



# GOOD LUCK BULLETS & MISSILES

*From Staff & Students at BCS*

## DATES TO REMEMBER

### Week 7

**Monday 28 Aug - Thursday 31 Aug**

Dubbo Central Schools Finals

**Tuesday 29 August**

P&C Meeting

**Wednesday 30 August**

Fathers Day Stall

**Friday 1 September**

Kindy Gritters Transition 9am-11am

### Week 8

**Monday 4 September**

Book Fair Opens

**Tuesday 5 September**

Justin Herald Motivational Speaker

**Wednesday 6 September**

Book Week Trivia Night

Pig Competition @ Bingara

Year 2 Town Library Visit

### GET IN TOUCH

55 Finch Street BINGARA NSW 2404

P: 02 6724 1606 E: [bingara-c.school@det.nsw.edu.au](mailto:bingara-c.school@det.nsw.edu.au)

[www.bingara-c.schools.nsw.edu.au](http://www.bingara-c.schools.nsw.edu.au) [www.facebook.com/BingaraCentralSchool](https://www.facebook.com/BingaraCentralSchool)



# School News

## Class of the Week – Year 6

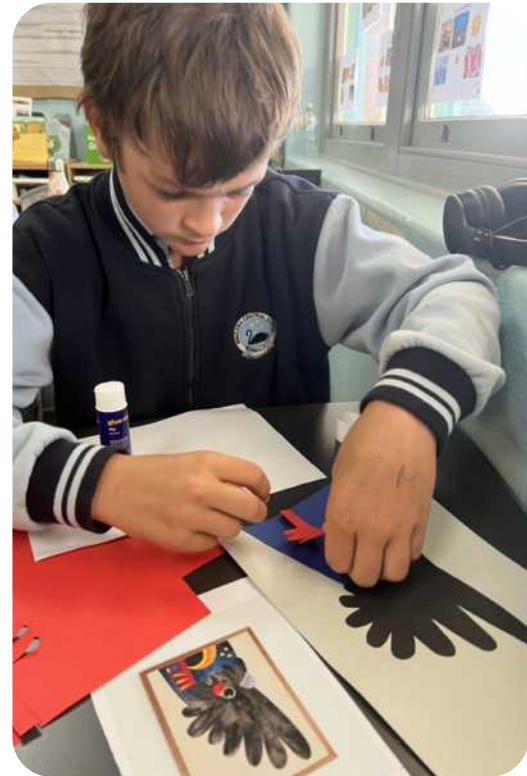
Year 6 have demonstrated our BCS GRIT dispositions and been extremely busy within the classroom this term.

In History, we have been investigating the political, economic and social reasons for the establishment of British colonies in Australia. Students collected information and competently constructed an interactive timeline using tiki toki, to display the dates that colonisation and settlement took place.

During art lessons, Year 6 have been studying the works of Australian artist, Pete Cromer. Using the same style, they beautifully reconstructed the 'Black Cockatoo'.

Year 6 have been reading rich texts and identifying sentence structures that authors use to effectively impact their audience. They experimented with sentence structure and the use of figurative language, to create diary entries from the perspective of a refugee child. The use of literary devices and sophisticated vocabulary was very impressive and evoked emotion from their readers.

Congratulations on your very pleasing commitment to your learning this term!



Dear Diary,

With a sudden boost of courage I leapt out into my mothers arms.  
Screaming in joy while embracing each other tighter.  
Scared if we let go, we'll get separated again.

Everything in my life turned around!

Today was my first day at school. I mumble a lot because I'm scared to talk to people.  
My mind clicks and I think "what if I got home and Mum's not there".  
My heart starts beating super fast and I pass out.

My school has a special program were I can go to calm-down if I feel sad, angry or anxious.

I'm a fighter. I'm a survivor!

All I need to remember is that at the end of every dark tunnel, there's a rainbow!

Dear Diary

I launched myself into the air like a bird, hoping Mum would hold me and never let go.  
We went to the British Embassy and caught a plane.

The first day of school was rough!  
I was afraid to speak to people so I mumbled a lot.  
I often get anxious, I kept having panic attacks.

There was this clicking in the back of my head. I was thinking what if I get home and Mums not there.  
My hearts beating faster and faster and I pass out.

The school has a special class if I'm feeling angry, anxious or sad. I can go and talk about what I'm feeling.

I'm a fighter!

I'm a survivor!

At the end of every dark tunnel there's always a rainbow



# Congratulations

## BLAKE T

**NORTH WEST RUGBY UNION -  
STATE CARNIVAL**

Blake travelled to Camden this week to play in the North West Rugby Union team at the State Carnival.

