



BINGARA CENTRAL SCHOOL

*We are a Positive Behaviour for Learning School.
Our values are Pride, Honesty and Respect.*

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28 June 2019
Week 9, Term 2



TERM 2

JUNE

28 Thomson Cup

JULY

2 PSSA Rugby Union

4 Whole School
Assembly 11:30am

4 Infants Frolic 12:30pm

5 Orange Picking
12noon

6 Orange Festival

TERM 3

JULY

23 All students return to
school

Subject Selection Evening

On Tuesday 25 June our subject selection evening was held in the library. This was highly attended by our parents and students. Parent and student attendance at these evenings have been growing over the past two years. The investment that our parents are taking in their child's education has been evident of a growing learning culture within our school. The evening provided essential knowledge for both the Stage 5 RoSA and HSC students families along with the opportunity to speak individually with teachers leading in the subjects on offer. Students are reminded to return their subject selection sheet to Mrs Kylie Butler by Friday 26 July. This is the beginnings of a journey for our students and their families who may be entering into the elective choices and HSC subject selection process for the first time. In an effort to provide ongoing support for our HSC students, an interview will be undertaken once the subject choices sheet has been returned. This

interview will occur early in Term 3 and will involve the student, parent, Year Adviser, Careers Adviser and a member of the executive team. Students and parents are advised to think about career pathways, interests, student abilities, syllabus requirements and subject combinations. All our teachers are available for further information regarding your subject choices if required. This joint partnership with our school and families is essential in providing the greatest opportunities for our students.

Brooke Wall, Principal



Kaylee and Isabelle Neal with their assessments from The Vikings unit studied in Stage 4 History



Orange Picking and the Orange Festival

Orange Picking Ceremony

Friday, 5 July 2019

12 noon outside the Bingara RSL Club

All welcome to attend the
Lions Club Barbeque after the picking ceremony.
\$2 per sausage.

Lions will donate the profit of the barbeque
to the local Lions Drought Appeal.

Orange Festival

Saturday, 6 July 2019

Students are invited to participate in the following:
A note will go home shortly to parents.

1:15pm	Dance Performance
2:00pm	Street Parade

This year students are invited to take part in the Street Parade
with a decorated scooter or bike.

Wheelly Whacky Wheels



PRIMARY NEWS

Congratulations to the following students who received a merit award at this week's assembly:

Kash Sullivan, Abby Reddan, Jessica Smith, Carinna Larkins, Chase Martin, Savannah Bonarius, Indra-Rose Bonarius, Hallie Wilson, Eddie Grant, Kade Hart, Maison Cory, Harriett Webber, James Irwin, Hamish Rattray, Ruby Turnbull, Cameron Tevaga, Hayley Clarke, Molly Turnbull, Elle-Grace Haley.

Infants Frolic:

The Infants Frolic will be held on Thursday, 4 July at 12:30pm following the Whole School Assembly. Students are invited to dress up on the day.

Costumes are to be brought to school in their bags. A Whole School Assembly will be held prior to the Frolic therefore students are to come to school dressed in full school uniform. Students are learning dances to perform. The theme is 'My Super Power and Super Heroes' which will tie in with the theme for this year's Book Week, 'Reading is My Secret Power!'.

Orange Festival

If your child is joining the Bingara Central School performance at the Orange Festival, please return the permission note so that they don't miss out on rehearsals.

Bingara Central School and the Orange Festival

Friday, 5 July

Orange Picking Ceremony Saturday, 6 July

1:15pm - Dance performances

2:00pm - Street parade

This year we are having

Wheelly Whacky Wheels



Dress up, decorate your push bike or scooter and ride with Bingara Central School in the street parade.

Upcoming Events

Friday, 28 June: Thomson Cup

Tuesday, 2 July: Rugby Union

Save the Date

Whole School Assembly: 4 July

Infants Frolic: 4 July

Orange Picking: 5 July

Orange Festival: 6 July

Roxy Performance: 'The Twits' 14 August (note home early next term)

Clothing

Please label all items of clothing.

Alison Johnson & Tanya Withers
Assistant Principals

Band Support Committee
AGM
is **postponed** until
Thursday, 4 July 2019
5:00pm
in School Common Room
All band parents are
encouraged to attend.

PRIMARY PSSA RUGBY LEAGUE

Our PSSA Rugby League team played two games in Inverell last Friday, 21 June. The boys had a fabulous win in their first game against Armidale 42-12. Unfortunately, our League team were defeated in their second game by Ross Hill Public School. Congratulations to Ross Hill Public and to Bingara Central School League team for wonderful sportsmanship.



