



NEWSLETTER

STUDENT NEWS FROM BALRANALD CENTRAL SCHOOL

11 October 2021 ISSUE 15

INSIDE

- **Principal's Ponderings**
(page 2)
- **Term 4, 2021**
Calendar (page 10)

Pirate Day

On Friday, 17th September to celebrate the end of a challenging term, students were encouraged to dress as a pirate. International Talk Like a Pirate Day was officially observed on Sunday, 19th September.



PRINCIPAL'S PONDERINGS

Welcome back to all our students and staff for Term 4 and I hope that everyone had a restful and safe holiday. Even though we are under Level 3 Covid restrictions, it was great to have students back in classrooms last week with quality teaching and learning occurring from K-12. Our high levels of attendance so far indicate that students are very keen to make up for lost time academically and socially and we are all grateful that we can actually attend school, unlike the metropolitan schools and other regional areas in lockdown. In the fear of being complacent, it is imperative that students and staff continue to maintain safe practices in and out of the classroom by wearing masks, socially distancing, and regularly sanitising.

This is "Wellbeing Week" as part of national Mental Health Month. The Department of Education has supplied information, resources and sessions centring on the wellbeing of students and staff. The easiest way of accessing these materials is to google "Wellbeing Week 2021". I encourage our school community to take part in the online events, use the helpful tips and take a minute to reconnect with the many people at BCS that can assist you if you need help. Last Wednesday was "Headspace Day" with the theme being "small steps start big things". My thanks to Mr White for promoting this day with our students on behalf of our Headspace partners. This also reminds me of the Pirate Day that was staged on the last day of Term 3 which was aimed at celebrating the end of a challenging term and having a bit of fun. There were some great costumes and activities throughout the day and my thanks to all the students and staff who got involved and made it memorable.

With Mr Riedy departing last term we have appointed Mrs Lockhart and Mrs Harper in a shared Relieving Assistant Principal role. Mrs Lockhart will be administering Years 3-6 whilst Mrs Harper K-2. These two have been working diligently in preparation for this term and have provided some important information for Primary students and parents later in the newsletter. I look forward to working closely with Mrs Harper and Mrs Lockhart in the coming months at an individual and whole school level. Welcome to Mrs Helgeland who has been appointed to the K/1 teaching role and has already made an impact with students and parents.

Kinder Transition begins next Wednesday and will run for 7 consecutive weeks, concluding on the 1st of December. The program has been carefully planned by Mrs Harper and will be an excellent opportunity for these children to adapt and adjust to school life. My thanks to Mrs Harper and Mrs Nelson for the organisation and excellent collaboration with this project.

BEAR scores for years 7-12 are due on Thursday 4th November. A reminder to parents that these scores are an excellent way of tracking the engagement and achievement of your child in a monthly snapshot. We are looking at ways of making these scores available to students and parents through the Sentral Portal.

Our Year 12 students are a huge focus this term for secondary staff and their parents/carers. As you may be aware the HSC exams have been postponed until Tuesday, 9th November. BCS is providing regular timetabled classes for these students in order to prepare them for their HSC examinations and we will attempt to give these students as much support as possible in order to give them a memorable finish to their schooling. The Year 12 Formal has been postponed until later this term with a date to be confirmed.

A reminder to parents that the Sentral Parent Portal is up and running and is an important tool in your day-to-day management of your child's enrolment at our school. If you experience any difficulties in logging on, please do not hesitate to contact Admin.

My word of the week is "complacent"- being pleased with your achievements and feeling that you don't have to do anything about a situation.

Gus Comí

Headspace at BCS

On Wednesday 6th October, Balranald Central School celebrated Headspace Day. Headspace is an organisation that provides excellent mental health support to young people all over Australia. Headspace, Swan Hill provide a valuable service to students and young people in our area, visiting the school regularly to ensure students are aware of the services on offer. BCS has a telehealth centre which allows students to access Headspace digitally and maintain a high level of support, even during the lockdown times we are going through.

Headspace Swan Hill provided a number of activities and resources the students could enjoy, mainly during the wellbeing lessons on that day. Students discussed the importance of mental health, including what they can do to help themselves, and their peers. Activities included puzzles, bingo and origami along with relaxation techniques.

It is rewarding to help highlight organisations that help us.



PRIMARY PERSPECTIVE

Library Borrowing

The library is a great place to visit, and all students are encouraged to borrow regularly from the library. Kindergarten/Year 1 will head to the Library on Wednesday with Mrs Helgeland, Year 2 will borrow on Thursday with Mrs Lockhart, Year 3/4 will borrow on Tuesday with Mr Patterson and Year 5/6 can access the library as required. Students are also able to borrow books during the second half of lunch on any day. Library bags can be bought from the P & C uniform shop. Contact Lisa Dalton.