He displayed outstanding sportsmanship and showed exceptional talent and skills in each game.

We are very proud to announce that Blake was awarded the North West Medal. This medal is awarded to the player who has given their best efforts in every opportunity.

Blake certainly shows BCS GRIT on the sporting field and gives it his all, whenever the opportunity arises.

We are extremely proud of you Blake!

**Congratulations!**



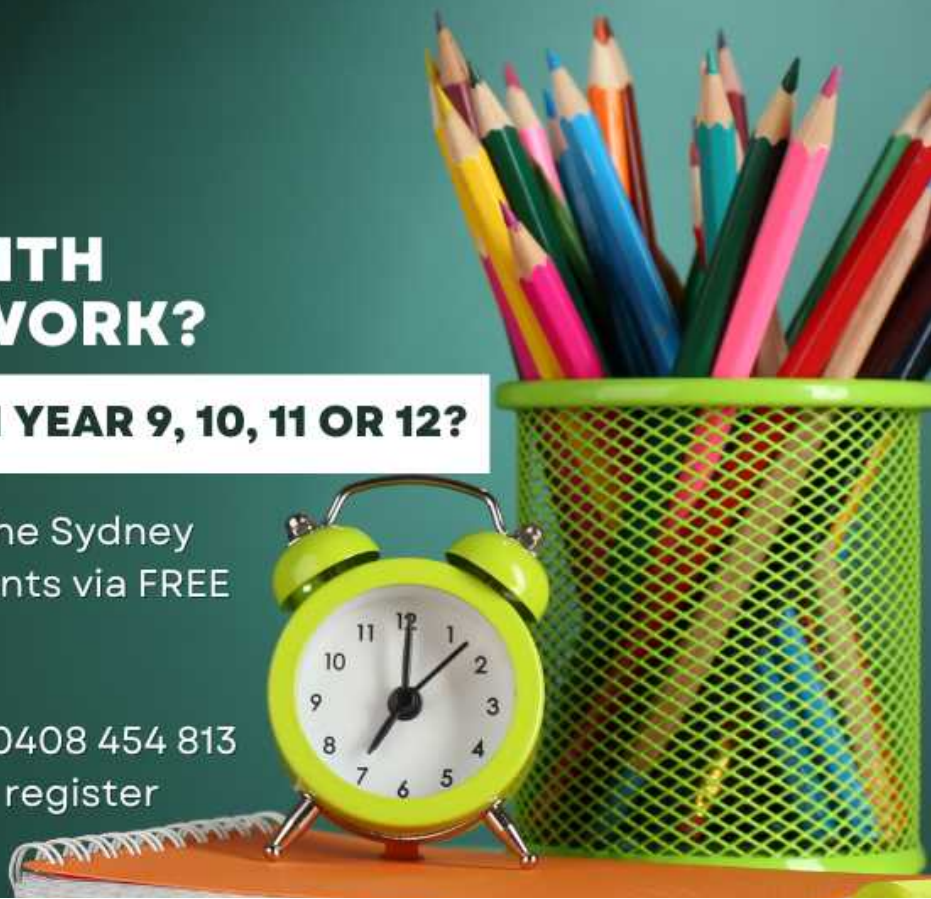
**GWYDIR**  
SHIRE COUNCIL

## STRUGGLING WITH YOUR SCHOOLWORK?

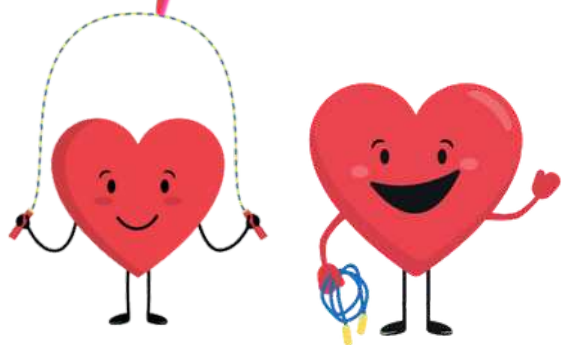
**ARE YOU A STUDENT IN YEAR 9, 10, 11 OR 12?**

Would you like help from the Sydney "Youth 4 Difference" students via FREE on-line tutoring?

If so, call Sue Smoothy on 0408 454 813 for more information or to register your interest.



