Well with only 15 days left of term one it is official – time really does fly!
It is with great pleasure I welcome our newest staff member Ms Kimberley Nagle.
Ms Nagle has come from Sydney and we hope her time in Distance Education is enjoyable, I know all families will make Kimberley feel very welcome as she settles into her new job and town.
This week I attended the state ICPA Conference held in Narrabri. It was an intense, informative two days – I would urge all parents to investigate this worthwhile organisation who do so much for rural isolated children. They are very knowledgeable about all aspects of primary, secondary and tertiary education.
Attached to this newsletter are two surveys connected to the Annual School Report due at the end of term. Could families please complete these and return them to me via email. Could you please also ask and assist, if necessary, your children to complete them and please return by the Friday 28 March, thank you.

Only a few more sleeps till the Young Leaders conference and I hope this years Year 6 enjoy themselves as much as past students have – thank you to Ms Warden and Ms Nagle for assisting in this excursion.
I look forward to catching up with everyone at the up and coming Centre Mini-Schools being held in Week 10, till then, stay well and safe,
Kind Regards
Wendy Hay
Principal

DATES TO REMEMBER

March 31 – Young Leaders conference @ Sydney
April 2 – 4 Mini Schools @ Bourke & Walgett
Parent Information

VISE
VISE (Volunteers in School Education) offers six weeks assistance from a retired Teacher, to families with students on Distance Education. If there is an emergency, VISE also have ‘Angels’. The NSW VISE Co-Ordinator is Norma Colclough 02 63441542 / 0429300215 / nsw@vise.org.au

Maths A to Z

Great Books

Science
Interesting information about electricity, natural disasters, the solar system and other areas of science can be found on this site. http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/science-project-starters

Father and Son Time
A series of adventure-filled camping weekends for fathers and sons are being run at Sport and Recreation centres. With no computers, phones or TVs, dads and their boys will be able to spend time together and building a healthier relationship. For more information: http://www.dsr.nsw.gov.au/youngstars

Motivating Children
All kids are born active. Some just learn ‘lazybones’ habits and need a nudge to get out and about. Find out ways to encourage your child to get up off the sofa and get a little physical. Some ideas can be found at: http://www.schoolatoz.nsw.edu.au/zh/well-being/fitness/motivating-lazy-children

Helping your child with Spelling
Here are a few tips and techniques to make spelling easier. http://www.schoolatoz.nsw.edu.au/home-work-and-study/english/english-tips/getting-your-child-used-to-writing

Why active kids are less likely to be cyberbullied
We all know that getting kids off the computer and outside to play is important for their health. But researchers have found kids who do extracurricular activities tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs. For more information http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/kids-who-are-less-likely-to-be-cyberbullied

Bourke Walgett School of Distance Education Website
www.bwsode.schools.nsw.edu.au

Michael Grosse (Parentingideas)

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.
Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.
Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that **increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.**

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don't function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning and sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

**Good sleep habits include:**

**Regular bedtimes** - Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

**A 45 minute wind-down** time before bed -

This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

**A bedtime routine** - Have a bedtime routine, such as story-reading and teeth-cleaning that signals psychologically, that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

**Keeping bedrooms for sleep** - Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it's smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I've noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

**Maximise the three sleep cues** - These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the habits above and work out which of these you can adjust to move things in favour of them getting more sleep.

**Quote of the Week**

"When kids can – Let them do"
FAREWELL MISS OLSON

We wish you well in your new position in Melbourne.

INTEGRATION DAY

Friday 7th March and our day began with catching up on news and discussing the upcoming weekend events. We then had a Focus on Reading session with Miss Johnson. Before we knew it, it was time for Assembly and Zari, Zedi and Max via Satellite joined us. Everything ran smoothly and it was lovely hearing what everyone had been up to as well as some pretty funny jokes from Beatrice! After we finished our delicious Morning Teas, it was time for a cricket match and some skipping. Gilbert was our resident commentator for the game and what a sensational job he did at keeping us informed and entertained!!!

