



### FROM THE PRINCIPAL'S DESK

Another term done and dusted with never a dull moment!

This term the students have certainly been busy and productive with the How2Learn habits matching perfectly with the challenges the students faced this term.

Mrs Keir and Mrs Lorberg's STEM unit ran throughout the term presenting lots of high's and low's in our scattered classrooms, but WOW the end results were amazing!! Reasoning habit worth developing – *thinking rigorously and methodically* – was definitely built upon by every student who was selected to participate in this unit.

Staff and parents were extremely proud of the feeders and the work that went into this project, a fantastic effort everyone!

Another habit worth developing – *imagining* – used for relaxation and rehearsal, was also applied with the Power of Persuasion Unit and speeches delivered during Mini-School.

The variety of presentations was so diverse and the quality of the speeches so impressive they clearly displayed all the work and effort students had put in.

Child Protection, the Bulldust to Bitumen Festival, Healthy Kids, Integration Days, Athletics Carnivals and Mini-School, have all been well-supported by families and I thank you all for making the time, especially with all the extra pressures during this drought!!

I hope your break from school is productive and you all take the time for some "ME" time – as supervisors you deserve it!

Have a happy and safe holiday.

I will leave you with words of wisdom from Kid President who has featured in MM this term;  
*"Be cool to people even when they're not cool to you. Then we'll all be cool!"*

**Kind Regards**

**Wendy Hay**

**Principal**

### DATES TO REMEMBER

**28<sup>th</sup> Sept** – Last day of Term 3

**15<sup>th</sup> Oct** – First day of Term 4

**18<sup>th</sup> Oct** – Mrs Cowell's Specific Teaching commences

**Beautiful bride Miss Hunt on her wedding day**



### INFORMATION FOR PARENTS

#### **New Supervisors**

If you would like your own Department of Education email address, please let the school know ASAP. Your own email will allow access to all department sites as well as sites that are blocked by the department security firewall to students.

#### **Governess – Information about Assistance**

This interesting and informative web site [http:// www.governessaustralia.com/](http://www.governessaustralia.com/) provides great information about employing someone to help you deliver the Distance Education program to your children. You can also search

'Governess Australia' on Face Book for extra information and groups to join.  
'In Home Child Care' is another organisation that may have some information and assistance available. They also have a Cobar office.  
<http://nswfdc.org.au/>

### Important Change to VISE

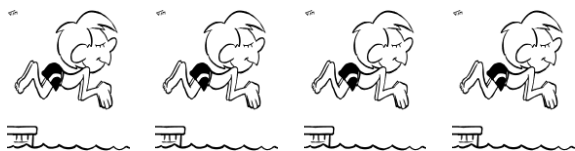
The organisation formally known as VISE – Volunteers for Isolated Students Education has ceased to exist. However, it has been added to the organisation Aussie Helpers. If you are looking for Educational Support in your home, it is now known as AHVISE – Aussie Helpers Volunteers for Isolated Student Education.

“**AHVISE** is an educational volunteer organisation comprising of a dedicated team of volunteers from all around Australia, who enjoy giving to others. We support rural and remote outback families who are looking for help in their remote school rooms. These include families, mothers and fathers, who teach their own children at home due to their **geographic isolation.**”

For more information or to register please go to [www.ahvise.org.au](http://www.ahvise.org.au)

### Free Swimming Lessons in Bourke

The Department of Sports and Recreation will be conducting free swimming lessons at the Bourke Pool for both children and adults. Please call the Bourke Centre (68722424) for more information and to register you interest.



### BWSODE Website

The School website is another platform we use to showcase our school and where you can locate important information such as photos, newsletters, useful educational links and some valuable resources supervisors can utilise in their school rooms.

<http://www.bwsode.schools.nsw.edu.au>

## MOORAMBILLA



The School Community's thoughts and best wishes are with DE representative Charlie as he performs with the Moorambilla Choir this weekend.

