



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL 3 DECEMBER 2012 ISSUE 38

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## Balranald Circus!!!



Last week saw Bec Cooen return to Balranald Central School. She brought along Scott McBurnie who trains people for Circus Oz. Scott specialises in the more acrobatic and comedic side of things. Bec and Scott got all of our students participating in many circus activities including juggling, handstands, cartwheels and many amazing tricks on the mini tramp. All students enjoyed themselves. A big thank you to the Balranald Shire Council who donated \$2,000 so that Scott could join Bec. A great week has had by all.

## Students of the Week

For Week 9 Term 4, 2012:

K/Year 1/2 Grace Morton  
Year 3/4 Macy Lloyd  
Year 5/6 Chloe Calleja



# PRINCIPAL'S PERSPECTIVES

Welcome back to week nine of Term 4. I missed the last newsletter as I was off at the wedding of my first born daughter. Quite a milestone or pothole depends on your perspective. However, she is one of four so I anticipate more action on this front in the next few years. Mind you keeping in mind the level of social change who knows they may well take other options. Not even a possibility with our family, where every wedding is a gathering of major significance. Oh well it was a thought.

This week has been nothing short of action packed to the max. The school hosted the circus program with Bec Coen and her team once again having an astonishing impact on all our students. Including our visitors from Clare Public School and St Joseph's. Just when you imagined that that was enough, but wait there's more! Bell Shakespeare were also here doing workshops with all students. Plus they will be here this week as well. How rich are the offerings our lucky students are exposed to across the year. This also was taken up by Clare Public School students, who were a little overwhelmed by the sheer numbers and nonstop nature of the day on Friday.

But if you thought that all that was more than enough for the average bear. We also had the Pinnacle of Success in the school for two days. Wednesday was for our very fortunate Year 6 transition students and Thursday for our Year 8 and 9 students. This has meant that all students have had the opportunity to absorb the multitude of benefits from this outstanding program. There has been more testing of personal strengths and capacities this year than ever before. Climbing the ladder and balancing on this, the rock wall and leap of faith have all done their job in building the self-esteem of our entire student body over the year. Combined with the many trust and team building exercises the program has well and truly proved to be a real winner for everyone. Perhaps this may not have been the early reports right after the activities but once some reflection has taken place this will be the case.

The primary students were also offered the chance to visit Clare Public School last week. Mind you the temperature on the day made it even more memorable. This was a great way to build the relationship between the two schools.

On a happy note the news regarding the schools support model came back late on Friday with the news that both Clare and Balranald Central School have been returned to the Deniliquin fold. This is a great result as you would all agree that the impost of further travel was truly not very fair on anyone. However, the fight for some of our much needed supports is still important. At the last P & C meeting I spoke about the fate of Reading Recovery support in the new structures. I would ask that this is something well

worth sharpening your pens for, or in modern terms let's get typing and give our reasons why this program is so vital for our young kids. In looking at some of the records almost every child gets some access to this program as they progress through Early Stage One and Stage One. The building of reading skills at this age is absolutely vital for every child at school. Even more important is the need to give teachers the training in this program. In spite of any other program that may be used during their time at school. This is a proven successful program with data to back up the results for our kids. By now many of the P & C will have asked for help with this. So if you can I would also ask that you copy a response and add to it, but please ensure that it goes to the following address [DDGSchools@det.nsw.edu.au](mailto:DDGSchools@det.nsw.edu.au). The closing date for responses is 16 December. Just on a quick aside there have been in excess of 900 emails regarding this already. So without a doubt the feelings are very strong about this fantastic program.

This week will also see the students from Maitland Grossman High School return a visit to our school. Their students have been billeted in the community. Can I thank everyone who has made this much appreciated gesture at this most difficult time of the year. You are truly awesome.

My only response after all of that is "are we there yet"? The answer is a very loud "no way". There are still a heap of things to get done before the end of term. So strap in it will be a wild but fun ride.

Our first School Development Day next year will be held on Monday, 4 February. This will replace the one at the end of the year on Friday, 21 December. The advantage of this is that it gives staff a better balanced introduction to the year by covering the mandatory requirements at a time when they are still fresh and vibrant. That's not to say that they are not like that all year round. Plus the intensified focus on Anaphylaxis and child protection can be done before students are in the house. The P & C are supportive of this arrangement and you have always given us your approval. If this is an issue please contact the school on 5020 2222 and let us know.

We have made this part of our yearly ritual as it represents the best outcome for staff and families. Keep in mind that next year will have an additional School Development Day at the start of Term 2. This is to enable staff to do some very focused programing and planning work for the Australian curriculum with a selection of new resources that are being developed and refined even now.

