

# Woodenbong Central School & Community Newsletter

Principal: Dr Greg Wilson  
Unumgar St, Woodenbong





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# 20th June, 2019

Week 8 Term 2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						2
			6			9
						
			20	21		23
				<b>North Coast Regional Cross Country at Nana Glen</b>		
24	25	26	27	28		30
	<b>Woodenbong Show Meeting 25th June 7:00 pm Community Room</b>			<b>Secondary Northern Rivers Zone Athletics Carnival at Lismore</b>		

# Principal's Report



Opportunities allow our students to find out what they like and what might constitute future employment and career path. We also assist our students develop their talents through persistence, hard work and the development of a growth mindset. We believe that our students deserve to live empowered lives with passion.

This week we welcome Ms Skerritt to Woodenbong Central School. Ms Skerritt is our new Deputy Principal. I am sure she will quickly become part of our Woodenbong Central School family.

Brain research and neuroplasticity now can provide information on how we learn and how we move information into long term memory. The first challenge for humans to learn is we need to pay attention to the information. Then information need to move past the emotional switching station (the amygdala). Emotions such as anger, frustration or stress prevent information from moving into short term memory. From short term memory skills or information can pass into long term memory provided we practice the new skill.

Our brains are wired in such a way we pay attention to novelty or to something we have made a prediction. We persevere when our brain is rewarded. This occurs when we have achievable goals and we receive frequent feedback. Videogames are successful when the goals are achievable and they provide the right kind of feedback.



The phrase “*use it or lose it*” applies to the brain and learning. Each time a memory is used the stronger it becomes. The more time that those neurons fire the pathway between them develops more connections and the more permanent the memory becomes. Practice is essential for learning and developing skills and memory. However rote learning is nowhere near enough. Rote learning stores facts in isolated parts of the brain. To make the learning stronger we need to be actively engaged in learning. We need to connect this connect the new learning to older learning, other relationships, patterns or contexts. The more connections the stronger the learning and the longer it will last. The more connections means that the new information is more readily retrieved from memory.



The latest brain research is not just interesting it will inform how we learning and will have impact within the classroom. It also can explain why techniques such as making predictions when reading can greatly improve comprehensions. When we make a prediction we become curious, more likely to persist with a task and we pay attention to what comes next. That is our brain is actively engaged in reading and learning.

A student who averages 90% attendance will miss more than 260 days (or 1 year 3.6 months) of school over their 13 years at school. That is they will be over a year behind their peers who have near perfect attendance. Regular attendance at school assists with student learning. When a student is absent from school they not only miss the content but the learning opportunity the teacher has devised to assist them learn as well as the underlying ideas and concepts. Often learning is built upon one concept or





idea leads to another. Regularly absences can leave gaps that become increasing difficult catch up on. There are times when students are away from school due to sickness, family reason or leave. To ensure the absence is explained either send a note explaining the absence or contact the front office (02 6635 1281). Students should always catch up on work missed as soon as possible. The Home School Liaison Officers (HISLO) regularly visits Woodenbong Central School to check on student attendance. More information on attendance is on the school website: [http://www.woodenbong-c.schools.nsw.edu.au/our-school/attendance-](http://www.woodenbong-c.schools.nsw.edu.au/our-school/attendance-absences)

[absences.](#)

It is important that our office has up to date contact numbers for parents. These numbers are crucial especially in times of an emergency. We understand that from time to time parents need to change their phone numbers we would ask that you let the school know of any changes to contact details.



## Woodenbong Central School 2018 - 2020

**Engage in Learning**

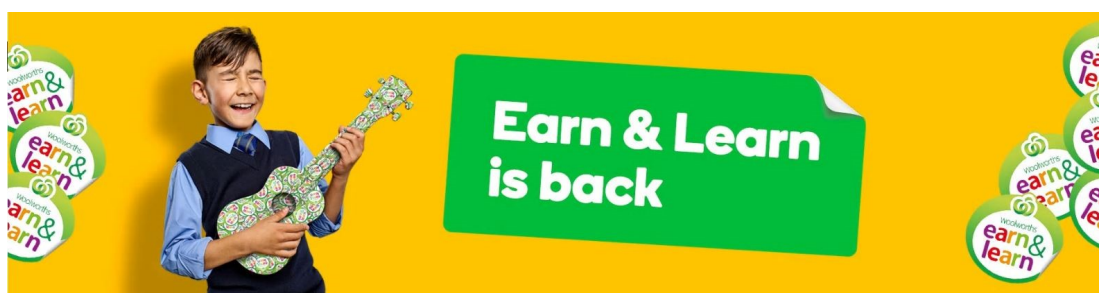
**High Quality Learning Environments**

**Deep Learning**



Woodenbong Central School is taking part in the Woolworths Earn and Learn again this year. When shopping at Woolworths please collect your stickers and bring them into the school.

