School News
Term 2 Week 3, 2014

Dates to Remember

May 15, 2014– NR Cross Country, Lismore
May 15, 2014– Yrs 7/8 Flat Camp Excursion
May 19/20, 2014– State Canoeing
May 21, 2014– P&C Meeting 3.30pm
May 23, 2014– Zone Cross Country, Pri
May 26, 2014– Costa Georgiadis visit
May 26-30, 2014– Yrs 7-11 Exams
May 31– Beef Week
June 3, 2014– Vaccinations Y7 & Y9 Boys
June 17, 2014– Community First Aid course
The benefits of wearing a school uniform at Bonalbo Central School:

- Wearing correct dress means that the health and safety of students is enhanced when involved in school activities.
- A sense of inclusiveness, non-discrimination and equal opportunity is promoted.
- The risk of peer pressure to wear fashionable and expensive clothes is eliminated.
- The personal safety of students is increased as visitors or even unwelcome visitors are easily identified.
- A sense of belonging and school spirit is developed amongst the students.

Primary Report

Welcome back for Term Two. We’ve started busy and with only a nine week term, it is sure to fly by!

At the end of Term One we had our Easter Picnic and Fun Day. Many parents came and joined us for a picnic and it was lovely to see them all sitting under the shade of the gums on the hill watching the students take part in fun tabloid sports. The hat parade was a hit, as was the Easter Bunny in his big white suit (Thanks Brendon)!

Last week we held our UCPSSA District Cross Country Carnival at the town oval. Schools participating were Drake, Tabulam, Bonalbo, Old Bonalbo, Urbenville and Woodenbong. Thank you to the organisers-Michael Gray, Christine Gambley and Lynne Davies. Thanks to the valued support of volunteers led by John Tart from the rural fire brigade, staff and parents from all schools who manned check points on the course, and encouraged students with cheers and applause throughout the day. A big thank you to the...
Bonalbo P&C who catered for the day, providing a canteen for students and much-needed coffee for adults. Congratulations to all competitors and especially to those going on to Zone at Corndale on the 23rd of May.

Cross Country Winners

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<thead>
<tr>
<th>Girls 5/6/7</th>
<th>Claire</th>
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<tbody>
<tr>
<td>8/9</td>
<td>Caroline</td>
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<tr>
<td>10</td>
<td>Charlie</td>
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<tr>
<td>11</td>
<td>Lilly</td>
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<tr>
<td>12/13</td>
<td>Samantha</td>
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<table>
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<tr>
<th>Boys 5/6/7</th>
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<tr>
<td>8/9</td>
<td>Brad</td>
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<tr>
<td>10</td>
<td>Matthew</td>
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<tr>
<td>11</td>
<td>Cameron</td>
</tr>
<tr>
<td>12/13</td>
<td>Bailey</td>
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This week is NAPLAN week when students in Years 3 and 5 sit assessments designed to assist schools in planning to meet the needs of students. Students will be sitting the assessments over three days, Tuesday, Wednesday and Thursday. These tests can be quite stressful for some students so please encourage and support them in their efforts. Results are generally available Term 4.

Due to so many dates on our calendar already, we are unable to confirm our assembly dates as yet. As soon as we can, a Term calendar will go home with this information.

We ask that all parents and carers write their child’s name inside their jumpers and tracksuit pants, as students forget to put their clothing away in their bags and we end up with piles of lost property every winter. We also ask that students wear school jumpers; however if their school jumper is in the wash, could they please wear a blue jumper or, if not available, a plain dark jumper - NOT pink, red or other bright colours. The P&C have pre-loved school jumpers available for a gold coin donation. Please contact Hellan Whitney at the school for assistance with these.

Have a great Term!
Primary Staff

1/2/3 Food Technology
Practical lessons are each Tuesday so students need to bring an apron, a tea towel and wear covered shoes to participate. Longer hair needs to be tied up. Some of the Australian foods cooked last term were Lemon Myrtle Mini Tarts and Damper. This term African food is the focus to align with their CWA project on Africa. Last week couscous was very popular with the students. This week Sweet Corn Rissoles from Zimbabwe will be prepared.

