



Brewarrina Central School News

Swimming Team competes in Dubbo

The following students represented
Brewarrina Central School in Dubbo
at the Regional Swimming Carnival.

Donnah Shillingsworth
Kynan Heatherill
Tarah-Lea Kirby
Janalee Conroy
Mattia Higgins
Tyler Dennis
Taylah Donnelly
Xanthe Eyre
Kieran Boney

Results & photos will be published in
the next issue of our newsletter.

Brewarrina Central School

Monday, 11th March , 2013

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Principal's Report

“It takes a village to raise a child”.

This is an African saying that could also apply to traditional Ngemba life. In traditional societies the whole village took responsibility for raising children, not just parents. They taught them a range of skills, knowledge through stories and demonstration so that children carried on the work of their elders.

Most cities and larger centres have lost this concept. People live behind high walls and seem to have no commitment to contributing to each other's growth and happiness.

I believe that Brewarrina Central School is one of the last schools in NSW where the village plays a role. We have a group of local Aboriginal teachers' aides who assist teachers in and out of classrooms. As I walk around I see them playing a critical role in student success, encouraging, guiding and nurturing students' learning. They are a part of the community in the school.

The partnership between parents and teachers is also stronger here. Teaching kids is a shared role, with both groups playing a critical part. One cannot do without the other.

As our students move into the secondary years, they start to move into the community, especially in breaks.

Principal's Report

This has them learning to be part of adult life, seeing how businesses and community workers conduct themselves and do their business. Bre has a real buzz during the day and they are part of it.

In the senior years they do traineeships and work placements in community businesses. The school will be looking to expand this in the future, doing it more often, with more students, to build their skills and confidence.

None of these can be achieved by keeping kids in and the adults out. Let's aim to blur the line between school and community even more.

The last two weeks have been focused on setting high expectations and producing quality work. In the primary school there has been a real buzz, as students were engaged in interesting and fun ways of learning. Word walls, word bingo, quizzes, competition and debates ensure classrooms are full of language so that students develop their literacy and communication skills. The secondary school has been coming to grips with the important work of preparing for the HSC, completing projects and tasks.

Success is achieved by following our *River Rules* and being *safe and respectful learners*

Peter

INFANTS/PRIMARY NEWS

I hope everyone enjoyed the mid term break. I know many teachers used it to catch up on programs that we are doing with students.

Just before we had the mid term break our school had a whole school assembly to celebrate our students success in swimming. It was wonderful to see so many students receive ribbons at this assembly.

All classes are working really hard this term. This year we have Maths text books with Interactive Whiteboard Software for the smart boards. All the teachers and students are very excited to use the new maths books in class.

I would also like to express my concern about the language some students are using at school.

When some students swear at school its not a very good representation of our wonderful students. Warning letters will be sent home to some parents. The warning letters will explain what language your child is using at school.

If you have any queries or concerns about this matter please contact the school.

Regards,

Ms Tonya Kellett
Relieving Deputy Principal

MESSAGE FROM MS CLARK

Dear Parents and Carers,

I understand most of the school community is aware of the circumstances as to why I have not yet returned to Brewarrina Central School this year. I sincerely thank everyone for their kind expressions of support and for the wishes to my son Ben for a quick recovery. Ben is indeed making wonderful progress.

My thanks are sent to Miss Kellett for taking on my role as Deputy Principal in the Primary department. I know she is doing a brilliant job both in the classroom with Kindergarten and as Deputy Principal. Thanks also to Blanche Gordon who is filling in as Relieving Assistant Principal.

I look forward to returning as soon as possible and working once again with children and families.

Regards,

Cathy Clark



Year 1/2C & Uncle BJ with paintings of their Baabaa & Guni.

Year 1/2C have been working really hard in Languages with Aunty Crystal.

SECONDARY NEWS

The term continues to fly by, and as always things are happening.

During the past few weeks I have been working with some Primary and Secondary students to enter a Safe School Competition run by the State Government. We are in the running to win \$5000 worth of resources for the school, which would be great. All the students worked very hard and had a lot to say about how our school is a safe school. I thank them very much for their efforts.

It has been good to see that the majority of students are wearing their uniform to school. I would encourage all parents/carers to ensure their child is wearing the appropriate uniform. Navy bottoms and white shirts, as well as closed in shoes. The students who are wearing their uniform look lovely and reflect our schools image.

I also remind parents that if your child is absent for any reason, that the school is informed. It is very important that we know the reason for an absence. Partial absences continue to be an issue we are attempting to rectify.

Staffing is settled in the high school, though we are feeling the absence of our other Head Teacher, Mrs Hertslet. We all wish her well in her recovery and look forward to her return. Other staff are incredibly busy ensuring students are getting the most out of their day at school. Support staff are valued and are an essential part of the learning needs for students.