PRIMARY PSSA NETBALL WIN

Our PSSA Netball team has just played and made it through to Round 5 of the knockout competition after a convincing win over Armidale City Public School 29-7. Our team are amazing! Details of the next round will be known in a few days. Well done Bingara Central School.



REMINDER

VOCAL AND INSTRUMENTAL CAMP

Nominations are due by Friday, 27 June to the school office.

HSC BIOLOGY

As part of their depth study for HSC Biology Module 6: Genetic Change, Stage 6 Biology students have been learning to code in order to create a UV level sensor and alert system.



NSW All Schools' Carnival - Golf

Good luck to Year 11 student Campbell Bond, who will be competing in the NSW All Schools' Carnival as part of the North West Golf team in Yamba this week. This is a great achievement and we wish Campbell all the best.



Nationally Consistent Collection of Data on School Students with Disability Notification for Parents and Carers

All Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education is provided in such a way that it cannot be used to identify any individual student or school.

General information about the national data collection can be found on the Australian Government Department of Education and Training website at <https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability>

Privacy Protection

The NSW Department of Education follows the requirements of the *Privacy and Personal Information Protection Act 1998* and the *Health Records and Information Privacy Act 2002*. Schools will collect, record, store and use data about individual students in line with these requirements.

Data security and protection is a priority and students' personal details will be kept confidential.

Under Clause 52 of the Commonwealth *Australian Education Regulation 2013*, data collected by the NSW Department of Education for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment.

The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth *Privacy Act 1988* when handling any data provided by NSW Department of Education in connection with the national data collection. A public information notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department's website at <https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability>

If you have any questions about the data collection please do not hesitate to contact Tanya Withers or Robyn Gasson.

CANTEEN ROSTER

JUNE

Monday 1

Tuesday 2

Wednesday 3 Norma Honeysett

Thursday 4

Friday 5 Robin Robertson



THOMSON CUP CANTEEN PRICE LIST

SANDWICHES

Ham	\$3.80
Ham & Cheese	\$4.00
Ham, Cheese & tomato	\$4.20
Chicken	\$4.00
Chicken & mayo	\$4.20
Chicken, lettuce & mayo	\$4.40
Egg	\$3.50
Egg & lettuce	\$3.70

Friday, 28 June

Dear Kindergarten & Year 1 Parents

*If your child is ordering lunch on Friday,
these are the only options to choose from.*

HOT FOOD

Pie	\$4.50
Sausage Roll	\$3.40
Hotdog	\$3.40
Hot Chips	\$3.40

Tomato/BBQ Sauce .40c

DRINKS

Powerade	\$4.00
Can Soft Drink	\$3.00

Lemonade, Lemon, Creaming Soda, Pasito

Popper Juice \$1.50



Parent Information

Self harm

What is self harm?

Self harm refers to people deliberately hurting their bodies. Common types of self harm among young people include cutting (e.g. cutting the skin on arms, wrists or thighs), burning the skin, picking at wounds or scars, self-hitting, or deliberately overloading on medication, drugs or other substances that cause harm.

Why do people self harm?

Most self harm is in response to intense emotional pain or a sense of being overwhelmed by negative feelings, thoughts or memories.

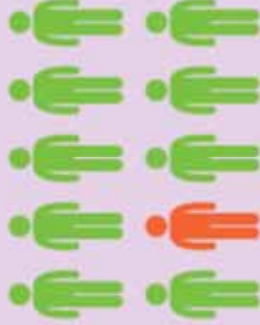
For some young people it may seem there is no other way of dealing with what is going on, or expressing what they are feeling. Self harm may offer temporary relief but it does not help a person to overcome a problem over time.

About

10%

of adolescents say they have self harmed at some point in their lives*.

For some young people self harm is a one-off event, but for others it becomes a repeated behaviour that can be hard to change.



Self harm and suicide

Some people are more likely to self harm than others, including those who have experienced emotional, physical or sexual abuse or have a mental health problem such as depression. It is usually a build up of negative, stressful life events rather than one event that triggers self harm in young people.

There is an overlap between self harm and thinking about suicide however not everyone who self harms is suicidal. Sometimes people do very risky things and accidentally die or seriously injure themselves as a result of their self harm.



Self harm

What can you do if you self harm?

It is important to know that there is support available if you are self harming. Seeking help when problems begin to develop is really important and a good first step is telling a trusted family member, friend or teacher what you are going through.



How can I help a young person who self harms?

