Secondary Zone Athletics
Late last term, 29 of our athletes represented the School at the Eurobodalla Zone Athletics Carnival in Moruya. Our competitors put in a huge effort, showing skill and determination in all they did, and our results reflect this spirit. Not only did 1 out of 3 of our athletes progress to South Coast Area competition and our School rank 7th of 10 participating, but also both Will and Harry Shoemark were 4th in their Individual Age Championships. A great effort from a small rural school taking on schools from Bega to the Bay!
Congratulations to the following list of athletes who will compete at Area Athletics at the Australian Institute of Sport on FRIDAY 31 JULY:
Lyndsey Mendham for 200m; Shania Morgan for Shot Put and Javelin; Hannah Cargill for 200m; Elizabeth Vella for Discus; Lucy Baumann-Lionet for 400m; Mitchell Roberts for 400m and 1500m; Harry Shoemark for 100m, 200m and Long Jump; Will Shoemark for 100m, 200m, Long Jump and Shot Put; and Josh Story for High Jump. More pics overleaf.

Notes from our Counsellor
By Lesley Adamson
Stress
Good afternoon Parents,
Many years ago STRESS was not a word that referred to something about people. Now it’s one we hear all the time. It used to belong to engineering and metals.
We hear that stress is bad for us – it causes heart attacks, strokes, anger, violence, ill health and unhappiness everywhere. But the truth is we need stress. If we had no stress we would stay in bed all day, in fact we wouldn’t have moved out of our caves. Stress allows us to have rich, fulfilling lives, doing all the things we want to do. Often we seek stress – sky diving, bungee jumping, motor-racing, and so on. But what about unwanted stress?
It might seem as if there is nothing we can do about unwanted stress – we still have to take exams, the bills keep coming, others will still annoy us – but we have more control than we think. In fact the simple realisation that we are in control of our lives is the foundation of stress management. Managing stress is about taking control of our thoughts, emotions, schedule, and the way we deal with problems.
First – identify the sources of stress in your lives; sometimes this isn’t obvious, and it’s easy to overlook our stress inducing thoughts, feelings and behaviours. You might know that you’re constantly worried about deadlines, but perhaps it’s procrastination, rather than the job/school demands, that lead to deadline stress.
To identify your true sources of stress, look closely at your habits, attitude and excuses.
Do you explain away stress as temporary (“I have a million things going on right now”) even though you can’t remember the last time you took a break?
Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as part of your personality (“I have a lot of nervous energy.”)?
Do you blame your stress on other people or outside events, or do you blame others for the way your stress makes you feel?
Do you accept responsibility for the role you play in creating your stress?”}

New curtains from the P&C
Blackout curtains that were funded by the P&C were installed in a number of Primary classrooms last term. The new curtains, which were installed in Lighthouse, Squadron 34 and and Cove classrooms, allow for better operation of the classroom Smartboards by removing glare. They’ll also help to keep classrooms warmer in winter.
Thank you to the P&C for providing the curtains, to Alison Campbell-Davys for her time and research and to Mr Jackson for installation.

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:
Livia Davis

Poppies:
Lily Moore

Gallipoli:
Harry Williams

Lighthouse:
Blake Hennessey Ford Smith

Squadron 34: Dakota Bunn

Coves:
Pasquale Deo

Groups:
Dakota Bunn

Uniform Awards
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:

Elia Andrea
Leah Mann
Sasha Riley
Jacob Hand
Oscar Stuart-Camenzuli

Yum... Truffles
On Saturday 18 July a very special event is being held at the School Gymnasium. Truffle Time in the Wood will see our students working with amazing Petra Terra truffles and cooking alongside Executive Chef Christian Hauberg to produce some spectacular dishes for you to enjoy. For a gold coin donation you can enjoy truffle infused chestnut soup and for a few dollars more you can try some of the most affordable truffle dishes you will ever find.
After an expression of interest process, a dozen students will take the opportunity to work under the tutelage of a highly-decorated chef and work with one of the most sought after ingredients in the culinary world—truffles (which have been donated by Petra Terra truffles). All proceeds raised will be donated to Braidwood Hospital.
This special event will also include presentations from Truffle experts throughout the day, as well as the full suite of Braidwood Farmers Market stall holders relocating to the Gymnasium for the day.
So come along from 10am and support this wonderful local event and enjoy our local produce—all whilst supporting our local Hospital.

