



Book Week

is fast approaching....

DATESTO REMEMBER

Week 6

Monday 21 Aug – Friday 25 Aug

Parent Teacher Interviews Yr 3-6

Tuesday 22 August

AgQuip Excursion Stage 5

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 Finals

Wednesday 29 August

P&C Meeting

Thursday 30 August

Fathers Day Stall

Friday 31 August

Kindy Gritters Transition 9am-11am



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

School News

Class of the Week – Kindergarten

We started this term off with a visit to see our favourite giraffe, Harold, where we learnt all about how to keep our bodies healthy and strong. A few days later we celebrated being 100 days smarter by having a dress up day, our dress up costumes were on point this year with students really embracing the theme of 'what will you look like when you are 100 years old'.



Literacy lessons are becoming a little trickier this term as we begin to become more independent with our reading and writing. Our Mathematics lessons have been focused on increasing our number sense and working on our friends of ten. We have been looking at how to half things and created some awesome half portraits.



In Science we are learning about 'Living Things' and finding ways to distinguish between living and non-living objects. We took the I-pads out into the playground and took photos of different objects. Then we printed them off to sort and organise them into groups of living and non-living things. In H.S.I.E this semester we are learning about ourselves, our families, the families of our peers and where we come from.



Our Creative and Performing Arts lessons are focused on Music and Art. We are learning how to keep a beat and the different sounds instruments make. In Art we are exploring colour, texture and lines through the works of some famous artists in order to create our own interesting masterpieces.



Excursion News

Last week, students in Stage 3 experienced their overnight Excursion to Thalgarrah. Students have been asked to write a recount of their excursion, here are just a few....

On Thursday, the 3rd of August, stage 2, Mrs Johnson, Miss Mandy, Miss Lucie and Mr McEwan boarded a huge bus for our overnight excursion to Thalgarrah. We waved goodbye to our parents and excitedly hit the road. I sat next to Summer.

When we arrived at Thalgarrah everybody was so excited. Matt was Thalgarrah's principal. He was there to greet us. He gave us a tour and showed us where to put our things. At this point I couldn't wait.

When we put our things away, we played keepy uppy but with a beach ball. Our record was 15. We were so close to breaking the Thalgarrah record which was 17. After a while we played 4 team building activities. Matt had some very interesting games to play. They were very enjoyable.

A while later we had morning tea, but we had to bring it from home. We had to do the same thing for lunch as well. Then we did some orienteering. Matt showed us how to read a map. We got split into teams. In my team there were three friends. The friends were Pheobe, Summer and I. We found every control. I was amazed.

As time passed, Maree gave us afternoon tea. The muffin plants were as tasty as an ice-cream on a hot summer's day. Following that, we played an enormous game of Tribes and Territories. I was on the rock tribe and got red paint on my face. Matt painted some hilarious things. Later on, we started to get ready for bed. We had dinner, showers and one last game before we went to bed.

he next day, I woke up, had breakfast, packed up and got ready for the day. Eventually we had all finished breakfast and T packed up,

then we had some animal encounters! We saw 3 different animals. A leaf insect, a meal worm, and a bearded dragon.

Soon there were some activities, first of all we learnt how to take better photographs and how to edit them. While we were out taking photos, we found a frog! Ellie was able to get a good photo of it too! Next, we did some science. For science we did a seed activity. Matt had some seeds that acted like propellers. before long we made our own propellers out of paper. We enjoyed playing with our propellers. Afterward we had morning tea and a little bit of free play. We had sweet kababs but for lunch we had burgers.

Lastly, we hoped on the bus for home. The bus ride was long and boring. Finally, we got back to school. Saw our parents and told them all about our trip. I enjoyed the excursion very much, especially the games they played, the face painting and the food they provided.

I recommend Thalgarrah to other schools because they play lots of games, cook lovely food and teach you things. Even though you're learning, each event has two purposes. One of them is to learn and the main one is to have fun!

By Lara Coleman



Excursion News

On Thursday August 3, Year 3 and Year 4, Mrs Johnson, Miss Mandy, Miss Lucie and Mr McEwan boarded the big for our overnight excursion to Thalgarrah. We waved goodbye to our parents and excitedly hit the road. I was sitting by myself.

