



NEWSLETTER



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



**ALL THE BEST TO
OUR CROSS COUNTRY
RUNNERS TODAY**

**DATES TO
REMEMBER**

Wednesday 25 May

Primary Touch Football Girls and Boys

Thursday 26 May

Central Schools Touch Football in Inverell
(Secondary)

Friday 27 May

Central Schools Touch Football in Inverell
(Secondary)

Friday 3 June - PSSA Soccer Stage 3 Boys
@ Warialda

A MESSAGE FROM THE PRINCIPAL'S DESK

KINDERGARTEN GRITTERS

Our Kindy Gritters transition program is well underway. Miss Schmidt has been working with our students entering Kindergarten at Bingara Central School in 2023 for the past couple of weeks. The students have been getting to know Miss Schmidt at the Bingara Preschool, whilst engaging in a range of activities that will assist in preparing the children for school. We look forward to welcoming the students onsite at BCS from Term 3 where they will begin to immerse themselves in their classroom for the 2023 year.

2023 Enrolments

On Tuesday 31 May at 5:15pm, all parents enrolling their child for 2023 are invited to the school for a Kindergarten Transition Evening. Parents will get a tour of the school and your child's classroom, a short presentation and the opportunity to work with some of our staff in an effort to develop some foundational reading skills prior to your child beginning school next year. Everything you need to know about BCS and more, will be covered.

GET IN TOUCH

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

SCHOOL NEWS

Continued....

On the 11 May our P & C held their AGM and elected their new members for 2022.

President – Damien Crump

Vice President – Charmaine Reading

Treasurer – Nat Martin

Secretary – Kim Miller

The school community looks forward to working with you in support of Bingara Central School and its students.

Last Tuesday we held another fundraiser to support the flood relief for Bangalow and Mullumbimby. Our SRC held a very successful BBQ and raised **\$360**. The funds have been passed on to the Bingara Lion's Club who are assisting in the coordination of support from our Bingara Community.

**Brooke Wall
Principal**



Star of the Week **SOPHIE L**

Sophie is a kind and bubbly class member who demonstrates our PBL values of pride, respect, and honesty both inside and outside the classroom. She is an engaged and self-motivated learner who always gives every task her all. Sophie shows a great amount of resilience when faced with hard tasks and always does so with a smile on her face! We feel so lucky to be able to share our classroom with such a kind and wonderful student. Keep up the great work Sophie.



Star of the Week **BROOKE M**

Brooke has been striving to succeed in and out of the classroom. She is always industrious during lesson time and is committed to achieving her best. Brooke has been excelling in sport as well as maintaining her outstanding commitment to class and assessment work. She is organised, dedicated



