



NEWSLETTER



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



SUCCESS AT CENTRAL SCHOOLS TOUCH

DATES TO REMEMBER

WEEK 6

Tuesday 31 May

Kindergarten 2023 Orientation Evening

Thursday 2 June

Whole School Assembly

Friday 3 June

PSSA Soccer Stage 3 Boys @ Warialda

WEEK 7

Tuesday 7 - 9 June

PSSA Rugby League 11 Years

Championship

Wednesday 8 June

Cultural Day

Friday 10 June

Thomson Cup

On Thursday 26th May the Under 16 boys and girls touch team travelled to Inverell to compete in the annual North West and Northern Central Schools Touch Competition.

The boys started strongly with convincing wins against Woodenbong (6 – 2) and Bundarra (6 – 0). They came up against some strong opposition in the remaining games and fought tirelessly going down 5 -3 to Walcha and Barraba and 7 – 2 to Guyra, who had not had a try scored against them all day. In their final game, the boys finished with a 2 all draw against Ashford to finish equal 3rd for the day. Considering the boys were significantly younger than their opposition, they worked exceptionally hard for each other and should be proud of their efforts.

The girls had an outstanding day, going undefeated for the entire day. They had convincing wins over Woodenbong (7 – 0), Barraba (4 – 1), Walcha (2 – 0), Ashford (5 – 0).

Continued over...

GET IN TOUCH

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SCHOOL NEWS

Continued....

It was a top of the table clash in the final game against Bundarra, with the girls out on their feet, they fought hard and came away with a 2 all draw. The girls should be exceptionally proud of their efforts, considering they had only one sub for the entire day. They finished equal first on the day and have qualified for the Central Schools Finals to be held in Dubbo on Friday 2nd September. CONGRATULATIONS GIRLS and good luck in the finals.

It was a pleasure to take the students away, who played in the right spirit of the game and represented Bingara Central School with pride. A huge thank you to Mrs Boyle who kept our students well hydrated, cheered on our students and was a great support. Congratulations to all students.

We would like to wish the Opens Girls all the best for their Touch competition today and look forward to reporting on this next week.

Mr and Mrs Mill

Star of the Week **BEXLEY M**

Bexley is always a kind and helpful member of our school. Within the classroom, she demonstrates GRIT when she investigates different ways to problem solve and is excited and focused on her learning. Bexley also strives to succeed outside the classroom, whether it is dance, sport or even football on the weekends. You are awesome Bexley. Keep up the fantastic work!



Star of the Week **SARAH D**

Sarah's maturity and dedication to her studies has been on show as she moves into her final semester of her schooling. She is a proud leader of the school and always wears her school uniform with pride. Sarah has been engaged in each of her classes as she prepares for her HSC and has been diligent in working on her Personal Interest Project in Society and Culture, which she is studying by distance. We wish Sarah the best for the final leg of her school journey and look forward to the fantastic things she will achieve!



SCHOOL NEWS

Class in Focus - Year 1

Year 1 along with Kindergarten and Year 2, participated in the annual Simultaneous Story Time on Wednesday. The story this year is called Family Tree by Josh Pike and Ronojoy Ghosh. It was read by special VIP guests Governor-General David Hurley and Mrs Hurley from inside the Parliament House. Year 1 were very excited to hear the story and see inside some of parliament house as it is a very special building in our country. Afterwards, we drew our families and discussed the similarities and differences in families.

Class Teacher - Mrs Boughen



SCHOOL NEWS

Kindergarten Transition BCS GRITTERS

Today we expanded on last weeks GRIT lesson and our little Gritters in training learnt what it takes to be a Self Motivated learner! We listened to the story 'The Lion Inside' by Rachel Bright and talked about how the mouse in the story was 'Self Motivated' to learn how to roar and that he didn't let anything stop him not even his own fears. Miss Schmidt had some fun games to play and we put our Self Motivation to the test. First we played the Oreo game. We each got our own Oreo placed on our forehead and without using our hands we had to get it into our mouth. I was such a tricky game but everyone persisted and a few actually completed the task, which was very impressive. Then we played the human knot game. We broke up into two groups and all put our hands in the middle of our circle and grabbed a random hand then tried to unknot ourselves to make a circle. It was tricky but we learnt to work as a team and take our own motivation to help others succeed. We finished off our time together with colouring in our own special colouring books with Self Motivation words of affirmation.



