## Bulahdelah CENTRAL SCHOOL

Strive to Achieve Term 2 Week 8 7 June, 2021



#### June

- 8 Year 12 Newcastle Uni Exc.
- 9 Year 10 Mangoola Coal Mine Visit
- 18 Year 7-12 Rewards Day
- Year 3/4 Primary Assembly 17 K-12 School Photos
- 21 Year 7-12 PRIDE Assembly
- 22 Secondary Parent Teacher Interviews afternoon
- 23 Year 7-12 Chris Hoare Cup

#### July

- 14 Primary Zone Athletics
- 20-22 School Musical
- 26-30 Education Week
- 27 Year 8-11 Subject Selection Evening
- 29 K-12 Spelling Bee





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



Sally Curnow's painting created at Djinda Ngardak program at Dubbo. It was selected to be the banner at the Gala night and the Department of Education has also bought the rights to use her artwork as the future logo for NSW Department of Education Workplace Learning. Well done Sally!



#### **PRINCIPAL'S REPORT:**

NSW Curriculum Reform Following a Curriculum Review, we will observe the streamlining and strengthening of what is taught in NSW

schools over the next 4 years.

The reforms include:

- building strong foundations for future learning by 2022 with new English and Mathematics syllabuses for Kindergarten to Year 2
- more time for teaching by 2022 by reducing the hours teachers spend on extra-curricular topics and issues and compliance requirements
- strengthening post school pathways by
   2022 with new learning areas for Years 11 and 12
   that clearly link learning to future employment and
   study options
- a new curriculum from 2024 with new syllabuses focused on what is essential to know and do in early and middle years of schooling, and key learning areas in the senior years.



Increased secrecy

Unwillingness to

stay home

æ



Desire for spicy or salty foods



Increased irritability or < mood changes

Increased thirst

**Disappearing money** 

#### E-cigarettes

Electronic cigarettes or e-cigarettes are battery operated devices that heat a liquid to produce a vapour to inhale. They include a range of chemicals or flavours, and often contain nicotine.

Adolescence is a critical period for brain development and exposure to nicotine can have long -term health consequences. E-cigarettes are often labelled incorrectly and may contain nicotine. Although e-cigarette packaging can list some ingredients, it may not include all chemicals in the vapour and researchers have found that toxic metals from e-cigarettes may be released into the vapour when inhaled.

Just like tobacco products, selling any e-cigarette or e-cigarette accessories to people under 18 years of age is illegal in NSW, regardless of whether the product contains nicotine or not. The sale of liquid nicotine to any person in NSW, including in ecigarettes, is illegal under NSW poisons legislation.

As a parent or carer, talk to your child about why ecigarettes are harmful for them. Report those who are selling e-cigarettes to minors or selling ecigarettes containing nicotine. You can do this by calling the Tobacco Information Line on

### 1800 357 412. George Frangos

Assessment Tasks Due		
Term 2	WEEK 8	WEEK 9
Year 9	Music	Food (100) Timber (200) Food (200) Timber (200)
Year 10	Child Studies	Timber (100) Food (100)
SVC	Industrial Technology English Studies (11) English Advanced (11)	Biology Modern History SLR (SVC) Maths Advanced (11) Maths Standard (11) SLR (11) Maths Advanced (12)

## **E-Cigarettes**

## What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

#### WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

#### **HOW DO THEY WORK?**

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

#### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



#### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- . Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

#### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- . Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.1
- Each time a new memory is created or a new skill is learned, stronger connections or synapses are built between brain cells. Young
  people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

#### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K Know the facts or where to find them from a reputable source

- E Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.
- Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note -- if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here: www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/





### Kinjarling Djinda Ngardak 2021 \*Culinary Camp for Indigenous youth



Djinda Ngardak Program From 16-21 May Sally Curnow, Jy King-Stow and Jessica Kelly attended the inaugural NSW Djinda Ngardak which was held at the Dubbo School of Distance

Education. Over the course of 5 days they were able to share in cultural exchange with students and teachers in a variety of ways. Led by Cecil See Senior Education Officer NSW DoE they visited the Western Plains Zoo to forage. They were welcomed to country by elder Uncle Ralph, guided in art with Bobby Mackay and embraced into the yearning and cooking workshop with Aunty Doris Shilling and Yvonne Hill.

Although the Djinda Ngardak Program takes an overall holistic approach that covers culture, food, art, music, dance and storytelling, it is grounded in the development of basic skills of a basic need: food, its interaction with country and ability to bring people together to connect.

