



Bonalbo Central School

School News

Term 4, Week 3 2017



Primary students handling our chickens

Agriculture students at Lismore Show



Stradbroke Island excursion



DATES TO REMEMBER: TERM 4 2017

November 1: Year 6 to 7 Transition and parent information meeting 2pm
November 2: Year 7-8 Chinese cooking
November 6-10: Years 7-10 exams
November 9: Year 11 RRisk seminar Lismore
November 13: Years 7-10 Bald Rock excursion
November 13: Life Education van
November 16: Year 11 RRisk Save-a-Mate
November 17: Year 12 Formal
November 23: Year 6 to 7 Transition
November 24: Year 6 to 7 Transition
November 29: CAPA Night
December 1: Year 8 VALID
December 4-8: Primary Intensive Swimming
December 4: Years 7/8 Portfolios
December 5: Years 9/10 Portfolios
December 7: Presentation Night 6pm

December 13: Pre-school Carols 5pm
December 15: Last day of term for students

Kindy 2018 Transition
Every Monday recommencing on Monday
9th October until Week 10 Term 4

Hip Hop for Indigenous students: Tuesday mornings
Years 3-6 Art Club: Thursdays at 1pm

Primary Assembly: November 3
Newsletters: November 16 & 30
P & C Meetings Term 4: November 20

Principal's Report

Welcome back to Term 4!

Our Year 12 students are finalising 13 years of school education by making a confident start to their HSC examinations. As a group, these students have been a credit to the school and most of them, along with their teachers, have made sure that they were prepared for the exams by working diligently through the holidays and making use of extra study time and lessons that have been provided to them by their teachers. All other students in the school are fast approaching their final assessments for the year and they need to remain focused on achieving the best possible outcomes. Excellence and achievement will be celebrated at the school CAPA evening on Wednesday 29th November and our Presentation Night on Thursday 7th December. Please take time out of your busy schedules to help us acknowledge the hard work and enthusiasm of Bonalbo Central School students, staff and community.

School Planning 2018

To facilitate planning for the 2018 school year, I have sent out a letter to each family (via the eldest student in the family) asking them to confirm their enrolment at Bonalbo Central School. This will allow us to make important decisions regarding the size and composition of classes across the entire school. It also allows us to make decisions regarding curriculum offered in the secondary school. The form should be sent back to the school office via the roll call teachers in the morning. Should you prefer to provide that information directly to the office or a member of the school leadership team, please call the school on 6665 1205.

The school leadership team includes: Ms D Moore, Mrs K Taylor, Ms M O'Meara, Mrs K Armfield/Ms L Davies and Mrs K Martin.

School Attendance

I have reminded students about the importance of attending school regularly and participating in school programs and classes. There are occasions when some students attend extra-curricular activities such as school camps. Students who are not attending camps or excursions are still required to attend school. On many occasions this provides them with a perfect opportunity to complete extension work,

participate in revision or work on improving literacy and numeracy skills. Similarly, senior students need to attend school every day and will not be given permission to stay at home "because they only have 3 lessons" or "only have sport". Study periods are included in each student's study pattern and students are expected to be available for study skills lessons, tutoring or the completion of assessment tasks. Please contact the school if you have any concerns in this regard.

Ms Desiree Moore

Principal

Deputy Principal's Report

Welcome back to school for Term 4. A very busy last few weeks are ahead of us, with final assessments due, exams coming up for all students and many extra-curricular opportunities. Please ensure any permission notes (and money, if required) are returned to the school as soon as possible in order for students to participate in these activities. Year 12 students are currently in the final throws of their HSC exams, and I am sure they are looking forward to their Formal at the end of Week 6.

Congratulations Lilly

A big congratulations must go to Lilly, who is in Year 8. She recently represented the Far North Coast in Rugby 7s State Championships at Coffs Harbour. The team finished 8th overall, which is a great achievement. Lilly played extremely well and caught the eye of the Waratahs' talent scouts. She even appears on their website and Facebook page: <http://www.waratahs.com.au/> in a YouTube clip scoring a try. Well done, Lilly. Let's hope we see her playing in the Green and Gold in the future!

OneVision Productions

We are pleased to announce that our indigenous students have begun working with OneVision Productions this term. They are writing, choreographing, performing and filming their own song. We look forward to seeing the final production.

