



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

12 MAY 2014 ISSUE 12

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

**Secondary Zone Athletics** due by 16 May

## SCHOOL PHOTOS

Envelopes are available at the front office if you would like to order photos of School Captains, Sport Captains, SRC or the Whole School.

## Cross Country



Last Tuesday, 7 May students from K-12 went out to the school farm for the annual Cross Country. Most of secondary walked to the farm and primary were transported by the school bus. Thank you to the parents and volunteers for helping out and to Mr White for his great organisation of the track. Results can be found on page 7 of this Newsletter.

## Students of the Week

For Week 3 Term 2, 2014



Year K/1/2 Lachlan Camin

Year 3/4 Mason Anderson

Year 5/6 Dominic Gervasi

# Principal's Perspectives

## Erich's Farewell

Last Tuesday and Wednesday the BCS staff gathered to officially farewell Erich Riesinger, to thank him for his significant contributions to this school and to wish him every success in his new position. He was presented with an original painting by local artist, Jan Lawler, to remind him always of his time in Balranald. In his parting comments, Erich spoke in encouragement of everyone chasing a challenge and not always seeking the easy path, identifying that it is going beyond your comfort zone and mastering the challenge that makes you grow and become stronger. Wise words for all!

## NAPLAN

This week, students in years 3, 5, 7, and 9 will participate in the national NAPLAN testing schedule. On Tuesday, there are 2 examinations; Language Conventions (comprising spelling, punctuation and grammar) and writing. On Wednesday, reading and numeracy is on Thursday.

It is important that students are not absent from school on these days, that they are well rested to ensure optimum performance and well-nourished to ensure maximum concentration. Please supply extra recess for students on these days, as they are typically hungry after finishing these papers.

## Metal Art Excursion

Last Friday, Mr and Mrs Stevens, together with Mr Ross and Ms Redpath very kindly opened their homes and gardens for our year 5 and 6 students to see first-hand metal art on display and the effectiveness of recycled items in home construction and decoration. This field trip supported the learning program being undertaken in this class, offering inspiration and understanding. It was a lovely afternoon and the students enjoyed a sausage sizzle lunch, courtesy of Mr and Mrs Stevens and both families are thanked for their hospitality and support of our students and their learning.

## Indigenous Workshop

Last Tuesday, we welcomed Kevin Kropinyeri to BCS to conduct workshops with our indigenous students. Thanks re extended to Yarkuwa for their organisation of this visit that allowed our students to consider their goals and aspirations. This comedian and mentor will re visit at the end of this term to follow up on these workshops.

## Youth Mental Health Forum

An exemplary group of students, together with Mrs White and Ms Jones travelled to Leeton last week for the Youth Mental Health Forum. The thoughts and reflections of these students are included in this newsletter. It was an awakening for our representatives, who now have some ideas and plans for raising understanding throughout the student body.

It is reassuring to think that some of the stigmas and misunderstandings that surround mental health issues are beginning to disintegrate in the broader society, as the seriousness and legitimacy of mental health issues gain increased prominence.

## Mother's Day Stall

It is hoped that all our school Mothers enjoyed an extra special day yesterday. Thanks are extended to our BCS P&C and all helpers, for their annual Mother's Day stall held last week for the benefit of our students, and of course, their mums. This support is extremely valued.

## Cross Country Carnival

This annual event was completed successfully last Tuesday afternoon. Special thanks to Mr White for his preparation of the course and to all those who worked as officials, markers, safety officers, etc. on the day. Once again, it is the team effort that reaps the benefits! Those students qualifying to compete at the next level will be notified.

## Quote

The metal art excursion by 5/6 last week led me to consider this quote by Tim Hansen:

*"Creativity is especially expressed in the ability to make connections, to make associations, to turn things around and express them in a new way."*

**Enjoy your week!**



# Primary Ponderings

Last week was another great week with our Primary students very busy in a variety of activities. On Monday students from Years 3 -6 attended the AFL community football clinic in Swan Hill. On Tuesday K – 6 students joined their secondary counterparts in Cross Country and on Thursday Year 5/6 students were busy rehearsing for their KROP audition.

