

Bonalbo Central School



Lifelong Learning for a Positive Future

School News

Term 4 Week 3, 2012



Hell on Wheels passing through Bonalbo



Swift Water Rescue



Art Auction Preview



District SRC Meeting

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Principal:
Deputy Principal:
Assistant Principals:

Keith Larsson
Corinne Miller
Megan O'Meara
Kate Armfield

Dates to Remember

- Oct 29 & Nov 12-Yrs 10/11 Barista course
- October 30, 2012-Primary Art Auction
- Nov 2, 2012- Loud Shirt /Bandanna Day
- Nov 7, 2012- Yr 6-7 Transition Day
- Nov 13, 2012 - ESSA Test-Year 8
- Nov 12-16, 2012-Yr 7-10 Yearly Exams
- Nov 16, 2012-Year 12 Formal, 6.30pm
- Nov 19, 2012-Year 10 Mock Interviews
- Nov 20-23, 2012-Portfolio Interviews Y7-9
- Nov 20, 2012-RRISK, Year 11
- Nov 21, 2012-P&C Meeting
- Every Friday-Primary Swimming and Kindy Transition
- Every Wednesday-Futsal—after school

PRINCIPAL'S REPORT

Welcome Back

Welcome back to all staff and students to what is normally a very busy Term 4. The HSC has commenced and we wish all students the best of luck with exams that still have to be completed. Results of their HSC efforts should be known during the last few days of this term.

On the front of this newsletter are dates for many of the coming events, including exams, portfolio interviews and special events. Staff have been busy recently evaluating educational programs which have been undertaken this year and are planning what will happen next year. Students in Years 8 to 11 have also confirmed what elective subjects they would like to take in 2013. This information, along with student enrolments, determine what staffing is needed to deliver our teaching programs. As a consequence of this Mr Muller may be transferred to another school within the Far North Coast region as there is not a full teaching load for him in 2013. If a position cannot be found which requires his teaching expertise he will remain at Bonalbo until a position becomes available.

Staff Changes

Welcome back to Ms Schumacher who has returned from maternity leave and thank you to Mrs Martin who did a very good job replacing her. This will not be the last occasion we will see Mrs Martin as she will be available for ongoing casual relief and may be provided with some work in 2013.

Reverend Peter Boughey will be finishing in his School Chaplain role at Bonalbo at the end of this year but will still be working in the area in his role linked to the Uniting Church. Peter has also chosen to take on the School Chaplain role at Tabulam which I fully support as many of our students live in this area and most Tabulam Primary students complete their schooling at Bonalbo. Peter has done an excellent job at Bonalbo for many years including supporting the local community in times of hardship, starting Breakfast Club at the school and providing Pastoral Care for our students. We wish Peter well in his new role at Tabulam and the continued support of the local community. As a consequence of this change the School Chaplain/Pastoral Care role needs to be filled at Bonalbo. An expression of Interest application has been developed which can be obtained from the Principal for any one who is interested in applying for the position. The position is for 2013 and may be extended subject to funding. The successful applicant will need to work for 10 hours per week for 40 weeks of the year.

The other significant change in staff for the future will be with myself. On Tuesday November 6 I will be taking Long Service Leave until December 13. During this time Ms Miller will relieve as Principal and Mr Tucker as Deputy Principal. I will be back at the end of term to finalise plans for 2013 and farewell staff and students. It is with some degree of sadness that I will not be returning in 2013 as I intend to use my leave entitlements which I have accumulated over the past 36 years of teaching, until I officially retire in September 2014. An expression of interest will be sent out across the North Coast Region for people to apply for my position during 2013. The successful applicant will be known towards the end of November. I will have the opportunity at coming events, including the Year 12 Farewell and Presentation Night, to thank all who have supported me during my time at Bonalbo. My immediate intentions are to not leave the area but manage my own farm and help my brother with his business, Mara Seeds, located near Mallanganee.

School Captains

As has been the case in recent years we have selected the Secondary Captains and Vice Captains early in Term 4 as a result of Year 12 no longer being at school. The selection of these positions is based on all applicants having an Interview with Principal and Year Adviser, a speech being given to all students on assembly and voting by staff and students on their preferred choice of Captains and Vice Captains. It is with pleasure I can announce that the Captains for the remainder of this year and 2013 are Mimi Arent-Highfield and Rochelle Woodland and Vice Captains are Gary Stubbings and Sam Neilsen. The Primary Captains will be announced at Presentation Night at the end of the year.

New Students

As mentioned earlier in this report student enrolments are very important to maintain what we offer at Bonalbo Central School. If you are aware of any students who intend to move to the area or students who are considering starting school, please contact the school as it will assist us with planning for next year.

