



Boggabilla Central School Newsletter....

Term 4 Week 3, 2016

Emergency Services

Visit

Yaama!



All primary classes have been very busy this term. Last Friday we were lucky enough to have a visit from all of the emergency services from our local area. We had the Boggabilla Fire Brigades, Boggabilla Police and the Goondiwindi Ambulance come and visit us and show us all



around their vehicles. Some students were even lucky enough to be bandaged up by the Ambulance!

Everyone loved climbing on board the vehicles and turning the sirens on. We finished the day altogether with a sausage sizzle. We all had a great day and are very thankful to Mrs Campbell who arranged this day for us.



**Responsibility Respect
Pride Safety**

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A great day had by all!





“HOOKED ON FISHING” DAY

Friday 21st October 2016

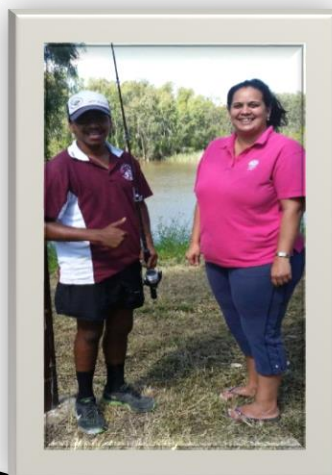
This term we’ve introduced a special reward for secondary students who come to school every day – Friday afternoon fishing. Not only do great attenders get a relaxing afternoon’s fishing, every week students, staff and community members can win prizes for the first, biggest and most catches for the day.

It was great to see so many secondary students at our inaugural “Hooked on Fishing” day. At midday students, teachers and staff walked down to the Boggabilla


boat ramp where Derek was waiting for everyone with brand new fishing rods, handlines and lots of new fishing tackle. We had perfect weather and though no one caught a fish, Fred Gillon managed to hook a turtle. Fred and Derek were able to remove the hook from the turtle’s mouth and it was released back into the river. For his efforts Fred won the “catch of the day” prize of a brand new fishing rod.

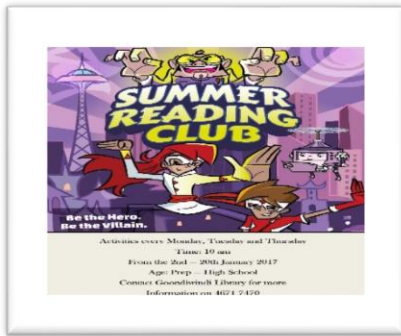
Looking forward to seeing even more students at the next “Hooked on Fishing” every Friday afternoon at Bondi with opportunities for students to win more prizes.

Miss Sherrin Hibbard



Upcoming important events:

<p>Swimming lessons</p>  <p>© Can Stock Photo</p>	<p>Friday 28th October Friday 4th November Friday 11th November Friday 25th November</p>
<p>K/1/2 zoo excursion</p>	<p>Thursday 3rd November</p>



**Exams
are
Over!!!**

CONGRATULATIONS!!

On Monday Erol and Jared completed their final exams for their HSC. We wish them all the best in the future and hope they

**achieve their goals in life.
Well done boys!
Miss Meek**



YAAMA HON MINISTER PICCOLI AND VISITORS TERVETULOA DR PASI SAHLBERG

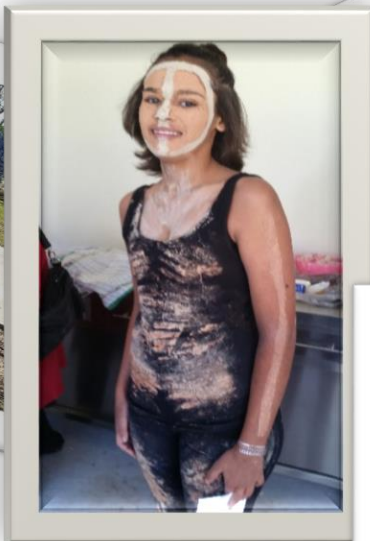


On Tuesday Boggabilla Central School enjoyed a visit from NSW Education Minister Adrian Piccoli, Dr Pasi Sahlberg, from Finland and visitors.

