

Newsletter

We are nearly half way through Term 3 and with that comes a reminder that Parent Teacher Interviews for Years 3-12 will be commencing in Week 6. These meetings provide an opportunity for you to discuss your child's progress, academic performance and any concerns.

Bookings can be made via the **Parent Portal** or alternatively you can ring the front office to find a suitable time on 67241 606.



GET IN TOUCH

55 Finch Street BINGARA NSW 2404

P: 02 6724 1606 E: bingara-c.school@det.nsw.edu.au

www.bingara-c.schools.nsw.edu.au

www.facebook.com/BingaraCentralSchool

DATESTO REMEMBER

Week 5

HSC Trials Begin

Wednesday 16 August

Whole School Assembly

Meat Tasting Afternoon @ BCS

Friday 18 August

Kindy Gritters Transition 9am-11am

Week 6

Monday 21 Aug - Friday 25 Aug

Parent Teacher Interviews Yr 3-6

Thursday 24 August

Royal Life Saving Visit (Stage 3)

Friday 25 August

Kindy Gritters Transition 9am-11am

Week 7

Monday 28 Aug - Thursday 31 Aug

Dubbo Central Schools Final

Wednesday 29 August

P&C Meeting

Thursday 30 August

Fathers Day Stall

Friday 31 August

Kindy Gritters Transition 9am-11am

School News

Class of the Week - MC Class

Over the last few weeks the MC Class have been super busy visiting Healthy Harold, playing sport, participating in Naidoc celebrations, cooking, focusing on literacy, numeracy and learning our letters.



Classroom News

A snippet from one of our Stage 4 Geography classes on Tippy Taps...

Tippy Taps Save Lives

On Thursday 3/08/23 year 7 Geography made tippy taps. We made them because we are studying Water in the World and water scarcity, especially in developing countries. If you were wondering what a 'tippy tap' is, it is a tap made of sticks and a plastic bottle with some string. The reason they make it is because it helps with sanitation and helps prevent diseases by keeping their hands clean so they can't spread germs.

The materials we needed were:

4 long sticks [approximately 1.2m]

2 shorter sticks [approximately 90cm]

Stones

String

Screwdriver

3L milk container

These are the steps to build a tippy tap:

1. You use a screwdriver or a sharp object to make two holes on the sides of the top bit of the bottle.
2. Make the frame out of the four long sticks. You can either push the sticks into the ground or dig a hole to bury the base of them in. Tie the sticks together at the top with string.
3. Place stones in the middle of the base so the water doesn't puddle up and get all muddy. Place one of the small sticks across the top of the frame.

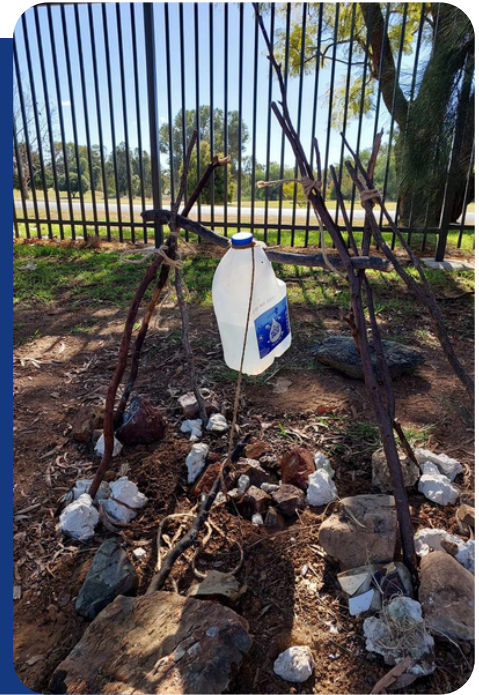


School News

4. Tie a piece of string to one end of the other short stick, then tie the end of the string around the bottle's lid. The stick will be used as a throttle.
5. Half fill the container with water and place the crossbar through the bottle's handle. Now when you place your foot on the throttle the water will come out.
6. Now you're ready to wash your hands.

Tippy taps are saving many people but sadly 1.5 million people have and still are dying from diarrhea. Just imagine how much higher the number could be if tippy taps were not used.

By Jai



STUDENT OF THE WEEK

BEN C

Ben is a student who personifies the GRIT dispositions. When in class, he is self-motivated to achieve his best. He shows resilience and works with a growth mindset when trying to overcome challenges. He demonstrates engagement when working independently or as part of a group. All appreciate his presence in the classroom. Keep up the great work Ben!



