



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

31 MARCH 2014 ISSUE 8

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### PIE DRIVE

Thank you to all who participated in the Year 8/9 Pie Drive Fundraiser.

**All orders are to be picked up at the Bakery on Thursday, 3 April.**

### K-12 Athletics Carnival Friday, 4 April

*The P&C will be holding a BBQ and also selling cakes and slices.*

*The SRC will be selling drinks and lollies.*

THE SCHOOL CANTEEN  
WILL BE CLOSED ALL  
DAY.

## K-1-2 Class



*K/1/2 have been learning about living and non-living things in Science. They have been learning about plants and what they need to grow. We planted some vetch seeds in different trays to show that plants need water, soil and sun to grow. The students have been having fun watching their seeds grow. They will be showing their results at the Primary Assembly on Wednesday at 12pm.*

**Term 1 finishes on Friday, 11 April.  
Students return on Tuesday, 29 April for Term 2**

# PRINCIPAL'S PERSPECTIVES

## Immunisations

Many brave faces were seen on Year 7 students and Year 9 boys after their immunisations today. Thanks to the team from community health, who spent the morning at school giving these injections, for the long-term benefit of our students.

## Primary Assembly

As previously identified, this Wednesday is the final primary assembly for this term. Students in K/1/2 will be presenting an item and it is hoped that many parents, carers and friends will be able to join us at midday to share this event.

## Athletics Carnival

Being held considerably earlier in the year than in previous years, due to regional and state events being brought forward on the calendar, this year's athletics carnival promises to have the same level of enthusiasm as it has in the past. Commencing at 9am on the school oval, there is a full agenda to get through. Parents, carers, grandparents and friends are welcome to come along and support their favourite house. All students will be encouraged to have plenty of water and sunscreen with them, as the forecast is promising warmer weather than usually encountered for this event.

## Stage 6

Examinations for these students are coming up quickly. Please encourage your child to be balancing their study time with their other commitments. It is imperative that they are engaged with their preparation for these examinations as well as their other activities.

## Sleep for Kids

The following information has been sourced from the National Sleep Foundation. Increasingly, teachers are reporting that some children appear tired at school.

### **Information about Children's Sleep for Parents and Teachers.**

*Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioural problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits. How much sleep should my child get?*

*Each child is different and has different sleep needs. The following chart presents recommended hours of sleep that includes naps for children up to five years of age*

### How Much Sleep Should My Child Get?

Age	Hours of Sleep
1 - 3 years	12 – 14 hours
3 - 5 years	11 - 13 hours
5 - 12 years	10 - 11 hours

### Children Need and Thrive On Routine

*The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.*

### Typical Bedtime Routine

1. Have a light snack
2. Take a bath.
3. Put on pyjamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temperature.
7. Put your child to bed.
8. Say goodnight and leave.

### Helpful Tips

- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience **without TV or videos**. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favourite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
- Keep the bedtime environment (e.g. light, temperature) the same all night long.

### Encourage Children to Fall Asleep On Their Own

*Have your child form positive associations with sleeping. A child should not need a parent to help him/her fall asleep. One recent study demonstrated that having your child sleep in your bed puts them at risk for suffocation or strangulation. The child who falls asleep on his or her own will be better able to return to sleep during normal night-time awakenings and sleep throughout the night.*

### **Sleep for Teenagers**

Adolescents (teenagers) need between nine and 10 hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager's academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.

*(More information of 'Sleep for Teenagers' will be included in next week's newsletter)*

# Primary Ponderings

## Primary Organisation

There have been a few changes in the Primary classes as Mrs Stevens takes over the classes that Mr Longford was teaching. Mrs Stevens will take the K/1/2 and Year 3/4 class while the teachers have their planning time.