Our middle session was all about MATHS and we all completed a small assessment before working through problem solving questions on chosen concepts. There was much excitement during lunch as we discussed our afternoon session at the Pool. So once our lunch orders were consumed it was off to get changed and apply sunscreen. We began our session at the Pool with some novelty races across the pool, using noodles before breaking into groups of those who would like to train for the upcoming Regional Carnival and those who would like to learn some water safety and lifesaving skills. Tully and Harriet diligently trained with Mrs Colwell, aiming to improve their times and work on stroke development. Percy, Bridget, Beatrice, Campbell and Gilbert took part in the life saving session with Miss Evans and Miss Johnson. Firstly we discussed the safest way to save someone who is in trouble in the water, which led to using ropes and noodles and calm voices to save our friends. We then discussed the possibility of not always having your swimmers on when you need to help someone – so we practised this by wearing clothes and swimming across the pool! We completed this session with learning safety jumps – quite tricky to master…

Everyone enjoyed a little free time at the end before our parents arrived. What a fabulous day we all had – thank you everyone!!!

By Miss Evans

STUDENT REPORT

The Hidden Treasures of India – By Year 5/6

Show your true colours in a country full of culture. Experience India, one of the most amazing countries, with your own eyes. There are many hidden treasures and secrets waiting to be discovered. Come to India and try our fabulous Indian cuisine. Taste our delectable curries,
sweet lassi, samosas and poppadums. Our fresh spices are a once in a lifetime experience. Taste some scrumdiddiliumptous rogan josh, tandoori kebabs and butter chicken. You will not be disappointed. *(Eliza Friend)*

Experience the vivid, rich colours of Indian clothing. The Indian streets are full of rich embroidered saris. Observe men in traditional white cloths called dhoti. You could even buy one yourself! *(Grace Robinson)*

Appreciate and admire the exotic arts of India and be awakened by the ancient and mystical artworks. Decorate your body with flamboyant colourful and traditional designs of henna art. *(Calum Robinson)*

India is a country of immense wildlife. Come out on tours to see the beautiful Bengal tiger and other animals such as the Indian elephant. The Bengal tiger is the national emblem of India and India has recently launched a protection program for these amazing animals. This means you will have more chance of seeing a Bengal tiger in the wild than most other places on earth! *(Tully Ritter)*

Come and experience Holi the Indian colour festival that represents love. Drench yourself in rainbow dye while dancing, singing and having a BLAST! Remember to stop by and immerse yourself amongst this dazzling tradition. *(Harriet Morris)*

Come to India and watch an enthusiastic game of cricket! The Indians love their cricket and who knows they could be playing Australia! With such an awesome atmosphere you will never forget it! *(Jack Pagett)*

Have you ever wondered what a museum dedicated entirely to the history of toilets would be like? If you are fortunate enough to holiday in India I strongly urge you to take some time to visit the Sulabh International Museum of Toilets in New Delhi. This one of a kind museum has over 300 toilets on display! You will learn about human rights, environmental sanitation, a different source of energy and waste management as well as have a laugh at the same time. You must visit the bizarre and extraordinary museum and I’m sure you will learn something new. *(Adelaide Fisher)*

India has something for everybody! Trust me when I say its magnificent sites need to be seen to be believed. Explore the majestic beauty of the Khan National Park, take a scenic tour through the Kerala Backwaters or indulge your spirit in the historic wonders of the Ajanta Caves. *(Jerry Fisher)*

How about riding a majestic elephant through the jungle or travel on the back of a rickshaw through one of the amazing cities of India. You can take a bike ride through a magnificent village or go down a mesmerizing river in a boat! Because whichever way you want to discover India it will be amazing. *(Max Clarke)*

In India the most popular type of music is classical music. The two main types of music are Hindustani and Tartaric which originate from the north and south of India. You need to come and listen to the unique style of music as well as see the traditional musical instruments that are becoming very rare. *(Malcolm Bartlett)*

These are just some of the amazing reasons as to why you should visit. So come and experience INDIA, you will not be disappointed!
NEW STAFF MEMBER

We welcome Ms Kimberley Nagle to the Bourke campus of BWSODE and hope she enjoys the experience of working in Distance Education.

Hi! I’m Ms Nagle. I’m so excited to meet you all!

Until last week, I lived very close to the city in Sydney and was teaching a beautiful 4/5 class at Matraville Public School. What a difference a few days make!

The Bourke community has made my fiancé, Wayne, and I, feel very welcome and we are overwhelmed with the amount of social activities that are on offer here.

