Welcome to Week 7

What a busy week with our school community. This week has been packed with many events – Student Review Meetings, Parent/Teacher/Student interviews, P&C Annual General Meeting, Stage 6 Agriculture and Chemistry excursions, Regional swimming carnivals for both primary and secondary, NRL Clinics, SRC Mufti Super Heroes Day just to name a few!

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish to. If you do not want your child to take part in the survey, please complete the form sent home with your child on Monday and return it to our school by FRIDAY 11 MARCH. Additional forms are available on our school website.

MindMatters
As part of our school strategic plans for student wellbeing, our Learning and Support teachers last year attended Professional Learning to introduce the MindMatters Mental health program in our school. MindMatters is based on the principle that the best mental health strategy is one that prevents issues from arising in the first place. For this reason, MindMatters helps schools promote positive mental health through the whole school community, and aims to prevent mental health difficulties in students by taking steps to improve relationships and resilience. Further information about MindMatters is on the From the Deputy page in this Newsletter.

Parent/Teacher Interviews
It was great to see the high number of families/carers attending the two Parent/Teacher/Student Interview sessions on Tuesday and Wednesday. If, after the interviews you have any concerns about your child’s social or academic development then contact our school office to arrange a meeting with your child’s teacher.

Tell Them From Me Surveys
This term, our school is taking part in the Tell Them From Me student survey. The survey for Year 4 – 12 students will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them.

P & C
Thank you to families who attended the P&C AGM on Tuesday night. We congratulate and welcome our new committee members: President - Tiff Galvin; Vice President - Kylie Johnson; Secretary - Susie Bilsborough; Treasurer - Fiona Rattray; Canteen Committee Coordinator - Bez Dixon; Band Committee Coordinator - Cherie Hansen.

It was also pleasing to receive new School Patron nominations.

Jennifer Bird
Principal
From the Deputy

It has been a busy week with a number of things going on. I would like to thank parents for their attendance at the Parent and Teacher interviews over the past two afternoons. It is very important that parent/school partnerships are close, as this helps to support students in their learning success. It was great to receive feedback from the secondary parents regarding the new online booking system, and we will look at ways to simplify this process for later in the year. Parents are always welcome to make interviews with teachers if they have concerns for their child.

The importance of mental health was brought to the forefront this week with the tragic loss of one of our previous students. The news has greatly saddened both the student and staff population here at the school. Our thoughts are with her family and friends. This event has highlighted the need for students to seek out assistance if they feel they aren’t coping. Our support people at the school include Year Advisors and classroom teachers, Mrs Whitfeld (our girls advisor), Mrs Hansen (Learning Support) as well as the school counsellor.

As a school, we are implementing the “MindMatters” program, which is a program to support mental health and wellbeing within the school. The starting point of the program is a survey which evaluates where our school is currently performing in providing support for students and parents, before looking at ways of improving. Parents were asked at this week’s interviews to fill out a form and drop it into a box in the front office. If you haven’t had a chance to pick up a survey and complete it, please call into the front office and complete the quick survey before next Friday. Alternatively you can click on the link below to complete online, http://www.mindmatters.edu.au/surveys/survey-start?id=parent-family-survey---800-23433475e31f45fdac1b

The data will be collated ready for our next PBL meeting. Although aimed at Year 6 to Year 12, we have asked students from Year 5, to complete the surveys. They will be conducted over the next two weeks.

Our Vocational Education Teachers underwent their annual quality assurance review this week, again receiving feedback regarding our high level of educational delivery for vocational education. Well done to Mr McGowan, Mrs Marshall, Mrs Gasson and Mrs Mavin.

Year 12 Half Yearly Examinations are starting next Wednesday. If students haven’t received an examination timetable, please see Mrs Gasson.

On 21st March, we are organising an Introduction to Preliminary for Year 11 students in conjunction with Warialda High School. This day will be held at the Living Classroom, with the aim to help students to develop strategies with their Senior studies, understand the processes expected of them as senior students as well as to identify skills which will enable them to gain employment.

Gary Hansen
Relieving Deputy Principal
SECONDARY NEWS

Jaida Brown-Stevens signed a school based traineeship with Keera Lands.

Jaida will be studying for a Certificate II in Agriculture with Mr Mark McGowan. The practical work placement will be provided by Mr Sinclair Munro at his property "Keera".

