

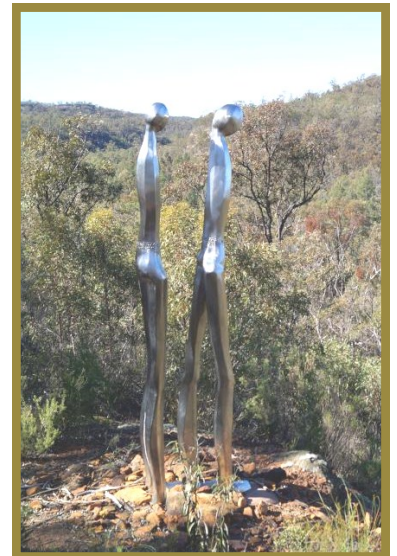
8th August 2014

Term 3, Week 4

Newsletter



NAIDOC Day



NAIDOC Day Celebrations

Last Friday Baradine Central School staff and students, parents and special guests celebrated NAIDOC day.

To begin the day we held a Whole School ceremony, led by **Deian Dowler** and **Haylee Dunn**. With presentations from **Reece Buckton**, delivering a speech on behalf of the Secondary, **Eliza Rowley**, reciting a poem on behalf of Primary. Special guest Suellen Tighe and Richie Milgate also made presentations on the meaning and the importance of NAIDOC.. The Aboriginal Flag was raised by **Clinton Lennon** and a special cake was cut by **Suzannah Carey** and **Peter Evans**.

Mrs Clarke presented special NAIDOC awards to the following:

Miss Emma Riley, Richie Milgate, Susie Sutherland, Robyn Ruttley, Suellen Tighe, **Tyrone Biles**, **Clinton Lennon** and **Reece Buckton**.

After the ceremony students, staff and parents headed out to Dandry Gorge to visit the Sculptures in the Scrub. On arrival we were met by National Parks and Wildlife Ranger, Joel Hatch, he explained the importance of the area and its significance. Students then split off into

class groups with their teachers and set off along the walking track to view the sculptures and learn about the importance of each, completing a worksheet on their way around.

On completion of the walk, we were treated to a BBQ lunch provided by the Baradine Central School P&C committee.

Baradine Central School was awarded some funds from the Indigenous Capability and Development Program for National Aborigines and Islanders Day Observance Committee (NAIDOC) activities, this helped assist with costs for the day, allowing all students to gain an opportunity to engage in cultural awareness and recognition.

All students are to be congratulated on their excellent behaviour and participation on the day.

A thank you to the parents who supported the event and also a thank you to the P&C members for providing lunch for everyone.



Principal
Mrs Chris Clarke

Head Teacher Secondary
Mr Tim Lloyd

Assistant Principal
Mrs Lizzie Horder

Administration Manager
Mrs Wendy Leonard

Sports Coordinators
Miss Lucy Baldock
Mr Jack Ramage

AECG President
Ms Suellyn Tighe

AECG Representative
Mr Richie Milgate

P&C President
Miss Sharon Wilson

What's On

Tues & Thurs - AAS

WEEK 5

Mon-Tues 11th-12th Aug
Life Education Van visit

Tuesday 12th August
P&C Meeting 7:00pm

Wed-Sat 13th-16th Aug
Moorambilla Boys Camp

WEEK 6

Sun-Tue 17th-19th Aug
Moorambilla Girls Camp

Mon-Fri 18th-22nd Aug
Book Fair in the Library

Monday 18th August
Primary Spelling Bee TBC

Wed-Sat 20th-23rd Aug
Moorambilla Maxed Out Camp

Thursday 21st August
Yr 10/11 Coona High night

Friday 22nd August
AECG meeting



Principal's News

Mrs Chris Clarke

Dear Parents & Caregivers,

Communication between teachers and parents/caregivers is essential if a student is to receive support with their education and learning. Teachers at Baradine Central School do this in many different ways while building **positive partnerships** with you.

