



NEWSLETTER



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



FRASER TAKES OUT THE MARCH

Congratulations to Fraser who have taken out Champion Marching House with their red-hot flames burning down Maitland Street in the lead up to the Thomson Cup. It was a spectacular event this year, with the students and staff having an immense amount of competitive fun. Participation in all the events was entered by every eligible student. On a heavy track we had numerous records broken and also out in the field events. Long standing records from the 90s and 00s have now been reset. Well done to all our students, it is always a moment that you will remember for the rest of your life whether it be your first Thomson Cup or your last.

On Monday, our House Champion and Age Champions will be announced. A formal presentation will occur on Wednesday 29 June during our whole school assembly. Parents will be invited to attend the assembly in the coming week.

DATES TO REMEMBER

WEEK 9

Monday 20 June

Basketball Mini Day

Tuesday 21 June

Opens Netball and League
Central Schools Knockout

Friday 24 June

Mufti Day - Flip it Friday
Girls PSSA Soccer

WEEK 10

Monday 27 June

PSSA Boys Basketball

Monday 27 June - Wednesday 29 June

HSC Re-Sit of Minimum Standards Test

Wednesday 29 June

Whole School Assembly

Thursday 30 June 12:30pm

Infants Frolic

Friday 1 July

Orange picking day
Last day of Term 2

GET IN TOUCH

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

SCHOOL NEWS

I would also like to formally introduce our new look School Administration Team. Kylie Johnson, Rebecca Mack and Kim Miller have all been successful in gaining permanent positions at the school. They will be joining David Brennan, Felicity McDouall and Brianna Mack. Together, they are a passionate bunch who have already shown that they will go above and beyond to support our students and families here at Bingara Central School.

**Brooke Wall
Principal**



CULTURAL DAY & MYALL CREEK MEMORIAL

Cultural Day

On Thursday 9 June students at BCS participated in in the Term 2 Cultural Day. The day was coordinated in conjunction with Winangali Infusion and involved activities such as Clap Stick making with secondary students and indigenous artwork and face painting with primary. Students and staff commenced the day with a smoking ceremony and native dance known as the Dinawaan dance, where all students danced as Dinawaan (also known as the emu).

The annual Myall Creek Memorial Gathering was held on Sunday, June 12. A huge crowd of over 500 people were present for the Service of Commemoration, including a strong representation of students from Bingara Central School.

Guest speaker for the day was James Wilson-Miller, respected historian (former lecturer in Aboriginal Studies at UNE), researcher and author. Musicians Roger Knox (Gomeri man) and his son Buddy shared a song honouring his people. Performances by the Gomeri Dancers, the Inverell/Moree Dancers and the Tingha Dancers were also much appreciated by all present.

Our students participated in the formal service and all official activities. They made us proud.

