

Participation

Respect

Innovation

Determination

Excellence

## July

- 27 Sec. Regional Athletics
- 28 Years 10&11 Subject Selection
- Years 10-12 Career Expo
- Year 6 Science & Engineering
- Challenge Forster Public

## August

- 1-5 K-12 Education Week
- 2 Captains & SRC Induction Assembly
- Year 9-12 Heart to Heart Program
- (Every Wednesday in August)
- 5 Inaugural SRC Spirit Cup
- K-6 P&C Breakfast
- 10 CWA Junior Program
- 22-26 Trail HSC



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# 2022-2023 BCS Captains



Maggie Cunich



Toby Dixon



Polly Sullivan



## PRINCIPAL'S REPORT:

### Term 3 Update

Masks are an effective way of minimising the transmission of respiratory viruses and infections, and protecting our community, especially those who

are at higher risk of severe illness from COVID-19 and flu. We strongly encourage all students and staff wear a mask for the first 4 weeks of Term 3, particularly in indoor settings or when distancing is not possible. The latest NSW Health advice also recommends wearing a mask for people who have recovered from COVID-19 and recently completed their 7-day isolation period for an additional 3 days (from days 8 to 10 after receiving a positive COVID-19 result). Additionally, mask wearing is mandatory for staff and high school students returning to school as close contacts for 5 school days and strongly recommended for primary school students returning to school as close contacts for 5 school days. Students or staff identified as close contacts who are unable to wear a mask will be supported to learn or work remotely.

**Boosted day cleaning.** The department has made a slight change to its cleaning process.

Cleaning of school sites will now be more concentrated during the day, with an increase in cleaning in school hours, and a subsequent reduction out of hours. Boosted day cleaning will continue to focus on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas.

**Rapid antigen tests (RATs).** The department will send another round of RATs to our school early this term, which we will provide to you in the form of 1 multipack of 5 RAT kits per student. These RATs can be used as required for symptomatic testing, such as if your child is displaying even mild symptoms. Once these department-supplied RATs are exhausted, please continue to access store-purchased RATs which are now readily available in the community or PCR tests. Alternatively, let the school know that you need more and we will try and assist. Additionally, our school will be maintaining a reserve stock of RATs onsite to support symptomatic testing in the event of an outbreak in our school community. Please also remember that positive RAT results must be registered with ServiceNSW, and students who test positive to COVID-19 must not attend school until their isolation period ends and they are symptom free. *George Frangos*



**Wednesday**  
**3 August**  
**4:00pm**  
**BCS Library**



**Tuesday, 26 July**

**4:00pm**

Parent/Teacher Interviews Years 7-12

**5:30pm**

Year 8 into Year 9  
Information evening

**6:00pm**

Years 10 into 11 Student  
Information evening for parents/carers

### Assessment Tasks Due

Term 3	WEEK 2	WEEK 3
Year 7	History	Technology
Year 9	Metals Photography	
Year 10	Metals	History
<b>SVC</b> <b>PRE</b> <b>HSC</b>	English Adv English Studies English Standard	ECC Geography





Education Week 2022 will be held from 1-5 August (Week 3, Term 3). This year's theme is

**‘creating futures –  
education changes lives’**

and celebrates the quality education we provide and the opportunities available to everyone in NSW public education.

Education Week is your chance to celebrate the achievements of your school, students or learning community.

## **BCS Education Week Activities**

### **Monday 1 August**

11:20am K-6 Primary Public Speaking Finals. Parents/Carers of the finalists to be invited in as audience.

### **Tuesday 2 August**

10.30am K-12 Captains & SRC (Student Representative Council) Induction Assembly

### **Thursday 4th August**

9:30am Years 3-6 European Handball coaching workshop. On site incursion with ex-teacher, Ray Howitt.

### **Friday 5 August**

8:30am K-6 BBQ Breakfast families & students. Students will be involved in sporting activities and a handball competition under the Primary COLA.

We hope to see as many families as possible to celebrate the students' achievements. Please contact the school if you can attend. Bacon and egg sandwiches, tea, coffee, and juice will be available.