Before I became a teacher, I worked as a Forensic Scientist in Canberra. It took a few years to work up the courage to decide that wasn’t for me and I moved to Sydney to go to university to study teaching. Boy, am I happy I made the change!

I grew up just outside of Tamworth on a little farm with my parents, brothers and sister and various other kids who called our place home. My siblings and I always took in stray animals so sometimes it felt like we grew up in a zoo.

I love seeing new places and meeting new people - if you catch me daydreaming you can assume I’m mentally planning my next adventure.

I spend my afternoons and weekends playing with my dogs, Mango and Pawpaw, playing some form of sport, reading or travelling around to see people.

Hopefully I’ll see you at the Mini School in a few weeks so we can get to know each other a little better.

Ms Nagle

HOME VISITS

Humbert

On the 12th Feb, Miss Slack-Smith and I went out along the river road to Gurrawarra Station for the first home visit to the Humberts for 2014. The boys made us feel very welcome by riding out to meet us at the front gate. Miss Slack-Smith had some assessment to do with both Luke and Aaron so I was able to take the opportunity to do some serious archery and table tennis with whomever was getting a break at the time. It was a very hot day (the beginning of this humid build up), so we were never too far from the air-conditioned house and these two sports lent themselves to the hot conditions.

The boys both worked very hard for Miss Slack-Smith and a foundation was put into place for a fantastic school year. Thank you to Julie and the boys for making us feel very welcome and for a very worthwhile home visit.

Mr Warne

Schwager

Last Friday the 14th March, I headed to Wee Waa to see Phoebe. We had a lovely day together doing school work, a few little tests here and there and of course a few essential breaks in between...
to be fed and watered. After we had finished for the day I got to meet Phoebe’s two dogs and take them for a walk.

Above, Phoebe with her dog, and below with Miss Warden

It is always so nice to get out of the office for the day and spent time with our students. I’d like to thank Bek for her wonderful hospitality and for putting up with me for the day. Can’t wait for the next one! - Miss Warden

Pagett
On Wednesday 5\textsuperscript{th} March, Miss Olson and I visited the Pagetts at ‘Winrae’ for Miss Olson’s last home visit. We had a busy day working with Jack, Pete and Grace as well as watching their satellite lessons. It was nice for me to see how satellite works from the other side of the screen and to help Pete and Grace with some of their writing.

Grace and Pete with Miss Slack-Smith

A huge thank you to Jack, Pete and Grace for their hard work throughout the day especially with the assessments. Mel and Kate made us feel very welcome and the touch footy on the clay pan was the perfect end to the day. What a sight we were driving back into town covered in mud!

Grace and Pete with Miss Slack-Smith

Jack and Miss Olson – After touch footy on the clay pan!

Thank you so much for having us! Miss Slack-Smith

Clarke
Wednesday the 19\textsuperscript{th} March was a wonderful day for me because I got to go and visit Max Clarke out at “Reinkes” near Coonamble. When I arrived I was eagerly greeted by the Clarke’s pet dogs Millie and Dexter, who proceeded to try and get into my vehicle.
Once Max and I were settled inside we started our school day. We both worked really hard up until lunchtime and then it was time to meet the “extended family”. I met Millie, Dexter and Butch (the pet dogs), Lila and Jet (the rideable pet sheep) and the two goats Skippy and Scuppers. Max showed me his sheep riding skills, the hole he dug (which he hoped would fill up with water soon) and his extraordinary trampolining skills.

Max is also an avid lego designer and showed me some of the cool machines he has made, like his ‘super sonic jump bomber’.

We had such a lovely day together and it was a shame it had to come to an end.

A big thank you to Berlinda for her amazing culinary skills, (I definitely didn’t walk away hungry) and for welcoming me into their home. I had a great day!

