The Social
The Social on Wednesday was a huge success. There were smiles all around and all feet were on the dance floor! The SRC would like to thank everyone who came for supporting the Central Australia Trip, supporting our donation to the Nepal Appeal and having lots of good-natured fun!

Celebrate Central
Celebrate Central, which will be held on Thursday 30 July, is shaping up to be our biggest and best event yet. Celebrate Central is the highlight of our school calendar. It will run from 4pm to 7pm and showcase the work of students from throughout the school as well as: a photography display; a welfare display; a large artworks display; a music and drama display and performance sessions.

During the evening you can meet our Principal, Ms Nerida Mosely, or you can take the opportunity to speak to members of the Student Representative Council (SRC), the careers advisor, admin staff and teaching staff.

Finally, the following information will run throughout the evening:
1. 2016 Kindergarten information from 5:15pm in the library;
2. 2016 Yr 7 information from 5:45pm in the tiered learning space;
3. 2016 Yr/10 elective information from 6:30pm in the library;
4. 2016 Yr 11 information from 7:00pm in the TLS.

WotOpera Coming to BCS
In Term 3 Yr 9 and 10 Drama and Music students will be involved in the renowned WotOpera program. This will involve our students working under the expert operatic, musical and artistic direction of WotOpera facilitators to create, compose, rehearse and perform their very own opera! Four whole-day intensive school based workshops will be held on 4 consecutive Mondays beginning on Monday 20 July. Our WotOpera performance is on at the Q theatre on Monday 17 August at 7pm along with the talents of our students. A limited number of audience tickets are available for purchase from the Q theatre, so book soon!

Defence Breakfast
Two students from Yr 11 were fortunate enough to attend the Australian Defence Force Women’s Recruitment Breakfast on the 11 June with Mrs Jill Clarke and Ms Jo Parsons. This was a great experience and very beneficial for those wishing to start a career in the Australian Defence Force. “It was so inspiring to hear from individual women and their personal stories of their career in the Defence Force,” says Lucinda Callan and Matilda O’Brien who want to pursue a career in the Defence Force.

Yr 11 Drama: Frankenstein
The Yr 11 production is a study in contemporary theatre practices. In 2015, our year 11 students will be performing an ensemble theatre inspired reinterpretation of Mary Shelley’s 'Frankenstein'. The students use set, costume, lighting, sound, movement and space to create an eerie atmosphere and resell this 19th century gothic story.

The showing is on Saturday 20 June in the BCS School Hall at 6.30pm. Admission is FREE!

Athletics Carnival Results
The results are in and Red house won the day comfortably, followed by Yellow who came an easy second. Green has been left pondering the day and is eagerly waiting for next year to have a crack at the title. This year’s Age Champions are:
Age Group  Champion Boys
12/13/14 - Joshua Story and Will Sheoemark
14/15 - Forbes Corby
16/17/18 - Willough Corby

Age Group  Champion Girls
12/13/14 - Hannah Cargill
15/16 - Inga Neilsen
17/18 - Mosely.

Lighthorse news—Big change on the horizon
At the CEWG meeting on Monday the future expanded role of the group was discussed. It has been decided that the group will reform to become a School Council—providing advice to the Principal whilst BCS implements significant Departmental reforms.

While we are continuing in developing the work of the present group [the CEWG] we will also be looking at various issues including the school’s homework policy. We hope the greater school community will be keen to engage in this new direction—offering advice to the school’s leadership team.

If you’d like to know more and become involved, come along to the next meeting on Monday 3 August.

Please note that meetings are on a Monday afternoons in the library from 3:30pm in Week 4 and Week 9 each term.

Student of the Week
One Student of the Week is chosen from each primary class by the Student Leadership team. The following are the students’ comments and thoughts:

Diggers:

Ashton Reid-Brace
Rivals:

Sophie Moritz
Galipoli:

Angel Robson
Lighthorse:

Oliver Gurling
Quarter Line:

Lara Jones
Cones:

Holly Butcher
Troops:

Hamish Foy

Second-try Student Merits—Morning Tea
A morning tea was held on Tuesday 16 June to recognise the significant dedication of many of our secondary students. The students have earned a variety of merit awards so far this year, which were presented by Ms Mosely. Congratulations to all who received an award. Pictures from the morning tea are overleaf.

Notes from our Counsellor—by Lesley Adams

To optimize brain functioning DO:

