



# Brewarrina Central School News

*Term 2, Issue 5 2016*

## NAIDOC 2016



connected communities  
*link up and learn*



**Honourable Lesley Williams- Minister for Early Childhood  
Education, Aboriginal Affairs, and Assistant Education Minister  
visit Brewarrina Central School**



# Principal's News

Week 10 Can you believe it !!!!!

The first semester has gone by very quickly and I would like to say that the students have been working hard throughout the term. It is pleasing to see that they have maintained their level of consistency throughout the semester. Their level of enthusiasm and application has been fantastic.

We have had a great week of celebrations at Brewarrina Central School for NAIDOC Week. We had activities from Monday through to Friday. This has been a great week for celebrating culture and heritage across the school. Thank you to all staff and students in their involvement in the NAIDOC activities. Thank you to all parents/carers, agencies, staff and community members who helped make our NAIDOC Week a success.

Brewarrina held its annual NAIDOC street march and this year Blackfella productions were in town filming for a documentary on Literacy for Life. As a result our school has been included in the filming production.

Semester One student reports will be mailed home at the end of the Semester.

It was a pleasure to have the Honourable Lesley Williams; Minister for Early Childhood Education, Aboriginal Affairs, and Assistant Education Minister visit the school. She commented on the excellent work she witnessed in all the primary classes and participated in various class activities.

School resumes for students on the 19<sup>th</sup> July 2016.

The staff will return on the 18<sup>th</sup> July for Staff Development Day.

I hope you enjoy the school break with your family.

*Yours sincerely,*

*Ms Nada Dukic*

*(Rel) Executive Principal*

## Infants/Primary News

We are coming to the end of a very busy term and it is lovely to see so many kids at school this week celebrating NAIDOC week. There are many great activities planned and it has been a fantastic way to end the term.

Next term after- school activities will be continuing for K-6 children. Notes will be handed out again at the start of Term 3, for any children who are now interested in joining in.

School reports are going out this week and we encourage parents and carers to make an appointment to come in and speak with staff about student progress and any issues that you would like addressed in Term 3.

All of the primary staff would like to thank everyone for the support you have given to the school and we look forward to another productive term.

*Beck Williams*

### Primary Awards

**Kinder-** Adam Boney, Harmony Kelly, Jharal Jackson

**Year 1-** Michael Trapman, Barran Lord, Nikeisha Bloomfield, Minya Lord, Georgjette Orcher, Dekeam Waites

**Year 2-** Kirk Eyre, Darnell Heatherill, Vanessa Vincent, Jamarl Vincent, Benson Barker

**Year 3-** Shiara Waites, Ava Orcher, Kyle Salt, Caleb Winters

**Year 4-** Rhae-Kye Waites, Charlotte Sullivan, Mason Scoot, Alexander Kirby-Byrnes

**Year 5/6 P-** Rahni Williams, Mattia Higgins, Malakye Biles, Karl Knight

**Year 5/6 C-** Tanika Shillingsworth, Jyl Waites, Tanika Shillingsworth

**Mr Mendes Award-** Keelan Nicholls, Karl Knight, Bryce Waites

**PBL Greenslip Award-** Vanessa Vincent, Lauren Gordon

# Secondary News

## PBL Rewards

Students continue to earn merits towards our PBL Reward Day. The Reward Day will be held on Thursday Week 1. It will involve an awesome lunch and sports activities. All our students are Safe Respectful Learners. Parents/carers can expect a letter home as well to let them know if their child earned the reward this term. Have you received a postcard lately ? Another great way to open positive communication between school and home.

## Rugby 7s

A group of secondary students are in Sydney in Week 10, participating in the Rugby 7's, run by Rugby NSW. A great opportunity for our students.

## Heaps Decent

We had a very successful visit from talented musicians and multi-media artists Heaps Decent this term, and are pleased to welcome them back into our school next term to do more workshops with our students.

## Next term

Term 3 will be upon as very soon, and it will be the last term for our Year 12 students. They should be getting into the zone now where they are revising work covered at school during the day and ensuring they are completing their Assessment Tasks. It is a very stressful time for our senior students as they move rapidly towards the end of their schooling, and the school is very happy to support in any way. Homework Club is

available for all secondary students on Tuesday afternoons, and this is also a good opportunity for students to catch up on work with teacher support.

If you have any questions regarding your child at school, please feel free to contact us at any time.

On behalf of all secondary staff, I would like to wish students and families a safe and restful break.

*Sarah Trapman*

## Positive Behaviour for Learning (PBL)

At our school we are
<b>Safe</b>
<b>Respectful</b>
<b>Learners</b>

## Moving into classrooms

During Term 2, all staff and students were involved in the process of developing rules and expectations for in the classrooms. We have our systems in place outside of the classroom, but needed to ensure our systems in the classroom encourage positive behaviour and are consistent in the expectations for all our students K-12.

In Term 3, every classroom in the school will have the expectations up for everyone to see. We teach the expected behaviour to our students. Then, we recognise, acknowledge and reward that positive behaviour! Looking forward to a fantastic and busy Term 3 as all our students "Give it a go!"