Mrs Kathryn Taylor

Deputy Principal (Relieving)

Primary Report

Welcome back everyone to Term 4. To begin with, congratulations to all the students who attended the Woodenbong Gala Day on the second last day of Term 3. Woodenbong treated us to a fun-filled day of games and tabloid sports, and it was a pleasure to see all the Bonalbo students showing such good sportsmanship and exhibiting their understanding of our school's Stronger Smarter principles.

Also, congratulations to the students who performed in the Casino Performing Arts on September 18th. Their performance was a delight to watch and all the hard work of previous weeks came together really well. Well done to Mr Kilroy, Miss O'Meara and Miss Petty for their working together to create such a complex and entertaining performance, and to Mrs Maslen and Mrs Armfield for the costumes.

This term will be another very busy one, with Stage 3 and 4 camp already over and done with, and the Stage 2 camp to Mt Tambourine happening on Wednesday and Thursday this week. A big thank you to all the families who provided cakes and slices for our fundraising cake stall, to the community who bought raffle tickets in the meat tray at the hotel and the 100s chart at the club. Also the P & C committee who donated \$500 towards bus costs. The generosity of our families and community helps keep costs affordable for our school to continue running excursions.

Our Kindy Transition class has settled in really well. We have 12 students attending all day on Mondays under the guidance of Mrs Armfield. We are looking forward to these students attending Kindergarten at Bonalbo in 2018.

Friday afternoon Sport is swimming at the pool, so please ensure your child/ren come prepared with swimmers, towel and sunscreen. A plastic bag is handy for putting wet items in at the end of the day.

The Life Education Van (Healthy Harold) will be at the school on Monday 13th November.

Permission notes have been sent home, plus a list of items for sale at the Healthy Harold shop. A reminder that Green Notes sent home need to be read, signed and sent back to school. Prompt returning of notes is very helpful for organisation and planning of upcoming events, particularly those that need any money or payments.

Primary Staff

Hansel and Gretel

Late last term our primary school students were treated to a performance of 'Hansel and Gretel' by the Shake and Stir Theatre Company from Opera Queensland.

It was a wonderful performance, with both students and teachers alike getting many laughs throughout the clever and modern take on the classic fairy tale. After the show, students were able to ask the very talented performers some questions about the show which they also really enjoyed.



We were very fortunate to have this company come and perform for us and I'd like to thank all of those students and parents who attended for supporting the show. Hopefully we can bring more of these events to Bonalbo so that our students can get more exposure to the creative arts.

Mr. Kilroy

Stage 3/4 Stradbroke Excursion

Last week some students from Years 5, 6, 7 and 8 along with Ms. O'Meara and Mr. Kilroy went on an excursion to Stradbroke Island. We were all a bit worried about the weather, with all of the rain around, but luckily the weather gods were

kind and gave us two lovely, sunny days out of three.

Because of the rain, our first activity upon arrival was boomerang painting. This saw our students paint some fantastic designs using some traditional aboriginal symbols, which helped them to tell a story through their designs. With a brief break in the weather, we were able to go and check out the headland of the island and enjoy some great views.

We began our second day with a cultural presentation from Matt, an Aboriginal man who lives on Stradbroke Island. He told us about some of the local Aboriginal history of the island and also showed us some of the weapons and tools used by the Aboriginal people, which was fantastic. Kirah even got to model some traditional Aboriginal clothing!



We then set off to the museum, where we learnt even more about the history of the island and got to see the skull of a whale....it was huuuuge!

Next we went to 'Brown Lake' to do some kayaking and snorkelling. This was really fun and the students managed to see a few fish, whilst the kayakers had a few capsizes (some on purpose!). Our afternoon was spent ocean fishing but sadly the only thing caught was someone's thongs!

On our final day we headed off to some massive sand dunes for sand-boarding. I think this was the highlight for a lot of the kids (and myself!). People were flying down the dunes on their waxed-up boards, some sitting, others standing,

and I'm pretty sure everyone had at least one or two stacks but got back up again smiling and laughing with a mouthful of sand.

We all had a great time, with all students behaving themselves and representing our school with great honour. A big thank you to Ms O'Meara for her organisation of the trip. Same time next week?

Mr. Kilroy

Secondary Report

Sports, Leisure and Recreation and Physical Activities and Sports Studies

In Term 3, students from our Sport Lifestyle and Recreation (SLR) and Physical Activities and Sport Studies (PASS) classes studied Lawn Bowls and Golf.