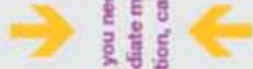
The best way to help someone is to provide support and encourage them to ask for professional help. Be as open with the person as possible and try to make them feel safe to discuss their feelings. Remain calm while recognising they might feel ashamed of their actions and worry about your judgements. Do not try to make ultimatums or force the person to stop, this could make things worse.



Supporting someone who self harms can be a stressful experience so consider if you need to get some advice or support for yourself.

Not ready to talk to someone you know?

You can contact headspace to talk to a counsellor online or on the phone, talk to your general practitioner (GP) or call a helpline for confidential support (e.g. Lifeline 13 11 14 or Kids Helpline 1800 55 1800).



If you need immediate medical attention, call 000.



There are health professionals at headspace centres who can provide counselling to help you develop effective coping skills to deal with your problems, so that you don't have to rely on self harming.



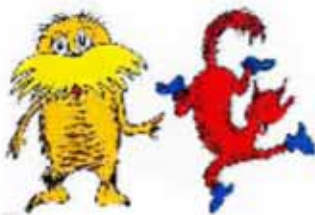
INFANTS FROLIC

Thursday, 4 July 2019

Time: 12:30 pm - following the Whole School Assembly

Place: COLA (Covered Outdoor Learning Area)

Theme: My Super Power and Super Heroes



Choose your favourite character and have some fun!



All are welcome to view the fancy dress parade
and enjoy the dance presentation.

School Holiday Activities

Monday - Friday

15th July - 19th July

Bingara Preschool 9am - 3pm

5yrs - 12yrs

Fees for School Holiday Fun are

\$10 per child per day

Children will need to bring a hat, morning tea, lunch and plenty of drinking water.

Pending booking numbers there will be a bus running from Warialda Visitor Information Centre to Bingara Preschool and returning daily. Bookings for the bus must be made by Friday the 12th July.

Bookings are essential as there are limited spaces available.

Call Alyse Steiger for all bookings and enquiries on **0408454813**



Bertie Beetle Nerdz
Fairy Princess Superhero
Kit Kat Smencils
Lotsa Lollies Pirate
Mr Tricks Princess Rock

27 Different bags
to Choose from
All \$8

Bingara Central School P & C Committee

Will be selling Mr Showbags at the

Bingara Orange Festival

Saturday 6th July 2019

If anyone could spare an hour on the day to help with the stall could you please give Julie a call on 0428257944

HAPPY DAYS FESTIVAL

FRIDAY 5TH - SUNDAY 7TH JULY 2019

Celebrating the good times of yesteryear!

FOR FURTHER INFORMATION CALL BINGARA VISITOR INFORMATION CENTRE ON (02) 6724 0066

 BingaraNSW www.bingara.com.au



FRIDAY 5TH JULY

12.00pm The Annual Bingara Orange Picking
Bingara RSL Club, 46 Finch St
Take part in this much loved Bingara tradition.

7.00pm 'Dirty Dancing' movie night
The Roxy Theatre, 74 Maitland St
Have the time of your life at this fun filled night of singing and dancing! Hot dogs, ice cream sodas, milkshakes and other hot food available to purchase at the Roxy café from 5.00pm with the movie commencing at 7.00pm. All tickets \$10.00

SATURDAY 6TH JULY

9.00am - 3.00pm Happy Days Street Carnival
Full Saturday program on the back

7.00pm to Late - Bingara RSL 50's Dance Hall
Bingara RSL Club, 46 Finch St
Dance the night away with legendary 50s and 60s DJ Grizzly Adams and the New England Rockabilly Rockers. For more information call the Bingara RSL Club on (02) 6724 1404.

SUNDAY 7TH JULY

1.30pm Retro Bowls, Beers and BBQ
Bingara Sporting Club, 8 Bombelli St
Join the Bingara Sporting club for a relaxing afternoon of bowls, beers and a BBQ. Participants are encouraged to don their safari suit or their leathers and go retro for the afternoon. For more information contact the Bingara Sporting Club on (02) 6724 1406.

2.30pm 'Sugar, Sugar' - Live Show
The Roxy Theatre, 74 Maitland St
Swing through the retro eras with this riotous dance cabaret featuring the fabulously sassy sugary delights from Candy Shop Show Australia. Sugar, Sugar is a musical journey with a twist, which plays homage to some of the best artists of the 50s, 60s, 70s and 80s. With colourful high-energy dance numbers, beautiful vocals and plenty of audience interaction it will be one hell of a party and a fantastic way to cap off a great weekend. To book visit www.roxybingara.com.au or call the Bingara Visitor Information Centre on (02) 6724 0066.

