



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

7 APRIL 2014 ISSUE 9

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*Notes to be returned to the school's front office:*

**Year 5/6 Art – The War Horse Movie** due 9 April

**VET in Schools – Automotive – Sunraysia TAFE – Term 2 Fees** due 10 April

**Inaugural Riverina Regional Youth Mental Health Forum – Leeton** due 11 April



*On Friday, 4 April 2014, Balranald Central School held our annual K-12 Athletics Carnival on the school's back oval. Students competed in numerous track and field events.*

*Thank you to all the teachers, parents, students and P&C members who assisted in the organisation of the carnival.*

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



Education & Communities



# PRINCIPAL'S PERSPECTIVES

## Whole School Assembly

Today we held our first whole school assembly for 2014. Congratulations to those students who were acknowledged with Bronze and Silver certificates for their efforts. Many thanks to those parent and community members who were able to join us today. Your support of the school and its students is greatly appreciated.

## PBL Reward Excursion

Congratulations to those students who have been selected, through their demonstrated positive behaviours, to represent our school on this special event organised by the PBL Team. Travelling to Swan Hill on Wednesday, these students will enjoy the 'The Lego Movie' at the cinema and McDonalds for lunch before returning to school. Special thanks to Ms Jones and Mr Longford, who will be accompanying these students.

## Athletics Carnival

Huge congratulations are extended to all those responsible for making last Friday's carnival such a great success. The school oval was immaculate and obviously considerable effort has been put into ensuring the turf was well prepared and weed free. The day ran smoothly and within the required time, the P&C's famous marinated chicken sandwiches were available for lunch, along with other delicious foods and our SRC did a fabulous job ensuring plenty of cold drinks were available.

However, the highlight of the carnival was the high level of participation from our students. Whilst some were eager for success on the track and in the field, others were happy with finishing a race or having a go. The spirit of competing and benefitting the greater good (as in their sports house) and wearing their house colours with pride and a healthy sense of competition, all contributed to making the 2014 school athletics carnival a successful one. Thank you, all!

## Stage 6

Examinations for these students commence this Tuesday and we all wish them well.

## Soccer Shield

Yesterday Mr Bevan and Mr Longford travelled to Hay with a bus load of eager soccer players. The girls, consisting of Chloe Farnsworth, Gracie Nelson, Jada Phillips, Courtney Campbell, Kiandra Dalton, Madison Jess, Jordyn Jolliffe, Chloe Militto, Maddy Militto, Chelsie Scott, Paynton Jolliffe, Gabi Ryan and Samantha Renfrey, played very well winning their game against Barham 3-0, but lost their game against Finley 2-1. The boys consisting of Jack Farnsworth, Loui Gervasi, Timothy Mitchell, Jack Gervasi, James Kay, Kobe Lloyd, Harrison Soraggi, Rhys Gervasi, Jacob Lister, Connor Soraggi and Tom Salau,

came home with a shield! They won all games gaining scores of 1-0 against Barham, 5-2 against Tooleybuc, 3-2 against Deniliquin and 3-0 against Finley.



## Primary Easter Picnic

As a way of acknowledging the forthcoming Easter Celebrations, our primary students will be having a hat parade and picnic commencing at midday on Friday. It is hoped that as many family members and friends will join these celebrations and all families are reminded that raffle tickets are still available. The Easter baskets will be drawn on Friday at the picnic.

## School Holidays

This Friday marks the end of the first school term for 2014. It has been an extremely busy term with a wide variety of events having taken place. These have included swimming and athletics carnivals, tennis, AFL, soccer and netball trials, school photos, primary assemblies, training days and exhibitions, assessment tasks, immunisations and so much more. Everyone is well deserving of a break!

If travelling over the holidays; please do so safely and take the time to relax and enjoy the bright autumn days promised!

School will resume for term 2 on **Tuesday 29 April** for all students. A staff development day is being held on Monday 28 April for primary and secondary teachers. The school office will be open.

Term 2 is a relatively short term, only 9 weeks and 2 of them are shortened weeks. (Week 1 with a School Development Day and week 7 with the Queen's birthday long weekend). It will be full steam ahead once we return!

## Sleep for Teenagers

The following information has been sourced from the Victorian Government 'Better Health' Campaign. Parents will acknowledge that getting teenagers out of bed can be a challenge! The article below helps to explain this adolescent phenomenon.

### As reported last week.....

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.

*Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less.*

*Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager's life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.*

### Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

Hormonal time shift – puberty hormones shift the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in. This nightly 'sleep debt' leads to chronic sleep deprivation.