I would like to thank the Lawn Bowls Club for accommodating our Year 9-12 students and for



coaching them two mornings a week. The Bowling Club is a very friendly place and is open for social games on Thursday and Saturday afternoons. If students wish to continue to play they should contact the Bonalbo Golf Club. There were lots of students with natural talent in this sporting activity and all students enjoyed the

experience of meeting people from the local community.



Senior students who are studying SLR had the opportunity to be coached and play golf at the Bonalbo Golf course. I wish to thank the Golf Club for allowing

students to use the course and equipment and for the helpful and expert advice on how to play. The golf course is open to the public and I encourage students to go and have a game.

*Ms Beynon
PE Teacher*



P & C News

Upcoming events

Tuesday 7th November: Melbourne Cup Luncheon @ Bowling Club

Wednesday 29th November: CAPA Night canteen

Thursday 7th December: Presentation Night canteen & raffle

Thank you everyone who regularly attends meetings and volunteers for their help at functions.

I would like to invite new parents, grandparents, carers and the community to our meetings and to become active members of our association.

Last meeting for 2017 will be on **Monday 20th November**, 3:30pm in the Primary.

Wendy

Bonalbo Health Service

Hospital Road, Bonalbo NSW 2469

Ph: 02 66651203 Fax: 02 66651116

WHO ARE WE?

Bonalbo Health Service team consists of experienced health professionals and workers who provide the following services:

- Emergency Department
- GP Clinic
- Community Health Services
- Radiology Services (temporarily unavailable until 2018).

WHAT DO WE DO?

We aim to improve the health of the people from West of the Range area by working with individuals, families, other services and the wider community.

WHO CAN USE THESE SERVICES?

Our services are available to all people.

WHAT ARE OUR HOURS?

Emergency Department (ED) is open 7am to 11pm, 7 days a week. A nurse is on call 24 hours a day.

All ED patients are triaged and seen in order of

clinical need.

Office hours are from 8am to 4:30pm, Monday to Friday excluding Public Holidays.

Community Health office is open from 8am to 4:30pm, Monday to Friday except Public Holidays.

We are located on the eastern side of Urbenville Road in the centre of Bonalbo. On-site parking is available. Access to all services is by the main entrance.

COMMUNITY HEALTH

The Community Health team at Bonalbo Health Service consists of experienced health professionals including:

Aboriginal Health: Co-ordinator – 8am-4:30pm

Monday – Friday;

Community Nurse: 8am-4:30pm

Monday – Friday;

Immunisation Clinic: 1st Tuesday each month;

Child & Family Health: 2nd & 4th Tuesdays;

Diabetic Educator: by appointment;

Dietician: 3rd Wednesday, monthly;

Drug and Alcohol Counsellor: by appointment;

Mental Health Workers: by appointment;

Nurse Audiometrist: by appointment;

Occupational Therapist: by appointment;

Diabetic Podiatrist: by appointment

Casino Community Health;

Women's Health Nurse: 2nd Wednesday, monthly.

Health Promotion.

We are dedicated to promoting healthy living and providing high quality, accessible health care to our community through appointments with any of our health professionals or through our clinics:

Aboriginal Health: Tabulam Health Post provides health and welfare services to the Aboriginal community. Health Post: 66661538 Bonalbo: 66651203

Audiometry: by appointment - provides hearing tests and assessments for the community – 66651203.

Activities Club: Tuesdays 9am-2pm Bonalbo Community Health - provides a Senior activities service to the elderly, socially isolated, disabled and those suffering forms of dementia – 66651203.

Dietician: by appointment - provides nutrition assessment, dietary advice and nutrition related health promotion programmes - 66624444.

Child & Family Health: 2nd & 4th Tuesday - provides advice and support to families about growth and development of children 0-5 years. Before School Screening – Annually.

Immunisation Clinic: 1st Tuesday, monthly.

Drug and Alcohol Counsellor:

Information and Intake enquiries – 66207608.

Health Education and Promotion: provides information, management and/or support in a wide range of issues from adoption to farm safety, stress management and asthma.

Working with the community to develop programmes aimed at improving the health of the population, injury prevention and access issues.

Mental Health: by appointment - provides assessment, counselling support and rehabilitation for people experiencing or recovering from mental illness.

Access line: 1800 011 511

Occupational Therapy: by appointment - aims to improve and maintain independent functioning in all aspects of living and provides activities for children through to older people - 66624444.