Twice per year, towards the end of Terms 1 and 3, **parent / teacher / student meetings** are organised in the school's library and at Gwabegar PS. These nights are an opportunity for all parents to discuss their child's **Personalised Learning Plan** featuring several very individualised goals. Your child's health care plans, behaviour plans, career planning and school citizenship are also discussed if relevant. Students are encouraged to attend these evenings with their parent(s) to talk about how their learning is progressing and show work samples.

Parents receive formal written **student progress reports** at the end of Terms 2 and 4 and are encouraged to seek an interview with your child's teacher to unpack the report in a meaningful and informative way.

Teachers will telephone you if your child is absent from school for two consecutive days and offer **assistance with resolving the absences**.

Teachers will seize all opportunities to provide you with **informal feedback** on how your child is performing at school or to **gain information** from you that will assist them. Such opportunities could be at the gate morning or afternoons, at school functions and events or in the community.

Teachers sometimes undertake **house visits** to deliver good news in person. Such visits could be related to your child receiving an award, achieving a particular goal or demonstrating great improvement in an area.

Teachers provide parents with information about current learning and achievements, in the weekly **newsletters** and on the **Facebook page**.

Baradine Central School teachers are a dedicated and very committed team who support one another to provide your child with the best opportunities to grow academically, socially and emotionally while in our care. However, undeniably, **parents have the greatest role** to play in a child's development and teachers will always be guided by your wisdom, experiences and suggestions.

Cheers

Chris Clarke - Principal

Principal's Awards Term 3 Week 3

Jacinta Pickette - working diligently towards the HSC

Todd Cutts - great job with Industrial Technology major project

Ethan Andrews - great effort with woodwork projects

Thalia Spinks - excellent school citizenship

Sandy Vallette - commitment to SRC duties

Emily Brand - learning lots about the Sculptures in the Scrub

Primary News

Mrs Lizzie Horder - Assistant Principal

Engagement and participation in school life takes many forms. Involvement in extra curricula activities is a great example of this. On Wednesday morning, bright and early, ten of our Year 5/6 students headed to Canberra all set and ready to participate in many wonderful extra learning experiences.

Last Friday saw 100% attendance in the Primary section of the school. A fantastic effort - all students were engaged and participated in a quality experience. I urge you all to keep up the great attendance on trips and days like last Friday as these are often the experiences that children remember for many years about school being a great place to participate in great things.

PBL

This week our focus is:

"Respect"

Always use good manners showing respect and courtesy to others and also use appropriate language at school.

Congratulations to students who have been modelling this excellent behaviour and attitude.

Well done!



Congratulations

Attendance Monkey for Term 3 Week 3

Primary - Year 5/6 97.5%

Secondary - Year 8 100%

Kinder/1 News

Mrs Tracy McGlashan

What a busy week we have had from last week to this week. We have been busy with our new maths centres and learning lots of facts. If you ask your child who are the numbers that are friends of ten they should be able to let you know $10+0=10$, $9+1=10$, $8+2=10$, $7+3=10$, $6+4=10$, $5+5=10$, they did a lovely rainbow for art that shows these number facts.

We have been practising and have started to learn our lines for our concert piece.

Our Literacy writing and reading is progressing well and we are really excited to read our familiar reads by ourselves.

Thank you to all of the helpers last week when we were going on our excursions and doing lots of craft activities in the classroom.

Just a reminder that paint shirts help to stop paint from going on our uniforms. I can store them at the school, no need to go and buy a new one just an old t-shirt will do.

Year 2 News

Mrs Jenelle Eastburn

As we have been so busy over the last couple of weeks I haven't mentioned that we are lucky enough to have a lovely new student from Gwabegar in our classroom. A very warm welcome to **Sally Owers**, who has settled in beautifully and made lots of new friends with her excellent attitude to school and her bright smiley face.

This week we have had Mrs Cox here (Literacy facilitator) and she has been working with the children on language activities, reading and the collation of data. She is very impressed with some students who are setting high standards and challenges for themselves. Well done.

Also this week we have started our mini-unit on the CWA County of Study - Botswana. We are going to do some writing activities around this topic and design a poster for the competition, held in Baradine every year.

Joshua Drake has been lucky enough to participate in the Horse Riding Skills program in Coonabarabran this term and has been able to share some wonderful stories on return to school.

