

Newsletter



Term 3
Week 10 2017

email: barraba-c.school@det.nsw.edu.au

Web: www.barraba-c.schools.nsw.edu.au

What's Happening Freestyle Boulder Gym

WEEK 10

Tuesday 19 September

Captains Election
Assembly

1pm at secondary
campus

Parents and carers of
candidates welcome

Friday 22 September

8.30 - 9.30am

Breakfast for Year 12,
parents and carers

9.30am Year 12
Assembly

Change of Date

Term 4 Week 1

Friday 9 October

K/1S Assembly

2.30pm at primary
campus

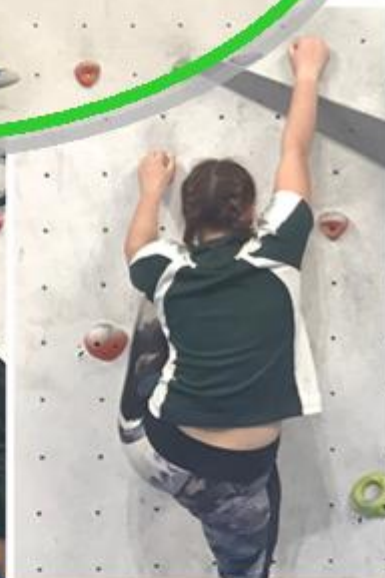
**School breaks up Friday
22 September 2017**

**School resumes Monday
9 October 2017
For all students**

Secondary: 67821104

Primary: 67821266

**Address: PO Box 123
Barraba NSW 2347**



On Friday 15 September twenty students from years 7 - 10 attended a rock climbing competition day at Freestyle Bouldering Gym.

The students competed in four teams in the hour competition trying to climb the hardest routes they could manage to win points for their team.

All students did exceptionally well with the winning team made up of Jessie Lott, Abbey Thompson, Jack Ward and Kane Ward. The highest individual male score was Luke White and highest female scorer Jess Lott.

James Vilimaa
English Teacher

PRINCIPAL'S MESSAGE



PARENT ONLINE PAYMENT (POP) SYSTEM

NOTE: From 4pm this Friday 22 September 2017 parents and carers will be unable to make online payments via our school website. This facility will be available again on **Wednesday 18th October 2017**.

Another term has come and virtually gone. As per usual it has been exceedingly busy and dare I say productive. There have been many highlights one of which I believe is this newsletter itself. It's format has been revamped and to me it has become much more user friendly, what with it's slightly larger font, fortnightly eight page bulletin on larger paper and its great pictorial displays. I hope you have enjoyed it.

This week's newsletter outlines a couple of important secondary happenings - the election of new Captains on Tuesday and the Year 12 Assembly on Friday 22 September. I would like to take this opportunity to wish our Year 12 students the very best for the upcoming HSC.

I came across some interesting information that I'd like to share with you. It was about social media and cell phones.

Apparently engagement with social media and cell phones releases a chemical called dopamine - that is why when you get a text it feels good. In 2012 in a US study from Harvard, research scientists reported that talking about oneself through social media activities activates a pleasure sensation in the brain usually associated with the joys of food and money. That's why it's a trauma for young kids to be unfriended because we know when you get friended you get a lot of dopamine which feels good - which is why we like it and we keep going back.

Dopamine is the exact same chemical that people feel when they smoke, drink and gamble. In other words it is highly addictive. We have age restrictions on these activities and we have no age restrictions on social media and cell phones. I found this information really interesting because in recent years I've had a couple of cases where students have begged me not to take their phones and have been frantic in their desire to keep them. Was it that they used their phones so much and were reliant on the 'feel good' dopamine that goes with phone use that they were addicted to them?

FOOD FOR THOUGHT

Another interesting aspect was the idea that because kids rely on social media and cell phones too many kids don't know how to form meaningful relationships and they don't have the coping mechanisms to deal with stress - so when stressed they don't turn to a person they turn to a device.

FACT: People who spend more time on Facebook suffer higher rates of depression than people who spend less.