Well done to our students who performed. Thank you to community members for your support and a special thank you to BCS staff for your effort.



VISIT FROM THE MINISTER FOR EDUCATION



Good for Kids good for life

Term 4	Newsletter Topic
Week 2	Longer days = more outdoor play!
Week 4	Keep Crunching on the Weekends
Week 6	Ice Ice Baby – Food Safety
Week 8	The benefits of limits.
Week 10	Summer safety – hydration!
Extra	Recipe: Watermelon Ice block

Good for Kids good for life

LONGER DAYS = MORE OUTDOOR PLAY!

Outdoor play gives children the opportunity to experience the natural environment and have adventures! Now that daylight savings has started children have even more opportunity to get outside before school, after school and on the weekends.

Make the most of the sunlight by having some outdoor activities planned in advance. Consider installing a basketball hoop for summer evenings or planning to build a cubby house on the weekends. Playing outdoors with neighbourhood play mates is a great after school activity. Family activities could include a bushwalk or beach cricket day.



PHONE 4924 6499

Good for Kids good for life

KEEP CRUNCHING ON THE WEEKENDS

Most NSW primary schools have incorporated *Crunch&Sip*® as a regular part of their school day.

Crunch&Sip® is a time, each day, when students can "refuel" on vegetables and fruit and "rehydrate" with water. It helps children to increase their intake of vegetables and fruit and is a great opportunity to introduce them to new vegetables and fruits.

The great news is that *Crunch&Sip*® does not have to be limited to the week days! Try to keep the whole family healthy by integrating this habit into your family routine on weekends and during the school holidays.



PHONE 4924 6499

Good for Kids good for life

ICE ICE BABY - FOOD SAFETY

As the summer days get warmer so does the temperature inside your child's lunchbox. Warm lunchboxes increases the risk of food borne illnesses.

The food packed for child's lunch can be stored within the lunchbox for several hours prior to being eaten. A study by NSW Food Authority has shown that on a 25°C day temperatures for lunch packed without an ice brick can rise up to 12°C higher and produce 14 times as much bacteria as those packed with an ice brick or frozen drink.

Over summer make sure you pack an ice brick or a frozen drink with your child's lunch, and if possible use an insulated lunchbox as well!



PHONE 4924 6499

Good for Kids good for life

THE BENEFITS OF LIMITS

Small screen entertainment can be convenient; however Australian children are spending more time than recommended watching screens. Excessive screen time can reduce both physical activity levels and concentration levels and contributes to increased weight gain.

Here are some tips on ways to reduce screen time in your household:

- Set limits on the duration of screen time in one sitting, 20mins is a good place to start.
- Only switch the TV on for specific shows, do not leave it on in the background.
- Role model the behaviour that you would like to see in your child – there is no better example than YOU!



PHONE 4924 6499



Boggabilla Central School Yarn Up

Commencing in Term 4, 2016



Elders/Parents and Carers are important people in our local Community. They have important roles, especially in how the community works and how the community relates with government departments and service providers. Elders/Parents and Carers are highly respected members of our community.

Boggabilla Central School would like to invite all Elders/Parents and Carers for Yarn up, a relaxed yarn with Boggabilla Central School staff. It is a time for respect, engagement, sharing and moving forward as a Community. All Elders/Parents and Carers of the Toomelah and Boggabilla community are encouraged to attend. If you would like to bring along extra family members that would be even better.

We hope to see you there!

Light refreshments will be provided.

WHEN: Every Second Tuesday starting 18 October 2016

WHERE: Pink House, Boggabilla Central School

TIME: 12:30 pm – 1:30 pm





Mirri Attenders for Week 2

The following students have attended school every day in Week 2
Congratulations on 100% attendance....

Alle

Tameisha

Zacky

Rylee

Mia

Therese

Atarra

Mathew

Sheena-Lee

Bethany

Zakius

Kezia

Jamey

Tyron

Daryl

Denver

Charlie

Jaminda

Holly

Tyson

Ursula

Meleah

Maleika

Debra

Dwight

Shakira Te-arra Daniel Madeline Kiarna Rexiarna Lara Alec Reanne



What's happening at the learning

Centre.