As this will be the last Newsletter that I have the opportunity to write a Principal's report, I would like to sincerely thank all members of the school community who have supported me over the years. After 26 years I have seen great change in the school in terms of facilities and the education that has been provided. I feel privileged to have been the Principal for the past nine years and other executive and teaching positions since the start of 1987. I will be writing a more detailed report for our Presentation Night booklet at the end of the year, reflecting on my time at Bonalbo and how the school is positioned for the future.

*Keith Larsson
Principal*

Primary News

Welcome back for Term 4! Hopefully most Primary parents have received their calendars and are aware just how busy our term will be. We look forward to seeing you all at some of our events.

Art Auction Tuesday 30th October 2012

Bonalbo Central School – Primary department – would like to invite families and friends to our Primary School Art Auction. Students will be creating art works which will be displayed in the Bonalbo Bowling and Recreation Club auditorium from Sunday the 28th of October. Other successful local artists such as Keith Cameron – Fire and Stone Art Gallery – and Barbara Mondy, a local artist have also kindly donated art pieces to be auctioned. The primary school auction will commence on Tuesday the 30th of October at 1pm and guests are welcome to view the art from 12 midday. The P&C will be providing light lunches for \$3 along with other snacks and refreshments. Gold coin donations will be received at the door which will provide you with registration and a bidding paddle. We anticipate that it will be a lovely afternoon and we look forward to seeing everyone there.

At the end of Term 3, students in Years 4/5/6 went to Pretty Gully fossicking for gold. It was a great day out and most of the students found a speck or two of gold! We had a BBQ lunch at the Wright's place and spent some time at Paddy's Flat. Thank-you to Adam Woods for his expertise, and to Fiona Stubbings for basically organising the day. A big thanks to Ian Gillespie for guiding us to a great fossicking place and to Mrs Wright for having us at her picnic/camping grounds for lunch. I'd especially like to thank the students who made the day one of the most relaxed and enjoyable days out this year!

For Sport this Term students will be swimming each Friday, weather permitting. Please ensure your child has swimmers, towel and a plastic bag for wet clothes for sport. Cost of pool entry is \$2.25.

We encourage students in the Primary to drink plenty of water, and staff to allow students to keep a water bottle in the classroom. We ask that parents encourage their children to bring a water bottle to school to sip from regularly, especially in the up-coming heat.

Primary Staff

Choose Water as a Drink

Taken from <http://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink.aspx>

Did you know?

Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight. In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth. From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milks as they need the extra energy (kilojoules) for their growth and development.

Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink. While whole fruit contains some natural sugars, which make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

Sweetened drinks: soft drinks, cordials and sports drinks

Soft drinks, cordials, sports drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 12 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

Ideas to help you to drink more water

- Pack a water bottle whenever you go out
- In summer, pack a frozen water bottle in your child's lunch box
- Don't keep sweetened drinks at home; make cold water available instead
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day

Remember:

- Choose water as a drink and eat fruit
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet
- Regularly offering sweetened drinks makes it harder to choose water as a drink
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

Year 2 and 3 have written some recounts about Lake Ainsworth and the holidays....

At our camp we had a cook out. We collected sticks.
Then we cooked damper on the fire.
After that we poured water on the fire to put it out,
Next we ate the damper.
Then we went back to our cabins.
Finally we went to the beach.

By Danyil

On the second day of camp at Lake Ainsworth Year 2/3/4 went to the beach for a walk.
First I went into the water. I got wet by the waves and enjoyed playing in the water. Then I rolled in the sand. It was all over me.
After that we went back to the camp site to wash all the sand off me.
So Mandy got a bucket of water to tip on me. I dried out in the sun.

By Harley

On the Year 2/3/4 camp we met Adam 2 and we made some damper.
When we made it he put us in groups. In our group there was Ms Davies, Matthew, Tayla, Kurtis and me.
Then Tayla and I went to find firewood for making our fire.
After that we put the sticks into piles of small, medium and big. Then we lit the fire.
Next we found big long damper sticks to put our damper on.
Then we went back to the fire and got our damper sticks ready. Then we cooked our damper on our damper sticks.
We put maple syrup on the damper and ate it. It was good!!

By Charlie

On the last day of camp we went rock climbing. Ryan, Bradley, Renae and I were in a group at the stadium.

First we had to get strapped up in the harness. Then we could go and start to climb the wall when Geoff said go.

After that you bang on the wall and they let you go down very slowly.

Next you bang three times and the team walk in slowly and let you down.

Finally when we were on the ground I took off the rope and gave it to the next person. *By Lilly*

On the holidays Mum, Dad, Toby and I went to the snow.

First we were on the bus around the curvy mountains. There were a lot of people on the bus and I could not see out the window.

