



# Bonalbo Central School

## School News

Term 4 Week 6 2015



### Dates to Remember

**Every Friday – Kindy Transition**

**November 9-13, 2015 – Yrs 7-10 exams**

**November 16, 2015 – P&C meeting 3:30pm**

**November 20, 2015 – Primary Art Auction**

Viewing — 12 noon; Auction — 1pm

**November 23-24, 2015 – Ag Camp**

**November 27, 2015 – Year 12 Formal**

**November 27, 2015 – Primary Assembly  
10:15am**

**November 30-December 4, 2015 –**

**Primary Intensive Swimming 12:30-2:30pm**

**November 30, 2015 -Yrs 7/8 Portfolios**

**December 1, 2015 - Yrs 9/10 Portfolios**

**December 3, 2015 – Combined CAPA evening  
6-8pm**

**December 7, 2015 -Yr 6 Graduation Dinner**

**December 10, 2015 –Presentation Night**

## Principal's Report

### Contacting The School

At the start of week 6 I returned to school after 5 weeks leave. It was a great break and very energizing with lots of tasks completed and the very early stages of a new home being built for my family. I'd like to thank Mrs Moore, Mrs Maslen and Mr Flannery for relieving in various positions for me over the last couple of months. I look forward to getting back into the role of principal after 7 weeks of freedom from bells and class changes.

One of the things that was very apparent to me upon getting back into my office and getting around talking to staff were the number incidences where different people spoke to me about some aspect of the school. What caught my attention was the number of times an assumption had been made by a parent, teacher or student that the school was aware of something or other and that important decisions were being made on the basis of incorrect information.

I'd like to start my time back at school in the same manner in which I aim to continue. If any parent has something that they are concerned about can I please ask you to contact the school. You're welcome to ring for an appointment, call on the phone or even drop in without notice. While an appointment is preferable, I will always try to see a parent straight away, no matter what the circumstances.

*Mr Trevor Hodges*  
*Principal*

## Deputy Principal's Report

Today we welcome Mr Hodges back after his leave and I return to my substantive position in the school as Head Teacher Secondary Studies / Careers but I will take this opportunity to thank all staff, students and parents who made the last 5 weeks as smooth and enjoyable as they were. Ms Moore is a very accomplished school leader and Mr Flannery demonstrated how well he can step into an executive role.

I am also very excited to be able to announce today that the first of our Year 12 students have been offered university places for 2016. Michael has been offered a place in the Bachelor of Education (Secondary Science) at the University of New England while Brendan has been offered a place in either the Bachelor of Criminology or the Bachelor of Business,

also at U.N.E. Congratulations to both boys, your achievements are testament to younger students that a serious effort and a good attitude to your education will pay off. I am so proud of both of you! Our students who applied for early entry to Southern Cross and/or Griffith should hear from these universities very soon.

Five of our Year 11 students recently spent a day at Southern Cross University hearing about course options available at the 3 S.C.U. campuses in 2017. The general feeling at the end of the day was that it had been very worthwhile in providing information about the possibilities open to them at this time next year.

Year 10 students have now chosen their subjects for Year 11/12 and I am developing a School-to-Work plan for each of them so that we keep track of their individual pathway to the H.S.C. and beyond. One of the big advantages of being at a small school like ours is the individual attention we can give each and every one of our students, making sure they make informed choices about their study patterns and setting them up well for post-school life. I look forward to this group of students stepping up to become part of our senior school in 2016.

*Jan Maslen*

## P & C Report

Firstly, the P & C would like to congratulate the Year 12 students on completing their HSC exams and we wish them all the best for the future.

Our last meeting was held on Monday 19th October; members discussed upcoming events on the school calendar for Term 4. Since that meeting the P & C has been very busy with a Lamington Drive with orders delivered on 29th October; catering for the Primary and Secondary Halloween Disco on 30th October; and Melbourne Cup Day at the Bowling Club on 3rd November.

Thank you to all the helpers for giving up their time to make these events possible.

### Upcoming events:

Primary Art Auction Friday 20th November

Year 12 Formal Dinner Friday 27th November - helpers needed during school hours to prepare food for the evening.

CAPA concert Thursday 3rd December - Barbeque and canteen.

The P & C will endeavour to provide Gluten Free options at all future events.

If you can assist at any of these events please contact  
**Wendy on: 02 67376637.**

**REMINDER-** Second-hand uniforms are available in the Primary staff room with a gold coin donation payable to the front office.

The last monthly meeting will be held on **Monday 16th November at 3.30pm** in the Primary school. All are welcome to attend!

*Wendy Johnston*  
Secretary

## Secondary Report

### Agriculture News

#### Year 7

Year 7 have heaps of summer vegies growing already including corn, tomatoes, potatoes, cucumbers, capsicum and eggplant, as well as garlic which is almost ready to harvest. All our ewes have now lambed so from 6 ewes we have 6 healthy lambs. The chickens are enjoying the warm weather and laying well. The pigs have gone home and we thank Tamara Barnes very much for lending us the 4 grower pigs last term.

