Netball and touch football carnival
NETBALL: Melissa Shoemark, George Story and Amanda Flack were the brains trust for looking after the team. We also had 2 high school students, Brittany Humphries and Monique Deurle who assisted in umpiring. The team played 4 games losing the first two but gathered confidence and skills winning the last game.
TOUCH FOOTY: Greg Watson and I were the managers. We also took our Japanese teaching assistant YuYa for the trip, so he could enjoy an Australian experience in the country. He also kindly acted as our water boy.

On a hot day all teams ventured out with confidence. Both teams played 4 games. The touch football teams were undefeated drawing 2 games and winning 2. Thanks to the leading roles of Tyler Croxon, Kieran Davies, Ryan Castle and Robbie Watson. Our defence was stable thanks to all of the team for sticking to their tasks, in particular to our only girl player, Hattie Cram, who was sensational. Thankyou to Chloe Stephenson who was our referee throughout the day, she did a sterling job. Looking forward to next year’s event. Also sincere thanks to Claire Shear who accompanied us on the bus.

Greg Clarke
Assistant Principal.

Junior Sheep Judging
Sheep, sheep and more sheep — the BCS Show Team are at it again.
Twenty seven keen students made their way to Taralga showgrounds last week for the Corridale Association sheep judging education day. BCS students have held a reputation for knowing their sheep but the chink in the armour would be the lack of experience in judging long wool sheep breeds. When offered the opportunity our show teamers begrudgingly gave up the day at school to get their hands in the wool. Plenty of fun was had by all and some may have even picked up a few tips!

Nutcracker production
The Yr 9/10 Drama students have completed their auditions and are busily preparing for their production of ‘The Nutcracker’. As part of their studies the students design, paint and construct their sets, promote the show, select their costumes and participate in the behind-the-scenes technical and management preparation. In 2015, the high school Drama students will be joined on stage by the students of Lighthouse. These Yr 7/8 students have started working with Ms Bryant preparing dance routines as snow goblins, fairies and evil mice. The cast and crew are very excited and the show will open on Friday November 6 for an audience of community, staff, family and friends.”

Some rehearsals pictures are overleaf.

Work experience reminder
All Yr 10 students are reminded to submit their work experience placement details to Mr Rob Martin, Careers Advisor, as soon as possible. If you require any assistance, please contact Mr Martin.

P&C news
Canteen news
The canteen wishes to advise that the price of some ice blocks will increase from Monday 26 October. The RRP will increase to $1.60 for Paddle Pops and $1.00 for Mini Calippo.

Thank you to all of our Canteen Volunteers for giving up your precious time. If for some reason you can’t do your canteen rostered day, please call Heather at home on 4842 1793 or the canteen (Monday to Friday — 9:30am to 2:00pm) on 4842 2251.

We have a number of spaces in the canteen volunteer roster this term. If you can help out please give Heather a call at the canteen, or pop in for a chat and a look around. We would like to have 2 helpers in the canteen on the busy days. It’s a wonderful way to meet other parents and the children love seeing a familiar face. Volunteers also receive a $5 canteen voucher as a thank you for giving up your time.

BCS Debate excellence demonstrated again in 2015
It’s sometimes thought that small rural schools can’t mix it with the well resourced city counterparts but, for the third year in a row, Braidwood Central has had a student chosen as part of the regional team to take part in the Junior Secondary Debating Championships for Yrs 9 and 10.

Maddie Davies, who is in Yr 9 at BCS (and who had earlier won a place in our region’s larger squad) took part in a training day and was selected as part of the team of five who will travel to Sydney University in late November to compete with students from the other nine region’s in New South Wales. Over three days these students — the best forty-five debaters in the state - get a taste of what it’s like living on a university campus, staying in residence, eating meals in the dining hall, and having fun interacting with their peers. Good luck Maddie!!!

On the subject of success — congratulations to the Yr/8 team who won at Karabar High School yesterday. Lucy, Sophie, Ruby and Myrtle will now go on to compete in the regional final at Bomaderry.

Assistant Principals’ Award
One student is chosen from each primary class by the Assistant Principals, Mr Clarke and Mrs Davis. Students must consistently display our PBS values of consideration, achievement, responsibility and enthusiasm. These award cards count towards the students’ Bronze, Silver and Gold awards. Congratulations to:

Diggers: Hartlee Kley-Tyler
Supers: Lola Mahler
Gallopi: Harry Williams
Lighthorse: Pepper Critchlow
Squadron 34: Jarrad Osborne-Russell
Cows: Jallamara Gardner
Troops: Zoe Cargill

Uniform awards
Each week a number of students’ names are drawn from a hat and those in full uniform win our uniform awards. Last week’s Primary winners are:

Sophie Mortiz
Zac Hennes Ford Smith
Michael Wlasak

Chloe Shoeamark
Mayney Prothero

What to say when kids become anxious
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it is most important to be a strong, steady influence. You may not be able to take their anxiousness away, but your emotional support and calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message at the very time they need to draw on that trust. Convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

“You’ve alreay been here and you’re not going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’re practised when they aren’t anxious.

“Take some big deep breaths. I’ll do it with you.”

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tension, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hard wired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalize what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Enabling your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training their brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually aware of their own problems when they have loving, supporting and positive adults in their lives.

Parenting ideas by Michael Grose
Application for Year 7 selective high school placement in 2017

What are selective high schools? Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

A list of selective high schools and their websites is available on the internet at www.schools.nsw.edu.au/shsplacement. A map of the schools is also linked from this website page.

Who can apply?
Students are usually in Year 5 at the time of applying (2015) and in Year 6 when sitting the test (2016). They are usually born between 1 January 2004 and 1 August 2005. If so, please return it to the front office immediately as all trophies need to be engraved with the names of new recipients. We appreciate your assistance with this matter.

How do I apply?
Parents must apply online at the following link: www.schools.nsw.edu.au/shsplacement and should read the instructions carefully as the guidelines are very strict. Applications close on Monday 16 November 2015. Late applications will not be accepted.

Uniform reminder
Now that we’re enjoying the warmer weather it’s a great time to remind all students to wear their correct summer uniform. Some examples of the Primary summer uniform are shown above right.

Crunch and Sip
Our new Crunch and Sip program in now up and running in the Primary classrooms. Students will crunch and sip in their classrooms first thing in the morning, while rolls are being marked at 9.00am, rather than eating before the bell. All students need to bring:
- a water bottle with their name clearly marked on it;
- and a fruit or salad vegetable snack.

Notes that went out this week
1. Yr 2 (2016) RSA and RCG course
2. Yr 7 2016 Orientation Swimming

If you have not received a copy of a note that is relevant to your child, please see the website: http://www.braidwood-c.schoo... or contact the office to obtain another copy.

Breast cancer fundraiser

Do you have a Perpetual trophy at home?
If so, please return it to the front office immediately as all trophies need to be engraved with the names of new recipients. We appreciate your assistance with this matter.

CALENDAR

Week 4

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<td>Yr 3/4 National Museum excursion</td>
<td>Yr 7 Vaccinations</td>
<td>Yr 7, 8 Assessment week and HSC exams continue</td>
<td>Breakfast club ends</td>
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Week 5

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<td>4 November</td>
<td>5 November</td>
<td>6 November</td>
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<td>Yr 9 Love Bites program</td>
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<td>Nutcracker dress rehearsal all-day</td>
<td>Primary Science Day</td>
<td>Nutcracker performance at 6:00pm (and Sat 7 Nov at 2:00pm)</td>
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Week 6

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