Our students were exemplary, dazzling us with their energy and insight. 2016 ‘On Stage’ was brilliant!

Value of the Week
Participation. We promote participation & school spirit in an environment that values the participation of students, staff & the wider community. Are you actively involved in the life of the school?

School Calendar
March
4  Yr11 Biology Field Trip
9  K-12 School Photos
16 Yrs3-12 Cross Country
18 Yrs9-12 Easter Show
25 Good Friday
28 Easter Monday

April
8th Last Day of Term 1

Wednesday
9th March 3.45pm
Bulahdelah Central

‘ON STAGE’ DRAMA CAMP

“Our students were exemplary, dazzling us with their energy and insight.

2016 ‘On Stage’ was brilliant!”
Taking to the City Stage – Eyes Wide Open

20 flamboyant drama students recently fled to Sydney to attend the annual ‘On Stage’ Drama camp. The group spent 4 days experiencing Sydney’s theatres.

Students and staff were mesmerised by the On Stage HSC Showcase performances at the Seymour Centre, Sydney University.

1950’s housewives, people with Aspergers, men with babies, café workers and convicts littered the stage, delighting the packed audiences. We all agreed how talented Year 12 drama students are. We were presented with Band 6 performances, set designs, costume designs, films, scripts and theatre criticisms.

Students participated in a valuable Board of Studies workshop at the Arts Centre, toured the Sydney Theatre Company and visited its costume, set, props and archive rooms.

Staying at BreakFree on George Street, the students grocery shopped and prepared many of their own meals; although we shared a special dinner in Chinatown. Travelling on public transport was also an educational experience.

‘On Stage’ highlights included the ‘Sound of Music’ at the Capitol, which provided the group with many tunes to sing on the bus rides through the city. The Opera House exposed the students to circus skills with Blanc de Blanc and the Australian Theatre for Young People presented a monologue show. Students were also delighted and challenged by the brilliant acting of The Sydney Theatre Company’s production of ‘The Golden Age’, at the Wharf Theatre.

Sydney offers such diversity in theatre and students learned many dramatic skills to further their own dramatic journeys. Our students were exemplary, dazzling us with their energy and insight. 2016 ‘On Stage’ was brilliant!

Head Teacher English/Drama Teacher, Vanessa Shultz.
School Liaison Police Visit

On Friday, February 19th, the School Liaison Police Officer visited the school to deliver informative presentations to Years 7 and 11 about cyber safety, the harms associated with drug use and also road safety. Pictured is Ryan Post in Year 11, trying to complete routine tasks that he would normally do very easily, whilst wearing vision impairment goggles which simulate the effects on a person’s vision of a high level blood alcohol concentration. Needless to say Ryan didn’t do too well.

This simple demonstration showed students how dangerous it is to attempt to drive a car whilst being under the influence of alcohol. The students found the School Liaison Police presentations to be engaging and many took the opportunity to ask some very important questions to enhance their understanding of these important areas of personal safety and well-being. Senior Constable Jeffery has agreed to come back to the school again later in the year to work with other year groups. We look forward to this eagerly. Mr Warren Jones, Head Teacher Welfare
Monitoring
Staff have just completed the first monitoring for this year for Years 7 to 11. These reports are now available on both the parent and student portal pages. We will post out the Year 7 monitoring with details on how to access the parent portal so in future parents will be able to get all monitoring reports as well as copies of the school report from this portal access site.

If you don’t have internet access or can’t access the portal site please contact the school.

Parent On-Line Payments
A reminder that parents can now make online payments using Westpac QuickWeb.

The payments process is intuitive and follows the format of many other online payments that people use every day. A ‘Make a payment’ link can be found on our school website, towards the top of the page.

On the next page of this newsletter includes more information on using the system which would be worthwhile reading before you proceed to make a payment using the new process.

