



FROM THE PRINCIPAL'S DESK

I hope this Newsletter finds you all well and with the end in sight!! Who can actually believe that we only have 40 days till Christmas!

I would urge all families to read the information about the **UNICEF Drought Discussion** being hosted at the **Walgett Centre on 6th December**, Bourke students and families will be connected via satellite. Please let the school know if you can make this discussion.

Could I also ask that work please try to be returned weekly this term? Even if "the week" is not quite complete, please send in what you have completed to assist with quick and relevant feedback to all.

Over the next few weeks, staff at the school will be sending out surveys for families and students to complete. These are extremely important for our school self-assessment and planning, so we know what is working, what needs improving and what may not be working at all!!

Teachers will also be self-assessing during satellite lessons in the coming weeks, so they can gauge the success of their teaching and lesson presentation. We really appreciate you taking the time to fill these in so we can all participate in improving and progressing our school, and fulfilling the needs of students and families next year.

I look forward to seeing all the Bourke families at the next Integration Day and hope everyone is hanging in there with this drought.

If you have any concerns, issues or just want a chat, please call !!

Take care out there.

Kind Regards

Wendy Hay

Principal



DATES TO REMEMBER

16th Nov - Walgett Integration Day
30th Nov - Bourke & Walgett Integration Days
12th Dec - Walgett Presentation day
12-13th Dec - Bourke Mini School & Presentation Day
19th Dec - Last Day of Term 2018

WELCOME BACK MISS KNAPMAN



Miss Knapman returned to BWSODE Walgett Centre on Tuesday 30th Oct to relieve for Mrs Smith who has taken maternity leave for the birth of their second child. Miss Knapman will be taking on Mrs Smith's student workload, as well as a range of other duties throughout her time at the school.

A big welcome back from the BWSODE community.

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.

How Parents Can Help Guide Their Children On The 'Digital Citizenship' Journey?

- Stay involved in your child's use of technology.
- Set up your own account and learn about privacy settings so you can understand how you can best protect your child (I now have snapchat much to my eldest son's disgust and understand what it means to be in 'ghost mode').
- Show your child how to manage location services on their phone so they are not inadvertently broadcasting their location.
- Help them to set up alerts to let them know if they have been 'tagged' in photos that have been posted by others.
- Read the 'terms of use' on social media services and make sure your child understands what is expected. Some sites, like Club Penguin, are created especially for children. Many, such as **Facebook and Instagram, require users to be at least 13 years.**
- Ensure that your children set their accounts to private so that the only people who can view their information are those they trust.
- Encourage children to think before they put anything online and to be respectful of others. Information posted online can be difficult or impossible to remove. An inappropriate image posted today may have a long term impact on their digital reputation. In the last two years I know of one student knocked back for an apprenticeship owing to pictures on his 'public' Facebook account and another student being ineligible for a Gap Year with a company due to his inappropriate email account name.
- Remind children to be careful when making new friends online as people may not be who they say they are.

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.**"

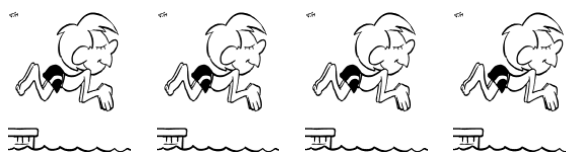
For more information or to register please go to www.ahvise.org.au

Also see an attached document regarding new services offered by AHVISE

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.



CWA Drought Aid



CWA NSW continues to coordinate a large amount of money, donated for drought relief

They distribute the grants to farmers and farming dependent families and contractors as part of its Drought Aid scheme.

The CWA Drought Aid Assistance funding is to help meet household expenses for drought affected families, up to a maximum of \$3,000 per family/household. Expenses can include grocery bills, vehicle maintenance, school, electricity, rates, telephone, dental and medical (gap payments or cost of travel to access medical treatment) etc and can be for expenses that are current and/or outstanding.

