

Bonalbo Central School



Lifelong Learning for a Positive Future

School News

Term 3 Week 3, 2014



Dick Smith 21st Anniversary Celebration



Girls and Boys Camp Activities

Dates to Remember

- July 31, 2014 – NAIDOC DAY, Tabulam (Y4-7)
 - August 1, 2014 - Primary Athletics, Tabulam
 - August 1, 2014 - Reg. Athletics, Coffs Harbour
 - August 6, 2014 - UNE talk Years 11 & 12, 2pm
 - August 11-18, 2014 - YEAR 12 TRIAL EXAMS
 - August 11, 2014 - Life Education Primary
 - August 12, 2014 - Maths Competition
 - August 15, 2014 - Primary Assembly, 10.15am
 - August 18-22, 2014 - Science Week
 - August 20, 2014 - P&C Meeting, 3.30pm
 - August 22, 2014 - NAIDOC Day, BCS (wholeschool)
 - August 25, 2014 - SCHOOL PHOTOS
- Kindy Transition every Monday

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Principal:
Deputy Principal:
Assistant Principals:

Trevor Hodges
Corinne Miller
Megan O'Meara
Kate Armfield

Principal's Report

Camps and Excursions

On Thursday and Friday the 24th and 25th of July all secondary students were invited to participate in a gender based camp or series of activities at the school. The boys were taken to the Peacock Creek camp site for a one night stay and the girls undertook a series of challenging activities on the school grounds.

The idea behind these camp activities is to help provide leadership opportunities to older students and allow staff to interact with students in a setting that gets them away from normal school routines. Both staff and students find participating in these activities allows them to form a different and hopefully more positive perspective of the other through friendly interaction and sharing. Classroom routine is important but when a student and teacher get to know each other in a different context this often has positive benefits when they are back in the classroom. All the staff gave universally positive reports of the conduct of the students who attended for the activities and the students I've spoken to really enjoyed themselves and got to know their teachers better. I'd personally like to thank the staff who organised and ran the camp and activities. It was a cold night on Thursday night out at Peacock Creek but I'm told the outstanding cooking skills of the Year 12 boys made up for any slight discomfort.

Year 4-8 Excursion Cancellation

Unfortunately we had to make the decision to cancel the Year 4-8 Sydney excursion due to a lack of numbers. This was quite an expensive excursion and economic conditions have not significantly improved so Ms O'Meara and I were not overly surprised when the numbers weren't sufficient to allow the excursion to go ahead. We took the decision to cancel the excursion with a great deal of reluctance and we apologise for any inconvenience and disappointment this may cause students and parents. A letter was sent home explaining the decision and what we intended to do with the funds. We have decided to look into holding an alternative excursion later in the year which will be cheaper in price than the one to Sydney. We will retain any funds paid to the school for the Sydney excursion and put this toward the cost of the alternative excursion for those students who attend. Any parent who wishes to get a refund of the deposit for the Sydney excursion can arrange this at any time by contacting the school. Receiving a refund will not affect a student's attendance on the alternative excursion.

Trevor Hodges

Primary News

Welcome back to all our students, parents and carers and helpers. We hope you all have a great term. We would like to extend a warm welcome to Miss Claire King who will be working in the Primary during Term Three and Four, teaching various classes Term Three, and covering Kindergarten in Term Four.

Welcome to Miss Amanda Selmes who will be running an excellent transition program designed to settle and familiarise students for Kindergarten 2015. Kinder Transition starts on Monday 11th of August. Life Education will also be held on Monday 11th of August.

This term we have many events that will be held both at school and in the wider community. Students will be attending the District Athletics carnival on Friday August 1st, we wish all students competing the best of luck. Students in Years 4-7 will travel to Tabulam and Flat Camp to join in NAIDOC celebrations on Thursday 31st of July.

The CWA Country of Study this year is Botswana. Primary students have all been involved in creating posters and projects and look forward to presenting these to the CWA ladies on Friday 8th of August.

I would like to express Primary's thanks to Tex and Tabulam Sand and Gravel for donating the sand needed to fill our new sand boxes. The students have missed having a sand pit and were very excited to have a new place to play.

Excursions will be happening this term and more information regarding these will be available closer to the dates.

Primary Staff



Agriculture News

Year 7

Pigs have arrived this week! This term Year 7 are responsible for raising 3 weaner pigs. They will be housed in a similar manner to last year near the chickens and gardens. We have had 2 lambs born this term already, with more expected.

Year 9/10

This term Year 9/10 will be studying pastures and tractors. They have just started to learn how to drive the tractor and will have a pasture collection task as their major assessment for the term. On the 30/31 August some of the keenest students will be invited on a camp in Casino to learn extra cattle handling skills.

Primary Industries

The HSC is approaching fast. Our Year 12 students need to be making sure they have completed all their competencies and start looking at past papers for exam practise. Most of the class completed work placement last term and all received glowing reports from their employers.

Stephen Gray

1/2/3 Food Technology

This term students are focusing on keeping safe in the kitchen learning safe knife skills and safe use of electric frying pans. They have already prepared shaped sandwiches and Sputniks with toothpicks. They will also bake cupcakes and potato rosti. Each Tuesday they need their apron, tea towels, dishcloth and hair tied back if long enough.



Is water the best choice of drink?

Water is better than soft drink, sport drinks and fruit juice because the sugar content in these drinks can damage teeth. It has also been found that when children drink a lot of soft drink, sports drinks or fruit juice it can reduce their appetite and as a result they may not eat enough food to get all the nutrients they need. Plain cooled water is the best source of fluid for children. It is recommended that children drink up to 1.5 litres of water per day.

