



Boggabilla Central Newsletter

Term 3 Week 3 2017



Education



Dear Parents and Carers

Boggabilla Central School will transition to the new NSW Public Schools' finance system and a new bank account on **16 October 2017**.

To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers.

Direct deposits: As of **22 September 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **22 September 2017**. This includes **CENTREPAY PAYMENTS**.

EFTPOS payments: We will not be able to accept EFTPOS payments between **11 October and 18 October 2017**. Please ensure that you have made any outstanding EFTPOS payments before **11 October, 2017**. From **17 October 2017**, EFTPOS payments will be accepted as before.

Cash and cheque payments: Between **11 October 2017 and 16 October 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **11 October 2017**. From **17 October 2017**, cash and cheque payments will be accepted as before.

Thank you for your patience and understanding as we transition to our new finance system. If you have any questions, please contact **the school on 0746 762 104**.

Responsibility
Respect
Pride Safety



Boggabilla Central School

PO Box 218

South Street

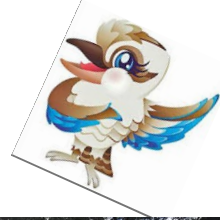
Boggabilla NSW 2409

PH: 07 46 762 104

Fax: 07 46 762 442

Email: boggabillac.school@det.nsw.edu.au

Gugurrgaagaa



Welcome to Term 3 in the Gugurrgaagaa

Classroom!

We are already half way through the year. We ended last term with some spectacular days celebrating NAIDOC week. Marching at Goondiwindi, creating at Toomelah and discovering at Boggabilla.

Thanks to Miss Coster for organising our end of term attendance rewards day party and movies. We loved watching Despicable Me 3. You're one in a minion.

We have had a wonderful visit from the Life Education van already this term, with Healthy Harold sharing all his knowledge with us.

Last term we started our own veggie garden. We have broccoli, cauliflower and coloured chard, little lettuces and lots of garlic. We are excited to start harvesting our veggies as the term progresses and using them to make yummy healthy food.



What is coming up in Primary-

Week 3-

Wednesday 3/4/5- Off to Goodooga for the Goodooga Games

Wednesday Preschool- Kindergarten Transition meeting for Parents 2:30-3:00- K12 Classroom



Until next time,

Miss McInnes



What's been happening in the



From the Preschool Veggie Garden To Our Plates

We have been watering our veggies and pulling out weeds. This week we harvested some of our Bok Choy to use in our healthy cooking Thursday.

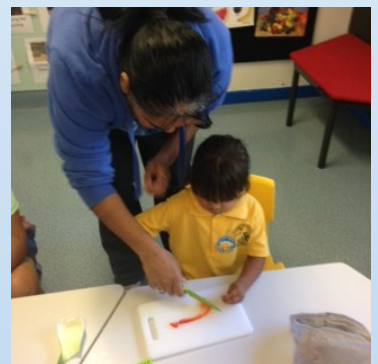


We had a special guest, Jasmine (Jailarnie's Mum) came in and taught us how to make Coconut Chicken Curry and fluffy rice.



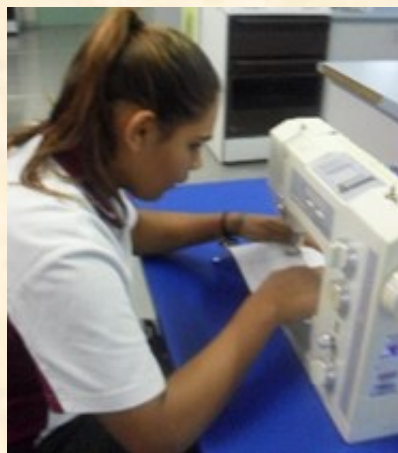
We were busy chopping and slicing the veggies. Our Bok Choy was delicious and we loved it!

A great big thank you to Jasmine for cooking for us.



