**Principal’s News**

**WELL DONE TO ALL K-6 STUDENTS WHO QUALIFIED FOR REPRESENTATIVE SWIMMING – TAKE PRIDE IN YOUR ACHIEVEMENT**

Last Tuesday, Mr Greg Clarke and parents escorted twelve students to Narooma to compete at the District Primary Swimming Carnival. All students had a fun day and represented themselves and this school with pride. Congratulations to all for your involvement.

**CONGRATULATIONS TO OUR 7-12 STUDENTS WHO QUALIFIED FOR REPRESENTATIVE SWIMMING – CELEBRATE YOUR SUCCESS**

Last Wednesday, 13 students and parents also went to Narooma to participate in the secondary zone swimming carnival. Ebony Pasfield, Hannah Cargill, Josh Story and the Girls 16yrs freestyle relay team were successful at this event and have now qualified to swim at the next level at Dapto, Thursday 5 March. Nice one.

**POSITIVE FEEDBACK TO INFORMATION AT THE K-6 INFORMATION SESSION**

Thank you to the parents of our K-6 students who joined Mr Greg Clarke, Miss Kerrie Smith, Mrs Marg Langdon and Mr Julian Davies in the library last Tuesday to learn more about ways to help your child grow in their learning. It was so nice to hear the positive feedback from those who could attend.

**AMAZING SHOW OF SUPPORT**

Last Wednesday evening our parents with children in Years 7 & 8 joined Executive, Year Adviser and teachers at the club for an informal information session. The buzz of excitement, conversation and collaboration between school and home was obvious to all. What a positive show of commitment to the education of our young people. Awesome.

**A REMINDER TO JOIN US AT THE BRAIDWOOD SHOW**

The Braidwood Show will be held on 7 March. It’s a time to remember what makes rural life so special. A day of activities and fun centred around agricultural and cultural pursuits. Braidwood Central students are busily preparing banners, posters and exhibits. There will be something there for each parent and care giver to see and enjoy. See you there.

**ANOTHER WONDERFUL INITIATIVE - NSW GOVERNMENT AWARDS ENVIRONMENTAL GRANT AT BRAIDWOOD CENTRAL**

Thanks to the hard work of teachers Mary Appleby, Kelly Baumann and Amanda Wray, Braidwood Central School has received a $2,500 Eco Schools grant to restore the school greenhouse.
Everyone Wants To Be The Best Parent They Can Be
Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Give the gift of restraint
At a time when kids receive so much, it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.

Build your developmental knowledge
Lucky you have two eyes, as you need to keep one parenting eye on meeting kids’ current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

Reinforce self-regulation
"You waited your turn! Great stuff!" “Thanks for packing away the toys without being told.” “Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up.”
A child’s ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn’t come naturally to all kids. That’s where consistent parenting using visual management and behavioural consequences comes in.

Practise digital parenting
The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it’s here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

Develop character strengths in kids
Recent studies have found that character, not cognitive ability, is the single most reliable determinant of how a person’s life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

Practise reciprocity
The best families, like the most meaningful communities, are built around the principle of reciprocity. “We help each other out and we treat each other fairly” builds belonging and forges greater kinship between siblings.

Start by getting kids of all ages to help out at home without being paid.

Encourage social risk taking
One in three children is risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it’s not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk-taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you’ve mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.

Nerida Mosely
Principal

Deputy News
All Year 11 and 12 students and parents are invited to an Afternoon Tea in the School Library Tuesday 24 February from 4pm.

This is an opportunity for students and parents of Year 12 to discuss progress prior to the upcoming ½ yearly exams. Year 11 students and parents have an opportunity to discuss progress and appropriate subject choice with the last day for subject change being Friday 6 March.

The Careers Adviser Ms Parsons will also be in attendance. We hope to see as many Year 11 and 12 students and parents as possible.