Pictured are Mark McGowan, Amber Brown (Jaida's mother), Jaida, Sinclair Munro and Karen Neyle from the Apprenticeship Centre.

Mrs Robyn Gasson

Wow, where has the term gone? There are only four weeks of this term left with a long weekend in between! Students continue to work hard and all should be getting regular homework for each of their subjects. It is expected that students complete all homework / assessment tasks and hand them in by their due dates. If your child needs access to a computer or internet to complete any of these tasks and one is not available at home, please talk to their classroom teacher and they will arrange access for your child to a computer before school, during recess or lunch time.

Thank you to all parents who attended the parent teacher meetings Tuesday and Wednesday afternoon. We hope they were informative! If you were unable to make either afternoons and would like to speak to one or all of your child’s teachers, please don’t hesitate to contact the front office and they will happily set up a meeting time for you.

This weekend is the local Bingara Show. Many of our students have entered items, so don’t forget to head to the pavilion to check out how they went. The show is a great day out, so we hope as many families as possible can come along and support it.

Year 12 have half yearly exams coming up soon. Please encourage your child to implement great study practice. These exams do count towards their overall HSC marks.

The musical is coming along well with most parts starting to be filled. It is delightful to see so many enthusiastic students. Students have been getting organised and rehearsing on Thursdays with Mrs Conway.

Well done to Erica Dixon who swam beautifully at Regional Swimming in Armidale on Tuesday.

Don’t forget there is a Whole School Assembly next Thursday. Wednesday of week 9 is our first whole school Super Day for the year. This term the focus is on food and agriculture. We are also incorporating Harmony day into our theme, as it falls at the same time.

The deposit for Middle School camp is now due. It is set to be a wonderful camp! If you would like your child to participate, but do not have the funds right now, please see the office so a payment plan can be set up.

A reminder for all students who would like to participate in the Premiers Reading Challenge, it is now open for registration. If you would like to participate please see Mrs Turnbull and she will either give you a recording sheet or show you how to complete your recordings online.

There is not a lot of time left to submit entries for the ICAS competitions. If your child would like to be a part of these competitions please send entries and payment to the front office as soon as possible.

Shelley Turnbull & Annette Mavin
Relieving Head Teachers
Fundraising
Bingara Central School wristbands are available for purchase for $3.00 each. All money raised will go toward resources to support learning in the Primary School.

All students should have now received a username and password from their classroom teacher/Year Advisor to use Mathletics at school and at home. If not, could students please see Miss McIntyre. Mathletics is a wonderful program that supports student learning in Mathematics. It can be accessed at www.mathletics.com

Zone Winter Sports Trials
Students in Year 5 and 6 received a note regarding winter sports trials in Inverell this Friday from 12pm. Students can trial in rugby league, soccer or netball. Students attending rugby league Trials are reminded to take with them their signed permission note.

Whole School Assembly
A Whole School Assembly will be held next week, Thursday 17th March. We look forward to see many families and friends attending. Kindergarten, Year 4/5 and 5/6 will be presenting some work they have completed so far this term.

Easter Hat Parade
Students in Kindergarten to Year 2 will have their Easter Hat Parade on Thursday 24th March along with Grandparents morning tea. Donations for the raffle will need to be in by Wednesday 23rd March.

Deadly Australians
The Youngest student in each family should have received a permission note for 'Deadly Australians', which will be on Friday 1st April. The cost is $5.50 per student or $11.00 per family.

GRANDPARENTS MORNING TEA
& K-2 EASTER HAT PARADE

Thursday 24th March 2016
11.00am-11.30am
$2 for a Cuppa & Cake
School Hall
You are invited to stay and watch the K-2 Easter Hat Parade which will follow the morning tea.

Alison Johnson & Simone McIntyre
Assistant Principals
A huge congratulations to all primary swimmers that competed at the Regional Swimming Carnival on Monday in Armidale.

They all swam beautifully and did themselves proud.

Thank you to parents and grandparents for your continued support.

