



# NEWSLETTER



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



## DATES TO REMEMBER

### WEEK 7

**Monday 6 - Tuesday 7 June**

Long Jump and Discus at school

**Tuesday 7 - Thursday 9 June**

PSSA Rugby League 11 Years  
Championship

**Wednesday 8 June**

Cultural Day - NAIDOC

Mathematics Standard 2 Assessment

**Thursday 9 June**

1500m at Gwydir Oval

**Friday 10 June**

Thomson Cup at Gwydir Oval

### SAVE THE DATE

**Thursday 30 June 12:30pm**

Infants Frolic

(Theme: Cartoon Characters)

More information to follow

## Open Girl's Central School's Touch Football

After the success of the girls 16's touch team making it through to state last week, we are excited to report that on Friday 27th May the Opens girls touch team also qualified for the Central Schools State Championships. This is to be held in Dubbo in week 7 of term 3. The girls played 4 hard-fought games on the day beating Walcha (3-2), Ashford (4-1), Woodenbong (4-2) and being narrowly defeated by Bundarra in a tight game which went down the wire (3-2). It was an incredible effort from everyone and a special mention to the junior girls who stepped up after their competition on Thursday. The girls represented the school with pride and should be extremely proud of their efforts. The Bingara Central School community wishes them all the best for the state finals, and we will be cheering you on. Congratulations Girls!!!

## GET IN TOUCH

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# SCHOOL NEWS

## Star of the Week **ANNABELLA T**

Annabella is the Year 2 quiet achiever. She demonstrates a sound understanding of word meanings and uses this vocabulary knowledge in her writing. Annabella is developing skills to become an engaged and resilient learner by completing tasks accurately and independently.



## Star of the Week **AYLAH M**

Aylah has been working hard in all subjects. She has demonstrated GRIT in and out of the classroom, being an engaged learner who strives to always achieve her best. She shows a lot of resilience when given challenging tasks. Aylah is a quiet achiever and an admirable member of the Stage 4 class.



## Secondary Geography

### **STAGE 4**

In Stage 4, students have been engaging in the geography course with Miss Muggleton, a Preservice Teacher from Southern Cross University. Students have been learning about Landscapes and Landforms. To consolidate and test their knowledge, Miss Muggleton organised a game of Landscape or Landform Ball, where students shot their assigned picture into a basket to answer the question: is it a landscape, or a landform? Students then rapped about weathering, erosion, and deposition as they learned about how landscapes and landforms are formed and impacted by natural and man-made forces. They are now starting to explore the cultural significance of Uluru, which they will examine further in their next Geography assignment.



# SCHOOL NEWS

## Secondary Geography

### STAGE 5

Week 6 in Secondary means the end of History, with the focus in HSIE now turning to Geography. Students have enjoyed the start of the geography course in Stage 5 this week. The week began with a series of fun challenges, such as making an Australian map out of a Milk Arrowroot biscuit using only their teeth. Students then completed a scavenger hunt around the school testing their prior knowledge of key geographical acronyms such as BOLTSS and SPICESS. The lesson ended with a challenge to rearrange a world map to create a rooster. Today, students have started their unit on Sustainable Biomes. Students created maps of the world's major terrestrial biomes using lollies!



Visit the school facebook page and watch the latest video of:

## SPORT TIME WITH MR MILL

# SCHOOL NEWS

## Kindergarten Transition BCS GRITTERS

In our Kindy GRITTERS transition lesson today we learnt about our resilience learning disposition. We set our Learning Intention and Success Criteria.

Learning Intention: We are learning to be a resilient learner,  
and our Success Criteria: I know that I can do it when I can;

- take risks in my learning
- bounce back from my frustrations, failures and mistakes
- use a growth mindset to overcome challenges
- persevere with my learning

Our first activity was a GoNoodle exercise activity that got harder after each activity! We tried our hardest, tried new ways of doing things to complete each task and learnt that we don't all have to do the exact same thing to succeed. Next we completed a few step-by-step drawings. We followed the directions at the top of each page and each drew some pretty amazing pictures. We finished off our lesson with a few dances and had so much fun.





# TRP@HOME

Before we dive into practising **Gratitude, Empathy, Mindfulness & Emotional Literacy** at home, let's remind ourselves why each of these pillars are so important!



## Gratitude

This is when you think about things you are thankful for (like friends, ice-cream and funny jokes!).



## Empathy

Being kind to other people is a special kind of magic — because it makes us feel good too!



## Mindfulness

Sometimes things can be TOO exciting and make our heads spin! But slowing down and taking big breaths can help a lot.



## Emotional Literacy

It's ok to feel sad, grumpy or scared sometimes. But knowing your feelings will help you feel better quicker.



## Gratitude

### Evidence

When you pay attention to all the wonderful things in your life, rather than focusing on the things you want or don't have, your brain does something awesome — it makes you feel better about yourself and the world. And it only takes 21 days for our brains to make this switch! Practicing gratitude helps you to feel more energetic and excited about the future. You may notice that you can concentrate better at school or feel more determined to play your best in sport. It can even help you have a better sleep and not get sick as often!



## Empathy

### Evidence

Everyone is different. But trying to understand how someone else is feeling by being kind and compassionate towards them doesn't just help them to feel better. When you show empathy or do something kind for someone else, your brain releases a chemical that makes you feel happy too! Imagine you're the richest person in the world but you have no friends or family to share it with. You wouldn't feel very happy, would you? Empathy helps us feel closer to other people and makes us better friends and family members. This makes us feel better about ourselves and gives us more confidence, energy and overall happiness.



## Mindfulness

### Evidence

Sometimes when there is so much going on, it can make our heads spin! We can feel sad or nervous or frustrated and not know how to make those feelings go away.

But something special happens when you shift your focus away from those feelings and start to pay attention to what your body is doing instead. If you ask yourself, 'What can I see around me?' 'What can I smell?' 'What can I hear?' By doing this, you're giving your brain the chance to calm down and relax. Those thoughts that were making your head spin earlier will start to get quieter.

Doing this every day can help you stay focused on tasks, do better at school and be an overall happier person because your brain isn't so cluttered and blurry.



## Emotional Literacy

### Evidence

When everyone refused to say Voldemort's name in Harry Potter, it only gave him more power. It's the same when it comes to feelings.

When you aren't able to express your feelings, they stay bottled up inside of you until you suddenly explode! But being able to say 'I am feeling a bit worried at the moment' means you can do something about it before those feelings overwhelm you. You can ask for help or you can remove yourself from the situation that causing you to worry. Practicing this will allow you to cope better when things get tough in future, such as if you have a disagreement with a friend or try out something new.

Head to [TRP@HOME](https://www.thesilienceproject.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!



# 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*



JAMES WILSON-MILLER

2022 Guest Speaker

Dhiirranhi ngiyani ganunga WE REMEMBER THEM

Sunday 12th June



# Myall Creek Massacre Memorial

## 2022 ANNUAL GATHERING

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

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

BBQ lunches are available to purchase at the hall.

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

[myallcreek.org](http://myallcreek.org)



2022 MYALL CREEK  
MASSACRE MEMORIAL  
SUPPORTER

BINGARA NSW  
*myall creek*  
our shared history