



B.C.S. NEWSLETTER

Be Respectful Be Safe Be a Learner

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Term 3 Week 10

September 27th 2019

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Welcome to the Term 3 Newsletter. It is full of articles and photos showing our students positively engaging in their learning and fun. Students across the school have been involved in many different activities, from Stage camps, agricultural events, NAIDOC Day and Casino Performing Arts concert to futsal competitions, athletics, Book Week and a Living History presentation.

Unfortunately, our school and wider community have again been impacted by a disaster. Many students, staff and community members have been directly affected by the devastation of the recent bushfires, and our thoughts are with those families. In response to the current water shortage due to the drought, students are welcome to shower at school and can bring in any clothes that may need washing. If any families have other needs, please don't hesitate to contact the school.

On a positive note, I wish to commend staff and students for their resilience and patience at this difficult and disrupted time. We have tried to keep things at school relatively normal, particularly for Year 12 students, who are in their final days of school prior to HSC Exams. The school also received a lovely card from Mike and Lynne Sparrow. Mike was Principal at the school in the late 70s and has fond memories of the school, town and its people. I spoke with Mike last week, and he wished to pass on his and Lynne's thoughts and best wishes to all those in the Drake and Tabulam areas.

DATES TO REMEMBER

OCT			
14	Start of Term 4 for students and staff	18	P & C Meeting in Primary @ 3:30pm
15	Year 7/8 Geography excursion	19-20	Year 11/12 RSA & RCG training
16	AFL Day	22	Year 11 RRISK @ SCU
17	HSC Exams commence	28	Primary Assembly 10:15am
25	Bandanna Day	29	Year 12 Formal
28	Secondary Excursion Christine Anu @ Kadina P & C Meeting in Primary @ 3:30pm	DEC 2-6	Year 10 Work Experience
29	Year 7 Vaccinations	3-4	Year 6 to 7 Transition
NOV		5	CAPA Night
1	Primary Gala Day @ Tabulam TBC	9-13	K-6 Intensive Swimming
6	Mad Hatter's Tea Party TBC	12	Whole School Presentation Night
7	Primary Assembly 10:15am	16	Year 6 Graduation Dinner
8	HSC exams final day	17	Rewards Day
15	Jump Rope for Heart TBC	18	Last Day of Term 4 – Pool Party

In other news, NAPLAN results have been posted home to families of students who participated in the tests earlier this year. Staff will spend the next few weeks analysing the data to further inform their practice. If you have any specific questions related to your child's results, please contact their teacher or year advisor.

This is the last newsletter for our graduating class of 2019. Students received their portfolio at the Year 12 luncheon on Tuesday. This includes their final report, school reference, exam information, Presentation Night invitation and school leaver's guide. The BBQ breakfast was on Friday morning for Year 12 students, parents and staff. Students were then farewelled by the whole school on Friday afternoon. Students will officially sign out after their last exam.

We wish all Year 12s the very best for both the up-coming exams and for their life after school. It is a great achievement to complete your secondary education, and we hope that you are proud of your achievements and your school. Whatever you choose to do in life, make sure you do it with integrity, passion and commitment. It is not too late to positively impact your overall grades, so use the holiday period for some serious study by taking on the advice of your teachers in the recent report, revising your notes and texts, and practising past exam questions. Don't forget to eat well, sleep, get some exercise and enjoy time with friends and family. Ensure you arrive at your exams early and have all required equipment. All the best!

Please note, students *and* staff return for Term 4 on Monday 14th October.

Have a safe, restful and enjoyable holiday.

Years 3/4 Lake Ainsworth Camp

SPLASH went the water as we jumped from our kayaks into Lake Ainsworth. The water was slightly cold but we survived.

In Week 7, Stage 2 went to Lake Ainsworth Sport and Recreation Centre and we stayed in cabins away from the teachers (in case they snored, but apparently, in the girls' cabin, snoring was heard and there was gas-filled moments in the boys' room!).