Remember Public Speaking is scheduled for this term and I have some samples of poems at school for the children to choose from if needed if you are finding it difficult to find one at home.



Year 3/4 News

Miss Christie Baker

We have had another exciting week in Year 3/4. At the end of last week students enjoyed an excursion out to Dandry Gorge. They walked the track up and through the Gorge and viewed the sculptures. The class's favourite sculpture was the last one which was made up of multiple mosaic sculptures. They also really liked the axe head sculptures. We all had a fantastic day out in the bush.

This week we have had some lovely 5/6 students in our room and working with us. All students have written a cinquain poem about themselves and they are currently publishing them on the program Word using the computer. They have been learning about how to read maps in Maths. With Mrs Horder they created a map of the Stephanie Alexander Kitchen Garden which they then turned into a 3D map using things like pop sticks, paper, glue, sand and crepe paper.

Year 5/6 News

Miss Lucy Baldock



First timers to the snow:

Holly Woodham,
Max McGlashan,
Melissa Owers,
Katrina Gardner,
Claudia Eastburn,
Eliza Rowley,
Samantha Taylor and
Blake Olsen all smiles and enjoying the experience of a lifetime.

Somehow **Billy Carey** and **Madison Masman** missed the photo, they must have still been building their snowman!!

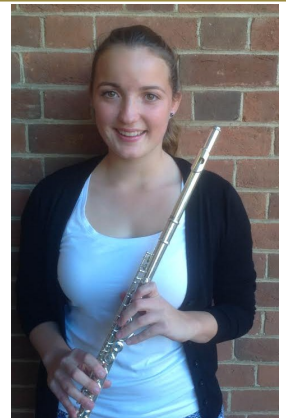
Music News

Mrs Aimee Rossler

Music Exams

On Thursday 31st July, **Sophie Horder** played her Grade 5 Flute exam in Tamworth. The music examinations are held by the Australian Music Examinations Board and take place once a year in this region. Sophie put a lot of hard work into her exam preparation and had to prepare a very large

set of scales, six pieces of music, some general music knowledge information, sight reading and aural tests. Sophie played well and she should receive her results in the next few weeks. A big thank you also goes to Mrs Horder for helping with transport all the way to Tamworth and back.



Secondary Head Teacher News

Mr Tim Lloyd

It has been a very busy week in the Secondary school with lots of different assignments being due and activities going on within the school. Concert practice is in full swing with a wide variety of acts being practised and polished.

Major Projects due this Thursday at 3 pm.

In Modern History the Year 12 students are learning about World War II and the expansion of the Japanese Empire during that time.

We have our HSC students frantically preparing for their trial exams which start in Week 6 and our HSC

Our PBL focus for this week is Respect: Using positive language around the school.

We have a major sporting event coming up on our calendar with the Ronnie Gibbs football and netball knock outs in Bourke so all students have started training in preparation for this.

Year 7 News

Mr Jack Ramage

In LOTE we have been researching the black plague and creating a PowerPoint presentation.

This week in Science we have continued looking at the moon and sun. We have also learnt that the earth is tilted as it rotates around.

In Maths we have been working hard on integers which have been challenging for us.

In History we have begun a unit of work on the stolen generation. We have been watching 'Rabbit Proof Fence', which we have really enjoyed.

In Sewing we have started to learn how to sew different patterns on pieces of paper so we can have the skills to sew our own pencil case.

Written by Chontelle Vallette.

Year 8 News

Mr Andrew McCutcheon

It has been another hectic week in Year 8 with our tourism assessment coming towards its due date on Friday with Mr Ramage.

In TAS we have been learning the fundamentals of wood turning and then progressing on to make our toolbox handles. We have also been learning about carcass

joints and how they can make our toolboxes much stronger and pleasing to the eye.

We are also getting ready for our dance performance with costume selection and roles being worked out.

Written by Fox Jones.

Year 9 News

Mrs Alix Talbott

In Woodwork we are finishing our foot stools and learning about upholstery.

In Science we are learning about the difference between cells, tissues, organs and systems in multicellular organisms.

In English we are continuing our study of 'The Hunger Games' which we are enjoying. We enjoy it when Ms Birrell reads to us.

