



Bundarra Central School News

Responsibility - Involvement - Success - Excellence

7-11 Bowline Street, Bundarra NSW 2359, Phone: 02 6723 7102 , Fax: 02 6723 7387
Website: www.bundarra-c.schools.nsw.edu.au/ Email: bundarra-c.school@det.nsw.edu.au

Issue 11 29th July 2022



Up & Coming:

Monday 1st:

- Breakfast Club

Tuesday 2nd:

- Breakfast Club

Wednesday 3rd:

- Breakfast Club
- Pop Up Café (Lunch only)

Thursday 4th:

- Breakfast Club

Friday 5th:

- Breakfast Club
- Pop Up Café (Lunch only)

Monday 8th:

- Breakfast Club

Tuesday 9th:

- Breakfast Club

Wednesday 10th:

- Breakfast Club
- Pop Up Café (Lunch only)

Thursday 11th:

- Breakfast Club
- P & C meeting

Friday 12th:

- Breakfast Club
- Pop Up Café (Lunch only)

A small school with big hearts and bigger opportunities

Principal's Message

It has been a busy start to Term 3 for staff and students. Staff had the privilege of working with David Silcock on Collaborative Growth inquiry, with the outcome for Terms 3 and 4 to enhance in the following areas:

- Foster quality teaching and leadership
- Develop new and better ways of delivering education
- Raise expectations and improve the quality of student learning

Students had a busy start to the Term, including our Year 12 students, who are now in their final Term leading up to the HSC in Term 4. The school would like to wish them all the best for Term 3.

Athletics Carnival

It was great to attend my first Athletics Carnival for Bundarra, always an important event in the school calendar. I was impressed with the efforts from students, staff, P&C and the community to ensure the day was a success. We had some great results on the day, with many students qualifying to the regional level. I want to thank Mr Vickery for all his work to ensure that this day ran smoothly for all involved.

Zander Bradbery, who competed at the State Cross Country Championships at Eastern Creek in Week 1, was a proud moment for him being able to represent BCS at the state level.

Kindergarten transition

Our Kindergarten transition program has kicked off this Term for the Pre-school. They are visiting our school once a week this Term to get to know our school, staff and students. It is great to see such a big cohort coming through, and we look forward to getting to know them all over the coming weeks.

Literacy & Numeracy

Covid Literacy Intensive Support will continue this Semester. We welcome Mrs Haley Higgins, who will be working across the school to deliver this program. If you have any enquiries about this program and want to know more, please contact the school.

Breakfast Club

We know the importance of breakfast and the positive outcomes it has on a student's performance at school every day. This Term we will trial our Breakfast Club Program from Monday to Friday to ensure that BCS students have the best possible start to the day.

NEW COVID GUIDELINES

Many of our existing COVID-smart measures will be in place for the first four weeks for the start of Term 3 including:

- strongly encouraging mask-wearing, particularly for the first four weeks of Term
- staying home and getting tested if unwell or displaying any symptoms
- practicing good hand hygiene by regularly washing with soap and water

Mr Justin Stewart
Relieving Principal



Primary News



Welcome back to Term 3. Term 2 was a very busy Term for students and teachers. There were many activities where students had the opportunity to co-operate together in learning experiences. Hope you found some time to share reports with your children and had a discussion.

Well done to Zander Bradbery for participating in State Cross Country last Friday and to all the students that put their efforts into the school athletics carnival. We look forward to students being able to represent the school at Zone Athletics.



Later in Term 3, students will participate in a hockey clinic with a coach, funded through a Sporting Schools Grant. This will enable them to develop skills in another sport that they may take interest in later in life.

Mr Smith will be Relieving Assistant Principal whilst Mrs Light is on long service leave for Weeks 3 to 5.



Mrs Dezius and Mrs Doak will be teaching 5/6. We welcome Mrs Haley Higgins who is doing some extra learning support with all students K – 6 involved in small group work along with Mrs Dezius and the classroom teachers, so please ensure your children attend school everyday unless they are unwell.

Robyn Fox in Year 3 has been named a finalist in the NERAM UNE Let's Hang It 2022 art competition. Well done to Robyn, her work will be framed and displayed at UNE. All students have been working on some great art works developing skills and techniques with teachers.



Mrs Light and Mr Stewart welcomed the Bundarra Preschool children to their first transition morning on Tuesday. Eleven students visited transitioning for Kindergarten 2023. We look forward to their visits each Tuesday as they get to know big school and the teachers.

Remember to keep a look out for Parent/Teacher interview information later this Term.

Mrs Vicki Light
Assistant Principal



Secondary News

RAT Tests

A fresh set of RAT tests have been distributed to students this week. It is important that health and wellbeing is regarded as a priority with regular testing at home.

Staff and students cannot attend school if they are showing any symptoms of COVID-19. If symptoms occur at any time, your child should not attend school and should undertake a rapid antigen test (RAT) (DET 27 July advice).