Primary Silver Excursion
Students who went on the Silver excursion on the last Friday of term had a fun filled adventure. We walked to the bakery and had a sausage roll, cinnamon donut and fruit juice for lunch. On the walk back to school we stopped at Ryrie Park play equipment. The weather was beautiful for playing and student behaviour and conduct was exceptional, doing BCS proud. More pics overleaf.

P&C News
Canteen news
The P&C would like to say thank you to our school community for your ongoing support for the P&C Canteen. Thank you to all of our Canteen Volunteers for giving up your precious time. If for some reason you can’t do your canteen rostered day, please call Heather at home on 4842 1793 or the canteen (Monday to Friday—9:30am to 2:00pm) on 4842 2251.
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 chat and a quick look around. 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 thank you for giving up your time.

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To identify your true sources of stress, look closely at your habits, attitude and excuses.
Do you explain away stress as temporary (“I have a million things going on right now”) even though you can’t remember the last time you took a break?
Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as part of your personality (“I have a lot of nervous energy.”)?
Do you blame your stress on other people or outside events, or do you view it as entirely normal and unexceptional? Until you accept responsibility for the role you play in creating your stress
Parents can help their children deal with unwanted stress by asking the above questions. I’ll be writing more about how to deal with and control stress in the future, but first we need to know what it really is, so we can use it to further our goals.
## Calendar

### Term 3

#### Week 2

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<tr>
<th>Date</th>
<th>Monday</th>
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<tr>
<td>20 July</td>
<td>WestOpera in School Hall</td>
<td>ISE Regional Finals in Wollongong</td>
<td>K-2 Pet education program</td>
<td>Yr 7 Sleepover in the Library</td>
<td>Y-6 Gymnastics Wk 1</td>
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<td>21 July</td>
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<td>Primary Debating Day</td>
<td>Yr 9 Work Experience Prep meeting</td>
<td>Small School Rugby League Finals Berrima</td>
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<td>WestOpera in School Hall</td>
<td>Yr 10 Debating-Karabar</td>
<td>Yr 11 &amp; 12 Canberra Careers Expo</td>
<td>Y-6 Gymnastics Wk 2</td>
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<td>28 July</td>
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<td>3 August</td>
<td>WestOpera in School Hall</td>
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<td>Primary Japanese Day</td>
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<td>4 August</td>
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<td>AKG meeting 5pm</td>
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<td>5 August</td>
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### Upcoming Events

- Yr 7 Sleepover in the library — Thursday 23 July
- Week 1 of the K-6 Gymnastics Program — Friday 24 July

### Canteen Roster

#### Term 3

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<td>Sharon Lee</td>
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### 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 20 July. Orders are due back on Thursday 30 July. 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 Scholastic not 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. Linda Bunn, SAO Library

### Notes that went out this week

1. Yr 11 RISSA First Aid
2. Area Athletics
3. Regional Debating Camp (Yr7/8 and Yr 8/10)
4. Yr 9/10 Debating — Karabar
5. K-2 Responsible Pet Program

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](http://www.braidwood.c.schools.nsw.edu.au)
or contact the office to obtain another copy.

### Uniform Reminder

As per our School Information Booklet, appropriate school shoes should be black leather shoes, dark work boots or leather joggers. That means there are loads of options for students to choose from whilst still being in uniform. Here are some examples:

- New Queanbeyan Bus Interchange

Qcity Transit would like to advise passengers that the existing Queanbeyan Bus interchange will be closed from Monday 20 July 2015 onwards. All services will now operate from the new Queanbeyan Bus Interchange located on Morisset Street (in the carpark area located opposite the Queen Elizabeth Park).

Customers should visit the Qcity Transit website [qcitytransit.com.au](http://qcitytransit.com.au) for full details on the new timetables.

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