In HSIE we have started projects based on a variety of WWII topics including the Kokoda Trail and tanks.

By Kane Olsen

Secondary SRC

Mr Miles MacFarlane

Three students from Year 9 and 10 travelled to Gilgandra High School on Wednesday 6th to participate in a Regional SRC meeting about student leadership. Participants came from Coonabarabran, Cobar, Nyngan, Warren and other schools in the Western Region for this conference. **Stephanie Bowling**, **Stacey Tanner**, and **Caleb White** represented Baradine Central at these meetings. The goal was to encourage more active and meaningful student participation in the affairs of the school, to move beyond simple fundraising and take on issues that really matter to students.

Participants discussed the qualities of a good lesson, characteristics and skills of an excellent teacher, and expectations of students in the school setting. The session leaders encouraged students to open dialogues with the staff and community in their schools to talk about their experiences and aspirations then to organise and work to make those dreams come true.

Participants made good personal connections with students from different schools and the organisers are planning a follow-up meeting of this same group in the next term to keep momentum.



Year 10 News

Miss Emma Riley

Last Friday Year 10 enjoyed our NAIDOC day celebration at Dandry Gorge, learning about the significance of the area and discovering what each of the individual sculptures represent and mean.

This week Year 10 students **Stacey Tanner** and **Caleb White** travelled to Gilgandra with other SRC representatives to participate in an SRC meeting and

activities.

Year 10 will be selling Cadbury Chocolates over the next few weeks as part of their fundraising efforts for their Gold Coast excursion in Term 4.

Written by Stacey Tanner.

Year 11/12 News

Mr Miles MacFarlane

Balancing Social Life and School Obligations

As HSC exams are approaching, many students are focusing more and more on their school work. It can feel overwhelming and can affect other parts of life as we try to find time for fun and family amongst the pressure and demands of these important exams. Below is an excerpt from the Johns Hopkins University student assistance program with advice on how to deal with times like this.

Manage your time

Time Management is a key component to academic and professional success. It is an essential skill that will help you concentrate your efforts on what is most important.

- Plan your schedule
- Make a weekly to-do list
- Prioritize your work
- Break large tasks into their smaller components
- Set goals and deadlines for projects
- Avoid perfectionism
- Honestly assess the amount of time you waste
- Beware of too much stress

Stress keeps us focused and aware of all the things that need to be done. It can motivate you to study harder and complete assignments and projects on time. But when your stress level becomes more than a motivating tool, or when pressures are too intense or last too long, you may be in stress overload.

Signs of Stress Overload

- Anxiety or panic attacks
- A feeling of being constantly pressured, hassled, and hurried
- Irritability and moodiness

- Physical symptoms such as stomach problems, headaches, or even chest pain
- Allergic reactions, such as eczema or asthma
- Problems sleeping
- Drinking too much, smoking, overeating, or using drugs
- Sadness or depression

Ways to Relieve Stress

- Exercise. Regular exercise is one of the best ways to keep stress levels under control.
- Learn ways to relax your body through meditation, massage, and breathing exercises.
- Increase your Vitamin D. Take short walks in the sun. Studies show that Vitamin D increases a positive and focused mood.
- Laugh.
- Practise positive self-talk.
- Adopt a mantra such as "this too shall pass" or "I can handle this."
- Create an assets column that includes all of the things that bring you joy.
- Talk to a friend or loved one.
- Make the best out of stressful circumstances – be optimistic – your outlook, attitude, and thoughts influence the way you see things.
- Ask for help. People who have a strong network of family and friends manage stress better.

Strive to be a high achiever not a perfectionist

Perfectionism refers to a set of self-defeating thoughts and behaviours aimed at reaching unrealistically high goals. It is based on perceived standards of excellence and often fuelled by the need for others' approval.

P&C Report

Mrs Sharon Wilson - President

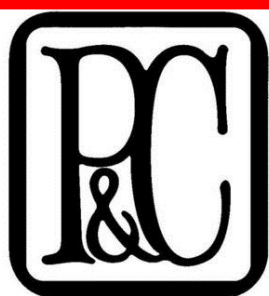
The P&C held their AGM last term where the following people were elected. President - Sharon Wilson, Vice President – Gisela Evans, Secretary/Treasurer – Karen Reinhardt.