By providing the safe, socially respectful and professional arena of the program allows opportunities to enhance cultural pride in public expression, sense of belonging and respect within the wider community. Confidence in inter -cultural connections and self-respect in individuals that strengthen community. This includes fostering longevity in upholding traditional values, healthy lifestyles and consequently improved health and wellbeing. Of course it wouldn't be a Hospitality camp without the cooking component and the students and teachers had numerous opportunities to work with Chef Malarie, from Mudgee, including learning to make pasta for their first meal.

The camp also featured visits to a local nursery, a butchering demonstration, coffee roasting workshop and a number of talks related to the hospitality industry. The group was supported by Chef Lee from Broken Hill and Chef Adam from Sydney who passionately volunteered their time for the NSW Djinda Ngardak program.

The week culminated in a wonderful gala dinner at the Dubbo Rhino Lodge on the Thursday evening. At the Gala night, Sally Curnow was approached by Glenda O'Brien, Education Department of Workplace Learning Co-ordinator, to sell the rights to her painting to use as their future logo.

This was a fabulous experience for our students to network with others with similar interests from across the state. They also got to work with outstanding chefs and industry professionals in the culinary, agricultural and tourism industries.

Sally and Jy had an incredible week. They have made new friendships and have some wonderful memories that will last a lifetime. Jess Kelly - Hospitality Teacher











*More than tea and scones* the CWA unites women and strengthens our communities through friendship, education, service and advocacy.

The Country Women's Association (CWA) originated in New South Wales in 1922, followed over the course of the next decade by associations in other states.

The CWA grew out of the growing social and economic crises of the 1920s, which saw years of drought, depressed prices for agricultural goods, and the failure of the soldier settlement scheme. With a growing realisation of, and dissatisfaction with, the fact that country areas were lagging behind the cities in terms of health services, educational facilities and general amenities.

The Country Women's Association of Australia (CWAA) is now the largest individual women's organisation in Australia, with over 25,500 members in 1,500 branches.

The Bulahdelah branch of the Country Women's Association (CWA) recently celebrated its 90<sup>th</sup> anniversary with a special High Tea at the River Myall Holiday Park. Our music students were delighted to be part of the celebrations to mark this significant milestone and entertained guests with vocal and instrumental performances throughout the morning.

Amongst the highlights of the celebration was a visual tribute showing the dedication of past and present CWA members. Our Principal, George Frangos, thanked the ladies for their generosity and ongoing support to the school over many years.

The CWA's involvement with the school began in the 1930's. Since then, the organisation has continued supporting the school in many ways including donating books to the library, teaching craft classes, donating funds to the school band and making library bags for Kindergarten students. They also sponsor the CWA Student of the Year Award and more recently, being involved in the School to Work Go-Getter's COLA project.

Congratulations Bulahdelah CWA on your 90<sup>th</sup> Anniversary. We thank you for your commitment and look forward to working together on future projects. *Wendy Parsons - Music Teacher* 





During Week 6, Bulahdelah travelled to Coffs Harbour for the Champion of Champions Regional Futsal Competition. Leading up to this, all teams had put in a massive effort training at lunch times with Jake Kinnear. The competition was fierce, especially in the 19s division. All teams played well, but unfortunately the boy's teams did not qualify for the next stage. However, the girls 19s squad made the final which they lost, but still qualified for Stage 2 to be held in Coffs Harbour next term.

There were a number of players who were selected by scouts to join the Far Northern NSW squads for competition in Brisbane later this year. We held a player's player vote which had the following players voted as the best player for their team during the tournament.

U/14 boys	Ezra Hammerl
U/16 boys	Cooper Harrison
U/19 boys	Taj Witherow-Strutt
U/19 girls	Ginger Harrison

Thanks to Jake Kinnear and Lee-Anne Bramble for accompanying me on this trip to assist with coaching and supervision of the students. Watch this space... *Tyson Oakley - Sports Organiser* 





 
 Bringing services to your community
 June 9 2021, 9:00am to 4:00pm

#### We're bringing NSW Government services to communities with our Mobile Service Centres

#### Access frequently used services including:

- Driver Knowledge Tests
- Cost of Living service
- · Birth, death and marriage certificates
- Driver licence and Photo Card applications and renewals
- Working With Children Checks.

Visit service.nsw.gov.au/msc to find out when we're next near you.