To sum up I guess if there was ever an era to spend more time face to face with people and develop meaningful relationships that era is now.

Finally enjoy the holidays.

Until next time.....

Robert Johnston



Congratulations to Level 4 students

Levi Goleby, Jasmine Bluett, Brandon Newell, Cameron Tonkin-Rose, Eleanor Ross.



THE BEST HOLIDAYS HAPPEN AT CAMP

Entertain the kids these school holidays with one of our kids' camps. They're a great way to get the kids outdoors learning new skills while making new friends. From day programs to residential camps, our kids' camps help grow an independent spirit that is self-reliant, confident and responsible.

Choose from a range of fun and exciting camps led by qualified instructors and rest easy knowing your kids are in safe hands.

Activities include abseiling, sailing, tennis, cookout, archery, cinema under the stars, challenge ropes course plus much more.

We also offer accommodation, programs and facilities to suit every budget:

- Self-contained accommodation
- Group getaways
- School camps

fb.com/newsportandrecreation
sportandrecreation.nsw.gov.au/kidscamps 13 13 02

Lake Keepit Sport and Recreation Centre			
Ahoy Sailors (Includes Start Sailing Qual)			
3 - 6 Oct	7-12 years	\$297	
Adventurer			
3 - 6 Oct	7-12 years	\$247	

Parents must arrange transport to and from the Centre.



Office of Sport & Recreation

From the Industrial Technology Dept

Matthew Thompson has been busy this year studying both Industrial Technology and Metals/Engineering Technologies. Matthew has built a garden tipper/trailer. He participated in the Construction Pathways Course where his project is a native hardwood picnic table which will be used adjacent to the refurbished pizza oven. Well done Matt!



Year 7 Volcanos

As part of their Landscapes and Landforms topic in Geography Year 7 recently built and erupted volcanos. Two methods to the eruption were initially utilised; one with vinegar and bi-carb soda and the other with Coca Cola and mints. The vinegar method worked much better than the Coke method! A second attempt of the Coke method this time using Mentos instead of mints was also not as successful as the vinegar and bi-carb method despite thoughts that it may be better!

Jacinta Gorton
Prac Teacher





MUSIC

This term in music we have been exploring Rock and Roll. We have learnt some basic rock beats on the drum kit and investigated rhythm and beat with our brand new set of percussion instruments. We have also spent the last few weeks learning some guitar riffs of famous rock and roll songs. Well done year 8!

Alison Salmon
Music Teacher

DUNKIRK EXCURSION

Year 9 & 10 History attended a special screening of 'Dunkirk' at Forum 6 Cinema in Tamworth as part of a unit of study on World War II. The movie was a graphic depiction of the events surrounding this decisive moment in the early part of the war. The movie followed the experiences of the soldiers stranded on the beaches and the civilian sailors who manned their own small boats in the rescue and the fighter pilots of the RAF as they fought in the skies above. I look forward to seeing your assessment tasks!

Mr Maloney
English Teacher



SCHOOL NEWS

YOUNG DRIVERS EXPO

Friday 25 August Year 11 & 12 students attended Tamworth TREC for the Annual Young Drivers Expo. The day kicked off with a crash scenario where volunteers were asked to demonstrate how they would respond if they were first on the scene of a major motor vehicle accident. This was extremely confronting, however it really drove home the reality of a car crash and how to react if this unfortunate circumstance was to eventuate for our kids.

After this students went to sessions on:

- * Heavy vehicle operation and sharing the road.
- * Random Drug Unit.
- * Collision Causes
- * NRMA Insurance
- * RMS Safer Vehicle
- * Living with brain injury.

All students were well behaved and gained a lot of real life knowledge on how to safely negotiate our road systems for the future.

Jarrod Greenwood
Sports Co-ordinator

ROAD SAFETY
YOUTH EXPO 2017



T20 Cricket



Two teams of primary students attended the T20 cricket day held in Manilla last week. The teams played 3 games each with about the same amount of wins and losses and all students were a credit to their school. Their great bowling can be accredited to their recess training sessions and some of the students proved to be big hitters on the day. It must have been fun because a child was overheard saying "I didn't like this cricket stuff really but just wanted a day off school...BUT, it was so much fun, now we can play in the playground too." Pictured above is a photo of both teams the Year 3/4 Cricket Crushers and the Year 4/5/6 Rockstars team.