All the best

# K-12 NOTES

## Hot Weather

As you will be aware last week the hot summer weather arrived, not so much with a bang but a nuclear explosion! Balranald even made the Channel Seven Sunrise weather report on Friday morning with its 46°C day on Thursday! Please remember to send students to school with a water bottle and a hat and remind them to sip water and remain hydrated in these hot conditions. As part of the school Sun Safe Policy, students must wear a hat to participate in outdoor sporting and playground activities during the school day. Students should also ensure they do not suffer from dehydration by drinking water at regular intervals during the day, especially at the end of recess and lunch. Primary students are allowed to take a water bottle containing fresh water into their classrooms during lessons and students should be encouraged to bring water bottles to school. Please be aware that water bottles containing juice or cordial are NOT allowed in Primary classrooms.

**All secondary students are reminded that they must wear a hat for any activity outside. This includes sport, PASS, PDHPE, agriculture, recess and lunchtimes. If they do not have a hat they will be asked to remain under the hanger/COLA. The students have been told they can bring water bottles to class during hot weather.**

## Primary Assemblies – Change to Organisation

Due to the school hall being used for the Circus Program last week, the Primary Assembly planned for last Friday was postponed and will now be held this Friday, 7 December 2012. **The assembly will also be held at the earlier time of 9.50am, as the hall is required for Bell Shakespeare workshops after recess.** The assembly will be presented by Year 5/6, with the assembly also including speeches from Year 5 students nominating for election as a Primary Captain for 2013. After the assembly primary students will have the opportunity to vote for Primary Captains for 2013. Students are reminded that if they are eligible for a Primary Merit Certificate they are to have their 5 Achievement Awards to Mr Allen by the Wednesday before Primary Assembly. All parents and community members are welcome to attend.

## Bronze and Silver Awards Assembly

Because there will be no Whole School Assembly this term, there will be a special Primary Assembly on Wednesday, 12 December at 11.00am, where Primary students will receive their Bronze and Silver Awards. Students and their families will gather in the Rose Garden during recess before the assembly to participate in the traditional morning tea that is held to celebrate the achievement of Bronze and Silver Award winners. Please be aware the deadline for processing of Bronze and Silver Awards has now closed. Families of students receiving awards will receive their invitations in the mail shortly.

## Year 6 Graduation

Mrs Linnett is busily preparing organisation for the Year 6 students to celebrate the end of their time in Primary School. This includes the Year 6 Graduation Assembly which will be held on Friday, 14 December 2012 in the school hall. Year 6 students and their parents will also have the opportunity to participate in morning tea during recess. Parents of Year 6 students will receive further details of the celebration of the end of their child's primary schooling shortly, including a get together with Mrs Linnett.

## Circus Sports Program

Last week a very successful Circus Sports Program ran at Balranald Central School. All students K-12 had the opportunity to participate and the school was also visited by Clare Public School. The program was provided by Bec Cooen, who has previously worked with students at the school with the Outback Theatre for Young People, assisted by Scott McBurnie. This program will be followed by a visit to the school in Term 3 next year by the Solid State Circus which will present 'State of Play' which will consist of a circus performance for all students K-6, followed by circus workshops for students in Years 5 to 12.

## Bell Shakespeare Company

Last week also saw the beginning of the visit by the Bell Shakespeare Company to Balranald Central School. The company will be here for the remainder of this week, with students from Kindergarten to Year 12 participating in workshops with trained drama educators. This is a fantastic opportunity for staff and students. We would like to welcome Hugh and Susan to the school and hope they enjoy their time at Balranald and that they enjoyed our fantastic hot weather last week!

## Clare Public School

Last Thursday seventeen very excited Balranald Central School students had the opportunity to visit Clare Public School. Students travelled to Clare on the school bus with Mr Allen and Woody and participated in activities with Clare Public School students and Miss Baker. After arriving Clare students took the BCS visitors on a tour of their school and then took them through the work each student completes each morning in their new BER classroom. We then visited the historic Clare Station woolshed. Students shared Ipads and laptops, used the new connected classroom and were treated to a barbeque lunch. After lunch students participated in an impromptu Clare versus Balranald 'Gangnam Style' dance off. Clare Public School students travelled to Balranald the next day to participate in circus workshops and the Bell Shakespeare Company. It is hoped that this excursion could take place once a term, as Clare Public School doesn't get many visitors!

## Primary Student Reports

Primary staff are busy preparing students reports for Primary students. Primary Reports will be sent home to parents on Friday, 14 December 2012.