#### Next in town

9th of June 2021 from 9:00am to 4:00pm at Wade Park 67 Crawford Street Bulahdelah NSW 2423





### Pathways to Post School Life

#### A session for young people in Years 10-12 and the people who support them

The NDIA would like to invite young people with a disability in Years 10-12, their parents, carers and education professionals, to attend a virtual information session.

This is a session about building skills and paving a pathway to post school life. We'll discuss a range of NDIS-funded supports and other assistance to help young people build skills to prepare for their transition, and support them in achieving employment and other goals, post-school.

Sessions are offered over multiple dates to allow flexibility for attendees, and will be delivered via video-conference using Microsoft Teams. Registrations will close three business days before the event. If you would like to attend, please register via Eventbrite. Two business days prior to the event, login details (including the MS Teams link to join the session) will be sent from <u>events@ndis.gov.au</u> to the email address you provide at registration.

For any enquiries regarding this session, please contact <u>events@ndis.gov.au</u>. Please include the session name in the subject line.

Where: Virtual Information Sessions via Microsoft Teams

Dates & Times:

Wednesday, 16 June 2021 3:30pm - 5:00pm (AEST)

RSVP: Please register via Eventbrite at <u>www.eventbrite.com.au/e/pathways-to-post-school-life-a-</u> session-for-young-people-in-years-10-12-tickets-146694728883

NSW



The Sports Lifestyle and Recreation Studies class visited the Bulahdelah Bowling Club to learn about and play Lawn Bowls. Students were shown the etiquette of play and certain aspects of proper technique. The students caught on pretty quickly and it wasn't too long before competition play commenced with team Georgia versing team Annie.

I would like to sincerely thank the Bulahdelah Bowling Club for making this experience possible for the students. *Warren Jones - Head Teacher Well Being* 







#### WOW (Wear Orange Wednesday) Day

On this day, communities across Australia were encouraged to wear orange to thank all SES (State Emergency Services) volunteers who generously give their time to help our communities.

Local SES Commander, Greg Dodd, is very enthusiastic to welcome new member, and emphasised that a broad range of age groups can contribute as volunteers. The local unit has members from 16 years old all the way up into the mid-80s!

The unit's youngest volunteer, Cailin Halliwell (pictured middle of bottom row) who is only 16, has embraced the community spirit. When asked about her role in the SES said, "We help out the community, and people in need. We learn to work well in a team, to have good communication skills, and learn through all the activities we do".

When asked if the SES has a place for younger members.... "Oh sure, everyone is allocated for, so if you are up for doing it, I would say do it! Because they are supportive, it's a chance to be out there and be yourself, and it gives you the future that you might be wanting", she said. There are many skills you can learn as a volunteer, and most of them are Nationally Recognised Training. If you're interested in becoming a volunteer, give it a go! What have you got to lose?

For more information, call 1800 201 000 or visit www.ses.nsw.gov.au/volunteer/ *Story and photo by Dave Manwell Great Lakes Advocate 26 May 2021* 







On Tuesday, 4 May and Thursday, 3 June saw BCS host our Stage 3 Future Focus Learning Days. Due to Covid last year we had to cancel this event, so it was great to be able to run this educational experience again. These days involved students from our Myall Learning Community schools - Tea Gardens, Booral, Bungwahl and Coolongolook.

Students participated in a range of activities which focused on four technology disciplines - Food Technology, Wood Technology, STEM and Photography.

Students rotated around each technology discipline throughout the day. They had the experience of making small projects such as a CO2 powered race car, a water powered bottle rocket, and a small woodwork pencil holder. They also made some delicious cookies which were made in the combi oven. There were plenty of smiles at lunch and the end of the day when they were able to devour their cookies.

Special thanks goes to:

- the BCS TAS (Technological & Applied Studies) faculty staff,
- BSC Science Staff,
- Tara Smith (Photography/ Art Dept),
- Chris Gladys (Rel. Deputy Principal),
- George Frangos (Principal),
- Debbie Booth (Deputy Principal Teaching and Learning),
- and the Myall Learning Community schools and their Staff for their support to the successful running of the day.

Without these partnerships, positive outcomes for our students are less attainable.



Here's what students thought of the days.....

