



Participation

Respect

Innovation

Determination

Excellence

August

- 19 K-6 Public Speaking Finals
- 22-26 Trail HSC
- 26 Primary Book Week Parade
- 29-31 Years 6&10 VALID Science Assessment

RUOK?
A conversation could change a life.

September

- 1-9 Years 6&10 VALID Science Assessment
- 6 Year 9-12 Heart to Heart Program (Every Wednesday in September)
- 8 K-12 RUOK? Day
- 16 Primary Assembly Year 3/4
- 19 K-12 PRIDE Assembly
- 21 Year 12 Graduation Assembly
- 23 Last Day Term 3



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Primary students excel at Zone Athletics!





Primary Zone Athletics

Day 1 – Wednesday, 27 July

Field events, 800m and 1500m

On Wednesday, I accompanied 18 students to the Zone Athletics at Tomaree. I was so proud of how these students represented Bulahdelah Central School. Along with the respect and sportsmanship they displayed, there were also some outstanding results.

Cruz Wicks-Hope placed 2nd in the 11yrs boys high jump and Banjo Edwards placed 3rd in both the 11yrs boys 800m and 1500m races. A fantastic result for both students.

Day 2 – Thursday, 28 July

Track events – 100m, 200m, relay

On Thursday of Week 2, Jackie O'Connell and I travelled to Tomaree with 25 students. It was a big day, with some of our students racing in 3 events.

It was terrific to see students doing their personal best in their events and the support and encouragement they showed each other throughout the day was fantastic.

Once again there were some exceptional results and we were so proud to cheer on our senior boys relay team (Cruz Wicks-Hope, Banjo Edwards, Jordan Brown and Xavier Wheaton), who made it to the final. Xavier Wheaton also placed 3rd in the final of the 11yrs boys 100m sprint. It was a very competitive event and we were all impressed with his result.

We would also like to thank Mr Frangos, who funded the coach to transport our students to these events. It facilitated a wonderful experience for these students and added to the feeling of community spirit among our competing students. *Danielle Davy - Primary Teacher*



Five BCS students competed at the Secondary Regional Athletics carnival last week. The event was held at the Hunter Sports Centre at Glendale.

Our students performed strongly in their respective track and field events and recorded some impressive results. The standout performance on the day came from Year 10 student Joey Scale who finished third in the triple jump with a leap of 11.63ms. He has been named as a reserve for the CHS State Championships.

"It was not my best performance on the day. Although my result was well below my PB, it was a great experience to be able to compete at this level."

Joey also finished eighth in the 800ms. In other events, Reef Mirisch contested the 100ms and 200ms and Ollie Cowan was entered in the javelin throw. Joey and Reef, along with teammates Cobe Edwards and Arthur Whyman, ran well in the 4x100m relay.

The BCS students qualified for the regional event based on their performance at the Manning Zone carnival which was held in May. Wendy Parsons - Teacher



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

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.



*Olive, feta & chargrilled veg tartlets
Bacon & chive tartlets.*

Senior Hospitality students showcased impressive culinary skills during their recent Event Catering assessment task. The event involved preparing morning tea and lunch for staff.

The menu consisted of bacon and chive tarts, fresh fruit salad with toasted seeds and chargrilled vegetable tartlets for morning tea. This was followed by a choice of Thai Noodle Salad, Bacon and Asparagus Pasta, Moroccan Pumpkin with Couscous and a traditional Greek Salad for lunch. The students displayed a high degree of professionalism in all aspects of the task, utilising their excellent kitchen, safety, teamwork and time management skills. Staff applauded the young chefs on the delicious flavour combinations, impeccable presentation and outstanding service.

In line with current COVID-safe practices, modifications were made to the task in the lead-up to the event. Instead of the self-service platters and salad bar originally planned, students ensured the menu items were individually packaged and served.

"It was great to use so many fresh, seasonal ingredients to create our vibrant menu. The recipes were quite complex, requiring many different steps and techniques. At times, it was quite hectic to ensure the morning tea and lunch were served on time, but our preparation and communication ensured we were able to deliver a quality product." *Keily Boyd*

The Hospitality course is offered as part of the senior curriculum at Bulahdelah Central School. It provides students with the skills and knowledge to work in a variety of food and beverage settings and is a great introduction to a future career in Hospitality. *Jess Kelly - Hospitality Teacher*



*Seasonal fruit
salad with toasted
seeds & coconut.*



Moroccan pumpkin, chickpea, & couscous salad.



