



B.C.S. BULLETIN

Be Respectful

Be Safe

Be a Learner

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Term 3 Week 7

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Welcome to Spring!

We are over halfway through Term 3 and things are still busy, despite the continued restrictions on some of our activities and how we can operate.

COVID-19

You are reminded that if students are unwell, even with mild flu-like symptoms, they are to stay home and get tested. Negative results must be sighted by the school and the student be symptom-free before they can return. The school gates continue to be closed, and we require adults to call the school prior to entering.

Stage 6

Last week, our Year 12 students sat their Trial HSC Exams. This is an important part of their year, as it enables them and their teachers to gauge where they are at with their studies. Together, they will now plan for the next two months of dedicated study and revision in preparation for the HSC Exams that begin on October 20th. Year 11 students will sit their final Preliminary Exams in Week 9, and begin their HSC courses in Week 1 next term.

We have begun discussing what end-of-year celebrations for our current Year 12 cohort will look like. We intend to hold the Formal in November (as usual) but it may look a little different than in past years. We will ensure that the end of school for these important young people will be special.

DATES TO REMEMBER

SEPT 2	HSC English Study day	TERM 4	
3/10/17	YAM – Stage 5	OCT 12	TERM 4 Students & Staff return
10	R.U.Ok Day	20	HSC exams commence
14	HSC Music Prac. exam	29	SCHOOL PHOTOS
14-18	Year 11 Prelim. Final exams		
17/18	Primary Industries TAFE training		
25	END OF TERM 3		

2021

The subject selection process for 2021 has begun. Students in Years 8-11 have spent time with Ms Dean and myself, looking at their subject options and potential career pathways.

If you are moving your child/ren from Bonalbo Central next year, please let the front office know. Likewise, if you know of any new families to the area please pass on our details for them to contact me at the school.

Wellbeing

Year 9 and 10 students will participate in Youth Aware of Mental Health sessions over the next three Thursdays. This school-based initiative, supported by the Black Dog Institute, will be facilitated by accredited wellbeing staff. Students will learn about and discuss mental health around topics of relationships, stress and suicide prevention.



This program supports our whole-school wellbeing work and links in well with our annual RUOK? Day, which is on September 10th. Students will participate in various activities throughout the week to develop their skills in this area. Students are encouraged to wear something yellow on this day and there will be a free sausage sizzle at lunch time. This national day of action reminds us all to ask, “Are you OK?” It could be the start of a conversation that could change a life. You are encouraged to visit the website for information and tips to learn what to say to someone who may be struggling with life’s ups and downs.

As part of our Wellbeing focus, digital literacy and the use of technology are often topics of conversation. Time spent online, cyberbullying, gaming, unwanted contact and grooming are all discussed as part of PDHPE lessons and one-off sessions. One important area to talk about with young people is the issue of sending or sharing intimate or sexually explicit material. Sexting (posting/receiving) suggestive or nude photos is not appropriate and can be illegal. A young person who asks for, accesses, possesses, creates or shares sexualised images of someone under 18 may be at risk of criminal charges — even if both parties consent. Please be aware of what your children are accessing and how they are spending their time online. There are things you can do to minimise the risks. The e-Safety Commissioner’s website is an excellent resource for parents/carers and young people.

This week, we will be installing automatic soap dispensers in all student bathrooms. This will make being hygienic even easier and more cost effective.

Uniform

Students and parents are reminded that Bonalbo Central is a uniform school. This means students are to be in uniform every day unless they have a note of explanation. Primary items and secondary tops are available from the Front Office. We are currently investigating the possibility of supplying shorts. Leggings, tights, bike pants and jeans are not part of our uniform. Jewellery must be kept to a minimum and long hair tied back for practical subjects. See list and current prices of uniforms below. Please contact the office if you require support with providing uniforms.

Phones

Our mobile device policy states that, for secondary students, phones are to be turned off and in bags during class time. Unfortunately, I had reason to speak to secondary students last week about their inappropriate phone use. It is becoming a major distraction and students are not engaging with their learning as they should. If this continues, the use of phones at school will be re-visited. We are monitoring Casino High's initiative of *Yondr* pouches with interest, and we may go down a similar path of no mobile phone access at school if students do not respect the privilege they currently have.