9:00am Years 7-12 Inaugural SRC Spirit Cup

12:30am K-6 Year K/1 Primary Merit Assembly

# COVID-smart measures for schools

Information for parents, carers and students



We know that being together in the classroom is the best thing for our students' learning, growth and welfare. This term we will continue to implement several measures to allow us to prioritise both the wellbeing of our students and a consistent and productive learning environment.



## Stay home if unwell

- If your child is unwell, you must keep them at home. If they are displaying even mild COVID-19 symptoms, they should take a COVID test (PCR or RAT) and isolate.
- Your child should only return to school once they have returned a negative test and they are symptom free.



## Vaccinations

- Vaccinations for COVID-19 and flu are the best way of protecting yourself, your family and the community. Vaccination is a safe and effective way to give your immune system a helping hand against viral illnesses.
- All eligible staff and students are strongly encouraged to keep up to date with their vaccinations to protect their health.



## Close contacts

- Students identified as close contacts can attend school providing the school is informed, they return a negative COVID-19 test result and wear a mask, except when eating/drinking or exercising (if in Year 7 and above) for 5 consecutive school days, and they do not attend high risk settings.
- Students in schools for specific purposes and support units cannot attend school as a close contact and will be supported to learn remotely during their self-isolation.



## Rapid antigen testing

- Rapid antigen tests (RATs) should be used if your child is displaying even mild COVID-19 symptoms, or daily if they are attending school as a close contact.
- If your child tests positive for COVID-19, they must not attend school until their isolation period finishes and they are symptom free. Positive rapid antigen test results must be registered with Service NSW.
- If your child tests negative but is still showing symptoms they should not attend school until symptom free.
- Staff and students will be provided with 1 multipack of 5 RAT kits by their school in early Term 3.
- Schools will maintain a reserve stock of rapid antigen tests onsite for surveillance testing purposes in the event of an outbreak.



## Hygiene and cleaning

- Students are encouraged to regularly wash their hands with soap and water, and to use personal protective equipment as required.
- Boosted day cleaning of schools will focus on high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas.





### Ventilation

- Fresh air is the most effective form of ventilation to minimise the risk of transmission.
- During the colder months, heating will be used in conjunction with ventilation methods to balance thermal comfort.
- All learning spaces in public schools have been checked to ensure appropriate levels of ventilation and air purifiers have been provided where needed.
- Using outdoor spaces will continue to be encouraged where possible.



### Masks

- Mask-wearing is strongly encouraged where possible for all staff and students, particularly in indoor spaces and other instances where ventilation and distancing is not possible.
- Mask-wearing is strongly encouraged for visitors, particularly when they are interacting directly with students, and is required when interacting with students who are at greater risk of serious illness should they contract COVID-19.
- Masks are required when indoors for students attending school as a close contact in Year 7 and above and are strongly encouraged for younger students.
- Mask-wearing is strongly encouraged for all students for the 3 days following their recovery from COVID-19.



### Visitors

- Visitors can attend school sites regardless of their vaccination status.
- Visitors who are engaging directly with students in certain higher-risk settings for school operations and curriculum delivery and allied health partners for the wellbeing of students, may be required to wear masks.
- Visitors who attend school as a close contact are required to inform the school and follow certain guidelines, including wearing a mask when indoors.



### Activities

- Health and safety risk assessments will be integrated into planning activities, including excursions and overnight camps.
- Parents and carers will be made aware of the risk of exposure and will need to give permission for certain activities.



### Responding to local situations

- Schools will work with the department's Health, Safety and Staff Wellbeing case management team to respond appropriately to local situations, including outbreaks of viral illness.
- In some cases, schools may temporarily introduce additional measures as a 'circuit breaker', including requiring mask-wearing, postponing or limiting non-essential activities and directing cohorts to learn remotely.



### Learning remotely

- The department continues to develop digital learning resources to support students who need to learn remotely.