Thai noodle salad with warm shredded steamed chicken



MidCoast Council 2023 Apprenticeship and Traineeship Information session

Please see below the links for 2 online sessions with MidCoast Council for the 2023 intake for Traineeships and Apprenticeships.

These sessions will be hosted by the MidCoast Council Talent Acquisition Team and provide an overview of the Traineeships and Apprenticeships available within MidCoast Council in 2023, the recruitment process and tips for a successful application.

There are over 20 positions available within the MidCoast Council area in locations such as Tea Gardens, Stroud, Taree, Gloucester, Taree North, Bootawa and Tuncurry.

Parents, students and teachers all welcome to attend these sessions.

Please share with your Year 10, 11 and 12 cohorts for those who may be interested in learning more about the roles available.

Please note these roles will commence in 2023.

There will be a questions and answer session at the end of each session for parents, students and teachers to ask questions directly to the MidCoast Council team.

The sessions will be recorded and sent to all those who register so please encourage students to register as they will receive the recording even if they are unable to attend. The sessions will run online from 7pm-7.45pm

Link to session on Monday 8th August

<https://www.eventbrite.com.au/e/midcoast-council-apprenticeship-and-traineeship-2023-information-session-2-tickets-391398111287>

Erin Lute - Senior Project Officer – Regional Industry Education Partnerships | Training Services Mid North Coast NSW



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>

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

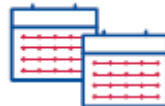
= **4** weeks



= Over **1** year missed

1 day per week

= **8** weeks



= Over **2.5** years missed

Assessment Tasks Due

Term 3	WEEK 4	WEEK 5	WEEK 6
Year 7		Music History	Science Geography
Year 8		Science History	Music
Year 9	Food	Elective History Drama History	English
Year 10	Child Studies	Music Elective History Drama	English
SVC PRE HSC	Chemistry PDHPE SLR ITE Math Adv Math Stand		HSC TRIALS HSC TRIALS