#### Year 9/10

Years 9/10 have finished their topic on pigs and have just completed their yearly exam on Wheat, Tractors and Pigs. Until the end of the year they will be extending their tractor skills and learning about viticulture.

#### Primary Industries

Cody, Daniel and Richard have been working well through their competencies over a range of topics. They are all developing useful work related skills.

#### Ag Team

The Ag Team took 2 steers to Lismore Show and Education Day. In the morning the students participated in the Education Day before preparing their steers for parading. Taylah and Layton led in the schools class while Jacob and Kyle led in the Opens. Zac, Justin, and Jack also helped with washing and looking after the steers throughout the day. A big thank you to Chris Whitney for transporting the steers, and giving his expert advice to the students. Congratulations to the Ag Team, the whole school is proud of their efforts.

*Stephen Gray*

### Years 7/8 Chinese Cooking

Last Thursday, Years 7 and 8 had the opportunity to experience some methods of Chinese cooking, along with tasting their creations! Both classes prepared Pork Skewers served with Chilli and Soy Sauce on Pak Choy (a bit like baby spinach) and Chinese fried rice with oyster sauce. Both dishes were a big hit and all students worked together to make their creations and tidy up afterwards. It was a great experience for all.

*Matthew Martin*  
LOTE (Chinese) Teacher

### Year 12 Class of 2015

Year 12 have now finished their secondary schooling with the completion of the Higher School Certificate examinations. Congratulations to all students for reaching this goal and each should be proud of his/her achievement as it is the culmination of 13 years of schooling. Well done! The staff and students wish them the very best for their future.

Two of our Year 12 graduates have already been offered a place at the university of their choice. Michael has been offered a place in Bachelor of Education (Secondary Science) at the University of New England and Brendan has been offered a place in Bachelor of Criminology also at the University of New England. Congratulations boys and best wishes in Armidale.

*Mrs N Gray*  
Year 12 Year Advisor

## Primary Report

We are now well into Term 4 and the already busy calendar continues to fill up even more.

#### Primary Art Auction:

The primary students are busy creating excellent pieces of artwork to sell at the Art Auction. This will take place in the MPC on Friday, November 20th – viewing of the artworks starts at 12 o'clock and the auction gets underway at 1 pm. A gold coin donation will secure you a bidding paddle & the P & C will have light lunches available, along with drinks and snacks.

#### SRC News:

A big thankyou to everyone who has supported the SRC activities in recent weeks. Over \$160 was raised

in the raffles and the children thoroughly enjoyed the Halloween Dress-up and Disco. A big thanks also to Mrs Collis for her dedication to the students through SRC activities.

### **Intensive Swimming:**

All primary students will be involved in the Intensive Swimming Scheme in week 9 (Nov. 30th to Dec. 4th). Students will be at the pool from 12.30pm to 2.30pm each day, learning to swim and/or improving their swimming skills.

### **Silver Rewards Excursion:**

Plans are under way to reward those students who have earned their Silver certificates during the year. This will happen in the last week of school and information notes and permission notes will be sent home as soon as plans are in place.

### **K-6 Pool Party:**

The last day of school for the students is Wednesday, 16th December. We are planning a pool party on that day to celebrate completing another great year at school – again, information and permission notes will be sent home soon.

### **Yearly Reports:**

All teachers are busy finalising their class assessments and writing reports to reflect each student's achievement for the year.

**Thank you,  
Primary Staff**

## **Whooping cough information for schools**

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program).
- A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents.

Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).

### **Head Lice**

Cases of head lice have been detected at school. Anyone can get head lice mainly through direct head-to-head contact but also from sharing hats, brushes and other personal items. Head lice are a problem in many communities and do not reflect poor hygiene or social status.

Please do your part to prevent the spread of this condition by checking your child(ren) daily for the next few weeks, and on a regular basis thereafter. Examine your child's head. Start examining the head by beginning around the ears and at the nape of the neck and then the rest of the head. If your child does have lice, begin treatment. Lice infestation is much easier to treat if caught early. There are two treatment options for head lice: Chemical over-the-counter products and Mechanical removal/combing.



A recommended treatment plan and information sheet has been attached. Further information on head lice is available on the Department's website at <http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php>

If you have any questions or need assistance, please contact the school on **02 66651205**.

I appreciate your assistance in this regard,

*Rebekah Owens*  
Learning & Support Coordinator

## *BreastScreen* NSW

BreastScreen North Coast's brand new mobile unit will be visiting Urbenville and Bonalbo in mid-November 2015 to provide free screening for women in the local area.

Free screening is also available all year round at BreastScreen Lismore Clinic located at 29 Uralba Street Lismore and BreastScreen Tweed heads Clinic located at the Tweed Hospital Powell Street Tweed Heads.