Other activities we completed were cooking damper over hot coals after finding all of the resources for our own fire and we loved eating the damper with golden syrup, vegemite and butter (some mixed all of them together). We made a cubby house/tipi out of sticks and leaves that we found in the bush. During the night activities, we joined in with the other schools, playing structured games including variations of rock, paper, scissors. On Friday, we went kayaking around the lake and played games. During the 2 days away, we had a few opportunities to play on the beach and collect shells, bury students in the sand and a long walk. Overall, we had a fantastic time and we slept well on the Friday night after getting home.

Written by Stage 2 students.



EKKA

Mrs James and students (Abby, Ebony, Aimee, Sophie, Claudia, and Tyrone) went to the EKKA to take the chickens: Henny Penny, Little Red, and Nugget. The car ride up was very long. We went because our chickens were entered in the egg laying competition. We got food, went on lots of rides and bought show bags. When we went to pick the chickens up, we saw the laying competition and, sadly, our chickens didn't win. On the ride home, the chickens were noisy and one of them laid an egg.





Lord Taverners' Girls Day

At the Lord Taverners' Day, girls from many local schools went to Lismore to play different sport games. We were sorted into groups and rotated around through the sports: soccer, cricket, football, hockey, softball and AFL. They also supplied fruit and water for all the schools. It was a fun day for everyone.



Yarrahapinni Excursion

On Wednesday Week 9 we left for our excursion. When we got there, we were given our room allocations. After this, we went to the beach for a few hours then came back and had afternoon tea. We then had free time and showers before dinner.

On Thursday we woke up and had breakfast. After breakfast we were going on our nature walk but it started raining and we had to go inside and do some activities. About an hour later we did the horizontal bungee run, which took about an hour. After that, we did the challenge course. We did a small course to start with and then other fun activities like the broken bridge. We went back for afternoon tea. Then we went to the beach, played football and made sandcastles. We went back, had showers and dinner, and after dinner we had a movie night. We watched two movies, *Open Season 3* and *Chicken Little*.

Friday morning we had breakfast and did our unnatural walk. We had to find hidden items and this took a couple of hours. After we had morning tea we did the flying fox; it was 80 metres high and 160 metres long and we were travelling at about 40km. After that, we went back to camp and had lunch. After lunch we got on the bus to come home. It was a great camp!





Casino Performing Arts Festival





Book Wook Character Parade

Kinder/ Year 1





Years 2/3/4



Years 5/6



Winners of Book Week Dress as a Book Character

Bos Indicus Youth Camp

On Saturday 14th and Sunday 15th September, eight Bonalbo Central School students: Tamieka, Charlie, Kirah, Ruby, Sophie, Georgina, Chloe and Sophie (from Primary), attended the Bos Indicus Youth Camp at Casino Showground.

Over the two days, the students learnt how to groom, lead and judge cattle and participated in a number of other activities. Congratulations to those girls who received awards for Parading and/or Public Speaking. Well done all. Thank you to Mrs Kim James for supporting our students at the camp.



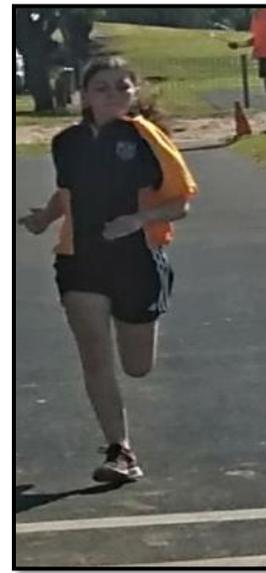
Zone and Regional Athletics

Earlier this term (and after numerous date changes due to rain) Bonalbo Central School sent a handful of students to the Zone Athletics Carnival in Lismore.

Students competed in a range of track and field events and represented the school with pride, with a special mention being made to Mikey, Caroline and Katie all going on to Regionals in Coffs Harbour. Katie's fantastic efforts at Regionals then qualified her to participate at the State finals in Sydney, however, she was unable to attend. All at Bonalbo Central School are extremely proud of these students' efforts, especially considering that when they attend Zone and Regional events they're up against schools with hundreds of students and who also have greater access to training/coaching facilities.