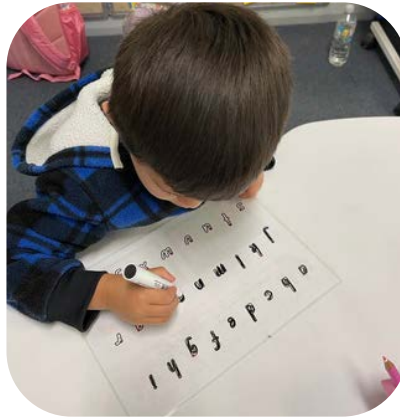
STUDENT OF THE WEEK

JACOB W

Jacob is a diligent learner who consistently engages with his studies across all of his subjects, demonstrating the key qualities of BCS Grit. He approaches his lessons with a determination to learn, frequently reflecting, asking questions, and pursuing feedback. He applies himself conscientiously, and always seeks to support his peers in their own learning too. Well done Jacob on being nominated for Student of the Week.



BCS GRITTERS



This week our GRITTERS learnt about the /g/ sound we counted out the sounds in picture names and found where we could hear the /g/ sounds. Then we helped Gabe the Gorilla find objects that begin with the /g/ sound. We read 'The Gruffalo' by Julia Donaldson and our rhyming focus this week was der glumph went the little green frog. We used our name mats to practice writing our names in the New South Wales style font and even started learning how to write the letters that are not in our names. Our GRITTERS math focus this week was subitising. We looked at dots, tally marks, fingers and tens frames showing numbers zero to ten and had to get our brains sweaty by figuring out the easiest way to figure out what number was being represented.

Financial Literacy Workshop

Bingara Central School's Stage 5 students attended a workshop on Financial Literacy on Tuesday. This was held at the Living Classroom. Students from Barraba Central School and Warialda High School also attended.

The course was presented by the Educational Pathways Program and covered topics such as:

- Managing money
- The ATO
- Tax calculators
- Credit cards
- Superannuation
- Types of employment



Perhaps the most interesting part of the day was when our students developed their own business ideas. Topics ranged from reducing road kill to insurance cover to provide longer holidays! It was a very enjoyable day.



Secondary Events

Upcoming Secondary Assessments

Stage 4

Year 7 English – Due Friday Week 5

Year 7 Maths – Due Friday Week 6

Year 8 Maths – Due Friday Week 6

Stage 5

Stage 5 Geography – Due Friday Week 5

Stage 5 Elective History – Due Monday Week 6

Stage 5 PDHPE – Due Friday Week 6

TRIAL HSC EXAM TIMETABLE

TUESDAY

Art

Automotive

SLR

WEDNESDAY

PDHPE

PI

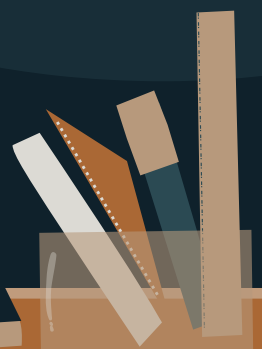
Human

Services

THURSDAY

Biology

*Wishing our Stage 6 students all the
best with their upcoming exams!*



Bingara Central School Fundraiser

\$1,200 in 1 hour

Taste-testing grilled Australian Beef for market research

All we do is turn up & taste

No cost to us, UNE does it all

Time and venue

60 participants, split across 3 sittings of 1 hour each.

No set up, no clean up!

All we have to do is show up on time & taste-test 7 small samples of Australian beef.

FREE TO PARTICIPATE

We just turn up and taste!

Date: Wednesday 16th August

Venue: Bingara Central School Hall

Session times:

3:30pm - 4:30pm

4:30pm - 5:30pm

5:30pm - 6:30pm.

Check-in 10 mins prior to start

60 of us + 1 hour + taste-test grilled Australian beef = \$1,200 donated straight to our school!

To claim your 1 hour session time please contact Scot Crispin

e: scot.crispin@det.nsw.edu.au or m: 0429 341 804

CRITICAL: If you can't make it on the day, you MUST provide a SUB. to take your place, or we can't run

Social-distancing and fundraising CAN go together!

What is this all about?

This is Australian farmer-funded market research on the eating quality of beef. You can help raise funds & collect important data, by tasting 7 small samples of grilled beef & filling out a simple survey.

What do I need to do?

1. Confirm your eligibility to participate: you must

- Meet the minimum age criteria of 18 years old
- Be a regular consumer of beef/lamb (ie at least once a fortnight)
- Prefer to eat beef cooked between medium-rare to medium-well done
- Provide your group with a substitute participant if you can't make it to the event on time
- Only attend if feeling well & must complete COVID screening questions prior to arrival at the venue
- Comply with public health measures during your participation in the taste-testing event

2. Register your name and session time

Choose the 1 hour time slot that you can commit to.

