



# NEWSLETTER



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

really  
**Are they OK?**

**Ask them today**

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RUOK?**<sup>TM</sup>  
A conversation could change a life.

## A message from the Principal

The current restrictions in Gwydir LGA will be eased as planned from 12:01am on Saturday 11 September 2021, meaning our school will move to operating under Level 3 conditions as part of our COVID-safe return to school roadmap.

This means all our students will be expected back for face-to-face learning on site. The best learning environment for students is in the classroom and we are looking forward to welcoming back our staff and students for the remainder of this term.

This time will be invaluable in re-establishing relationships and reconnecting as a class and school community.

Here's what our families and student can expect when returning to school sites under COVID-safe Level 3 Conditions:

- Staff will be required to wear masks indoors and outdoors while on school grounds.

- Students Year 7 and above will also be required to wear masks indoors and outdoors on school grounds
- We will reduce overall mingling of our different student years which means no school assemblies or sport (outside of existing PDHPE classes), excursions or field trips.
- Only essential visitors will be allowed on site and will be required to check-in and wear masks at all times.
- Canteens are open with appropriate hygiene measures in place.
- Parents and carers will need to remain outside of school grounds and follow physical distancing and avoid gathering for drop-offs and pick-ups.
- There will be enhanced daily cleaning of the school and wherever possible we will ensure classrooms will be well-ventilated with open windows.

## GET IN TOUCH

55 Finch Street BINGARA NSW 2404

P: 02 6724 1606 E: [bingara-c.school@det.nsw.edu.au](mailto:bingara-c.school@det.nsw.edu.au)

[www.bingara-c.schools.nsw.edu.au](http://www.bingara-c.schools.nsw.edu.au) [www.facebook.com/BingaraCentralSchool](https://www.facebook.com/BingaraCentralSchool)

# SCHOOL NEWS

We have worked closely with NSW Health in developing our return to school roadmap and COVID-safe school plan. NSW Health will continue to monitor vaccination rates and transmission levels in our LGA and will advise us if settings need re-evaluation.

We are continuing to work closely with NSW Health and other relevant authorities to support our school staff to receive 2 doses of a COVID-19 vaccination by 8 November. This will help protect our staff and students.

All students are expected - and will be supported - to return to school for face-to-face learning. While I know this may be an uncertain time for some students and parents I do encourage you to get in touch with us directly and visit the Wellbeing for Students and Families page <https://education.nsw.gov.au/covid-19/wellbeing-for-students-and-families> for support materials.

Please have a look at the helpful tips for primary and secondary school students

below to support them in preparing for their return to school.

<https://education.nsw.gov.au/covid-19/wellbeing-for-students-and-families/helpful-tips-for-primary-students-coming-back-to-school>

<https://education.nsw.gov.au/covid-19/wellbeing-for-students-and-families/helpful-tips-for-secondary-students-returning-to-school>

Further information and advice for Level 3 school can be found at <https://education.nsw.gov.au/covid-19/advice-for-families/level-3-schools>

Thank you for your ongoing support. I look forward to seeing our students and staff back in the classrooms.

**Brooke Wall**  
Principal



## INFANTS K-2 INTERIM REPORTS

Parents and Carers will be receiving their child's report soon. Infants K-2 reports were sent home yesterday in the post.

## INFANTS PARENT/TEACHER INTERVIEWS

If you would like a phone meeting with your class teacher could you please contact the front office so that a suitable time for both you and your classroom teacher can be arranged.

## SCHOOL CANTEEN DAYS OF OPERATION

Please note that during the last week of Term 3, the school canteen will only be operating from Wednesday to Friday.

## SCHOOL PICK UP AND DROP OFF POINTS

All primary students must be dropped off at the front gate to walk around the back way to line up under the hayshed. Pick up points: Kindergarten - Year 2 will exit out the infants room gate on Finch Street. Year 3- Year 6 will exit the school using the gate at the primary playground on Finch Street. Year 7 - Year 12 will leave via the Riddell street gate near Keera Street and the gate near the bike racks.