Then we got to the top of the mountain. I got out of the bus and fell over into the snow. It was freezing. The snow is basically ice. I was excited and wanted to go skiing but Dad said "NO, next time."

Next we walked and ran up the hill and Toby fell over and landed face first in the snow. Then we walked to the kids centre to see what it was like. There was also a little village on the snowy mountain.

Finally it was time to go, so we got into the bus.

By Keeli

On Friday Dad, Nick and I went to the beach at Evan's Head.

First I went to play in the sand and I made a sand castle.

Then Nick, Dad and I went out to jump the waves.

Next Dad went to get lunch. We had fish and chips.

After that, we walked out on the rock wall.

Finally we got in the car and went home.

By Harriet

YEAR 9

All Year 9 and Year10 students need a scientific calculator for Maths and Science. These can be purchased from the front office for \$19. These calculators are essential for both subjects and every student must have their own for the yearly exams.

Sport Faculty

Bonalbo Central School sport faculty is receiving a facelift in 2013. With Mrs Armfield leading the way and Mr. Flannery as her off sider, there are going to be a few changes in sport. Sport at Bonalbo Central School is now going to have a K-12 focus.

We are proposing that BCS has 2 whole school sporting houses with a new image for K-12. Students are being given the opportunity to come up with new and exciting names and colours for these 2 houses. There are no restrictions on the names; however we ask that students come up with 2 names under the same theme e.g Waratah and Wattle.

Students can place their entries in the box located at the front office and then a whole school vote will happen before the end of the year.

Yours in sport

Mrs Armfield and Mr Flannery

HOUSE 1 NAME	HOUSE 1 COLOUR	HOUSE 2 NAME	HOUSE 2 COLOUR

Sport

Sports rewards

Last term we took 10 students to watch the Gold Coast Titans face off against Manly. Shannon, Mitchell, Addison, Angus, Teal, Travis, Logan, Jeremy, Jacob and Rosie as well as Ms Owens, Mrs Flannery and myself. Everyone enjoyed themselves and a few of the boys enjoyed the cheerleaders before the game. Even though Manly did win, everyone was able to meet a couple of the players as they walked around the ground and Travis and Mrs Flannery were lucky enough to go into the

dressing sheds after the game and met the whole team. It was a great time and we can't wait till next year.

Sport this term has kicked off with the majority of students completing their swimming tests. Our sports this term are Canoeing, Cricket/Softball, Swimming and Lawn Bowls/Tennis. Students are reminded to be in full school uniform for sport otherwise they will not be able to leave the school. Swimmers and canoeists are to come to school in school uniform and get changed into their swimming gear. Also sunscreen and water bottles are recommended as the weather is only going to get hotter.

*Yours in Sport
Shaun Flannery
Sports Coordinator*

Agriculture News

Year 7

Last term year 7 focussed on vegetable production and established a large potato garden for harvest before Christmas. This term they will focus on chicken production (eggs) while continuing the practical work in the garden. They have baby chickens that will be grown out at school for egg production. In the garden they still have many winter vegies with summer vegies being planted now.

Year 9/10

This terms focus is sheep production for year 9/10. They have been studying pests and diseases while honing their sheep handling and husbandry skills. On the 26/27th November they will join with year 11 Primary Industries for a school Agriculture Camp here at Bonalbo. We will camp at the Bonalbo Showground and be visiting some local farms across a range of enterprises. It will be a chance for students to experience the wide range of enterprises around Bonalbo.

Year 11

The Primary Industries class has been developing their skills on the tractor. This term they study chemical use on farms as well as continuing various practical tasks.

*Stephen Gray
Agriculture Teacher*

Swift Water Rescue Training Day

Last Monday 15th October our more experienced canoeists participated in a Swift Water Rescue Training Day with Mr Benfield from Grafton. It was a very productive day with students learning how to use rescue throw bags, how to set up a foot entrapment rescue and how to avoid strainers in the river. This day will help students understand the dangers associated with swift water sports and provide a more qualified group leading into the five day canoeing trip. (Week 8 26th to 30th November) The team would like to thank the school, Mrs McAlpine and Mr Benfield for their continued support.

Student Representative Council News

Congratulations to our new student leaders Mimi, Rochelle, Gary and Sam. I hope they will be active leaders who will show initiative in leading the students and work hard towards making Bonalbo Central School a happy, safe and inclusive school.

Mitchell, Chloe, Teal and Emily represented our school SRC at the District meeting recently. Sixty students from Banora Point and Tweed Heads through to the west and south of the north coast enjoyed a day of leadership development at Richmond River High School.

On Friday November 2 the whole school SRC will be holding a Loud Shirt/Bandanna Day to raise money and awareness for charity. Wear bright colours and make a gold coin donation towards research into hearing impairment and buy a bandanna for \$4 to help fund research into teenage cancer prevention and cure.