To allow Mrs Stevens to continue her valuable learning support role, we have organised for some of the secondary teachers to take the Year 5/6 for some of their subjects. With the NSW Syllabus for the Australian Curriculum now being K-10, we at Balranald Central School are in a fortunate position of allowing our students to be taught by specialist teachers in some of the Key Learning Areas. With this in mind, we have organised for our Year 5/6 students to participate in Science, Art and Personal Development, Health and Physical Education lessons to be taught by Mr Bruton, Miss Woods and Miss Uzzell.

## Primary Assembly

On Wednesday, our K/1/2 class will be hosting the Primary Assembly. We would like to see you at the hall at 12pm on Wednesday, 2 April to help celebrate the wonderful learning that occurs in our school.

## Year 5/6 Easter Egg Raffle

The Year 5/6 six students have been busy selling raffle tickets with many on their second or even third book. A big thank you to all the people who have contributed eggs and baskets – the Year 5/6 students really appreciate it, as the proceeds of this raffle go towards the Year 5/6 Canberra excursion.

## School Supplies

Please be aware that students need a few essentials to enable them to successfully engage with the learning activities held throughout their day. In particular, all students from K – 6 **need a glue stick**, a grey lead pencil and coloured pencils. Students in Year five/six also need a red/blue and or black pen. The list of items needed by students in each class has been included in earlier editions of the newsletter and we request that parents help provide students with the supplies they need. Teachers would like to thank those students who have already provided a box of tissues for classroom use.

## Crunch & Sip

Crunch & Sip is a break during class when students can refuel on fruit and veg and rehydrate on water. The break assists students with physical and mental performance and concentration in the classroom. By making fruit and vegetable eating and water drinking normal in the classroom, healthy habits can be formed and continued into adolescence and adulthood.

Our school now has a regular Crunch & Sip break every day during the morning session. You can help your child participate in the following ways:

- Please provide your child with a clean water bottle (with their name clearly marked). This can be any clear bottle, such as an empty water, sports drink or juice bottle. Make sure you wash the bottle each night!
- Students will also need a small piece of fruit or vegetable to eat **each day**. The fruit can be any variety of whole or chopped fruit (such as apple, chopped melon or sultanas\*), or vegies (such as celery or carrot sticks or cherry tomatoes). No other food or drinks are permitted for Crunch & Sip.

*Please remember fruit for your child each day as part of our crunch and sip program - its powerful brain food!*

*\* Note: dried fruit contains a high concentration of natural sugar, and this tends to stick to teeth increasing the risk of tooth decay. Therefore fresh fruit or vegetables are the best choice.*

## Students of the Week

For Week 10 Term 1, 2014



Year K/1/2	Lajarna Dutton
Year 3/4	Logan Gaston
Year 5/6	Faith Jolliffe



## ICAS

Don't forget to put in your entry form for the 2014 ICAS assessments. This is a great opportunity for students to experience test conditions with every student receiving a certificate.

Years 2-12 are able to enter the Science, English and Mathematics Competitions, Years 3-7 are able to enter the Spelling Competition, Years 3-12 are able to enter the Writing Competition and Years 3-10 are able to enter the Computer Skills Competition. The sitting dates are marked on the calendar in the newsletter.



The entry fee per student is as follows:

Closing Date	Cost
Computer Skills 11/04/14	\$ 8.00
Science 07/05/14	\$ 8.00
Writing 19/05/14	\$17.00
Spelling 20/05/14	\$11.00
English 01/07/14	\$ 8.00
Mathematics 15/07/14	\$ 8.00
ALL of the above	\$60.00



Student's Name: \_\_\_\_\_ Year: \_\_\_\_\_

**Please tick choices to be entered:**

- ☐ Computer Skills (\$ 8.00)  
☐ Science (\$ 8.00)  
☐ Spelling (\$11.00)  
☐ Writing (\$17.00)  
☐ English (\$ 8.00)  
☐ Mathematics (\$ 8.00)  
☐ ALL of the above (\$60.00)

Total enclosed \$ \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date:     /     /

## FOR SALE



Large Fresh Farm Eggs  
**\$3.50** per dozen

*Limited number available*

Can be picked up at the front office

All proceeds go towards supporting  
Food Technology/Hospitality and  
Agriculture programs

## EASTER EGG RAFFLE

Year 5/6 are holding the annual Easter Egg Raffle. Proceeds go towards the Year 5/6 Canberra excursion.



