Bonalbo Central School

Lifelong Learning for a Positive Future

School News
Term 1 Week 5, 2014

Dates to Remember
March 4, 2014– NR Touch Trials, W,bong
March 7, 2014– NR Netball Trials, Casino
March 10, 2014– Table Tennis, G,Bah
March 13, 2014– NR Soccer Trials, Lis.
March 14, 2014– Primary Assembly
March 17, 2014– Senior Citizens Day
March 19, 2014– P & C Meeting
March 27, 2014– Vaccinations -
   all Year 7 & 9 Boys
Principal’s Report

While Mr Hodges is on leave for the next 2 weeks, I am Relieving as Principal, Ms Schumacher is relieving as DP and Mrs Kilroy as HT English.

The year has begun well with students settling into school and their new classes after the holidays. There have been many sporting events to ease everyone into the swing of school life. As well as the Swimming Carnivals, we have had away events in Basketball and Soccer with more events coming up in these and other sports.

Academically, teachers and students are well into their work in all subjects and classes with the first secondary assignments being set as we approach the middle of the term. Year 12 students have been to a ‘Uni Showcase’ to get a taste of what choices there are for their post-school life.

Year 11 and 12 students have signed their senior contracts and are working steadily towards completing their first assignments for the term and year 12 are preparing for their half yearlies at the end of Term 1.

Congratulations to Shania Hickling who has been awarded a NSW Housing Youth Scholarship.

We recently advertised the position of Community Liaison Officer at the school, and I can announce that Nicky Wright Bernhagen has been appointed to the position. She can be contacted via the school contact numbers.

Ms Corinne Miller

Primary News

Congratulations to all Primary students – particularly our Kinders, for settling in so quickly and efficiently to school this year. It is Week 5 already, with routines and the business of learning well established.

On Friday 14th February, Ben and Caroline, Bailey, Renee, Harriet, Lilly, Charlie, Brad and Kirah did a fantastic job representing our school at the Woodenbong Zone Swimming Carnival. All students won ribbons for their races. Ben won the Junior Boys Champion, and Caroline won the Junior Girls. Many thanks to the parents who came to support their children, particularly Mr Sankey, who worked tirelessly, time keeping for the day. Renee, Lilly, Ben, Caroline and Brad will be going on to represent Bonalbo at District Carnival in Lismore this Thursday.

It has been a pleasure to welcome Mrs Kathleen Collis back into the school. She is replacing Mrs Phillips, who is on leave over the next three weeks. Mrs Collis is a very experienced and capable teacher who has a wonderful rapport with our students. Another new and welcome face has been Mrs Sandy Cousins, who has been doing some relief work in the primary. We hope to see much more of Mrs Cousins in time to come.

A big thank you to the parents and carers who have put up their hand to do some reading with our students during literacy time. We are keen for any interested parents and community members to come into the school to help with maths and/or reading groups. Please come in and see the teachers to discuss any times you may have available. The only requirement is the filling in of a form, which is available at the front office.

Primary Staff

1/2/3 Food Technology
Practical lessons are each Tuesday so students need to bring an apron, two tea towels and a dishcloth and wear covered shoes to participate. Hair needs to be tied up. Australian foods will be cooked this term with Anzac Biscuits, Pumpkin Scones, Mornay and Bush Tucker Lemon Myrtle Tarts with Wendy Johnston prepared in the next few weeks.

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 Croquembouche (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
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.

CWA Land Cooking Competition
Congratulations to the following students who in December 2013 gained places in the CWA Land Cooking Competition judged at Bonalbo Central School by Mrs Petty.

Lumberjack Cake: 1st-Mrs. Amos; 2nd-Mitchell
Gluten Free Caramel and Almond Flake Slice: 1st-Megan; 2nd-Jemma
Donna Latter Chocolate Cake: 1st-Catriona; 2nd-Courtnancy; 3rd-Tialah
Cherry and Walnut Cake: 1st-Jessica
Whole Orange Cake: 1st-Paddie Kirkley; 2nd-Lachlan; 3rd-Mrs. Taikakara
Passionfruit Cake: 1st-Paddie Kirkley; 2nd-Tamykah; 3rd-Mick
Beetroot Relish: 1st-Rick Shea

First and second places will compete this week at the branch judging at Bangalow CWA Land Cooking Competition. We wish them all the best as they progress to the next level of competition.