# SCHOOL NEWS

SECONDARY  
Student of the Week  
**DIANNA F**



Dianna has demonstrated excellent organisational skills throughout the lockdown period. She is reliable in participating in class Zoom sessions, responding to Daily Check-ins and completing her class tasks to the best of her ability. She always uses the appropriate etiquette with the use of technology and is always cheerful and appreciative of her teachers' help. Dianna has consistently been a wonderful member of the GirlGLOW group. She is always enthusiastic, engaged and offers valuable insight into all conversations. Dianna is attentive and willing to learn, and it is a pleasure to have her in GirlGLOW.

SECONDARY  
Student of the Week  
**KARYS S**



Karys S. is well organised and manages her time effectively to complete independent study toward a Diploma in Sports Coaching and a Certificate III in Early Education and Care on top of her other classes. She is always willing to attempt all tasks and is industrious during lessons. Karys has a clear focus on her educational goals and is working consistently and diligently in all aspects of her studies. We wish her all the best for her future endeavours.



PLEASE RETURN all school loaned  
**LAPTOPS AND WIFI DONGLES**  
to the front office on **MONDAY MORNING**



# SCHOOL NEWS

## CLASS OF THE WEEK Year 1

Despite the lockdown, Year 1 have been busier than ever learning from home. Zooms, work packs and Seesaw have kept us all super busy and engaged with our learning. I wanted to congratulate all of the Year 1 students on their amazing effort during this time. They have shown that they can do anything.

**ANNA SOUTHWELL** Classroom Teacher



PRIMARY  
Student of the Week  
**JOSEF C**



Josef has displayed outstanding effort this term, especially during learning from home. He always completes his tasks each day, despite having to pedal up a big hill to get the service to do so. Josef gives everything a go and always tries his best. He spreads kindness like confetti and is considerate to the people around him. He also loves to share his amazing knowledge about animals with his Year 1 class mates.

# SCHOOL NEWS

## Poems written by Year 5 students

### Beautiful

By Ruby M

Beautiful,  
The small school and children,  
The short orange trees holding fruits.

Beautiful,  
The happy sounds of laughing children,  
The chirping of birds up high.

Beautiful,  
The scent of sweet oranges all over town,  
The multi-coloured flowers in the  
gardens.

Beautiful,  
The juicy, tangy fruit on my tongue,  
The orange exploding with flavour.

Beautiful,  
The bumpy, smooth skin on the orange,  
The freshly cut grass underneath my feet.

Everything is just,  
Beautiful.

### Darlington Beach

By Sean M

Where wildlife lives  
Where you and me come to stay  
Activities to occupy us  
Fun in every way

Where I stay in a caravan  
And you sleep in a tent  
While watching kids on the bikes  
Do daredevil stunts

I hear the beach in the distance  
While you're eating a snack  
We go down to have a surf  
When it's very packed.

### The Gwydir River

By Morgan W

As we go down the hill -  
I fill with excitement and joy.  
One glimpse at the river,  
and I know we are there.

I put down the window,  
and hear the sound of the birds singing,  
in the distance.

The river flowing with all it's heart beats,  
I see the fish jump with joy,  
and taste the scrumptious food -  
sizzling on the barbecue.

When I go in the water,  
I feel the coldness running up my veins.

As I sleep under the glowing stars,  
I feel the fresh air blowing everywhere -  
Lightly kissing my face.

Then in the morning I wake,  
by Molly [my dog] slobbering all over my  
face,  
Her excitement brimming,  
She jumps up and does a little boogie  
dance.

# SCHOOL NEWS

## Bonfire

By Indie H

I can feel it now,  
the wind rushing through my hair,  
as I turn the moonlight shines brightly  
into my eyes.

I hear the crackling of the bonfire,  
it's burning flames glow in the darkness  
of the night.

As I approach the group I hear laughter,  
jokes being told,  
and family stories that will never get old.