"Today was fun and showed us what things we could do in high school." Marlee Johnson Year 6 BCS

> "I really enjoyed the cooking with Ms Kelly and the Co2 Car Racing because I wanted my design to go the fastest." Lasey Baggins-Cupitt Year 6 BCS

"I enjoyed meeting new friends from other schools and trying new activities in high school." Jaydah Cassar Year 6 BCS

> "Photography was so fun!" Quinn Goldlet Year 5 Bungwahl

"Science was so fun you got see things explode." Amarlie Brougham - Delaney Year 5 Bungwahl

Students left with a buzz of excitement and many were heard exclaiming how they cannot wait to come to BSC next year! Brent Smith - Rel. Head Teacher TAS





## Woodwork





# Food Technology









# Science/STEM





# Photography





#### DEPUTY PRINCIPAL INSTRUCTIONAL LEADER:

#### Year 2 Assembly

A big thank you to the parents who attended Sofie Dorney's Year 2 assembly on Friday, 29 May. Under

current Covid restrictions every available seat for parents was taken. Everyone present were very impressed by the students Acknowledgement of Country and the way they introduced their assembly using clear and precise vocabulary.

The culmination of the assembly was the performance of *"We Are Australian"* by Year 2 - not only singing the song but also providing Auslan actions for the deaf along with it. Well done on a fabulous assembly!

#### **Steve Bromhead Leadership Presentation**

A special visitor to the Year 2 assembly was Steve Bromhead, the State Member for Myall Lakes. Mr Bromhead was in attendance to present our four School Captains- Grace McRae, Lasey Baggins-Cupitt, Salome Reitsma and Jaydah Cassar with a leadership medal. In his address to the assembly, Mr Bromhead stated that these medals were the same as those presented on Australia Day to the Young Citizen of the Year. They were being presented to recognise the leadership these four young ladies have and continue to demonstrate and display in their leadership. Well-deserved to you all! **PBL (Positive Behaviour & Learning) & Pizza Winners** Congratulations is in order for Gemma Lucas, who was announced the Police PBL student at the Year 2 Assembly. Gemma is a student who always tries her best, treats everyone with respect and continually demonstrates consideration towards others.

The previous Police PBL student, Zachariah Chatfield was also presented with his certificate, as he was absent when his award was announced in Week 3. Another fine example of a student who tries his best at all times.

Congratulations as well to our Lady Jane PizzaVoucher winners for the past three weeks:KinderConnie Burges, Olivia StylesYear 6Charlie Matheson

Well done to these students who consistently demonstrate our PRIDE values.

#### **Regional Cross Country**

On Friday, 29 May we also had two students, who just happen to be brothers, represent our school at the Regional Cross-Country Carnival.

This was the first time that students Banjo Edwards and his brother Cobe competed at this event. Banjo started his race slow and was pushed to last place at the first corner, but with true grit and determination he progressively chased his competitors down and finished in an acceptable 23<sup>rd</sup> place from a field of 100.



Cobe finished a respectable 33<sup>rd</sup> from around a field of 90 odd. By all accounts Cobe also ran a very solid race against some strong competition. According to their proud mum Emma, they both learnt a lot from this experience and will be back next year more prepared than ever.

#### At the Gate

There have been a few parents this week voicing their concern about other parents and students that stand and block the gate entry to school both at the start and end of the day. As you know, I love a good chat as much as anyone else, but please stand back from the gate to catch up with others. Thank you!

Teachers have voiced their concern about parents staying in their cars or calling their children across the street. It would be appreciated if you could meet your children on the school side of the street and walk them across the road. Remember safety is everyone's responsibility. Debbie Booth

### Kindergarten Marley Dean Lacie Masters **Benjamin Mercer** Levi Nicholls **Oliver Ray** Ava Walkinshaw Calissa Williams

Year K/1 Wade Pringle

Year 2 **Ruby Abraham** Lilly Baughan-Carpenter Annabelle Smith Seth Best Cali Gibbs-Bradshaw

**Conner Guthrie** Ella Kent **Kaius King** J-Lee Lawrence Gemma Lucas Madison Lyons Stella Nelson-Marshall Ava Masters **Alissa Stokes Caitlynn Williams** 

Bronze & Silver Awards

Year 3/4 Mia Garemyn Josiah Reitsma Cruz Wicks-Hope Laura Whitby

Year 4/5 Logan Bailey Jordan Brown Ellie Hearne Lucy Mohring



**Riley Dixon** Aleah Stokes Annabelle Smith



## Stage 2 Year 3/4 Great Aussie Bush Camp

On our second day we did bushcraft, we made huts. I added a chandelier, so the person could light them up for light. After that, we had indoor rock climbing. Xavier was the champion, but if I was taller I reckon I could have made it up too. Xavier was really fast at it though. Then we went on the giant swing. When you get up really high you look down and there are mini people on the ground. Then you have to pull the rope, you drop and you swing straight to the cabins. It was really exciting! *By Banjo Edwards* 

