



NEWSLETTER



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



WHAT'S ON

Saturday 22 May
Bingara Show

Monday 24 May
Stage 6 White Card

Wednesday 26 May
Infants Excursion to The Very Hungry Caterpillar at Tamworth
Katrina Fanning Cup Under 16's Girls Rugby League at Warialda

Thursday 27 May
PSSA Rugby League Knockout Inverell

Monday 31 May
P & C Meeting 4.15pm

Friday 28 May
BCS Footy Colours Day

FROM THE PRINCIPALS DESK

BCS HAS GRIT *We are unshakable not because we don't know failure, but because we always push through. Because we always show up and we never give up. Because we believe anything is possible no matter the odds. We are unstoppable because we choose to respond with perseverance in our mind and passion in our hearts.* (Bryan Anthony's advertisement)

This week our students have begun their Bingara Central School GRIT journey. As a part of this learning and wellbeing model, our first focus as a school is on being 'reflective'. Reflective learning involves looking back at something, a past experience or idea and critically analysing the event. By looking at successful and unsuccessful aspects of a student's learning experience, the area of reflection will help our students learn from their past experiences and turn basic knowledge into deep learning. Apart from helping students to develop greater self-awareness, reflective learning will help our students identify gaps in their learning and areas for improvement.

GET IN TOUCH

55 Finch Street BINGARA NSW 2404

P: 02 6724 1606 E: bingara-c.school@det.nsw.edu.au

www.bingara-c.schools.nsw.edu.au www.facebook.com/BingaraCentralSchool

As a part of the BCS GRIT model we will be asking our students to demonstrate four areas for reflection on their learning.

- I can accept feedback and act on it.
- I can use mistakes as an opportunity to learn and improve.
- I can talk about my learning and where I am going next.
- I can set goals and grow as a learner.

These 'I' statements will be the focus of mini lessons across the school for this week and Week 6 of this term. Everyone will be looking at the story of Austin's Butterfly, which is a short YouTube based on how feedback can be used to reflect on learning and make improvements. Students will participate in activities that will develop their understanding of feedback, not as a form of criticism but

rather a way to improve their quality of work. Students will also practice setting learning goals for themselves in the future.

We believe that implementing the qualities of a reflective learner will assist each and every one of our students to learn from their mistakes so that they can do things differently next time.

Remember students - The more reflective you are, the more effective you are!

Brooke Wall
Principal



SCHOOL NEWS

BRONZE, SILVER AND GOLD

The following students received their Bronze, Silver and Gold Certificates at Thursdays Whole School Assembly.

BRONZE

Soffie B, Elizabeth R, Benjamin R, Jymari R, Tayah B, Dylan W, Andrew B, Taylah K, Jackson R, Saffin W, Solomon P, Cristian K, Leroy E, Hunter C, Hudson P, Mikayla L, Taysharn P, Summer L, Emma-Rose G, Zander K, Luka B, Indra-Rose B, Alex T, Bianca F, Rainbow D, Indiana H, Wolf M,

Jarrood K, Molly G and Brandi E

SILVER

Sharnee B, Isabella B, Xavier S, Addison D, Elle-Grace H, Jonte M, Mailee S, Dianna F, Jaydon S, Jacob W, Emily-Kate R, Jesse M, Emma-Rose G, Shane R, Benjamin C, Faithlyn A, Luka B, Alex T, Katie R, Amelia K, Kash S, Ivy M, Jessica M, Indra-Rose B, Jade W, Josie L, Chase M, Kade H and Zander K