A big thank you too, to Mrs. White for supervising the zone athletics students, and parents/carers James Sankey and Bob Pyefinch for transporting our regional students.

Mr Kilroy



Stage 5 Arts Excursion

Earlier this term, the CAPA faculty ran an excursion to Brisbane for those students with an interest in the Arts. First stop was the Gallery of Modern Art, where students were able to view the 'Creative Generation Excellence Awards in Visual Arts' exhibition, which showcased selected artworks from 2018 Year 12 Visual Art students from schools across Queensland. Our students were inspired by some of the incredible artworks on display and wished that we could've explored even more of the gallery, however, we had to make sure that we were on time for our next engagement.

We made our way over to the Lyric Theatre, which is part of the Queensland Performing Arts Centre (along with numerous other schools) to grab our seats for 'School Of Rock' the musical. The show was absolutely spectacular, featuring amazing musicianship and sets keeping the crowd thoroughly entertained from start to finish (minus the 'technical glitch' which seemed to take an eternity to fix!). No thanks to the city traffic and numerous accidents, which made the trip home very long, our students finally made it home well after their bed times. Nevertheless, everyone enjoyed themselves and were truly impressed with the day, representing the school beautifully with exemplary behaviour.

A big thank you to Sally Goldstein for her help in organising the excursion and Brett for driving the bus and finding a parking spot without being fined! There are already discussions about doing it all again, with some amazing shows being announced at QPAC, next year.

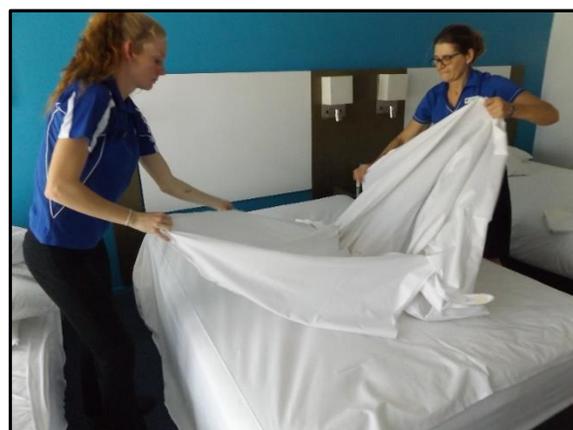
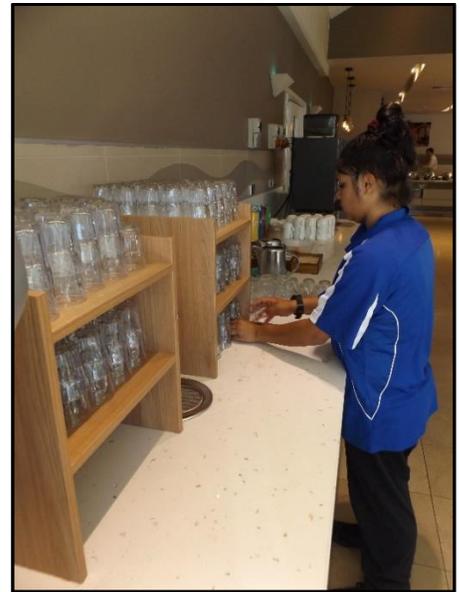
Mr Kilroy





Hospitality Sea World Excursion

On 5th- 6th August, Year 11 and 12 Hospitality students went to SeaWorld Resort to complete the Hospitality Operations, Training Education Learning (H.O.T.E.L) School, which provides hands on experience throughout all departments at SeaWorld. Each student was given an Attendance Certificate and SeaWorld staff selected Samantha for the Star Performer Award.