Energy Drinks
Last week at assembly students were reminded that energy drinks are banned from school. Whilst we acknowledge that the occasional energy drink is probably okay (like a lot of foods and drinks) it is the regular consumption (daily, for example) that has adverse health effects for most people, especially growing bodies.

The issue is generally around the amount of caffeine contained in these drinks. A typical serve of coffee has up to 150mg of caffeine in it, while some brands of energy drink have as much as 500mg.

Stimulants, such as caffeine in large quantities, are a cause for concern, specifically on both mental and cardiovascular health.

The side effects of such high doses of caffeine can include insomnia, nervousness, headaches and increased anxiety. Students who come to school having already consumed a can or two of energy drink (and I include Coca-Cola here) are generally unable to concentrate or sit still and as such are more likely to get themselves into trouble at some stage throughout the day. Certainly these students are not helping their ability to fully engage in the learning process and are putting themselves at a disadvantage to the other students.

The best way to get an energy boost is to get a good night’s sleep, exercising or eating a snack packed with protein and complex carbohydrates. Certainly this can help ward off that after lunch slump that many students find themselves in.

In The Mood For Food
Learning, concentration and memory: eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

Happiness and sleep: almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkin seeds; and turkey.

Pleasure, motivation and concentration: chicken; dairy such as milk, yoghurt and cheese; fish such as wild salmon; oats; and chicken.

Energy and memory: chicken; dairy such as milk and yoghurt; lima beans; peanuts; and sesame seeds.

Calmness: avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

Longevity: think Mediterranean diet such as olive oil and tomatoes.

Vitamin power: children with learning problems and behavioural issues often show substantial deficiencies in vitamins when assessed, Andrew Fuller, University of Melbourne.
It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting:

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called “Other” which is to cover items not covered in the previous headings “Other” can be used to make a complete payment of a school invoice.

When you access you must enter:

- the student’s name, and
- class and reference number OR
- the student’s name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice Number if you are aware of them. These are not used at our school; please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school. For any enquiries regarding the Online Payment process please contact the School Administration office on 49974329.
As we are almost half way through our first term, I would like to remind our students and parents of the importance of having students at school every day. Already, only 5 weeks into term, we have 22% of our primary-aged students who have less than 85% attendance. These absences impact heavily on what your child is learning. They are missing crucial time in the classroom where basic concepts are being established. Arriving at school on time, prior to our bell at 8:50am is also very important as arriving late can cause unnecessary worry for your child/ren. Of course, there are always situations where absences are unavoidable but 22% of our enrolment is a concerning number. The positive news is that 41% of our students have attended school EVERY day. That’s 100% attendance to date. Congratulations to those students for a great start to the year. Please continue to encourage your child to come to school every day and join in the range of opportunities made available for them here.

A special thank you is extended to our parents who took the opportunity to attend the parent information sessions during Week 4. It was good to see so many parents here to meet their child’s 2016 teacher and learn about classroom routines and practices.

The Bulahdelah Central School Sporting Schools program began on Monday of Week 4. We were fortunate enough to receive funding for our ‘Active After School Care’ program which is held on Mondays and Wednesdays.

Mr Bent Smith is managing the activities on Mondays and Mrs Georgina Cunich will be taking Wednesday activities. Students are provided with a free afternoon tea and some directed activities to promote an active lifestyle.

Several of our Primary staff have begun L3 (Language, Learning & Literacy) training to continue to develop literacy teaching and learning skills to ensure our students are being provided with the very best opportunities for their learning. Miss Ward, Mr Gibbs, Mr Pye and Mrs Wills will be attending a series of 12 professional learning sessions in Taree over the next three terms. The L3 program will be implemented into the classrooms. The program is strongly data based with initial, medial and final testing data collected to ensure we are successfully reaching all of our students.

Our eight Primary Captains are attending the National Young Leaders’ Day at Allphones Arena, Homebush with Mrs Wills on Sunday, 28th February, and Monday, 29th February. No doubt we will return to school with lots of great stories to tell. We will share some of those with you in the next newsletter.