SCHOOL NEWS

Kindergarten 2023 Orientation Evening

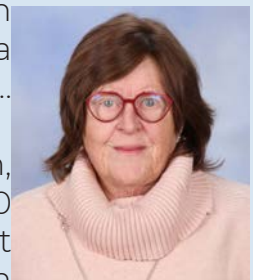
On Tuesday 31 May, a parent information evening will be held at the school library from 5:15pm for all families that have a child starting school in 2023. This will be an excellent opportunity for parents to ask any questions they may have. There will be information packs and enrolment forms available on the evening. Enrolment forms are to be completed online prior to your child coming onsite as a requirement for our transition program so we have medical and emergency contact details.



COMMUNITY RECOGNITION NOTICE 100 YEARS OF SERVICE

This week some of our lovely staff have been recognised in the NSW Parliament for their dedicated service to Bingara Central School. Here is what Adam Marshall had to say...

Mr ADAM MARSHALL (Northern Tablelands)—I recognise Mrs Kath Groth, Mrs Judy Mack and Mrs Ros Goodwin who together, have given 100 years of service to Bingara Central School. Mrs Groth started teaching at Bingara in 1973, a staggering 49 years ago. Kath is known for her wealth of knowledge, genuine care for children's learning and getting children to improve their reading. While Kath is semi-retiring, Bingara is fortunate she will continue on for the remainder of this year as part of the infants teaching team. Mrs Mack started in 1994, 28 years at Bingara as an administration officer after attending the school herself. Judy is known as the office lady with blonde hair and infectious smile, recognised for her customer service which was always second-to-none. Mrs Goodwin commenced in 1999, 23 years at Bingara also as an administration officer, playing a vital role in organising many traditional events such as the swimming carnival, orange picking and Thomson Cup. Ros' love for the young children, especially the infants' students, bringing joy to her life. I congratulate Kath, Judy and Ros on their dedicated service to Bingara Central School.



SPORT NEWS

Zone Cross Country

Last Friday 39 Primary students braved the cold and travelled to Gilgai to compete at Zone Cross Country. All students ran with determination with many achieving their best result! BCS were by far the loudest cheer squad!

Special congratulations to the following students who have now progressed onto Regionals:

8/9 yrs boys: 4th - Digby
8/9 yrs girls: 2nd - Sherkaya
10 yrs boys: 4th - Alex & 5th Luka
10 yrs girls: 5th - Amelia & 6th - Chloe
11 yrs boys: 2nd - Howie & 8th (2nd Reserve) - Sam
11 yrs girls: 7th (1st Reserve) - Morgan
12/13 yrs boys: 4th - Jai & 7th (1st Reserve) Lachlan
12/13 yrs girls: 1st - Scarlett & 4th - Brandi

Congratulations to all students that participated on the day, you should be super proud!





All the best at Coolah,
run your hardest!

SPORT NEWS

Touch Football - Primary

On Wednesday 25th of May, Bingara Central School hosted Warialda Public School for the Girls and Boys touch football teams PSSA Knockouts. Both teams performed exceptionally well and demonstrated outstanding sportsmanship and teamwork. Unfortunately, the boys were defeated 3 -1 and the girls were defeated 8 - 1. A huge thank you must go out to our volunteer referee for the morning, Mr Stephen Pleffer. We can not wait to have you back next time! Congratulations to the Warialda teams, we wish you the best in the next round.



SPORT NEWS

Rugby Union - Primary

Hamish B and Sam D trialled for Northern Zone Rugby Union on Monday in Armidale. Congratulations to both boys on being selected in the Northern squad to attend the North West development and selection day.



SAVE
THE
DATE.....

THOMSON
CUP
10 JUNE



ICAS

Notes have been sent home today for the 2022 International Competitions and Assessments for School (ICAS). This year you can enrol your child(ren) online via the link and code that we have supplied you with. Registrations are due by Tuesday 19 July.

