School News
Term 1 Week 2, 2014

Addi & Sam with NC Blue Awards

Dates to Remember
February 7, 2014 – Sec. Swimming Carnival
February 14, 2014 – Pri UCPSSA Swimming Carnival, Woodenbong
February 19, 2014 – P&C Meeting
February 21, 2014 – Primary Assembly
February 25, 2014 – Zone Swimming Carnival Sec. (Lismore)
February 27, 2014 – NR Zone Swimming Carnival Pri. (Lismore)
February 27, 2014 – NR League Trials, Lis.
Principal’s Report

The Bad Penny?
Well I’ve turned up in Bonalbo for 2014 again like the proverbial bad penny. About two months ago as I wrote my “last” Principal’s I had no idea whether I’d be back this year as the school’s permanent Principal. After applying for the Principal’s position in late 2013, I was honoured to be able to accept an offer to take up the permanent position starting in Term 1 2014.

After the initial rush of excitement wore off, and I will admit to feeling a small measure of relief, it began to dawn on me how much responsibility I was being given and what a mark of trust such an offer of a position is. Nothing engages us quite like the education of our children and I take the responsibility of being Principal at Bonalbo Central School very seriously.

While I see a lot of challenges ahead I’d like to start my permanent time in this position on a positive note. I’ve been teaching in public schools for just over 28 years; my career started in 1986 at Trundle Central School in the Central West of NSW. In that time I’ve taught a great many children and come into contact with a lot of teachers. While I’ve occasionally come across a teacher who wasn’t up to scratch, the vast majority of the teachers I’ve met have been universally professional and dedicated to getting the best from the students in their care.

After getting to know the teachers at Bonalbo Central School I know we are lucky: lucky to have a dedicated, hard-working faculty who have the knowledge to teach our students to the highest standards and provide them with a world class education. It is in the nature of this job that at times parents and community members will be unhappy about something that happens at the school. It is my job to deal with such issues and try to resolve them. One of the commitments I make as Principal is to try to resolve any issues that arise in what I believe is the best interests of the student/s involved.

While I am willing to make such a commitment to the school community I would also like to make a request: when you’re unhappy with something please bring it to me and I’ll do my best to resolve the matter, however when you’re happy with something please don’t hesitate to let others know. Bonalbo Central is a great school, none of us should be timid about saying so.

Trevor Hodges
Principal

Primary Report

Primary staff would like to welcome back all our parents, carers and students for a fantastic Term One, 2014!

We welcomed all our new Kinder students on Monday, and are excited to see another year with a large group of 13. Mrs Kandas Phillips will again start the new year off in her relieving position as Kindergarten teacher, and as I write this I can hear the laughing and fun as Kinder jump around to a dance next door. Because of the wonderful Transition program she ran in 2013, all the students have settled in like ‘old hands’ and are ready to go!

Ms Lynne Davies is again on Year 1/2/3, and it is great to add that this is also one of the largest groups we have had at Bonalbo for a while. Lynne is assisted by Amanda Bowman, and both have been tirelessly setting up their classroom for a wonderful year of learning.

The Year 4/5/6 teacher is Ms Megan O’Meara, with Mrs Hellan Whitney assisting as SLSO. The students are lucky to have such an experienced aide in the classroom. The class look forward to some exciting and interesting topics this year, and have already shown great positivity and enthusiasm.

In the Primary we are also very fortunate to have Ms Samantha Ludwig as our Learning and Support Teacher. Ms Ludwig is a gifted teacher, who works very hard in her varied roles as LaST and Release teaching, taking students for assessment, assisting classroom teachers with developing individual and class programs, as well as taking various subjects for each of the classrooms.

All students, new and old, are settling in quickly as routines are established and timetables and calendars organised.

Some reminders:
Please ensure your child’s clothing has a name clearly marked. Students are encouraged to bring water bottles to school to keep hydrated. Please make sure your child has covered shoes, especially for sport. Please notify the school in writing or by phone of any variation to your child’s routine.

We ask that parents who may have any questions or concerns over the following weeks and terms to please contact their child’s teacher and arrange a
Primary Swimming Carnival
On Friday 31st January Primary students participated in the school Swimming Carnival. All students are to be highly commended for their tremendous effort, in swimming and sportsmanship, supporting their teams both in trying their best in all races and cheering on their teams. A big thank you to all the parents and community members who came to support the students in their swimming. Also, to the P&C for catering with a bbq lunch and canteen facilities. A great day was had by all. Congratulations to the Clarence Crusaders who won by a small margin against the Bruxner Bandits. Notifications will be sent out for those students who will going on to Zone at Woodenbong Friday 14th February.

