



### PRINCIPAL'S REPORT

Well done everyone, another term is rapidly coming to an end, hopefully illness and interruptions are behind us all and we will have a quite Term 4!!

I have been at many meetings this term and they have all been challenging and informative. I recently attended the Western Principals conference in Orange where the quality of speakers was first class.

We met *Dianne McGrath*, who is one of seven Australians shortlisted for the Mars One Astronaut Program. She is regarded as a leading expert on sustainability and really challenged the audience! If successful she has a one way ticket to Mars where her team will establish a new environment for human habitation. Imagine, leaving everything you have ever known, never to see Earth again, knowing Mars is your last location where you will spend the rest of your life. The selection process is rigorous to say the least, and her excitement is "out of this world"!

*Dr Jordan Nguyen* – An ex Young leaders speaker, also left us reeling, with his high energy, his zest for life and discovery. He is highly committed to improving the lives of as many people as possible through technological evolution. He is an engineer for humanity, designing technologies to transform the lives of people with disabilities. Jordan's documentaries shot around the world, show his commitment and ambition to consciously create a better future. His warm personality and down to earth attitude made you feel that anything is possible if you just only think and create outside the box!

*Michael McQueen* is a renowned speaker and trend forecaster and has shared the stage with the likes of Bill Gates and Apple co-founder Steve Wozniak. He spoke about artificial intelligence and the rapid development China is doing in this area – Driverless cars, face recognition to show social credit, Alexia – by Amazon, prototypes of 3D printers that use your skin cells to re-print them for skin grafts, Nano technology where travelling through the

bloodstream, nanobots identify tumors and inject blood clotting agents to shrink them. All mind blowing stuff!

Both her and Jordan spoke about "the pace of change has never been this fast but it will never again be this slow" – An amazing window into how rapid our lives will be!

Michael spoke about future jobs for our children and indicated that with advances in technology, some 350 million workers could be displaced. The future trend will not be the obsession with University but in the physical, manual labor, building, hairdressing and humanity professions, and the arts, music, etc where you need to connect and create.

Moving from content delivery in education to capacity building, from capabilities to critical thinking, from expounding learning to experiencing learning, from promoting self-esteem to self-efficacy. You cannot give another person self-esteem, it comes from knowing you can do something on your own, which is usually achieved through repetition. Effort praise v's ability praise, and we need to promote curiosity and creativity in our children for future jobs.

He spoke about the power of getting outside the classroom and how in Finland students are required to be outside for 15 minutes every hour. Outside play is essential for the development of tomorrow's skills.

An amazing two days and very thought provoking as to how we teach and what we teach to equip our children for the future. I will sign off with two quotes:

*"If we teach today's students like we taught them yesterday, we rob them of tomorrow."*

*'Resisting change is like trying to hold your breath, even if you are successful it won't end well.'*

**Kind Regards**  
**Wendy Hay**  
**Principal**

## DATES TO REMEMBER

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

**14<sup>th</sup> Oct** – First day T 4 Staff

**15<sup>th</sup> Oct** – Students return

## INFORMATION FOR PARENTS

### **Morning Messages**

The Term 3 trial regarding weekly Morning Messages continues and will be reassessed based on feedback from families and staff at the end of the Term.

### **Parent's Guide to Online Safety**

Many parents and caregivers feel out of their depth when it comes to understanding their children's use of devices and the internet. **The Office of the eSafety Commissioner** has published new resources aimed specifically to help parents, with tips and advice on ensuring safe and enjoyable experiences online. The resource is available for access via a browser and downloads are available in multiple languages. In addition, for parents unfamiliar with using computers, a free hardcopy can be ordered. The resource is highly recommended.

### **Parents/Supervisors**

If you would like your own guest email address, please let the school know ASAP. This email will allow access to department sites as well as other sites

### **Free First Aid Course**

A **First Aid Certificated Course** will be held at the **Walgett Centre** during the Nov Mini School on **Wednesday the 6<sup>th</sup>**. This is a free event. Please email Casey Siemer (President of the Walgett Branch P&C) to register. (leconfieldcottage@bigpond.com) or call the Walgett Centre 0268281374, for more information.

### **New Uniform Hoodies**



New hoodies for the students are now available for purchase and we thank Walgett Centre's P&C for their action on this. They are \$25 each and range from a size 4-16.

### **School Bags for Sale**

6 Mighty Tuff BWSODE logoed Back Packs are available from the Walgett Office @ **\$10.00**. They are navy with the BWSODE school logo, have an ergonomic design and look quite smart and handy. Please contact the P&C or the Walgett Centre if you are interested.

