Year 11 Exams
Thirty six Yr 11 students have been undertaking their half yearly exams in the core subjects English and Maths along with elective subjects including Japanese, Visual Arts, Music, Biology, Food Technology, Legal Studies, Ancient History, Primary Industries, Hospitality, Physics, Drama, Agriculture, Business Studies, Construction and Chemistry. All of the students have committed to do their best work. The results of this assessment will be added to marks from various other assessment tasks completed, or to be completed, in Terms 1, 3 and 4.

Debating training
It was an action packed debating training day at BCS last Wednesday for students from Year 4-6. Students from other Public Schools joined them for a series of fun workshops expertly led by Julian Davies and his three guest debating trainers. It was a wonderful opportunity for the students and teachers to learn from experts and meet with ‘like minds’. Thanks to the BCS canteen for the yummy catering.

Secondary Representative Sport
Central Schools’ Touch Football
Our Junior Boys and Girls Touch teams were a credit to the School in their behaviour and performances at the Knockout at Boorowa last Friday. It was great to see the camaraderie and sportsmanship of our teams as well as their determination and spirit against some tough opposition. ‘Best and Fairest’ awards go to Angus Weaver, Josh Story, Lyndsay Mendham and Chloe Stephenson for their spectacular individual efforts. A special thanks to Brad Stephenson, Brad Murphy and Bill Warner for helping to referee the games. Congratulations to the Boys team who have made it to the State Touch Finals to be held in Dubbo on Tuesday 18 August.

Food Allergy Week 17 to 23 May
All K-6 classes participated in Food Allergy Week last week with lessons about food allergies and anaphylaxis. Ms Baumann and her Year 12 helpers then went to each Primary student to paint one of their fingernails to symbolise the one in 10 babies born in Australia today who are likely to develop a food allergy. The photos show some of the students having their nail painted. More information can be found at http://www.foodallergyaware.com.au

Student of the Week
One Student of the Week is chosen from each 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: Theodor Munnings
Poppies: Lilly Peters
Gallows: Faith Andreata
Lighthouse: Zoe Campbell-Davies
Squadron 34: Nelson Sargant
Coves: Mollie McMinns
Troops: Sarah Williams

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

Amuha Bajacharya
Pasquale Deo
Angus Stuart
BJ Ennis
Ryder Nomchong

Parenting ideas by Michael Grose
http://www.parentingideas.com.au

Year 9/10 Drama’s ‘Alice in Wonderland’ also got through to the Regional Final of the South Coast Drama Festival, which was a fantastic achievement – particularly as we were the only school of our size to progress.

P&C News
Thank you to everyone who helped with the P&C wood raffle on the weekend, which raised $444. Special thanks to the Flack family who donated the trailer of wood. We have another street stall booked for Saturday 22 August and need a trailer of wood for this too. If you can supply one please let the P&C know via bcswoodcanteen@gmail.com or call Eryn Wood on 0421 983397.

Thank you also to the Braidwood Community Bank for donations towards shirts for our Show Team ($650.00) and Breakfast Club ($1000.00).

Remember the next meeting of the P&C is at 7pm on Wednesday 6 June in the School Library. All welcome.

Canteen
The P&C canteen committee has created a great new menu, which was introduced on Monday 22 May. Hard copies of the new menu are available at the Front Office and the canteen. It is also available on the school’s website or you can request a copy via email to bcswoodcanteen@gmail.com

Student teacher at BCS
Welcome to Ms April Salzke, who is currently undertaking a 5 week practical placement at BCS. Ms Salzke – who is studying at Charles Sturt University in Wagga – is really enjoying working with Yr 2-3 students while she is here. See photo overleaf.

Drama festival
BCS Drama students from Yr 9-12 visited Albion Park High School for the final round of the Illawarra’s South Coast East Region Drama Festival. They shared their performance pieces with students from other schools – and with pieces titled ‘Ignorance, Discrimination, Abortion and Poverty’, they confronted their audience with passionate perspectives on current world issues. See more pictures overleaf.

P&C and Canteen email: bcspandccanteen@gmail.com

Uniform:
Lighthorse:
Gallipoli:
Poppies:
Diggers:

Other:
Abbotism:

http://www.foodallergyaware.com.au

http://www.parentingideas.com.au

Here are 5 healthy ways to manage emotions that you can pass on to your children:

1. Breathe deeply
The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. Use a positive reappraisal
Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

3. Use positive, REALISTIC self-talk
Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”
Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

4. Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that fill them up, making life enjoyable. Single-track lives – all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

5. Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to hold em, know when to fold em and know when to walk away.” I’d like to add another line: “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it is accepted and normalised.

Braidwood Central School Newsletter
2015 Term 2, Week 6
Friday 29 May

Parenting ideas
http://www.parentingideas.com.au
EMPLOYMENT OPPORTUNITIES

Casual Teachers

BCS is seeking expressions of interest (EOIs) for suitably qualified Teachers to add to the casual employment list – for day-to-day and temporary contract employment. Potential employment exists in both Primary (K-6) and Secondary (7-12, for all subject areas). EOIs should include a Curriculum Vitae (CV) for short term temporary and casual employment for vacancies that may arise in future in the areas of Administration, General Assistant and Farm Assistant. The CV should include: employment history; relevant qualifications; drivers licence; experience working with Children Check documentation (enquire at the school for more information); and 2 character references. All CVs and enquiries should be directed to Mr Peter Neilsen, Deputy Principal.

Library News

SCHOLASTIC BOOK CLUB

The library operates Scholastic Book Club for students K-6. Order forms will be handed out in class on Monday 25 May. Orders are due back on Wednesday 3 June. The order forms and money should be in a sealed envelope and need to be brought to the school library to the Front Office.

*PLEASE NOTE* that all cheques need to be made payable to Scholastic and must be accompanied by the order form. Orders are returned by the due date as no late orders can be accepted.

Any enquiries should be directed to the library. Linda Bunn, SQA Library.

Notes that went out this week

1. Show Team afternoon tea and presentation Thursday 4 June
2. Yr 12 Legal studies study day in Sydney

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

Take Home a Big Brother or Sister

Give your children the wonderful opportunity to have an international big brother or sister by hosting one of the exceptional international students arriving in Australia in July 2015 for their 3, 5 or 10 month programs. Our international students come from France, Germany, Italy, Spain, Switzerland, Sweden, Norway, Denmark, and Finland will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.sccxe.com.au, email sccxe Aust@sccxe.com.au or call us toll free on 1800 500 501, to request our international student profiles, and capture the spirit of family and friendship!

Bush Baroque

(Richard Milner, Joan Milner, Owen Bingham and Rachel Walker, viol) with Jo Johnstone (soprano) and Nick Pollock (lute) present

“TIME STANDS STILL”

A concert of songs and instrumental dances from Renaissance times composed by John Dowland and Anthony Holborne for soprano, lute and a consort of 4 viols. 2.30 pm Sunday May 31, 2015. St Andrews Uniting Church, 66 Monkstee Street, Braidwood. Tickets at the door $15 and $10 (conc.), refreshments afterwards. All proceeds to Help Care for helping people with physical and complex disabilities. Enquiries to Anne Sanders – 4842 2024 or Richard Milner – 02 6236 9212

Terry McConnell, Principal.

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