Some students have been placed on behaviour contracts for disappointing behaviour over the past few weeks. The contract allows me to see how they go throughout the day, as well as gives the student an opportunity to monitor their own behaviour. This hopefully prevents further action for negative behaviour. On the positive side, though, students are receiving merit awards for positive behaviour and achievement in class. I am hoping that next term we will be going on an excursion with students who have earned merits.

Senior students are working towards the HSC and the end of their school life. I have spoken to students and the majority already have big ideas with what they want to do when they finish. Parents/carers of these students can encourage their children by ensuring that there is a quiet space at home for them to work and study. Also, ask your child about what they are learning. This is important for all school children, but seniors at the moment are feeling a lot of pressure, and it helps to have someone to talk to. If you are concerned or just want to know about what your child is doing at school and what you may be able to do to support them further, please contact the school.

Thanks, Sarah Trapman (Head Teacher)

SCIENCE NEWS

The year has just begun, and everyone is keen to test out ideas and explain what happens in their world. We have had excellent posters made by Years 9 & 10 showing all the different objects out there in space.

Not to be outdone, Year 7/8 have made awesome posters showing how to draw lab equipment in a scientific manner. Year 11 and 12 Senior Science students finally have classrooms on their own and are powering through their assessment tasks.

They have all been working towards interpreting information to build big-picture ideas of the world. Even the wonderful primary kids are joining in, with year 3 learning how to test for starch and year 5/6 experimenting with the human digestive system and cleaning mucky water.

Miss Shanahan



CANTEEN MENU

SANDWICHES

Fresh or Toasted

- Ham/Chicken \$3.50
With your choice of 3 fillings
- Ham and cheese
 - Chicken lettuce and mayo
 - Ham, cheese and tomato

All salads \$4.00

Vegemite / jam \$2.00

WRAPS

Fresh or Toasted

- Ham/Chicken \$4.50
Your choice of salads

HOT FOODS

- Sausage roll \$2.50
Pizza \$2.50
Pie \$3.00
Lasagne \$4.00
Spaghetti Bolognese \$4.00

COLD FOODS

- Fruit salad \$3.00
(banana, apple, grapes, orange—subject to availability)
Salad box \$5.00
Salad box with ham/ chicken \$6.00

SNACKS

- Fruit \$1 each or 50 cents for half
(bananas, apples, oranges, grapes, lemon —subject to availability)
JJ's \$1.00
Jumpy's \$1.00
Popcorn \$1.00
Mini muffin \$1.00
Chips \$2.00
(chicken, salt and vinegar, original, honey soy chicken)
Choc muffin \$2.50
Frozen yoghurt \$2.00
Zooper Dooper \$1.00

DRINKS

- Water \$1.50
Flav water \$1.50
Fruit poppers \$1.50
Pop tops \$1.50
Flav milk \$2.50
LOL cans \$2.50



NOTICE:
PRICES MAY CHANGE
AT ANY TIME



\$5 DAILY DEAL

Monday

Pie with sauce and flavoured milk

Tuesday

Fresh/ Toasted sandwich and a LOL can

Wednesday

Sausage roll, mini muffin and flavoured water

Thursday

Fresh/ toasted wrap with ham or chicken and a popper

Friday

Lasagne or spaghetti and a popper or pop top

❖ Any changes may increase the price

ATTENTION

TIMES FOR ORDERING

RECESS: To be ordered by **9am**

LUNCH: To be ordered by **11:30am**

NO EXCEPTIONS



Golden Circle LOL FAQ

WHAT IS LOL?

- LOL is regular, unsweetened 99% fruit juice which has been carbonated for a fizzy taste

HOW DOES LOL STACK-UP NUTRITIONALLY?

- LOL has all the nutritional benefits of regular 99% fruit juice
- LOL has no added sugars or sweeteners
- LOL contains no preservatives or artificial colours
- LOL contains no caffeine
- LOL is rich in Vitamin C

IS LOL A 'SOFT' DRINK OR AN 'ENERGY' DRINK?

- Neither. The LOL range has been designed to make drinking regular fruit juice more fun for kids, with the use of familiar text speak "LOL – Laugh out Loud" and the addition of bubbles in the juice itself for a fun, fizzy taste.
- Unlike some 'soft' drinks and 'energy' drinks, LOL contains NO added sugar or sweeteners, NO preservatives or artificial colours and NO caffeine

WHERE DO THE SUGARS, STATED IN THE NUTRITION INFORMATION, COME FROM ?

- The sugars present in LOL are the natural sugars from the fruit.
- LOL is made from 99% fruit juice
- LOL has no added sugars or sweeteners

IS LOL APPROPRIATE TO INCLUDE IN MY CHILD'S LUNCHBOX?