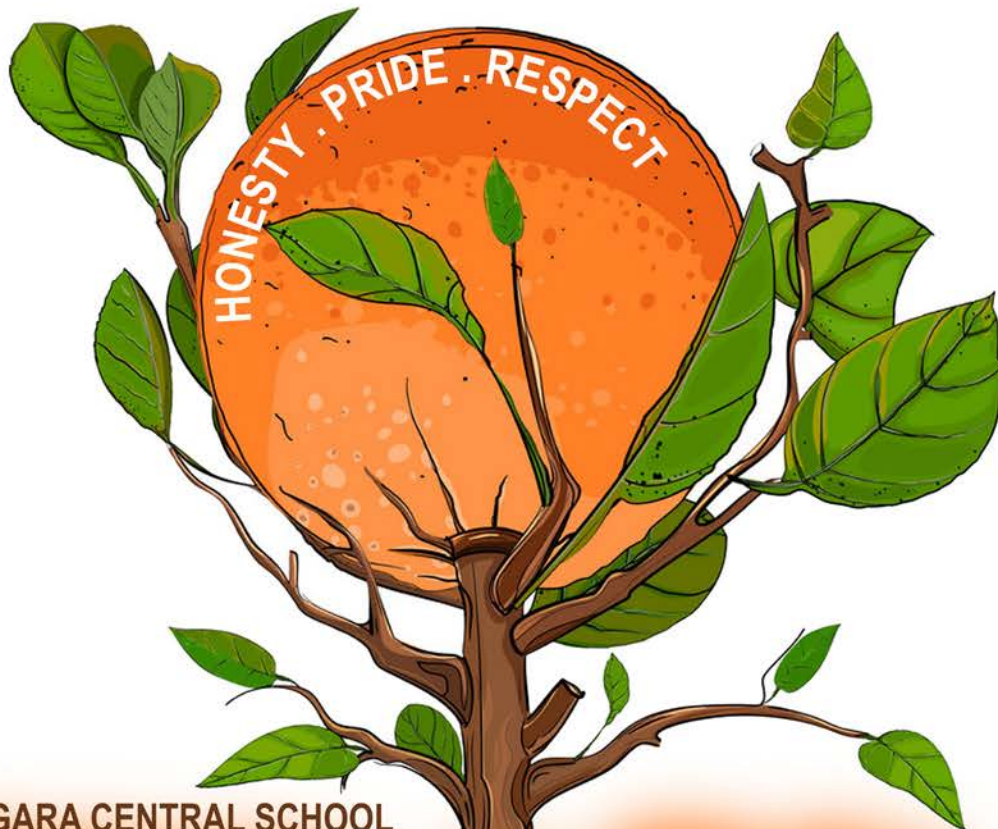
GOLD

Casey W.

Congratulations to all students who have received an award!



LEARNING DISPOSITIONS



BINGARA CENTRAL SCHOOL

GRIT

I can accept feedback and act on it

I can use mistakes as an opportunity to learn and improve

I can talk about my learning and where I am going next

I can set goals and grow as a learner

REFLECTIVE

I can problem solve when I'm stuck and take action

I am willing to try new things

I am in charge of my learning

I strive to succeed in and outside of the classroom

SELF MOTIVATED

I can stay focused on my learning

I can make good choices about my learning

I am excited to learn

I can learn independently and as part of a group

ENGAGED

I can use a growth mindset to overcome challenges

I can persevere with my learning

I can take risks in my learning

I can bounce back from my frustrations, failures and mistakes

RESILIENT

I can experiment and explore

I can make connections in my learning

I can be open minded and expressive

I can investigate different ways to solve problems

CREATIVE



SCHOOL NEWS



THANK YOU BINGARA COMMUNITY OP SHOP

On Thursday BCS was presented with another cheque by Tammy and Ann for the sum of \$500. This will go towards the Infants Excursion to The Very Hungry Caterpillar, which has taken the total price down to only \$10 each! These two ladies are representatives from the Bingara Community Op Shop.



SCHOOL NEWS

MONDAY MORNING AWARD RECEIVERS



STAGE 3 SCIENTISTS

Stage 3 scientists conducted an experiment to determine if Oobleck is a solid or liquid. Students discovered that they could dip their hands into it like a liquid but if they squeezed it or punched it, it felt solid. Final conclusion - it has properties of both solids and liquids. Therefore, it's a non - Newtonian fluid.