If you do apply for this funding, please be mindful that expenses you put forward are for **household purposes only**. They were very specific about this and the money will not be granted for anything business related. Individual farmers and families and those directly related to agriculture as their primary source of income can apply online at:

<http://bit.ly/CWADroughtAid>

or can contact the NSW State Office for paper application forms.

The application process is not difficult.

To date, CWA has received approximately \$5.5 million in donations into the Disaster Relief Fund, specifically for drought. Approximately \$2.5 million of this has been distributed to over 1500 families. They are distributing at a rate of approximately \$300,000 per week with a processing time of approximately 4 weeks.

100% of the increased wages and operational costs for the administration of the drought aid grants is covered by the CWA Association Fund and no administration costs are taken from the Disaster Relief Fund. CWA continues to be a strong voice on drought matters both at a state and federal level. And recently voiced concerns in relation to the Farm Household Allowance and the complexity of the application.

UNICEF Drought Discussion

BWSODE has been contacted by UNICEF regarding including thoughts and responses of children and families in the discussions about drought and drought responses.

“UNICEF Australia believes that the views and experiences of children and young people should be a part of national and state discussions on drought response.”

“To ensure these views are conveyed to policy and decision-makers as well as the media and wider public, UNICEF Australia is conducting a series of informal consultation sessions with children and young people in schools on the impact of drought on their lives. Attached is an

information note that provides detail on our proposal.”

This would be an opportunity families and children to have their say and discuss the impact of the drought on their life, business and future.

A representative will be visiting the Walgett Centre on Thursday 6th December. Families are invited to come to the Centre however this is not essential as we will conduct sessions via satellite for students and parents unable to attend.

It would be wonderful if we could have as many families available for this as possible.

More information on times will be sent to you via Morning Messages.

Please see the Term 4 Information - Families link if you would like to read any further information about UNICEF's consultation. The PDF is also attached with this Newsletter.

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.gov.au>

Selective High School Entry in Year 7 in 2020



Education & Communities

Applications for Selective High School placement for Year 7 in

2020 have closed. If you are considering sending your child to schools such as Farrer Memorial Agricultural High School, Hurlstone Agricultural High School or Yanco Agricultural High School, which are public schools that offer boarding opportunities, while submissions did close on the **12th November 2018**, it would be worthwhile contacting the relevant schools, particularly considering the continuing extreme drought conditions.

Walgett Swimming Club

Registrations are now open for Walgett Amateur Swim Club. This is a great way to experience some competitive swimming in a friendly atmosphere as well as improve your child's ability and fitness. Regular squad training is

held twice a week and a Swimming Club night every fortnight.

For more information on joining this long standing family friendly club, please contact Lucy Kerr (hamishkerr@bigpond.com) or Camilla Rowntree (camrowntree@bigpond.com) Swimming Club will be held once more in Term 4 on Thursday 6th Dec (which will include a Christmas party) and fortnightly in Term 1 2019. Squad training commenced on Tuesday 30th Nov, however registration and membership can commence at any time throughout the season, it is never too late to join.

If you're not sure of your child/rens level of ability, please come along at 3:30pm on a Tues or Thursday afternoon for an evaluation and grading.

To participate in squad training, every child must bring **flippers, goggles** and a **cap**.

Squad Training: Tuesday & Thursday 3:30 - 6pm with each group 45 minutes.

Squad Groups:

- **Seniors** - 3:30 - 4:15pm. (Bec Jones, Nicole Weate)
- **Juniors** - 4:30 - 5:15pm. (Camilla Rowntree, Jay Mulholland and Marg Browning)
- **Under 7's** - 5:15-6:00pm. (Carolyn Farr)

Cost: \$14 per week/per child (\$10 coaching, \$4 club costs) and this provides 2 x 45 min coaching sessions per week with Austswim accredited coaches. The \$4 goes towards the running yearly costs of the Walgett Swimming Club for insurance, pool fees and equipment.

Please note there is no responsibility taken by the coaches, for children's supervision before or after their squad training time.