For more info, visit [education.nsw.gov.au/covid-19/advice-for-families](https://education.nsw.gov.au/covid-19/advice-for-families)

### Telephone interpreter service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you want to call, and the operator will get an interpreter on the line to assist you with the conversation. You will not be charged for this service.

The NSW Government is committed to ensuring school operations continue while prioritising the safety and wellbeing of students and school staff.





NAIDOC (National Aborigines and Islanders Day Observance Committee) celebrations are held across Australia in the first full week of July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

It is tradition at Bulahdelah Central School to recognise and celebrate NAIDOC Week. The theme for NAIDOC celebrations this year is:

**Get Up! Stand Up! Show Up!**

Aboriginal and Torres Strait Islander peoples have a proud history of getting up, standing up, and showing up for mob, Elders and communities. We all need to understand the truth of history and call out racism, we must do it together.

In the spirit of this year's theme the Koori Kids Performance Group have again gone out into community to ensure the message of NAIDOC and the pride of Aboriginal culture that is present at Bulahdelah Central School is shared.

The Koori Kids this year have presented stories, song and dance at BCS and at a number of our feeder Primary and Pre-Schools. It is our hope that the wider community recognise that at Bulahdelah we have pride in our traditional people and customs.

Students run activities to engage younger students and stand in front of groups both large and small and to share their culture. Together we acknowledge the Worimi People. First people and traditional custodians of the land on which we come together to learn, share and ultimately prosper thanks to the elders past, present and future.



## **Gudjii Yiigu, Marrungbu**

### **Gulamburra**

Gulamburra was a clever fella, who lived with his people, a mixed group of Worimi and Biripi in the Halliday's Point area. He had spiritual powers that he used to heal his people if they were sick or injured. For this, all his people loved and respected him.

Gulamburra was so spiritually strong that he could not die like a normal person, you couldn't just spear him or hit him with a club, he was too clever to be hurt like that. The only way Gulamburra could die was to spear him down through his collarbone, through his heart, and the spear had to enter the ground. He told his people if anything ever happened to him to hang his loin cloth up in front of his bark shelter.

One day a bad clever fella, Warki came along. He thought he was stronger and better than Gulamburra and challenged him to a fight. They fought for days. Because they were both clever fellas, they turned themselves into crows and fought in the air. They turned themselves into sharks and fought in the water and while on land, they fought as themselves.

Eventually the Warki got the better of Gulamburra and speared him through his collarbone, through his heart and into the ground. Gulamburra died. Some of his people hung his loin cloth up in front of his bark shelter.

Gulamburra's mother walked by and spotted the loin cloth. She knew straight away that her son had died. She started to cry and just kept on crying and crying. She walked down onto a small beach, sat on a rock and cried and cried. Where her tears were falling onto the sand, a tree started to grow.

This was a mangrove tree, which is still there today. It's called the Crying Tree. It's on a small beach called Shelley Beach near Halliday's Point.

The belief is that it is a women's place and if a man touches the tree it will start big storms with heavy rains and flooding. This indeed has happened, a few years ago the storm was so bad that the Crying Tree was blown over. Since then a small sapling has taken its place on the sand in the exact same spot as the original Crying Tree.

Gulamburra's mother knew of a way to bring her son back to life. This could only be done by Gulamburra's two wives, who happened to be sisters. They had to take his body down the coast to a place we now call Seal Rocks. Then, out onto the sacred island and say his name at the same time.

The two wives carried Gulamburra's body down the coast, along 9 Mile Beach, through Tuncurry, Forster, down 7 Mile Beach, through Pacific Palms, Smiths Lake, Tarbuck Bay, Bungwahl, and all the way to Seal Rocks. It took them many days, but they finally got there. However the island was too far-out in the ocean. It was Broughton Island which lies between Seal Rocks and Hawks Nest. They could never swim all that way with Gulamburra's body.

A koala came along. Now a long time ago, animals and people could talk to each other and they also lived with each other. The koala offered to help them. He opened his stomach and stretched out his intestines over to the island. This made a bridge. The two wives carried Gulamburra across the intestine bridge. This left footprints on the intestines.