Mrs Craddock

Thanks to Brooke McKinnon for the photos!
**BINGARA CENTRAL SCHOOL**  
**UNIFORM ORDER**

**ITEM** | **PRICE** | **SIZE (please circle)** | **QUANTITY** | **SUB TOTAL**
---|---|---|---|---
Bucket Hat | $15 | S M M/L | | |
Short Sleeve Polo Shirt | $20 | 4 6 8 10 12 14 16 | S M L XL 2XL | |
Long Sleeve Polo Shirt | $20 | 4 6 8 10 12 14 16 | | |
Sports Shirt | $25 | 4 6 8 10 12 14 16 | S M L XL 2XL | |
Track Suit Pants (Primary) | $25 | 4 6 8 10 12 14 16 | | |
Track Suit Pants (Secondary) | $30 | | | |
Track Suit Jacket | $40 | 4 6 8 10 12 14 16 | | |
Track Suit Jacket (Larger Sizes) | $45 | | | |
Fleecy Baseball Jacket | $40 | 4 6 8 10 12 14 16 | | |
Fleecy Baseball Jacket (Larger Sizes) | $45 | | | |
Senior White Short Sleeve Polo Shirt *(Yrs 11-12)* | $25 | 14 16 S M L XL 2XL 3XL | | |
Senior White Button Up Blouse *(Yrs 11-12 Girls)* | $25 | 10 12 14 16 18 20 22 | | |

**TOTAL AMOUNT** $

*Staff will notify you when your order is ready to be picked up.*

**ORDER FORMS ARE DUE BACK AT SCHOOL BY MONDAY 21ST MARCH**  
**NAME: ___________________________**  
**PHONE NUMBER: ___________________________**  
**NO ORDER WILL BE ACCEPTED WITHOUT PAYMENT**
<table>
<thead>
<tr>
<th>CANTEEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARCH</td>
</tr>
<tr>
<td>Friday 11</td>
</tr>
<tr>
<td>Monday 14</td>
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<tr>
<td>Tuesday 15</td>
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<td>Wednesday 16</td>
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<tr>
<td>Thursday 17</td>
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</tbody>
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<table>
<thead>
<tr>
<th>UNIFORMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Just a reminder that all uniform orders need to be in by Monday 21st March. No order will be accepted without payment, and no late orders will be accepted. This will be the last order until the end of Term 3.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>ICAS</th>
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<tbody>
<tr>
<td>All students took home a note regarding the International Competitions and Assessments for School (ICAS). If you would like your child to participate in these competitions please send the note and money into the school by Monday 21st March. No late entries will be accepted.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Communication</th>
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</thead>
<tbody>
<tr>
<td>Parents are also reminded to ensure that after school arrangements are confirmed with your child BEFORE SCHOOL rather than contacting the school office with messages late in the day. This is especially hard on Wednesday afternoons when Middle School is split up and out of the school grounds on excursions. This does not give staff sufficient time to locate your children, therefore, cannot guarantee the message will reach your child in time.</td>
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</tbody>
</table>

**Having fun at the NRL Clinic**

**BINGARA SHOW JUNIOR JUDGING**

After talking to Ben Monie, Chief Steward Bingara Show, the Lead Cattle and Junior Judging has been postponed until May. Therefore, students won’t be Junior Judging this year.
BINGARA CENTRAL SCHOOL
CANTEEN PRICE LIST 2016

SANDWICHES & ROLLS
Multigrain rolls available on request. Salad: lettuce, tomato, beetroot, cucumber, shredded cheese, shredded carrot and mayonnaise. (Please indicate likes and dislikes).

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Rolls</th>
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<tbody>
<tr>
<td>Salad</td>
<td>3.70</td>
</tr>
<tr>
<td>Ham</td>
<td>2.80</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>4.30</td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>3.20</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>3.60</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Pineapple</td>
<td>3.80</td>
</tr>
<tr>
<td>Chicken (fresh) &amp; salad</td>
<td>4.50</td>
</tr>
<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
<td>3.60</td>
</tr>
<tr>
<td>Plain Chicken</td>
<td>3.20</td>
</tr>
<tr>
<td>Chicken, Cheese &amp; Pineapple</td>
<td>4.00</td>
</tr>
<tr>
<td>Chicken, Cheese &amp; Mayo</td>
<td>3.70</td>
</tr>
<tr>
<td>Chicken &amp; Mayo</td>
<td>3.40</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>2.70</td>
</tr>
<tr>
<td>Egg</td>
<td>2.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>2.50</td>
</tr>
<tr>
<td>Tomato &amp; Cheese</td>
<td>2.70</td>
</tr>
<tr>
<td>Cheese &amp; Pineapple</td>
<td>3.00</td>
</tr>
<tr>
<td>Vegemite</td>
<td>1.50</td>
</tr>
</tbody>
</table>

