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**WHOLE
SCHOOL
ASSEMBLY**
Wednesday, 4th
December
at 12.15pm

**PRESENTATION
NIGHT**
Tuesday, 10th
December @ 7pm

NEWSLETTER

STUDENT NEWS FROM **BALRANALD CENTRAL SCHOOL**

2 DECEMBER 2019 **ISSUE 24**

The Kindergarten, Year 1 and Year 2 Excursion

On Wednesday 20th November, we went to Mildura for our excursion. Kindergarten, Year 1 and Year 2 as well as Mrs Harper, Mrs Linnett, Mrs Lockhart, Chloe's Mum (Jess), Maxine and Kellie came too. We left school at 8:30am and arrived at the movies at 10:30am. We got popcorn and a soft drink. We watched Arctic Justice. Arctic Justice was about dogs that pulled mail sleds. The dogs got caught by a bad walrus and the fox saved the day.

After the movies, we went to the park near the river and had a quick lunch. Then it was time to hit the water park. YES! We couldn't wait!

The first thing we did at the waterpark was to change into our swimmers. Then Mrs Lockhart pushed the button to make the water start. SPLASH! The two big slides were the best. Sarah, Loxlee, Imogen, Nikey and Mrs Harper all screamed going down the fastest slide. Before we went down the big water slides, we had to wait for the light to turn green. Leeth had to push Mrs Lockhart down the slide because she got stuck. A big bucket of water fills up and then it tips over and the water hits everyone who is standing underneath. It was freezing cold. The water was so powerful it knocked Isla



over. Water was squirting out of the ground and wetting us as we ran past. It was like having a shower. There was a water castle with wet slippery stairs and two slides down it. After 2 hours, we needed to change back into our clothes and jump back on the bus or in the cars and head home.

It was the best day ever!

PRINCIPAL'S PONDERINGS

My gratitude to the students who were involved in the Deniliquin Youth Mental Health Forum earlier in the year, and who together with Mr & Mrs White ran a "Take it Back" activity with all the students last Friday. The blow-up pool and coloured balls were a conversation starter for students to get to know each other a bit better. I think the combination of beautiful Friday sunshine, great music, Karaoke, and Mr Longford's dancing may have distracted the kids in the ball pit, but know that they all had plenty of fun! Then all the kind people at BCS got a chance to "Be the I in Kind" by standing in front of the Kindness wall. What a fantastic atmosphere to end the week and my thanks again to Bonnie Joliffe, Molly Helgeland, Christina Scalora, April Manning, Alex Calleja, Mason Dalton, Matthew McIvor-Kepa, Stuart Matarazzo, Macy Lloyd, Seth Paton and Mason Anderson for their inspiration and perspiration for this project.

Students in Years 8 & 10 completed their second session of Teen Mental Health 1st Aid last Tuesday. This course has taught these students on how to provide mental health first aid to their friends and will be an important strategy in their mental health toolbox for the future. My thanks again to Mrs White for facilitating these workshops and continuing with her work into 2020 with other student groups in this area.

A very successful Year 6 transition was held last Thursday. The eager pre-high school students were given plenty of information, procedures and experienced lessons in Food Technology (Gozleme), HSIE (History/Mystery), PDHPE (sporting and game based activities) and a tour of our facilities and agricultural resources. The feedback was very positive not only with the Year 6 students but also with staff who were very impressed with the enthusiasm and respectful attitude of all the students. My thanks to Mr White for all his preparation in the lead up and the coordination on the day.

Our BCS Kindness assembly will be held this Wednesday at 12.15pm in the school hall. All parents are cordially invited to attend the assembly, particularly those who may be receiving prizes. A reminder that the BCS Presentation night is on Tuesday 10th December commencing at 7pm sharp also in the hall.

This week's saying says it all!



The annual intensive swimming and water survival skills program starts this week. This program covers the mandatory outcomes for Games and Sports in the Primary PDHPE Syllabus. The Swim and Survive Program will be held every day until Friday, 13th December. Regardless of weather, students need to bring swimmers; towels etc. if the weather is too cold, students will do life saving techniques in the hall. My thanks to Mrs Linnett for coordinating this program.