### **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/>

### **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>

### **Moorambilla**

For those interested and/or have participated in Moorambilla, the Australian Financial Review has listed **Michelle Leonard OAM** within the **100 Woman of Influence for 2019**. This is an annual award that each year recognizes influential, inspirational and visionary women. BWSODE join many others, in congratulating Michelle on this outstanding achievement and her contribution to enriching the lives of so many children in rural and remote NSW,

## PARENTING IDEAS

(An extract from Michael Gross)

### **Five Top Tips for Positive Parenting**

#### **1. Switch on your kids' strengths**

Most of us have been conditioned to focus on what kids can't do. We were trained by teachers and parents who were adept at picking up your poor behaviours, highlighting errors and

encouraging you to eliminate your faults. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths, we are, in effect, unlocking their true potential for success and happiness.

**Three elements** come together to make a strength:

**Performance** - Being good at something

**Energy** - Feeling good doing it

**High use** - Choosing to do it

## 2. Balance kids' extra-curricular activities

Alongside social media and news events, being busy is now recognised as a major stress for many children and young people. Over-scheduling kids' lives is a relatively new phenomenon. Go back a couple of generations and a few sports, music lessons and things like scouting movements were the mainstays of after school life for most kids. Now the choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents. Many complain that family life is like now living in a hamster wheel, always in constant motion, with hardly a time to catch their breath. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch. The benefits of all this activity in terms of kids' skill development, personal growth and broadening social horizons is well-founded. However finding a balance is tricky as every child, like every family is different.

## 3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. With families shrinking in size, peer relationships are now fundamental in providing kids with a sense of belonging, a place to hone their identity and a group upon which they can develop their future relationship skills such as tolerance, empathy and forgiveness.

Friendships can be problematic. Not every child is naturally outgoing and makes friends easily. If your child is like this, but generally seems happy, then there may be no need to do anything. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with

others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

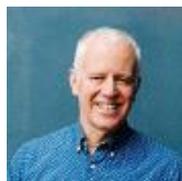
## 4. Give kids tools to manage anxious moments

We don't have a childhood resilience problem as many teachers and professionals say, but we do have a childhood anxiety problem, which can go undetected as community understanding of anxiety is low.

Everyone feels worried from time to time, but these feelings pass when the stressful situation has passed. Anxiety occurs when these anxious feelings don't pass, and happen for no obvious reason. It's a serious condition that can be managed and minimised with their right tools.

## 5. Develop rites of passage

There are many healthy ways to recognise a young person's growing maturity and mark his or her journey into adulthood. Many families are now creating their own rituals to mark key events such as the end of primary school, the start of the teenage years or various stages of adolescence. These traditions are now becoming legitimate rites of passage for young people and they are important. Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap.



**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 *Spoonfed Generation: How to Raise Independent Children*.

## LIBRARY REPORT

We should always believe in the power of books and storytelling, knowing that for kids and adults alike, reading can offer an escape into worlds far from our own.

Stories can be a place of imagination, learning and reflection, and they can be a place of safety, too.

Stories help children make sense of the world.

Wouldn't it be lovely to have a channel on TV that features nothing but stories that inspire us and reassure us and our children that there are good things happening and good people in the world!!!

Fill your home with books and dream of that channel, maybe it will happen one day!!!!!!

**Mrs Robinson**  
**Teacher Librarian**



## **CENTRE NEWS**

### **Walgett**

#### **Mac**

A huge congratulations to Mac on his selection into the NSW Sub-Junior U/12 Polocrosse Team to play at the Australian Polocrosse Nationals in Ballarat in March 2020. Mac will be representing NSW and competing against the other states. To ride and compete at this level requires an enormous amount of time, training and effort and we congratulate him on this marvellous opportunity. An outstanding achievement  
Mac owns a beautiful horse called Montana, pictured below.



#### **Gabe**

On August 23<sup>rd</sup>, Gabe and his family travelled to Sydney where he was presented with a Gold Certificate for his winning poem in the **2019**

#### ***WriteOn Competition.***

Congratulation to Gabe on this fine achievement  
Congratulations are also extended to Rafa and Mac as well, who both entered fantastic pieces. It's great to see our students taking up these opportunities as they come.



#### **Mr Pip's Party Hats**

Mr Pip has 300 party hats that no one buys  
So all day long he cries and cries  
"Noooooo!!" he wails for three leap years  
Then one day he faces his fears

He puts on 1 and 2 hats  
And 3 and then 4  
Blue hats, green hats, pink hats too  
More, more and MORE!

