



DATES TO REMEMBER

INFANTS EASTER HAT PARADE

TERM 1

Week 10

Monday April 1

Easter Monday

Friday April 5

PSSA Zone Rugby League Trials

Week 11

Mon April 8 – Thurs April 11

K – 4 Parent/ Teacher Interviews

Friday April 12

Last Day Term 1

TERM 2

Week 1

Tuesday April 30

All students return to school

Friday May 3

PSSA Zone Soccer Trials Trials

Week 2

Tuesday May 7

Primary Soccer Gala Day

Our annual Infant's Easter Hat Parade was once again a huge success, thanks to the efforts of parents, teachers and students. With the attendance of Bingara Preschool, visitor numbers to this year's parade were some of the biggest we have seen here at BCS.

For weeks now, we have heard the happy sounds of our Infant's students rehearsing their class performances in preparation for the big occasion. For their very first school performance, Mrs Hall's Kindergarten class performed the Easter Bunny Hokey Pokey, putting their bunny ears in and shaking them all about. What a fantastic experience for them.

The Easter Bunny Dance by Year 1 was a highlight following the parade to Bluey Dance Mode.

In their final Easter Hat Parade, Year 2 were enthusiastic in their percussion performance of Hot Cross Buns and recital of the poem, Chocolate Easter Bunny.

We would like to thank all those that put in time and effort to make this morning such a success.





CONGRATULATIONS TO OUR 2024 INFANTS EASTER RAFFLE WINNERS:

Mona Rowleson, Penny O'dell, Bentley Schalk x 2, Darcy Cameron, Rod King, Indie Johnson, Quart Henderson, Ruby Cox, Nathan Rowleson, Wendy Johnson, Willow Meeks, Leanne Kilmore, Ernie Kilgour, Hunter Caban, Jaggar Wall, Miss Mead.

We would like to thank everyone who donated items and purchased tickets for their support.



Preston Campbell Cup

Bingara Central School was proud to field two teams at the Preston Campbell Cup in Inverell yesterday.

Our League Tag and Mixed Rugby League teams displayed great sportsmanship throughout their games against teams from across the north west.

There was plenty of enthusiasm and some fantastic runs, tagging and tackling.

Thank you to Mrs Stratford and Mr McEwan for their effort in making today so enjoyable for all.



Reflective

BCS HAS GRIT – We are unshakable not because we don't know failure, but because we always push through. Because we always show up and we never give up. Because we believe anything is possible no matter the odds. We are unstoppable because we choose to respond with perseverance in our mind and passion in our hearts. (Bryan Anthony's advertisement)

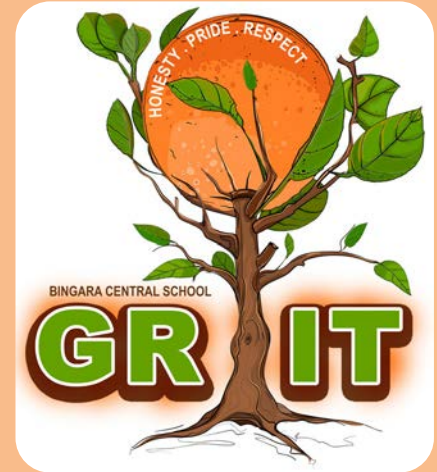
This term our students are revisiting our Bingara Central School GRIT Learning and Wellbeing model. As a part of this model, our first focus for our students is on being 'reflective'. Reflective learning involves looking back at something, a past experience or idea and critically analysing the event. By looking at successful and unsuccessful aspects of a student's learning

experience, the area of reflection will help our students learn from their past experiences and turn basic knowledge into deep learning. Apart from helping students to develop greater self-awareness, reflective learning will help our students identify gaps in their learning and areas for improvement.

As a part of the BCS GRIT model we will be asking our students to demonstrate four areas for reflection on their learning.

- I can accept feedback and act on it.
- I can use mistakes as an opportunity to learn and improve.
- I can talk about my learning and where I am going next.
- I can set goals and grow as a learner.