I sit on the camping chairs  
and watch the thick, grey, scorching  
smoke  
fly in the opposite direction.

I stare at it's glorious colours -  
Amber, reds, oranges and yellows.  
As the flames grow higher,  
we edge away from the burning heat.

I feel it crusting my eyes,  
and stiffening my skin.

Reassuring warmth fills the air,  
as marshmallows are being roasted  
around me.

I pluck one of the white balls  
of fluffy sugary goodness and toast it to  
perfection.  
I taste the warm marshmallow,  
and it's bubbling crust  
I savour it's deliciousness.

All the children gather together to play,  
and make the most of the night.

## Grandma's House

By Scarlett S

I can hear the TV static,  
As we walk away to the veranda.

The sun beams onto the veranda,  
through the glass onto the table.

The shuffling of cards as I sit down,  
is overtaken by the oven timer going off.

As I get closer to the kitchen.  
the beep of the oven gets louder and  
louder.

The oven door opens,  
the smell of freshly baked goods quickly  
fills the house.

I bite into a cookie, chocolate oozes out -  
the cookie melts in my mouth.

I feel warm inside,  
I have this happy sense.

As I walk out the door,  
I see the smile on my grandmas face -  
the feeling that we both had a great day.

# SCHOOL NEWS

## How to Have a Great Conversation

In response to **R U OK? DAY** which was this Thursday 9th September, let's continue the conversation around checking in with our young people. Now, more than ever, it is critical to support our students as we all continue to face uncertainty, stress and change because of the pandemic. The following tips from **reachout.com** apply whether your children are Primary or Secondary students!

Sometimes communicating with children and young people can be tricky. The following tips might help you to keep the channels of communication open.

- **Make time and space to talk**

Get comfy, remove distractions such as phones, and have eye contact. These all signals that you are present, you want to listen, and you are 'there for them'.

Here are some conversation starters for students:

- 'Is there something that you'd like some help with?'
- 'Ok, I'm here for you, what's up?'
- If you have an inkling what they want to talk about, introduce the topic like this, 'I've noticed you seem a bit stressed, is there something worrying you?'

- **You don't need to fix their problem; you just need to listen**

Try not to judge what they are saying. Just nod and say things like, 'Ok', 'Ah ha', 'Yeah'. This will let them know that you're listening positively and will encourage them to keep talking. In this way, you can help your child come to a solution by themselves.

We all sometimes just need to 'vent', get stuff off our chests, whinge, complain, or let our family know we've had a bad day. We don't need anyone to give us a solution or to 'fix' a problem; we just need someone to remind us that we are

loved and supported. Your child needs the same opportunity; they may feel alone, frustrated, overwhelmed or upset, and they just need to feel loved and supported.

If you feel the urge to suggest a solution, to give them a lecture, or to try and solve their problem for them, try saying instead:

- 'That sounds tough, do you want help to find a solution or do you just need to get it off your chest?'
- 'How did that make you feel?'
- 'And then what happened?'

Allowing your child to talk through problems will give them an opportunity to use you as a sounding board. Unless they ask for your advice, encourage them to work through the problem themselves. This will help them take responsibility for their actions.

- **Be empathetic**

Learning how to talk so that children and young people will listen, starts with demonstrating empathy where you are able to put yourself in your child's position and understand the situation from their point of view. Your child will keep coming to you to help them work through problems, and to talk about things, if you make it clear that you are on their side, even when they've made a mistake. You can do this by saying things like:

- 'I can see why you're so (frustrated, sad, annoyed).'
- 'How did you feel about that? Yeah I think I would have felt like that too.'
- 'Why do you think (the other person) did/said that?'