Physiotherapy: by appointment - provides assessment and treatment aimed at the full restoration of function through physical therapy. Kyogle Health Service - 66321522

Psychology: by appointment - providing family and individual counselling for adults and children 0-12 years with personal, health, social and/or work difficulties.

Casino Community Health – 66624444.

Social Work: by appointment - provides individual, family and group support and counselling aimed at enhancing psychological and social well-being.

Kyogle Health Service – 66321522.

Diabetic Podiatrist: 66624444

Speech Pathologist: 66624444

Lismore Base Hospital Outreach

Maternity Clinic: 66294646 - every 2nd Thursday, 10.30am-2pm

Community Paediatrician: Jackie Andrews – 66250111.

Women's Health: by appointment - provides clinical counselling, screening and education for specific women's issues such as contraception, menopause, sexual diseases and emotional well-being.

Bonalbo Hospital – 66651203.

Contact Information

For appointments, enquiries or referrals to any of our services (with the exception of Mental Health Services), please contact:

Bonalbo Health Service on 66651203.

Helpful Numbers

Casino Neighbourhood Centre:
66622898

Domestic Violence 24hr: 1800 656463

Lifeline: 131114

Mental Health Access Line:
1800 011 511

Poisons Information: 131126

Riverlands Drug and Alcohol Centre
Information and Intake enquiries:
66207608

Triscillian 24hr Helpline: 1800 637 357

Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling. Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
 - Helps students learn the importance of punctuality and routine
 - Give students time to greet their friends before class
 - Reduces classroom disruption
- Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this

happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school. Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along

with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court Magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court
- School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognizes that working collaboratively with students and their families is the best way to support the regular attendance of students at school. We look forward to working in partnership with you to support your child to fulfill their life opportunities.

For further information regarding school attendance:

Policy: <http://www.schools.nsw.edu.au/studentsupport/programs/attendance.php>

School leaving age:

<http://www.schools.nsw.edu.au/leaving-school/index.php>

Oh the places you'll go!



School holidays are great for ditching the car and getting outside. Opting to walk or cycle to the shops or park is far more fun and interesting than sitting in a hot car. Research has shown that if children see the significant adults in their lives walking or cycling to places, or using public transport, they are more likely to learn that this is normal/acceptable behaviour and learn the skills associated with it (e.g. putting on a bicycle helmet, reading a bus timetable). There are also so many more opportunities to connect with your local community or see things that you would have never seen if you were sitting in your car.



Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

Preschool (3 – 5 years) 11- 13 hours/ night

School (5 – 12 years) 9 – 11 hours/a night

Teens (12 – 18 years) 8.5 – 9.5 hours/ night

Some hints for a healthy sleep:

- Consistency: going to bed and rising at a regular time (be firm);
- Having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom;
- No screens (TV, IPADS, phones or game consoles) in the bedroom.



What's for Christmas?

What you buy now for your family will have an impact six months down the track! Buying activity based presents will give your children motivation and the means to get up, get active or go outside. And this is the best time of year, because the sun is out longer and there's more time to play and have fun outdoors!

Would your child like?

- New footy boots
- New netball
- Boxing gloves and focus pads
- Groovy running outfit
- Water pistols
- A kite
- New board shorts
- Body board
- Something for the bike
- Magnifying glass
- Skipping rope
- Hammer and a saw

What got you up and out when you were a child?

Which is healthier: fresh, frozen or canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It's important that they are fresh, though, because as the time they are stored increases, their nutrients decrease.

Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results.

Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins except for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties.

Whichever you use it's great that you're getting the important five serves a day for your family!



The Bonalbo Bowling Club and the BCS P&C

Proudly presents

Melbourne Cup Luncheon

Tuesday 7th November

Doors open 10am

CALCUTTA (on Sunday)

SWEEPS

MONSTER RAFFLES

COIN TOSS

FASHIONS by Zahs Bazaar

CLOTHING STALL

PRIZES FOR BEST DRESSED AND BEST HEAD WEAR

LUCKY DOOR PRIZE

Catering by *The Blue Wren Bistro*

\$20 p.p Bookings are Essential

Ph: Michelle 6665 5124, Hellan 6665 3152

Or the Club 66651208

Free glass of Bubbles with meal



Bonalbo Central School-Absent Note

Child/Caree _____ Year _____ was absent on _____
(Full Name Please)

Reason being _____

Signature _____ Date _____

Bonalbo Central School-Absent Note

Child/Caree _____ Year _____ was absent on _____
(Full Name Please)

Reason being _____

Signature _____ Date _____

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