Primary Staff

1/2/3 Food Technology
Practical lessons are each Tuesday so students need to bring an apron and a tea towel and wear covered shoes to participate. Hair needs to be tied up. Australian foods will be cooked this term with vegemite sandwiches, lamingtons and pavlova from the book ‘Possum Magic’ prepared over the next few weeks.

S. Taikakara

Science / Maths
Welcome back to all students.

Reminding Secondary students the classroom requirements for all lessons include exercise book, blue or black pen, red pen, pencil and ruler. Years 9, 10, 11 & 12 also need a calculator for Maths which may also be needed in Science, Chemistry and Biology for some topics. Mathomats may be needed in some lessons. The Mathomats and calculators can be purchased from the front office. Mathomats are $20 and calculators are $19. Covered shoes are essential for all Science practical lessons.

Homework for all students is to regularly revise the day’s work to ensure a complete understanding of the concepts being taught. At times there will be other set tasks to be done at home, these being set by individual teachers.

The Science topics being studied first are:-
Year 7 Introduction to Science
Year 8 Being a Scientist
Year 9 Chemistry of Matter

Year 10 Science on the Road
Year 11 Biology Ecosystems and Patterns in Nature
Year 11 Chemistry Chemical Patterns in Nature
Year 12 Biology Blueprint of Nature
Year 12 Chemistry The Acidic Environment

Narelle Gray

8 Design and Technology (Textiles)
This semester students will be designing, making, decorating and evaluating an apron that will be worn for food preparation lessons in Semester Two. A display folder is also required.

9/10 Food Technology
Last week’s Fruit Balls were delicious and students are looking forward to making Cinnamon Donuts, Marble Cake, Tuna Mornay and Croquantbouche (Traditional French wedding cake using profiteroles) in the coming weeks. Practical lessons are each Thursday so students need to bring an apron, two tea towels and a dishcloth and wear covered shoes to participate. A display folder and thumb drive are also required.

9/10 Textiles Technology
Students have chosen a ‘Furnishings’ unit this semester, looking at Interior Design and selecting cushions as their sewing projects. Marbling, iron on computer transfers and quilting are the techniques selected so far for their cushions. A display folder and thumb drive are also required.

11 Hospitality
Students have already baked an array of delicious sweets (meringues, caramel slice, chocolate cakes and a hummingbird cake) which will be on sale with espresso coffee and hot chocolate at this Friday’s Swimming Carnival, to fundraise for their Sea World Hospitality Training School excursion in Term 3.

The units studied this semester are ‘Use hygienic practices for food safety’ and ‘Participate in safe work practices’, with this assessment task due on the last day of this term. Practical lessons are on Fridays but some are scheduled for Monday as well. To participate students need their hospitality uniform, black leather shoes, 2 tea towels and a dishcloth. A display folder and thumb drive are also required.

Students ‘Agreement for Hire of Hospitality Equipment and Uniform’ is due back this week once parents or carers have signed it.
12 Hospitality
The units students are studying are ‘Clean premises & equipment’, ‘Participate in safe food handling practices’ and ‘Participate in environmentally sustainable work practices’, with half-yearly exams in weeks 10 and 11 this term. Practical lessons are on Wednesdays. To participate students need their hospitality uniform, black leather shoes, 2 tea towels and a dishcloth. A display folder and thumb drive are also required. Students ‘Agreement for Hire of Hospitality Equipment and Uniform’ is due back this week once parents or carers have signed it. Students will be attending Sea World Hospitality Training School excursion in Term 3.

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

S. Taikakara

Sport
With Australia reclaiming the Ashes, Rugby League World Cup back on Australian soil, and the first Australian to win a Super Bowl ring, this year looks like a big year for sport.
I would first off like to mention Catriona Bain who competed in the National Canoeing Championship in Penrith over the Christmas break, placing in some events. Catriona has shown a great passion for her sport and a commitment that is backed with the support of her parents.
Speaking of Canoeing, towards the end of last year, 2 of our students received North Coast Blue awards for their achievements in Canoeing. Sam Neilsen and Addison McCormack received their awards at a ceremony in Yamba. Both boys deserved their awards as they have shown leadership and skill in the sport of Canoeing. Well done boys.
Also a quick mention of Blake McCormack who has worked on the school canoeing trailer to fix the wiring. Cheers for your efforts Blake.

Sport for the high school kicks off with our swimming carnival. Bruxner Bandits will be looking to maintain their stranglehold on the swimming trophy while Clarence Crusaders have a lot of new faces who may help them start the year with a win. Good luck and stay tuned for the results in the next newsletter.

Sports Stars is off and running again this year with soccer the focus for Term 1. The squad has improved in numbers and I look forward to helping these athletes throughout the term. Thank you to the Bonalbo P & C and Bonalbo Newsagency for your continued support for 2014.
We have a number of sporting teams gearing up for the state wide knockout competitions. Basketball, Soccer and Table Tennis are all getting ready and have started training. Good luck to all these teams.