## PARENTING IDEAS

Every parent wants their children and teenagers to be happy. This idea of contentment seems to be a driving force for many parents we meet. It certainly holds true for a lot of people. Of course, it's difficult to achieve. But recently there was an event that occurred in Jodie Richardson's backyard that may well have revealed the secret to our contentment and happiness, and that of our children. The strongest finding in positive psychology is that our relationships with other people have the greatest impact on our happiness and mental health. This principle is true for children and teenagers as well as adults and our kids need lots and lots of friends and close connections with their family.

*“My family had introduced two new chickens to our existing flock at home. There's always a bit of pecking by the other chickens to put the newbies in their place, but this time they went too far. So we separated the new pair from the others.*

*When night fell we expected them to follow the other chooks into the coop, but they stayed outside, worried for their safety. They took turns to sit on each other to stay warm. It was hard to watch as they looked so vulnerable.*

*So we lifted them into the coup and locked the doors to keep them safe, and all was quiet. I felt sad for their loneliness and exclusion, and how they clung to each other desperately for comfort and protection.*

*It reminded me of a story shared by Martin Seligman, the father of the Positive Psychology movement. Seligman told of how a village in the Portuguese mountains owned a solitary ox to plough the fields. It would invariably live for 40 years and then, upon its death, it would be replaced by a young ox. Its fate too was to endure four decades of loneliness and solitude. As Seligman says, “There is very little positive about a solitary existence.”*

Humans are wired for connection

The sadness these stories evoke, comes from our core need for connection. It pains us when we see loneliness, even in another species. The strongest finding in positive psychology is that our relationships with other people have the greatest impact on our happiness and mental health.

However, friendships aren't always easy for kids. There are some who are filled with confidence and thrive in the company of friends, family and even strangers. But for others, forming and keeping friendships is much harder. These kids need adult assistance in the form of teaching (young children), coaching (children and young teenagers) and mentoring (late adolescents).

### Friendship skills can be learned

Connecting with another person is a skill.

There's a lot we can teach them to support their confidence and ability to make and keep friends.

- Toddlers need our help to connect from the very start. We can help by providing them with social scripts, including how to introduce themselves, how to enter a group and how to voice disagreements.
- As kids get older, they can work on eye contact, sharing, listening skills, the need to compromise, how to hold conversations and how to show pleasure at a friend's achievements. There's a lot to teach and a great deal to model.

As for the two solitary chickens, we kept putting them back in the coop each night. On the fifth night they felt comfortable enough to enter the coop on their own.

This is a reminder that it takes time for some children and young people to form meaningful connections and friendships with others. If they, with our support and coaching, stick with it, eventually kids will form those connections that are so important for their happiness, mental health and well-being.

*It takes a village to raise kids. Join me and hundreds of other parents working together to raise kids who flourish.*

Dr Jodi Richardson is a Happiness and



Wellbeing speaker and writer, and is mum to two Primary School aged children. For more information go to: [drjodirichardson.com.au](http://drjodirichardson.com.au)

## THE GEM CONCEPT

The Resilience Project – Hugh van Guyenburg  
Practise these 3 things everyday – remember **GEM**

**GRATITUDE:** The ability to pay attention to what we have got – not what we don't have. Every day think about or write about or talk about 3 things that went well for you today. We have so much to be grateful for here in Australia.



**EMPATHY:** When you put yourself in someone else's shoes you feel what someone else feels. When you do that you become kinder. The neuroscience behind kindness is well documented – when you do something nice for someone else your brain releases a hormone called oxytocin – kindness = happiness. You don't have to do big thing giving someone a compliment – we think nice things about people but we don't usually say them – Give a compliment – open a door, let someone else go first, buy someone a coffee etc

*"Do not judge your neighbour until you walk two moons in his moccasins."*

Cheyenne saying

**MINDFULNESS:** is the ability to be calm and to be present – we are not calm we are always on the edge – road rage!! You slow someone down for a few seconds and they shout / beep / honk their horn!! You are in the now – not thinking about the future or the past.



“We have never been more connected but so lonely” make the connections with your family / friends etc

In 2018 teens receive the same amount of information in one week than we did in a year!! You need to take time out to process this to be quite and calm – do nothing, just sit and tune out de clutter your brain. It’s OK to be bored – it’s good for you!! You don’t always have to be doing something.