My favourite thing was the indoor rock climbing because I made it to the very top pretty easy. I did the other harder wall too which was very very fun. I also liked commando because me and Banjo were sneaking around in the grass past the teachers and other kids and it was really fun. *By Xavier Wheaton* 





For lunch on the first day we had burgers. My mum said that camp food was horrible, but not this camp, the food actually tastes pretty good! After lunch we did our first activity which was canoeing. We also met our instructor Lilly. Lilly taught us how to use the canoes and all the safety rules. I was pretty bad at it at the start and I didn't get much better at the end. After we got used to it we played a game called cows and cowboys, it was like tips, but in canoes. By Emmett Sinclair

My favourite part of camp was playing commando at night. We were in the bush and we had to try and find the water bottles that Curly had. The teachers were trying to find us with torches to get our tokens. It was scary and fun. By Kaden Walkinshaw





On my great Aussie Bush Camp experience, I had so much fun that I want to go back there some day in the future.

With the other Year 3/4 students, we enjoyed three days at camp. Some of the challenging activities were archery, bushcraft, rock climbing, commando spotlight, flying fox and high ropes.

When I went to the bushcraft activity, we made a home that we needed to be able to survive in and be safe from the rain, sun and wind. Annabelle, Pippa, Abbie Zach, Indie, Mia and I made the hut together. The camp instructor tested the strength of all the huts by giving them a kick at the end of the activity. Our hut survived the kick. There were many more activities and I had so much fun.

I will always remember that experience of camp. I am so grateful for all the staff there who looked after us. *By Chelsea Haley* 

I liked commando spot light. It was fun hiding from the teachers because it was kind of like you were going to detention, but you didn't want to go, so you ran to the bush and started hiding. We knew where Mrs O'Connell was because she had an orange light. Obviously the kids won. *By Abbiegail Ray* 





My favourite things were the flying fox and the giant swing because they were the most fun things I have ever done in my whole life!



By Mia Garemyn

#### APPLY NOW! ISS are looking for School Cleaners



ISS is a leading global workplace experience and facility management company. In partnership with customers, ISS drives the engagement and well-being of people, minimises the impact on the environment, and protects and maintains property.

We are seeking value-orientated people to join our local team of 17,000 service professionals, who can help us realise our Purpose of "Connecting People and Places to Make the World Work Better".

Our team is growing and we currently seeking cleaners to join ISS. You will provide high cleaning services to Public Schools, TAFES and Government Buildings. You will be employed on a casual basis with opportunity to ongoing permanent work. Various of rosters are available; Monday to Friday early morning (5-9am) and/ or afternoon (2-6pm) and Temporary Disinfecting shifts (11am-3pm).

#### We are seeking cleaners around:

- North Coast: Coffs Harbour, Taree, Port Macquarie, Ballina, Tweed Heads and Lismore (Driver license and a car is essential)
- South West Sydney: Bankstown, Liverpool, Campbelltown, Fairfield, Ingleburn, Auburn, Merrylands and Strathfield areas (Driver license and a car is
  essential)
- Sydney: Ashfield area, St George area, Sutherland Shire area, Sylvania/Cronulla area, Marrickville area, Eastern Suburbs and CBD (Public transport is acceptable)

#### Role responsibilities:

- Cleaning all facilities including classrooms, bathrooms, kitchens and grounds
- Disinfecting high touch points areas
- Working autonomously with little supervision & commitment to safe work practices
- Ability to obtain a Working with Children number & ability to pass a Police Check
- Must be physically fit and able to meet the demands of the job

If you are interested and meet the above criteria, please complete your online application via Scanning our QR code!

If you have any questions or need more information please e-mail sandra.moussa@au.issworld.com

PEOPLE MAKE PLACES "Aboriginal and/or Torres Strait Islander people are encouraged to apply"



## BULAHDELAH Central School

Strive to Achieve

## Thursday, 17 June K-12 School Photos

P&C Meeting: Wednesday, 19 May at 3:45-4:45pm

Next Newsletters for Term 2: 21 June

End of Term 2: 25 June

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

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

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Innovation. We initiate & continue to improve as individuals, teams & the school. Can you find a better, smarter or more creative way?