# 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 Maths – Due Friday Week 6

Year 8 Maths – Due Friday Week 6

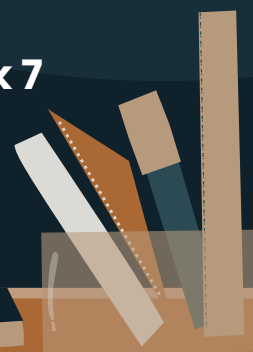
### Stage 5

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





# FATHER'S DAY STALL

P&C will be running a small  
**Father's Day stall**

*Wednesday 30 August*

Students will attend  
throughout the day in class  
groups



**CONGRATULATIONS**  
**JACK C ON WINNING THE**  
**NORTH WEST AFL**  
**GRANDFINAL**



## STUDENT OF THE WEEK **BLAIRE J**

Blaire shows the dispositions of a GRIT learner. While preparing for her mathematics test, she sought feedback from her teacher to improve the quality of her work and effectively revised the content. Blaire was recently recognised for her outstanding efforts in Distance Education, demonstrating self motivation and resilience while working independently. Congratulations Blaire on your student of the week nomination.





# BCS GRITTERS



It was so wonderful to see our GRITTERS in their blue and gold to support all our local football teams who have made it into their finals! This week we learnt about the /h/ sound we counted out the sounds in picture names and found where we could hear the /h/ sound. Then we helped Hellen the Hippo find objects that begin with the /h/ sound. We read 'I want my hat back' by Jon Klassen and spoke about the characters and setting of the story.

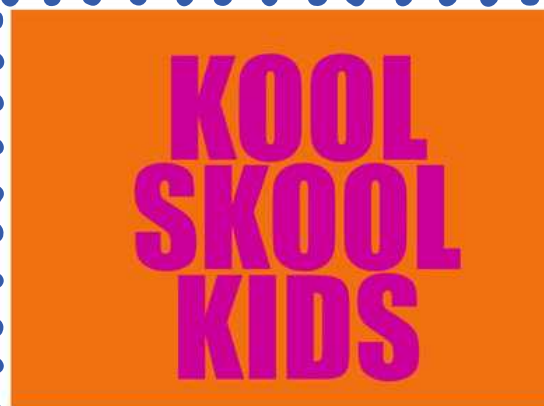
Our rhyming focus this week was Humpty Dumpty and we used our fine motor skills by cutting out an egg and then

cutting him in half and sticking him back together with some Band-Aids. 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 numbers one to ten we started a subitising colour by number page.





# GOOD LUCK TO ALL OUR BINGARA FINALS TEAMS!!!



**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](http://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**<sup>↑</sup>  
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](http://triplep-parenting.net.au)









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

[triplep-parenting.net.au](http://triplep-parenting.net.au)












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

<p><b>headspace</b></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 <a href="https://headspace.org.au/">https://headspace.org.au/</a></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 <b>Ph. 1800 650 890</b> and <b>webchat</b> (9am – 1am AEST, 7 days a week) or <b>email</b>. <a href="https://headspace.org.au/online-and-phone-support/">https://headspace.org.au/online-and-phone-support/</a> Online services also include group chats where friends and family can join with clinicians and youth representatives for Q&amp;A discussions. <a href="https://headspace.org.au/online-and-phone-support/join-the-community/">https://headspace.org.au/online-and-phone-support/join-the-community/</a></p>
<p><b>'Take a Step' 'Yarnsafe' 'Yarnspace'</b></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><a href="https://headspace.org.au/takeastep">https://headspace.org.au/takeastep</a>  <a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a>  <a href="https://headspace.org.au/online-and-phone-support/spaces/community/673335/">https://headspace.org.au/online-and-phone-support/spaces/community/673335/</a></p>
<p><b>Reach Out</b></p> 	<p>Reach Out <a href="https://au.reachout.com">https://au.reachout.com</a> 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 <a href="https://parents.au.reachout.com/">https://parents.au.reachout.com/</a> 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. <a href="https://parents.au.reachout.com/one-on-one-support">https://parents.au.reachout.com/one-on-one-support</a></p>
<p><b>Beyondblue</b></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 <a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a></p> <p>Beyondblue also provides a free phone <b>Ph. 1300 22 46 36</b> and <b>webchat</b> counselling service 24 hours, 7 days a week, as well as support via <b>email</b> (response within 24 hours) <a href="https://www.beyondblue.org.au/get-support/talk-to-a-counsellor">https://www.beyondblue.org.au/get-support/talk-to-a-counsellor</a>. Moderated online discussion forums can also be accessed at <a href="https://forums.beyondblue.org.au">https://forums.beyondblue.org.au</a></p>
<p><b>Parent Line NSW</b></p> 	<p>Parent Line is a free support service for parents and carers who live in NSW. It offers <b>telephone and email</b> support, information, advice and support tips on its website. <a href="https://www.parentline.org.au/teenagers/">https://www.parentline.org.au/teenagers/</a> Parent Line <b>Ph. 1300 1300 52</b> is available from 9am to 9pm weekdays and 4pm to 9pm on weekends. It is closed on public holidays.</p> <p><a href="https://www.parentline.org.au/how-parent-line-works/">https://www.parentline.org.au/how-parent-line-works/</a>  <a href="https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you">https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you</a></p>
<p><b>Raising Children Network</b></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. <a href="https://raisingchildren.net.au/teens">https://raisingchildren.net.au/teens</a>  <a href="https://raisingchildren.net.au/teens/mental-health-physical-health">https://raisingchildren.net.au/teens/mental-health-physical-health</a></p>
<p><b>Lifeline</b></p> 	<p>Lifeline provides all Australians experiencing a personal crisis with access to 24 / 7 support and suicide prevention services. Lifeline offers 24 / 7 <b>phone</b> counselling <b>13 11 14</b>, <b>online chat</b> and <b>text message</b> <b>0477 13 11 14</b> support <a href="https://www.lifeline.org.au/get-help/get-help-home">https://www.lifeline.org.au/get-help/get-help-home</a></p>
<p><b>Mind Health</b></p>	<p>MindHealth is a free phone <b>Ph.1300 029 131</b> and <b>online</b> 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. <a href="http://www.mindhealth.org.au">www.mindhealth.org.au</a></p>