SCHOOL NEWS

AUSTRALIAN DEFENCE FORCE VISIT

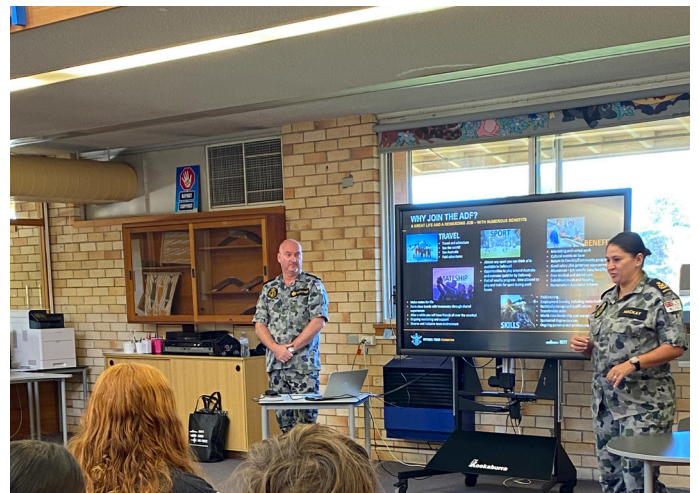
Students in Years 10, 11 and 12 were visited by the ADF Recruitment Team this week. Our students learned about the many careers available with our defence forces. There are over 200 different roles available within the Navy, Army and Airforce. Each force offers opportunities in:

- Aviation
- Business, administration and education
- Combat and security
- Communications, IT and intelligence
- Engineering

- Healthcare and science
- Logistics and hospitality
- Trades

The ADF also offers a Gap Year for school leavers.

For further information visit defencejobs.gov.au/gapyear or defencejobs.gov.au or call 13 19 01.



OUR LATEST SCHOOL BASED TRAINEE

Isaak J is Bingara Central School's latest School Based Trainee. Isaak has secured a traineeship in Construction with Gwydir Shire Council.

This makes Isaak's life very busy. On top of his HSC studies, he must complete one day each week in the workplace and study a Certificate II in Construction with TAFE. His TAFE studies require Isaak to travel to Inverell TAFE for three days, three times each Term. It is not easy but it will give Isaak a wonderful introduction to his chosen career.

Isaak joins Sam M who also has an SBAT with Gwydir Shire Council – in Plumbing. Bingara Central School is very grateful to Gwydir Shire Council and the Bingara community for the wonderful opportunities for our students.



SCHOOL NEWS

STAGE 3 PREMIERS DEBATING CHALLENGE SUCCESS!

Well done to the Bingara Sapphires who have won their first debate against Warialda Wombats!

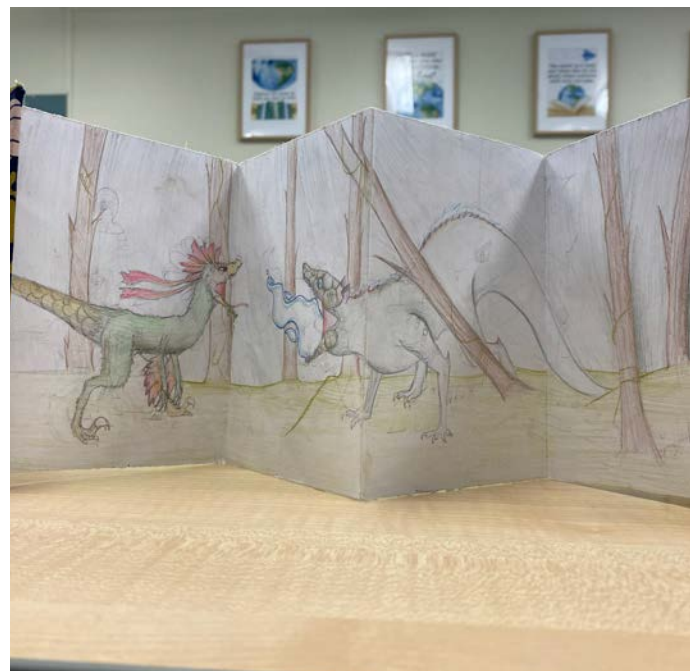


COME AND SEE OUR ART AT THE SHOW

There will be many BCS student artworks on display at the show this weekend. Please come and browse the Pavillions.



Artwork by Tayah B



Artwork by Daniel G

SCHOOL NEWS

STAGE 5 FOOD TECHNOLOGY

Stage 5 Food Technology have been busy in the kitchen once again. We have made a wonderful Tomato Chutney, a Banana Cake and some Weet-Bix Slice for our Show coming up this weekend.



"Start where you are. Use what you have. Do what you Can."

SCHOOL NEWS

BINGARA CENTRAL SCHOOL AND THE ORANGE FESTIVAL

FRIDAY 25 JUNE

Orange Picking Ceremony

SATURDAY 26 JULY

Orange Festival

Singing

K-6 dance performance

Street parade

Wheelly Whacky Wheels

Dress up as a funky cowboy or cowgirl, decorate your scooter and helmet and ride with Bingara Central School in the street parade.