Mrs Gasson





RECORDS SMASHED AT THOMSON CUP

**NEW
RECORD**

THOMSON CUP
Record Holder
Casey Weber

*****NEW RECORD THOMSON CUP 2022*****
Secondary Open Girls 400M
1:18:22

T. DIXON - 1:23:34 (2012)

FRASER



THOMSON CUP
Record Holder
Stephanie Petrus

*****NEW RECORD THOMSON CUP 2022*****
Primary 11 year Girls
DISCUS
18.21 M

R. ANDREWS - 15.99 (1998)

LAVAR



THOMSON CUP
Record Holder
Casey Weber

*****NEW RECORD THOMSON CUP 2022*****
Secondary Open Girls 800M
3:12:84

K. SMITH - 3:27:68 (2011)

FRASER



THOMSON CUP
Record Holder
Chloe Turnbull

*****NEW RECORD THOMSON CUP 2022*****
Primary 10 year Girls 100M
16.03 seconds

A. WADE/H. O'ROURKE - 16.10 (2003/05)

FRASER



THOMSON CUP
Record Holder
Casey Weber

*****NEW RECORD THOMSON CUP 2022*****
Secondary Open Girls 100M
14.72 seconds

T. DIXON - 14.80 (2011)

FRASER



THOMSON CUP 2022

Andrew Bancroft

KING
of the track



THOMSON CUP 2022

Zoe Allen

QUEEN
of the track

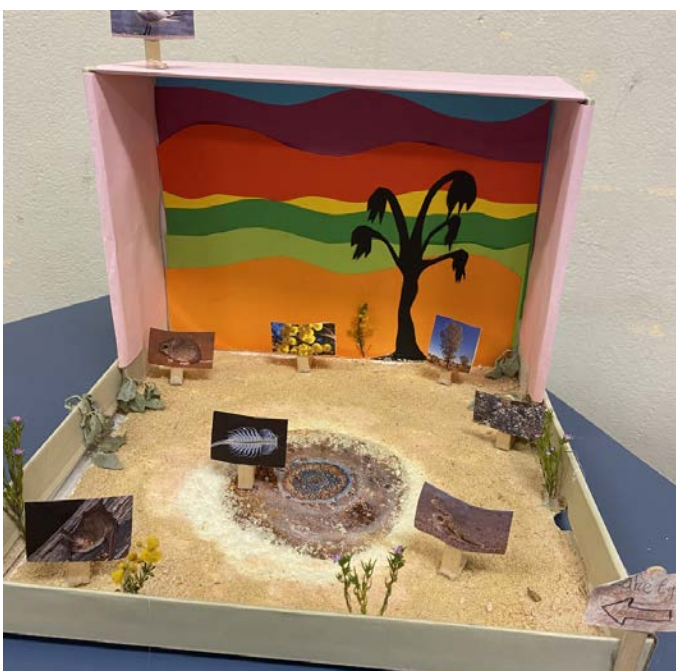


SCHOOL NEWS

Class of the Week - Year 6

Year 6 have been busy investigating how people change the natural environment in Australia and other places around the world. They have located major countries of North America and investigated their major characteristics including the influence of people on the environmental characteristics of places. They learnt about the characteristics of different biomes and designed and made their own Biome diorama, based on an iconic Australian location, such as The Daintree Rainforest, Uluru, Kati Thanda - Lake Eyre and The Great Barrier Reef. They have used the information they have gathered about their biome, to write their own faction text (a combination of fact and fiction), and we are looking forward to seeing the published stories soon!





SCHOOL NEWS

Star of the Week

Primary

IVY M

Ivy is beginning to display real GRIT in her learning. She has developed a responsible attitude in the classroom, setting an excellent example of good behaviour. Ivy has displayed fantastic growth particularly in Mathematics, her knowledge in measurement has shown excellent growth. She is proud of her academic results and regularly uses the feedback she is given to further improve. This has been evident this week as Ivy is working very hard to plan and construct a recount about Thomson Cup. Ivy always makes an effort to be kind and considerate to others and is a valued member of the Year 4 classroom. Her academic results have certainly been enhanced by her desire to succeed.



Secondary

KAYLA C

Kayla has been a diligent student in each of her classes. Her near faultless attendance this term and the way she demonstrates the BCS learning dispositions means she is always performing to her personal best and experiencing success. She is kind and respectful to her peers and teachers and is a well valued member of the Stage 6 cohort. Congratulations Kayla on your well deserved nomination for student of the week!



THANK YOU

To all the families who have continued to support our school with their purchases through book club. We have been able to purchase \$1000 in resources for our students

SCHOOL NEWS

Kindergarten Transition **BCS GRITTERS**

Today in transition we continued our lessons on how to have GRIT in our learning by being a creative learner.

Learning Intention: We are learning to be creative learners

Success Criteria: I know that I can do it when I can;

- Experiment and explore
- Make connections in my learning
- Be open minded and expressive
- Investigate different ways to solve problems

We started off by watching a story 'The Imagineer' written by Christopher Cheng and illustrated by Lucia Masciullo. We talked about why it is important to experiment and explore different ways to do things. We then worked in pairs to make our way through a puzzle maze, some of which were very hard! Then we used some special robots called Blue Bots and put some instructions into them using the buttons on their backs to try and make them go different places on the mat. It was tricky, but we talked about what was working for some people and shared our ideas to get better each time.



SCHOOL NEWS

HSC Minimum Standards Test Re-sit

Students will have the opportunity to re-sit their HSC Minimum Standards Test in the last week of Term 2. We will keep you informed of their results and continue to support your child in meeting the HSC Minimum Standard.

Art Success

Daniel Gomez, artwork 'Things aren't always as they appear' has been selected amongst a group of 60 artist finalists into the 2022 University of New England School Acquisitive Art Prize. There were 591 art entries this year from across 46 schools. These works have demonstrated the application of a very high standard of technical skills and creative expression. Later in the year, Daniels artwork will be exhibited at the NERAM art gallery in Armidale.

Congratulations, Daniel.



S R C M U F T I D A Y

FLIP IT

Friday

**Students dress as teachers
Teachers as students**

GOLD COIN DONATION

**LUNCHTIME ACTIVITIES
will be run by the SRC**



FRIDAY 24 JUNE

STAGE 5 EXCURSION FUNDRAISER

WOOD *Raffle*

WIN a trailer load of **FIRE WOOD**

Drawn at school on Tuesday 19 July

Kindly Donated by
Felicity Johnson and Michael Robertson



\$1.00 TICKET



Stage 5 SUBJECT SELECTION

Thursday 21 July 2022

5:15pm

School Library

(Light refreshments will be available)

Suited for current Year 8 and 9 students and their parents. Parents and students are welcome to stay and attend the Stage 6 subject selection presentation afterwards.