In traditional times, our people ate koalas. Like with any animal we eat today, we have to take out the guts before we cook them. If we still ate koalas, you would see markings all the way along the intestines that look like two sets of footprints. Gulamburra's wives footprints.

The two wives said Gulamburra's name at the same time and he came back to life. However it wasn't a normal life, it was a spiritual life. He had to go into the sky to live and he took his two wives with him. Now you can see them at night. Gulamburra is the star pattern we call The Southern Cross and the two wives are the two very bright stars we call The Pointers.

Some people who follow the trail of Gulamburra's story along our coastline have even been known to find a rock formation on the walk out to the Seal Rocks light house. This is where The Great Rainbow Snake cut through the rocks to allow the ocean in. The rock formation is shaped like Gulamburra's head and on the way back the same rocks take on the appearance of the Koala that helped his wives to bring him back to life.

*Michelle-Leigh Gray - Aboriginal Education Coordinator*





Hospitality students recently used the pizza oven in the school garden to create a variety of wood-fired pizzas. The pizza oven was built by a team of Year 9 and 10 students as part of a practical landscaping project.

Roasted pumpkin, feta, zucchini, mushrooms, capsicum and tomato were some of the many ingredients used for the toppings. These were layered with generous sprinklings of mozzarella to pull the flavours together.

The students worked through a range of culinary skills to create the pizzas from scratch. Work included learning how to mix, knead and hand stretch the dough, using and balancing ingredients for the toppings and baking techniques.

The pizzas were delicious. They had a good texture, great flavour and just the right amount of crispiness in the base. The vibrant colours of the fresh, natural ingredients ensured the pizzas looked as good as they tasted. *Charli Alchin*







During Term 2 week 10, as part of their LOTE (Language & Other Than English) studies, MC2 students, created an Italian Restaurant and menu and invited teachers to attend.

On the menu was traditional Italian food that included pizza, garlic bread and gelato.

Teachers were very impressed with the presentation and the quality of the food and enjoyed their Italian experience.

*Caran Wasson - Multi Category Teacher*



Thank you to all the amazing people who helped me reach my goals throughout my 13 years of schooling. A special thank you to my family, especially my mum, who continues to inspire me each and every day to aim high. Thank you to the teachers who watched me grow from the small slightly annoying child into the 2021 School DUX.

Although life is hard sometimes and the unexpected may happen, an important lesson I learnt at BCS is how you tackle it makes the difference.

Don't just sit back, step up and be the change. Give anything and everything ago and never stop striving to be your best self. You don't have to be naturally gifted; I know for sure I am not, but it is the dedication and resilience that lets us reach our goals.

I dreamt from as early as I can remember that I wanted to be a nurse. I have already completed the first semester on my journey to reach my dream thanks to the effort I put into my studies here at BCS. I would like to encourage you all to pursue your own dreams.

I have got to where I am today from spending countless hours with my head buried in books and significantly contributing to deforestation with the thousands of Flashcards I wrote, but this did not come without challenges, tears, mistakes and disappointment. In the end it paid off and it is an honour to accept this award.

I would like to close with a quote from John F Kennedy that speaks volumes. "Things do not happen; Things are made Happen" . *Seleana Murphy*