Middle School Technology

Last term students in my Middle School Technology class participated in a Textiles unit. They researched different types of cushion covers, experimented with tie-dyeing techniques and learned some basic sewing skills. Students designed and made pillow cases as part of their assessment.



9/10 Food Technology



The 9-10 Food Technology students have been learning about the development of new food products. Currently they are trialling some new food ideas of their own by making an innovative healthy snack using a basic biscuit recipe.



Year 11/12 Hospitality

Year 11-12 Hospitality students have completed work on sourcing and using information on the hospitality industry. The format for lessons this year has included the use of online units, which students can work through at their own pace. In their practical lessons, they have been learning about using the equipment in the industrial kitchen. The current focus for Year 11 is hygiene and safety, and learning about different methods of cookery. While the Year 12 have been practicing coffee making skills.

Maryanne Hennessy



U15's Basketball Knockout



It was to a chilly morning that six girls set off to Inverell from Boggabilla for the U15's Basketball Knockout Gala Day. The girls were in high spirits on the trip there and this continued as the girls walked onto the court for the first game against Macintyre High School. Taking an early lead thanks to successive baskets by Maleika Craigie Boggabilla became more confident as the first half rolled by. Leading, the girls came off smiling before returning to the court for the second half. A commanding performance by Matayla Boland in defence and a number of baskets by both Keleisha Duncan and Shakeetah Hickling saw the girls win 47 to 19.

Walking onto the court facing Tenterfield High School, the girls were positive about the match. The first half did not go as planned with Tenterfield equalling every basket Boggabilla scored. Leading by four points at half time our leading goal scorer, Maleika, stepped into a defensive roll to mark the opponents key player. This was the break the girls needed. 3-point baskets by Keleisha and Kiarna Wightman finishing rebounds, the girls extended the lead and held out the opponents. A final score of 32 to 23 saw Boggabilla Central School the winners of the day.

Well done girls and big thank you for your behaviour and representation of Boggabilla Central School values.

Mr Synnott





Wellbeing Update



At Boggabilla Central school all staff are committed to ensuring that students wellbeing needs are met and that we have a safe and supportive learning environment. We are dedicated to developing positive interactions and reactions with all students, staff and the community. Teachers have supported students through the delivery of various wellbeing programs this year.

This year across the school in every classroom, students have been participating in mindfulness practices. **Mindfulness** is a special way of paying attention that can help with how our children cope with everyday life or deal with tough times, and there are great benefits for their physical and mental health.



**BULLYING.
NO WAY!**
TAKE A STAND
TOGETHER

In secondary, students have participated in **bullying** lessons weekly. These lessons have allowed students to learn about what bullying is, identify the warning signs, outline strategies to deal with bullying and how bystanders can help. We will continue to support all students, by making this a priority at our school and ensure they feel safe and happy at school. These lessons will continue next term and will be introduced into the primary school.

Beginning next term students from Kindergarten to Year 8 will be participating in an effective social and emotional program focused on developing **resiliency** in children. It is vital for our student's wellbeing to develop resilience, this will allow them to effectively and positively deal change throughout their lives.

**BOUNCE
BACK**
GET BACK ON
TRACK

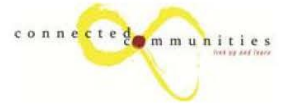


Positive education, what is this? **Positive education** focuses on building a person's wellbeing to enable them to flourish in life. This year we are committed to embedding positive education within the school and the wider community. This term secondary students have learnt and participated in activities around identify gratitude and strengths. We look forward to instilling strength into students and build upon the good they have in their lives.

Happiness is not just about feeling good it's about doing good.



Boggabilla Central School



EXPRESSION OF INTEREST (EOI)
KICK START – HEALTHY EATING PROGRAM
TRAINEE CO-ORDINATORS (ABORIGINAL)
(2 POSITIONS)

Job Description:

Two (2) temporary Healthy Eating Program Trainee Coordinators (Aboriginal) positions have become available at Boggabilla Central School working to provide hospitality skills needed to operate our school breakfast program. The positions are for two (2) hours per day for 2 days per week (Monday and Friday) during Term 3, 2017 with the possibility of extension to five days per week in Term 4 until the end of the school year.