With Term 1 bringing the hot weather again, a reminder to parents and students that suitable clothing for Sport and PDHPE, needs to be worn, that is School shirt and shorts, a hat, covered shoes, sunscreen and plenty of water.

Yours in Sport
Shaun Flannery
Choices and Culture and Standing Tall

Whether you are a leader or a potential leader (that’s everyone), knowing how to react when someone in your group/team does something you wouldn’t is one of the hardest aspects of leadership. People will make their own decisions, their own choices, and it is important that you don’t take these personally — unless, of course, you know that a decision had been deliberately made to cause you harm. What you can control is your own behaviour. If you are a leader or potential leader (that’s everyone) it is important that your own backyard is in order. Once you feel comfortable enough that your own behaviour stands up to inspection then leadership becomes about action. A good leader is someone who realises that something is not quite right about a certain situation and attempts to do something about it. To put it simply: see something-do something.

But you can’t change the world on your own remember that you can’t control other people- and therefore you can’t be responsible for them either. You just hope they know the difference between right and wrong. When a young person or any person for that matter is faced with a situation like driving a car after a couple of beers or experimenting with drugs, the parent, carer or friend can only hope that they’ll make the right decision.

Yes, life is about choices and standing tall, the following lines were discovered on a wall in Costa Rica in a little town called Montezuma and I think it sums up the importance of choice perfectly.

“Everyone is responsible for their own choices. There is power in choosing. There is special power in knowing I am the chooser at every moment.”

In every situation even when I do not take action, even when I do not make a decision, I am choosing not to decide, I am choosing not to take action. At every moment:

I choose who I keep company with-or not to keep company with.

I choose what I learn, or not to learn anything at all.

I choose how to spend my time-including choosing not to choose.

In life, I chose my mentors-or not to have a mentor, not to admire or emulate anybody, or ask for help.

When I go out the door, I turn right or left or go straight ahead. The path I take can influence my whole life. I can choose not to go out at all.

Most importantly, I chose which ideas, actions, foods, drinks and substances I say ‘NO’ to and which ones I say ‘YES’ to.

I teach myself a thousand times a day to make brilliant decisions-or not.

Chaplain Pete can be contacted at Bonalbo Central School usually on Mondays and Friday morning, at Tabulam School Wednesday and Friday afternoon or at home 02 6662 5170 or pjbough@optusnet.com.au.

Pete is employed as school chaplain under the Federal Governments School Chaplain/pastoral carer scheme.

Acknowledgement to Tom Harley for excerpts from his book Standing Tall.

Chaplain Pete

WHS Committee

The Bonalbo Central School Work Health and Safety (WHS) committee had its first meeting for the year on Monday the 3rd of February with 6 staff in attendance. This committee will meet on a regular basis throughout the year; if staff or students need to contact them they can do so through Mr Garth Bell.

Mr Garth Bell
Year 7 – Off to a Good Start

What a great group we have this year! The students of Year 7 are cheerful, enthusiastic and, it seems, quite clever. They are following the timetable really well, turning up to lessons with their books and pencil cases, ready to learn.

Thank you, parents and carers, for making sure your Year 7 student have all the books and materials they need. It is essential that students are equipped for learning. As the year progresses please ensure your child continues to have a full pencil case and other equipment — pencils get used up, pens get lost or broken. In this simple way you are giving your child valuable support.

Note that all Year 7 students have been given a Computer and Internet Use Agreement. Please read this carefully with your child, then sign and return to school as soon as possible so your child can start using computer resources.

Sally Goldstein
Yr7 Year Adviser

Red Cross Good Start Breakfast Club

I would like to thank anyone who has helped us in any way during the year. Thanks to Mark and Michelle Petty for $1000 donation to keep Good Start Breakfast Club going, also Upper Clarence Lions Club for putting on a sausage sizzle every first Monday of the month.

The Good Start Breakfast Club wouldn’t keep going without my team of volunteers who give of their valuable time to run Breakfast Club. Jenny, Hellan, Michelle, Marnie and Ron, also students Shannon, Angus, Zac and Lily. Thank You all, I really appreciate the work you have all done this year.

I hope you all had a very Happy Christmas and restful holiday, ready for another good year of Breakfast Club.