Mrs Taikakara

Agriculture News

Year 7
The gardens are growing well despite the dry weather. At the moment students are harvesting beans, cucumbers, chillies, eggplant and capsicum.

Some areas are being prepared for winter vegies with compost and manure being mixed in. In the classroom students have been working through their vegetable production workbook and their first major assessment is due later this term. It is a garden design project.

Year 9/10
We have 4 steers on grain preparing for Bonalbo Show and Beef Week. The students are training them to tie up and lead. It is a slow process that requires patience and an understanding of cattle behaviour. In theory classes students have been learning about the history of Agriculture in Australia and our local area.

Primary Industries
The Primary Industries class has been doing much of the muscle work involved in training the steers. They have been involved in the process in previous years and are now honing their skills.

Sheep Sale
We have 4 adult ewes (cross bred) for sale $25 each.

Stephen Gray

English

It’s great to see everyone back and to welcome the new Year 7’s. Students are settling into their English studies for the year. The Year 7 and 8 classes are studying Advertising and are learning about persuasive techniques and the way advertising influences personal choices. They will be creating their own advertising texts later in the term.

Ms Schumacher’s Year 9 class is also studying Advertising and have made a positive start, beginning to think about creating their own advertising texts, while Mrs Kilroy’s class is studying the novel ‘Boy Overboard,’ by Morris Gleitzman. Mrs Kilroy’s Year 10 class is exploring poetry through rap and Mrs Martin’s Year 10 class is learning how to respond to and analyse different types of texts. Mrs Kilroy’s Year 11 are examining the poetry of Bruce Dawe and Year 12 are working their way through the Area of Study and the concept of belonging. Ms Schumacher’s Year 11/12 English Studies class is exploring the language of travel texts.

As Year Advisor, I’d like to send a reminder to Year 12 students to keep on top of their assessment tasks, and a general reminder that the Common Room is out of bounds to any student not in Year 12. Also, any
Year 12 student who has not paid for their senior jersey needs to do so as soon as possible.

Kate Schumacher
Relieving Head Teacher, English/CAPA

Sport

Our swimming Carnival was held in Week 2. Although numbers were down, many students competed in most of the events. The importance of participation and giving your best was shown to be a big difference when it came to the overall house winning. Bruxner Bandits (535) were again successful in winning the swimming carnival by 5 points from Clarence Crusaders (530). Well done to everyone especially the age champions.

Boys | Girls
---|---
12yrs – Justin | 12yrs – Lakeisha
13yrs – Brendan | 13yrs – Chela
14yrs – Jack | 14 yrs- Brandii
15yrs – Jacob | 15 yrs - Kirra
16yrs – Nicholas | 16yrs – Catriona
17+yrs – Justin | 17+yrs – Teal

Well done again to all the competitors and to Bruxner Bandits.

While on the subject of Swimming, our Northern Rivers Zone Swimming carnival will be held in Week 5 at Lismore. Catriona, Nicholas, Larze, Jacob, Eliza, Justin, Taylah, Lakeisha and Brendon will be competing for Bonalbo. We wish them all the best.

Our open girls Basketball team competed in the CHS Basketball Knockout competition. The team consisted of, Brandii, Catriona, Teal, Chloe, Megan, Kirra, Shelley and Zarah. The girls were nervous but had an easy first round win over Casino. We then played Woodenbong. It was a tight match with the lead swinging every minute. Brandii again showed her class and ability to keep cool in a tight game to lead our girls to a win. Catriona supported Brandii well as did the whole team. We then came up against the very strong favourites Lismore High School in the Final. Our girls started strongly taking the lead early on. Again Brandii led the way in scoring while Chloe handled herself well in defence. Lismore’s experience began to show as they raced out to what would be a game winning lead and our girls went down in the final 28-16. A great effort from our girls who really showed their competitiveness while enjoying themselves. A great effort girls.