When we got there we put our stuff in our dorms. In my dorm there was Summer, Lara, Mya, Mikayla, Pheobe, Eden, Matilda, Torah and I. Firstly, we had morning tea. Secondly, we did team building activities. These included playing a ball game and then we got a mat and went into the forest. We played catch the ball and find your birthday month without talking. After that we had to get to the other side of the fake river without touching the ground. Following that we had lunch. Afterwards we had free play. Then we did orienteering. Soon we had afternoon tea we had a cake pot plant with milo on the top and mint leaves. Finally, we played a game of Tribes and Territories, that was my favourite part! Then we had dinner, we had lasagne, garlic bread and salad. After dinner we had a shower. Eventually we did more games and had hot chocolate, it

was yum. Later, I did my teeth and went to my dorm to get into my Pjs finally we went to bed I was on the top bunk.

In the morning I got up and got dressed then we had breakfast I had crispy, crunchy, yummy toast, hot squishy soft pancakes and some cereal. Next, I did my teeth and packed up my stuff, a while later we had free play. After that we looked at some animal encounters, we saw a bearded lizard, meal worms and leaf insects. We got to hold a meal worm and it tickled my hand. Later on, we did our first activity, first I did photography. Mr McEwan found a frog I took a picture of the frog it was tiny we got to take a photo home. My second activity was a seed science activity. Then we had morning tea we had sweet kababs. Afterward we did another game then we had lunch, it was a salad burger. Then we had play finally we went home. I sat next to Mya, we played a game of uno with Elwood and Leroy. Then we arrived at Bingara, when I got home, I unpacked and had a rest. I felt happy. my favourite part was the tribes and territories game!

By Ellie Knight



Excursion News

On Thursday 3, August 3 stage 2 went to Thalgarrah Miss Mandy, Mrs Johnson, Miss Lucie and Mr McEwen came with us. We waved goodbye and hit the road. I was sitting next to Hudson. We got bored so we played Windmill and it was best to 3 wins. I won. After that we told jokes.

When we got there we went to our dorms, made our beds and we had a delightful morning tea. We did some team building which was tricky. After a while we had some delicious lunch. We did some orienteering for 45 minutes, Hudson, Elwood, Leroy and I found all the controls. After a fun challenge we had afternoon tea and it was so delicious. Tribes and Territories were next up and oh boy it was extreme! First, we made the teams, I was on the Rock Tribe, we were versing Water Tribe. Rock Tribe won the first round and Water Tribe won the second round. It was an extremely tough game.

Later on we had lasagna, salad and garlic bread for dinner. It was exploding with yumminess. The showers were up next. After showers, we played one more game and it was called 'Mouse Trap', it was so fun. We could already smell supper and some hot chocolate. I was so tired, and we had all finished our supper so we all brushed our teeth and went to bed.

Brushtails (our dorm) woke up and it was time for breakfast. On the menu were hot cakes and they were as warm as putting your hands near a cozy fire. I had toast with mine but some people didn't. After a while, we packed up our dorms Rock Tribe got surprised by Danielle because we were doing Photography it was fun. As time passed, we had morning tea which was mouth-watering.

Suddenly we were surprised by Matt because we were doing science (especially me) it was about seeds. After a while we hopped on the bus and got home.

The excursion was one of the best ones ever! My favorite game was either mouse trap or tribes and territories. I love challenges like those games.

I would recommend schools to go on a trip to Thalgarrah because it is a good place to stay for a little bit. I loved the people, the games and the food they make.

By Cristian Kerrigan



School News

PARENT TEACHER INTERVIEWS

We are 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.

STUDENT OF THE WEEK

SOPHIE L

Congratulations Sophie on being Year 1's Star of the Week! Sophie is a superstar both in and out of the classroom. She embodies the school motto of honesty, pride and respect. Sophie's dedication to learning is ever-present and impressive. She is always willing to try new things and shows a growth mindset when faced with challenges in her learning. Always willing to lend a helping hand, Sophie is a kind and considerate member of our class. Outside of the classroom, Sophie can be found including others in playground games. She passionately shares her love of soccer and horse riding with her peers. We are thrilled to be able to celebrate all of Sophie's achievements this year. Well done Soph!