- All LOL products have been registered with FOCIS and the Healthy Kids Association Product Registration Scheme as AMBER products for school canteens for their current registration year. In order to be registered with these organisations, LOL has to meet a range of nutritional guidelines.
- Fruit juice does not replace fresh fruit but consuming a product like LOL, which contains 99% fruit juice, is one way that parents can help their kids meet the daily fruit & veg intake requirements:
 - ✓ Aloysa Hourigan from Nutrition Australia says:
 - "School aged kids should be eating up to 1-3 serves of fruit and 2-4 serves of vegetables each day depending on their age and level of physical activity"
 - "There's nothing like fresh fruit and veg, however 99-100% fruit juice can provide an occasional alternative – but only once a day. Fruit juice still provides valuable vitamins and minerals and can play a role in a healthy balanced lunchbox. Furthermore, consuming fruit juice as part of a meal, instead of a snack, helps protect healthy teeth and gums in growing kids."
 - ✓ The Australian Guide to Healthy Eating¹ suggests that one medium apple or two small apricots or 125ml of fruit juice is equal to approximately one serve of fruit.
 - ✓ Fruit juice, such as LOL, can be consumed as part of a balance diet.

WHAT ELSE DO I NEED TO KNOW ABOUT FRUIT JUICE AND KIDS NUTRITION?

A report by Fruit Juice Australia², summarising the 2007 Australian National Children's Nutrition and Physical Activity Survey³, states the consumption of fruit juice:

- Markedly increased the number of children meeting their fruit serves

1

- Provided the same total energy (2%) on average in 2007 as 1995
- Intake is 112ml on average – within the serve recommendations of the Government's Australian Guide to Healthy Eating
- Is associated with dietary positives – less fat and saturated fat, more folate, potassium and vitamin C than those not consuming juice
- Is most often consumed with meals and mid meals
- Contributes a range of important nutrients to the diet
- Does not compromise fibre or calcium intakes

WHERE CAN I BUY LOL?

- LOL is available nationwide in the 'lunchbox' aisle in supermarkets
- LOL can also be purchased from select school canteens & tuck shops
- LOL RRP is \$5.99 for a 6 x 250mL multi pack

SOMETHING ELSE...

We understand busy parents face a number of challenges when it comes to providing a balanced lunchbox for their kids, and we'd love to help you if we can. If you have any further questions or comments that aren't answered here, please contact the Golden Circle Consumer support centre on 1800 037 058

References:

1. Department of Health and Family Services. *The Australian Guide to Healthy Eating*. Canberra: DHFS, 1998
2. Findings from the 2007 Children's Nutrition and Physical Activity Survey undertaken for Fruit Juice Australia by Flinders University
3. The 2007 Australian National Children's Nutrition and Physical Activity Survey (prepared by the CSIRO and funded jointly by government and industry)



Brewarrina Central School

Bourke St Brewarrina 2839

Phone: (02) 6839 2186 (02) 6839 2195 Fax: (02) 6839 2325

EXPRESSION OF INTEREST

Technology Support Officer

This position is 2 days per week.

Applicants need to be aware that they will have to meet the following criteria:

- Possess sound communication skills both written and verbal.
- Ability to learn and use a variety of computer application programs
- Good organisational skills and ability to prioritise
- Ability to work as a member of a team
- Ability to communicate effectively with staff, students and parents

Duties will include:

- Checking delivery of DER laptops and equipment
- Logging computer problems with DET
- Issuing and replacing student laptops
- Minor equipment maintenance
- Stocktake
- Record keeping

Interested applicants should submit a one to two page application addressing the criteria and addressing prior experience with some of the duties. Please be brief and give examples where possible. The names and contact details of two referees (not family members), one personal and one business, should also be supplied.

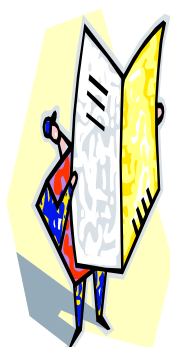
It is compulsory that a Working with Children's and a Police check are done for this position.

For enquiries to this position please contact 02 6839 2186 between the hours of 8.45am and 3.30pm.

Expressions of interest for this position close Friday 15th March 2013 @ 3:00pm.

MESSAGE BOARD

- Friday 29th March- Good Friday
- Monday 1st April- Easter Monday
- Friday 12th April- Last day of Term 1
- Wednesday 1st May- First day of Term 2



Next newsletter will be out
on Monday 25th March, 2013

Brewarrina Central School

Bourke St Brewarrina 2839

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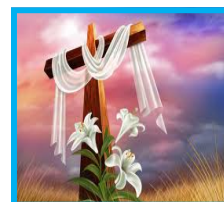
E-Mail: brewarrina-c.school@det.nsw.edu.au

EASTER HOLIDAY PERIOD

29th March, 2013
GOOD FRIDAY



30th March, 2013
EASTER SATURDAY



31st March, 2013
EASTER SUNDAY

1st April, 2013
EASTER MONDAY

NO SCHOOL FRIDAY OR MONDAY