Managing the Bull program

Students in Yr 7 have continued their ‘Managing the Bull’ workshops and are continuing to build their own resilience through relevant strategies. In the last fortnight students participated in the third and fourth workshops from the series. They explored ‘Assertive Body Language’ and ‘Defusing Insults through Humour’. In these workshops we actively discussed how body language can make us bully prone or bully safe and how positive perceptions can assist the development of assertiveness and confidence. Next week students will be developing their personal protection plans to put into practice the skills they have developed in these ‘Managing the Bull’ workshops.

Kinder transition day

The Kindergarten Transition held on Tuesday last week, for the full day, was a success. Children enjoyed reading ‘Brown Bread and Honey’, making a crown and cooking mini pizzas in the food tech room. The next transition day will be Tuesday 24 November from 9:30am - 2:30pm.

Year 12 Formal

Friday the 13th showcased and celebrated the completion of 13 years of schooling for our Yr 12 class of 2015 with the Yr 12 Formal. The ladies and gents looked fabulous and a fantastic night was had by all.
The students would like to thank:
- the P & C for their organisation of the evening and for the food;
- the Cuevas family for making and donating the cake;
- Yr 11 and Mrs Clarke for their set up and hospitality;
- Corinne Howard for her program design and printing;
- Matilda Corby for her professional photography; and
- the many helpers on and before the night.

Yr 12 now wait anxiously for their HSC results. Some of our students have received offers to university already, some have secured jobs and others are preparing for their next step in life.

World of Maths

147 students from K-8 participated in The World of Maths roadshow when it visited BCS on Tuesday. Students worked through a variety of fun, colourful and hands-on workshop activities in small groups. Students from a range of classes worked together and the older students took on leadership roles to assist the younger students throughout the activities, which challenged their problem solving skills.

More great pictures are overleaf.

Primary Cooking

The Kindergarten Diggers had a great time in the kitchen on Monday making strawberry ice cream and sorbet with their kitchen buddies from Yr 8. After freezing the recipes for a few hours, the children enjoyed the products of their labour in the afternoon.

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: Ella Anderson
- Poppies: Taylor Dixon
- Gallipoli: Angel Boban
- Lighthouse: Joel Cooper
- Squadron 34: Dakota Bunn
- Coves: Hattie Cram
- Troops: Maxyne Prothero

Parenting ideas by Michael Grose


Helping kids deal with horrifying news

Terrorist events in Europe in recent days have reverberated around the world. Graphic images have been brought into our living rooms and onto our devices via the media over the last few weeks, and will continue to do so in the immediate future.

But what about the impact of the event and the subsequent media coverage on children and young people?

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as terror attacks. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when such events fill the airwaves and the consciousness of society?

Here are some ideas:

1. Reassure children that they are safe. The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. Explain what happened. Sounds obvious but it’s important not to simply assume that children and young people understand what’s happened. Be calm and stick to the facts, using a map to show older children where it happened.

3. Be available. Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

4. Help children process what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.

5. Support children’s concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

6. Let them explore feelings beyond fear. Many children may feel sad or even angry with these events so let them express these feelings.

7. Avoid keeping the television on all the time. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitising to others.

8. Be aware of your own actions. Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.
### CALENDAR

**Term 4**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 November</td>
<td>24 November</td>
<td>25 November</td>
<td>26 November</td>
<td>27 November</td>
</tr>
</tbody>
</table>

**Week 8**

- Primary Captains elections
- Kindergarten Transition day 9:30am-3:30pm
- White ribbon day leaders forum in Queanbeyan
- Primary Recognition Assembly at 12pm
- 6 reports posted home

**Week 9**

- 30 November
- 1 December
- 2 December
- 3 December
- 4 December

**Week 10**

- Japanese excursion to Sydney
- Christmas Craft
- Secondary Recognition Assembly 12pm
- Presentation Evening 6:30pm
- Primary End of Year Concert

### Canteen Roster

**Term 4**

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 November</td>
<td>24 November</td>
<td>25 November</td>
</tr>
</tbody>
</table>

**Week 8**

- Kathy Pollitt
- Rodney Teley
- HELP NEEDED

- Maureen Faviell
- HELP NEEDED

**Week 9**

- Sam Murray
- Rodney Teley
- HELP NEEDED

- Kathy Pollitt
- Penny Stenmark

**Week 10**

- Maureen Faviell
- Rodney Teley

- Kathy Pollitt

### Upcoming Events
1. Primary Captains elections 23 November
2. Yr 10 Work experience all week and Fire Cadets all week
3. Fire cadets training 23 November — 27 November and Graduation 27 November
4. Kindergarten transition day 24 November
5. White ribbon day leaders forum in Queanbeyan 25 November
6. Primary Recognition Assembly 26 November — ALL WELCOME

### Library News

**SCHOLASTIC BOOK CLUB**

The library operates Scholastic Book Club for students K-6. Order forms were handed out in class on Monday. Orders are due back on **Wednesday November 25**. The order forms and money should be in a sealed envelope and need to be brought to the school library not to the Front Office.

**Please Note** that all cheques need to be made payable to Braidwood Central School. Please ensure that all orders are returned by the due date as no late orders can be taken.

Any enquiries should be directed to the library.

This will be the last Book Club for the year. A great place to start your Christmas shopping or find some holiday reading. Thank you, Mary Langdon, Teacher Librarian.

### Menzies Property Services

**Position Vacant**

School Cleaners. Experience preferred but not essential as training will be provided. Morning and afternoon shifts.

Working with children certificate is required.

For contact information Mark Green on 0418 999 368.

### Notes that went out this week

1. White ribbon day leaders forum
2. Yr 9 RFS cadets

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

**School’s Disco**

The SRC would like to thank everyone for coming along and supporting the school disco on Wednesday. It was a great evening. Some pictures are above right.

**Library notes**

**K-6 Reports**

Parents/carers please note that K-6 reports will be posted out to families on Wednesday 25 November.

**“The Fabric of Braidwood”**

**Photography Competition & Exhibition**

The Braidwood Times and the Braidwood Central School Account (or the money in your existing account).

**Conditions of Entry**

Entry forms available at the Braidwood Central School. Please be in exact date and no entries will be accepted. Please write on accessible for sale at the Nelson college on 12th October. Entries must be completed by the Nelson and mailed to the Braidwood Central School on 12th October. Entries must be in the form of digital images. Images must be in JPEG format and no larger than 1MB. Images should be submitted to the Braidwood Central School on 12th October. Images that do not meet the size requirements will not be accepted.

**First prize in each category is a $100 Braidwood Central School Account (or the money in your existing account).**

**Host Family needed**

Braidwood has been given the opportunity to have another Japanese Teaching Assistant in our classes next year. This will be another great experience for all our students as, like our current assistant Yuya, the new assistant will help out in Secondary Japanese classes and visit Primary classes.

We need a family to agree to host our Japanese Assistant for 3 weeks from 20 February 2016, in a “home stay” setting. A host family will need to provide our Assistant with a bed (preferably in their own room) and 3 meals each day. In return, he will pay a small amount of “board”. The Assistant will come to school each day, but on weekends he would stay with the host family. He would probably appreciate a trip to Batemans Bay and/or Canberra, but will also enjoy experiencing life in regional NSW — whether you live in town or on a property - as it will probably be quite different to his home in Japan.

If you are interested in hosting our Assistant, or would like to know more, contact Mrs Alisa Stephens as soon as possible by phoning or emailing the school.