Thanks You





# Primary Term 2

>>> IMPORTANT DATES <<<

21<sup>st</sup> June - Regional Cross Country -  
Nava Glen  
28<sup>th</sup> July - Primary Athletics  
8<sup>th</sup> August - Year 5/6 Debating  
9<sup>th</sup> August - District Athletics

## NEWS

### What's happening?



Kinder/One students showing off their beautiful crocodiles...



### Kindness is Cool

Award recipient:

**Millie Dickens**

Millie was awarded the captain's Kindness is cool award for Week 6. Congratulations Millie, the captains have recognised that you are kind to everyone! ☺



CARING fun THOUGHTFUL

### Week 4 fortnightly class awards

K/1: Amos, Thane, Jarrah, Braydon, Jamaime

Year 2: Jahdon, Aidon, Charlie, Armoni

Year 3/4: Erika, Liam, Solomon, Eric

Year 5/6: Fletcher, Aleisha, Hugh, Cassidy

Mrs Riley: Nic, Noah, Dylan, Zane

Win-bin winners: Tiana, Jessica

Best working Class: Yr 3/4

Last Fortnight's Social Skill: Getting along with others - Winner - K/1

### Classroom Bronze Award Recipients



### Primary Term 2



## SPORTS

### Sports Award

Award recipient:

**Beau Edmed**

Well done Beau for receiving the Captain's Sports Award for Week 4. The Captains appreciate how is an amazing athlete as well as being a fabulous sports person ☺





## FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

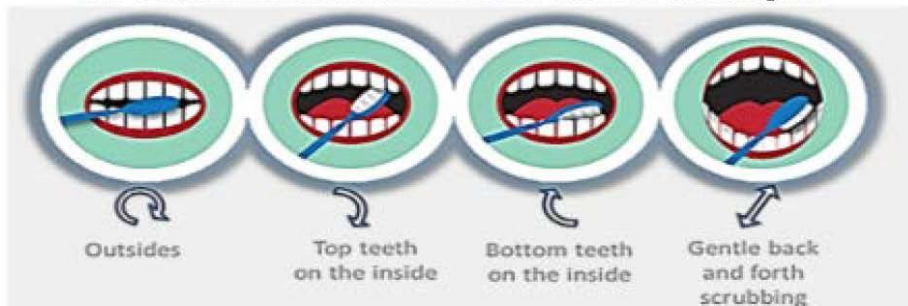
Available at NSW Health public dental clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton

**Call 1300 651 625 to book a visit for your child**

**Children aged under 8 need help to clean teeth twice a day**

- Use a soft child sized toothbrush and a pea sized amount of fluoride toothpaste
- Stand behind the child and allow them to hold the toothbrush too
- Move the brush in small circles using bristles to gently massage teeth and gums
- When cleaning is complete **do** spit out toothpaste, but **don't** rinse

How to Brush : Move a soft toothbrush in small circles over teeth and gums



**NSW** GOVERNMENT | **Health**  
Northern NSW  
Local Health District

**SPECIALS**

New Woodenbong Central  
School Bottle Green Fleecy  
lined jumpers (not in all  
sizes) \$11.00

Bootle Green Beanies \$5.00

## DEBUTANTE BALL

**28th September, 2019**

All girls interested in making their debut,  
could you please put your name in a the  
front office or contact me by 25th June.

If there are sufficient numbers to  
continue with the ball, practice will start  
first week of next term.