Information will be presented on;

- RoSA- Record of Student Achievement
- HSC Minimum Standards
- TAFE and School-based Apprenticeships and Traineeships (SBATs) opportunities
- Maths Pathways
- Subject selection information and elective courses on offer
- Time to chat to teachers regarding Stage 5 courses and electives



Stage 6 SUBJECT SELECTION

Thursday 21 July 2022

6:15pm

School Library

(Light refreshments will be available)

Suited for current Year 10 and 11 students and their parents.

Information will be presented on;

- Higher School Certificate Processes
- ATAR- Australian Tertiary Admission Rank
- HSC Minimum Standards
- TAFE and School-based Apprenticeships and Traineeships (SBATs) opportunities
- Enrollment requirements
- Courses and subject information
- Time to chat to teachers regarding Stage 6 courses



PEAL writing scaffold



P - POINT What is your POINT or main idea that will be proven in this paragraph?

E - EVIDENCE/ EXPLANATION Use evidence/details to support your point.

A - ANALYSE This should be the bulk of the paragraph and has two jobs:

1. Connect the evidence back to the point it is supporting.
2. Explain how and why this evidence is significant.

L - LINK A conclusion that links back to your point, overall argument, and/or the following paragraph.

From Years 7-12, across all subject areas, teachers are together working with students to develop their writing responses. We use the scaffold and acronym called PEAL to assist our students. This stands for;

P- Point

E- Evidence/ Explanation

A-Analyse

L- Link

Often teachers commonly ask students to respond to a question or write about a topic. We know that writing is an important facet of everyday life and engrained into every subject. We also know that having the ability to write facilitates learning by consolidating information in long term memory. In other words, writing 'reliably enhances learning'. Having the ability to use and implement PEAL in a written response can improve students understanding of a topic and improve academic performance and results.





This week, let's look at some ways we can practise **MINDFULNESS** at home.



Kids

Mindful Origami

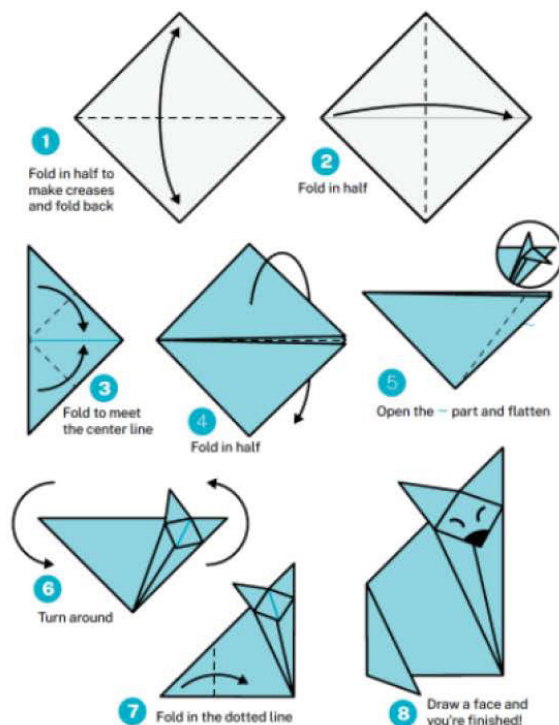
An activity that is fun, creative, mindful AND leaves you with a cute gift that you can give to a friend or family member after? Let's give Origami a try!

Coming from Japanese culture, Origami is the art of folding paper to create different shapes, objects and animals. A little bit like mindful colouring, you need to focus on the present moment and keep your attention on one thing at a time while making Origami. This can help calm your mind and relax your body (while still having heaps of fun!).

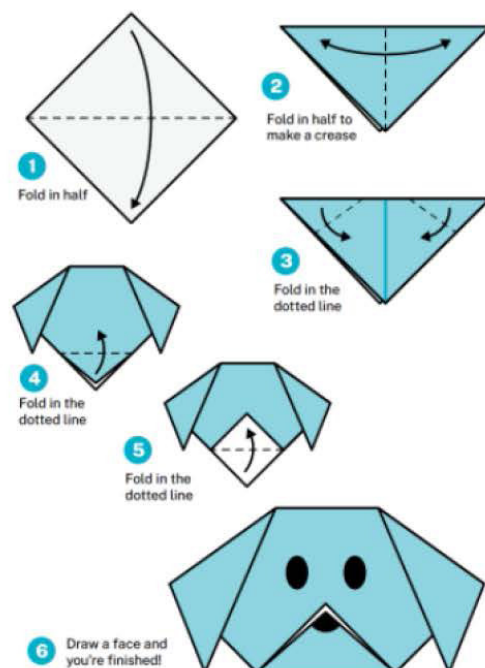
The best part about Origami is that it doesn't matter if you can't do it perfectly each time. It's about practising and focusing on the paper — how it looks, what it feels like, what shape it's becoming.