- **Talk often**

Take the opportunity to really check in with your child every day about the little

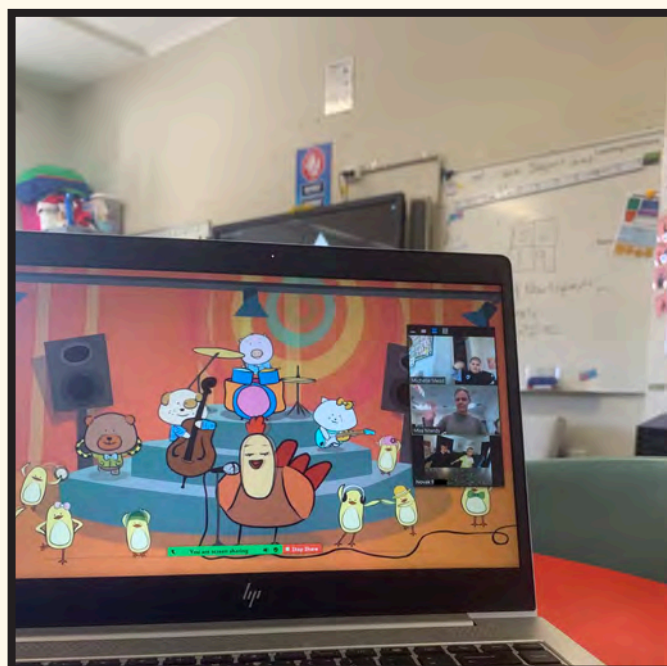
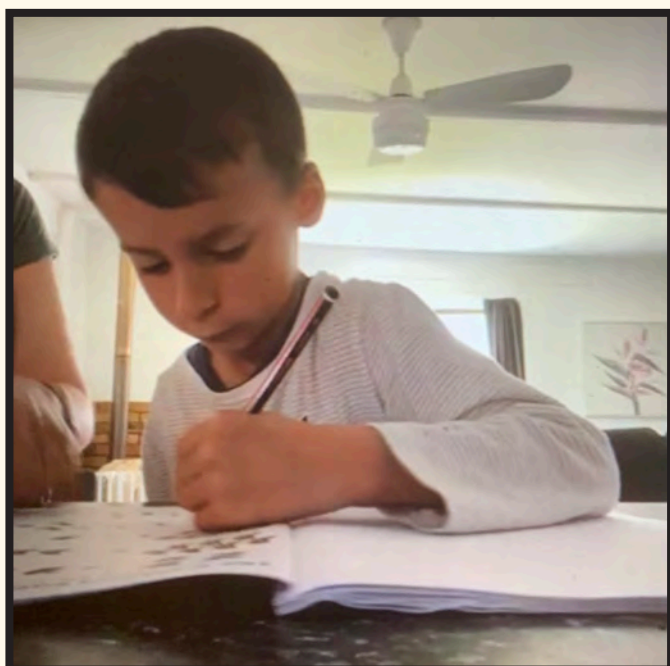
# SCHOOL NEWS

things that are going on in their life. By remaining positively engaged in their life, it will be easier to have difficult conversations when the need arises. If your child can trust you to 'be there for them', to listen to, love and support them, then they are much more likely to see you as someone to turn to first when they need help in working through bigger problems. Your relationship will be built on trust and open, honest communication. Enjoy getting to know your child as the interesting and growing person they are. Head to [reachout.com](https://www.reachout.com) for more great tips and resources on supporting children and young people.



## LEARNING FROM HOME Intensive Literacy & Numeracy Class

Counting and Fun Friday Dancing





# what YOU need to KNOW...



**DON'T FORGET  
TO BRING**  
water bottle  
(to refill at the bubblers)

## communication

Our preferred method of communication  
is through phone 6724 1606 or email  
[bingara-c.school@det.nsw.edu.au](mailto:bingara-c.school@det.nsw.edu.au)

## pick up AND drop off

All primary students must  
be **DROPPED OFF** at the  
front gate to walk around  
the back way to line up  
under the hayshed.