Hectic after-school schedule – homework, sport, part-time work and social commitments can cut into a teenager's sleeping time.

Leisure activities – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.

Light exposure – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

Vicious circle – insufficient sleep causes a teenager's brain to become more active. An over-aroused brain is less able to fall asleep.

Social attitudes – in Western culture, keeping active is valued more than sleep.

Sleep disorder – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

### Effects of sleep deprivation

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

Concentration difficulties

Mentally 'drifting off' in class

Shortened attention span

Memory impairment

Poor decision making

Lack of enthusiasm

Moodiness and aggression

Depression

Risk-taking behaviour

Slower physical reflexes

Clumsiness, which may result in physical injuries

Reduced sporting and academic performance

Increased number of 'sick days' from school because of tiredness

truancy

### Preventing sleep deprivation – tips for parents

*Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:*

*Allow your child to sleep in on the weekends.*

*Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.*

*Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.*

*Avoid early morning appointments, classes or training sessions for your child if possible.*

*Help your child to better schedule their after-school commitments to free up time for rest and sleep.*

*Assess your child's weekly schedule together and see if they are overcommitted. Help them to trim activities.*

*Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.*

*Work together to adjust your teenager's body clock. You may like to consult with your doctor first.*

### Preventing sleep deprivation – tips for teenagers

*The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage.*

*You may be able to adjust your body clock but it takes time. Suggestions include:*

*Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.*

*Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.*

*Keep your room dark at night. The brain's sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.*

*Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.*

*Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.*

*Add an extra 10 minutes every week until you have reached your desired bedtime.*

*Avoid staying up late on the weekends. Late nights will undo your hard work.*

*Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.*

# Primary Ponderings

## Primary Assembly

Last Wednesday our K/1/2 class hosted the Primary Assembly. Thank you to all those parents and friends who joined us to celebrate the wonderful learning that occurs in our school.

It is evident from the variety of work shown that our K/1/2 students have been very busy in their classroom.

Well done to the following students who received Assistant Principal Award:

Leo Gaston for great counting past 30  
 Harry Ross for super creative writing  
 Lani Wilkinson for fantastic reading  
 Zahlia Field for trying hard to complete all work at a high standard  
 Keely Gaston for displaying fantastic leadership skills  
 Hannah Morton for working well in maths activities  
 Tess Purtill for remembering to bring in her library bag  
 Charlie Ross for remembering to bring in her library bag

We look forward to seeing you all at our next assembly in term two.

## Sports Carnival

A great day was had by our students on Friday at the Sports Carnival. Well done to students from both houses for displaying sportsmanship, giving your best and most importantly, having a go. Our younger students enjoyed their part of the carnival, participating in every activity with great big smiles on their faces! Good luck to those students who have made it away to the next level.

## Year 5/6 Easter Egg Raffle

Year 5/6 continue to sell their raffle tickets. This is the last week before the raffle is drawn on Friday. Once again, a great big thank you to all the people who have contributed eggs and baskets to this year's raffle.

## Home Reading

Don't forget to continue reading over the holidays and write in the home reading journal. Reading material is found in the library, family library or even those borrowed from friends. Newspapers, magazines and comics are an acceptable reading material to provide some variety, particularly for students in senior primary. When participating in home reading, students may read on their own quietly, on their own but out aloud, share the reading with an adult or be read to/read with an adult.

## State Representation

Congratulations to Drew Lloyd who has been selected to play in the Riverina AFL team at the State Carnival. This is a huge achievement for Drew as well as a huge commitment to attend training sessions before the real competition begins. The Riverina AFL team has a history of success at State level and it is exciting to have a BCS student part of this team.

## CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECEIVED AWARDS AT THE WHOLE SCHOOL ASSEMBLY ON TUESDAY, 8<sup>th</sup> APRIL

### Bronze Certificates

Hannah Morton  
 Nicholas Zotov  
 Faith Jolliffe  
 Logan Gaston  
 Keely Gaston  
 Grace Morton  
 Isaac Lloyd  
 Will Scott  
 Alex Calleja  
 Lauren Jess  
 Prue Harper  
 Chloe Gorman  
 Courtney Gorman  
 Hope Miltito  
 Rylan Dalton  
 Macy Lloyd

### Silver Certificates

Mason Anderson  
 Charlie Ross  
 Mason Dalton

## Students of the Week For Week 11 Term 1, 2014



|            |                |
|------------|----------------|
| Year K/1/2 | Michael Gorman |
| Year 3/4   | Khy Jess       |
| Year 5/6   | Paul Murray    |