TOASTED SANDWICHES: 20c EXTRA
MULTIGRAIN ROLLS: 30c EXTRA
MULTIGRAIN BREAD: 20c EXTRA
LUNCH BAGS: 20c EXTRA

WRAPS
- Salad Wraps: 4.20
- Fresh Chicken & salad wrap: 5.00
- Ham & Salad Wrap: 4.80

CHICKEN BURGER VARIETIES
- Chicken Pattie on bread (plain): 2.80
- Chicken Pattie on bread with tomato Sauce: 3.00
- Chicken Pattie on bread with lettuce & mayo: 3.50
- Chicken Pattie on bread with full salad: 5.00
- Chicken Pattie on bun (plain): 3.20
- Chicken Pattie on bun with lettuce & mayo: 4.00
- Chicken Pattie on bun with full salad: 5.50
- Chicken Pattie on bun with mayo: 3.60

Any combination not listed please indicate on lunch bags, all effort will be made to accommodate.

SALADS
- Small salad tray with knife & fork: 4.70
- Small salad tray with ham (2 slices ham, knife & fork): 5.20
- Small salad tray with chicken, knife & fork: 5.70
- Bread roll (white): 1.00
- Bread roll (multigrain): 1.10
- Small salad tray with 2 chicken tenders: 7.00
- Small salad tray with 1 chicken tender: 6.00

ALSO AVAILABLE
- Frozen Yoghurt, Mango, Strawberry: 2.00
- Paddle Pop (canteen approved): Choc, Rainbow: 1.40
- Milo Cup Ice Cream: 2.50
- Ice Mory: .60
- Jelly Dish & Ice Cream + Spoon (TERMS 1 & 4 ONLY): 1.60
- Zooper Dooper: .50
- Animal Pops: .40

HOT FOOD
- Sausage Roll (Local Bakery): 2.80
- Meat Pie (Local Bakery): 4.00
- Spoon with pie: .05
- Pizza: Supreme, Ham & Pineapple, Cheese & Bacon: 2.50
- Hot Dog: 2.80
- Hot Dog with melted Cheese: 3.20
- Chicken Nuggets: .70
- Lasagne: 4.20
- Spaghetti Bolognaise: 4.20
- Chick Stix: 1.00
- Hot Mince Roll: 3.70
- Hot Mince Roll with melted cheese & Sauce: 4.20
- Cheese melts: 1.20
- Chicken Chilli Tender wrap with mayo & lettuce: 4.50
- Chicken Chilli Tender wrap with full salad: 6.00
- Chicken Chilli Tender wrap with full salad & 1 tender: 5.00
- Chicken Chilli Tender wrap (1 tender only) lettuce/mayo: 3.50
- Chicken Fillet (breast) on bun with lettuce & mayo: 5.00
- Chicken Fillet (breast) on bun with full salad: 6.50
- Chicken Fillet (breast) on bun (plain): 4.50
- Sachet Tomato Sauce: .20
- Sachet BBQ Sauce: .30
- Sachet Sweet Chilli Sauce: .30
- Noodles (Chicken or Beef): 3.00
- Chilli Sauce: .30

WATER
- Bottles - 600ml Water: 2.00
- Bottles - 750ml Pump Water: 3.20
- Bottles - 400ml Pump Water: 2.20
- Lime / Berry - 750ml Pump Water: 3.40

AMBER CATEGORY WATER
- LOL - Variety of flavours (can): 2.00
- Play Water - Variety of flavours (bottle): 2.00

FRUIT JUICE
- Small - 300ml: 2.00
- Large - 500ml: 2.50
- OJ Pop Tops (no added sugar) Apple or Orange: 2.00
- Goulburn Valley 350ml Variety flavours: 2.50

FLAVOURED MILK
- Large flavoured milk - 500ml: 3.40
- Small flavoured milk - 300ml: 2.40
- Chocolate Thick Shake - 500ml: 3.40
- Up & Go Popper (Choc): 2.00
- Breaka Popper (Coffee & Strawberry): 2.00

SLUSH PUPPIE
- Apple, Grape, Strawberry, Raspberry, Shocker: 2.50

FRUIT
- Fresh fruit is available if ordered before 9am, for lunches or recess - any variety in season, eg: bunch grapes, tubs of melon, banana, mandarin, etc.