UPCOMING ASSESSMENTS

STAGE 4

Stage 4 HSIE Now overdue

Stage 4 Music Friday Week 7

STAGE 5

Stage 5 English Friday Week 7

STAGE 6

Stage 6 PDHPE Tuesday Week 7

Stage 6 Mathematics Advanced Friday Week 8



NATIONAL SIMULTANEOUS STORY TIME



Students in Kindergarten, Year 1 and Year 2 were involved with the National Simultaneous Story time on Wednesday, 19 May. Students listened to *Give Me Some Space!* written and illustrated by Philip Bunting. This year's NSS is a little different from previous years as we all joined in as *Give Me Some Space!* is read from space.

STAR OF THE WEEK

PRIMARY

Student of the Week

EDEN A

Eden is an exceptionally kind, considerate and helpful student. She demonstrates Bingara Central School GRIT as she presents components of a reflective and resilient learner. Eden always shows pride in her learning as her work is neatly presented and completed to the best of her ability. Her efforts and achievements are celebrated and the school cannot wait to see how high you can fly!



SECONDARY

Student of the Week

TAMMY T

Teachers were pleased to nominate Tammy for Student of the Week following her efforts in the Stage 5 exam block. Tammy took on teacher feedback and engaged in revision in her own time over the holidays and, as a result, received pleasing results on her exams. Tammy has been focused in class and working on achieving her own personal best. Congratulations Tammy on your fantastic efforts!



CLASS OF THE WEEK

YEAR 1 IS GETTING SHOW READY!

This week, Year 1 have been busy preparing for the Bingara Show. On Wednesday, we were able to participate in biscuit decorating. Mrs Mill did a wonderful job making the biscuits and we had a blast decorating them with coloured icing and lollies. Here are some pictures of the Year 1s decorated biscuits that will be entered and judged on the weekend. Earlier in the week, we read an Australian children's classic story that became the theme of our class display for the show. Can you guess what Australian animal it is? You will have to come down to the show to find out!



SCHOOL PAYMENTS

Payments can be made online via the school website (POP payments by credit card) or in person at the school front office (cash or card).

SPORTS REPORT

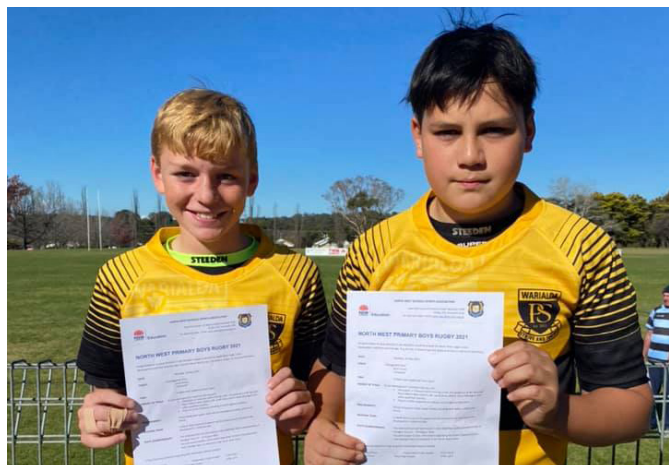
LIAM J TO REPRESENT BCS

Last week, 7 BCS students travelled to Inverell to compete in the PSSA Netball Trials. Liam J was successful in this round of trials and will travel to Tamworth later in the Term to compete for a place in the North West Team.



PSSA RUGBY UNION

Congratulations to Cameron and Liam who have made it on to the next stage of Rugby Union. They will travel to Tamworth next Monday for the final stage in the selection process and vie for a spot in the North West Team!
Well done boys.



STUDENTS RECEIVE CROSS COUNTRY MEDALS



IMPORTANT INFO

HEAD LICE

There has been quite a few cases of Head Lice in the school. Please be aware and check your child's hair thoroughly and often. Children can attend school if effective treatment has commenced.

How are head lice treated?

There are two main treatment options for head lice:

- . wet combing using conditioner and a fine-tooth comb
- . chemical removal using synthetic or natural insecticides

The wet combing method is a cheap and effective way to treat head lice. The conditioner doesn't kill the lice but it briefly stuns them, making it easier for the nit comb to trap and remove the lice and eggs.

