Year 9 Work experience 2015

Last week 35 Braidwood Central School students from Year 9 had their first taste of the workplace when undertaking a block of work experience. Most students in Year 9 pass the age where they become eligible to enter the workforce on a full-time basis—14 years and 9 months. Work experience involves the student approaching an employer to secure an offer of a placement, then completing all the necessary paperwork (regarding insurance and other details) before undertaking the actual placement.

Students undertook a wide variety of work experiences—in terms of both vocation and geography. Eighteen students chose to work in the Braidwood district, 2 in Bungendore and 15 out of the immediate area. They were placed in workplaces including vets, preschools, motorcycle mechanics, mental health services, security firms, audio businesses, hairdressers, auto electrical businesses, farms, rural suppliers, equine industries, building industries, hospitality establishments, art galleries, national parks, agencies, bakeries, surveyors, butcheries, real estate agents and tourist resorts.

Braidwood Central would like to thank all the host employers for providing the opportunity for our students to experience the world of work first hand. They all took a lot away from it.

Kindergarten Transition Day 2

On Tuesday 15 September, some of our Kindergarten class of 2016 attended another Transition Day at BCS. With their teachers Ms Hart and Mrs King and Ms Mertens, the children enjoyed stories, colouring-in and making beautiful cat masks, and some dice games. Before leaving the children collected their goody bags, which included a wide-grip pencil, Going to School booklet and some other school information. Some pictures are overleaf.

Parenting Ideas


Keep children safe in public with these 5 ideas

By Catherine Gerhardt

There is a strong shift away from the old rule of “never talk to strangers” to “never go anywhere with anyone without asking permission first.” A child who has been taught to never talk to strangers may feel that they have nowhere to go if they find themselves lost in a shopping centre or other public place.

Five ways to enforce the new rule:

1. **Never go anywhere with anyone without asking permission first**

   This is the new fundamental rule to keep kids safe. This rule must NEVER be broken. Regardless of if it is a school, public or family function, work with your children to ensure they always ask an adult for permission before going off with ANYONE.

   Classic “what if” scenarios are worth their weight in gold. “You are at school and walking back to class after snack when a man comes up to you and says he is looking for his son’s class. He asks you to go with him to show him where it is. Do you go?”

   Use tempting scenarios that are relevant to your child, such as puppies or toys, and discuss safe options and strategies in each case.

2. **Your personal alarm**

   Children have an innate sensitive personal alarm, which we can teach them to use. It is their natural defence system. Work with them to identify and recognize the physical and environmental signals that cause their alarm to sound. Knowing that a rush of adrenalin will cause physiological changes in our bodies and activate our personal alarm is a good start. A child’s personal alarm will present the same physical and emotional cues that an adult’s will.

3. **Trust your instincts**

   Have you ever gotten “the creeps”? Maybe it’s the idea of snakes, mice or heights that does it for your child. Encourage them to draw on how it feels when they get the creeps. Instincts are those feelings you get when something or someone makes you feel uncomfortable. Instincts are the physiological changes that happen to our body when our personal alarm goes off.

4. **Personal space vs. safety zone**

   Most kids understand the concept of personal space. How many times have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids have we heard, “Stop invading my personal space!”

   Children need to recognize their safety zone. Teach your child to be aware of their safety zone. A safety zone is much bigger than your personal space. There are times when a child may feel uncomfortable with you, even when you are right in front of them. Encourage them to tell an adult they trust when something or someone has frightened them.

   As parents we need to empower our children with self-confidence and trust in their ability to sense when something is just not right. It doesn’t matter if they can articulate it; they just have to feel it.

   To find out more about Catherine Gerhardt’s great work about keeping kids safe online and offline visit https://www.parentsafety.com.au.

Assistant Principals’ Award

One student is chosen from each primary class by the Assistant Principals, Mr Clarke and Mrs Davis. Students must consistently display our BCS values of consideration, achievement, responsibility and enthusiasm. These award cards count towards the students’ Bronze, Silver and Gold awards.

Congratulations to:

- **Diggers**: Jamie Percy
- **Poppies**: Henry Beale
- **Gallipoli**: Chelsea Pharoah
- **Lighthorse**: Patrick Shea
- **Squadron**: James Flack
- **Coves**: Leroy Campbell-Davys
- **Troops**: Sarah Rudd

Second uniform reminder

Wearing school uniform cuts down on costs and helps build a sense of shared identity amongst our school community so we are asking all parents/carers and students to ensure that students wear the correct uniform to school each day.

In high school we have been working to support the wearing of full school uniform, including enclosed leather shoes. We have introduced weekly prizes of iTunes cards and awards of white merits for those students wearing full school uniform. Further, students who wanted to be considered for a leadership role in 2016, needed to demonstrate a pattern of wearing full school uniform.

Next term, families of high school students will receive a letter that outlines uniform choices, as supported by the Braidwood Central School P&C. Students will be required to have enclosed leather footwear, as per Work Health and Safety legislation. From 2016 all students will be required to wear BLACK enclosed leather shoes—preferably trainers so that a second pair isn’t needed for PE or sport. The only other changes are navy shorts (rather than royal blue) for girls to wear to sport or PE.

The positive rewards for students will continue next term and there will be sanctions introduced for those who are out of uniform without a note to explain why.
Premier’s Spelling Bee final

Congratulations to Nelson Sargent and Leah Mann, who did a fantastic job at the Premier’s Spelling Bee finals at Sunshine Bay. Despite being up against some really tough competition on the day, Leah made it to Round 4 and Nelson went on to finish in the top 4! Well done to both of you.

Employment Opportunities—Casual teachers

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Daffodil Fair Place Getters

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First prize: Cheyenne Murray
Second prize: Penny Elliott

8-12 years

First prize: Robbie Watson
Second prize: Oscar Stuart

Employment Opportunities

Copying of mandatory training including Anaphylaxis, emergency care and disability standards.

Notes that went out this week

1. Notes for all students involved in Charlie and the Chocolate factory.
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Canteen Roster

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Upcoming Events

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2. All staff and students return to school on Tuesday 6 October

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8-12 years

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A message from Braidwood Dental

Did you know that on average Australians eat around 30 teaspoons of sugar each day? This is double the recommended amount!

Did you know that tooth decay is the most common chronic disease for children, even though it is entirely preventable?

The number one cause of tooth decay is eating sugary foods and drinks on a regular basis. Some snack foods marketed as ‘healthy’ are actually high in sugar and get stuck in kids’ teeth, increasing acid that causes decay. Some of the ‘healthy’ snacks include dried fruit, fruit juice, muesli bars, biscuits and fruit roll-ups. These things can still be eaten but be aware how much sugar they contain, eat them moderately, and all in one go (grazing should be avoided).

Notes that went out this week

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