The Year 10 Work Experience program begins today with students obtaining valuable insight into different vocations around the area. Hopefully a few students will impress their respective employers and will even secure their first full time job. My thanks to Mrs Longford for coordinating the program.

On Tuesday, this week Corey Frost and students from the Swan Hill Specialist School will be erecting a "Ga Ga Pit" inside the horseshoe area of the primary playground. Ga-Ga is a variant of dodgeball that is played in the Ga-Ga pit. The game combines dodging, striking, running, and jumping, with the objective of being the last person standing. Players hit the ball at each other with their hands, and are eliminated if the ball strikes them on or below the waist. The students of BCS should really embrace this game as they are competitive and they love having fun.

Gus Comi



Students of the Week

(Week 6)



Back Row (L to R) Stuart Matarazzo, Drew Lloyd, Taylor Lewis, Joseph Scalora

Front Row (L to R) Keith Ellis, Ryan Johnstone, Evie Michaels

FISHING WITH YEAR 3/4

Year 3/4 enjoyed fishing for sport again last Friday afternoon. Jye was very happy with his catch for the day. Thanks to Grant Harper for coming down and helping out.



Balranald Central School P&C presents



Christmas Cash Bonanza

Raffle Tickets - \$20 a ticket
(Only 200 tickets available)

Tickets available from all P&C members, the Front Office and Balranald Sports Shop.

1st PRIZE - \$1000

2nd PRIZE - \$500

3rd & 4th PRIZE - \$200

5th PRIZE - \$100

Drawn at BCS Presentation Night – Tuesday 10th December 2019

**Merry Christmas from all at
Balranald Central School P&C!**

RIVERINA REPRESENTATIVE



Congratulations to Drew Lloyd on representing the Riverina at the 2019 NSW CHS Open Boys Cricket State Championships. This year's event was held in Grafton from the 4th to 7th November. Riverina finished the week in 6th place after falling just short in 2 big run chases on Wednesday and Thursday.

With 6 wickets, 4 dismissals and 14 runs Drew was awarded the leading point score for his team. Dan Hillam (Leeton) won the Riverina medal and Myles Hemann-Peterson (Albury) was selected in the second XI.

The Riverina team was also presented with the Adam Gilchrist 'Spirit of Cricket' award. A great week was had by all players and supporters. Thank you to the BCS P&C Association for their continued support of Drew.



ROBINVALE COUNTRY MARKET

Pre-Christmas Market

Saturday 14 December 2019

8.30 am -12.30PM

on

Caix Square

****Santa due to arrive approx 10.30 am****

Year 6 Transition



Stage 5 Visual Art Excursion

Year 9 and 10 Art students visited Bendigo Art Gallery to view the Arthur Guy Memorial Painting Prize and Indigenous artist Joshua Muir's "What's On Your Mind?"

Students were lucky enough to get their own personal viewing of Muir's work and use iPads to interact with its digital media. Students also had the opportunity to participate in a workshop and create their own artwork inspired by Muir's art practice.



Mental Health Day

Earlier in the year, a group of secondary school students went to Deniliquin for the Youth Mental health Forum run by the Deniliquin School Counselling Team and Burnbrite.

Part of the day was spent planning a “Take it Back” activity for our school. We decided to run an activity for the other students in the school to promote mental health. We applied for a grant from The Deniliquin Mental Health Awareness Group, and were successful.

We purchased a blow-up pool and ball pit balls. The aim was to use these for classes throughout the year to build relationships. The students wrote conversation starters on some of the balls and two children at a time hopped in, chose a ball and talked to their new friend. The aim was to talk to people you normally may not and get to know them. We also have been focusing on being Kind for the term with lots of fun activities and lessons run by the teachers. On Friday, we just had fun while Mr Comi was the DJ and kids danced.

We stood in front of a wall where some students had nominated people who had been kind to them. **“Be the I in Kind”** - Kids were encouraged “In a world where you can be anything – Be Kind!”

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness.