Sharon Tucker

CLO Report

Where did the year go? It is Term 4 already and preparations are underway for 2013. Transition for Kindergarten is happening every Friday until the end of year. They are a great bunch, and as usual the older children are keen to take care of them and show them around, particularly the current Kindy kids who are excited to show-off what they have learned.

There has also been Transition for the Year 6 kids moving to high school. The first day gave them a small taste of what they will be doing next year and the opportunity to orient themselves, and sitting in on some classes in order to get a full experience. Their next transition day will be on Wednesday the 7th November 2012.

Subject selections have also been happening in the high school, for those kids moving from Year 8 to Year 9, and those in Year 10 moving into Year 11. As difficult as it is for the kids and their parents to decide on the best subjects, it is even more so for the staff, who spend much time in deciding how to best utilise resources available to give all students access to what courses they want. These decisions are never made lightly and generally all students are able to study their chosen subjects.

The next P & C meeting will be held on the 21st November 2012, & will be the last meeting for 2012. The first meeting back next year will be the AGM, so please come along to support the P&C, supporting the kids.

Students are still continuing to enjoy Breakfast Club thanks to the dedicated volunteers who keep it running. There are many appreciative kids (& sometimes staff) on Breakfast Club Mornings. A big thankyou to volunteers, from all who benefit.

There are the usual end of year events coming up in the next few weeks, including Concerts, Presentation Night, Carols Night, and more. This means that there are plenty of opportunities to come in and join in the fun.

Nicky
BCS CLO

P&C

Welcome back to what is always a busy term. The P&C will be hosting the Melbourne Cup day at the Bonalbo Bowling Club on 6th November commencing at 10 am. We will be having a calcutta and sweeps on the day so start saving your money to purchase that winning horse. Entry will be \$10 which covers lunch and a lucky door prize. We will have a fashion parade and bags and jewellery for sale. Come along for a fun day. To book a table please contact Hellan Whitney on 66653152. We are having a raffle of a \$200 gift card your choice of theme parks(Wet'n'Wild, Sea World, Movie World, Outback Spectacular) \$1 a ticket. Tickets will be sent home soon. Tickets can be purchased at Bonalbo Newsagency. Winner will be drawn at the schools Presentation Night.

Hellan Whitney
President

Bonalbo Swimming Pool is open to the public 6 days a week- closed Thursday. Entry charges set by Council for 2012/13 are as follows,

Adult \$ 3.30
Child \$ 2.25
School Swimming \$ 2.25

Season Tickets; Family \$ 176.50
Adult \$ 92.50
Child \$ 70.50

Swimming Club, for club members and parents only, is on Thursday afternoon from 4 o'clock. (Parents are asked to attend as swimming club is not a baby sitting club). Normal pool entry charges apply for non season ticket holders. Club fees are \$5.00 and all swimmers are to be junior members of the Bowling and Recreation Club to cover insurance.

For any enquiries please contact David Whitney at the Pool 66 651236

Your health is in your hands

Too often we wait until an emergency to seek information that will help us. In this current situation where medical services West of the Range are changing, accurate information is vital.

How much do you know about what health services are available? Did you know, for instance, that there is a Podiatrist at Bonalbo Hospital? If you had to present at Bonalbo Hospital after 11.00pm would you know how to contact a nurse? Are you familiar with the options available to you?

One of the main functions of the SOS committee is to inform the public of these things. They try very hard to send out information as soon as it is available. However it is now very clear that many people in the area are blissfully unaware of these services, not thinking about it until they are needed.

Don't wait for an emergency – find out NOW. The best way to get help and accurate information is to call Bonalbo Hospital on 66 651 203. The staff will answer your questions. You may be surprised at what is available.

**BONALBO HOSPITAL BUSINESS HOURS
OPEN DAILY 7.00AM – 11.00PM**

**NEW SERVICE:
NURSE ON CALL AT NIGHT
11.00pm – 7.00am**

USE IT OR LOSE IT!

Everyone is responsible for their own choices,
 There is power in choosing. There is special power in Knowing I am the chooser at every moment.

In every situation even when I do not take action, even
 When I do not make decision, I am choosing not to decide, I am choosing to not take action.
 At every moment I choose who I keep company with-or not to keep company with.

I choose what I learn, or not to learn anything at all.

I choose how to spend my time-including choosing not to choose.

In life, I choose my mentors-or not to have a mentor,

Not to admire or emulate anybody or ask for help.

When I go out the door, I turn right or left or go straight ahead.

The path I take can influence my whole life.

I can choose not to go out at all.

Most importantly, I choose which ideas, actions, foods, drinks and substances I say 'NO' to
 and which ones I say 'YES' to.

I teach myself a thousand times a day to make brilliant decisions- or not.

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