## Migliore Ristorante (best restaurant)



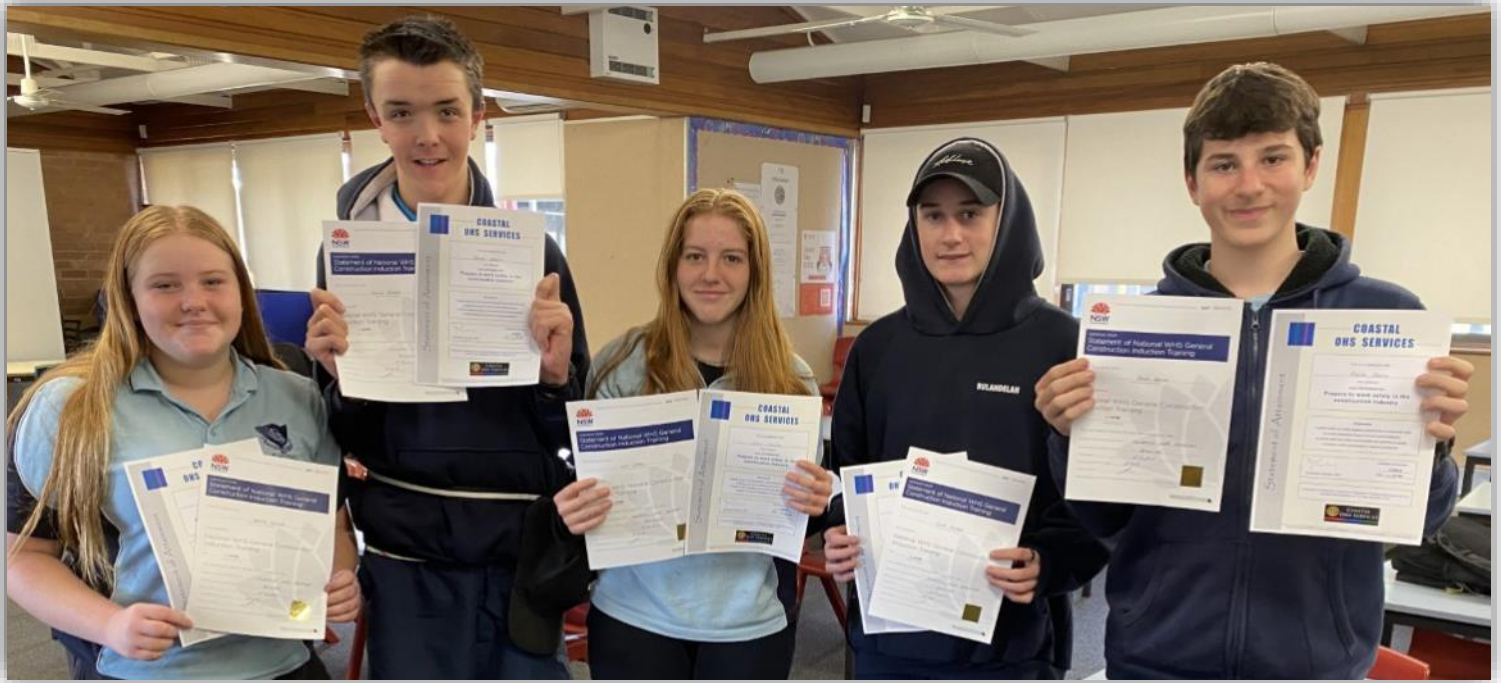
**PORTATA PRINCIPALE  
(MAIN COURSE)  
PEPPERONI PIZZA**

**CONTORNO  
(SIDE DISH)  
PANE ALL' AGLIO  
GARLIC BREAD**



**DOLCE  
(DESSERT)  
GELATO**





A small group of students completed their Construction Induction Whitecard course in the last week of Term 2. This is a qualification students are legally required to have to participate in work experience on a construction site.

Whitecard courses must be delivered face-to-face (NOT online) to be accepted by the Department of Education for the purposes of work experience or work placement. The next course will be offered either late in Term 4 or early in 2023. *Linda Drenkhahn - Careers*



### Career exploration at home

Positive parental influence can boost your child's confidence when making career choices. Use myfuture's *career exploration at home resources* and work together to match their career, education, and training ambitions. View [career exploration at home resources](#).

### What counts when making career choices – Free webinar Tuesday, 9 August 2022 - 4:00pm

Career decision-making learning includes developing the ability to make career decisions in the context of life planning and relating self-awareness to the knowledge of different opportunities. In guiding this development, we have a responsibility to provide young people with learning opportunities that

expand their understanding of themselves in relation to less visible careers, such as those in Agriculture.