Our School Liaison Police officer, Senior Constable Jeffery attended BCS on Friday, 19th February, to deliver a school program to our Stage 3 students on ‘Bullying and How to be Cybersmart (and stay safe)’. He stressed that bullying is not a one-off incident of name-calling but rather a range of ongoing serious behaviours, that could include verbal, physical and cyberbullying that can have a serious impact on the victim and can result in very severe consequences for the ‘bully’. If you are being bullied then it is vital to seek help from a trusted adult. Senior Constable Jeffery also talked about his grave concerns regarding primary aged students playing unsupervised ‘games’ online.
Online games can range from simple text based games to games incorporating complex graphics and virtual worlds populated by many players simultaneously. Many online games have associated online communities, making online games a form of social activity beyond single player games. He highlighted again a very concerning fact that the average age of online gamers is 32 years old. Would you usually allow your child to socialise with a 32 year old stranger? Senior Constable Jeffery talked about being cybersmart, including how to be phone smart. There is an increasing trend for primary-aged students to use social media messaging apps including ‘Kik’. The Sydney Morning Herald reported that the NSW Police have described it as, "The number one social media problem involving teenagers" - but many parents may not have heard of ‘Kik’ and other messaging apps before. The official legal age to use this particular app is 17 years old - an adult audience - and yet we have primary aged children who have this app on their phone. Please ensure your child is using their phone safely.

The ‘Aim High’ program began in the Primary department on Friday, 26th February. This is a partnership with the University of Newcastle which we have been fortunate to be a part of for several years. The ‘Aim High’ Team from the University of Newcastle comes to our school over 4 weeks to deliver not one but two great programs to our students in Stages 2 and 3. Students in Stage 2 will be developing their scientific skills in observation and measurement during the ‘Careers Through Science Program’. Students will conduct a series of experiments using the scientific methods that are designed to encourage students to be curious and think creatively to solve problems, just as a scientist would do!

Our Stage 3 students will get lost in a world of books of fact and fiction, activities and conversations in ‘Careers Through Reading’. The program aims to link the literacy skills learned in school to future hopes and dreams towards positive career outcomes. Our students will be guided through a series of books and activities designed to strengthen a love of reading and build upon their skills in writing, reading and comprehension.
Staff teaching K-2 classes are involved with L3 training. Students are participating in literacy, language and learning activities to develop and extend their literacy skills.

All activities are planned and presented in various ways to make accommodations for learning styles and student capabilities. Here are some of the students enjoying the L3 activities.
We are delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. More information about the survey is available at: http://surveys.cese.nsw.gov.au/information-for-parents

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them.

Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

We want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14th March and 8th April. Participating in the survey is entirely voluntary.

A consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey are being sent home with students. If you do not want your child or children to participate, please return the consent form to school by Friday, 26th February. The FAQs and copies of the consent form, including translated consent forms, are available from the website above.

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**Mobile School Dental Program**

Applications from families to access this service are currently being processed. In the coming weeks a schedule for student appointments will be developed and families will be contacted well in advance of the appointment date to ensure suitability.  
*Warren Jones, Head Teacher Welfare*
Bianca & Brendan Mason competed at the Little Athletics Regional Carnival at Glendale on 20\textsuperscript{th} & 21\textsuperscript{st} February and had some outstanding results.

**Bianca Year 11**
1st in the triple jump & long jump 
2nd in the 100m & 200m sprint

**Brendan Year 8**
1st in the triple jump and broke the record with a jump measuring 10.53m (old record 10.40m) 
1\textsuperscript{st} in the high jump and equalled the record of 1.53m 
1\textsuperscript{st} in the long jump 
3\textsuperscript{rd} in the 100m hurdles

Both Bianca and Brendan are off to State, held at Sydney Olympic Park Athletic Centre on 18\textsuperscript{th} to 20\textsuperscript{th} March. Congratulations to both students certainly some remarkable results due to your dedication, commitment and athletic ability.