Thank You

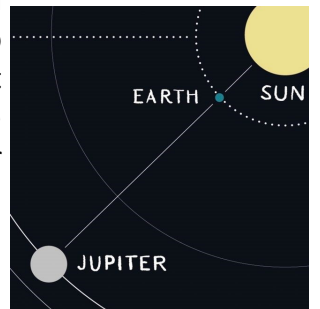
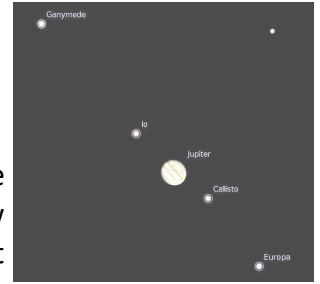
Glenda Compton

6635 1373

# SCIENCE AND OTHER NEWS WEEK 8 TERM 2

## JUPITER IN OPPOSITION - WAS AT ITS CLOSEST TO EARTH JUNE 12TH

If you have noticed a bright “star” rising in the east early in the evening over the past few months, yes, that was Jupiter. In term 1 it was rising as late as 8pm, now Jupiter rises around 4:17pm so is well up in the sky by early evening. A week ago it was in “opposition” - on the same side of the sun as we are and with Earth passing directly in line with it: (see illustration) At its closest, Jupiter comes to within 641 million km of Earth, and because it is so big, it has an apparent \*brightness\* close to that of Venus. It is during these weeks that it is easier to see the 4 large moons of Jupiter (Io, Europa, Ganymede and Callisto) with a good pair of binoculars (as tiny white dots in a row around the bright planet).



## BIRDING INTO WINTER

Seasonal changes bring a slight change in bird distribution and aside from migrations, birds can shift habitat and foraging behaviours so different species become more visible. My only ID for 108 on the year list has been the “Torresian Crow” (distinct species from the “Australian Raven” also common here), while Murray Kelman has reached 131 with a Black-Necked Stork (“Jabiru”).



## Seed Germination Experiments



Broad bean seed germination seen in cross-section through a clear plastic cup!



Rouge de Marmande variety tomato seedlings, 4 weeks old, started indoors using a heat mat!



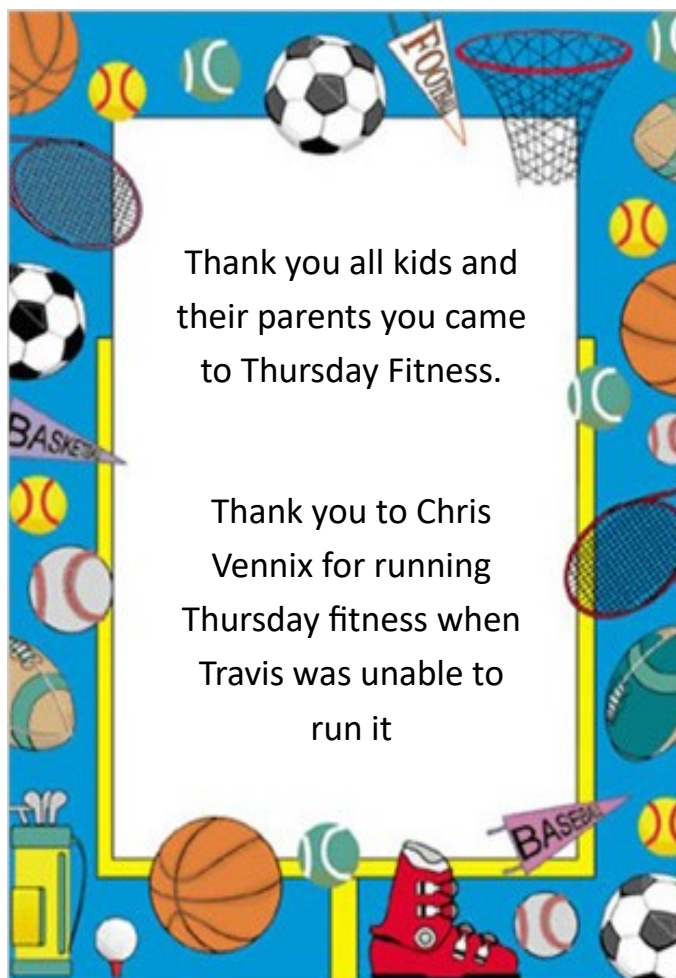


## Coming up this Term....

1st to 5th July—NAIDOC Week  
3rd July—Whole School's Activities Day  
5th July—NAIDOC Dreamworld Excursion