Term 4 is off to a great start at the Learning Centre. We have done many activities to encourage students to make positive life choices. This term we have had guest talks from Legal Aid, Hunter New England Health and the Toomelah Clinic. We have also been making healthy choices by going to the pool, budgeting and looking at food options and planting our own fruit and vegetables at the centre.

We have also undertaken different activities encouraging the students to "have a go". The students had to do a Boggabilla/Goondiwindi tour based on various clues. Each stop had a different activity to complete, whether it be focusing on reading and comprehension, drawing and writing to show sequencing, creating the area of a rectangle as well as unjumbling letters to reveal the secret location.

It is so exciting to see the students' attendance continue to increase. This is fantastic to see and I would like to congratulate the students and their

families for making this happen. Last Term, we had 5 students from the Learning Centre attend the Attendance Rewards Day. Hopefully, this term, even more students will be able to attend in recognition of their efforts.

It is amazing to see the students at the Learning Centre grow in confidence, happiness and calmness. This was evident with Lara Duncan welcoming the Minister of Education, Minister Piccoli, to Boggabilla Central School. Congratulations Lara on showing pride in yourself and the school. I look forward to seeing many other students challenge themselves to be role models for others.

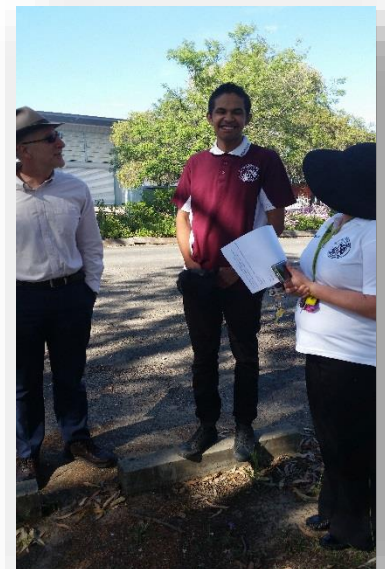
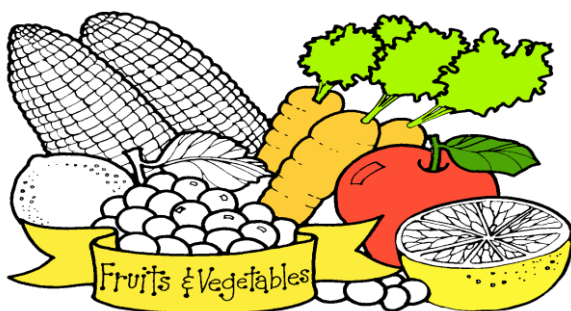
I am very pleased with the increase in communication from parents/carers.

Please make sure you come and see me if you have any questions.










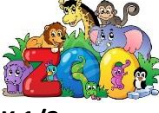






Your contributions to the Learning Centre and your increased enthusiasm is noteworthy.

It is going to be a great term at the Learning Centre.

Ms Gleeson



School Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	10 Oct	11 Oct	12 Oct  HSC exams start today	13 Oct 	14 Oct
WEEK 2	17 Oct 	18 Oct	19 Oct Primary Assembly 1.30 – 2.30	20 Oct	21 Oct  Emergency Services Visit  Safe Swim K-6 Best Attenders Fishing 
WEEK 3	24 Oct  Last day of exams for year 12 students.	25 Oct	26 Oct Primary Assembly 1.30 – 2.30	27 Oct	28 Oct Safe Swim K-6  Best Attenders Fishing 
WEEK 4	31 Oct	1 Nov	2 Nov Primary Assembly 1.30 – 2.30	3 Nov Zoo Visit  K 1/2	4 Nov Safe Swim K-6  Best Attenders Fishing 
Week 5	7 Nov	8 Nov Swimming Stage 4/5 2–3pm 	9 Nov Primary Assembly 1.30 – 2.30 Swimming Stage 4/5 2-3pm 	10 Nov  © Can Stock Photo	11 Nov Safe Swim K-6  Best Attenders Fishing 