Attendance

Attendance at school is a legal obligation for the very good reason that it improves people's lives and future prospects. Students are to attend each day and be present in all classes so they can make the most of their learning opportunities. Students are also not to leave school grounds throughout the day without permission from a staff member and parent/carer. All absences must be explained within seven days via a note, phone call to the office or School Stream notification.

Communication

Parents/carers are reminded to sign up for our free *School Stream* app. Download the app onto your mobile device and be connected to the school with important updates, canteen news, newsletters and forms to notify us of student absences.

P&C Raffle

A reminder that our P&C Father's Day raffle will be drawn this Friday. Please return all tickets (sold and unsold) along with the money by Friday.

Happy Father's Day to all those who are a significant person in someone's life.

Mrs Taylor

Some useful links

<https://www.schoolstream.com.au/download/> - information to download our School Stream app

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert> – latest health alerts from NSW Health

<https://education.nsw.gov.au/covid-19/advice-for-families> - latest COVID-19 updates from the Education Department

<https://educationstandards.nsw.edu.au/wps/portal/nesa/covid-19/coronavirus-advice/hsc/covid-19-safe-hsc-exams> - NESA site to support students stay safe during HSC Exams

<https://au.reachout.com/collections/stressed-about-study-during-coronavirus> - ReachOut's study hub with tips on dealing with stress

<https://www.ruok.org.au/join-r-u-ok-day> – RUOK? Day site to support positive mental health

<https://www.esafety.gov.au/parents/online-safety-guide> - e-Safety Commissioner site to support safer, positive experiences online

<https://bullyingnoway.gov.au/RespondingToBullying/GetHelpandMoreInformation/Pages/Online-safety.aspx> - online safety information

<https://www.bonalbocentralschoolcareers.com/> - our careers site with information to support decisions about life beyond school



**Kyogle Family Support Services are in Bonalbo at the
Louisa Johnson Centre every Tuesday from 10am to 1pm. We can help with:**

Centrelink access

The Bonalbo Food Pantry (10am – 1pm)

Family Support and Referrals

NDIS Support (by appointment)

Supported Parenting Groups (10am – 12noon) currently at the Bonalbo Hall

Help to pay fines through Work Development Orders

Energy Bill Assistance

Telstra Phone account assistance

B.C.S. Uniform Requirement

Primary

- Royal or navy blue shorts (not denim), skirt or track pants
- Royal blue shirt
- Navy blue hat
- Royal blue polar fleece jumper



Secondary 7-12

- Navy or black shorts (not denim or leggings), skirt (A-Line) or long pants
- Navy shirt
- Navy polar fleece jumper

Sports Uniform K-12

To be worn only on sports days and when representing the school.

- Appropriate navy blue pants (not denim) or tracksuit pants
- School sport shirt
- Joggers
- Hat

All shirts and jumpers embroidered with the school crest.

PRIMARY	Price	SECONDARY	PRICE
1. Shorts sizes 4-16	\$12	1.Polo Shirt Navy- Sizes 12-16Y	\$20
		1.Polo Shirt Navy- Sizes 14S upwards	\$22
2. Shirt – Royal Blue 4-16Y	\$20	2. Polar Fleece Jumper – Navy Size12-16Y	\$25
3. – Royal Blue 14S- XXL	\$22		
4. Jumper – Royal Blue 6-16Y Polar Fleece	\$25	2. Polar Fleece Jumper- Size 14S-26/3XL	\$30
5. Hats – Broadbrimmed	\$5		
6. Trackpants (we hold 6-10)	\$18	3. Sport Shirts- to Size 16Y	\$24
7. Sports Shirt 4-16Y	\$24	3. Sport Shirts- 14S upwards	\$30
Sports Shirt 14S upwards	\$30		

Bonalbo Central School-Absent Note

Child/Caree_____Year_____was absent on_____
(Full Name Please)

Reason being _____

Signature_____Date_____

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