### K/1/2 Excursion

Kindergarten, Year 1 and Year 2 students are travelling to Mildura on Wednesday of this week for their annual curriculum excursion. During their excursion they will watch a performance of *Cinderella*. Students will be travelling with Mrs Lockhart, Mrs Harper and Mr Graham (Woody) Longford. Thank you to Mrs Lockhart for organising the excursion, we are sure the students will thoroughly enjoy the day's activities and be excellent ambassadors for the school.

### Primary Choir

The Primary Choir still have a number of opportunities to showcase their talents this year. The Primary Choir have been invited to perform at the Balranald Hospital Christmas party on Tuesday, 18 December 2012 at 12.00pm. This follows after their very successful visit to the hospital during Education Week, when they performed for patients and staff. The choir will also perform at Presentation Night.

### End of Year Activities

As we approach the busy end of the year please keep up to date with the important end of year activities included in the school calendar. These include:

- Friday, 7 December 2012, 9.50am – Year 5/6 Primary Assembly, including candidates for captain election speeches and elections for Primary Captains 2012
- Tuesday, 11 December 2012 – K-12 Presentation Night
- Wednesday, 12 December 2012, 11.00 am – Primary Bronze and Silver Awards Assembly, including morning tea in the Rose Garden during recess before assembly
- Friday, 14 December 2012 – Primary Student Reports sent home
- Friday, 14 December 2012, 9.50am – Year 6 Graduation Assembly
- Tuesday, 18 December 2012 – Primary Choir performance at Hospital Christmas Party
- Monday, 17 December 2012 – Primary Merit Excursion to Mildura Wave Pool

### Primary Swimming Program

The Primary Intensive Swimming Program will commence this week, with all students having been provided with information and a permission note two weeks ago. A reminder note was sent home with all primary students last Friday. All Primary students will participate in the intensive NSW Royal Lifesaving Society's *Swim and Survive* Program. It is important for all students to acquire competent water safety and swimming skills and this is a great opportunity to participate in an excellent program provided by Balranald Central School and their staff at no more than the cost of pool entry fee of \$1 per day. **We expect all primary students to participate in this program.** The lessons will take place from 12.00pm to 2.40pm daily, with a session for each primary class. Sessions will be taught by primary AUSWIM accredited staff members Mrs Alison Linnett, Mrs Kate Harper and Mrs Laurel Stevens, with Mrs Stevens overseeing the program in her capacity as a NSW Royal Lifesaving Society Instructor and Examiner.

### Pinnacle of Success

The Pinnacle of Success returned to Balranald Central School last Wednesday and Thursday. Students had the opportunity to participate in activities that promoted social skills, team building and resilience. Words of encouragement and praise were heard throughout the day as students test their 'mettle' on the Pinnacle of Terror. The ladder climb, high wire walk, rock wall and 'Leap of Faith' all provided students with opportunities to extend themselves. Students participating in the Transition Program for Year 7 2013 also had the opportunity to participate, with both next year's Year 7 Advisor Miss Jones and Mr White conquering their fears by participating in the 'Leap of Faith'. Well done everyone!



### Proud and Deadly Awards.

A number of Balranald Central School students will travel with Mr Allen and Mr Riesinger to Deniliquin on Wednesday for the Riverina Region Proud and Deadly Indigenous Awards. The awards will be held at the Deniliquin RSL Club, commencing at 11.00am. Congratulations to all successful students, who have been named in earlier editions of the school newsletter.

### Primary Merit Award Excursion

The Primary Merit Award Excursion for students who have achieved a Silver or Gold Award during the year will take place on Monday, 17 December 2012. Students will travel by bus to Mildura and visit the Mildura Wave Pool and have lunch at McDonalds. If time permits students may also have the opportunity to participate in a game of Ten Pin Bowls also. Permission notes will be sent home with students who are eligible to participate in the excursion shortly.

### Maitland Grossmann School Visit

This week Year 9 students from Maitland Grossmann High School will visit Balranald Central School with former Balranald Central School staff members Mr Steve and Mrs Nicole Ross. Students will participate in a number of visits to local highlights, including Lake Mungo and will also participate in a sporting challenge against Balranald Central School. We sincerely hope they enjoy their time visiting Balranald.

# P&C NEWS

## Raffle Tickets

Please return tickets (sold or unsold)  
to the front office

## Movie Night!

What a great way to finish a great year!  
Save the date, bring a mate, don't be late!

Friday, 21 December @ 7pm

More info to come!



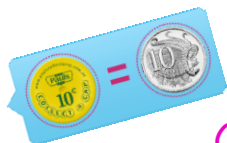
## Presentation Night 11<sup>th</sup> December

Could you please bring a plate of food to  
share for supper? Thank you.