HAPPY DAYS FESTIVAL

FRIDAY 5TH - SUNDAY 7TH JULY 2019

Celebrating the good times of yesteryear!

FRIDAY 5TH / ORANGE PICKING CEREMONY

FRIDAY EVENING / RETRO MOVIE AT THE ROXY

SATURDAY 6TH / ORANGE FESTIVAL

SHELLY MINSON & BAND / DARL'N & THE MIDNIGHT DELIGHTS
CAR DISPLAYS / MARKET STALLS / MOVIE SCREENINGS / RETRO FASHIONS
KIDS ENTERTAINMENT / DANCE CLASSES / MILK SHAKE COMPETITION

SATURDAY EVENING / BINGARA RSL CLUB 50'S DANCE HALL

SUNDAY 7TH / BINGARA SPORTING CLUB RETRO BOWLS



FOR FURTHER INFORMATION CALL BINGARA VISITOR INFORMATION CENTRE ON (02) 6724 0066

 BingaraNSW www.bingara.com.au

Call Georgia 0409 901 540 or gstandtverwick@gwydir.nsw.gov.au



GWYDIR
SHIRE COUNCIL

Nessa's Sweet Treat



**CAKE STALL
CUPCAKE &
DECORATING TABLE**
in fays park (next to IGA)

BINGARA ORANGE FESTIVAL | SATURDAY 6 JULY

Combined Vocal and Instrumental Camp

3 - 9 August 2019

Lake Keepit

For students in Years 5 - 12

Applications close on Friday, 28 June

If your child is interested in attending this camp, applications are available from the school front office. The camp will be followed by a mini tour, finishing in Tamworth.

Amount is \$475 which will need to be paid in full by the first day of camp.



Facebook is a social networking service where millions of people go to interact with others. Facebook has over one billion active users, more than half of them use Facebook on a mobile device. The user can create a personal profile with photos, lists of personal interests, contact information, and other personal information which is shared among their chosen friends.

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed, users have the ability to interact in public conversations with people who are not within their friends list.

How to make your Facebook profile private

Step 1

- 1 Click on the three parallel lines at the bottom right corner of the screen.
- 2 Scroll to the bottom and click the 'Settings & Privacy' tab and click 'Settings'.
- 3 Click on the Timeline and Tagging option. You can control everything with regards to who gets to post and tag on your Timeline and also who can see it. Go through all seven options and customise it for you. Activating Timeline review is also recommended. Once you've done this your Timeline will only be viewable to the people you choose to look at it.

Step 2

Go to the 'Privacy' tab in the settings page. Facebook offers you several different options so you can adjust exactly how private you want to be. Check your privacy settings regularly. Often when Facebook updates the settings may go back to public by default.

Other Privacy Settings

To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the three lines on the bottom right of your screen. Scroll down to 'Settings & Privacy'. Here you can change a number of settings: Restricting who can see the users profile and timeline.

Under the 'Who can see my stuff?' section, users can manage who is able to access their timeline and profile. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

How can I report a fake profile?

If you have a Facebook account and want to report someone that's pretending to be you or someone you know:

- Go to the profile of the impersonating account.
- Click on the cover photo and select Report.
- Follow the on-screen instructions for impersonation to file a report.

How do I block another user on Facebook?

- Click at the top right of any Facebook page.
- Click Privacy Shortcuts.
- Click 'How do I stop someone from bothering me?'
- Enter the name of the person you want to block and click Block.
- Select the specific person you want to block from the list that appears and click Block again.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com



Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken/selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.

How does it work?

After the user has created an account they can follow other Instagram users and 'like' or 'comment' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some challenges around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page, scroll down to 'Privacy and security' - 'Account privacy' then switch on the toggle 'Private Account'.

We would recommend turning off the location function for the camera on the users mobile device. By doing this, it ensures that the location of where the photo was taken isn't embedded in the image.

If location services are turned on for the camera then any one can drag and drop a photos geotag information into a Google search and locate exactly where the photo was taken. For most smart devices, this option can be toggled within their 'Settings' menu.

How do I block or report another user on Instagram?

To report a post:

Tap the three dots above the post
Tap Report and follow the on-screen instructions

To report a profile:

Tap the three dots at the top of the profile
Tap Report and follow the on-screen instructions

Like any social media Instagram can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from
the Carly Ryan Foundation. Please email:
info@carlyryanfoundation.com