Pirate hats, feathery hats  
On the very top, a top hat that is blue  
Mr Pip walks out of his shop  
He knows just what to do!

Mr Pip struts down the street

300 hats on his head  
He starts to sing loudly and proudly  
So loud he could wake up the dead!

"Oh! Mr Pip! I love that top hat!"  
Said bald Mr Puggoo  
"How much is it?"  
"Mr Puggoo? \$10 for you!"

Soon came Sergeant Paul and Captain Wiggle  
Pretty Miss Polly and Gabriel Giggle  
They all wanted hats from Mr Pip so bold  
And he gave them all hats, until all were sold!

**By Gabe**  
Yr 1



## **INTEGRATION DAYS**

### **Walgett Centre**

Walgett held their first Integration Day for Term 3 on Friday August 30<sup>th</sup> with a Book Week theme!

The day was attended by Gus, Denzel, Ricky, Matari, Darcy, Raffa and Gabe, who all embraced the day and came dressed in a variety of book characters.

It was a very busy day filled with lots of story sharing, sport, STEM and other activities.



Ricky right 'in character' with live prop 'Alex' the talking parrot!!

Many thanks to the P&C who have generously donated three new seats to the School. Multi-tasking on the day, were President Casey, and parents Charles and Jemma seen below assembling the seats.



Charles, Casey and Jemma



Staff and students enjoying the new seating at Integration day



The boys in the spirit of Book Week



## Bourke Centre

Bourke held their Integration Day on Thursday the 12<sup>th</sup> Sept. The students came together to celebrate **R U OK Day**.

They enjoyed their visit with Mrs Yuka Rose from Mental Health, and were able to work on identifying their feelings. They also learnt to determine the processes that they use, or could use, to get back to their happy place when they are having a bad day. We talked about the all-important check in, and what we needed to do to make sure that everyone was ok.

We were also fortunate enough to have Mrs Laura Gillard come in to take our school photos. All of our attending students looked smart and proud in their school uniforms, and we look forward to seeing the wonderful photo's that come from our session.

Mrs Lorberg



## MERIT AWARDS



### Walgett Students

**Monty** - Completion of his persuasive English Unit 'Don't Let the Pigeon Drive the Bus'

**Jandre** - Completing 'Noni the Pony' / Excellent reading / Kicking goals to complete Maths Units.

Absolutely wonderful Story writing attempts.

**Mac** - For detailed designs using a grid and accurate measurements to scale

**Gus** - Sensational Problem Solving results / A huge improvement in Maths concepts / For a considerable improvement in English Skills Practice

**Rafa** - Consistent dedication and progress in Spelling Mastery

**Gabe** - Ongoing effort and engagement in physical activity

**Darcy** - Awesome improvements with handwriting / Outstanding efforts

in 'Staying Alive' Unit

**Aiden** - For great work in Comprehension tasks

**Denzel** - For exceptionally well-presented work

**Wally** - Effort and Understanding in Maths

**Katie** - Super effort in Spelling Mastery



### Bourke Students

**Willem** - Working hard on Volume and Capacity / Working hard to incorporate Exit Hooks into his writing / Using CCT skills to solve a range of problems

**Maisie** - Writing an excellent opinion piece on Superheroes / Super spelling skills

**Nick** - Working hard on 'ears' unit / Consistently working hard on sight words

**Oliver** - Outstanding work in addition and subtraction

**Charlotte** - Working hard in Civics and Citizenship



Good relay change



A dry track for Denzel above and Mac below, in the 100m sprint

## SPORT REPORTS

### Walgett Centre

The Barwon Athletics Carnival was held in Collarenebri on Wed August 28th. Congratulations to Mac, Denzel and Rafa who represented BWSODE and had a great day competing in a range of Track and Field events. Thank you to Miss Marvel, teacher in charge and who also manned the Shot Put, and to the parents who travelled and supported their children.

The boys did so well and it was a great day had by all.



### Bourke Centre

Congratulations to Vanessa, Charlotte and Oli who attended the District Athletics Carnival in Bourke on August 29th. They did very well, participating in many events and representing our School with great effort and sportsmanship. Although unable to attend, each of the students qualified for the Regional Carnival later in Sept which is a fantastic achievement.



Vanessa at the Carnival



## *One Hundred Years from Now*

*One hundred years from now  
It won't matter  
What kind of car you drove  
What kind of house you lived in  
How much money you had in the bank  
Nor what clothes you wore  
But the world may be a little better  
Because you were important in the life of a  
child*