Could all primary students please contribute an egg for the Easter raffle which will be drawn at the Primary Easter Hat Parade on Friday, 11 April? All donations of eggs and cane baskets greatly appreciated.

*Tickets are on sale for 50c – 1 ticket*



## National Assessment Program – Literacy and Numeracy 2014 Test Dates

Dear Parent or Carer

The test dates for the National Assessment Program – Literacy and Numeracy for all students in Years 3, 5, 7 and 9 will be as follows:

Test Name	Includes	Date of Test
Language Conventions test	Spelling, Punctuation and Grammar	Tuesday, 13 May 2014
Writing test	Persuasive writing task	Tuesday, 13 May 2014
Reading test	Reading	Wednesday, 14 May 2014
Numeracy test (Years 3 and 5)	Number, Algebra, Function and pattern, Measurement, chance and data, and Space. There is one numeracy test for Years 3 and 5. (No calculator allowed.)	Thursday, 15 May 2014
Numeracy tests (Years 7 and 9)	Number, Algebra, Function and pattern, Measurement, chance and data, and Space. There are two numeracy tests for Years 7 and 9. (Calculator allowed followed by non-calculator.)	Thursday, 15 May 2014
Catch-up day	For students who missed a section of the test or were absent on a particular day.	Friday, 16 May 2014

# Canteen Corner

## Thursday 3<sup>rd</sup> April

## Oven Baked Fish & Chips \$4.00

*add small green salad \$1.00*



\*\* CANTEEN CLOSED ALL DAY FRIDAY 4<sup>th</sup> \*\*

PLEASE PAY ALL CANTEEN ACCOUNTS!! Thank You!

### **Barham Sports Day 2014**

A fine day greeted the 11 students who ventured to Barham to chance their hand in the Stan Jones Trophy, the Floris Conway Cup and the CHS Lawn Bowls road to the North Coast.

There was an air of expectancy along with a little chill in the air especially around the Lawn Bowls boys who were planning to revisit the State Finals on the North Coast later in the year. I even detected a note of arrogance from the Skipper, Zac “The Jack” Jolliffe, as he explained that these minor rounds were really only an excuse to miss a double of English. The action starts later. Daniel “The Boss” Woolhouse spent the entire trip to Barham rubbing his bowls, more as a nervous impulse than anything else. They looked pretty good from where I was sitting. The third member of the squad, Adam “Cool Hand” Simpson seemed more intent on checking his seatbelt was right than worrying about the games ahead. Joining in a few of the lyrics from the latest One Direction CD showed he had greater concerns than a resting toucher or a drive in the ditch.

The tennis started first with the girls taking on the dangerous Hay outfit. Kate “DJ” Norton warmed up by packing up the CD’s on the bus and she was ready playing at number 1. “Hit me with your best shot” were the words she used to introduce herself to her opponent. Jordyn “No Worries” Jolliffe jumped at the opportunity to play 2 for the day. I’m ready, my racquet’s ready, no worries Whitey, I’ll win where ever I play.



At 3 and 4 we had the unknown qualities of Shania “Rusty” Bax and the debuting Chloe “Wristy” Farnsworth. Shania said she was a bit Rusty but would try her best to smile a bit and get a few balls back in court. She was true to her word but unfortunately her opponents managed to get more balls in court than she did. “Wristy” Farnsworth was showing great style on the court but was concerned with some wrist pain and highlighted a big bump on her wrist that she aggravated when trying to hit the ball too hard.