ALL ORDERS TO BE IN BY 11.30am

LUNCH BAG 20c
SAVE THE DATE

MAJOR SCHOOL FUNDRAISER FOR 2016

GRAVESEND 100 MILE LUNCH

all produce used located within 100 miles.

Entertainment, fine food, special guests...

SATURDAY 30TH APRIL FROM 1PM

Gravesend Recreation Ground

Invite your friends!

(More information coming soon)
Technology News for Schools

this issue

Bebras Australia Computational Thinking Challenge
Australia’s largest student computational thinking/computer science challenge returns 14-25 March, 2016.
Bebras promotes computer science among primary and secondary students (yr 7-12).
The purpose is to expose students to ICT-based logic concepts without the need for prior digital technology or coding knowledge. Over 32,000 Australian students from more than 1,100 schools have participated in Bebras since 2014.

To solve the tasks, students need to think about logic, digital technologies, discrete structures, computation, data processing, and algorithmic concepts. Students can work in teams and will find solving the problems very rewarding. The Bebras website has some very clear examples of what’s involved.

Bebras is free for schools and is run online in just one hour. Teachers can select when their students take the challenge during March. Students from Years 3 to 12 participate in age-based groups. No prior coding or ICT knowledge is required.

Wi-Fi in schools

As a legacy of the Commonwealth Digital Education Revolution program, all secondary schools in NSW have had a wireless access point (WAP) installed in every classroom or learning space since 2000. Since then, most primary schools have invested in Wi-Fi infrastructure to support and enhance teaching and learning.

Wi-Fi has provided students with access to a wealth of on-line learning resources at their desk and on the go through a wide variety of very common and popular mobile devices.

- The Department’s provision and support of wireless technology is a response to the expectations of principals, teachers, parents and the broader community that NSW schools offer a modern, digital learning environment.
- DoE makes every effort to minimise FF exposure – mounting WAPS away from children, using equipment that meets Australian standards and advising that devices are used on desks, not on laps.

A recent episode of ABC’s Catalyst program has raised concerns among parents around the use of Wi-Fi in schools and with children.

- We rely on reputable scientific data for risk assessment – specifically from ARPANSA (Australian Radiation Protection and Nuclear Safety Agency), who set the standards in this area for the Commonwealth of Australia. ARPANSA does not consider the levels of radio frequency electromagnetic radiation (RF EMR) to be an established health risk.
- ARPANSA has issued a statement in response to the Catalyst program confirming its position that “there is no established scientific evidence that the use of mobile phones or Wi-Fi devices cause any health effects.”

BINGARA
Surviving Your Adolescents

Learn how to manage and let go of your 11-22 year old!

The Surviving Your Adolescents course covers:
- What is normal adolescent behaviour
- How to manage teen risk-taking
- The Four Cardinal Sins (what not to do)
- The relationship between parent-teen communication and adolescent safety
- The four ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail

For more information or to register, contact the Family Relationship Centre through Centacare NENW.
FREECALL 1800 372 826 6738 7200

WHEN: 2 x Wednesdays
25th May & 8th June 2016
TIME: 10.30am to 1.30pm
WHERE: Bingara Central School - 55 Finch St, Bingara
COST: FREE

Registration is essential. This course is subject to registration numbers.

Centacare
New England North West Rural Resilience

As a family member or friend, you may be aware of the challenges of parenting, and the stress of trying to help your teenager manage their way through adolescence. Help is available, and this course is designed to make the parenting journey easier and more enjoyable.

This free, two-part workshop aims to help you understand your adolescent and improve your relationship with them. The course is delivered by experienced family therapists, and is suitable for parents, stepparents, carers, guardians, and anyone directly involved in the care of an adolescent (11-22 years).

The course is based on the research of Dr. Douglas Brown, a psychologist who has worked extensively in this field.

Expectations:
- To learn how to communicate effectively with your teenager
- To identify what are normal adolescent behaviours
- To learn how to manage your teenager’s risk-taking
- To gain strategies to improve your relationship with your adolescent
- To learn strategies to manage your emotional signals

The course is divided into two sessions:
- Session 1: What is normal adolescent behaviour and how to manage risk-taking
- Session 2: The four ways to improve your relationship and emotional blackmail

Participants will have opportunities to role-play situations and work through their own personal issues.

This is a free course, and registration is essential. The course is subject to registration numbers.

Note: The course is designed for parents or carers of teenagers, and is not a substitute for professional help if needed.