<b>13YARN</b> 	13YARN is a free national crisis phone line <b>Ph. 13 92 76</b> 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. <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
<b>Head to Health</b>  <b>Chatstarter</b> 	Head to Health provides a guide to digital mental health services – including apps, online programs, forums and phone services - from trusted Australian sources. <a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a> <b>Chat starter</b> is a resource to help family and friends to talk with someone who is struggling with mental health issues and get them support. <a href="https://www.headtohealth.gov.au/covid-19-support/chatstarter">https://www.headtohealth.gov.au/covid-19-support/chatstarter</a>
<b>Suicide Call Back Service</b>  	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. <a href="https://www.suicidecallbackservice.org.au/worried-about-someone/">https://www.suicidecallbackservice.org.au/worried-about-someone/</a> Free phone <b>Ph. 1300 659 467</b> and <b>online</b> 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 <b>video chat</b> service is also available by appointment for people aged 18 years and over. <a href="https://www.suicidecallbackservice.org.au/phone-and-online-counselling/">https://www.suicidecallbackservice.org.au/phone-and-online-counselling/</a>
<b>SANE</b>  ‘You are not alone’  	SANE supports people that experience complex mental health issues, their family and friends. Information and support is available by phone <b>Ph. 1800 187 263</b> and <b>webchat</b> (Mon- Fri 10am – 10pm), <b>email</b> (response within 48 hrs) and online moderated <b>discussion forums</b> . <a href="https://sane.org/get-support/drop-in-service">https://sane.org/get-support/drop-in-service</a> ‘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. <a href="https://www.sane.org/you-are-not-alone">https://www.sane.org/you-are-not-alone</a>
<b>The Butterfly Foundation</b>  <b>Body Kind Families</b> 	The Butterfly Foundation <a href="https://butterfly.org.au/">https://butterfly.org.au/</a> 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 <b>Ph. 1800 33 46 73</b> , <b>online chat</b> and <b>email</b> from 8am – midnight 7 days a week (AEST). It also provides translation services for this support. <a href="https://butterfly.org.au/get-support/how-we-help">https://butterfly.org.au/get-support/how-we-help</a> 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. <a href="https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/">https://butterfly.org.au/get-involved/campaigns/bodykindfamilies/</a>
<b>Kids Helpline</b> 	Kids Helpline is Australia’s only free, private and confidential 24/7 phone <b>Ph. 1800 551 800</b> counselling, crisis support and <b>online</b> counselling service for young people aged 5 - 25. <a href="https://kidshelpline.com.au/about/about-khl">https://kidshelpline.com.au/about/about-khl</a> Their website also provides information for parents and carers on a range of topics <a href="https://kidshelpline.com.au/parents">https://kidshelpline.com.au/parents</a>
<b>NSW Mental Health Line</b> 	<b>Ph. 1800 011 511</b> 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. <a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a>
<b>Transcultural Mental Health Line</b> <b>1800 648 911</b>	The <b>NSW Transcultural Mental Health Line</b> 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 <b>Ph. 1800 648 911</b> 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. <a href="https://dhi.health.nsw.gov.au/tmhc">https://dhi.health.nsw.gov.au/tmhc</a> For support and advice on evenings and weekends, call the NSW Mental Health Line Ph. 1800 011 511 (see above).