The successful applicant(s) will be transitioned and supported by the current coordinators of the school breakfast program to include menu planning, preparation of breakfast and student emergency lunches, ordering, budgeting and the delivery of breakfast to our students.

These positions are identified Aboriginal and Torres Strait Islander positions.

Selection Criteria

Suitable applicants are to submit an *Expression of Interest* of no more than one (1) page for this position [in addition to the cover sheet]. **The following selection criteria MUST BE ADDRESSED and the name and contact details for two referees MUST be included in your cover sheet.**

1. Completion of or currently in training for a Certificate II in Hospitality
2. Desirable experience in hospitality operational skills and basic industry knowledge
3. Desirable experience working with students in school and/or community settings.
4. Strong personal, interpersonal and communication skills.

Applicants *may* need to attend an interview IF necessary.

Closing Date: 3 pm Monday 7 August 2017

Additional Information:

This position is child related position and will require a Working With Children Check (WWCC) for the successful applicant. To apply for a WWCC clearance, visit the Children Guardian's website at <http://www.kids.nsw.gov.au/>.

Further information about the position can be obtained by contacting Jennifer Bird or Louise Dennison at Boggabilla Central School on 0746 762 104.

Applications must be emailed to Jennifer Bird, Executive Principal, jennifer.bird@det.nsw.edu.au OR delivered to the school office by 3 pm on MONDAY 7 AUGUST 2017.



EXPRESSION OF INTEREST

KICK START – HEALTHY EATING PROGRAM CO-ORDINATORS (2 POSITIONS)

[THIS COVER SHEET MUST BE INCLUDED IN THE APPLICATION]

Name of applicant:			
Current position:			
Address			
Email:			
Mobile Phone No:			
Working With Children’s Check #		Date:	
Applicant’s signature:		Date:	
Names and details of two referees (one of whom must be your current supervisor IF employed)			
First referee:		Second referee:	
Name:		Name:	
Position:		Position:	
Phone:	Work:	Phone:	Work:
	Mobile:		Mobile:
Please attach a maximum of one (1) page addressing the <i>Selection Criteria</i> to this EOI form.			

Good for Kids good for life

Good for Kids good for life

WHY DOES OUR SCHOOL HAVE HEALTHY EATING AND PHYSICAL ACTIVITY PROGRAMS?

Good nutrition and physical activity improves students' concentration and behaviour and boosts school performance.

Below are some examples of strategies schools are implementing to promote healthy eating and physical activity:

- Crunch&Sip® – a daily fruit, vegetable and water program
- NSW Healthy School Canteen Strategy – revised canteen strategy replacing Fresh Tastes @ School
- PE lessons have a focus on developing students fundamental movement skills
- Students have access to physical activity equipment during breaks
- Teachers have been trained in the Live Life Well @ School Program
- Teachers are regularly incorporating healthy eating and physical activity into their lessons



PHONE 4924 6499

Good for Kids good for life

EAT A RAINBOW

Fruit and vegetables come in all the colours of the rainbow! But did you know that each colour provides different nutrients so why not pack a different colour for each day of the week?

Red: Red capsicum sticks, cherry tomatoes, strawberries, red grapes

Orange/Yellow: Carrot sticks, yellow capsicum sticks, oranges, mandarins, pineapple

Green: Cucumber sticks, celery sticks, snow peas, green beans, kiwi fruit

Purple/Blue: Red cabbage in salads, plums, blueberries

Brown/White: Mushrooms, cauliflower rice, banana



PHONE 4924 6499



School travel update

Application information - June 2017

Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online School Portal for endorsing school travel applications.

You are now able to manage all your school travel needs online including applying for school travel passes and tracking the status of your application.