'Get Talking' Tour



Batyr, NSW Positive Rugby Foundation, and the NSW Waratahs are conducting a workshop on the 28th

November at the Walgett Rugby Union Club (The Tin Shed).

The 'Get Talkin' Tour aims to provide tools and skills to look out for your own wellbeing and that of your mates.

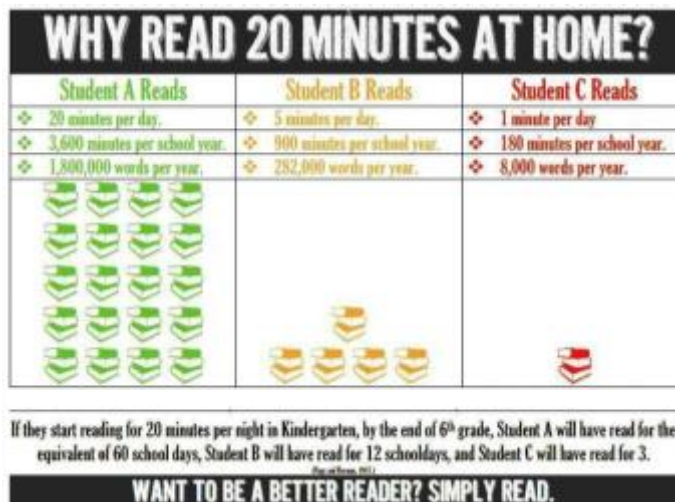
It's an afternoon designed to bring our community together to start important conversations and promote positive wellbeing.

WALGETT CENTRE Warren St. WALGETT Phone 0268281374 | Fax 0268281936 | walgett-d.school@det.nsw.edu.au
BOURKE CENTRE Green St. BOURKE Phone 0268722424 | Fax 0268723109 | bourkewalg-d.school@det.nsw.edu.au

This is a free event, including a BBQ and a game of touch footy with the Waratahs. All welcome to come along.

How To Improve your child's Reading and Fluency

READ READ READ



WELCOME TO DE

We would like to welcome Sarah, Caleb and Joey to DE along with their parents Lizzie and John. We hope you enjoy your DE journey!



Sarah



Caleb



Joseph

MOORAMBILLA



The 2018 Moorambilla Gala performances did not disappoint, they were spectacular and the senior choir was invited to perform

in front of HRH Prince Harry Duke of Sussex and HRH Meghan Duchess of Sussex during their visit to Dubbo on Wednesday Oct 17th. The BWSODE community are very proud of Charlie's achievements throughout the program, and he definitely holds the bragging rights to say they were fit for royalty!



Charlie with a co member at a practice performance.



PARENTING IDEAS

Developing Emotional Intelligence in Children

Ever told a child to calm down only to see their emotions escalate instead? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it, we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence show up.

When your child fusses and fumes about some wrong-doing or hurt they've experienced, clear your mind and hear them out. Avoid trying to fix the situation; just show them compassion and understanding. There is no better feeling than being understood.

Recently while riding on a tram, I overheard a conversation between two girls in their late teens. Referring to an exam she was about to take, one girl simply said, "I feel crap!" She repeated this on a number of occasions with no variation on vocabulary.

Her friend on the other hand said, "I was so anxious when I got up this morning, I felt sick! I went for a walk and felt better. My little brother kept bugging me about how this was my last exam and I'd better not stuff it up. That just made me feel even more nervous, he was soooo annoying. I'm not feeling too bad now...just a little worried, but also kind of excited. This is going to be my last exam! Whoa!"

One girl gave a running commentary on her moods that morning, including their causes and the subtle shifts. The other girl couldn't get past a vague response to sum up her emotional state. The second girl is clearly better equipped to manage her moods than the first, if indeed what I heard is a true representation of their emotional intelligence.

And what a head-start she's been given by the parents and teachers who helped her build her emotional smarts. They've given her the tools for building successful relationships, for maximising her earning potential (I kid you not) and behaving like a champ, not a chump when competing in sports or any other high performance activities. There's no doubt that emotions matter.