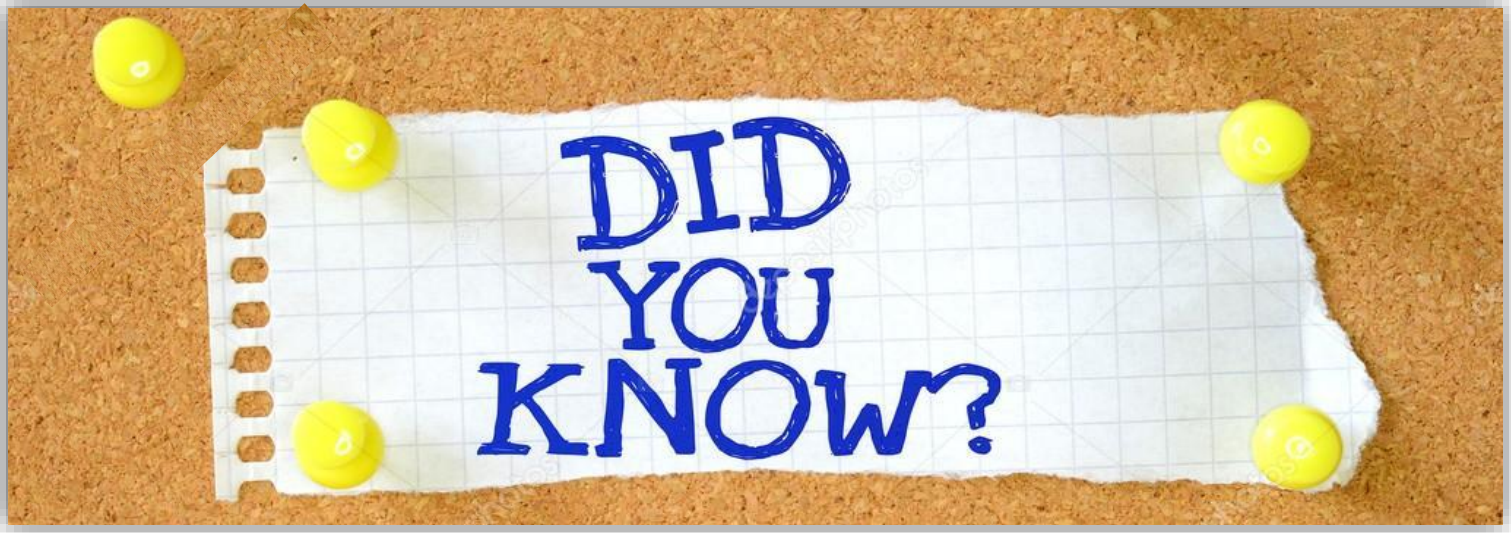


Wednesday

14 September

4:00pm

BCS Library



DID YOU KNOW?

1. Canteen Orders & Payments - A reminder our school canteen is cashless. We use the Quickcliq App to allow parents to order their child's lunches. Students are also able to purchase at the canteen using a debit card. A great idea for students who may not have a debit card is a Spriggy Card www.spriggy.com.au these cards are designed to allow parents to place money on the card and for them to have control over the card.

2. Permission Notes – We will be transitioning our delivery of permission notes to our Sentral Portal App in the near future, however, we currently still use a paper note/form and have a strict 3-day policy whereby notes need to be returned to the school 3 days before the excursion. This ensures the planning of the excursion is finalised within school guidelines.

3. Sentral Parent Portal – Have you received your family key? We are now using the exciting new app allowing communication between parents and the school. The app allows parents to see the absences for their child, explain absences, access school reports, see what is happening in the school with the school calendar, access the School Newsletter, book a parent/teacher interview, message teachers, school documents and forms and soon access excursion notes. If you would like more information on the App please phone the school, we are happy to help set you up.

4. Uniforms – Parents are able to purchase school uniforms including school hats through Lowes. Our school stock is at the Raymond Terrace store or orders can be done online. The school no longer stocks the uniforms so is unable to sell them. Lowes have 20% off sales twice a year for Lowes Card Members so this may be worth investigating.

5. Absences – If you need to explain an absence for your child, why not complete on the Parent Portal App, otherwise we can accept a phone call, email or over the front counter. We no longer require the old green forms.

6. Gates – As many maybe aware we are in the process of completing a new fence surrounding our school. This will make our school a much safer learning environment. The gates will be shut in the morning after roll call and any visitors will need to buzz to gain access.

7. Sick Bay – School policy states that students who are sick or injured during school time are to come to the front office. The front office staff will then call parents to pick up their child if necessary. Students are to have their phones in Yondr Pouches throughout the day and will not be able to call parents directly.



Experience the new Sentral for Parents App

We've listened and reinvented.

Our new school engagement app has been developed to help you stay connected and informed about your child's education.



Today, we are thrilled to announce the launch of our NEW school engagement app

The app and the parent portal can now be easily accessed with one Parent ID, and you'll also find numerous smart features, some of which are highlighted below.

New app highlights include:

Simple registration and login for parents

- Parents will be able to log in with credentials from the parent portal. For new users without a parent-portal account, they can easily create one in the app to log in.

Streamlined smart features tailored to parents devices

- Student absence notification. Parents can take action immediately within the app, to mark an absence and provide explanations/reasons etc.
- Newsfeed items are actionable and listed based on the parents' preferences.
- Seamless opening of PDF files and attachments.

A systematic newsfeed. Relevant, reliable, actionable

- Parents can now filter information and see prioritised and relevant items highlighted.

Messaging feature

- It's never been so easy for parents and teachers to stay connected with Sentral's new in-app messaging feature. Messages will be divided in sequence, based on conversation subject-matter, and parents will be able to save time by responding directly within the app.
- Uploading documents and viewing PDF attachments has also been simplified.

A modern and user-centric interface, tailored to your school

- Parents will experience simple and efficient navigation, and a streamlined design to match the school's identity.

To get started, please click here:

[GET STARTED](#)[FAQ'S](#)

To make the most of your Sentral for Parents App, keep the FAQ's handy as they'll help to get you started. We're confident you'll find the app a great support and we look forward to contributing to a thriving school community.



REL. ASSISTANT PRINCIPAL :

Throughout Education Week, the Primary faculty celebrated the different learning journeys of our students and the achievements of our

Bulahdelah Central learning community. Although some of our planned events needed postponing to a later date, we ensured our deserving students were still recognised with various awards presented throughout the week. Primary staff also selected five worthy students from each class to receive a 'Positive Postcard' – a lovely Education Week surprise for their adults at home.