The application process has also been simplified so that a new or updated application for school travel passes is only needed when a student is:

- applying for a school travel pass for the first time
- requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).
- changing school or campus
- changing home address
- receiving an expiry notification
- repeating a school year
- changing their name
- requesting a new transport operator.

This means students who are progressing to year 3 and year 7 only need to reapply if they are changing circumstances.

Students who are not residents and are temporarily in Australia can also provide their visa subclass number and exchange program (if prompted) when applying online, making the application and approval process much faster.

Parents, guardians and students can apply or update their details online at:

www.transportnsw.info/school-students

Tips to encourage children to eat more vegetables and fruit in the home

- **Be a role model.** Let your kids see you eating and enjoying vegetables, fruit and water.
- **Give children multiple opportunities to try new foods.** Children need to be offered a new food a number of times. If they say they don't like something after a first taste, don't take it off the menu straight away.
- **Get the kids involved when choosing and buying fresh vegetables and fruit.**
- **Get the kids growing vegetables and herbs.** If children are involved in the growing of herbs and vegetables, they are more likely to try eating them.
- **Get the whole family preparing vegetables and fruit for family meals.** This helps kids become more familiar with them. They're more likely to try something they've prepared. Even young children can get involved in tearing up lettuce!
- **Make vegetables and fruit easy to see.** Keep a bowl of fruit on the kitchen table. Prepare some vegetable sticks and keep them in a container at the front of the fridge at children's eye level.
- **Complete the Crunch&Sip® At Home Challenge.** This can be downloaded from Healthy Kids Association website – www.healthy-kids.com.au.



Crunch&Sip®

Information for Parents

What is Crunch&Sip®

Crunch&Sip® is a primary school program that lets children crunch on vegetables and fruit and sip water in the classroom. It encourages children to choose vegetables and fruit as a snack and water as a drink. These healthy options provide important nutrients for kids, allows them to 're-fuel' and can help improve their physical health and concentration.

Instructions for Parents

Crunch&Sip® takes place each day in the classroom. **Please send your child to school with some vegetables or fruit and a water bottle, so they can take part in this great program.**

Why are vegetables and fruit so important?

Eating a variety of foods is important for good health, both now and in the future. Poor eating habits have been linked to a number of diseases, such as heart problems and some forms of cancer.

Don't forget the Water?

Children rarely drink enough water and often forget to drink unless reminded. Crunch&Sip® allows them to drink water in the classroom, avoiding dehydration, which can cause headaches and irritability.

Please always pack plain water and some vegetables or fruit. Some ideas are:

WHAT TO PACK



TIP: For younger children, chop vegetables and fruit into bite size pieces

TIP: On weekends, get the whole family involved with Crunch&Sip® at home

TIP: Vegetables and fruit taste best and are cheaper when you buy what's in season

TIP: If you can't buy fresh, try canned fruit in natural juice

PLEASE DO NOT PACK



Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

Fruit



Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box



MAKE WATER YOUR DRINK



PACK ICE BRICKS TO KEEP FOOD COOL



USE A THERMOS TO KEEP FOOD WARM



Health

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
T 3 W E E K 3	31 July HSC Trails am only	1 August HSC Trails am only	2 August HSC Trails am only Goodooga Games (3/4/5/6) Parent Transition Info Session Speech Therapist In	3 August HSC Trails am only Goodooga Games (3/4/5/6)	4 August HSC Trails am only National ATSI Children's Day Sec Regional Athletics	
	7 Aug	8 Aug	9 Aug Intl Day of World Indigenous People Ricky Walford- Walgett	10 Aug Neville Thorn Shield Kindy Transition	11 Aug	
W E E K 4	14 Aug	15 Aug	16 Aug	17 Aug U/14 + Open Girls League Tag Kindy Transition	18 Aug	
	21 Aug	22 Aug	23 Aug	24 Aug AECG Meeting 3:30pm Kindy Transition	25 Aug	
W E E K 5						
W E E K 6						