Jennylyn King
Sports Co-ordinator



Mini M's

Enrolment Open for Term 4!!!

Mini M's focuses on skill development and modified games for a range of team sports to develop fundamental movement skills required for physical and mental development for 2-8yr olds.

\$10 per session

Family discount (3 children or more)



More information and enrolment on the Mini M's Facebook Page.



Gala Day

On Tuesday the 12 September Years 3 - 6 went to Bingara for a Football Gala Day. We got put into coloured teams, we did about 30 minutes of skills then we went onto 12 minute games. We play 7 games and at the end of the day we all got a football for participating in the day. We had a lot of fun and look forward to doing it again. We'd like to thank Bingara for inviting us and Mr Jones and Miss Hobday for taking us. *Written by Gemma Kerney Year 5, Gemma White & Zahlie Cabot Year 4.*



SCHOOL BEAUTIFICATION

The vegetable patch has been cleaned up in preparation for spring and plantings of potatoes, tomatoes, cucumber, squash, lettuce, beetroot, silverbeet, rocket and zucchini are in the pipeline. The aquaculture program is continuing with a new batch of silver perch (and a water heater) in residence. Fruit trees including stone fruits and a fruit salad tree (multiple grafted citrus) have been planted along with mass plantings of native trees. Thanks to Jonno O'Dell Year 8, Ethan Tonkin Year 10 and a particular thank you to the ever reliable and hard working Hayden White from Year 9 for their efforts to date.

Mrs Randall and our gardener Stacey are doing a wonderful job refurbishing and extending the front gardens as is Mr Prinic and Mr Vilimaa on the pizza oven area. A special thank you to Shanny for his help including watering and slashing.

Mr Maloney
English Teacher



Platinum Level: Jack Coombes

Consistent outstanding achievement
across all areas of the curriculum
at Barraba Central School.



Level 5 

Level 5: Hannah Walker & Jack Davey

Outstanding achievement
across all areas of the
curriculum at Barraba
Central School.



SCHOOL HOLIDAY PROGRAM



PROGRAM AVAILABLE FOR 12-18 YEAR OLDS
for more details
f TAMWORTHYOUTHIEPAGE OR CALL 6767 5747



**FREE
BBQ LUNCH
EVERYDAY**

SATURDAY 23RD SEPTEMBER

Cooking Class > Art & craft Time

MONDAY 26TH SEPTEMBER

Pool Competition > DIY Bath Bombs

TUESDAY 28TH SEPTEMBER

SK8 Thunderdome Excursion > DIY Button Dish

WEDNESDAY 27TH SEPTEMBER

PS4 Competition > Laser Tag Excursion

THURSDAY 28TH SEPTEMBER

Picnic Lunch at Anzac Park Excursion

FRIDAY 20TH SEPTEMBER

Ping Pong Competition > Putt Putt Golf

SATURDAY 30TH SEPTEMBER

Cooking Class > Art & Craft Time

MONDAY 2ND OCTOBER

CLOSED - Public Holiday

TUESDAY 3RD OCTOBER

Movies @ Forum 6 > Afternoon Tea Cooking Class

WEDNESDAY 4TH OCTOBER

PS4 Competition > Art Time with Jodie Herden

THURSDAY 5TH OCTOBER

Glamour Day with Runway

FRIDAY 6TH OCTOBER

Ping Pong Competition > DIY Pom-Poms

SATURDAY 7TH OCTOBER

Cooking Class > Art & Craft Time



THE YOUTHIE > 1A QUINN ST TAMWORTH



LAURIE'S KIDS' CLUB

AT ST LAURENCE'S ANGLICAN CHURCH

AGES 4-12



LAUNCHING
WEDNESDAY 27TH
THURSDAY 28TH
FRIDAY 29TH SEPTEMBER
9AM-12PM DAILY

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