**SCREENS:** Get off your phone! Adults put your phone away when you’re with your children – your kids watch you to learn, facial expressions, the way we respond to things. You will live without your phone – put it away. As kids, you have to start to do the same so you will be the best for your own children – not addicted. They make apps / games etc to be addictive – so you keep playing – so you need to recognise that, have that information to make decisions about why you need to limit the time spent on screens. Use them don’t let them use you!!



## LIBRARY REPORT



There are lots of lovely new books including the Children’s Book Council of the Year winning books available in the Centre Libraries so please come in and have a browse when next at the school

**Mrs Robinson**  
**Librarian**

## MERIT AWARDS

### **Walgett Students**

**Charlie** - For providing insightful, helpful, kind and specific feedback to all of the STEM Project students.

**Gabe** - An impressive story with an introduction, complication and resolution in 'The Swap' unit

**Monty** - Consistent and speedy work returns / Sensational progress in maths tasks / Awesome Information report / For a FAB final feeding system in the STEM project

**Olivia** - For consistent and speedy work returns / 100% correct in her Week 5 spelling test.

**Mac** - Magic effort in volume and capacity / For his thoroughly completed, consistent returns / For being an excellent role model at Mini school / His exceptional work on his Efficient Feeder STEM Project / His AWESOME and convincing work in The Power of Persuasion / His brilliant Efficient Feeding Machine design and model / His entertaining Persuasive Text - 'Take- Aways'

**Denzel** - Understanding symmetry / Awesome work with money problem solving skills / Solid independent work with whole numbers and multiplication and division.

**Matari** - For trying so hard to understand new maths concepts

**Hugh** - For researching and recording fascinating facts about length.

**Maddie** - AWESOME work in whole numbers and place value / Exceptional spelling results / Her phenomenal team work with Max to present their Power of Persuasion / For her perseverance to learn new facts about length.

**Max** - For thinking outside the square and trying new strategies in Fast Facts / Accurate results in Problem Solving tasks with temperature / Phenomenal teamwork with Maddie to present their Power of Persuasion.

**Aiden** - For a fabulous effort in maths units / His great application in his Specific Teaching lessons.

**Ava** - For working independently on fractions and decimals / Super independent work in volume and capacity and patterns and algebra.

**Ricky** - Unbelievable work in 'George's Marvelous Medicine' / Excellent independent work in maths.

### **Bourke Students**

**Kaleb** - Awesome story - 'The Relaxing Pig and The Playful Cat' / Outstanding work in position.

**Vanessa** - Fantastic work in Bangu.

**Hallie** - Working hard in mass.

**Joey** - Outstanding efforts in maths / Excellent editing.

**Maisie** - Brilliant behavior at Integration day / Awesome giraffe artwork.

**Nick** - Brilliant behavior at Integration Day.



## **WHOLE SCHOOL MINI SCHOOL**

The Whole School Mini School was conducted in Walgett at the Showgrounds in Wk 9 Sept 18<sup>th</sup> -20<sup>th</sup>

Particular thanks to Mrs Smith and Mrs Keir for organising the Mini School and to the assistance of Ms Hay and Mrs Colwell throughout the week.

A big thank you also to all the parents and supervisors for their help in the kitchen and for providing further supervision when needed. As always, these events would not run so well if it wasn't for our amazing school community. The students were AMAZING! The speeches, STEM projects and keen participation in all workshops and activities was just spectacular. A final thank you to the presenters we had throughout the week:

- Alyson, Tahnee (Outback Theatre)
- Andrew (Y-PEP | Child Protection Education Program)
- Tara and Emily (NSW Netball)
- Frank Wright (Local Aboriginal Artist).

We were very fortunate have the expertise all of these people to provide a range of fun and engaging learning experiences for our students.

*Below is a snap shot of activities, both in and out of the class room, over the Mini School*











## HAPPY BIRTHDAY

Birthday wishes to **Gabe** who celebrates his 6<sup>th</sup> birthday in the holidays on the 10<sup>th</sup> October.



## TRAVELLING FAMILIES

Images from the Steele's visit to Karijini National Park in WA.



Max



Madeline