Peter Neilsen
Deputy Principal

Primary News

Student of the week
Our Students of the Week (one from each class) are chosen by the Assistant Principals, Mr Clarke and Mrs Davis. They nominate students who 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 these students:

Diggers: Hartlee Riley-Taylor
Poppies: Henry Beale
Gallipoli: Lexi Dixon
Lighthorse: Sarah Hewitt
Squadron 34: Chloe Shoemark
Coves: Hunter Gleeson
Troops: Zoe Cargill

Breakfast Club
At Braidwood Central School we have recognised that a number of our students come to school without breakfast or are eating breakfast very early to catch buses. This means that they can be tired, hungry and challenged by learning expectations by the time they get into the classroom. Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood as children have better concentration and aren’t tired or hungry.

We are able to offer a nutritional breakfast for any children who need to have breakfast at school for whatever reason. It is open to all Primary students every morning from 8.30am until 8.50am. If you do not want your child to attend our Breakfast Club please notify the front office.

Many thanks to Liz Crisp and her helpers who work tirelessly to ensure the Breakfast Club is able to run each day. If you are interested in helping out please see Liz, Wendy Davis or leave your name at the front office.

Wendy Davis
Assistant Principal

Kindy is great because...
Our Kindergarten students are settling in well to their new school life. They have been helped on their journey by their Year 6 “buddies” and most of the students reported seeing their buddy in the playground and saying hello. When asked about their buddies, the Kinders said they “like to talk to my buddy” (Thomas) “like playing with my buddy” (Alex) and “like doing activities” with their buddy (Hartlee). Some of the kids’ favourite things about school so far are:

- Playing in the playground (Mark, Ryder)
- Playing on the balancer (Penny)
- Looking at the books/reading books/the teacher reading books (Lacey, Thomas)
- Being in book corner (Tiahnna)
- Going around the tree (Paige)
- Playing with dressing up (Zarah)
- Writing my name (Joy, Mark, Hartlee)
- Everything (Theodor)
Secondary News

Swimming Success At Zone
Our School swimming squad of 13 students competed at Narooma last Wednesday at the Eurobodalla Zone Swimming Championships. For a small school with an even smaller pool, we did ourselves proud, not only in the results but in the enthusiasm and conduct of our swimmers.

The following competitors are to be especially congratulated for their achievements and are eligible to compete at the South Coast Area Swimming Championships in Dapto on Thursday 5 March 2015.

- Ebony Pasfield : 16yrs 100m Butterfly + 4th in Age Champ
- Hannah Cargill : 16yrs 100m Butterfly, 100m Backstroke, 100m Freestyle, Reserve in 100m Breaststroke + 3rd in Age Champ
- Josh Story : 14yrs 100m Backstroke, Reserve in 100m Freestyle and 200m Freestyle + 4th in Age Champ
- Girls 16yrs 200m Freestyle Relay team

Other students who are Reserves for Area Swimming are Harry Shoemark in 100m and 50m Freestyle, Willough Corby in 100m Freestyle, Mitchell Roberts in 100m Freestyle and Jared Edwards in 100m Backstroke.

Well done to all our competitors and good luck to our South Coast Reps at Dapto.

Dimity Borra

Year 7/8 Parent/Carer Dinner
On Wednesday 18 February, we hosted a Parent/Carer dinner for Year 7 and 8 parents at the Braidwood Servicemen’s Club. This social event allows parents/carers to get to know (or catch up with) staff and each other, which helps to develop those important connections between home and school.

Launched on the evening was the Scope and Sequence and Subject Requirements 2015 booklets for Year 7 and Year 8, which clearly outline the requirements and expectations for each subject. These booklets are a great planning tool for students and they allow families to be better informed about what’s happening throughout the school year. They will be posted to families who weren’t present on Wednesday evening and are available on the school’s website at:


Thanks to all who attended the dinner. We look forward to seeing you at future events.

Homework Centre
The Homework Centre will be held in the school library on Tuesdays and Thursdays from 3:30pm to 5pm.

Appropriate Footwear
Enclosed leather shoes are a necessity for students to actively participate in every class.

The Safe Working Policy of 2010 states that “Footwear” is an essential safety item. Good soles provide a sound grip on the floor and prevent accidents such as slips, trips and falls occurring. Footwear can also protect feet from damage caused by accidents such as falling objects or chemical spillages”.

Please look for enclosed leather uppers, well soled shoes or boots when shopping for school shoes. Canvas slip-on shoes are not appropriate and the law says they are not safe for school. Students will be excluded from class if their footwear does not comply with WHS directives.