SCHOOL NEWS

INFANTS EXCURSION TO BEEP

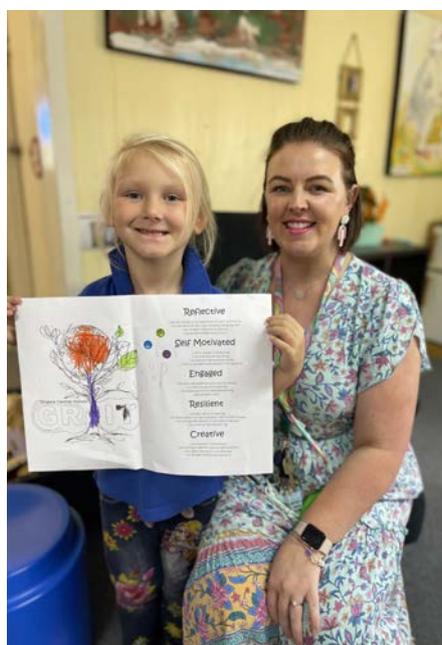
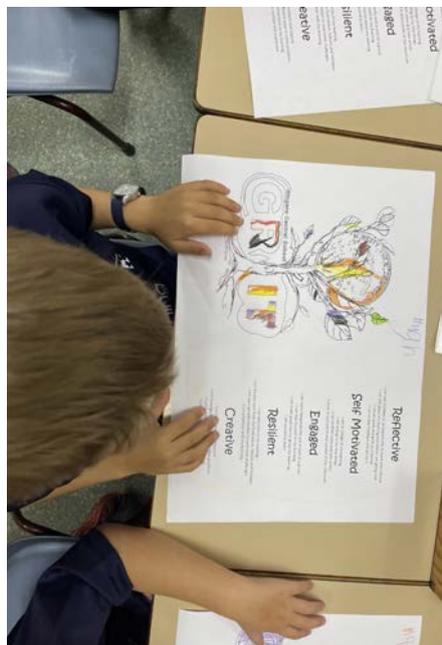
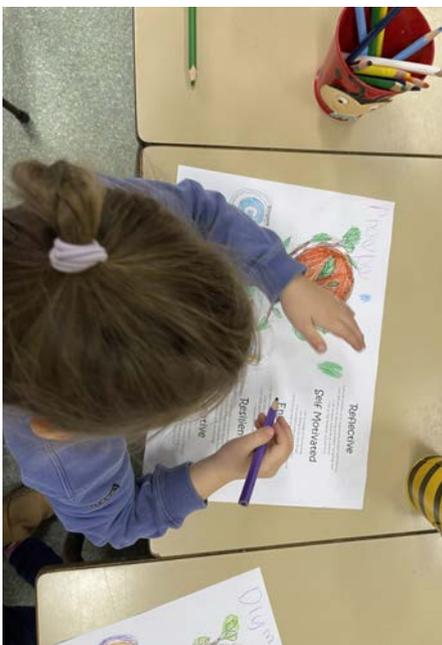
On Wednesday, infants students travelled to Warialda to watch a puppet show called 'Beep'. This was story about a moving to a new town and making friends. The students thoroughly enjoyed their outing. Thank you to the Gwydir Shire for hosting this event.



SCHOOL NEWS

Kindergarten Transition BCS GRITTERS

This week Miss Schmidt introduced our 2023 Kindergarten students to GRIT! We watched a story on the Smart Board about what it means to have GRIT and why it is important to practice and have patience. We learnt that at Bingara Central School we show GRIT by being a reflective, self motivated, engaged, resilient and creative learner. For the next five weeks we are going to be learning about each of these learning dispositions and how they help us be the best learners we can be.



SCHOOL NEWS

Class in Focus - Year 2

This term, Year 2 have been looking at friendly jumps and adding ten mental computation strategies in Maths to improve their speed and accuracy of answering addition facts. The students have also been measuring length using informal units. They have also created Matisse inspired art projects using patterns and lots of bright colours to present a class display. In Science, Year 2 surveyed the school grounds to collect data on different types of waste at the school. After analysing the data, they discovered that students are not using the bins correctly. They are currently designing posters to help address this issue and help look after our environment.



Gratitude

Working on gratitude helps us to be **thankful** and **appreciate what we have in our lives**, rather than focussing on what we don't have or what we want. When we practise being grateful, we start to **scan the world to look for positives** – this only takes 21 days!

Benefits of practising gratitude everyday are:



Increased **levels of energy**.



Feeling **happier**.



Become more **focussed, determined** and **optimistic**.



Better **sleep**.



Lower levels of **anxiety** and **depression**.



Less likely to **get sick**.

Here are some **quick** and **easy** ways to **include gratitude** into your daily routine with your whole family:

THANK YOU

Think about a **friend** or **family member** you are grateful for and write them a letter. Tell them why they are **important** to you and what **you love** about them.

Around the dinner table or before bed, have everyone talk about **3 things that went well** for them that day.

Have a discussion of what you are **looking forward** to the following day, week, month.

Check out **TRP@HOME!**

Here, you will find more **activities and ideas** you can use with your family to incorporate **Gratitude** into your lives. There are also **Empathy**, **Mindfulness** and **Emotional Literacy** activities you can use to **spread happiness** and **build resilience**. **TRP@HOME** activities change throughout the year, so don't forget to keep checking in! Click on the image below to check it out.



TRP@HOME