So where do we start exploring this unfamiliar emotional landscape, this new frontier of parenting?

1. Listen without judgment

When your child fusses and fumes about some wrong-doing or hurt they've experienced, clear your mind and hear them out. Avoid trying to fix the situation; just show them compassion and understanding. There is no better feeling than being understood.

2. Contain, rather than manage, their feelings

Children's behaviour is often tangled up in their upsets and disappointments. It can be hard to separate their actions from their feelings. Sometimes as a loving, caring adult, you just have to absorb their frustrations, and give them the time and space to vent and soothe their own souls. We don't have to process their emotions for them.

3. Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by portraying some emotions as good or positive (happy, motivated, and energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgements like these.

Recognise that emotions span a whole range of pleasant and unpleasant feelings, and that all emotions are acceptable. But certain behaviours (such as hurting someone when you are angry) are unacceptable.

4. Build a vocabulary around emotions

Just as feelings have words, there are names and terms for emotionally intelligent parenting methods. For instance, *I-messages* are a type of communication used by parents and adults

who take an emotions-first approach. It's worth taking the time to understand some of these concepts and terms and letting them inform your parenting approach.

5. Help your kids recognise, then regulate emotions

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's cultural DNA, then emotional intelligence will be passed down from generation to generation.

You'll know it's had generational impact when your children credit you as the person who taught them the skills of emotional intelligence.



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving and the best-selling Why First Borns Rule the World and Last Borns Want to*

Change It. His latest release is *Spooned Generation: How to Raise Independent Children*.

LIBRARY REPORT



There are constantly new books being added to our Library's so please make sure you have a browse when next at your Centres

Mrs Robinson
Librarian

STUDENT NEWS

Write4Fun

Last term Rafa submitted a short story titled "The Death Race" in the Write4Fun Competition and he has been notified he was successful in the first round of judging and now competes for one of the major prizes in the competition: An Apple iPad, \$500 Rebel Sport Gift Voucher, an Xbox or a Playstation 4

The *Seven Steps to Writing Success* focus in writing this year, seems to be having a very positive impact on a lot of our students skills in this area and it is wonderful that this is being recognised in submissions like these.

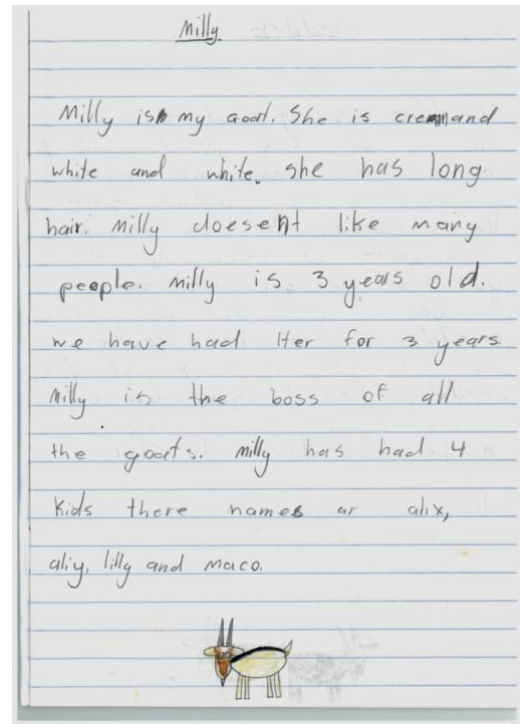
Well Done Rafa we are all very proud of your achievements!



UNSW Exam Success

Congratulations to Rafa who participated in his first University of New South Wales ICAS Assessments last term. He scored in the top 10% of participating Year 2 students and achieved High Distinctions in Maths, English and Science!

This is a fantastic effort Rafa pictured below with his teacher Mrs Keir



A story by Milly



Maisie's Giraffe painted at the Integration Day at Bourke



Joey's Literacy Activity on Integration Day at Bourke

MERIT AWARDS

Walgett Students

Alice - For her unwavering motivation to engage in her learning program / Awesome graphing skills - 'Cantesian Planner' Superstar.