All students and staff in schools and ECE services will be provided with 1 multipack containing 5 RAT kits in early Term 3. These RAT kits can be used for symptomatic testing or for daily testing as part of the household/close contact requirements.

In addition to this delivery, the department has advised schools to maintain appropriate levels of RAT supplies to support symptomatic testing in the event of an outbreak.

- If a student is unwell and have COVID-19, even the mildest of symptoms, they should always test for COVID-19.
- If the test comes back negative for COVID-19, the student should still not return to school until either:
 - The student no longer has any symptoms, or
 - A medical certificate is provided to the school confirming that symptoms are explained by another diagnosis (such as hay fever)
- It is important that students do not attend school if they are unwell, even if they have tested negative for COVID-19. Rapid antigen tests can produce false negative results and symptoms of other illnesses can also be similar to COVID-19, including flu, the common cold and stomach bugs. Health advice is that students who are sick should always stay home to rest and recover and avoid putting other students and staff at risk of getting sick.

It is recommended that students and staff that return to school after recovering from COVID-19 do not participate in rapid antigen testing for 4 weeks following release from self-isolation unless they develop new COVID-19 symptoms. This is due to NSW Health advice that people who have recovered from COVID-19 have a low risk of contracting it again in the following 4 weeks.



STUDY SKILLS

Time Management

There are just 24 hours in each day. What you do with that time makes all the difference. While high-school students average 30 hours per week of class time. With HSC Trials, Preliminary Year 11 end of course examinations, Years 7-10 assessments this Term, it is important to be prepared and confident.

Getting your "free" time under control now will help prepare you for managing that extra 20 hours a week come freshman year of college - when you'll need to study and want to socialize more than ever.

If you don't already, start using a daily planner. This could be a datebook you keep in your bag, an online version you maintain at home, or both. It's easy to over-schedule or "double-book" if we aren't careful.

Manage your time wisely and you'll get the maximum out of each day.

Good Study Habits

Good study habits include these basics:

- Always be prepared for class, and attend classes regularly. No cutting!
- Complete assignments thoroughly and in a timely manner.
- Review your notes daily rather than cram for tests the night before.
- Set aside quiet time each day for study - even if you don't have homework or a test the next day!

The Ability to Set Attainable Goals

It's important to set goals, as long as they're attainable. Setting goals that are unreasonably high is a set-up - you'll be doomed to frustration and disappointment.

Concentration

Listen to your teacher and stay focused. Be sure that you understand the lesson. If you don't understand something, *ask questions!* You've heard it before, but "the only dumb question is the one you don't ask" is absolutely true. If you've been paying attention, it definitely won't be a dumb question.

Good Note-Taking

You can't possibly write down everything the teacher says since we talk at a rate of about 225 words per minute. But, you do need to write down the important material.

Be sure to validate yourself after a test by going back over your notes to see if your notes contained the answers to questions asked on the test. If not, you need to ask to see a classmate's notes or check with the teacher for help on improving your note-taking.

Studying with a partner is also a good idea. Note-taking should be in a form that's most helpful to you. If you're more of a visual person, try writing notes on different colored index cards. Music can also be a good memory aid as long as you don't find it distracting. Re-writing your notes daily is another strategy. If you really have a problem with note-taking, you might ask your teacher if you can tape-record daily lessons. Do whatever it takes!

Mr Richard Sowden
Relieving Deputy Principal

Secondary News

Last Friday it was fantastic to be able to hold our school athletics carnival up at the Sport and Recreation club. The track and field events were very wet underfoot however, we saw a good display of sportsmanship and participation from both houses. After the carnival the Department had released new guidelines around Covid which unfortunately meant we had to postpone the parent teacher interviews that were scheduled for Monday the 25th of July. Our assembly for this week to had been cancelled with PBL Awards handed out in rollcall on Friday.

Secondary students have been settling into Term 3 and are reminded the importance of YONDR pouches, uniform, behaviour and attendance as these are all areas that need to be met for extracurricular activities such as touch football, rugby league and cattle club. A reminder that our Secondary Girls are selling raffle tickets for their trip to Dubbo in Week 7, please contact the school on 6723 7102 if you would like to purchase tickets.

Our two Angus cross steers kindly donated by Clerkness have arrived. These two steers are being inducted and students have been spending time with them at lunch before we continue leading these. We plan to take one Hereford steer from Bahreenah Poll Herefords and one from Clerkness to both Upper Hunter Beef Bonanza and Northern Schools Steer Competition. Notes have been sent home to students interested in Years 5-10 for AgQuip Field Days, there are limited places with priority going to Cattle Club students however the spare seats will be filled by first in best dressed.

Mr Hayden Sims Head Teacher, Learning and Wellbeing



The 16's girls and Open Girls Touch Football team are selling tickets for \$2 each to help cover some of the costs to attend the State Finals in Dubbo in late August.