Join Dr Nicole McDonald, Senior Research Officer, Central Queensland University as she discusses:

- how to best support young people to develop self-awareness and self-efficacy to support their career goals
- the purpose, meaning and values that are associated with career choice for young people aspiring to a fulfilling career and life
- the unseen job market in the agriculture industry

Register for this free event: <https://attendee.gotowebinar.com/register/2599373454959194893>





## HEART TO HEART WITH ART

### What is Heart to Heart

Through participation in carefully structured arts classes and other activities, the students are given the opportunity to learn skills and methods to improve their emotional and social wellbeing. They are given encouragement to work through the difficulties they may be facing, in a safe environment where they can connect with a range of adult mentors, supportive peers and professional assistance if required.

Each week for 8 weeks the young people arrive to a classroom ready prepared for painting to begin immediately. Students are given high quality materials including oil paints, brushes, canvases, table easels and an apron. The classes are given by a trained Heart to Heart Master Artist who leads the students through the process of painting a reproduction of a masterpiece. In addition to learning skills in observation, listening and painting technique, students are introduced to an absorbing creative experience.

The classes encourage calm, mindful, focussed attention and develop in the students an increased ability to concentrate.

At all times a qualified Youth Mental Health worker attends the weekly classes. Their role is to be present in a professional manner, to help guide and support as issues arise during class. From time to time a Police Youth Liaison Officer attends classes. This helps to break down barriers and misconceptions about Police. The adults present participate fully in the art, and interact casually in breaks. These adults build relationships of trust with the young people in the group, increasing the students' access to supportive adult mentors and options for professional assistance. Every class involves a period of meditation, relaxation and focus exercises to encourage mindfulness, increased calm and emotional regulation. The exercises each week develop skills and encourage a regular 'practice' of meditation and calming techniques. It is expected that students will continue to use these skills after the program has finished, adding to their self-care and capacity to manage fear, anxiety, stress and other challenges. Classes also include resources that encourages young people to tell their stories, offer their opinions and listen to those of others.

An exhibition is held at the end of the term showcasing the students' paintings. This is an opportunity to celebrate with three special guests chosen by each student (a peer, a family member and a teacher at the school). This event aims to generate experiences of pride, self worth and a reward for effort.

At this event children, parents and friends mingle and celebrate success and pride. The girls are given a certificate, their paintbrush and as a further touchstone to this experience, a special gift.

### Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed



### REL. ASSISTANT PRINCIPAL :

Welcome back parents, carers and students to an already busy Term 3. This term we have a range of activities happening across K-6.

On the last day of Term 2, students from K-6 danced the afternoon away at our end of term disco. There were some amazing dress ups to the theme 'Winter Wonderland'. All students enjoyed the activity and snacked on special disco treats from our stall.

### Zone Athletics

Due to wet weather last week, Zone Athletics has been postponed to Wednesday, 27 July and Thursday, 28 July. Over the two days, Danielle Davy will be travelling to Tomaree with a bus full of energetic field and track students. Signed notes need to be back in to school by Tuesday 26th July. Good luck to all the participating students who will represent our school at Zone Athletics.

### NAIDOC Week Celebrations

NAIDOC week is a time to acknowledge, celebrate and pay respect to Aboriginal and Torres Strait Islander people. Our school celebrated NAIDOC during Week 1 with the theme 'Get up! Stand up! Show up!'.

We held a whole school assembly and all Primary students participated in a range of activities run by our Secondary Indigenous students. K-2 students played ball games as native animals. Years 3, 4 and 5 students painted clap sticks and made string dolls. Year six students had the opportunity to paint a digeridoo which will be displayed in our school once completed. A huge thank you to Michelle Gray and her group of students for their efforts in running such fantastic activities.

### Education Week

Throughout Education Week, we have a range of activities planned. On Monday, 1 August we have our speech finalists who will be presenting their prepared speech to our adjudicator Debbie Booth. Students from K-6 have been preparing their speeches and practising them in class. They will present them to their teachers and peers this week.

Later on in the week, Primary staff, with the assistance of our P&C members, will be holding a barbeque breakfast for our parents and carers. Please let the office know of any dietary requirements and your availability to attend. We hope to see you there!