## Coming up Next Term....

21st to 27th July—Year 10/11 Snow Trip  
26th July—Primary Athletics Carnival  
30th July—Byron Bay Writer's Festival  
1st August—Australian Mathematics Competition  
5th to 12th August—Possible Trial HSC  
5th and 6th August—Hospitality/Food Technology  
Excursion to Sea World  
8th August—Secondary North Coast Regional  
Athletics Carnival Coffs Harbour  
22nd August—Primary PSSA Northern Rivers Zone  
Athletics Carnival  
27th and 28th August—Central School State Touch  
Football Carnival at Dubbo  
9th to 13th September—Year 11 Yearly  
Examinations  
13th September—PSSA Primary Regional Athletics  
Carnival



# Chaplain's

**o** I recently heard about two little children physically fighting, a situation which shocked those present. The ensuing conversation was around the need for children to be taught how to use their words instead of their fists. What a powerful and effective life skill we give our children when we teach them good communication skills from an early age.

**r**

**n** There are many courses available for those who need help in this area and also lots of good information online. Learning these skills can release us from feeling powerless and frustrated in conflict situations and will lead to better, healthier relationships.

**e**

**r** Take care  
Gail Watson

Last week, as part of her HSC Geography studies, Katie travelled down to Sydney to view several sites that she is studying for her course work this year. As her suburb study, Katie has chosen to look at Surry Hills, and how it has changed over time. To help Katie with this, we (the Year 12 class, plus Mrs Amos and I) stayed at the BIG Hostel in Surry Hills, and spent several days walking to other parts of Sydney via this suburb. Katie was able to see how Surry Hills is now located right on the fringe of the Sydney CBD, near Central Station, and this has helped give the suburb a unique character consisting of back-streets filled with gentrified terrace-houses and main roads containing a high volume of commercial locations. Katie was also able to see how other parts of Sydney differ in character and culture from Surry Hills.

Apart from making the mistake of wearing new shoes on a day of lots of walking – resulting in blisters – and really testing the limits of the 7kg luggage limit, Katie managed to undertake this trip with a minimum of drama or unfortunate incidents (unlike Billie – see last week’s article for details), and hopefully this gives her a good foundation for attacking this part of the examination in a few months.

Mr Gardiner



**Make friends, have fun and  
get active with Netball!**

<b>WHAT</b>	<b>Kyogle Netball School Holiday Clinic</b>		Net/Set (5-7yrs) and GO (8-10yrs)
<b>DATE</b>	Wednesday 17 <sup>th</sup> July 2019	<b>TIME</b>	2pm-4pm (5-7yrs); 2pm-4pm (8-10yrs)
<b>WHERE</b>	Kyogle Netball Association – Anzac Park, Anzac Dr, Kyogle		
<b>DETAILS</b>	\$20.30 per participant, with registrations online via the trybooking website: <a href="https://www.trybooking.com/BDGTV">https://www.trybooking.com/BDGTV</a>		
	Please bring a hat, sunscreen, water bottle and healthy snacks!		
<b>CONTACT</b>	Kirsten Clarke	M: 0497 443 991	E: <a href="mailto:kclarke@netballnsw.com">kclarke@netballnsw.com</a>

netball@netballnsw.com  
(02) 9951 5000  
netballnsw.com.au



**WANTED**

Freezer/Chest  
Freezer

Please call John Lee

02 6634 6191

**SHOW NEWS**

**Next Show Meeting  
Tuesday 25th June  
7:00 pm  
Woodenbong Central  
School  
Community Room**



## Year 8 Valid Testing

The trial of potential Year 8 VALID Extended Response Items and Short Response items for 2020 will be **completed by Year 9 students, online on Thursday 27<sup>th</sup> June**. Indicative time is 60 minutes with items from Stage 4 syllabus.

The *Validation of Assessment for Learning & Individual Development* (VALID) test for Year 6, 8 and 10 students will be held later this year. The test takes approximately 70 minutes. The **VALID Science 6, 8 and 10** test is an interactive, multimedia test completed entirely on a computer.

*VALID Science 8* contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 3, 4 and 5 (respectively) outcomes and essential content in the *NSW Science Years K–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science.