S. Taikakara

Agriculture News

Bonalbo Show
It may have rained for the dog trials on Friday, but the sun came out for Saturday of the Bonalbo Show. Six Year 9/10 students; Rosie, Shelly, Layton, Justin, Jacob and Scott met at 6.30 am to walk the three steers to the show and wash them. They presented their steers well and also presented themselves very well. Out of nine steers that entered Rosie’s steer ‘Pablo’ won third place! The students did a great job, with many people from the wider community commenting how great they looked and the great job they did with their steers. Thanks to the parents for getting the students up so early on a Saturday. Now we are looking forward to Beef Week on Saturday 31 May.

Year 7
The chickens hatched last term are growing well. The sheep have been enjoying the relatively dry weather. The students have planted winter vegies including, snow peas, carrots and silver beet. They have started a new topic on chicken production.

Year 9/10
With Beef Week soon the Beef Week projects have been started. These projects are for homework. In class we have started a new topic on Dairy. This will lead into pastures and tractor driving later this term.

Primary Industries
All students are required to complete 2 weeks work placement for the course. Most students will be going out later this term to local farms. In class we are doing a fencing topic that includes weather and communication.

Don’t forget Costa is coming Monday 26 May at 2.30!

Stephen Gray

TERM 2 CAREERS NEWS
Students from Years 10 to 12 will have the opportunity to attend the North Coast Careers Expo in Goonellabah this Thursday (15th May). 10 students have taken up the opportunity to attend this very worthwhile event. Although there will be some vacant
seats on the bus, I am trying to enforce the importance of deadlines and due dates!

The Australian Government has supplied us with copies of a very informative publication – “Parents Talking Careers Choices”, which we have decided to enclose with the newsletter for all Year 10 parents. While it is very important for parents to talk careers and post-school options with their children from a very young age, it becomes critical as the student progresses towards Years 11 & 12. Any other parents can request a copy, we will gladly print copies if necessary. Ring and ask to speak to me or simply ask one of the SASS staff in the Front Office.

Cheers,
Jan Maslen,
H.T. Sec. Studies / Careers Adviser

Expressions of Interest-BILLETING REQUIRED

During week 6, we are hosting a Lawn Bowls Gala day against Bowraville Central School and Guyra Central School. Guyra Central School have asked if we could assist with taking their students as Billets. You will be required to have a student stay the night on Thursday 5th June. During this time you will be responsible for their welfare and safety. If you are interested in having a yr 7 or yr 9 male student stay with you for a night, please contact Mr Flannery at the school.

Brandii returned from competing in the NSW CHS Girls Basketball competition tired but happy. Over the 3 days, Brandii competed against some of the best school girls in NSW. Although she came up against a lot older opposition, she gave her all and competed hard. North Coast didn’t have the most successful carnival however Brandii represented herself, her school and her family proudly. Well done Brandii.

Big congratulations to our Canoeing team who are The North Coast CHS Champions and also the North Coast All Schools Champions. The team comprised of Teal, Jeremy, Catriona, Gypsy, Chloe, Rosie, Hamish, Shanita and Renee. It was a successful competition individually for our paddlers as well, with Teal (senior womens) Catriona (junior womens) Jeremy (junior boys) and Renee (sub junior girls). Catriona also had the fastest time overall in the Down River event and Jeremy completed a clean run in Slalom. The team is now getting ready for the State Titles at Nymboida on the 17th-20th May.

Our School athletics Carnival was held during the last week of Term 1. It was a great day and I would like to congratulate all the competitors for their efforts. It was the closest carnival between Bruxner and Clarence with 1 point being the difference. Congratulations to Clarence for winning the Athletics carnival. Our age champions were

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<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>17+</td>
<td>Michael</td>
<td>Teal</td>
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<tr>
<td>16</td>
<td>Jeremy</td>
<td>Catriona</td>
</tr>
<tr>
<td>15</td>
<td>Jacob</td>
<td>Kirra</td>
</tr>
<tr>
<td>14</td>
<td>Hamish, Jack</td>
<td>Brandii</td>
</tr>
<tr>
<td>13</td>
<td>Scott</td>
<td>Taylah</td>
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<td>12</td>
<td>Leif</td>
<td>Ally</td>
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Our Lawn Bowls team had their first competition for the year. We came up against the highly fancied Evans River team who had a number of NSW representatives. Justin, Jacob and Leif gave their best efforts, however the experience of the Evans team proved too great. The game gave our team some much needed competition as we prepare to host Guyra Central School and Bowraville Central School in Week 6 as part of the Central Schools Knockout. Good Luck Team.