Hay eventually proved too strong with only DJ winning her singles and then combining with “No Worries” Jolliffe to win their reverse singles. To the girls’ credit, they maintained a high standard all day and were unlucky not

to have greater success. They worked out if they won more games they would have had more success.

Their second game against Finley High was more even with our girls coming up trumps. “Rusty” Bax and “Wristy” Farnsworth won both their doubles, with Rusty having a great win in the singles. “DJ” Norton and “No Worries” Jolliffe had success in their doubles and in the game of the day; DJ went down in a tie-breaker in her singles event. Next year I can see greater success if these girls stick at it, play with the same enthusiasm, but most importantly if they win more games.



The boys started their journey (after the bus trip) with a game against a highly fancied Deniliquin outfit. Now Deni were going through a bit of a rebuilding stage, but they still fancied themselves against the whipping boys from out west. The boys’ team consisted of the Bailey “Twinkle Toes” Brougham, Jacob “The Globe” Lister, Connor “The Italian Connection” Soraggi and Kobe “SoK” (son of Kim) Lloyd. After settling the boys on court I thought I would get myself a nice “cuppa” and watch the games. By the time I had stirred the sugar in the boys were finished after only letting the Deni boys get a single game in the opening doubles. The following singles and the reverse doubles saw Deni gain a further 4 points whilst our boys toyed with the opposition. “SoK” Lloyd

was particularly clinical in the way he dissected his opponent. The Globe lit up the court with his display of outlandish stroke play and well-rehearsed ‘high fives’. The Italian Connection just smiled at his opponent as he continually outfoxed, out gunned and outplayed the poor kid.



### **Barham Sports Day 2014 continued**

Round 2 set the boys against the other big guns of the competition in Finley High. At this stage the weather was heating up and the standard of tennis was matching it. The boys played their best tennis against Finley and with “Twinkle Toes”, “The Italian Connection” and “SoK” winning all their sets, the boys had made it through to the final. The final was to be played against the home side, which was made up entirely of senior students. Big, tall, muscle bound brutes, just waiting to dine out on the Balranald boys. “Twinkle Toes” Brougham was starting to tire after explosive efforts in his first 2 games and found the going tough taking on the Barham Number 1. The other guys were calling him Roger, or something like that, and he had a game to match. “The Globe” switched on big time in the final and left his opponent in the dark, winning both his singles and doubles match with “SoK” Lloyd. “The Italian Connection” and “SoK” struggled against their stronger opponents but still came off court with their heads held high after playing some inspirational tennis. In the end, Barham proved too strong and ended up winning the day in both the boys and the girls events.

Meanwhile up at the bowling green, “Zac “The Jack” Jolliffe, Dan “The Boss” Woolhouse and Adam “Cool Hand” Simpson were busy rolling their bowls to the kitty. They started off well, embarrassing a highly qualified Deniliquin outfit 17 shots to 5. The ease at which the kitty was regularly kissed by the 3 boys was inspirational and downright exciting to watch.

The first of the Barham teams fronted up for the second game and you could just tell, by the way they set out the mat and rounded up their bowls, that it was going to be a much tougher game. Dan “The Boss” Woolhouse lead well for most of the game except when he didn’t, and it appeared that “Cool Hand” just went off the boil for a bit. In this game that’s all it takes to lose the upper hand and after starting well, Zac “The Jack” couldn’t keep them in the game, eventually losing 12 to 4. The 4 shots they did get where textbook bowls their coach would be proud of.

Their final game was against the second of the Barham teams and a win here would have taken them to the next stage of the tournament. The boys were very confident and knew they had the rolling skills needed to win. They had played state finals less than 12 months previous, whilst their opposition were playing handball in the playground. They knew they were big game players and with “The Boss” Woolhouse leading like a house on fire and “Cool Hand” threading it through the eye of a needle there were smiles all round. Zac “The Jack” was finishing well and the boys looked comfortable as they built an early lead. Unfortunately in this game, it only takes a bit of brilliance or beginners luck as, “The Boss” called it, to completely change the complexion of the game. This is what must have happened and before the boys realised what was happening, their dreams of back to back state finals had vanished.