These 'I' statements have been the focus of mini lessons across the school for this term. Students



have participated in activities that developed their understanding of feedback, not as a form of criticism but rather a way to improve their quality of work. Students have also practiced setting learning goals for themselves in the future.

We believe that implementing the qualities of a reflective learner will assist every one of our students to learn from their mistakes so that they can do things differently next time.

Remember students – The more reflective you are, the more effective you are!

Cricket Trials

Congratulations to Hudson P, Ben C and Cristian K, who all trialled at PSSA Zone Cricket Trials in Inverell last week.

All three boys played extremely well. A big congratulations to Hudson P who has been selected in the Inverell Zone team, to trial for the Northern side in April.

Well done on your efforts boys, we are very proud of you!



Class of the Week - KINDERGARTEN



Kindergarten have had a massive start to the school year. They have been learning their sounds and how to use them in words. The students have been listening to many story books that contain rich literature to build their language skills and vocabulary. They listen carefully when new words such as 'cunning' have been explained during our story reading.

The kindergarten students have also spent time learning about numbers and how to represent numbers in different patterns. The students made different patterns with blocks and counters for number of the week. Hands on experiences are a big focus in kindergarten. The students made rekenreks which were made from kebab sticks, 10 beads (5 beads of 2 different colours) and wall plugs. Rekenreks are

a great way for the students to play with numbers and learn to trust their count by separating the quantities in colours. There are also many games students can play with the rekenreks to improve their number recall.

Having fun is a part of learning for the students. They recently enjoyed finding out what happens to water balloons when a force is added. After watching a video in science about push and pull forces, we had the idea to see what these forces might do if we took some water balloons outside. The students pushed and pulled their balloons full of water to see what kinds of different shapes could be made and if they would break.

Kindergarten have made such great progress so far this year and I am excited to see what is to come!



MC Athletics Come and Try Day



Our MC Class attended the Inverell Sporting Complex for a come and try Athletics Day earlier this week. Miss Mandy, Ms Mead, Miss Lucie and Mr Stratford accompanied Zander, Roman, Anton and Novak on what was a very busy day.

Students were able to participate in a non-competitive environment with students from schools including Tenterfield, Glen Innes and Inverell High Schools, Ross Hill, Inverell and Yetman Primary Schools and Bundarra Central School.

Whilst discus, running and relay races were all enjoyed it was Javelin that was most popular. Well done to our MC Class on their efforts throughout the day.

PRESENTATION FOR PARENTS & CARERS



TRP in Action Webinar for Parents & Carers

This presentation is designed to connect the classroom to home, providing a consistency and common language which promotes positive wellbeing throughout your school community.

DURATION
60 minutes

FORMAT
Online Webinar

MONDAY MORNING AWARD RECIPIENTS



Our Monday morning awards celebrate the learning of our students and their adherence to the GRIT principles of creativity, reflection, resilience, engagement and self-motivation. A presentation at the morning assembly allows them to be recognised by their fellow students and teaching staff.

Secondary Sports Trials



A massive congratulations to Jarrod P on his rugby union success! Jarrod recently attended the North West rugby union trial in Tamworth.

From this, he has been selected to trial in Tuggerah for the opportunity to gain selection in the NSWCHS team. We are so proud of Jarrod and his sporting achievements.

A number of secondary students attend the North West Open Touch Football Trials in Inverell earlier this term and we are pleased to report that Liam J and Zoe A we successful in making the possibles and probables during this process. This is a great achievement as these students were playing in a higher age division and we are sure they will go on to

achieve great things in this age division in the future.

In netball news, Mrs Mill accompanied our secondary netball hopefuls as they travelled to Gunnedah today. Whilst competition was tight Blaire J and Zoe A have been successful in making it through in the Namoi Open Girls Netball team as Goal Shooter and Reserve, respectively.

Rugby League Namoi Winter Trials were also held in Narrabri today. Making it through to the Namoi team were Jame I (winger), Liam J Halfback), Jarrod P (lock) and Jonte (reserve).



Student of the Week

James I

James is always eager to soak up new knowledge and explore ideas from every angle. His contributions to classroom discussions often offer fresh perspectives. James thinks outside the box and approaches challenges with an open mind.