A special mention needs to go to Brandii and to Catriona who were both selected in the Northern Rivers Zone representative team to compete in Lismore on Friday 28th February. Both girls deserved their selections with Brandii showing her skill throughout the day and Catriona for showing her fight and willingness not to give up. We wish you both the very best of luck and I know you will do not only your school and parents proud, but also yourselves. Well done girls.

Our Boys and girls Opens Soccer teams will be playing their first games of the CHS Knockout competition in week 5. The boys will have a very tough game against Casino in Casino while the girls will travel to Kyogle to play their match. Good Luck to both teams.

Jacob and Matthew will be heading to Kadina for the chance to be selected in the Northern Rivers Zone 15Yrs Rugby League Side. Both boys have shown their capabilities and love of league. Good luck to you both.

Week 6 will bring 15yrs Touch trial at Woodenbong with a number of our students attending the day, and also our Opens netball side will be travelling to Casino with Mrs Kilroy to compete in the NSW CHS Knockout Competition.

Week 7 we will have our school Table Tennis teams, accompanied by Ms Owens, take on the best of the Northern Rivers at Goonellabah. The teams will be lead by Logan who last year showed his talent in the sport.

Week 7 also gives our best soccer players the chance to be selected in the Northern Rivers Zone team at a selection trial in Lismore so good luck to everyone.

With such a big start to the school year in sport, I would like to thank all staff and parents who assist in helping to give our students the best chance of playing in a variety of Sports.

Yours in Sport
Year 11 Update

Year 11 students have settled into their senior studies well. They have all finalised their subject choices for their Preliminary Certificate. Senior Commitment Contracts should have been signed by each student and carer and returned to the front office. Every student should be working on their first assessment tasks for English and other subjects including Biology, Hospitality, Visual Arts, Design and Technology and Maths. Other assessment tasks will be given to students soon as well.

Each student has set up a study routine and has their study timetable established to ensure they maximise their chances of success this year. A suitable permanent area should be set aside at home for study, this area being away from distractions such as TV.

Keeping up to date with all work is important. Don’t let homework pile up and don’t leave completing work to the last minute. Regular revision of the day’s work is essential. Your success is your own responsibility.

Narelle Gray

Chaplains Ponderings

Who do you think you are?
A program I like to watch on TV is ‘Who do you think you are?’ The concept of some modern day relative ‘digging up the dirt’ so to speak on some long dead relative holds great fascination for me.

And I ask myself ‘Pete, who do you think you are?’ How do I see myself, do I like what I see when I look in the mirror? Most of us, I think see a distorted reflection, a vision of ourselves that has been produced by the upbringing we have had. We often see ourselves through the words or actions of others. Our past can have a dramatic effect on the way we think about ourselves.

Other people will always have an opinion of you, and more often than not it won’t be the same as your opinion of yourself, especially if they do not like you or are in competition with you. It is a fact of life. Face it- you have opinions about the people around you, so chances are they will have opinions about you. I think it is true many girls are so worried about what others think of them, especially the boys, that it affects the clothes that they wear, how they do their hair, what perfume they splash on, even which music they listen to.

The Guys are just as bad; they just won’t admit it...but this need to fit in - we just want to be loved and accepted. We worry so much about what others think of us yet the funny thing is, in the long run, what they think often doesn’t help us at all. So don’t worry about what others think – it is overrated.

Your choice
In my last ponderings there is a poem about choices, have a read of it. I think the most powerful thing we have been given in the universe is the power to choose. So what do you do with important choices you have to make, if you have not already made them?

- What do you do with the truth?
- What do you do with the opinions of others?
- What do you do about your opinions of yourself, if it is not the opinion you would like to have?

