**Yr 11 Legal Studies excursion to Canberra**

By Isabel Merriman and Jay Davies

On Thursday 16 July Yr 11 Legal Studies went on an excursion to the Queanbeyan Police Station and Courthouse, and to the High Court of Australia in Canberra. This excursion was a chance to see first-hand how the legal principles we have been learning about in school are used in the real world.

We had the opportunity to speak with a police prosecutor, senior constable, court official, a magistrate and a custody manager. We also sat in on a Local Court hearing and viewed the police custody cells. These experiences helped us to understand how the legal system we live under works, and about the sometimes harsh reality of a police officer’s world. At the High Court we had a tour of the court rooms where some of the most important legal decisions in our history were made.

We had a great excursion, learning and seeing lots of interesting aspects of the legal system. We would like to thank Senior Constable Richard Pearce (pictured, formerly at Braidwood) and Marie Callan for helping to organise the day, as well as Mr Oxley and Mrs Clarke for making the excursion to Queanbeyan and the High Court possible.

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**Truffle Time in the "Wood... Terrific!**

On Saturday 18 July BCS hosted the hugely successful Truffle Time in the 'Wood. Thanks to the generous donation of all the delicious ingredients, approximately $2,000 was raised for Braidwood Hospital from the sale of food. Thank you to Yr 9/10 Food Technology students and Yr11/12 Hospitality students, who assisted with all the preparations ahead of the event. Thanks also to Lucy Baumann-Lionet, Hannah and Sophie Cargill, Leah Cuthrell, Ruby Gurling, Jessie Kay, Jacob Stubbs and Myrtle Wild who worked so hard in the kitchen on the day and helped make the event such a success. Chef Hauberg was very impressed with their skills and complimented them on their hard work throughout the day — even saying they were easier to work with than some apprentices. Pictures are overleaf.

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**Legal Studies HSC preparation**

Last Saturday, Year 12 Legal Studies travelled to Sydney for HSC Lectures. These covered our four topics — Crime, Human Rights, World Order and Family Law — and exam writing strategies. The lectures were presented by senior HSC markers and experts in the field of Legal Studies. We now feel more confident for the upcoming HSC exams, having refreshed our knowledge. Thank you to Ms Stephens and Mr Neilson for providing transport to this event.

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**More on Stress**

Following last week’s column, more suggestions about how to deal with Stress include:

**Start a Stress Journal**: This can help you identify the regular stressors (events, people, things that stress you) in your life, and the ways you deal with them. Each time you feel stressed keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down:

- What caused the stress (make a guess if you’re unsure).
- How you felt, both physically and emotionally.
- How you acted in response.
- What you did to make yourself feel better.

**Look at how you currently cope with stress**: Think about the methods you use—the stress journal can help you identify your responses and coping methods. Are these healthy, productive and helpful. Unfortunately many of us cope with stress in ways that make the situation worse. Some unhealthy ways of coping with stress:

- Smoking;
- Drinking too much;
- Overeating or under-eating;
- Zoning out for hours in front of the TV or computer;
- Withdrawing from friends, family or activities;
- Using pills or drugs to relax;
- Sleeping too much;
- Procrastinating;
- Filling up every minute of the day to avoid facing problems; and/or
- Taking out your stress on others (e.g. lashing out, angry outbursts, physical violence).

If your methods of coping with stress aren’t contributing to your greater emotional and physical health, it’s time to find healthier ones, but they all require change. You can either change the situation (often impossible) or your reaction to the situation. When deciding which option to choose, it can be helpful to think of the four “A’s” — Avoid, Alter, Adapt, or Accept. (Avoid the stressor, Alter the stressor, Adapt to the stressor, Accept the stressor).

Since everyone has their own unique response to stress, and each situation is different, there is no “one size fits all” solution to managing it. No single method works for everyone, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control. I will write details about the four “A’s” in future Counsellor Notes.

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**Student of the Week**

Our 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:

- Nerson Cuevas
- Ayres
- Gailpilis
- Lighthorse
- Captain
- Troops

**Uniform Awards**

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

- Riley Hazleton
- Cate Shea
- Thomas Schoenmaker
- Lilly Peters

And the Secondary uniform prize winner was Bella Oen

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**Notes from our Counsellor**

By Lesley Adamson

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**Information sessions for senior students**

On Wednesday 15 July senior students were provided with support to obtain their Tax File Number and Unique Student Identifier as some changes to both processes recently. The session also covered the HSC All My Own Work program. It was fantastic to see seniors taking advantage of this new support session, to assist with HSC studies and in preparation for their next steps after leaving school.

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**P&C News**

Canteen news

This week we are very lucky to have Royce Buchan back on Friday’s. We will be making specials every Friday for the lunch menu. To avoid disappointment please order by recess each Friday. This Friday we will be serving Tandoori Wraps. The cost is $5.50. For more information please like the P&C canteen Facebook page or email us at bcsandpcanteen@gmail.com.

CEWG/School Council news

Please note that the CEWG/School Council meetings in Week 4 and Week 9 have been cancelled. Alternative dates will be advised as soon as possible.

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**Braidwood Central School Newsletter**

2015 Term 3, Week 2

Friday 24 July
### Upcoming Events

**CELEBRATE CENTRAL** — the highlight of our school calendar on 30 July. Don’t miss it! This event includes the following information sessions:

1. 2016 Kindergarten information from 5:15pm in the library;
2. 2016 Yr 7 information from 5:45pm in the tiered learning space (TLS);
3. 2016 Yr 9/10 elective information from 6:30pm in the library; and
4. 2016 Yr 11 information from 7:00pm in the TLS.

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**Primary Performance Assembly Week 4:**
**Thursday 6 August**

For the first time, we will have three classes perform during our Week 4 Primary Performance Assembly: Diggers, Squadron 34 and Troops. This new assembly format means that our other four primary classes will perform at the Week 8 Assembly.

Athletics carnival ribbons will also be presented to those students who unfortunately missed out last time due to the antics of Mr Clarke’s troublesome pup, who used them as chew-toys. We apologise for this little mishap and thank students for their patience.

As always — everyone is welcome to attend.

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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 library.

*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

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**Primary Debating Day**

On Tuesday two teams from Queanbeyan West public school came to BCS for a debating day with our two Year 5 and 6 representative teams. Our team of Cate Shea, Molly McMin, Annabel Flack and Sarah Rudd won their two debates, while our team of Maxx Bigg, Jessica Mendham, Hattie Gram and Sarah Williams won one of their two debates. Well done to all students and good luck next week when you complete your zone competition!