9/10 Food Technology Flavour Forecast Student National Recipe Competition

Over the last two terms, students worked in teams to develop, trial and photograph their own recipes for current food trends. They also needed to justify their decisions and evaluate their recipes. We wish them success as their entries are posted to Melbourne in the coming week.

Created by Charlie, Loretta and Katie



World War 1 Living History

On 29th August, we had a visit from Shane Blackman who presented the World War 1 Living History day. Students from K-12 were involved, and we were joined by students and staff from Old Bonalbo Primary and Urbenville Primary. The day was a great opportunity to learn about Australian soldiers and their experience in the trenches in World War 1 during 1916-1918. Students were shown everything that would have been worn, carried or used, to provide a human perspective to the war. The display included uniforms, headgear and personal webbing kits. There was also a wide selection of weapons, tools, personal items, foodstuff and equipment that were used in the trenches. The presentation was interactive and students were able to dress up in a soldier's kit and handle some of the exhibits, like shell casings, helmets and gas masks. Shane was very generous with his time and knowledge, and students were able to ask questions. All students would agree that the presentation was engaging and humorous, as well as serious and contemplative.

Ms Schumacher



Quad Bike Course

On Monday 2nd November, Years 11 and 12 Primary Industries students completed their Quad Bike Course at Wollongbar TAFE. The students completed a theory-based safety and risk assessment component before they were allowed to participate in practical activities. These activities included loading and unloading the quad bike safely around an obstacle course, and safe control of the bike on slopes and hills. All students completed the course and were deemed competent at an introduction level. Students are to be commended on their behaviour during this course and how they represented our school while at TAFE.

Miss Dean



Reminder: Years 7 and 8 Geography Excursion to Rocky Creek Dam

Just to remind parents and guardians of Years 7 and 8 students, this excursion will be on Tuesday October 15 (the second day back next term). Students are reminded to wear not only school uniform but also clothing that is suitable for outdoors with variable conditions. Hats and sturdy shoes are essential. Students must bring water bottles and their food in a sturdy bag (plastic is not suitable). Packing a "low waste lunch" is recommended as it will be an environmental theme day (see information later in newsletter).

Mr Martin
Geography Teacher

Woodwork Projects

In Term 1, we had five Year 12 students in Industrial Technology - Timber who had started their projects but had been without a teacher for some time. Slowly but surely, they began to gain momentum again and, by the end of Term 2, they were all back on track. There was still a lot of work to be done due to the lost time but the students all kept working to complete their projects. Towards the end we used every spare lesson available to get across the finish line and on 15th August, all 5 projects were finished and ready for marking. Well done to Justin, Kalain, Leif, Zac and Summer for their efforts in woodwork this year.

We have also had a number of quality projects produced by students for Years 7 to 10. Year 7 and 8 students have designed and made a hanging device which was to hold coats, hats, cups or any other items they wanted. Year 9 have been working on a wall cabinet, with Kasey producing the standout project of the group so far. Year 10 are making coffee tables, with some interesting designs about to be finished by Michael and Tamioka.

Mr McDowell



Ciara, Chloe, Sophie, Kirah and Dellmay's hanging units.



Mikey and Tamioka's coffee tables



Justin, Kalain, Leif, Zac and Summer's woodwork projects for their HSC

(Summer's photo unavailable)



NAIDOC CELEBRATIONS



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Matthew Martin



Low Waste Lunches



Low Waste Lunches are a great way to get young people to begin to think about "Rubbish" or "Waste" and what they are throwing in the bin.

"Rubbish" is actually made from valuable resources, for example paper is made from trees, plastics are made from crude oil, coal and natural gas. It takes a lot of water, raw materials and energy to make "Rubbish", so it's important to try and AVOID, REDUCE, REUSE and RECYCLE wherever possible.

All of us throw things out everyday without considering the environmental impact of what we are doing. Packing a low waste lunch is easy. Here's how.....