The new committee is off to a great start. So far this term we have donated \$2,000 to the school to go towards the shade project and supplied lunch for the whole school and staff at Dandry Gorge on Friday 1st

August.

We have made our meeting dates easy to remember. They are the second Tuesday of every month at 7:00pm in the meeting room located in the Front Office.

We would love it if we could get a few more parents to attend our meetings. So if you have any ideas for fundraising, ways P&C could contribute to benefit the



Baradine Central School

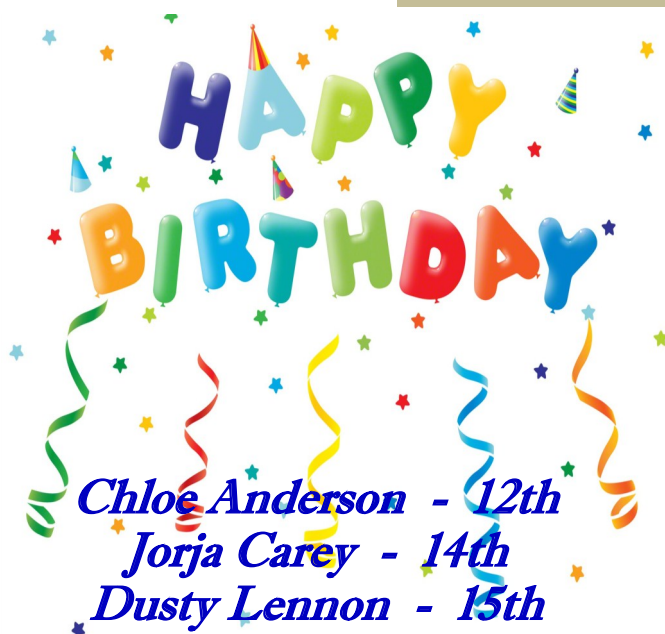
P&C Committee

Next meeting date: **Tuesday 12th August**

Meeting time: **7:00pm**

Meeting place: **Meeting room** (at the Front Office)

*P&C meetings provide a forum for parents to discuss the school's operation with the Principal and are conducted **monthly every second Tuesday at 7:00pm.***



2013 Year Books are available from the Front Office at a very low cost of \$15 per book.

It contains lots of wonderful and colourful pages of the students throughout the year.

BARADINE CENTRAL
SCHOOL



YEAR BOOK
2013



HEALTHY HAROLD

Don't forget to send in your money for the Life Education Van which will be visiting Monday & Tuesday.

STUDENT SUPERVISION

Please remember that student supervision commences at 8:35am.

Students who arrive **at school prior to this must report** directly to Mrs Clarke.

Absence Notes

If your child is absent from school please ensure that a note is sent in or a phone call is made so that this absence is not recorded as 'unexplained' in our system. Students who have high levels of absenteeism need to bring Doctor's Notes in for every absence.

HSC Trials

These will begin in Week 6. We would like to wish our Year 12 students all the very best of luck with their exams.

Good Luck

Legacy Badge Day, 5 September

One unique organisation stands by the dependants of veterans who gave their lives or health in the service of their nation. Legacy cares for the families of defence force personnel killed in war or other hazardous service, in peacekeeping operations or in accidents whilst training for war, and those who have died subsequently or are incapacitated. Caring for this extended family is a big task as we seek to assist them in coping with their lives, both financially and emotionally, whether they are young or old. We help organise housing, education, medical expenses and important special things, like simple companionship. Legacy is funded by public donations, which enable us to perform our legacy of care.

Badges are available on the streets on 5 September, in \$2.00, \$5.00, \$10.00 and larger denominations. We also have pens, wristbands and Army, Navy and Air Force bears.



**Baradine Central
School**

42 Narren Street, Baradine. 2396

PHONE: 6843 1805 FAX: 6843 1751

E-MAIL: baradine-c.school@det.nsw.edu.au

We're on the Web! See us at: www.baradine-c.schools.nsw.edu.au