He is always striving for personal growth and pursuing excellence as he attempts to master complex concepts.

James approaches his learning with enthusiasm and eagerness, always keen to participate, ask questions, and dig deeper into topics that grab his interest. His

active involvement not only enriches his own learning journey but also enhances the classroom environment for his peers.

James is an excellent example of how engagement in both your studies and the broader educational experience improves your achievement. Congratulations James on being student of the week, your passion for learning and desire to make the most of educational opportunities presented to you is commendable.



Student of the Week

Anton G

Anton has made a positive start to 2024. He has been working well in all areas and enjoys participating in a variety of different activities.

During cooking activities he has participated in preparing and tasting some new foods. Anton has demonstrated BCS GRIT by being resilient when engaging in challenging learning situations.

Great job Anton.

REMINDER:

Please complete your child's Emergency Contact Data Sheet on the Sentral-Parent Portal app. It is required that we have two emergency contacts in the area that can collect a sick or injured child.

HOW-TO MAKE PARTIAL PAYMENTS THROUGH THE SENTRAL PORTAL



1

Go to the payments menu

2

Filter to 'unpaid'

3

Select the item you wish to pay for - it will turn green

4

Click on the amount to adjust the value

5

Click 'make payment'

6

Follow the prompts



EXCURSION DEPOSITS

Don't forget that we require ALL excursion deposits to be paid before the end of Term 1 (12 April), to help identify the number of students attending excursions.

Deposits can be paid online via the parent portal (part payments can be made at any time), or during school hours at the front office (eftpos is available).

Please don't hesitate to contact the school if you need to discuss this further.

Colouring Comp Success

A massive congratulations to Emma-Rose and Willow, the winners of the Newspaper Easter Bunny colouring-in competition.

Their entries have been sent to Sydney for judging of the NSW titles. We love supporting our local community by participating in these activities. We hope Emma and Willow hop away with the NSW title.



Canteen Operation Recess and lunch daily

Please note our school canteen operates on a limited menu each Wednesday

SCHOOL CONSULTATION

School Consultation

In the lead up to the implementation of the new school plan 2024-2027, we will be undertaking a consultation process. Our school will be gathering input from identified key groups within our school and community throughout the term. The communication and collaboration between our school entities has improved over the past years and we would like this to continue. Our town has so much to offer and I know that as the parents of

students across the school and important community groups, that everyone will have the children of Bingara at the forefront of all the decisions that are made within our town.

Next week myself and the executive team will begin discussions about our proposed strategic directions for the 2024-2027 school plan. Our interactions with parents, students and staff have been extremely positive during previous consultation processes, with the conversations being driven by a shared investment in our students. Our consultation discussions will be fo-

cused around the following three areas:

- Increase the number of students achieving expected growth in literacy and numeracy
- Building learning capacity and opportunities for our staff and students
- Continuous improvement towards a whole school culture of engagement and wellbeing

We look forward to these conversations and the sharing of ideas to enhance our school and invite our family and community to join us at the upcoming P & C meeting. I look forward to sharing the outcomes with everyone in the coming weeks once the full consultation process is complete.



P&C

BINGARA CENTRAL SCHOOL

ANNUAL GENERAL MEETING

Thursday

4

APRIL







Imperial Hotel






5:00pm

All Welcome



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>

<p>13YARN</p> 	<p>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/</p>
<p>Head to Health</p> <p>Chatstarter</p>  	<p>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/</p> <p>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</p>
<p>Suicide Call Back Service</p> 	<p>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/</p> <p>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/</p>
<p>SANE</p> <p>'You are not alone'</p> 	<p>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</p> <p>'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</p>
<p>The Butterfly Foundation</p> <p>Body Kind Families</p> 	<p>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</p> <p>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/</p>
<p>Kids Helpline</p> 	<p>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</p> <p>Their website also provides information for parents and carers on a range of topics https://kidshelpline.com.au/parents</p>
<p>NSW Mental Health Line</p> 	<p>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</p>
<p>Transcultural Mental Health Line</p> <p>1800 648 911</p>	<p>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).</p>