If you decide to use chemical treatment, it is important that you follow the instructions closely. Repeat the chemical treatment in a week to kill any newly hatched eggs.

No single treatment works for everyone. You might need to try a few different treatments or a combination to find the method that works best for you.

Thank you for your co-operation.



COVID 19 REGULATIONS

Please adhere to all COVID - 19 Regulations.

Your child will be sent home if they are unwell at school showing signs of flu-like/cold symptoms. For the wellbeing of other students and staff, and your child, they will be sent out of class and parents will be contacted to collect their child.

If you receive an Attendance SMS from the school, please reply with a valid reason, explaining the absence.

Students should be at school unless: they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe they are currently unwell.

In accordance with advice from NSW Health, parents and carers are reminded NOT to send children to school if they are unwell, even if they have the mildest flu-like symptoms.

NSW Health has requested that schools encourage anyone who is unwell or has even mild flu-like/cold symptoms, to arrange to be tested through their local medical practitioner or by contacting the Bingara MPS to arrange a COVID - 19 test. Students and staff with flu-like/cold symptoms need to be tested and provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school.

Students who do not undertake a COVID-19 test will not be permitted to return to school for a 10-day period. Additionally, they must be symptom-free for at least 3 days prior to returning to school.

Students who have seasonal allergic rhinitis or another condition that presents similarly to flu-like symptoms are still required to get tested for COVID-19 and return a negative test result. Where their symptoms continue beyond 10 days, students should provide documentation from their GP confirming their symptoms are typical for their condition. If the student develops new or changed symptoms, they should get tested for COVID-19. Find more information about COVID-19 symptoms [External link](#). COVID-19 testing for students with complex health or disability may be challenging. In these situations, schools will ask the parent or carer to get

IMPORTANT INFO

their child assessed by their medical practitioner. Where a medical practitioner determines that a COVID-19 test is not required, documentation must be provided to the school to confirm that the student does not have symptoms that warrant a COVID-19 test. The certificate must also indicate that the student is able to return to school.

All schools will be vigilant when implementing infection control, physical distancing and personal hygiene protocols to protect the health and safety of students and staff. Schools will promote the need to follow good hygiene practices such as:

regularly washing hands.
avoiding sharing drinks or food.
coughing or sneezing into your elbow, or a tissue which should be discarded immediately.

If they are required to self-isolate due to being a close contact of a positive or suspected COVID-19 case.

Where the school is directed under public health advice to only remain operational for children of essential workers if an outbreak of COVID-19 was to arise in the local area.

From <<https://education.nsw.gov.au/covid-19/advice-for-families#School3>>



K TO 10: EVERYDAY MATHS HUB

The evidence shows that when parents and carers engage with schools on mathematics and numeracy, students' engagement with and attitude toward maths is enhanced.

The Everyday Maths Hub has been designed to support families to:

- develop and support positive attitudes towards mathematics and numeracy at home
- empower their children to think critically and creatively
- find and solve problems
- notice and wonder about the mathematics in the world around them.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/mathematics/everyday-maths-hub>

WANTED!

The school is looking for pre loved sandpit toys and matchbox cars in good condition. If you would like to donate any please drop them into the office at the school.



RECIPES

BEST BANANA CAKE

Prep Time: 30 minutes

Cook Time: 45 minutes

Ingredients

Banana Cake

- 3 large ripe bananas (about 1 and 1/2 cups mashed)
- 3 cups (375g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup (170g) unsalted butter, softened to room temperature
- 1 cup (200g) granulated sugar
- 1/2 cup (100g) packed light or dark brown sugar
- 3 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 and 1/2 cups (360ml) buttermilk, at room temperature*

Cream Cheese Frosting

- 8 ounces (224g) full-fat block cream cheese, softened to room temperature
- 1/2 cup (115g) unsalted butter, softened to room temperature
- 3 cups (360g) confectioners' sugar, plus an extra 1/4 cup if needed
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt

Instructions

1. Preheat the oven to 350°F (177°C) and grease a 9×13 inch pan.
2. Make the cake: Mash the bananas. I usually just use my mixer for this! Set mashed bananas aside.
3. Whisk the flour, baking powder, baking soda, cinnamon, and salt together. Set aside.
4. Using a handheld or stand mixer fitted with a paddle attachment, beat the butter on high speed until smooth and creamy – about 1 minute. Add both sugars and beat on high speed for 2 minutes until creamed together. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the eggs

