmons from NSW Cricket. Both Kate and Holly are very accomplished cricketers and spent time with all our students teaching them some throwing and catching skills. They also played a short game of cricket with our students. Thanks Kate and Holly!

#### **School Swimming Champions**

As part of our refinement in presenting awards, we took the opportunity at the Primary Assembly last Friday to present the school swimming champions for 2021. Danielle Davy presented the champions with their medallions. Congratulations on achieving your personal best at the carnival and performing so well.

#### The Champions were;

8 Years	Lilly Baughan-Carpenter, Jaxon Styles	
9 Years	Abbiegail Ray, Josiah Reitsma	
10 Years	Danielle Hall, Cruz Wicks-Hope	
11 Years	Indie Hope, Logan Bailey	
12 Years	Lasey Baggins-Cupitt, Henry O'Connell	

#### **NSW Police Positive Behaviour Award**

Congratulations to Kindergarten student, Bruno Nelson-Marshall who received the NSW Police Force Positive Behaviour for Learning Award at our Primary Assembly last Friday. Bruno has settled in exceptionally well to Kindergarten and has demonstrated a clear involvement in all learning and playing activities. Bruno has received this award 'in recognition of the attributes shown during school, that are a reflection of the qualities and values, deserving of formal recognition.'

#### **PBL Pizza Winners**

Over the past 3 weeks all staff have been continually observing students who continually follow our PRIDE values of Participation, Respect, Innovation, Determination and Excellence. Congratulations to the following students who received the Lady Jane Pizza Voucher - at the assembly:

Week 4	К-2	Ella Kent
Week 5	Years 3-6	Claire Tufrey
Week 6	K-2	Charlotte Lyons

#### Year 6 Assembly

WOW! What a fabulous assembly last Friday, led by our Year 6 students under the direction of Hayley Nicholson. It was wonderful to see the formal side of our assembly, with our school captains looking immaculate in new representative uniforms. This helped to set the scene with a highly dramatic nightly news scenario. This included crosses to sports reporters who reported on the Tokyo Olympics and the Australian synchronised swimming team (boy, did those boys show some collaborative moves and lifts). They then crossed to the Bulahdelah Choir which had some very dramatic actions following their perfect performance; with the Bunnings and Subway advertisements spectacular- good enough to be aired on real television. It was great to see our students show such a diverse range of talents, with a very appreciative and jovial audience. Well done Year 6. Debbie Booth



### Online Enrolment Project A better way to apply for enrolment at your local school

We are excited to announce we are rolling out the new Online Enrolment System from Monday, 15 March 2021.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into local schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents.
- Children who live in NSW.

#### How it works

• If online enrolment is supported by a child's local school, a link to begin an online enrolment application will be available via the "Enrolment" section of the school website.

• The parent or carer completing the application must provide the child's main residential address and a contact email to begin the online enrolment process.

• A one-time security code will be sent to this email to authenticate the parent against their email, then the online enrolment form can be completed and the parent can use this email address to resume at a later time.

• The dynamic form will only show the mandatory fields in relation to the specific student, which means parents will only be required to complete the fields of the application relevant to circumstances of their child.

• The form can take as little as 10 minutes to complete, and is sent directly to the school administration staff of your local school.

- Parents will be emailed a PDF copy of the enrolment application immediately following the submission for their own records.
- School administration staff can then contact parents directly for any clarification required around the application.
- The application to enrol will be finalised once the parent/carer has met with the school and provided all the relevant identity and medical documentation for the student.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's <u>going to a</u> <u>public school site</u> Further information about online enrolment can be found on our website <u>here.</u>

## **BE BUS AWARE**

## We all have a part to play in bus safety



We all have a part to play in bus safety. It is important that motorists, pedestrians, school children, parents, and bus passengers #BeBusAware to avoid accidents in and around buses.

Our school bus operator Busways is reminding all road users, parents, and students to 'be bus aware'. Part of the 'Be Bus Aware' campaign, Bus Safety sees Governments, bus operators, and emergency services raise awareness about the importance of being safe in and around buses and spread the message to 'Be Bus Aware'.

Busways Managing Director Byron Rowe said motorists need to be aware that buses are large and heavy vehicles that cannot stop quickly. "When a bus is forced to brake heavily it can cause passengers to be thrown around inside the bus," he said. "We are educating the community to give buses room and not pull out in front of them. We all have a part to play in bus safety, whether you're a pedestrian, motorist or bus passenger." Bus Safety provides a timely reminder to parents to have a talk with their children about bus safety; to motorists when giving way to buses; to pedestrians to make sure they are alert of their surroundings; and to cyclists to ensure they can see where buses are.

Here are what parents whose child catches the bus to and from school can do to help prevent avoidable accidents:

- Remind your child to always wait until the bus has gone before choosing a safe place to cross the road.
- Meet your child on the same side of the road as the bus stop – never call your child across the road.