Term 2 began with our Secondary Cross Country. It was a great afternoon and many of our students enjoyed the social side of the carnival. We did have some notable standouts with Catriona first over the line closely followed by Mr Gray who competed in the 6km event. Our age champions for Cross Country are

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
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<tbody>
<tr>
<td>17+</td>
<td>Brandon</td>
<td>Jessica</td>
</tr>
<tr>
<td>16</td>
<td>Jeremy</td>
<td>Catriona</td>
</tr>
<tr>
<td>15</td>
<td>Jacob</td>
<td>Kirra</td>
</tr>
<tr>
<td>14</td>
<td>Hamish</td>
<td>Zarah</td>
</tr>
<tr>
<td>13</td>
<td>Scott</td>
<td>Taylah</td>
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<td>12</td>
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Many of these runners will be competing at the Zone Athletics Carnival held on Friday 16th May.

Well done to all our sporting representatives and with more sport on the way, it will be another big term for Bonalbo Central School Sport.

Yours in Sport
Shaun Flannery
**Omega-3 helps Kids Learn**
In a recent Northern Star article on a recently released study from Oxford University on 500 school children, it found that higher levels of Omega-3 fatty acids in the blood were associated with better reading and memory, fewer behaviour problems and better sleep patterns. Omega-3 enriched foods and drinks include milk, yoghurt, eggs, pizza, bread and soy drinks. Plant based omega-3 are found in canola oil, nuts (particularly walnuts), flaxseeds (linseeds), hemp oil, soybeans and dark green vegetables. Good dietary sources of high omega-3 DHA are oily fish including salmon, tuna, sardines and mackerel.

**Coffee Machine and Lazy Susan Raffle**
Year 11 and 12 Hospitality students are selling raffle tickets to fundraise for an educational excursion to Sea World Resort for Hospitality School, broadening their knowledge of the Hospitality industry. Raffle tickets cost $2 per ticket or 3 for $5. The prizes are on display at the front office. Tickets are also available at the front office. The raffle will be drawn at Multi-Cultural Day.

**CWA Land Cooking Competition**
Congratulations to the following Food Technology and Hospitality students who on the 27th February 2014 gained places in the CWA Land Cooking Competition for the Far North Coast judged at Bangalow.

- **Lumberjack Cake**: 1st-Mrs. Amos
- **Gluten Free Caramel and Almond Flake Slice**: 1st-Jemma
- **Cherry and Walnut Cake**: 1st-Jessica
- **Whole Orange Cake**: 2nd-Paddie Kirkley
- **Passionfruit Cake**: 2nd-Paddie Kirkley
- **Beetroot Relish**: 2nd-Rick Shea

First placegetters will compete in May at the State CWA Land Cooking Competition held this year at Griffith. We wish Jessica and Mrs Amos all the best as they progress to the final level of competition this week.

**Bonalbo Show**
Congratulations to the following Food Technology, Design and Technology (Textiles) and Textile Technology and other students who gained places in the Bonalbo Show recently.

- **Cooking Section**
  - **Chocolate Cake**: 2nd-Samantha
  - **Coconut Ice**: 1st-Sarah
  - **Date Scones**: 1st-Laura
  - **Decorated Biscuits**: 1st-Emily
  - **Lamingtons**: 1st-Taylah
  - **Packet Cake**: 1st-Samantha, 2nd-Emily, Highly Commended-Eliza

- **Three Varieties Cooking**: 1st-Taylah, 2nd Lilly
- **Needle and Handicraft Section**
  - **Article Summer Machine (Apron)**: 1st-Zarah, 2nd- Shanita
- **Adult Outfit**: 2nd-Nioka

**8 Design and Technology (Textiles)**
Students are currently completing their aprons and some spectacular tie dyeing is being created. A USB is required for this subject.

**9/10 Food Technology**
Plum Jam was very tasty and students computer designed jam labels were outstanding. They have made Eggs Benedict, Croquembouche (Traditional French wedding cake using profiteroles), Macaroons, Fish and Chips, Tuna Mornay. Bonalbo Show Cooking was also cooked last term. Practical lessons are each Thursday so students need to bring an apron, two tea towels, a dishcloth and wear covered shoes to participate. A display folder and thumb drive are also required.

**9/10 Textiles Technology**
Students have completed their pattern for their cushions with computer heat transfers with graffiti art as the most popular technique for their body pillows. A display folder and thumb drive are also required.