## School Caps



School Caps for Years 7 to 12 are now  
available from the Uniform Shop for \$10



## Collect-a-Caps

If you have any collect-a-caps at home could  
you please bring them in by Friday as we are  
sending them off the following week?

## SRC PRIMARY DISCO

Special thanks to all the children who supported the  
SRC Disco. We raised \$305. Thanks to Morgan,  
Kate, Nathan, Rhys and Mitchell for running it and  
special thanks to Miss Jones.



## Cricket Report V Batlow – Stage 2

Just a brief overview, of last week's report. We made 150 runs.

Batlow fancied their chances to chase down our score and watching their openers scoff down their ham and pickle sandwiches, the indication was they were loading up on carbs and protein ready to settle in to an afternoons batting. Our opening bowlers, Michael 'Mr Positive' Simpson and Bailey 'Twinkle Toes' Brougham settled for a can of coke and half a dozen lolly snakes. They were still comparing how far their 6's went (by the end of the day Simmo's had grown wings and travelled an extra 100m and had landed half way to Leeton). They were not too worried about where to land their first delivery.

Hibberson and Williams opened the innings for Batlow and made their intentions known early with a couple of play and misses. A single in the first over completed the scoring leaving a run rate of just over 3.5 runs per over to win the game. Hibberson played out a maiden to 'Twinkle Toes' first over looking solid in defence. In 'Mr Positive's' second over disaster struck for the batting team. Williams skied an attempted pull and was brilliantly caught by a pumped up 'Wild One' and Hibberson took a leaf from the Lockhart boys and decided to miss a straight one leaving Batlow 2 for 7, with a couple of snicks over slips from young Floyd Cross providing the runs. With both openers back in the shed and the ham and pickles gone to waste, the Balranald bowlers went for the jugular. There is nothing like a sugar fix to excite teenage boys and snakes and coke is possibly the best combination next to red bull and cool mints. 'Mr Positive' and 'Twinkle Toes' were bowling great line and length that was testing the Batlow batters. 'Fuzz' and Floyd, (yep), that is his real name. I even asked him) started to settle in and play some shots and it was game on. The breakthrough came in 'Twinkle Toes' last over when a fullish short ball was misjudged with middle stump being rearranged.

3 for 35 after 10 over's wasn't going to win many games and when 'Big Drizzle the Magician' came on bowling what could only be described as .... I can't describe them, and took the prize wicket of the Batlow captain, the end was in sight. 'Drizzle' kept himself on for 5 overs with the chance he might actually hit the pitch at some time. It didn't matter as he was moving his full tosses both ways and confusing all around him. He ended up with 3 for 8, making up for his lack of involvement earlier in the day. Breaking the bail as he destroyed the castle of the Batlow number 7 was one of the highlights for 'The Magician'. 'Twigs' Lockhart came into the attack at the same time and proceeded in his three overs, to bring Batlow back into the game. 'Twigs' is a lovely chap and does his best to always make sure everyone is having a good time. His mix of long hops and pies was an interesting mix and young Tom Mouat was helping himself with his own mix of 4's and 6's. I've heard of buying a wicket, but 'Twigs' was definitely paying too much for this one. 'Twigs' got the last laugh however, after some sledging from young 'Leaves' Lockhart (who you playing for?) when he had Mouat well caught by 'The Stud' for 28 runs. 'The Stud' was looking good behind the stumps gloving everything cleanly and the 'helmet hair' gel was still proving effective.

Aaron 'The Wild Thing' Gervasi and Jacob 'Globe' Lister were brought into the attack to control the run rate. The frightening pace barrage from 'The Wild One' was too much for Hardwick and he skied a defensive pull shot that travelled well out to the mid-wicket boundary. Young Dayle 'My Way' Barrett, playing his first game of serious cricket, sprinted at approximately 24km/hr and took a diving catch just above the grass, but not low enough to create doubt in the umpire's mind, to dismiss the batsman. The 'Globe' was bowling his dinky little straight spinners, trying to entice the batters to go the tonk. He gave up a couple of boundaries just to keep it interesting but generally kept the batters in the dark.