## Spelling Bee

Last Friday, students from K-6 participated in the NSW Premier's Spelling Bee Competition. This competition is a fun and educational way for Primary students to engage with and improve their spelling. K-2 finalists participated in a spelling runoff to determine our Spelling Bee champions for 2022. Years 3-6 competed in a spelling contest from revised words, where they were able to move up levels as they correctly spelt a word.

# Congratulations

to all our class and stage winning students, especially from Stage 2- Jaida Morgan and Stage 3 - Jordan Brown. These two students now have the opportunity to compete in the Regional Finals in Weeks 7 and 8. Well done to all competitors and good luck to our two finalists. *Sofie Dorney*



	1st	2nd	3rd
Kinder	Sagda Abouzeid	Elizabeth Mohring	Ava Morgan
Year 1	Olivia Styles	Lacey Masters	Emily Swain
Year 2	Florence Dawes	Sophia Smith	Aleah Stokes
Stage 2	Jaida Morgan	Seth Best	Mercedes Godoy Wootton
Stage 3	Jordan Brown	Chelsea Haley	Addison Hopkin





# BULAHDELAH SHOW SOCIETY

## Bulahdelah Annual Show

### Friday, 18 & Saturday, 19 November 2022

## BULAHDELAH JUNIOR SHOW GIRL 2022

### Junior Show Girl Competition

12 -14 Years  
&  
15 -17 Years

If you are interested in being a Show Girl,  
please leave details with Leanne Gooch at  
Bulahdelah Central School Admin Office or  
phone:

Leanne Gooch 0429 807 281

Di Stidolph 0408 492 001

Entries close Friday, 21 October 2022.

### upcoming sessions

Parents, Carers, and Community Members in  
Hunter New England are invited to attend a free  
mental health education session in Term 3.



headspace  
National Youth Mental Health Foundation



#### The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge & understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



#### Connecting and communicating with young people

Date: Monday, 1 August 2022  
Time: 6:30 pm – 7:45 pm AEST  
Location: Online webinar  
Registration: <https://bit.ly/3NDX4G>



#### Navigating uncertainty and change

Date: Tuesday, 23 August 2022  
Time: 6:30 pm – 7:45 pm AEST  
Location: Online webinar  
Registration: <https://bit.ly/3bBaxAd>



#### For more information

Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)



## 2022 Mid Coast CareerQuip

Professional careers information • Opportunities in skills shortage areas

**Thursday 28th July 2022**

8am to 4pm

Pulteney Street / Queen Elizabeth Park / Riverstage area, Taree

The 2022 Lower North Coast  
Careers Expo will move beyond  
the school environment to  
become CareerQuip.

A community event for the  
entire Mid North Coast.

[careerquip.com.au](http://careerquip.com.au)



Free for  
schools and  
the general  
public to  
attend



# Book Club

Due Date  
Monday, 8 August

## ISSUE 5 OUT NOW!

**FREE  
BOOK OFFER!**



### Grow your Home Library (& independent readers) with the Free Book Offer!

Every child deserves access to quality and affordable books, and Scholastic Book Club offers great prices with Value Books as low as \$3 on every issue of Book Club. Best of all, if you order on Issue 5 you can select FREE BOOKS!

Place your Issue 5 order on LOOP (Linked Online Ordering & Payment) to select up to 3 FREE BOOKS. To qualify all you have to do is spend over \$30 and you can select 1 FREE book, or spend over \$50 and you can select 2 FREE books or over \$70 and you can select 3 FREE titles from a special online list. The list will display after you create your order and head to the checkout. See [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP) for more information.

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**SCHOLASTIC**

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for Parents

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# BULAHDELAH Central School

*Strive to Achieve*



**Student  
Representative  
Council**

**Friday, 5 August**  
**Year 7-12**  
**Inaugural SRC Spirit Cup**

**P&C Meetings:** 3 August & 14 September

**Next Newsletters for Term 3:** 8 & 22 August; 5 & 19 September

**End of Term 3:** 23 September

 like us on  
**facebook** 

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

[www.bulahdelah-c.schools.nsw.edu.au](http://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 actions?*

