



# NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

11 JUNE 2019 ISSUE 12

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## MaD

Please be aware that MaD will not be running on Tuesday 18<sup>th</sup> June, as all staff will be attending a training and development session. Please make the appropriate arrangements for your child.

MaD will run as normal on Thursday 20<sup>th</sup> June.

## Visual Arts

On Wednesday 29<sup>th</sup> May, our students studying Visual Arts by Distance Education had a visit from their teacher, Tamara Lawry from Dubbo Distance Education.



# PRINCIPAL'S PONDERINGS

My saying this week is from the back of the toilet door at Mittagundi VIC and also used by Kathy McGowan (Independent MP) in her farewell speech to the House of Representatives in April this year.

**“The future is not some place we are going to, but one that we are creating. The paths to it are not found but made and the making of these pathways change both the maker and the destination.”**

Tuesday 18th June will be the official Stymie Launch at BCS. On this day, Rachel Downie the creator of Stymie will be speaking to Years 5-12 throughout the day about how this program can be an important strategy for any student who is experiencing harm in the school context. She will also be speaking to staff at 3:30pm and the P & C at 6pm. All interested parents are invited to attend the evening session in the library.

I had the pleasure of seeing our young artists in action on Wed 29th May in our Visual Art room. Tamara Lawry from Dubbo Distance Education was conducting a workshop on oils, watercolours and Portraiture in Photography with our students, which was extremely beneficial for their knowledge and skill base.

Our subject selection evening will be held on Wednesday, 19<sup>th</sup> June in the BCS Library at 6pm. This is an important event in the school calendar for our Year 10 students and parents to receive information regarding Stage 6 courses on offer and important NESA requirements. Mrs Longford will be conducting interviews with all Year 10 students prior to the evening in order to assist them with their directions and subject choices for next year. These meetings will also sow seeds with parents and students which will hopefully stimulate discussion between them and aid in the preparation for the subject selection night.

On Friday 21<sup>st</sup> June, there will be a Mental Health First Aid Course (Part 1) running at BCS for selected staff and any interested parents. The course will assist in recognising common mental health problems in young people and provide initial help using a practical, evidence-based Action Plan. It will also build capacity in order to respond in a crisis situation if necessary. The course cost is \$30 with Part 2 being scheduled for Tuesday, 2<sup>nd</sup> July. Any interested parents should contact the BCS front office to enrol.

I was fortunate enough to see Kellie Hodgson and Emelia Bett in action with some of our Kindies in the Library, when they were reading their first words. The associated Bingo game was engaging but when letters became sounds and then words started coming out of the “mouths of babes” the excitement in the room was palpable.



A reminder that the push-up challenge is scheduled for Week 9 (beginning 24<sup>th</sup> June). This is where students can attempt to complete as many pushups as they can in a row in order to earn points for their house. I'm hoping that there are some keen parents who will be challenging the staff with their push-up prowess on Friday, 28<sup>th</sup> June under the Hangar at Lunchtime.

*Gus Comi*

# Kindergarten

Kindergarten have been studying Tiny Towns- Transport and Movement in Science. We researched what a town is made up of e.g. different types of shops, hospital, schools and museums just to name a few. Student spent the afternoon building a tiny town then they got to enjoy the tiny town and play in it.



## *Students of the Week (Week 5)*



*Back Row (L to R) Mason Anderson, Javen Ricevuto, Logan Gaston  
Front Row (L to R) Annalee Lowe, Alayna Dalton, Lucas Paton  
Absent: Anna Scoleri*

## *Students of the Week (Week 6)*



*Back Row (L to R) Liam Butterworth, Isabella Scalora, Billie Renata, Kyrion Michaels  
Front Row (L to R) Loxlee Potter, Jaxon Verevakabau  
Absent: Seth Paton*

## P&C UNIFORM NEWS

After a lot of deliberation and voting, a Balranald Central School Beanie has been approved by P&C members, staff and students. The beanie will be a part of the winter school uniform from Kinder to Year 12 to be worn during Terms 2 & 3. Beanies have been ordered and will be available to purchase at the beginning of Term 3. Sizing is one size fits all.

Orders and money can be sent in to the front office or contact Lisa Dalton on 0428 995 489 from 17<sup>th</sup> June to secure your beanie.

### Balranald Central School Beanie \$20



### RED HOT WINTER SALE

We are currently running out some uniform items at below cost price.  
Sizes are limited so get in quick!!!!



Navy Taslon Track Pants \$5.00 ea



Navy Cargo Gabardine Pants \$5.00 ea

**REMEMBER SIZES ARE LIMITED IN BOTH ITEMS.**

Give Lisa a call or message on 0428 9954 89 to grab your bargain in your required size!!!!

WE are currently looking at a great winter jacket at a great affordable price for our students to keep warm on these cold winter days to add to our uniform.

Stay tuned!!!



## BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

### YOUTH MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.

*"I found the course to be truly beneficial and useful to me as I interact with secondary school students on a daily basis. I have gained the necessary tools to recognize and help those in need." - Luca*

#### ? LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

#### 🖱️ HOW DO I SIGN UP?

**DATES** 21-6-19, 2-7-19

**TIMES**

**COST** \$30

**VENUE** Balranald Central School

**FACILITATOR/S**

**Lyn Bond  
Michelle White**

For more information, visit [mhfa.com.au/courses](http://mhfa.com.au/courses)



Contact Richard White on 5020 2222 for more information.  
You will need to provide your own lunch.

**TERM TWO - 2019**

|                  | Monday                             | Tuesday | Wednesday   | Thursday               | Friday  |
|------------------|------------------------------------|---------|---|------------------------|---|
| <b>Week 7 B</b>  | <b>10 JUNE</b><br>Queen's Birthday | 11      | 12<br>Netball - Leeton                                      | 13<br>Netball - Leeton | 14<br>K-12 Sports Day<br>Netball - Leeton   |
| <b>Week 8 A</b>  | 17 JUNE<br><i>Exec meeting</i>     | 18      | 19<br>Year 10 Subject Selection<br>Evening @ 6pm in Library | 20                     | 21<br>K-12 Sports Day<br>3 <i>Experiments that Changed the World Performance</i><br>AFL Excursion @ Swan Hill<br>Mental Health First Aid Course |
| <b>Week 9 B</b>  | 24 JUNE<br><i>Exec meeting</i>     | 25      | 26  | 27                     | 28<br>K-12 Sports Day<br>Push up challenge (Parents vs Staff) @ 11.45am   |
| <b>Week 10 A</b> | 1 JULY                             | 2       | 3<br>Whole School Assembly @ 12.15pm                        | 4                      | 5<br>NAIDOC Day Celebrations<br>Last Day of Term 2  |

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

# CANTEEN SPECIAL

## Thursday, 13th June

Spaghetti Bolognese with Garlic Bread \$4

Warm Jam Donut \$2