3. Lock in the date and time in your calendar

Your fundraiser event is a market research activity for the Australian lamb industry - all farmer funded. If any participants are "no-shows" then it puts the fundraiser in jeopardy and wastes the levy money of our farmers ... and no-one wants that, so please set your reminders now.

4. Turn up on time, taste-test and have fun!

On the day, everything will be set up and the team will guide your group members through the taste-testing process. It really is that simple and it's a lot of fun!

5. Spread the word!

If you know of any other organisations that would like to get involved please ask your group coordinator for a flyer to pass on, or talk to the team at your event.

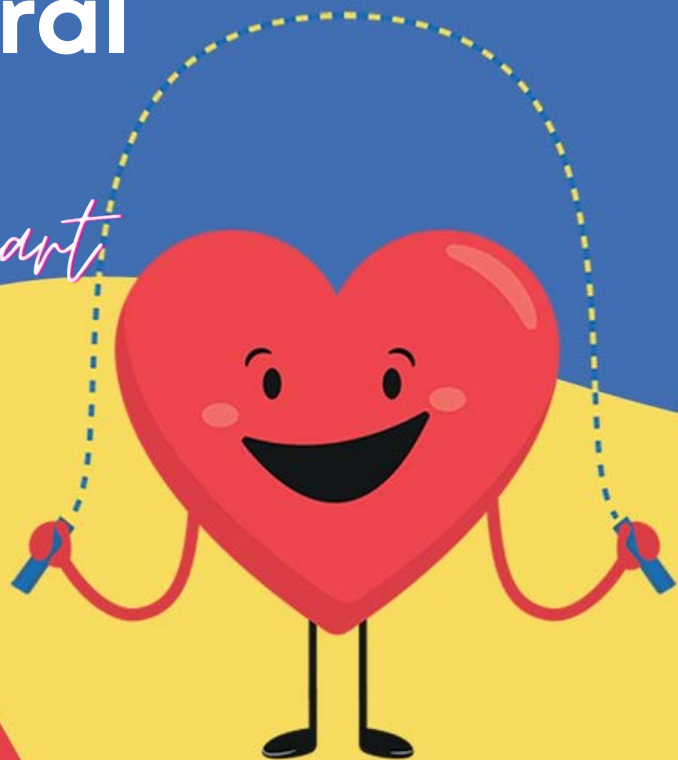
Fundraise while supporting market research for Australian beef.

Bingara Central School

Jump Rope for Heart

We are building some happy hearts at BCS. Register your child to help us raise money for the Heart Foundation with this link:

<https://www.jumprope.org.au/fundraisers/BingaraCentralSchool>



PARENT PORTAL

As you may be aware Bingara Central School is now offering a more efficient and parent friendly communication method for Parent, Guardians and family members. The parent portal is a one stop shop for parents & guardians to be informed and action information relating to their children. Some of the services available through the Parent Portal Application include:

- * Online permissions for all activities and excursions including live updates
- * Absence reporting and explanations including future absences
- * Access to information and calendar events with live update feeds for any changes or new events
- * Direct delivery of School Reports including the ability to access historical reports
- * Student timetables, assessment schedules and assigned homework
- * Live messaging to teachers including the ability to book an interview
- * Booking Parent Teacher interviews online
- * Sick Bay and Welfare notifications
- * Direct payment for fees, excursions and sporting events will also be soon available

How to Access the Parent Portal

Download the Sentral for Parents App in the app store. You must use a valid email address to create your username.

Once successfully registered you will be prompted to enter your username (email address) and the password you created.

To see information from the school and to link to your enrolled children, enter the access key you have been provided. Please note that the access key is case sensitive so copy it into the box provided on screen, exactly as it appears in this letter.



WHEN

Tuesdays 3.05pm - 4.30pm
Thursdays 3.05pm - 4.30pm

WHERE

Bingara Toy Library
24 Finch Street Bingara NSW 2404

LIMITED SPACES AVAILABLE

FEATURING • Lego • Art and craft •
Board games • Movie afternoons •
Colouring in • Outside play • Card games •
Cooking

FACEBOOK-BINGARA TOY LIBRARY

EMAIL-TOYLIBRARY@GWYDIR.NSW.GOV.AU

KINDER-YEAR 3 STUDENTS

KSK MEMBERSHIP
\$20 per family/year

SERVICE

Staff collect the children from school at 3.05pm and walk them to the toy library.

Children bring their own afternoon tea to eat at the service.

4.30pm parents collect their child.



BENEFIT

After school event which allows families a further 1.5 hours of time before their children need to be collected for home which is supervised in a safe and secure environment with fun things to do.



SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



Term 3 Parent Support Series

elevate[↑]
education

Free Parent Webinars

Join us and Elevate Education for FREE 60-minute webinars designed to help you support your child's studies at home.

[Click here to Register](#)

In Term 3 we'll cover:

1. How to Get (And Keep) Your Child Motivated

- 2nd August @6:30

2. How You Can Make Technology an Ally (& Not the Enemy!)

- 16th August @6:30

3. How To Help Your Child Improve Their Note Taking

- 30th August @6:30

4. How You Can Support Your Child During Exams

- 13th September @6:30

BINGARA CENTRAL

are excited to announce that on

Wednesday August 16

Elevate Education will be hosting its second free webinar of the term for parents.

Elevate Education works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how you can help better support your children at home through reinforcing the skills they learn at school:

Wednesday 16 August

How to Help Get (& Keep) Your Child Motivated

[Click here to register for free](#)

Here's what Elevate will be covering on the night:

- ✓ What impact does praise and reassurance have on your child's motivation?
- ✓ What are the best type of goals to be setting with your child?
- ✓ How can you help your child create meaningful and lasting motivation?

Make every parenting moment count **with FREE positive support**

Time flies – making the most of every parenting moment helps equip children with the life skills they'll need to learn, make healthy decisions, and reach their potential. It also helps build and maintain strong relationships, so we can stay close to our kids. Those relationships build open communication and trust, which will be important as they get older and face challenges and changes.

Now, it's easy to get proven, practical, positive strategies that help parents and carers reduce stress and make the most of every parenting moment, even during stressful times. And a positive family environment helps give all kids a better chance of success in adult life! You can tackle small problems before they grow, set up good habits early, and help kids express and cope with uncomfortable emotions (like anxiety, sadness, or anger) in healthy ways.

The Triple P – Positive Parenting Program doesn't tell you 'how to be a parent' – it gives you more understanding and builds on the skills and knowledge you already have.

Triple P is fully Australian – backed by research, proven by parents. It's FREE, funded by the Australian Government Department of Health and Aged Care. You can start now, and it's all online: triplep-parenting.net.au
















Time flies.
**Make every
parenting
moment count.**

triplep-parenting.net.au



Phone and online information and support for parents / carers / families

<p>headspace</p> 	<p>headspace provides information and support for both young people and their family and friends. Resources for parents / carers can be accessed on the headspace website by selecting the “I’m supporting a young person” menu options https://headspace.org.au/</p> <p>headspace also offers an online and phone support service, staffed by experienced youth mental health professionals and family clinicians. This service is free and available by phone Ph. 1800 650 890 and webchat (9am – 1am AEST, 7 days a week) or email. https://headspace.org.au/online-and-phone-support/ Online services also include group chats where friends and family can join with clinicians and youth representatives for Q&A discussions. https://headspace.org.au/online-and-phone-support/join-the-community/</p>
<p>‘Take a Step’ ‘Yarnsafe’ ‘Yarnspace’</p> 	<p>‘Take a Step’, ‘Yarnsafe’ and ‘Yarnspace’ are initiatives of headspace for Aboriginal and Torres Strait Islander young people. These resources offer information, online group chats, interactive activities and stories of lived experience.</p> <p>https://headspace.org.au/takeastep https://headspace.org.au/yarn-safe/ https://headspace.org.au/online-and-phone-support/spaces/community/673335/</p>
<p>Reach Out</p> 	<p>Reach Out https://au.reachout.com provides practical support, tools and tips to help young people, and their parents/carers to get through tough times. Parent / carer support and resources can be found at https://parents.au.reachout.com/ Reach Out also offers free one-on-one counselling for parents and carers with experienced family and parent coaches as well as self-help information and online forums. https://parents.au.reachout.com/one-on-one-support</p>
<p>Beyondblue</p> 	<p>Beyondblue provides mental health information and support for young people and adults of all ages. Information to support parents and carers can be found at https://healthyfamilies.beyondblue.org.au/</p> <p>Beyondblue also provides a free phone Ph. 1300 22 46 36 and webchat counselling service 24 hours, 7 days a week, as well as support via email (response within 24 hours) https://www.beyondblue.org.au/get-support/talk-to-a-counsellor. Moderated online discussion forums can also be accessed at https://forums.beyondblue.org.au</p>
<p>Parent Line NSW</p> 	<p>Parent Line is a free support service for parents and carers who live in NSW. It offers telephone and email support, information, advice and support tips on its website. https://www.parentline.org.au/teenagers/ Parent Line Ph. 1300 1300 52 is available from 9am to 9pm weekdays and 4pm to 9pm on weekends. It is closed on public holidays.</p> <p>https://www.parentline.org.au/how-parent-line-works/ https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you</p>
<p>Raising Children Network</p>	<p>The Raising Children Network provides tips for a positive relationship with your teenager. It offers parenting articles and videos on a range of topics, including mental health, which are reviewed by Australian experts. https://raisingchildren.net.au/teens https://raisingchildren.net.au/teens/mental-health-physical-health</p>
<p>Lifeline</p> 	<p>Lifeline provides all Australians experiencing a personal crisis with access to 24 / 7 support and suicide prevention services. Lifeline offers 24 / 7 phone counselling 13 11 14, online chat and text message 0477 13 11 14 support https://www.lifeline.org.au/get-help/get-help-home</p>
<p>Mind Health</p>	<p>MindHealth is a free phone Ph.1300 029 131 and online counselling service for people aged 15 years and over living in the Hunter New England and Central Coast regions of NSW, available between 7am and 9pm, Monday to Saturday. www.mindhealth.org.au</p>