Students should:

• Wait until the bus has gone and find a safe place to cross the road.

BeBusAware.com.au

- Do not step out in front of or behind buses when you have disembarked.
- Be aware of blind spots at the front, back and sides of a bus. Do not assume the driver can see you.
- Wait until the bus has stopped before getting out of your seat.

The 'Be Bus Aware' campaign has been developed with input from Bus NSW, NSW Police and Transport for NSW. For more information on bus safety or to learn about Transport for NSW's 'Be Bus Aware' campaign, visit;

https://roadsafety.transport.nsw.gov.au/campaigns/ -be-bus-aware.

## **BE BUS AWARE**

Wait until the bus has gone then use a safe place to cross





# **STEWART HOUSE Donation Drive 2021**

# Families & Supporters

Follow these 3 easy steps

STEP 1	Take home the envelope and fill in your name, address, telephone	2,
	number and school.	
	number and seneer.	

- STEP 2... Insert a donation of at least \$2 into the envelope and seal it.
- STEP 3... Return the envelope to your school / office.



## Stewart House Donation Drive 2021 Celebrating 90 years!

Your donation supports the 1,700 children who attend Stewart House each year from public schools across NSW and the ACT.

**Constant Staying at Stewart House was an important component of my childhood. I am thankful for the experience and that there were people out there that truly believed in kids from complex backgrounds, without judgement.** 

Email message from past student (10/10/2020) NSW Public Education's Charity of choice

## Win a \$4,000 holiday/gift voucher

- Place a \$2 coin, or equivalent, in this envelope
- · Complete entry details on the back
- Return to your school to be eligible for the draw

All entries must reach Stewart House by Friday 28th May 2021 in time for the draw at 12pm on this date





Kids will take around 200 packed lunch boxes to school each year so getting organised makes the job a bit easier.

Here are some helpful tips:

1 Watch the Healthy Lunch Box's 'How to pack a lunchbox' webinar here https:// healthylunchbox.com.au/how-to-pack-a-healthy-lunch-box/

2 Check your school policy for any food that cannot be taken to school, such as nuts.

**3** Find out if your school has Crunch & Sip – what day(s) and what the school would like the kids to bring.

4 Check lunch boxes and drink bottles are still in working order. If they need replacing, see our blog on choosing a lunch box. If you have a child starting school get them to practice opening and closing their lunch box, small containers and drink bottle. For older kids, a thermos can be useful in winter to keep food hot. See our blogs on Packing a healthy lunch box: what to include and the 5 best drinks for kids for more tips.

**5** Think about food safety. Particularly during the summer terms, it's important that food taken to school stays cold until it is eaten. Pack an ice brick or frozen water bottle to keep food safe. For more information on food safety see our Make your lunch box food safe blog.

**6** Start getting kids involved in planning and packing their lunch box. Use the Healthy Lunch Box builder to talk to your kids about what they would like in their lunch box. Plan a few lunch boxes and include items your kids can pack themselves.

**7** Do some cooking and freezing – muffins for the lunch box and easy dinners that can turn into lunch the next day. Even better, get kids cooking – see the 5 reasons to bring the kids into the kitchen blog(https://healthylunchbox.com.au/ blog/5-reasons-to-bring-the-kids-into-thekitchen/)

8 Stock the pantry with items that can be used to make packing the lunch box easier, like long life milk, wholegrain crackers, packets of plain popcorn and tins of chickpeas, corn and tuna.

**9** Stock up on easy fruit and veg for school like cherry tomatoes, carrots, cucumbers and celery for cutting into sticks, apples, mandarins, bananas and berries.

**10** Finally, don't forget to pack hand sanitiser, SPF 30 sunscreen and a Sunsmart hat.

Print out the handy Healthy Lunch Box Back to School checklist and pop it on the fridge as a reminder.

# **Back to school checklist**

Have lunch box, food containers, water bottle and ice packs clean and ready to go.



Label everything!

Plan some lunch box menus. Remember to add healthy snacks!

Stock the pantry and fridge with easy to pack items.

Prepare and freeze some lunch foods and snacks - handy for the lunch box on those busy days.



Get kindy kids to practice eating recess and lunch at home so they know how to open their lunch box and containers.

Sign up for the Healthy Lunch Box e-newsletter to receive regular ideas, updates and recipes.



Don't forget to be SunSmart - pack a hat and sunscreen.

For everything you need to know about packing a healthy lunch box visit:

<u>healthylunchbox.com.au</u>



# BULAHDELAH Central School

Strive to Achieve

## Tuesday, 23 March K-12 School Photos

Next Newsletters for Term 1: 29 March

End of Term 1: 1 April

https://www.facebook.com/pages/Bulahdelah-Central-

## www.bulahdelah-c.schools.nsw.edu.au Ph: 4997 4329

like us on facebook

## "The more that you read, the more things you will now, the more that you learn, the more places you'll go."

Dr. Seuss