Our Education Week Barbeque Breakfast has been postponed and we will notify parents and carers at a later stage with the change of date. We also rescheduled our Public Speaking Finals to Friday, 19 August. Hopefully COVID restrictions may ease and we can invite family members of the finalists along as an audience.

A huge congratulations to our Zone Athletics participants who represented our school during Week 2 at the field and track zone events at Tomaree. We had some fantastic results amongst our students, with Xavier, Banjo and Cruz making it to Regional. Overall, Bulahdelah Central School ranked 11th out of the 20 school teams competing within the Port Stephens area. A fantastic achievement from all our Zone competitors. We wish the boys all the best with their athletics journey at the Hunter carnival.

Congratulations also to our Term 3 Class Captains and Week 3 Merit Award Recipients who continue to uphold the school's PRIDE values. Our PBL (Positive Behaviour for Learning) Police Award was awarded to Abbiegail Ray of Year 5 for her continued dedication to her learning and her positive behaviours in and out of the classroom.

Our Pizza Vouchers went to Ava Hendricks, Nelly Raines and Carly Green. A huge congratulations to those deserving students.

During Week 3, Year 3-6 students had the opportunity to learn how to play European Handball. We had coach, Mr Ray Howitt, travel to Bulahdelah to teach our students all there was to know and learn about the fascinating game. It was lovely to see all students participate and get involved, while learning new skills. Equipment was kindly donated to our school, so we look forward to continuing European Handball games into future physical education sessions.

Primary students dressed up for the cause 'Jeans for Genes Day' where students wore jeans to school, raising awareness and funds for Children's Medical Research Institute, helping scientists find cures for genetic diseases. Later in the term we have a Volleyball Coach from Geckosports who will be working with all our primary classes to participate in volleyball coaching. These sessions will run for four weeks, beginning Friday, 19 August, Week 5. Week 6 will see the Primary faculty dress up as their favourite character for Book Week. We look forward to seeing and hearing all about our students' favourite books.
Sofie Dorney





This year we continue to celebrate the journey students and learners take throughout the NSW Education system, focusing on how we are creating futures for our students, staff and families.

From the first days in child care to post-school pathways, our education system is preparing young people to be agile thinkers and lifelong learners.

We celebrate all types of learning that occurs at all levels across our education system and we have a shared responsibility in helping to shape the lives and create the future of today's learners.

Public education can change the lives of not just our students, but also the lives of our teachers, staff, families and communities.

What is the purpose of Education Week?

Aside from emphasizing the role of education in our society, the celebration also aims to strengthen cooperation among stakeholders in education to support the necessary and significant changes to achieve quality and relevant education.

This year's theme of Education Week was 'Creating futures – Education changes lives' and as I (Hayley Nicholson) wandered through the playground throughout the week, I asked Primary students what this theme meant to them.

Jack from Year 3 explained;

"Education happens all around the world. It changes the way we think, and life would be boring without an education".

Year 6 student, Liam, added;

"You need an education to have a better future and to be a productive and active part of the community".

Ava and Lilly of Year 3 also shared their thoughts stating;

"Education gives me life lessons."

"Education helps me to grow up to get a good job".

Hayley Nicholson - Relieving Assistant Principal



PRIMARY ASSEMBLIES

Friday @ 12:30pm

TERM 3

Week 6	26 August	Year 2/3
Week 9	16 September	Year 3/4

Participation Respect Innovation Determination Excellence



Primary Bronze Merit Certificates

K/1

Jaxson Brown
Brooklyn Burns
Ava Walkinshaw
Jack Yeo

Year 1/2

Connie Burges
Lacie Masters
Oliver Ray
Billie Styles

Year 3/4

Ruby Abraham
Florence Dawes
Ella Kent

Year 6

Ashton Sinclair





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.




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>



BULAHDELAH Central School

Strive to Achieve




CLASS OF
2022
YOU DID IT!

Wednesday, 21 September
Year 12 Graduation
Assembly

P&C Meeting: Wednesday, 14 September

Next Newsletters for Term 3: 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
Ph: 4997 4329

Determination.

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