Gilbert - Outstanding start to Term 4 / 100% attendance and excellent participation in Music Appreciation.

Rafa - For super spelling. Welcome to spelling Mastery C.

Charlie - For a positive start to Term 4 / 100% attendance and excellent participation in Music Appreciation.

Monty - Outstanding participation in Music Appreciation

Hugh - For an incredible recount of his holidays / His marvelous, very creative and humorous recipe for *George's Marvelous Medicine Unit*.

Mac - A superb recount of your holiday.

Maddie - Your creative drama role for 'Homeland' / Your outstanding piece of writing on 'Home'.

Bourke Students

Vanessa - Excellent work in fractions.

Olivia - Wonderful work in fractions.

Maisie - Outstanding participation in Music Appreciation

Nick - Outstanding participation in Music Appreciation.



We finished the day off with a fun afternoon session making Peacocks. We experimented with a different media and created our peacocks with shaving cream and food colouring. What fun we had. In the end Joey, pictured below, looked like a little blue smurf.



HOME VISITS

Joey, Caleb and Sarah

Tuesday 13th November, Ms Hay and myself headed out to visit our recently new enrolled family, Joey, Calbe and Sarah at Lightning Ridge.

We started the morning off with knuckling down and working on some maths from their program. For morning tea we all enjoyed some very juicy watermelon supplied by the family. A perfect treat for the hot sunny day, and we thank you for your kind generosity.



Thank you for having us out at your home.
Mrs Harris

Jandre

On a very warm October day, the 31st, Mrs. Hartog and I drove out towards Brewarrina to visit Jandre and his family, who are from South Africa and joined our school mid-way through the year.

We found Jandre and his sister, Lily working with shapes and very keen to read lots of books. I think Lily already wishes she was in Kindergarten just like her big brother!

Jandre and I quickly got down to doing lots of work including assessments, maths and phonics. Jandre is learning English as his second language and I have been very impressed with how many sounds and words he has already picked up – He must be putting a lot of effort in!

After we had finished with our work, it was time to eat and for Jandre to show us around. For lunch we had some delicious South African rolls with a tasty meat dish – thanks Stephanie! Then we drove down to a section of the river where there is a deep hole that still has water in it and Jandre showed us his fishing skills. Though we didn't catch any fish, it was lots of fun and nice to be by some water.



All too quickly it was time for us to say goodbye and drive back to school. We can't wait to visit again, and hopefully there will be a beautifully flowing river by that time!

Mrs. Keir

INTEGRATION DAYS

Bourke

On Thursday the 25th October, the Bourke Centre held their first Integration Day for Term 4 with a Halloween Theme.



Nick and Maisie



New student Oli making his Halloween Pumpkin



The students working hard on Integration Day supervised by Mrs Hartog



Maisie making her 'toaster'



PE was also incorporated into Integration Day



Walgett



Friday the 2nd November saw the Walgett Centre conduct their first Integration Day for Term 4 with a focus and recognition of Remembrance Day

To commemorate the 100th anniversary of Remembrance Day, the students created a stunning collaborative art project. They learnt about the importance of being part of a team and worked hard on their individual piece. The children were amazed as they waited in anticipation for what it was going to turn out like - what an impressive result.



Jandre, Joey and Gabe with Mrs Keir

We also welcomed some new faces to our team, Thomas, Joey, Caleb and Sarah and look forward to many teaching and learning opportunities with these new families.



HAPPY BIRTHDAY



Best birthday wishes to **Denzel** who celebrated his 11th birthday on Monday 29th Oct. Hope you had a great day. Birthday wishes also go out to **Sienna** who had her 6th

birthday on Nov 10th. Happy Birthday to you too Sienna.

Birthdays in the 'House' this Term too for Staff, with both **Mrs Harris** and **Mrs Keir** celebrating their birthdays in style.