## Reflection For The Week

### IS SOMEONE TRYING TO OWN YOU???

Different people expect different things from us. And when a lot of people are pulling on you, those expectations can build up like a mountain and bury you. Is that how you're feeling today, buried under everybody's expectations? If so, read this Scripture: *'Be honest in your evaluation of yourselves, measuring yourselves by the [level of] faith God has given [you]. Just as our bodies have many parts and each part has a special function, so it is with Christ's body.'* ([Romans 12:3-5 NLT](#))

We all want people to be pleased with us, but we must also realise that they frequently have unrealistic expectations and sometimes selfish ones. So why don't we just say no?

(1) *Fear of people*. We want to be loved and we are afraid of being rejected.

(2) *Pride*. If God made you a one-talent person, He won't give you a two-talent assignment. Don't allow pride to make you take on more than you can handle in order to have people's approval.

(3) *Not knowing God's will for you*. Jesus said, *'I carry out the will of the One who sent Me, not My own will.'* ([John 5:30 NLT](#)) You must know God's will and be committed to it, or people will try to impose their will and agenda on you.

(4) *Trying to be like someone else*. *'Having then gifts differing according to the grace that is given to us, let us use them.'* ([Romans 12:6 NKJV](#)) Unless God has 'graced' you to do it, you'll fail or collapse under the weight of it. Realise that you are not called to meet everybody's expectations.

***"Provided for you by the local Catholic, Seventh Day Adventist, Presbyterian, Uniting, Anglican, Crossroads Ministries & Muli Muli Full Gospel Outreach Churches".***



# THANK YOU

I just wanted to sneak one last item into the newsletter from 'beyond the grave' to say a huge thank you to all the students, staff, former students and community members who contributed to my time at Woodenbong Central School. I especially wanted to acknowledge how amazing my last day was on Friday. I know that no matter what I do in the rest of my teaching career I will never experience a day like that again, and it is something that will remain with me always. I told myself on the drive up to work that I wouldn't get emotional, but I guess I didn't quite hold that one together... So thank you again to everyone, and I hope to see you all again at some point in the future.

Mr Gardiner

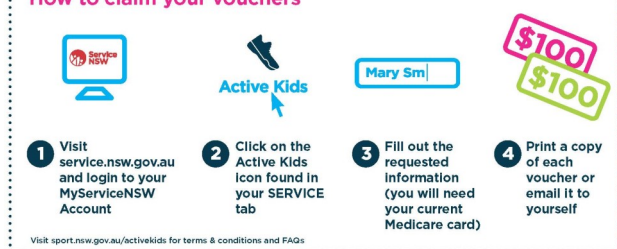






All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers**. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

#### How to claim your vouchers



#### How to use your vouchers

- 1 Find a provider by visiting our website: [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids)
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

\*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



## WOODENBONG CENTRAL SCHOOL

### ATHLETICS SINGLETs

**\$25.50 EACH FROM FRONT OFFICE**

**PRIMARY AND SECONDARY**



## YEAR 10/11 SNOW TRIP EXCURSION

The Jindabyne Excursion is going to be from Sunday 21st to Saturday 26th July, 2019 (first week of term 3).

It would be a good idea if parents start to make payments/start a payment plan.

All monies for this excursion needs to be paid by 26th June.

Thank you



ST MARKS ANGLICAN GUILD  
Cordially Invites You to Our

## CHRISTMAS IN JULY LUNCHEON

Wednesday 10<sup>th</sup> July  
11:30 for 12:30pm  
at Urbenville Hall

**\$20** (payment due with booking)

*Everyone is welcome!*

*Serving a deliciously Traditional Baked "Christmas" Dinner & Dessert including all the trimmings*

Please R.S.V.P. by 8/7/2019 to  
Eliza- 66341 208  
Lorraine- 66341 229  
Jan- 66341 322





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[www.rodwatson.com.au](http://www.rodwatson.com.au)  
[woodenbongdriveway@gmail.com](mailto:woodenbongdriveway@gmail.com)

**ALL CALLS 02 6635 1300**

SERVICE STATION • NRMA SERVICE • NEWSAGENCY

## Woodenbong Progress Association

Meetings held the first Tuesday of the month

Woodenbong Golf Club

WINTER: 7.00PM - SUMMER: 7.30PM

*Everyone Welcome*

**FOODWORKS**

Ph: 6635 1310

\*Groceries \* Fresh Fruit & Veg \* Fresh Bread

Weekly Specials

\*EFTPOS \*Open Mon-Fri 8am - 6pm Sat. 8am - 5pm  
Sun 8am - 4pm