**11 Hospitality**
Students fundraised $160.00 at the Swimming Carnival for their Sea World Hospitality school excursion in Term 2. Thank you to students, parents and staff who supported this Coffee Shop. The senior visitors commented that the students were professional as Food and Beverage Attendants at the Senior Citizens Morning Tea and lunch on the 17th March at the school MPC. The P&C cooked a delicious platter for Morning Tea and appetising salads, ham and roast chicken with mouth watering mint cheese cake for lunch.

To participate each Friday in practical lessons students need their hospitality uniform, black leather shoes, 2 tea towels and a dishcloth. A display folder and thumb drive are also required. Student forms ‘Workplace Learning’ involving ‘Accommodation Away from Home’ (if required) are due at the front office once work place supervisors and parents or carers have signed them. Connect staff have met with Year 11 and some Year 12 Hospitality students finalising their work placements. Year 11 will take place in Term 2 in the first week of the school holidays (30th June-4th July) or Week 3 term 3(28th July-1st August) depending on student’s preference.
12 Hospitality
Practical lessons are on Wednesdays. Custard, crepes, chicken wings, a roast, Chicken Kiev and a Seafood Basket are some of the dishes Year 11 and 12 students have enjoyed this year. A thumb drive is required.

Old Food and Textiles magazines
Please leave old food or fashion magazines at the front office to be used in Food Technology and Textile classes. Thank you.

S. Taikakara

Shania Hickling, a Year 12 Bonalbo Central School student and vice-captain, was recently awarded a 2014 FACS Housing NSW Youth Scholarship.

Joanne O'Connor, the Housing Manager with Family and Community Service, Housing NSW, told a recent school assembly that the scholarship recognised Shania's commitment to her education and her focus on her future employment. Hundreds of applications were received for the scholarships, making it a very competitive field of candidates.

Mr Hodges, also emphasised how proud the staff and students at Bonalbo were of Shania.

Shania combines her Year 12 studies with her traineeship in the banking sector as well as playing netball. She seems to be travelling continuously for school, work or sport training as she lives in Tabulam, attends school in Bonalbo and works and plays sport in Casino.

Community Liaison Officer
Welcome back to Term 2. I hope it was a happy and safe Easter break for all. At this time of the year, the focus tends to be more on community involvement than at any other time of the school year. On this note I would like to take the opportunity to thank all of the students and their parents/carers, who made the effort to attend the ANZAC Day march at Bonalbo. It is always wonderful to see the representation from our school and the feedback from the community is always positive so thank you to those people who attended and for those who couldn't make it this year, remember that there is always 2015.

Bonalbo Show which was held on Friday 2 & Saturday 3 May 2014, was a big event for student groups within our school with such things as Arts and Crafts, Cooking and led cattle all being entered for judging. As a school we like to support such important events, not just because it is local, but also as it is a great experience for the students of our school to showcase what they can achieve and to take pride in their accomplishments. Students are also encouraged to attend the show as it is always a great experience whether they are entrants or just searching for inspiration, however the weather was against us this year.

Don't forget that P&C meetings are held on the third Wednesday of every month (except during holidays) at 3.30pm in the Primary area. Everyone is very welcome to attend.

I am always open to suggestions, so if you have any questions, problems, suggestions or constructive criticism feel free to contact me either at the school on 66651205 or email nicole.wright-bernhagen1@det.nsw.edu.au.

P&C Report
Welcome back to Term 2, I hope everyone had a good break.
We have been approached about organising a Deb Ball this year. If you are interested in doing your “Deb” could you please get your parents to contact Raelene Smith, Michelle Meadley or myself so that we can start organising for this event.

Thank you to the ladies who organised the canteen for the Primary District Cross Country. It was a busy day, great job!

Hellan Whitney
President
Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at:


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Important Notice - Research in the School

The school is participating in the Aspirations Study, a research study run by Professor Jenny Gore and her colleagues at the University of Newcastle.

Students in Years 7 will be receiving a letter home about the study. If you do not want their data to be given to the researchers, please return a withdrawal form to the school. Withdrawal forms are available from the school office and in the letter you will be given.

For more information or to download a withdrawal form, please visit www.newcastle.edu.au/aspirations.

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Bonalbo Swimming Club
Presentation Night

5.30pm, Saturday May 24, 2014

At the
Bonalbo Bowling & Recreation Club
Followed by

A free disco
Dining room open for meals or snacks
All persons under the age of 18, must be accompanied by a responsible adult.