### PICK UP POINTS

#### KINDERGARTEN - YEAR 2

will exit out the infants room  
gate on Finch Street

#### YEAR 3- YEAR 6

will exit the school using the  
gate at the primary  
playground on Finch Street

#### YEAR 7 - YEAR 12

will leave via the Riddell  
street gate near Keera  
Street and the gate  
near the bike racks.



## sickness

It is important to remember  
that if your child is showing any  
signs of feeling unwell

### PLEASE DO NOT SEND THEM TO SCHOOL.

Any child showing signs of feeling unwell  
will be sent to the sick bay and parents will be  
notified immediately.



## SCHOOL CANTEEN

Term 3 Week 10

Operating from Wednesday to Friday

## LEVEL 3 RESTRICTIONS

COVID-safe; face-to-face learning allowed on site;  
further restrictions on activities and non-essential visitors

- **MASK WEARING REQUIREMENTS**
- **INTRODUCTION OF STAGGERED BREAKS**  
and reduced mingling of student cohorts wherever possible
- **ACTIVITIES SUCH AS SINGING, CHANTING, CHOIRS,  
BANDS AND SCHOOL PERFORMANCES NOT PERMITTED**
- **SCHOOL CANTEENS CAN OPERATE**  
with conditions
- **NO ASSEMBLIES**
- **NO EXCURSIONS**
- **NO COMMUNITY USE**  
(except early childhood services and OOSH services)
- **NO SRE/SEE**  
(externally provided religion and ethics classes)
- **UNIFORM SHOPS ARE ONLINE**
- **HAND SANITISER IN EVERY OPERATIONAL CLASSROOM**
- **EXTRA CLEANING THROUGHOUT THE DAY**

## QR CODE

check-in and check-out required  
for all staff and visitors



## face masks

masks or face coverings  
are mandatory for

### ALL STAFF AND STUDENTS

in Year 7 and above in all indoor AND  
outdoor settings on school grounds.





## Looking to start your career, or wanting a career change?

Gwydir Shire Council has the perfect opportunity for you to gain valuable skills and obtain a nationally recognised qualification while working as a valued member of a diverse, multi-skilled workforce.

Applications are currently invited for the following positions:

- **School Based Trainee Mechanic**
- **School Based Trainee Tourism**
- **School Based Trainee Water & Sewer**
- **Trainee Care Service Employee (Naroo Hostel)**
- **Planning and Building Administration Trainee**
- **Trainee Environmental Planning Officer**
- **Trainee Works Supervisor**
- **Trainee Plant Operator**
- **Apprentice Gardener**
- **Apprentice Water & Sewer Operator**

Position information can be obtained from Council's website [www.gwydirshire.com](http://www.gwydirshire.com)  
For further information contact Clarissa Barwick 0429 290 100 [cbarwick@gwydir.nsw.gov.au](mailto:cbarwick@gwydir.nsw.gov.au)  
or Amy Taylor 0457 247 664 [ataylor@gwydir.nsw.gov.au](mailto:ataylor@gwydir.nsw.gov.au)

Applications, addressing the selection criteria, along with the completed Gwydir Career Start application form are to be marked confidential and addressed to the General Manager, and emailed to [mail@gwydir.nsw.gov.au](mailto:mail@gwydir.nsw.gov.au)

**Applications Close 4.00pm Friday, 1<sup>st</sup> October, 2021.**

JIN RYU KAN



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骨  
道  
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## ***Martial Arts / Karate Classes in Bingara***

Thank you to everyone who contacted me with their interest in Attending Martial Arts Classes. The response was fantastic with nearly 50 students. The majority being white belts / beginners.

The classes will commence but just exactly when they will start is yet to be determined. With the Covid lockdown ending on Saturday the 11th of September, Kyoishi Nick is still awaiting news as to how many students and what conditions will be put in place.

As soon as he finds out, we will let everyone know via the School newsletter and School Facebook page as well as the Jin Ryu Kan Facebook page as to the date it will start and times and costing.

Thank you for your patience and we hope to see you at the Bingara Dojo very soon.

Sensei David Brennan 2nd Dan