Subject/Paper	Official Sitting Date	School Years	Cost
Science	22 August to 26 August	2 – 12	\$19.25
Writing	8 August to 12 August	3 – 12	\$23.65
English	15 August to 19 August	2 – 12	\$19.25
Mathematics	29 August to 2 September	2 – 12	\$19.25
Spelling Bee	22 August to 26 August	2 – 7	\$19.25
Digital Technologies	8 August to 12 August	3 – 10	\$19.25

Myall Creek

The Myall Creek Memorial is Sunday, 12 June 2022. It would be wonderful if our students could attend and take part in this Annual Ceremony.

Students would need to be at Myall Creek by 9:00am in full school uniform.

For school students needing transport, the school bus will be leaving from the school at 8:30am and will be driven by Mrs Gasson, sports are limited. Please return your permission note if you wish to attend the memorial.

JAMES WILSON-MILLER 2022 Guest Speaker

Dhiirranhi ngiyani ganunga

WE REMEMBER THEM

Myall Creek Massacre Memorial

Sunday 12th June

9.00am: Morning tea at the Myall Creek hall, Reserve Creek Rd, via Bingara-Delungra Rd.

9.45am: Short walk to the Memorial site for the ceremony, return to the hall around 12pm.

BBQ lunches available to purchase at the hall.

MYALL CREEK MASSACRE MEMORIAL PRECINCT
CNR WHITLOW RD & BINGARA-DELUNGRA RD

2022 ANNUAL GATHERING

myallcreek.org





Bingara Central School Cultural Day WEDNESDAY 8th JUNE

Welcome to Country

Traditional Smoking Ceremony



**GET UP!
STAND UP!
SHOW UP!**

Weaving & Making Artefacts

Song, Dance, Art & Language

Indigenous Sport & Games



Winangali Infusion
EST 2014

*A celebration of NAIDOC Week & commemoration of the Myall
Creek Massacre*

SATURDAY 11TH JUNE 2022

MYALL CREEK ROCKS THE ROXY

TICKETS
ONLY
\$10



COMMUNITY CONCERT

3.00pm–5.00pm

Roxy Theatre, Maitland Street Bingara

JUNK SCULPTURE JUNIOR featuring Uncle Alex Munro
ROGER KNOX and the INVERELL/MOREE DANCERS

To book tickets go to <https://www.trybooking.com/BZONK>
or purchase directly from the Bingara Tourist Information Centre

BOOKINGS ESSENTIAL – no tickets at the door



Parents & Carers



TRP@HOME

This year our students at Bingara Central School are engaging in **The Resilience Project** wellbeing initiative. The Resilience Project delivers an emotionally engaging, K-12 school program which provides practical, evidence-based mental health strategies to build resilience and happiness. The three main pillars of the program are GRATITUDE, EMPATHY & MINDFULNESS. The program also focuses on developing students' EMOTIONAL LITERACY, which is integrated into each session.

Most of The Resilience Project learning occurs within the classrooms, and we'd like to say a huge thank you to our wonderful teachers for this! However, the benefits of this program are greatly increased if its strategies, language and ideas are implemented at school **AND** at home. Over the coming weeks, we'll be sharing some helpful tips to bring the Resilience Project conversation into your home. Let's work together to enhance our children's mental health, resilience and happiness!



Let's Practise!

If you want to learn to ride a skateboard or get better at maths, you need to practise. It's the same when you want to feel happier!

Here are some easy ideas to give Gratitude, Empathy, Mindfulness and Emotional Literacy a try every day. Because the more you practise, the better you will feel.



Gratitude

Draw or tell someone about something that made you feel good today. It could be something as simple as patting a nice dog or as big as winning a running race! Try to do this at the end of every day.



Empathy

Keep an eye out for how others are feeling today. Maybe you could invite a classmate who doesn't have anyone to play with at lunchtime to join you. Or if a family member seems a bit sad, give them a hug. Try to show empathy to at least one person every day.



Mindfulness

Spend some time each day on a quiet activity, like a puzzle, colouring in, drawing or LEGO. These are good breaks for your brain – and fun too!



Emotional Literacy

During dinner, play an emotion guessing game – asking each family member to pull a face of an emotion they felt that day and see who can name the emotion first!

Head to [TRP@HOME](https://www.theresilienceproject.com.au) for a range of extra ideas, resources and activities that you can do to check-in and support the mental health of everyone in your home!

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THE
**RESILIENCE
PROJECT**