We wish you all the best for the State competition. Well done!
Bulahdelah Soccer Club registrations are now open for 2016 Winter Competition.

You can register online at www.myfootballclub.com.au. We welcome all ages and abilities from 4 years and up. Come and join a team and have fun.

If you do not have internet access or are having problems registering, a committee member can be contacted on the phone number provided.

Grading day dates are as follows:

Saturday 19th March
Saturday 2nd April

The soccer competition will start on Saturday 23rd April (last Saturday of the school holidays).

If you are interested in a role as coach, manager, referee or general helper for any ages, please email and let us know.

Any further enquiries can be made to bulahdelahsc@hotmail.com or Jackie O’Connell on 0425 282665.

Bullying. No Way!
Take a Stand Together

National Day of Action against Bullying and Violence
Friday 18 March 2016
www.bullyingnoway.gov.au
Removing Head Lice and Nits

At a glance:
- Head lice and nits only live on human heads.
- They don’t care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You’ll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here’s everything you need to know to rid your kids of head lice and nits.

Nitbusters’ myth busters
- Kids with head lice don’t always scratch. The only way to rule out infestation is to look carefully through your child’s hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child’s head is radical and unnecessary!

- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don’t leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child’s head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don’t need to use an expensive commercial product.
- If you do decide to use a commercial treatment on your child’s head, read the instructions very carefully.

Removing head lice and nits

You'll need:
- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:
1. Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. Apply a cheap, pale coloured conditioner generously to your child’s hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair
and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.

4. After you’ve applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.

5. When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.

6. After each comb out, wipe the conditioner on the paper towel.

If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)

7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.

8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.

9. Head lice often congregate on the crown of the head, so it’s not until you reach these last sections of hair that you’ll find adult lice. However, heads that are severely infected will have adult lice everywhere.

10. Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

The average housefly lives for one month.
SCHOOL PHOTOS
WEDNESDAY
9TH MARCH
K-12
Message from the Premier
I would like to congratulate all students around NSW who are participating in the Premier's Reading Challenge this year.

The Premier's Reading Challenge allows students to experience a range of exciting stories, and explore issues that can challenge the way one thinks.

With thousands of books to choose from, students have the opportunity to embrace subjects that will widen their horizons and expand their vocabularies.

I encourage all participants to be courageous with their reading choices, and to approach the Challenge with great energy and enthusiasm.

The world of books is certainly an exciting one, and I wish all students undertaking the Premier's Reading Challenge a fun, enjoyable and fulfilling experience.

Mike Baird MP
Premier

The Challenge runs from 7th March to 19th August (11:59pm) 2016. Students must complete their online Student Reading Records by 19th August (11:59pm).

Students must complete a set amount of reading to meet the Challenge; see table below:

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Number of books needed to complete the Challenge</th>
<th>Minimum number of PRC books for your Challenge</th>
<th>Maximum number of personal choice books</th>
<th>PRC booklist selection</th>
</tr>
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<tbody>
<tr>
<td>K-2</td>
<td>30</td>
<td>25</td>
<td>5</td>
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<td>3-4</td>
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<td>15</td>
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<td>5-6, 7-9</td>
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</tbody>
</table>

- A student who completes 1 year receives a completion certificate.
- A student who completes 2 years receives a completion certificate.
- A student who completes 3 years receives a completion certificate.
- A student who completes 4 years receives a Gold certificate.
- A student who completes 5 years receives a completion certificate.
- A student who completes 6 years receives a completion certificate.
- A student who completes 7 years receives a Platinum certificate.
- A student who completes 8 years receives a completion certificate.
- A student who completes 9 years receives a completion certificate.

Permission notes will be sent out with students or are available at school from PRC Coordinator: Miss Jody Mostyn.
“Students will forget what the books taught but they will never forget what the teacher said.”