Some of the examples of shoes which are appropriate to wear are below.
Canberra Show
If you and your family and or friends are planning to visit the Royal Canberra Show from Friday 27 February to Sunday 1st March, be sure to visit the Crafts Expo in the Coorong Pavilion where BCS students have a collaborative work entered in the Special Challenge Open to all Ages, Group Project of the Felting Section.

Tashani Davidson-Fuller, Elena Preston and Crystal Siranovic completed the piece in 2014 when they were in Year 6. The work is called Helping Hands and uses merino wool, and yarn as well as some silk fabric. The design was inspired by the logo for Anti-Poverty Week, 2014.

Braidwood Show
Food Technology students and all students at Braidwood Central School are being encouraged to enter food into the Braidwood Show.

Class time will also be given to do some cooking for the show. Come on Braidwood Central ‘let’s be in it’.

Classes for exhibitors age 12 years and under 18 years:

3012 Plate of 6 small cakes, 3 iced, 3 plain – not in patty containers
3013 Plate of 6 pieces of slice, un-iced, 1 variety
3014 Plate of 6 pieces of slice, iced or topping, 1 variety
3015 Butter cake, iced on top only
3016 Plate of 6 scones, plain
3017 Plate of 6 scones, date
3018 6 biscuits, 2 varieties
3019 Chocolate cake, iced on top only
3020 Novelty cake, iced and decorated
Prizes: First $6.00, Second $2.00

Donated by a friend of the Braidwood Show Society

3021 Banana cake, iced on top only
Prizes: First $3.00, Second $1.50
3022 Any type of pie
Prizes: First $3.00, Second $1.50
3023 Loaf of bread or 6 buns
Prizes: First $3.00, Second $1.50
3024 Special prize for FIRST time exhibitor. $5.00
Donated by Mrs Shirley Woolner
3025 Champion Youth Cookery exhibit. 12 Years and under 18 prize $5.00
3026 Reserve Champion Youth Cookery exhibit. 12 Years and under 18 Years.

We are in need of egg cartons, if you have any spare please drop them in to the front office.
Thank you

Re: School Cleaners
Cleaners required must be able to work a split shift before and after school. Training will be provided. A working with children clearance is required.
For further information please contact Mark Green 0418999368.

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Lis Mertens

The uniform shop will only be open:

9.30am - 1pm
(Wednesday 25th Feb)
HELP NEEDED
Monday 2 March from 9.30am onwards to help with show entries
Thursday 5 March from 9am onwards to hang up artwork etc
Mandy O’Brien 48471181

Junior Redbacks Rugby Club Registration
Day/ CHANGE OF DATE
Under 6's, 8's, 10's, 12's and 14's
Now on at the club Friday 6th March
(previously 27/2/15)
4pm Registration, followed by BBQ at 6pm
Any queries please contact Rhonda
0427 422 117

BUNGENDORE TIGERS JUNIOR RUGBY LEAGUE CLUB
Join us in 2015

Saturday, 28 February 2015 & Saturday, 14 March 2015
Mick Sherd Oval, Bungendore from 10.00am-2.00pm
We are looking for interested boys and girls aged from 5 to 16 years who would like to play Rugby League
We are also looking for Coaches, Managers, First Aid Officers and LeagueSafe officials

For further information, please visit our Club website: www.bungendoretigersjunior.sportingpulse.net
Contact the Club Registrar at tigersregistrar@optusnet.com.au

P&C Canteen Roster Term 1-2015

Thank you to all of our Volunteers for giving up your precious time. If for some reason you can’t do your canteen rostered day can you please call Heather at home on 48421793 or the canteen (Mon-Fri, 9.30am-2pm) on 48422251.
If you would like to help out at the canteen this term please give Heather a call at the canteen or pop in for a look around and a chat. 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 thankyou for giving of your time.

Thank you for your ongoing support for the P&C Canteen,
Heather Stuart
Canteen Manager

Monday 2, 9, 16 & 23 March 2015

Monday 2 March...

Tuesday...

Wednesday...

Thursday...

Friday...

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Canteen Manager

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