**Athletics Carnival**

Despite a frosty start to the morning, it was a perfect day for the BCS Athletics Carnival last week. Students from K-12 participated in a series of track and field events including age sprint races. Infants students also competed in modified field events and novelty activities throughout the day. House spirits were high with great team work and individual participation as well as fantastic behaviour from our students. The house relays were an exhilarating finish to the carnival and Red won the day convincingly. Thankyou to all the parents, friends and teachers that helped make the day a success. Full results will be in next week’s newsletter. The Eurobodalla District PSSA Athletics Carnival is planned for Friday 24 July at Surfside Soccer Oval, weather permitting.

**Show Team presentation and thank you**

On Thursday 4 June the BCS show team gathered for a final celebration of this year’s successes—-with a BBQ for the team, their families and supporters. The team acknowledged their most successful season ever—culminating in Most Successful Exhibitor at Royal Canberra Show and Most Successful Texel Exhibitor at Sydney Royal Easter Show. In addition, this year was an extremely successful cattle exhibiting season—with 8 out of fourteen cattle placing in various classes at both Sydney and Canberra. All ribbons that had been won over the course of the year were presented to students—with no team member going home un-sashed.

BCS would like to acknowledge the incredible contributions of our supporters, whose donations of animals, time or monies enabled the BCS show team to produce these fantastic results.

Thank you goes to:

- Tony and Ellen Cairns
- Mick and Christine Smith
- Rosheen O’Brien and Chris McRae
- Ashley Clarke
- Graeme and Chris McGrath
- Ian and Noeline Cargill
- Braidwood Community Bank

Preparations have already begun for the 2016 season.

**ICAS Science**

Last week four BCS students sat for the Science ICAS examination. The ICAS (International Competitions and Assessments for Schools) are independent skills-based assessments with a competition element. BCS students sit them for a number of subjects each year, along with over one million students from over 6,300 schools in Australia and New Zealand who enter. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA also participate. These exams provide a rich experience and opportunities to achieve outside the domain of BCS. The ICAS mathematics exam will be held on 11 August.

**BCS students seizing opportunities**

Congratulations to Sebastian O’Gorman for making the final selection to State Music Camp. This is a huge honour as places are highly competitive and only the best in the state are selected. The camp will be held at Narrabeen during the last week of term—Sebastian is the first student from BCS to attend. There are a range of ensembles offered and tuition from some of the state’s best musicians.

Congratulations also go to Jay Davies who has been invited to attend a workshop for Year 11 Visual Arts students who are excelling in the Preliminary HSC course. Jay had to submit 4 drawings with her application to be considered for this week long intensive workshop which will be held at the National Art School in Sydney. Students choose which Art method they would like to specialise in for the week and Jay is doing life drawing. Jay will also have the opportunity to experience the life of an enthused student as a workshop participants will board together for the week.

Last but not least, congratulations to Chloe Stephenson, who has been accepted into the University of NSW Winter School, which is a program specifically for Indigenous students in Yrs 10, 11 and 12 who are considering further studies beyond high school. The week long residential program is designed to provide students with the opportunity to experience what university life is all about. During her time at UNSW Chloe will be participating in academic lectures and tutorials, presentations, study sessions, team building activities, cultural activities and more. To add to the experience, participants will get a great feel for uni life as they stay on campus together.

We wish these students all the best and hope they enjoy these amazing experiences.

**CEWG meeting**

the next CEWG meeting is on Monday 15 June, from 3:30pm in the library.

**Student of the Week**

One Student of the Week 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: Penny Elliott
- Poppies: Cooper Stephen s
- Gallipoli: Belle Riley-Tyler
- Lighthorse: Isabelle Elliott
- Squadron: Luke White
- Troops: Emsa Shoemark

**Uniform Prize Winners**

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

- 1st Place: Bunde
- 2nd Place: Bunde
- 3rd Place: Ennis

The new weekly uniform prize draw was also conducted for secondary students. The winner this week was Eli Mann, who won an iTunes card. Congratulations Eli.

**Parenting ideas by Michael Grove**

http://www.parentingideas.com.au

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockleby explains the link between quiet time and the development of calm in kids.

Tips for Quiet Time:

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just ‘be’. Notice the feelings in eyes, mouth, hands and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.

**Frankenstein is coming!**

A doctor, determined to defeat death, creates a monster. Originally written by Mary Shelly, this gothic novel is brought to life by BCS Year 11 drama students. Rehearsals are well underway and the free performance will be on Saturday 20 June, so mark it in your calendar.

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**Host Family Needed**

BCS has been given the opportunity to have a Japanese Teaching Assistant in our classes for Term 3. This will be a great experience for all students in the school - our Assistant will help out in Secondary Japanese classes, but will also visit Primary classes to talk about her home.

We need a family to agree to host our Japanese Assistant, in a “home stay” setting. A host family will need to provide our Assistant with a bed (preferably in her own room), and 3 meals each day. In return, she will pay a small amount of "board". The Assistant will come to school each day, but on weekends she would stay with the host family. She would probably appreciate a trip to Batemans Bay and/or Canberra, weekends she would stay with the host family. She would like to know more, including secondary Japanese classes, and 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 our Assistant’s home in Japan.

We are still working with the Japanese organisation to finalise all the details of our Japanese Teaching Assistant, including her arrival and departure dates and any dietary requirements. She speaks some English.

If you are interested in hosting our Japanese Assistant, or would like to know more, please contact Mrs Alisa Stephens as soon as possible by phoning or emailing the school. Please note, priority may be given to families whose children are studying Japanese at BCS.

**PBL Silver Excursion**

Primary students who have achieved Silver level on the PBL merit system will be invited to attend the Silver excursion on Friday 26 June, to the Braidwood Bakery. So get counting those awards and if you are up to five or ten awards bring them in to school to receive your Bronze or Silver award. Further information and a permission note will be sent home with students who have reached Silver level.

**Primary Gymnastics—Term 3**

A Gymnastics program will be running for K-6 during term 3. It will start in week 2 and run for 8 weeks on Fridays. The cost is $5 per student for each session or one payment of $40. Further details and a permission note will be sent home with students.

**Notes that went out this week**

1. Yr 11 and 12 Information Session
2. K-6 Gymnastics Program
3. CSS Touch Football—Dubbo
4. Yr5/6 Camp
5. Yr6 Links to Learning—Amazing Race

**Poppies Fun**

K/1 Poppies have been learning how to write and follow a procedure. As part of their “Friday Funday” activity the Poppies followed a recipe to make slime. They had an absolute ball!

**Primary Norta Norta Tutor required at BCS**

A position is available for a casual non-qualified tutor in the Norta Norta Indigenous program to work in the primary school for two hours per day, Monday to Friday, during school terms 3 and 4 in 2015. Tutors may receive some training in programs designed to assist primary students.

Tutors will be expected to provide support to Indigenous students, assist skill development, and work closely with teachers to provide relevant learning support to targeted students.

Unqualified tutors will be paid at the rate of $31.09 per hour. Aboriginal or Torres Strait Islander people have priority for employment as tutors for Norta Norta.

Applications need to be in writing and addressed to The Norta Norta Coordinator, Ms Trish Sargenson, Braidwood Central School, Wilson Street, Braidwood 2622 or by email to: braidwood-c-school@det.nsw.edu.au

**Upcoming Events**

- Trial HSC commences Thursday 18 June. Good luck to all our Yr 12 students.
- Zone Athletics carnival at Moruya Friday 19 June.
- Year 11 Drama performance weekend Friday 19 June and Saturday 20 June.

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