The service is free for all women over the age of 40, however, women aged 50 to 74 years are given priority and actively encouraged to attend for screening.

**For bookings call: 132050.**

### **Preschool of Dubbo School of Distance Education**

The Preschool at Dubbo School of Distance Education has been in operation for over 24 years and provides an individual, child-centred and play based program via distance education. Although priority is given to children who will be continuing their education through distance education, we can offer vacancies for children who do not have access to Preschool in their local community.

If there are families who feel they may be able to avail themselves of this service please feel free to contact us on 02 5804 7000. You can also drop in at Bonalbo Central School office for further information.

### **Let's Look at Lunches**



Take the challenge out of packing a healthy lunchbox thanks to a new initiative from

Northern NSW Local Health District.

They have created a fortnightly newsletter that will be delivered straight to your inbox full of lunchbox inspiration, tips, recipes, ideas and competitions.



The feedback has been amazing so if you haven't already subscribed, simply send us your first name, email address and postcode by:

Email to [lookatlunches@gmail.com](mailto:lookatlunches@gmail.com), or  
Text to 0429 033 517.

We look forward to lightening your load and sharing ideas!

## There are two treatment options for head lice:

1. Mechanical removal (removal with a head lice comb)

2. Chemical removal

### Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the lice are caught before they lay too many eggs.

If your children are old enough to wash their

own hair encourage them to use the comb themselves. Or keep the comb handy to where you wash your children's hair and use it every time you wash their hair.

### Chemical removal

If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working. If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

### What to do about bedding and clothing

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

\*This information is based on information provided on the NSW Health Nitbusters website.

# Learn To Swim Classes

Starting the 28th October 2015

Bonalbo Pool

From 4pin-6pin

Classes available: Babies



Preschool

Schoolage

Adult

Stroke Correction

For more information  
please contact  
Sandra Williams  
0499583193



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# ALCOHOL AND OTHER DRUGS: 2015 UPDATE

## A free professional development session

This information session aims to provide those working with young people some basic information on current youth AOD trends in Australia. Attempting to sort out 'fact from fiction', information on a range of both legal and illegal drugs, as well as current 'hot topics' of the day will be provided. Some of the issues that will be examined include:

- methamphetamine and the 'ice epidemic'
- new trends in ecstasy
- changes in the ways people are purchasing drugs – i.e., the internet as a drug dealer
- roadside drug testing (RTD) and implications for the mid and far north coast of NSW

### **LISMORE**

4-6pm

12 November 2015

Southern Cross University Lismore campus

**PLEASE RSVP TO [Kelly.Williams@ncahs.health.nsw.gov.au](mailto:Kelly.Williams@ncahs.health.nsw.gov.au) or (02) 66 207519**

### **MURWILLUMBAH**

4-6pm

24 November 2015

Murwillumbah Seventh Day Adventist Church

**PLEASE RSVP TO Alana on [abrooks@tweed.nsw.gov.au](mailto:abrooks@tweed.nsw.gov.au) or (02) 6670 2586**

*Paul Dillon has been working in the area of drug education for the past 25 years and has been contracted by many organizations to give regular updates on current drug trends. He continues to work with many school communities across the country to ensure that they have access to good quality information and best practice drug education. In 2009 his best-selling book for parents was released titled 'Teenagers, Alcohol and Drugs'. With a broad knowledge of a range of content areas, Paul regularly appears in the media and is regarded as a key social commentator, with interviews on television programs such as Sunrise, TODAY and The Project.*



ORIGINAL ART, VINTAGE COLLECTABLES, FURNITURE HOMEWARES & GIFTS  
Mallanganee Festive Season



# Art Exhibition Opening

By Artists and Makers across the Region  
Support your community & buy locally this Christmas

Sunday 29<sup>th</sup> November  
Starts 1.00pm (open all day)

Nibbles & Refreshments

Unique Christmas gifts, hampers, cards etc.  
10% off all vintage items

Open Thurs to Mon 9.30 to 5pm  
Sandilands Street, Mallanganee (off Bruxner Hwy)

Contact: Susan 66645262

# Behaviour Code for Students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

## ***In NSW public schools students are expected to:***

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

**Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.**

## **Behaviour Code for Students: Actions**

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### **Respect**

Treat one another with dignity  
 Speak and behave courteously  
 Cooperate with others  
 Develop positive and respectful relationships and think about the effect on relationships before acting  
 Value the interests, ability and culture of others  
 Dress appropriately by complying with the school uniform or dress code  
 Take care with property

### **Safety**

Model and follow departmental, school and/or class codes of behaviour and conduct  
 Negotiate and resolve conflict with empathy  
 Take personal responsibility for behaviour and actions  
 Care for self and others  
 Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### **Engagement**

Attend school every day (unless legally excused)  
 Arrive at school and class on time  
 Be prepared for every lesson  
 Actively participate in learning  
 Aspire and strive to achieve the highest standards of learning