The day finished with everybody heading home on the bus thinking of what might have been as we listened to Adam “Cool Hand” mixing it once more with No Direction. Thanks to all that took part. You all represented the school with pride.

*Richard White*

Coach, bus driver and camera man



## TERM ONE – 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 10 A</b>	<b>31</b> <i>Exec meeting</i>	<b>1 APRIL</b>	<b>2</b> <i>Primary Assembly @ 12pm</i>	<b>3</b> Secondary Sports Day	<b>4</b> <b>K-12 Athletics Carnival</b>
<b>Week 11 B</b>	<b>7</b> <i>Exec meeting</i>	<b>8</b> Whole School Assembly @11.00 am	<b>9</b> Stage 6 Exams	<b>10</b> Stage 6 Exams	<b>11</b> Stage 6 Exams Easter Hat Parade Last Day of Term 1, 2014

## TERM TWO – 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 A</b>	<b>28 APRIL</b> School Development Day <i>Exec meeting</i>	<b>29</b> Students K-12 start	<b>30</b>	<b>1 MAY</b> K-12 Cross Country CHS AFL U15's trials @ Narrandera	<b>2</b> <i>Primary Sports Day</i>
<b>Week 2 B</b>	<b>5 MAY</b> <i>Merit Awards due for processing</i>	<b>6</b>	<b>7</b>	<b>8</b> Secondary Sports Day	<b>9</b> <i>Primary Sports Day</i>
<b>Week 3 A</b>	<b>12 MAY</b> <i>Exec meeting</i>	<b>13</b> NAPLAN - Yrs 3,5,7 & 9 Uni experience excursion	<b>14</b> NAPLAN - Yrs 3,5,7 & 9 Uni experience excursion	<b>15</b> Secondary Sports Day NAPLAN - Yrs 3,5,7 & 9 Uni experience excursion	<b>16</b> <i>Primary Sports Day</i>
<b>Week 4 B</b>	<b>19 MAY</b> <i>Merit Awards due for processing</i> <i>Exec meeting</i>	<b>20</b> ICAS Computer Skills Competition	<b>21</b>	<b>22</b> Secondary Sports Day	<b>23</b> <i>Primary Sports Day</i>
<b>Week 5 A</b>	<b>26 MAY</b> <i>Exec meeting</i>	<b>27</b>	<b>28</b>	<b>29</b> Secondary Sports Day	<b>30</b> <i>Primary Sports Day</i>
<b>Week 6 B</b>	<b>2 JUNE</b> <i>Merit Awards due for processing</i> <i>Exec meeting</i> Semester 2 Begins Yrs 7-12	<b>3</b>	<b>4</b> ICAS Science Competition	<b>5</b> Secondary Sports Day	<b>6</b> <i>Primary Sports Day</i>
<b>Week 7 A</b>	<b>9 JUNE</b> <b>Queen's Birthday</b>	<b>10</b>	<b>11</b>	<b>12</b> Secondary Sports Day	<b>13</b> <i>Primary Sports Day</i> <b>Bronze &amp; Silver Awards due for processing for Whole School Assembly</b>
<b>Week 8 B</b>	<b>16 JUNE</b> ICAS Writing Competition	<b>17</b> ICAS Spelling Competition	<b>18</b>	<b>19</b> Secondary Sports Day	<b>20</b> <i>Primary Sports Day</i>
<b>Week 9 A</b>	<b>23 JUNE</b> <i>Exec meeting</i>	<b>24</b> Whole School Assembly @11.00 am	<b>25</b>	<b>26</b> Secondary Sports Day	<b>27</b> <i>Primary Sports Day</i> Last Day of Term 2

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