Every time you do something kind for someone else, your brain releases oxytocin. Oxytocin leads to an increase in:

- Self-esteem / confidence
- energy
- levels of happiness
- levels of positivity
- the ability to cope with tough times

It is really important that we show gratitude for kind deeds. Gratitude is the positive feeling you get when you stop to notice and appreciate things in your life. *If you get into the habit of noticing the things to be grateful for in your life, you’ll begin to see more of the brighter side.*





Headspace Telehealth at BCS Headspace is a confidential & **FREE** service where young people aged 12-25 can access a range of youth services & support. If you are needing a bit of help, headspace offers a friendly place for you to get it. They can also provide information & knowledge about issues that affect young people to family & friends. At headspace Swan Hill, staff are committed to providing the best care, as close to home as possible. Headspace centres are here for young people. Whether you need information or someone to talk to – they'll set you up with expert support. To support this, they are introducing telehealth as an option when suitable. Using telehealth, you can have an appointment with your headspace Swan Hill worker by video. You can do this from school. Headspace clinicians are experienced youth mental health professionals, social workers, mental health nurses, psychologists and occupational therapists. The service is based at 11 Pritchard Street, Swan Hill - (03) 4010 7100.

Hours

Monday: 10:00am - 6:00pm

Tuesday: 10:00am - 6:00pm

Wednesday: 10:00am - 6:00pm

Thursday: 10:00am - 6:00pm

Friday: 2:00pm - 6:00pm

To make an appointment at headspace, please call or check out online referral forms – google Headspace Swan Hill.

Balranald Central School is setting up an outreach service for our local students that cannot get to Swan Hill.

Telehealth must be requested and booked in advance. Kirsty Taylor will be coming to town every 2 months to complete an intake (first visit with a student). If students are 16 or older, they can self-refer. If they are younger, they will need parent permission. Following the intake the student can talk 1-on-1 with an eheadspace clinician via an online chat using skype, email or over the phone. They can also access this service at home.

They can help with almost anything! Some of the reasons people visit us include:

- feeling anxious or stressed
- problems with family and friends
- issues in romantic relationships
- questions about sex
- questions about gender and who you are attracted to
- bullying
- anger
- help with finding a job or getting into study
- physical health (including sexual health) concerns
- feeling down or depressed
- just not feeling yourself!
-



Anything you say will be kept confidential. If staff need to share information as part of your treatment they will always speak to you first.

If you would like to talk to someone contact Mr White and he will help you fill out a referral form. If you are under 16 he will contact your parents. He will make an appointment with Kirsty for you and she will get to know you better and complete some paperwork.

She will make follow-up appointments as needed that you can attend using Skype in the Hub. What you talk about is confidential.

Kirsty and Mr White will be giving information sessions for students and parents this term. For more information contact Mr White, Head Teacher Welfare.

Headspace will be in school on December 12 for our first Tele Health intake day.

Any parents who are interested in attending an information session, please contact the school with a suitable time and we will try and organise a session around parent availability.

TERM FOUR - 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 A	2 DECEMBER <u>Exec meeting</u> Year 10 Work Experience <i>Intensive Swimming</i>	3 Year 10 Work Experience <i>Intensive Swimming</i>	4 Whole School Assembly @ 12.15pm Year 10 Work Experience <i>Intensive Swimming</i> <i>Kinder Orientation @ 9am</i>	5 Year 10 Work Experience <i>Intensive Swimming</i>	6 Year 10 Work Experience <i>Intensive Swimming</i>
Week 9 B	9 DECEMBER <u>Exec meeting</u> <i>Intensive Swimming</i>	10 <i>Intensive Swimming</i> K-12 Presentation Night	11 <i>Intensive Swimming</i> <i>Kinder Orientation @ 9am</i>	12 <i>Intensive Swimming</i>	13 <i>Intensive Swimming</i> Year 6 Graduation
Week 10 A	16 DECEMBER <u>Exec meeting</u>	17	18 Last day of school for students	19 SCHOOL DEVELOPMENT DAY – PUPIL FREE DAY	20 SCHOOL DEVELOPMENT DAY – PUPIL FREE DAY

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

In conjunction with our theme of KINDNESS this term, a number of BCS students are supporting a community initiative.

What is it?



Come to our Whole School Assembly at 12.15pm on Wednesday 4th December to find out.

P.S. If families could start saving and bring in as many bread clips as they can muster on the day, that would be greatly appreciated.

