

## Term 1- 2017 Calendar

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
8	13 March Photo Day Boys & Girls Rugby Training 4pm-5pm Stingless Bee Exhibition	14 March University of Newcastle Health Careers Forum Industrial Technology Excursion	15 March	16 March Primary Excursion First Australians Celebration Day Boys & Girls Rugby Training 4pm-5pm	17 March 3/4S Assembly 2.20pm Book Club Orders Due
9	20 March Boys & Girls Rugby Training 4pm-5pm	21 March Harmony Day	22 March	23 March Boys & Girls Rugby Training 4pm-5pm	24 March 2/3O Assembly 2.30pm
10	27 March Boys & Girls Rugby Training 4pm-5pm	28 March	29 March	30 March Boys & Girls Rugby Training 4pm-5pm	31 March
11	3 April Healthy Harold Boys & Girls Rugby Training 4pm-5pm	4 April Healthy Harold	5 April	6 April Easter Hat Parade Boys & Girls Rugby Training 4pm-5pm	7 April

### Bullying

Friday is National day of Action against Violence and Bullying. In addition to regular attention to Bullying on Friday your child will be exposed to some activities as part of the National Day. Please talk with them about it when they get home. We will be conducting a poster competition too so get creative and you may have your poster published for use around the school and the town.

The national definition of bullying for Australian schools says:

**Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online and it can be obvious (overt) or hidden (covert).**

**Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.**

Single incidents and conflict or fights between equals whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However these conflicts still need to be addressed and resolved. Likewise not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies).

Mrs King



# Newsletter

"Caring school striving for high academic, sporting and cultural achievements K-12".

Term 1 Week 8

Tuesday 14 March 2017

## North West Touch Football Trails



9 students represented Barraba Central School at the North West Touch Football Trials in Tamworth on Thursday 9 March. Abbey Thomson, Jess Lott, Kane Ward, Mackenzie Austin, Jonathan O'Dell, Luke White, Ryan Austin, Jack Ward and Nick Myers. Congratulations to all students on their participation and sportsmanship. Jess Lott, Mackenzie Austin and Ryan Austin were successful and move onto the next selection stage.

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## Principal's Message

It was great to see 22 people attend the P&C AGM on Wednesday evening. I would like to thank the 2016 P&C Executive for all their hard work and dedication. I would also like to welcome our new committee and continuing members.

There was a robust discussion on many issues including mobile phones and their usage at the secondary. The P&C would like to place on the agenda a whole school and community approach to bullying. We hope to work together to make Barraba Central School the best place possible. Secondary assemblies were also discussed and parents are welcome and encouraged to attend despite what their child might say.

### Barraba Show

I had the pleasure of attending the Barraba Show on the weekend. It was a great event with many displays



and activities. Well done to all involved on a fantastic community event. Congratulations to all students who had entries in the show. Many thanks must go to our primary

and secondary staff for the great display. **Bullying**

This Friday 17 March is the 7th National Day of Action against Bullying and Violence. Both the primary and secondary school will be undertaking sessions involving online and class materials to assist with bullying such as; **Bullying: What can I do and where can I go?** And **Bullying: What can I do if I see it happening?** These ideas will be discussed with students. We hope to continue these ideas and lessons after the day and revisit them on a regular basis.



### Secondary Campus - This week

Mr Princic is taking his construction class (Years 11 and 12) on an excursion to visit industries in Tamworth as part of their course. Mr Good is taking students to the University of Newcastle Health Careers Forum. A reminder that rugby training has started and it is necessary for students to be on level 3 or above to participate in training/games.

### Primary Campus - This Week

Years 3 - 6 are off to Tamworth for the First Australians Celebration Day on Thursday 16 March. The cost will be \$2 and light lunch will be provided. Students are reminded to return their notes and money as soon as possible.

Cont'd

This weeks primary assembly will be hosted by 3/4S and promises to be fantastic with activities revolving around National Day of Action against Bullying and Violence.

**Next week...**

**We have our harmony day activities and 2/30 Assembly.**

*Mr Forrester*

## Congratulations to the following students on reaching Level 4

**Lincoln Jennar, Eli Madden, Phoebe Wallace, Sophie Wilson, Michael Russell, Kiah Newell, Cassidy Graves, Zach Madden, Macy Dennis & Brie Stanger**

Level 4: Consistently working hard; having pride in the school and following the School Rules.

## P&C News

Last Wednesday saw the AGM for the BCS P&C. We had a fantastic roll up and would like to pass on a big thank you to all parents who took the time to come. It was heartening to see such a large group of passionate people attending the meeting.

Our Executive for this year are: President - Beck Groth, Vice President - Chris Jeffery, Secretary - Nikki Allan and Treasurer - Helen Rixon. The P&C would like to thank our outgoing officeholders for their efforts and extend a welcome to our new members and officeholders.

Our next meeting is yet to be set (due to school holidays looming). Please keep an eye on the newsletter and calendar for details. We look forward to seeing as many (if not more) at our next meeting. If there is anything that you would like raised at a P&C meeting or if you have any suggestions please let one of the committee or the school know so that it can be added to the meeting agenda. The P&C now has a direct email which is [barrabapandc@gmail.com](mailto:barrabapandc@gmail.com) where the Executive can also be contacted.

*Helen Rixon*

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Wednesday - Sunday

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## Barraba Show Success

BCS took 9 of its sheep to the show with some great results. Our ram lambs received 1st and 2nd and our ewe lambs 1st, 2nd and 3rd. Our two tooth ewes were awarded 1st and 2nd. Our old ewe received a 1st. Students who helped were Ashton Vinen, Jess Lott, Abbey Thomson, Abby Turner, Kane Ward, Luke White and Gemma White. Our champion ewe was shown by Luke White and almost got Supreme Champion over Peel High School. Junior Judging winners: under 14's: 1st Jessica Lott, 2nd Luke White, 3rd Abbey Thomson. Over 15's: 1st Ethan Tonkin-Rose, 2nd Seraya Maher and 3rd Ashton Vinen.



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## From The Deputy

Phones: their use and misuse have certainly been a major topic of discussion in the last couple of weeks. What is interesting is that a London School of Economics Research Project in 2015 found that banning phones led to an overall 6.4% improvement in test scores with low achieving students improving by 14%. Granted this is an English study but the results certainly give us food for thought.

I know the following is not a Secondary matter but nevertheless the findings are interesting. A study in the American Journal of Public Health linked an increase in play in outdoor setting with reduced ADHD symptoms in kids. Other research found just letting kids, in this case aged 5 to 7, play freely in an outdoor playground littered with equipment, old tyres and boxes led to more social, creative and resilient behaviour and less bullying. Further a 3 year study in China discovered that increasing outdoor play by 40 minutes a day among school aged children was associated with lower rates of short sightedness. Technology in many ways is very useful in this day and age but needs to be used properly so as not to interfere with student results. Similarly kids that engage in more outside play seem to add to their emotional, cognitive and general health.

Until next time.....

*Mr Johnston*

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