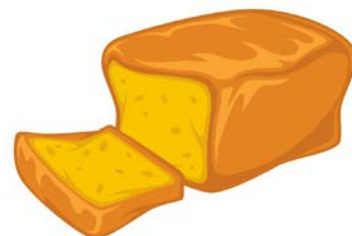
and the vanilla. Beat on medium-high speed until combined, then beat in the mashed bananas. Scrape down the sides and up the bottom of the bowl as needed. With the mixer on low speed, add the dry ingredients in three additions alternating with the buttermilk and mixing each addition just until incorporated. Do not overmix. The batter will be slightly thick and a few lumps is OK.

5. Spread batter into the prepared pan. Bake for 45-50 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top of the cake is browning too quickly in the oven, loosely cover it with aluminum foil.

6. Remove the cake from the oven and set on a wire rack. Allow to cool completely. After about 45 minutes, I usually place it in the refrigerator to speed things up.

7. Make the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. This helps sets the frosting and makes cutting easier.

8. Cover leftover cake tightly and store in the refrigerator for 5 days.



RECIPES

TOMATO CHUTNEY

Ingredients

Serves: 6

- 450g roma tomatoes, seeded and coarsely chopped
- 1 medium celery stalks, coarsely chopped
- 1 medium red onion, coarsely chopped
- 1/2 cup (85g) sultanas
- 1/3 cup (75g) packed brown sugar
- 1/3 cup (85ml) cider vinegar
- 1 tablespoons finely chopped, peeled fresh ginger
- 2 tablespoons chopped, bottled pickled jalapeño chillies
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 7 grape or small cherry tomatoes, each quartered

Directions

Preparation:20min › Cook:25min › Ready

in:45min

1. In a large non-aluminium saucepan, combine the roma tomato, celery, onion, sultanas, brown sugar, vinegar, ginger, chilli, allspice and salt. Bring to the boil. Simmer, uncovered, stirring occasionally, until ingredients are tender and most of the liquid has evaporated, 20 to 25 minutes.
2. Remove pan from heat. Stir in grape or cherry tomatoes. Let cool to room temperature. Transfer to a covered dish and refrigerate for at least 24 hours. This will keep for up to 1 week.



BINGARA SHOW 2021

FUN FOR THE KIDS & FAMILY!

Climbing Wall

Racing Pigs

Reptile Display

Petting Zoo

Free Entertainment on Saturday

ALSO BRINGING TO YOU AN AUGMENTED REALITY EXPERIENCE

Augmented Reality Treasure Hunt

Augmented Reality Colouring Fun

THOUGHTS 'N' DREAMS UPDATE!

**ENTER
NOW!**

The Friends of Myall Creek Committee invite all school children from years K to 12 to participate in the 13th annual Thoughts 'n' Dreams student art, writing and song online competition.

Details overleaf.

Join hundreds of other school kids from across Australia to say NO to racism and YES to treating everyone with respect and understanding.

Due to the relaxing of Coronavirus restrictions, this years Thoughts 'n' Dreams competition will be accepting both physical and digital entries.

WWW.MYALLCREEK.ORG

**GREAT
PRIZES
TO BE WON**

CARING FOR COUNTRY starts with me!

2021 MYALL CREEK MEMORIAL STUDENT ART, WRITING AND SONG COMPETITION

PRIZE CATEGORIES

CATEGORY 1 KINDERGARTEN – YEAR 3

CATEGORY 2 YEAR 4 – YEAR 6

CATEGORY 3 YEAR 7 – YEAR 9

CATEGORY 4 YEAR 10 – YEAR 12

Three (3) prizes will be awarded in each category.

FIRST PRIZE: \$50 and book

1ST & 2ND HIGHLY COMMENDED: \$20 and book

ENTRY FEE Free

No. of ENTRIES You may enter in the writing, art and/or song sections as many times as you would like.

SIZE Written work – maximum one (1) x A4 page. Artwork – any size. Songs/dances – one (1) x less than four (4) minutes.

THEME

Best written work – essays/poems/ short stories/songs etc. or artworks, any medium, depicting the theme of:

Caring for Country starts with me!

SCHEDULE

Closing date for entries:

5.00pm, Monday 31st May, 2021

NO late online entries will be accepted.