Labelling clothing

It is **very important** that jumpers, water bottles and lunch boxes have your child's name clearly written on it. The back of the school emblem on the jumpers is a great place to write names. If they get lost at school, they can be easily returned.

School Hats

Parents and students are reminded that during Term 4 the wearing of hats during outdoor activities is compulsory. Under the school's Sunsafe Policy, a student who is not wearing a hat is unable to participate in outdoor activities in the sun and will be asked to remain under the shade shelter in the primary playground. This includes during both recess and lunch and outdoor curriculum activities. All primary students have been provided with bucket hats courtesy of the P&C. If students have lost their hat a replacement can be purchased from the school canteen.



School Starting Time

School does not start until 8:30am There is no supervision for students until that time.

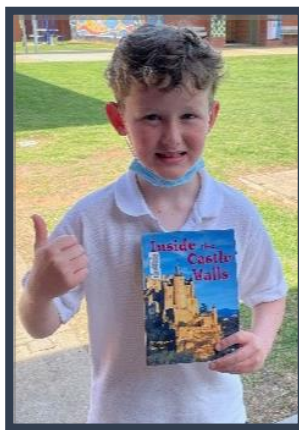
Home Reading

Home Reading is a very important part of a child's learning. We will be encouraging all students to participate in home reading each night. Each child has been given a reading journal/diary to record their reading with a section for their parents to sign. Teachers will regularly check that the students have been reading at home.

Students are recognised for their reading efforts, receiving a merit certificate on completion of 25, 50, 75, 100 etc., nights of reading. Once they have achieved 100 or 200 nights of reading, they are able to pick a book to take home. There is a great range of books available to choose from including stories from authors such as Tom Gates and Aaron Blabey.

Many of our students are well on their way to achieving 100 nights of reading.

Congratulations to Alayna Dalton for completing 225 Nights of Reading and TJ Manning for completing 175 Nights of Reading.



Primary Positions Term 4

Welcome to Mrs Kristy Helgeland who has taken on the role as the K/1 class teacher for Term 4. Mrs Kate Harper, Relieving Assistant Principal K-2 and Mrs Sam Lockhart, Relieving Assistant Principal 3-6. Please contact either Mrs Harper or Mrs Lockhart if you have concerns regarding your child. All primary staff are looking forward to a busy and hopefully uninterrupted term of learning and fun.

Mrs Harper and Mrs Lockhart

Primary Students of the Week



Year 5/6 - Edward Murray & Cassidy Lowe



Year 3/4 - Oscar Old & Nate Hensgen



Year 2 - Eva Gaston & Cadence Leggett



Year K/1 - Dempsey Cimino & Sophie Comitti



Balranald Central School

Achieving a quality education for all students in a caring environment

WE ARE TAKING KINDERGARTEN ENROLMENTS NOW FOR 2022

Before children can participate in these visits, they need to complete an enrolment form.

Unfortunately, due to Covid-19 restrictions, parents and carers are not allowed to stay any longer than 10 minutes.

KINDERGARTEN TRANSITION PROGRAM VISITING DATES

Visit 1	9.00 am to 11.00 am Wednesday, 20 th October 2021
Visit 2	9.00 am to 11.00 am Wednesday, 27 th October 2021
Visit 3	9.00 am to 11.00 am Wednesday, 3 rd November 2021
Visit 4	9.00 am to 11.00 am Wednesday, 10 th November 2021
Visit 5	9.00 am to 11.00 am Wednesday, 17 th November 2021
Visit 6	9.00 am to 11.00 am Wednesday, 24 th November 2021
Visit 7	9.00 am to 11.00 am Wednesday, 1 st December 2021

Each visit will comprise of activities, routines, skills, observations, speech screening and determination of strength and weaknesses in the kindergarten room. Recess will be provided.

For more information contact: Balranald Central School on (03) 5020 2222

Year 12 Design & Technology and Visual Arts Major Works



Table by Macy Lloyd



*Dog feeding bowl and
hook to hang dog leash
by Kasey Fisher*



NSW parent and carer mental health education sessions

headspace National is hosting free mental health education sessions in New South Wales, for Parents, Carers and Community Members, on ways they can support their young person when they are concerned about their mental health.

The sessions aim to:

- Strengthen your understanding of mental health and mental health difficulties.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

Session format

The format of the sessions will include the delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

Mode of delivery

Sessions will be held online via Zoom or face to face.