Low Waste Lunches AVOID:

- Plastic wrap and foil
- Disposable items like plates knives and forks
- Paper lunch wrap
- "Gimmicky" packaged items e.g. chips, biscuits, small yoghurts, individually wrapped serves of food



Low Waste Lunches REUSE:

- Use re-useable containers that can be washed out
- Use a re-usable drink bottle which can be used many times
- Use recyclable and/or compostable packaging over disposable packaging (e.g. Plastic wrap)
- Cheese and biscuits or yoghurt which are taken from larger containers and repacked into a re-useable smaller container will avoid extra packaging waste and ensure that your child can reseal the food if needed
- Are often much healthier. They can encourage children to eat more fresh food packed in suitable quantities, instead of eating "gimmicky" snack foods.



A Low Waste Lunch Comparison

Lunch Box 1



waste lunch

- sandwich
- serviette/reusable container
- fruit
- 2 kg tub in re-useable container
- sultanas
- 250g packet in re-useable container
- packet of fruit/cut up
- chips can go in the compost or worm farm)
- cheese & Crackers
- in re-useable container
- water
- in a re-useable drink bottle)

What you throw out:

Nothing!
All containers are taken home, washed & re-used.

Lunch Box 2



Waste-ful lunch

- Sandwich
- (wrapped in plastic wrap)
- Yoghurt
- (60g disposable container)
- Sultanas
- (15g disposable box)
- Packet of chips/muesli bar
- (in non-recyclable packaging)
- Cheese & Crackers
- (individual serve in disposable container)
- Popper style drink
- (125ml disposable pack)

What you throw out: 10 items

- Plastic wrap (1)
- Yoghurt container (2)
- Sultana box (1)
- Chip packet/muesli packet (1)
- Plastic individual serve pack (2)
- Popper pack (3)

As well as minimising waste, the low waste lunch option costs less because items are bought in larger (bulk) quantities rather than individual serves.

Thankyou to Mullumbimby Community Preschool for this example.

Prepared by the North East Waste Forum: www.northeastwasteforum.org.au
Recycling and Waste Education for the Northern Rivers Councils.

Bonalbo Country Women's Association

Land Cookery Competition

I would like to thank Bonalbo Central School for once again holding the Land Cookery Day. We had good entries from students and members, with five going on to the Lismore group.

Loretta got a second for her strawberry jam, Helen Tart got first for her date loaf and then went on to Conference in Albury. Thanks to Group President Narelle Gotting for taking Helen's entry to Conference.

Thank you to everyone for taking the time and entering our competition and we hope this will continue in coming years.

C.W.A. International Day – Papua New Guinea

I would like to thank everyone involved in the day: Narelle Gotting for the cooking of Papua New Guinea dishes, collecting of decorations from Ballina and giving of her time and other branch members. Liz and Peter Andrews for speaking of their time in Papua New Guinea and bringing so mementoes of their time there. Bonalbo Primary students and staff for their wonderful enthusiasm and involvement in the competition. There were two students who went on to Lismore, Claudia and Paige.

Breakfast Club

Thank you to all our volunteers, community members and students, for valuable and varied assistance at Breakfast Club. So far this year, we have served 3,084 breakfasts. Thanks to Michelle, Ron, Rachel Moore and Rachel Woods, we really appreciate your assistance. Also thanks to the Upper Clarence Lions Club for their sausage sizzle on the first Monday of each month and Pritti and Manoj Kumar for their continued sponsorship.

We do need more adult volunteers to keep it running between 7:30-9:30am. Please contact the school if you can spare even one morning a week.

Mon Petty

Bonalbo Central School



Lifelong Learning for a Positive Future

EXPRESSION OF INTEREST for all children who plan to start Kindergarten in 2020

**Bonalbo Central School is seeking Expression of Interest
for our Transition Program that will start on Fridays later
in the year.**

The program is aimed at making the transition from Pre-School to Kindergarten a relaxed and enjoyable time for both the child and the parents/carers. It is highly educational and has been of great benefit to those students who participated last year.