Bunnings \$50 Gift Voucher and Coffee Machine Raffle

Bunnings has kindly donated a \$50 gift voucher for a raffle for Year 11 and 12 Hospitality students to fundraise for an educational excursion to Sea World Resort for the Hospitality School on 1st and 2nd September, broadening their knowledge of the Hospitality industry. Raffle tickets cost \$1 per ticket or 6 for \$5. Tickets are also available at the **front office**. The raffle will be drawn at NAIDOC Day.

There is also a raffle for an Expressi Capsule Coffee Machine and a glass Lazy Susan, \$2 per ticket or 3 for \$5.

Year 12 Hospitality

With only 7 full weeks to go students are very busy completing their assessment tasks for their Certificate II in Hospitality (Food and Beverage).

Year 11 Hospitality Industry Placements

Over the school holidays Tamykah, Teal and Jessica completed a week at a Hospitality Industry Placement of their choice. All were extremely successful. Tamykah at Jimboombah House worked hard demonstrating a great attitude; Teal at Moonee Tavern was offered a job by three different staff and Jessica was at Gloria Jean's Coffees, she aspires to be a Barista, and made great shots of Espresso Coffee. All students were great representatives for Bonalbo Central School. Rina and Tabettha are completing their placements this week at the Casino RSM.

Year 9/10 Food Technology-Volunteers are needed to share your Aboriginal, early Australian or multicultural food skills

Students this term are completing a unit on Food in Australia. If you would like to volunteer to assist in this class by sharing your knowledge or cooking skills related to Aboriginal or Bush Tucker food, Early Australian Foods or multicultural foods of your own heritage, please contact Mrs Taikakara.

Year 8 Design and Technology (Food)

This term students are completing a unit called Snack Attack, learning basic food preparation skills and healthy eating habits. They have already prepared delicious Chocolate Chip Biscuits and Spicy Chicken Strips with Wedges and Salad. They will be designing their own Pizza and Hamburgers, baking Date Slice and microwaving Stuffed Potatoes. Each Tuesday they need their cooking equipment.

Old Magazines

If you have old magazines with recipes or fashion ideas, please leave at the front office for Food or Textiles Technology students.


Thanks, Mrs Taikakara



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TRIPLE P – POSITIVE PARENTING PROGRAM

We will be running a Group Triple P Program at Jumbunna. The aim of the group is to increase parental competence and confidence in raising children by:

- Increasing parents' competence in managing common behaviour problems and developmental issues
- Reducing parents' use of coercive and punitive methods of disciplining children
- Improving parents' communication about parenting issues
- Reducing parenting stress associated with raising children

Parents can discuss and share ideas about parenting and receive practical information about parenting skills that they can incorporate into everyday interactions with their children.



DATES: Wed 6th Aug 2014
 Wed 13th Aug 2014
 Wed 20th Aug 2014
 Wed 27th Aug 2014

TIMES: Wednesday 9:30am -11:30am
VENUE: Jumbunna 60 High St Casino
CHILDMINDING: Available at Jumbunna 60 High St Casino on Wednesday morning
COST: No charge morning tea provided for participants
FACILITATOR: Wendy Ferguson
CONTACT: Wendy IF YOU WOULD LIKE A PLACE. TEL : **66622866**

Bonalbo Central would like to thank Casino Driving School for supplying us with some free vouchers for driving lessons.

Celebrate Attendance
 Hints and Tips No 1: Responsibilities



Parent/s or caregivers are required – by law – to provide a written or verbal explanation to the Principal within seven days of any absence as to why their child was not at school.

It is important that the school receives a written or verbal explanation because:

- (1) It is a parent's legal obligation to explain their child's absence within seven days
- (2) It is a requirement that the school investigate all unexplained absences
- (3) It avoids the school and the School Attendance Officer from making unnecessary investigations
- (4) It is the way the school knows that your child was legitimately absent and not truanting from school

If you have any difficulties in providing a written explanation for your child's absence, please contact your school principal.

 Missing school leaves gaps in your education

Celebrate Attendance
 Hints and Tips No. 2: Teaching good habits



It is important for parents to make attending school a priority.

Allowing children days off for birthdays, to look after younger children, to go shopping, to keep you company or because they were tired from a late night, not only sends the wrong message to your child, it is also against the law.

Children who get used to having days off school for these kinds of reasons develop an attitude that their attendance at school is not very important. This can become a big issue as a child gets older.

Teach your children that being on time is important. Children that are often late to school miss the part of the school day when the teacher explains new activities. The beginning of the day is also when many students are freshest and can concentrate better.

Students that are late on a regular basis may become the target for comment by other students and often as a result isolate themselves from their peers.

 Missing school leaves gaps in your education



Important Notice - Research in the School

The school is participating in the Aspirations Study, a research project run by Professor Jenny Gore and her colleagues at the University of Newcastle.

Students in Years 5, 7, 9 and 11 will be completing a survey during class time. If you do not want the data to be given to the researchers, please return a withdrawal form to the school. Withdrawal forms are available from the school office.

For more information or to download a withdrawal form, please visit www.newcastle.edu.au/aspirations.



Parent/Carer Survey 2014

Parents and Carers of students in Years 5, 7, 9 & 11 at Bonalbo Central School are invited to complete the annual *Aspirations* Study survey. If you would like to participate, you can complete a paper survey (available from the school) or you can complete it online at:-

<http://goo.gl/Siled>

Scanning the QR code with your smart phone or tablet computer will also take you to this link.



You do not have to fill in this survey if you don't want to. However completing the survey will help us with this important research. We ask you to answer every question if you can. This survey asks questions about your feelings and opinions. There are no right or wrong answers.

Some people may find questions in this survey to be of a sensitive nature. If you have any concerns about the questions, please speak with your school's Principal. The Principal can arrange for confidential support services to be provided to you. Alternatively, please contact Parent Line on **1300 130 052**, a free and confidential service.