Duration

Lunchtime sessions are 1hr and 15mins.
Evening sessions are 1hr and 15mins with a panel.

How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3lchh8U>

Contact

For more information email:
programsupport@headspace.org.au

Healthy Kids Canteen



CANTEEN PRICE LIST

TERM 4

Oct 2021

Lunches

Specials:

Monday:

Steamed Mini Dim Sims with Soy Sauce \$3.00

Tuesday:

Bacon & Egg Muffin \$3.00

Wednesday:

!! Check the Newsletter!!

Thursday:

Hot Dog \$3.50

Friday:

Toasted Ham & Cheese Croissant \$3.50

Salad Bowl/Wrap/Roll \$4.50

Ham & Salad Bowl/Wrap/Roll \$5.00

Chicken & Salad Bowl/Wrap/Roll \$5.50

Toasted Cheese Sandwich \$2.50

Toasted Ham & Cheese Sandwich \$3.00

Party Pie \$1.30

Bakery Sausage Roll \$3.40

Bakery Meat Pie \$4.80
(Sauce 20c)

Bag 5 Goujons or Nuggets \$3.00

Pot Steamed Rice \$1.00

GF Chicken Tender \$1.50

Toasted Pizza Wrap \$4.00

(lean ham, lite cheese & pasta sauce)

Toasted Chicken Chilli Wrap \$5.00

(chilli tender & lite cheese)

Toasted Chicken BBQ Wrap \$5.00

(goujons & lite cheese)

Cup Chicken Noodles \$2.50

Pizza (Hawaiian or Cheese & Bacon) \$2.60

Cheeseburger (lean beef, lite cheese & tom sauce) \$5.00

Grilled Chicken Burger (lettuce & low fat mayo) \$5.00

Snacks

Plain Popcorn \$1.00

Fresh Baked Cookie \$1.00

Fresh Baked Muffin \$1.50

Snack Cup \$2.00

(Cheese, Crackers, veggie stix)

Red Rock Chips \$1.00

GF Cheese or Spicy Cornitos \$1.00

DRINKS

Water \$1.00

Plain Fresh Milk \$1.50

Add a Sipahh Flavour Straw 50c

Choc, Strawberry, Caramel, Mint, Cookies n Cream

Breaka - Choc, Strawberry \$2.00

Apple Juice \$2.50

GET-GO Juice

Raspberry, Blueberry, Blackcurrant \$2.50

Chocolate Oak \$2.80

Small 100% OJ \$2.80

Berry or Lime Hydrate Water \$3.50

SECONDARY ONLY

Coffee Nippy \$3.00

Ice Break \$3.50

Cold Snacks

Quelch Fruit Stick 60c

Orange Juice Cruncha \$1.00

Whole Fruit/Diced Fruit Cup \$1.00

Yoghurt Cup \$1.50

Lemonade Icy Twist \$1.00

Mini Calippo \$1.00

Choc or Strawb Ice Cream Tub \$1.50

Strawberry Frozen Yoghurt \$2.00

GREEN foods are HEALTHIER choices 😊
Other items are best as 'OCCASIONAL' choices



TERM FOUR - 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 B	11 OCTOBER <i>Exec meeting</i>	12	13	14	15
Week 3 A	18 OCTOBER <i>Exec meeting</i>	19	20 <i>Kinder Orientation</i>	21	22
Week 4 B	25 OCTOBER <i>Exec meeting</i>	26	27 <i>Kinder Orientation</i>	28	29
Week 5 A	1 NOVEMBER <i>Exec meeting</i>	2	3 <i>Kinder Orientation</i>	4	5
Week 6 B	8 NOVEMBER <i>Exec meeting</i>	9	10 <i>Kinder Orientation</i>	11	12
Week 7 A	15 NOVEMBER <i>Exec meeting</i>	16	17 <i>Kinder Orientation</i>	18	19
Week 8 B	22 NOVEMBER <i>Exec meeting</i>	23	24 <i>Kinder Orientation</i>	25	26
Week 9 A	29 NOVEMBER <i>Exec meeting</i>	30	1 DECEMBER <i>Kinder Orientation</i>	2	3
Week 10 B	6 DECEMBER <i>Exec meeting</i> Year 6 Graduation	7 K-12 Presentation Night	8	9	10
Week 11 A	13 DECEMBER	14	15	16 Last day of school for students	17 SCHOOL DEVELOPMENT DAY – PUPIL FREE DAY

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

CANTEEN SPECIAL
Wednesday 13th October
Sticky Chicken & Rice \$5