13YARN 	13YARN is a free national crisis phone line Ph. 13 92 76 for mob who are feeling overwhelmed or having difficulty coping. It offers a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal and Torres Strait Islander Crisis Supporter, available 24 hours a day, 7 days a week. https://www.13yarn.org.au/
Head to Health Chatstarter 	Head to Health provides a guide to digital mental health services – including apps, online programs, forums and phone services - from trusted Australian sources. https://headtohealth.gov.au/ Chat starter is a resource to help family and friends to talk with someone who is struggling with mental health issues and get them support. https://www.headtohealth.gov.au/covid-19-support/chatstarter
Suicide Call Back Service 	Suicide Call Back Service provides support and information for those worried about a friend or family member - including recognizing signs of suicidal thinking, how to talk it over and support a person to get help. https://www.suicidecallbackservice.org.au/worried-about-someone/ Free phone Ph. 1300 659 467 and online counselling is available 24/7 for people 15 years and over who are suicidal, caring for someone who is suicidal, or bereaved by suicide. A free video chat service is also available by appointment for people aged 18 years and over. https://www.suicidecallbackservice.org.au/phone-and-online-counselling/
SANE ‘You are not alone’ 	SANE supports people that experience complex mental health issues, their family and friends. Information and support is available by phone Ph. 1800 187 263 and webchat (Mon- Fri 10am – 10pm), email (response within 48 hrs) and online moderated discussion forums . https://sane.org/get-support/drop-in-service ‘You are not alone’ – suicide prevention and carer support for those supporting someone who is at risk of, or has attempted suicide eg. how to navigate the hospital system, coping after discharge and self-care. https://www.sane.org/you-are-not-alone
The Butterfly Foundation Body Kind Families 	The Butterfly Foundation https://butterfly.org.au/ provides support services, information and prevention programs for Australians impacted by eating disorders and body image issues. It offers free support for family and carers from qualified mental health professionals via is phone Ph. 1800 33 46 73 , online chat and email from 8am – midnight 7 days a week (AEST). It also provides translation services for this support. https://butterfly.org.au/get-support/how-we-help Body Kind Families is a free initiative aimed at boosting parents’ and carers’ confidence to support positive body image and respond to body image concerns in their teenage children. https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/
Kids Helpline 	Kids Helpline is Australia’s only free, private and confidential 24/7 phone Ph. 1800 551 800 counselling, crisis support and online counselling service for young people aged 5 - 25. https://kidshelpline.com.au/about/about-khl Their website also provides information for parents and carers on a range of topics https://kidshelpline.com.au/parents
NSW Mental Health Line 	Ph. 1800 011 511 available 24/7 across NSW, people experiencing a mental health issue, carers and service providers can speak with a mental health professional for advice and referral to appropriate care. Referrals to Child and Adolescent Mental Health and Adult Community Mental Health services are also made via this phone line. If you are deaf, or have a hearing or speech impairment, call the Mental Health Line through the National Relay Service 1300 555 727. If English is not your first language, call the Translating and Interpreting Service 131 450 and ask them to call the Mental Health Line. https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx
Transcultural Mental Health Line 1800 648 911	The NSW Transcultural Mental Health Line connects you to experienced clinicians who understand your culture and can communicate in your language (covering up to 30 different languages). The service is available Monday – Friday 9:00am – 4:30pm Ph. 1800 648 911 to: provide advice on how to improve mental health & wellbeing, access mental health services, and support you to care for someone with a mental health concern. https://dhi.health.nsw.gov.au/tmhc For support and advice on evenings and weekends, call the NSW Mental Health Line Ph. 1800 011 511 (see above).