## Year 5/6 Art Excursion

Students from Year 5/6 had a fantastic time on their excursion to Mrs Stevens and Mrs Redpath's residence on Friday. They thoroughly enjoyed looking at all of the metal art on display and got some great ideas for their own projects.



## Home Reading

A few students have received a yellow achievement award for 25, 50 and even 75 nights of home reading which is fantastic to see. Hopefully more students will record 50 - 75 nights as we reach the end of term two. Remember students may read books from school or home. At school resources are found in the library and in the classrooms, at home books can be those from the public 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.



### Year 5/6 Metal Art Excursion

Students from Year 5/6 were given the opportunity to visit Mr and Mrs Stevens and Glenda Redpath's residence in Malcolm Street. The students viewed a variety of magnificent metal art pieces within gardens and houses and how the use of recycled materials can become a show piece within any environment. Students are now encouraged to make a small and simple item for their own gardens. Year 5/6 and staff enjoyed a BBQ and spent most of their spare time getting to know all the animals. Thanks to the Balranald Central School staff members who attended and supported the excursion. Also thanks to Glenda Redpath for opening up her magnificent home for the students and staff to look at.





## Youth Mental Health Forum

On Wednesday last week a group of eight students travelled to Leeton for the third Riverina Regional Youth Mental Health Forum. The students were educated on both exactly what mental health is and how best to help those suffering from poor mental health. They were astounded to hear that in a class of 30 students, statistics show that seven will have a mental health issue, but only two will seek help, leaving five people to suffer in silence. Guest speakers highlighted how private of a struggle depression and anxiety can be and stressed the importance of getting rid of the stigma surrounding mental health.

The students have discussed ways they can bring back what they learnt at the forum to our school, and they are passionate about the need to educate everyone in order to reduce the stigma and let those who are suffering know that it is ok to speak up. Over the coming months, there will be whole school activities, guest speakers and student mentors dedicated to sharing their knowledge.

The students that attended the forum felt that the first step in educating the rest of the student body was to share the most important thing they took away from the day.

*Georgie O'Halloran:* Talking about your problems is ok, letting it out is better than bottling it up.

*Maddy Militto:* People should know that a pair of ears is a big help for people who are struggling with a mental health issue, or anyone in general.

*Adam Simpson:* The best help you could give to someone with a mental health problem is just to listen and always be there.

*Caitlyn Simpson:* Before I went to the Youth Mental Health Forum I didn't know what mental health was. I got to understand what a mental illness was and hear stories from people who have been through a bad time with mental illness.

*Ciana Field:* I found it very inspiring. It gave me more knowledge and ways to help people suffering from mental illness. Now I really want to help as many people as I can get educated on mental health.

*Trent Nelson:* Some positivity each day...keeps the depression away.

*Kate Norton:* Mental health is a big issue and we need to be educated.

*Samantha Renfrey:* There is no need to suffer in silence, there is plenty of help available.



# CWA

Ladies of Balranald and surrounding areas

*Your local CWA branch needs you to become active members so we can continue.*

The current committee wishes to retire from the committee in October 2014.

*We do not have enough participating members to elect another committee of three people.*

PLEASE come to our next night meeting on Wednesday, 21 May at 6.30pm

If you are bringing children, please bring some toys.

*All women and girls of all ages are welcome.*

You do not need a personal invitation to attend

We are looking forward to seeing you.