1. Exercise.
2. Drink lots of water to stay hydrated.
3. Eat healthily, adjusting the proportion of protein and carbohydrate to your brain needs; include fats, but not too much.
4. Think positively about your own life and about yourself as a person.
5. Every day, take time to focus on the things you are grateful for.
6. Spend your time with positive, uplifting people and people you want to be like (you are more likely to become like them).
7. Work on your ‘people skills’ to become more connected and to enhance bonds.
8. Talk to others in a helpful, helpful way.
9. Build a library of wonderful experiences.
10. Make a difference in the life of someone else.
11. Regularly connect with your loved ones.
12. Learn more about breathing.
13. Remember the 6/18/40/60 rule (when you are 18 worry about what everybody is thinking of you; when you are forty you don’t give a damn about what anybody thinks of you; when you are sixty, you realise nobody’s been thinking about you at all).
14. Establish a comfortable distance and not deal with situations involving conflict.
15. Develop clear goals for your life (relationships, work, money and self) and reaffirm them every day.
16. Focus on what you like more than what you don’t like.
17. Have meaning, purpose, excitement, and stimulation in your life.
18. Establish eye contact with and smile frequently at others.
19. Notice when you’re ‘stuck’, distract yourself, and come back to the problem later.
20. Think through answers before automatically saying ‘no’.
21. Write out options and solutions when you are feeling ‘stuck’ or seek the counsel of others when you feel ‘stuck’ (often just talking about things will open new options).
22. Memorise and recite the Serenity Prayer daily and when bothered by repetitive thoughts (God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference).
23. Take a break and come back later.
24. Learn something new every day.
25. Enhance your memory skills.
26. Sing and hum whenever you can.
27. Make beautiful music and smell a part of your life.
28. Touch those you love often (appropriately).
29. Move in rhythm.
30. Wear a hat for outdoor situations and take head injuries seriously (even minor ones).
31. Use a skilled therapist when needed.
32. Take medications when needed, under your doctor’s supervision.

And DON’T:

1. Isolate a developing baby.
2. Use alcohol, tobacco, drugs when pregnant.
3. Ignore erratic behaviour.
4. Lie around the house and not exercise.
5. Ignore concussions.
6. Smoke or do drugs (heroin, inhalants, mushrooms, marijuana, cocaine, methamphetamine).
7. Hang out with people who do drugs, fight, or do other dangerous activities.
8. Eat without thought for what foods are good for you.
9. Drive without using a seat belt.
10. Ride a motorcycle, bicycle, skateboard, snow-board, and so forth without a helmet.
11. Hit a soccer ball with your head or bang your head when frustrated (protect the heads of children who are head-bangers).
13. Allow yourself to get out of control.
14. Think in black or white terms or in words like – always, never, every time, everyone, every time.
15. Focus on the negative things in your life or predict the worst.
16. Think only with your feelings or try to read other people’s minds.
17. Blame other people for your problems.
18. Label yourself, or others, with negative terms.
19. refuse to take medications when needed.
20. Personalise situations that have little to do with you.
21. Be around toxic people or toxic people, or listen to toxic music.
22. Focus too much on what other people think of you.
23. Think in black or white terms or in words like – always, never, every time.
24. Use a skilled therapist when needed.
25. Isolate a developing baby.
26. Wear a hat for outdoor situations and take head injuries seriously (even minor ones).
27. Use alcohol, tobacco, drugs when pregnant.
28. Ignore erratic behaviour.
29. Lie around the house and not exercise.
30. Ignore concussions.
31. Smoke or do drugs (heroin, inhalants, mushrooms, marijuana, cocaine, methamphetamine).
32. Hang out with people who do drugs, fight, or do other dangerous activities.
33. Eat without thought for what foods are good for you.
34. Drive without using a seat belt.
35. Ride a motorcycle, bicycle, skateboard, snow-board, and so forth without a helmet.
36. Hit a soccer ball with your head or bang your head when frustrated (protect the heads of children who are head-bangers).
37. Bungee jump.
38. Allow yourself to get out of control.
39. Think in black or white terms or in words like – always, never, every time, everyone, every time.
40. Focus on the negative things in your life or predict the worst.
41. Think only with your feelings or try to read other people’s minds.
42. Blame other people for your problems.
43. Label yourself, or others, with negative terms.
44. refuse to take medications when needed.
45. Personalise situations that have little to do with you.
46. Be around toxic people or toxic people, or listen to toxic music.
47. Focus too much on what other people think of you.

To learn more about self-care visit www.braeburn.k12.nh.us/ps/540/270/1.aspx

Note: The Social, Celebrate Central, WotOpera Coming to BCS, Defence Breakfast, Yr 11 Drama: Frankenstein, Athletics Carnival Results, CEWG news—Big change on the horizon, Student of the Week, Secondary Student Merits—Morning Tea and Notes from our Counsellor—by Lesley Adams are presented in this edition of the Braidwood Central School Newsletter.
The new Maths calculators are available for Japanese at BCS. whose children are studying school. Please note, priority Stephens as soon as possible please contact Mrs Alisa our Japanese Assistant, or If you are interested in hosting and any dietary requirements. We are still working with the Japanese organisation to finalise all Assistant's home in Japan. on a property would stay with the host family. She would probably appreciate a Assistant will come to school each day, but on weekends she each day. In return, she will pay a small amount of “board”. The Assistant with a bed (preferably in her own room), and 3 meals “home stay” setting. A host family will need to provide our students will miss out on this fantastic opportunity. for all students in the school Assistant in our classes for Term 3. This will be a great experience for the Japanese Teaching Assistant, Ms Trish Sargeson, Braidwood Central School, or by email to: bradwood@det.nsw.edu.au Applications need to be in writing and addressed to The Norta Coordinator, Ms Trish Sargeson, Braidwood Central School, Wilson Street, Braidwood 2622 or by email to: bradwoodc-school@det.nsw.edu.au Applications close Thursday 25 June 2015.