A few quotes here may help. “As a man/woman thinks in his heart, so he/she is” Hebrew Proverb
“Nothing can make you feel inferior without your consent” Eleanor Roosevelt
“All power comes from within me so I must be in control” Peter

What I have learnt:
- The truth is that we are all born to greatness.
- Our experiences in our early years do really have an effect on our self image.
- What we think of ourselves has a huge impact on what we believe we can achieve.
- We have the ultimate power, the power to choose.

Chaplain Pete

SENIORS WEEK CONCERT

Monday March 17, 2014
Bonalbo Central School
Multi Purpose Centre

Cost (To be Advised) includes
Morning Tea, Concert and Lunch
All community members welcome
For further information: Pat Small 02 6635 1331
Come and join the Casino RSM Cobras Football Club family!

2014 PLAYER REGISTRATIONS
We are still taking registrations for all ages from 4 to Senior teams

Junior Muster Days:
- Ages 5-8: Friday 21st March 5pm
- Ages 9-11: Friday 14th March 5pm

Both at Colley Park, Casino

BRING YOUR BOOTS, HAVE A KICK, MEET YOUR COACH
ORGANISE YOUR TRAINING DAY
For more information visit our website: www.casinocobrasfc.com
email: casinocobrasfc@gmail.com or Facebook: Casino Cobras FC

Regards,
Sarah Lines
Secretary
0404 032 419

CASINO RSM COBRAS FC
www.casinocobrasfc.com

LEARN ABOUT YOURSELF!

As Abraham Lincoln said “The best way to predict the future is to create it”

Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange. Help determine the future resilience, diversity and global awareness of your children and family.

Carefully selected students will arrive in July 2014 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.
TRIPLE P – POSITIVE PARENTING PROGRAM

We will be running a Group Triple P Program at Jumbunna. The aim of the group is to increase parental competence and confidence in raising children by:

- Increasing parents’ competence in managing common behaviour problems and developmental issues
- Reducing parents’ use of coercive and punitive methods of disciplining children
- Improving parents’ communication about parenting issues
- Reducing parenting stress associated with raising children

Parents can discuss and share ideas about parenting and receive practical information about parenting skills that they can incorporate into everyday interactions with their children.

DATES: Tuesday 25th February; or Wednesday 26th February
Tuesday 4th March or Wednesday 5th March
Tuesday 11th March or Wednesday 12th March
Tuesday 18th March or Wednesday 19th March
Tuesday 8th April or Wednesday 9th April

TIMES: Tuesday 5:30 – 7:30 pm
Wednesday 9:15 to 11:15 am

VENUE: Jumbunna 60 High St Casino

CHILDMINDING: Available at Jumbunna 60 High St Casino on Wednesday morning (Not available for night group)

COST: No charge Light supper and morning tea provided for participants

FACILITATOR: Karen McDermott

CONTACT KAREN IF YOU WOULD LIKE A PLACE. TEL: 66622866
Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2014 the following vaccines will be offered:

**Years 7 – all students**
HPV(human papillomavirus) vaccine – 3 dose schedule at 0,2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school into Year 8)
Chickenpox (varicella) vaccine – 1 dose
Boostrix – (Diphtheria, tetanus and whooping cough) – 1 dose

**Year 9 – boys only**
HPV vaccine – 3 dose schedule at 0,2 and 6 months

These vaccines are only free for the year.
Parents who want to vaccinate their child after they have finished their school year (ie Year 7 and Year 9 boys) can do so at their GPS but it will not be free.

*Parent Information Kits* will be sent home to parents/guardians. To consent to the vaccination of their child, they are advised to:
- read all the information provided
- complete the consent form by ticking (√) the vaccines they would like their child to receive
- return to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school principal or phoning the school. The procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

A record of vaccination will be provided to each student vaccinated at the clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

**Vaccines missed at one school visit will be offered at the next visit. Parents will receive a letter at the end of the year only if their child's vaccinations are not complete.**

Parents with any questions or concerns can ring Bernadette at the Public Health Unit on 66207503