ENTRIES

Due to the relaxing of Covid-19 restrictions, the 2021 competition will be accepting both physical and digital entries this year.

We encourage all group entries to adhere to social distancing guidelines.

PHYSICAL ENTRIES – Written work, audio and/or artwork to be sent to:

2021 Thoughts 'n' Dreams Competition

Att: Jo Miller

c/o- 5 Junction Street,
Bingara NSW 2404

For the return of written work and artworks, please supply a stamped self-addressed envelope in the correct size. If this is not provided please see officials for alternate collection arrangements. Any items not collected will remain the property of the Friends of Myall Creek Memorial.

DIGITAL ENTRIES – Emailed to:

jo@hopwoodmiller.com

ALL entries or emails must include the following information:

- i) Name of student
- ii) Age
- iii) Email address and/or phone number
- iv) Year of student/class and school

JUDGING

Judges will choose three (3) finalists in each of the four (4) categories. These finalists will be notified by phone by **Monday 7th June 2021.**

The judges' decision will be final.

THE CEREMONY

Sunday June 13th, 2021

9.00am – Morning tea at the Myall Creek Memorial Hall.

9.45am – Short walk to the Memorial Site for the ceremony, returning to the hall around midday.

1.00pm – Announcement of winners and awarding of prizes of the 13th Annual Thoughts 'n' Dreams Competition.

For more information please contact:

Jo Miller on 0414 418 600 or

jo@hopwoodmiller.com

or go to: www.myallcreek.org

THE CONCERT

On **Saturday 12th June**, the Friends of Myall Creek Committee will be holding a free concert out at the site to celebrate the opening of the Stage 2 Precinct including a cultural performance space and native bush garden.

The concert starts at 1.00pm, with lunch available to purchase on-site from the Bingara Lions Club from 12.00pm.

BINGARA NSW
myall creek
our shared history



sydney friends of
myall creek



armidale friends of
myall creek



PROUDLY SPONSORED BY
The Friends of Myall Creek Memorial
and Sydney Friends of Myall Creek



Uniting Local Area Coordination Services NDIS Virtual Connection Desk at Bingara CS

Do you have questions about the NDIS?

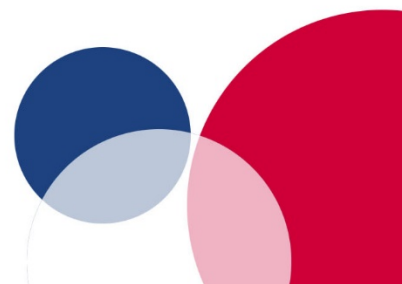
Do you need assistance to access NDIS?

Do you need help using your NDIS plan?

Make an appointment via our school office for a Zoom or phone booking with representatives from Uniting Local Area Coordination Services, partners in the community on behalf of NDIS

Appointments available

Tuesday 1st June – between 10:00am–12:00pm



AUGMENTED REALITY

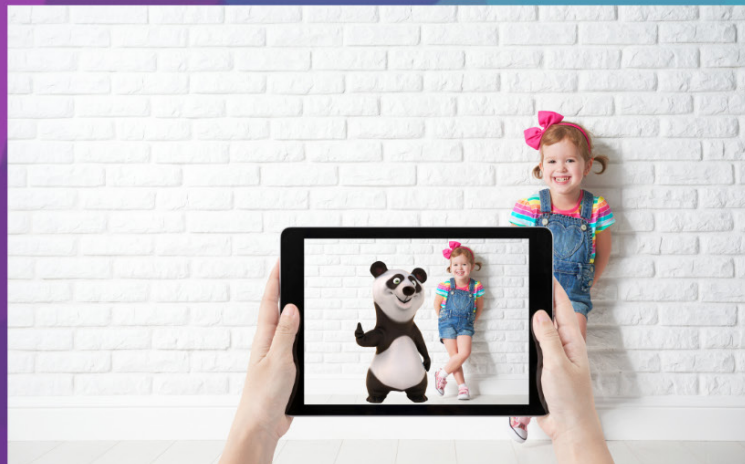


EXPERIENCE



Treasure Hunt & Colouring Pages

COMING TO YOU AT THE 2021
BINGARA SHOW!



SATURDAY 22ND MAY

10AM - 2PM

You will need to download the CreativiTek app to participate.

Devices may be available for use if you do not have your own.