STUDENT OF THE WEEK

JAI A

Jai is a determined and reflective learner who consistently strives to achieve his personal best. His strong self motivation to improve his learning is reflected in his application in English, Geography and Visual Arts, where he has worked diligently and consistently sought feedback on his progress. Congratulations Jai for being Student of the Week.





Jump Rope for Heart Update



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>

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

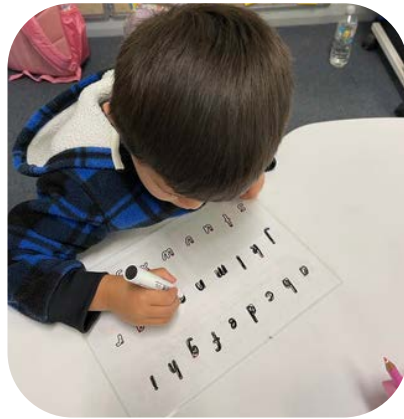
Stage 5 Maths Ext – Due Thursday Week 6

Stage 6

Stage 6 English Studies Portfolio – Due Thursday Week 7



BCS GRITTERS



This week our GRITTERS learnt about the /e/ sound we counted out the sounds in picture names and found where we could hear the /e/ sound. Then we helped Edward the Echidna find objects that begin with the /e/ sound. We read 'Take Ted instead' by Cassandra Webb and spoke about the characters and setting of the story. Our rhyming focus this week was five grey elephants and we used our fine motor skills by cutting out an elephant and pasting it onto a string. 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 recognising numbers one to five and we started a colour by number page. Our snapshot parent feedback went home with the students today, so if your child was away, you can call in and pick it up from the office or it will be sent home with them after their next transition.

Bingara Swimming Club AGM - FINAL ATTEMPT

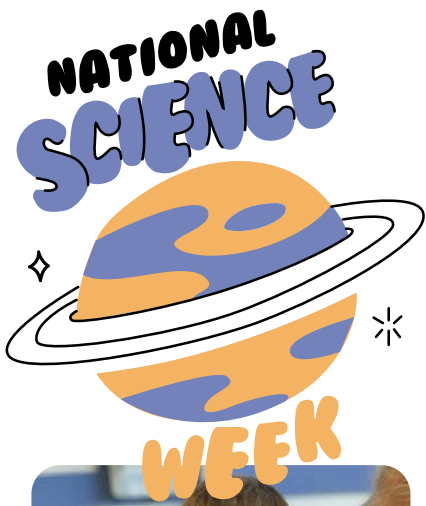
Date: Monday, 21 August 2023

**Venue: Imperial Hotel
Courtyard**

Time: 5:00pm

**All are welcome
to attend**





We kicked it up a notch in Kindergarten this week and celebrated Science Week by being investigators! In line with our science unit 'Living Things', we investigated the needs of living things. We read the books 'Little Sower Samuel' by Robert Costa and 'What's inside a flower and other questions about science and nature' by Rachel Ignotofsky and discovered that plants need food, water, air and sunlight to grow big and strong. We used this information to discuss and plan how we could grow our own plants. Just like Sower Samuel, we decided that we should grow plants that we can eat so we chose a range of herb and vegetable to plant. We made our soil with water, planted our seeds and sat them on the windowsill so we can watch them grow and record our findings in our diaries over the coming weeks.

During our Fun Friday activities we got the Blue Bots out to practice our coding skills by navigating around our mats and finished off the day by watching an episode of 'Emilys Wonderlab' about slime.



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



LINKS FOR LIFE

Disability Expo

TAMWORTH SPORTS DOME

Jack Smyth Drive, Tamworth

Thursday 14th September 2023

9:30am - 2:00pm

Quiet hour 1:00pm - 2:00pm

FREE:
ENTRY & PARKING
SAUSAGE SIZZLE
BUS TRAVEL

Proudly supported by:



Holistic Recovery



CHALLENGE
Community Services



Keeping the heart



FREE BUS TRAVEL with Hannafords and Tamworth Buslines to and from the Sports Dome to attend the Expo. Give this flyer to the driver on the day. Hannafords will take you as far as Kable Ave, then Tamworth Buslines will take you out to the Sports Dome.

Free transfers to and from the Expo with Fiona's Mini Buses on 6760 9084 for community members who are unable to access the regular public transport options and require individual transport.

For more information, please call:
Kate Drury 0438 139 102
Kate Brown 0472 803 471



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 30

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 30 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).