Please call the school as soon as possible and leave your name and contact details in order to allow us to plan effectively for Transition.

Any enquiries please contact the school on 6665 1205



WAHLUBAL Local
Aboriginal Education
Consultative Group

ANNUAL GENERAL Meeting Notice

An AECG can provide a voice that will allow you to have a say in all areas of decision making of your child's education

Date: Wednesday 30TH October 2019

Time: 1pm

Venue: Tabulam Public School

Afternoon Tea Provided

Don't forget to bring **\$2** if you would like to become a **member** or vote at our AECG meetings.



Come and have a
yarn and hear
what is happening
in Education

If you are unable to attend please send your apologies to

President rachel.moore8@det.nsw.edu.au

Secretary wendy.johnston3@det.nsw.edu.au

Gracemere Farmstead



SPRING OUTDOOR ADVENTURE

1st to 3rd October 10am to 2pm -
primary and high school students.
8th to 10th October 10am to 2pm -
high school students and NDIS adults.

Tuesdays: Bush Survival and Cooking
Wednesdays: Lego Builders, Farm Craft and Farm Games
Thursdays: Farm Animal Care, Nature and Gardening

Open for **all** primary and high school age children
NDIS clients can pay from their package
We are located in Yorklea (between Lismore and Casino)



For more information and to enrol please phone or email
To connect with the gang @ Gracemere Farmstead contact Stephen
on 0430912612 or gracemerefarmstead@gmail.com
www.gracemerefarmstead.com.au

FUTUREKIDZ *Kyogle*

brought to you by
'Future Kids Zone Incorporated INC1900653'

SCIENCE - TECHNOLOGY - ENGINEERING - ARTS -
MATHS - INNOVATION - COMMUNITY - LEADERSHIP

Ages 6-15 years



Monday	16/9/19	Memorial Hall	3.45pm-6pm
Saturday	21/9/19	Supper Room	9am-2pm
Monday	23/9/19	Memorial Hall	3.45pm-6pm
Saturday	28/9/19	Kyogle Show	9am-2pm
Monday	30/9/19	Memorial Hall	3.45pm-6pm
Saturday	12/10/19	Memorial Hall	9am-2pm
Monday	14/10/19	Memorial Hall	3.45pm-6pm
Saturday	19/10/19	Memorial Hall	9am-2pm
Monday	21/10/19	Memorial Hall	3.45pm-6pm
Saturday	26/10/19	Memorial Hall	9am-2pm
Monday	28/10/19	Memorial Hall	3.45pm-6pm

Cost: Gold coin donation per session
Contact: Louise Roy 0408 166 216

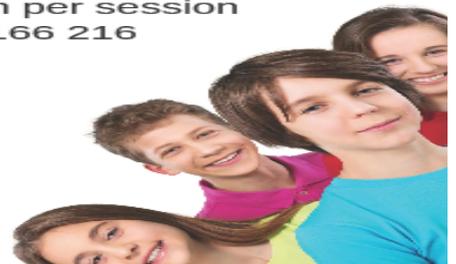
 @futurekidzkyogle

Email: futurekidzkyogle@outlook.com

<https://futurekidzkyogle.weebly.com/>



Tiger Designz
&
Business Consulting



B screened

The mobile van is coming to
Bonalbo

8 October – 10 October 2019



Call 13 20 50 to book
your **free** screening
mammogram

13 20 50

20 minutes every 2 years
could save your life

For women aged 50-74 years
breastscreen.nsw.gov.au

FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

Available at NSW Health Public Dental Clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton.

Call 1300 651 625 to book a visit for your child

Children aged under 8 need help to clean teeth twice a day

- Use a soft child sized toothbrush and a pea sized amount of fluoride toothpaste
- Stand behind the child and allow them to hold the toothbrush too
- Move the brush in small circles using bristles to gently massage teeth and gums
- When cleaning is complete do spit out toothpaste, but don't rinse

How to Brush: Move a soft toothbrush in small circles over teeth and gums