Below are two patterns for you to try by yourself or share with a friend or family member. All you need is a square of paper. Have fun!

A Fox



A Dog



Teens

Mindfulness - Devices



The pie chart below has been broken up into 24 segments. Each segment represents 1 hour of your day.

Think about what a typical day for you looks like.

Colour in hours of the chart to represent how you spend your time each day.

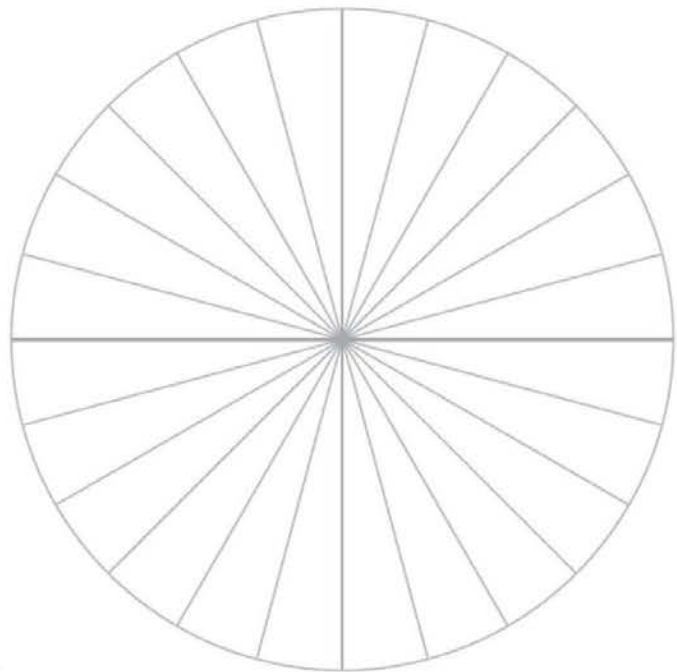
Red – School

Blue – Sleep

Green – Work

Purple – Other commitments/sports/clubs

Black – Screens – mobile, TV etc.



THINK ABOUT...

1. How many hours do you have left in a day after you account for all these things?
2. How do you normally spend those hours?
3. Are you happy with how you are spending your time?
4. Where could you make some changes?

To help you estimate your time spent on your phone, you can find this information in the settings of your device.

Head to [TRP@HOME](#) 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!

HAPPY DAYS FESTIVAL

FRIDAY 1ST - SATURDAY 2ND JULY 2022

FRIDAY 1ST ORANGE PICKING CEREMONY


FRIDAY EVENING / 'GREASE' SCREENING AT THE ROXY

SATURDAY 2ND ORANGE FESTIVAL

THE ZEPHYR PROJECT / VINTAGE CAR DISPLAYS / MARKET STALLS / MOVIE SCREENINGS RETRO FASHIONS /
KIDS ENTERTAINMENT DANCE DEMONSTRATIONS / MEMPHIS MOVERS / SATURDAY EVENING /
BINGARA RSL CLUB / 50'S DANCE HALL WITH DJ GRIZZLY ADAMS



FOR FURTHER EVENT DETAILS, LOCAL ATTRACTIONS AND ACCOMMODATION CALL BINGARA VISITOR INFORMATION CENTRE ON 02 6724 0066 OR VISIT WWW.BINGARA.COM.AU

 BINGARA NSW Call Georgia 0491 272 614 or gstanderwick@gwydir.nsw.gov.au

Celebrating the good times of yesteryear!





FREE
help for
parents and
caregivers



SUPPORTING CHILDREN WITH DEVELOPMENTAL TRAUMA

The training will focus on:

- Understanding the behaviour of children with developmental trauma
- What to look for and how to help
- Helping children thrive with the Six Core Strengths
- Attachment and why it's important
- Using PACE and Therapeutic Parenting

Your Training Facilitator: Pedro Sousa has an interest in helping parents and caregivers treat children with dignity and respect to cooperate together so they can support children to thrive who are hard to manage, have been exposed to trauma or neglect, or are simply having a hard time coping!

6 Tuesdays

Dates: 21 June, 5, 12, 19 , 26 July, 2 August 2022

Time: 10am to 12.30pm

Venue: Centacare Armidale - 150 Rusden Street, Armidale

Centacare require each participant to complete a registration form before the start of the course - please contact below

**Bookings Essential – Ring Centacare on 1800
372 826 or talk to the Facilitator 67387200**



FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

An Australian Government Initiative



Centacare
New England North West
Rural Resilience

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.