## UNIFORM SHOP

*Open every Wednesday  
from  
10.30am to 12.30pm*

*If this day or time does not suit, please phone  
Lisa Dalton on 0428 995 489*

*As the Uniform Shop is run by the P & C, front office  
staff are unable to assist with orders.*



### 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
Writing	19/05/14	\$17.00
Spelling	20/05/14	\$11.00
English	01/07/14	\$ 8.00
Mathematics	15/07/14	\$ 8.00



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

#### Please tick choices to be entered:

- |                                      |           |
|--------------------------------------|-----------|
| <input type="checkbox"/> Spelling    | (\$11.00) |
| <input type="checkbox"/> Writing     | (\$17.00) |
| <input type="checkbox"/> English     | (\$ 8.00) |
| <input type="checkbox"/> Mathematics | (\$ 8.00) |

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

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

Date:     /     /



## CROSS COUNTRY RESULTS

The Primary and Secondary Cross Country was held on Tuesday, 6 May 2014 – results are as follows:

### Primary Cross Country

#### 8 year old boys

1<sup>st</sup> Ryan Jackson

#### 8 year old girls

1<sup>st</sup> Shelley Dalton

#### 9 year old boys

1<sup>st</sup> Khy Jess

2<sup>nd</sup> Logan Gaston

3<sup>rd</sup> Isaac Lloyd

#### 9 year old girls

1<sup>st</sup> Sophie Mitchell

2<sup>nd</sup> Skye Haigh

3<sup>rd</sup> Chloe Gorman

#### 10 year old boys

1<sup>st</sup> Mitchell Carmichael

2<sup>nd</sup> Dominic Gervasi

3<sup>rd</sup> Mason Dalton

#### 10 year old girls

1<sup>st</sup> Macy Lloyd

#### 11 year old boys

1<sup>st</sup> Darcy Carmichael

2<sup>nd</sup> Wyatt O'Halloran

3<sup>rd</sup> Nicholas Zotov



#### 11 year old girls

1<sup>st</sup> Hannah Morton

2<sup>nd</sup> Lauren Jess

3<sup>rd</sup> Bonnie Jolliffe

#### 12 year old boys

1<sup>st</sup> Drew Lloyd

2<sup>nd</sup> William Scott

3<sup>rd</sup> Jackson Li

#### 12 year old girls

1<sup>st</sup> Lani Dalton

2<sup>nd</sup> Abbie Renfrey

3<sup>rd</sup> Denym Tebetebe

### Secondary Cross Country

#### 12 year boys

No place getters

#### 12 year girls

1<sup>st</sup> Jada Phillips

#### 13 year boys

1<sup>st</sup> Timothy Mitchell

2<sup>nd</sup> Jack Farnsworth

3<sup>rd</sup> Riley Pearce

#### 13 year girls

1<sup>st</sup> Chloe Militto



2<sup>nd</sup> Sophie Renfrey & Lily Dunn

#### 14 year boys

1<sup>st</sup> James Kay

2<sup>nd</sup> Harrison Soraggi

3<sup>rd</sup> Brendon Weekley

#### 14 year girls

1<sup>st</sup> Madison Jess

2<sup>nd</sup> Jordyn Jolliffe

#### 15 year boys

1<sup>st</sup> Adam Simpson

2<sup>nd</sup> Jeremy Morris

#### 15 year girls

1<sup>st</sup> Maddy Militto

2<sup>nd</sup> Ciana Field

#### 16 year boys

1<sup>st</sup> Sam Symes

#### 16 year girls

1<sup>st</sup> Kate Norton

#### 17+ year boys

1<sup>st</sup> Tait Engley

#### 17+ year girls

1<sup>st</sup> No place getters



## TERM TWO – 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<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 <b>NAPLAN - Yrs 3,5,7 &amp; 9</b> 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> <i>Primary Assembly @ 12 pm</i>	<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> Yr 7-10 Exams	<b>29</b> Secondary Sports Day Yr 7 – 10 Exams	<b>30</b> <i>Primary Sports Day</i> Zone Athletics @ Finley
<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> <i>Primary Assembly @ 12pm</i>	<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> <b>Last Day of Term 2</b>

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

# Canteen Corner

## Thursday 15<sup>th</sup> May

**Beef Stroganoff** served with rice **\$4.50**



*& for dessert (because you're worth it)*

*...treat yourself with a slice of warm, fudgy GUILT FREE Chocolate Brownie only \$1.00*

Volunteer still needed Wednesdays and Fridays 10.30-12pm. Please text Wyneta 0428 177 730