1st prize- A signed NSW State of Origin Jersey (pic included is for attention only and not the actual item on offer)

2nd Prize- A horseshoe table made by our Year 10 metal students

3rd prize- 1 x \$50 fuel voucher kindly donated by the P & C

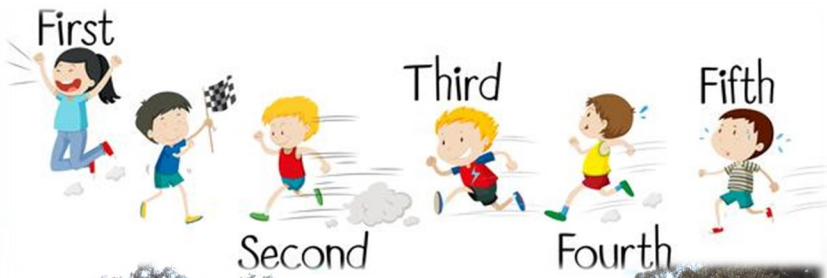
Tickets will be drawn on Monday the 15th of August 2022.

If you would like to purchase a ticket please contact the school on 6723 7102. Thank you for your support

Cattle Club

Bundarra Central School took delivery of 2 new steers, who have been kindly donated by 'Clerkness'. Our little herd is growing in numbers and pictures were captured of our existing herd checking out the new additions. The new additions were a bit shy so they were left to settle into their new home. Watch this space for their name reveal and their progress leading up to the Upper Hunter Beef Bonanza at Scone in October.









ATTENTION BUNDARRA

Bundarra Agriculture Show community meeting.

The show society is holding a community meeting to keep our show alive.

When: Sunday 31st July at 2pm

Where: School of Arts Hall.

Afternoon tea will be provided.

* Anyone who would like to see our show succeed, please attend the meeting.

* We are looking for volunteers who can help in any way.

* We are looking for committee/board members & some position holders.

If you would like to see our show succeed,

If you would like to be a member or hold a position

Or if you just want to support the show, please come along to the meeting.

For more information contact our new President,

Peter Gregory on 0429 691827

The Bundarra Men's Shed

The Bundarra Men's Shed is open every Saturday
1pm to 4pm

All new members are welcome to attend and
appreciated

Afternoon tea is available for a gold coin donation

Enquires call Kate on 0409 278 468

We can be found at the Bundarra Central School
Tomline Street entrance

Come along, meet new friends and fill in your
Saturday afternoon



Good for kids
good for life







Start your day with breakfast

Breakfast refuels your body, ready for the day!



Kids who eat breakfast have more energy to be physically active. They can concentrate, problem solve and focus better at school.

-  Involve kids in planning, shopping and making breakfast. It teaches kids how to plan, prepare and cook meals
-  Prepare the night before e.g. get out kitchen utensils, plates, cups, cut up fruit
-  Sleep in? Try healthy grab and go options; fruit, trail mix, fruit smoothies, bag of wholegrain cereal, reduced fat yoghurt, baked beans
-  Encourage your kids to start the day with breakfast. Make time to sit and enjoy eating breakfast together

Good for kids
good for life







Screen time and physical play

Movement and play are important for kids development



Choose small screen games and Apps that reduce kids sitting time and encourage physical activity.

-  Choose videos, games or Apps that get your kids moving e.g. dancing, sports, yoga. Join in using the App or game with your kids
-  Plan a walk using a digital map. Take photos of interesting things along the way
-  Video your kids learning a new skill e.g. hopping, a new skateboard trick. Replay the video to track their progress over time
-  Be a role model! Show your kids how to track their physical activity. Talk about how being active is fun & feels great! Show them how far you walked or swam last week!

BUNDARRA CENTRAL SCHOOL NEWSLETTER

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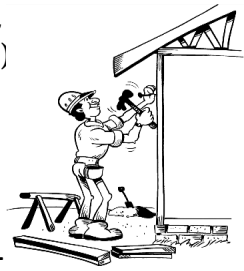
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SECRETARY - 0412279109
TREASURER - 67233 476

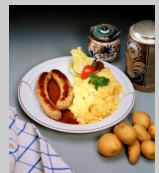
MEETINGS 2ND WEDNESDAY OF THE MONTH AT 1PM
ALL WELCOME



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Proprietor: Ruth Deaves
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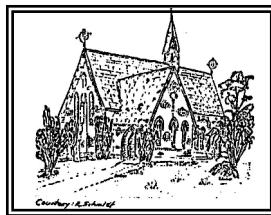
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available here.

Please contact
the school for
more information.

0267237102

BUNDARRA LIONS CLUB

Meet every 2nd & 4th Thursday of the month at 7.30pm.

New members always welcome.
Bundarra Lions Club supporting
the local community
Enquiries: Gary Richey 67237256



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Barraba - Sue 02 6782 1662
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BUNDARRA CENTRAL SCHOOL NEWSLETTER



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Email: bundarra@mcgregorgourlay.com.au

Uralla Shire Council

02 6778 6300
council@uralla.nsw.gov.au
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