## Clontarf Foundation

### Brewarrina Academy (BA)



### **Clontarf News**

The Clontarf Foundation exists to improve the education, discipline, self-esteem, life skills and employment prospects of young Aboriginal men and by doing so, equip them to participate more meaningfully in society.

#### **General Comment:**

Week 8: Another busy week in the Bre Academy with Sports Carnivals, Afternoon Activities and Visits. As always the fellas impressed with their behavior and charm.

Tuesday we kicked the short week off with training and a nice breakfast. We also welcomed our Regional manager Brenden and his son for some quality time in the Bre Academy Culture. The fellas really enjoyed their time showcasing our school and town to these fellas.

Wednesday we had a visit from the Paul Ramsay Foundation staff and again we shared the Bre Academy and Culture with our guests. It was great to have some Alumni return to the school and along with our year 12 students give our guests a tour of the town.

Thursday was the Athletics Carnival and all the Academy fellas put in a wonderful effort in all the events. The participation level was a real highlight and also the standard of competition was intense. Thanks to all the staff who played a role in making the day a success.

Friday we again hosted some visitors from Riverview College in Sydney who were treated to a Bre tour guided by Charlie. The group then spent some time interacting with our Academy and shared Recess in the Academy Room. The Academy has a strong relationship with Riverview and it will look to make this visit to Bre an ongoing event.



Week 9: This week flew past and as the end of Term approaches we welcomed Murdoch from Riverview. He was a welcome helping hand around the Academy and the Fellas really enjoyed sharing their experience with him.

Tuesday we trained and the numbers were up again in the cold weather. The fellas enjoyed some games and a great healthy breakfast afterwards. We also had our Academies annual health checks and I am pleased to say we completed all of the fellas with the help of the BAHS staff in 2 days.

Wednesday we also finished off some cleaning and setting up around the Academy room and prepared healthy fried rice for lunch. The fellas always enjoy the sit around chat over a warm feed.

Thursday training was again a good showing with a large number of boys out and about early. Charlie and Mr Daymond had the fellas out playing some high intensity games and having some much needed fun.

Friday we fare welled Murdo from the Academy and also got the privilege of seeing some of the fellas Big Picture projects. They have really produced some quality work this Term and should be proud of their achievements.



## UPCOMING EVENTS

- City 2 Surf Week 4
- Ross Kelly Cup Week 5

## CONTACTS

Adam Close Director- 0419 260 028

Charlie McHughes Operations Officer- 0428 985 812



**healthykids**  
eat well, get active

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

## Turn off the TV or computer and get active

**Did you know?**

- ★ Spending too much sedentary or 'sit' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
- ★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ More than half of primary and about three quarters of secondary school students exceeded the recommended screen time guideline.
- ★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

**How much time in front of the screen?**

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

**"Set limits for computer games and being online"**

**5 steps to a healthy lifestyle**

1. Eat healthy meals and snacks  
2. Get active every day  
3. Turn off the TV or computer and get active  
4. Choose water as a drink  
5. Eat more fruit and veg

**Tips for parents**

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

NSW Health  
An initiative of the NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation.

## Live Life Well @ School

**QUICK BITES**

With the winter months upon us it is important to support students to remain physically active during recess and lunch. **Does your school have indoor activities available that are fun and energising for students?** Planned physical activities provide exercise and warm up students on cold days.

**Establishing a yoga or dance breakout room at your school with adequate space for movement and music outlets will get students moving in no time; and as a result are likely to be more focused upon returning to the classroom.**

A wide variety of **age appropriate dance and yoga sessions for children** can be found with a google search. See [www.healthactivekids.com.au](http://www.healthactivekids.com.au) for some ideas on active indoors

**Give it a try and dance the cold away!**

Please email queries to [WNSWLHD-LLWatS@health.nsw.gov.au](mailto:WNSWLHD-LLWatS@health.nsw.gov.au)

Kind Regards,  
Live Life Well @ School Health Promotion Team  
Western NSW Local Health District  
PO Box 4061 DUBBO 2830  
Tel (02) 6369 8086 | Fax (02) 6362 2197

NSW GOVERNMENT | Health Western NSW Local Health District



# NAIDOC WEEK 2016 cont.



# Notice Board

Are you following BCS on  
social media??

Follow us on Twitter :

<https://twitter.com/BrewarrinaCS>



Like our page on Facebook:

<https://www.facebook.com/Brewarrina-Central-School-1699428606964245/>



## REMINDER PARENTS

Nursing Staff from  
the AMS visit our  
school every  
Monday,  
Wednesday &  
Friday to conduct  
General First Aid

## AECG General Meeting

19<sup>th</sup> July

@3.30pm

To be held in the schools Community Hub

## Term 2 School Holidays

- Last Day of school Friday 1st July
- Holidays begin Monday 4<sup>th</sup> July
- Staff Return Monday 18<sup>th</sup> July
- Students Return Tuesday 19<sup>th</sup> July