If anyone would like to give two hours Monday, Wednesday or Thursday please contact Mon Petty Ph 02 6665 5113

Thank You
Mon Petty
Community Liaison Officer-Position available

Applications are invited for the position of Community Liaison Officer (CLO) at Bonalbo Central School

The Role:
Support and facilitate participation of parents and carers in school events and activities

Duties may include:
Being on call to organise parent/carer activities
Promoting a positive image of the school through local newspapers and newsletters
Informing parents and carers of special events, meetings and assemblies – by phone and email

Time Commitment:
An average of 3 hours per week, ranging from 1 hour to 6 hours, depending on school needs

Desirable Criteria:
Word processing skills
Emailing and internet skills
Ability to download photos to computer
Awareness and understanding of school operations

Applications:
No more than one page in length plus a summary of qualifications
To: The Principal Bonalbo Central School, Yabbra Street, BONALBO 2469
or emailed to bonalbo.c.school@det.nsw.edu.au by 3.30pm February 14, 2014

For more information please contact Bonalbo Central School 02 6665 1205.
## Canteen Menu and Prices

### Canteen Price List - 2014

**Sandwiches, Rolls, Wraps, Turkish Bread, Toasted Sandwiches and Jaffles**
Choose from a selection of fillings including chicken, ham, roast beef, tuna, cheese, tomato, lettuce, cucumber, carrot, beetroot, pineapple, baked beans, spaghetti, egg, avocado, red onion and sprouts.

**Sandwiches (Brown or White Bread)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 filling</td>
<td>$3.00</td>
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<tr>
<td>Extra filling add</td>
<td>.25c</td>
</tr>
<tr>
<td>(Salad typically includes cheese, tomato, lettuce, cucumber, onion, beetroot and carrot)</td>
<td>$3.50</td>
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<tr>
<td>With Meat</td>
<td>$4.00</td>
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<tr>
<td>Add 50c for rolls, wraps, Turkish Bread, Jaffles and Toasting.</td>
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**(A selection of premade rolls, wraps and sandwiches are available over the counter daily)**

**Burgers**

- Chicken (lettuce, tomato, cheese and mayo) $5.00
- Beef (lettuce, tomato, cheese, beetroot & BBQ sauce) $5.00

**Hot food**

- Homemade lasagne (Beef and vegetarian) $4.00
- Chicken, cheese and potato $4.00
- Chicken Curry $4.00
- Hot Dog $2.50
- Hot Dog with Cheese $3.00
- Homemade Pizza and Mini Quiches $2.00
- Pizza singles or Rounda $2.70
- Sweet Chilli Chicken Tenders $1.50
- Wing Things and Hash Browns $1.00
- Cheese & Bacon Sausage Rolls $2.70
- Good Eating Sausage Rolls $2.20
- Chicken & Cheese Sausage Rolls $2.70

**Spinach & Ricotta Rolls** $3.00
**Beef Pies** $3.50
**Cheese & Bacon Pie** $4.00
**Potato Pie** $4.00
**Snack Pie** $1.00
**Vegetable Pastie** $3.00
**Nachos** $3.50
**Wedges – Wednesday** $3.00

*A selection of specials are available daily (ordering in the morning is advisable)*

**Snacks and Drinks**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Chips, pretzels and popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Eucalyptus Drops and Nutella</td>
<td>.60c</td>
</tr>
<tr>
<td>Fresh baked muffins</td>
<td>$1.50</td>
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<tr>
<td>Water</td>
<td>$2.00</td>
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<tr>
<td>Pump Water</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Milo</td>
<td>$1.00</td>
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<tr>
<td>Iced Tea</td>
<td>$3.50</td>
</tr>
<tr>
<td>Juice Popper</td>
<td>$1.70</td>
</tr>
<tr>
<td>G.V. Juice</td>
<td>$2.70</td>
</tr>
<tr>
<td>Mineral Water</td>
<td>$3.00</td>
</tr>
<tr>
<td>Nipps Iced Milks (Choc, Coffee)</td>
<td>$2.70</td>
</tr>
<tr>
<td>School Milks</td>
<td>$1.70</td>
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<tr>
<td>Frozen Yoghurt</td>
<td>$2.00</td>
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<tr>
<td>Icy Poles</td>
<td>$1.00</td>
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<tr>
<td>Sunny Boys</td>
<td>$1.00</td>
</tr>
<tr>
<td>Icy Monys</td>
<td>.60</td>
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<tr>
<td>Zuppa Duppa</td>
<td>.50</td>
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<tr>
<td>Paddle Pops</td>
<td>$1.50</td>
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<tr>
<td>Shaky Shakes</td>
<td>$2.50</td>
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**Fruit**

Fruit is always available at the canteen (prices vary due to availability)

- Watermelon-when available $1.50
- Grapes-when available $1.50
- Yoghurt $2.00

**Watermelon** - when available $1.50
**Grapes** - when available $1.50
**Yoghurt** $2.00
2014 Adult Education Classes

In 2014 Bonalbo Central School will be offering Adult Education Classes

Hospitality (VET Cert II)

Visual Arts

Patchwork

Community members who might be interested in undertaking one of these courses are asked to ring the school and provide their contact details.

Hospitality and Patchwork will be held during school hours.

Please contact Bonalbo Central School front office on 02 6665 1205.