The Captain in consultation with his co-Captain Simpson decided to finish proceedings and threw the ball to Connor 'The Italian Connection' Soraggi and Dayle 'My Way' Barrett. These boys have been super impressive in the nets and deserved the opportunity to test their mettle in the heat of battle. 'My Way' ran in strong and hit the pitch hard, combining well with 'The Italian Connection' continually putting the Batlow batters under pressure. At this point we realised Batlow did indeed bat low with their number 9 scoring well. 'My Way' collected his first wicket shortly after when he had the Batlow number 10 caught for an impressive 17 runs. 'Leaves' Lockhart sprinted 30m, stuck out the left duke and managed to hang on to an absolute pearler of a catch. It was this type of fielding that typified the effort the Balranald boys were applying. So impressed was 'Big Drizz' that he brought 'Leaves' Lockhart (the youngest and smallest of the 'Condoulpe' crowd) on to bowl. At 9 for 102 the pressure was still on and breaking this last partnership would be crucial to deciding the winner of the match. To make things more difficult for Batlow it was decided to bring on the other debutant Tom 'The Rock' Salau to bowl some express pace in partnership with 'Leaves'. Although a recent addition to the team, his steely resolve and ability to ignore opposition sledging has won him many admirers. It had been noted at training that 'Leaves' would struggle on the longer pitches to get the ball to the other end. We describe his bowling as express medium pace as it leaves his hand and extremely slow by the time it gets to the batsman. He did worry the lower order Batlow players but it was left to the lad with the long name 'The Italian Connection' to finish things off by cleaning up the middle peg of the Batlow number 11.

All out for 106 and after a few scary moments Balranald had come up trumps. Their desperation in the field and desire to enjoy every moment showed the opposition how the game should be played. Well played by all the boys.





### How much fruit and vegetables do children need?

We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their, age, appetite and activity levels.

With the emphasis on 'Go for' it is valuable if children learn they should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day. The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients.

The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

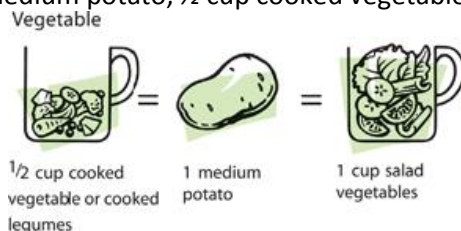
Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

### What is a serve?

A serve of fruit is equal to an average sized piece of fruit.



A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.



**Thank you for your support of Crunch & Sip.**







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22/11/2012

The Westpac Balranald branch along with Balranald Central School & the Parents & Citizens Association would like to offer a new school student banking system. We can offer the following services-

- Weekly school banking processed on the same day collected.
- Westpac Kids/Youth Reward Saver account.
- No monthly service fee if under 21 years of age.
- Parents to sign if child under 12 years of age.
- Bonus interest with one regular deposit of any amount every month.

This is a great way to teach your kids how to save their money & watch it grow.

For more information, please contact Donna or Caitlin at Balranald branch on 5020 2600, or alternatively you can collect an account opening form from the schools front office.

Donna Renfrey  
Bank Manager

## TERM FOUR – 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 9 B</b>	<b>3 DECEMBER</b> <i>Exec meeting</i> <b>Bell Shakespeare</b> <i>Primary Swimming</i>	<b>4</b> <b>Bell Shakespeare</b> <i>Primary Swimming</i>	<b>5</b> <b>Bell Shakespeare</b> <i>Primary Swimming</i> <i>Yr K/1/2 – Mildura Excursion</i>	<b>6</b> <b>Bell Shakespeare</b> <i>Primary Swimming</i>	<b>7</b> <i>Primary Sports Day</i> <b>Bell Shakespeare</b> <i>Primary Swimming</i> <i>Primary Assembly @ 9.50am</i>
<b>Week 10 A</b>	<b>10 DECEMBER</b> <i>Exec meeting</i> <i>Primary Swimming</i>	<b>11</b> <b>K-12 PRESENTATION NIGHT</b> <i>Primary Swimming</i>	<b>12</b> <i>Primary Swimming</i> <i>Special Primary Assembly @ 11am</i>	<b>13</b> <i>Primary Swimming</i>	<b>14</b> <i>Primary Sports Day</i> <i>Year 6 Graduation</i> <i>Primary Swimming</i>
<b>Week 11 B</b>	<b>17 DECEMBER</b>	<b>18</b>	<b>19</b> <i>Last day of school for students</i>	<b>20</b> <b>SCHOOL DEVELOPMENT DAY</b> <b>– PUPIL FREE DAY</b>	<b>21</b>

*Italic:* K-Yr 6    *Normal:* Yr 7-12    **Bold:** K-Yr 12

## \$10 Sports Shirts

**For a very short time, you have the opportunity to purchase a Sports Shirt for only \$10! These shirts are to be worn on Sports Day each week. This is a huge saving and won't be offered again, so make sure you fill out your order form attached and get it into the school ASAP!**

**PLEASE NOTE:** *This offer is for ONE SHIRT per student ONLY.*

For any further information  
contact Lisa on 0428 995 489.