## 2014 K-12 ATHLETICS CARNIVAL

### *Secondary Age Champions*



Secondary Sub-Junior Girl Champion – Jada Phillips  
Runner Up Secondary Sub-Junior Girl Champion – Chloe Militto



Secondary Junior Boy Champion – Kobe Lloyd  
Runner Up Junior Boy Champion – Trent Nelson



Secondary Sub-Junior Boy Champion – Jack Farnsworth  
Runner Up Secondary Sub-Junior Boy Champion – Timothy Mitchell



Secondary Senior Girl Champion – Kaitley Linnett  
Runner Up Secondary Senior Girl Champion – Amy Campbell



Secondary Junior Girl Champions – Paynton Jolliffe  
Runner Up Secondary Junior Girl Champion – Madison Jess



Secondary Senior Boy Champion – Sam Symes  
Runner Up Secondary Senior Boy Champion – Bailey Brougham



## 2014 K-12 ATHLETICS CARNIVAL

### *Primary Age Champions*



Junior Boy Champion – Khy Jess  
 Runner Up Junior Boy Champion – Logan Gaston & Dominic Gervasi



Junior Girl Champions – Macy Lloyd  
 Runner Up Junior Girl Champion – Talyssa Dutton



Intermediate Boy Champion – Darcy Carmichael  
 Runner Up Intermediate Boy Champion – Nicholas Zotov



Intermediate Girl Champion – Lauren Jess  
 Runner Up Intermediate Girl Champion – Hannah Morton



Senior Boy Champion – Will Scott  
 Runner Up Senior Boy Champion – Paul Murray



Senior Girl Champion – Denym Tebetebe  
 Runner Up Senior Girl Champion – Lani Dalton









### South West Music Inc

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### GUITAR LESSONS AVAILABLE TERM 2 ENROLMENTS ARE OPEN

Will Eldridge is currently living in your area and he is now teaching one-to-one guitar and ukulele lessons during school hours at Moulamein and Balranald schools. Will is also able to teach guitar, ukulele and banjo.

If you are interested in taking up this opportunity then please contact us at South West Music Regional Conservatorium, Deniliquin, immediately and we will send you an enrolment package. Parents pay for the lessons and the school provides the teaching space.

### South West Music Regional Conservatorium

The Department of Education & Communities funds South West Music. We are based in Deniliquin and we currently employ 7 teachers who deliver programs in guitar, drum kit, vocals, piano, brass, flute, ukulele, banjo, double bass, cello and music theory.

### MESSAGE FROM LIBRARY

All text books no longer needed for class need to be returned to the library. Could everyone please check for readers and library books at home? It would be appreciated if these books could be returned to school before the end of term.



### 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:     /     /



## *Country Women's Association* **Invitation**

Want to know more about the CWA, what we do,  
and how we help our community?

Come along to a Special Information Evening to be  
held at CWA rooms

**Wednesday, 23<sup>rd</sup> April 2014 at 7pm**  
(doors open at 6.30pm)

All women are welcome, the young and  
the young-at-heart

If young children are brought, please bring some  
toys

(Light supper provided)

## **P & C's first friend!!!!**



A BIG thank you to Nathan Morton who was the first person to become a P&C friend. A P&C friend is a person who is not interested in attending meetings or organising things, but is happy to help out when there is an event on if they are available. Nathan was the person responsible for cooking our delicious barbecue at the Athletics Carnival.

## **Canteen Corner**

### **PLEASE NOTE:**

**NO Marinated Chicken Burgers on Tuesday 8<sup>th</sup>**

**NO Weekly Special on Thursday 10<sup>th</sup>**

**\*\* CANTEEN CLOSED ALL DAY FRIDAY 11<sup>th</sup> \*\***

**We would really appreciate if everyone could  
please settle all canteen accounts before Wednesday ☺**

*Thank you for supporting the BCS P&C Canteen this Term and Happy Easter Break!*

## TERM ONE – 2014

|                  | Monday                          | Tuesday  | Wednesday                 | Thursday                   | Friday  |
|------------------|---------------------------------|--|---------------------------|----------------------------|---|
| <b>Week 11 B</b> | <b>7</b><br><u>Exec meeting</u> | <b>8</b><br>Whole School Assembly<br>@11.00 am | <b>9</b><br>Stage 6 Exams | <b>10</b><br>Stage 6 Exams | <b>11</b><br>Stage 6 Exams<br>Easter Hat Parade<br>Last Day of Term 1, 2014 |

## TERM TWO – 2014

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

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