Miss Warden

Bartlett
On Tuesday 18th March, Mr Warne, Miss Slack-Smith and I visited the Bartlett’s at Noonamah Station. We had a great day, despite working hard with Malcolm, Jon and Kate and it was great to see how a DE classroom operates. The day started off with Miss Slack-Smith demonstrating her expertise on emus on the drive over – unfortunately her theories unravelled as we drove along and she was soon exposed as a faux emu-ologist (I know, Mr Warne and I were as shocked as you are).
After Malcolm showed his penchant for Lamingtons, we got cracking with some literacy and numeracy testing. When we got that over and done with, Miss Slack-Smith worked with Kate on her amazing Funny Face portrait while Mr Warne and I worked with Malcolm and Jon on their literacy programs. We ended the day in a heated game of touch footy in the backyard. I am pleased to say I didn’t embarrass myself too much and we ended in a 4-all draw.

Home visits are a valuable tool in assessing students and witnessing first hand our students’ work habits and abilities. This helps us to plan more personalised programs that work better for you and us.

Thank you to Paula, Ben, Malcolm, Jon and Kate for making us feel so welcome and having us in your home and schoolroom. We can’t wait for our next visit!

Ms Nagle

Murray

On Monday 17th March, Mrs Taylor and Miss Slack-Smith visited Emmett for a morning filled with hard work and lots of fun. We were able to watch Emmett’s satellite lesson, assess Maths and English as well as talk with Kelly about Emmett’s progress.
Before we left, Emmett showed us his amazing butterfly collection, which was a lovely surprise. He obviously loves finding and researching new types of butterflies. Thank you for having us and for working so hard Emmett!

Miss Slack-Smith

McGrath

Wednesday 19th March started off with a beautiful drive out to Wancobra to spend the day with the McGraths. Mr Warne and I were warmly welcomed at the gate by Katie and Sandy before heading inside to start school. Katie’s focus and enthusiasm throughout the day, despite all the work she was doing, made the day even more enjoyable. She worked away on her assessments as well as her schoolwork, giving me the chance to see first hand how she learns. Thank you Katie for your hard work.

Katie McGrath with Miss Slack-Smith on the banks of the river

It was lovely to finish the day meeting the pets and having a tour of the property. Thank you to Sandy and Katie for having us!

Miss Slack-Smith

MERIT AWARDS

Walgett Students

Felix Henderson - A wonderful start to Kindergarten / For a great understanding of the unit 'What is Healthy-Medicines and Safety' / Amazing audio work / For beautiful handwriting.

Percy Thwaites - Fabulous all over presentation of book work / Amazing acrostic poem / Unreal story 'Percy the Space Cleaner' / Dynamic job with fractions.

Western Mitchell - A dynamic job in the Drug Education unit / An unbelievable improvement in spelling results / Good work in comprehension / For an outstanding effort in 'How To Train a Sheepdog' unit.
Levi Gunther - For an unbelievable effort in the 'I Can Fly' English unit / An improvement in handwriting.
Zedi Jones - For completing Level A Spelling Mastery / Excellent work with picture column graphs / For an exceptional effort in the 'I Can Fly' English unit / Excellent use of expression and pitch when reading.
Zari Jones - An outstanding effort in the 'Very Mice' unit / For a huge improvement in her attitude to learning / Super spelling / For a fantastic Factual Recount.
Bridget Ritter - Outstanding work in the Drug Education unit.
Teddy Tonkin - An unbelievable effort in the 'Anthony Brown' unit / Marvellous work in maths / Exceptional work in the 'Ducks Crossing' unit.
Max Tonkin - For an improvement in tracing / Good work with tracing.
Ayden McLean - Impressive work in Maths / Awesome work in story writing / Excellent effort in handwriting / For his rhyme written for his reading unit.
Emily Tonkin - Wonderful work in English / Neat work in handwriting.
Tully Ritter - Brilliant story 'The Cat and The Dog Fight That All Came Right' / Outstanding research skills.
Max Clarke - For regular returns and completing all set tasks / Brilliant work in 'Bridging the Decade' in maths.
Harriet Morris - An unbelievable effort in Maths Tracks units.
Cooper Gunther - For a wonderful start to DE.
Gilbert Thwaites - For writing a fabulous poem.
Kelly Lloyd - Great description of a day.
William De Groot - Great work in handwriting / Wonderful monster made for reading.

Beatrice Thwaites - Gorgeous handwriting!
Darcy Mitchell - For an awesome start to DE / A dynamic job in maths.
Oscar Henderson - his intriguing story 'Mocha and Oscar' / Super spelling results / Amazing efforts in the 'Butterfly Barriers' unit.
Phoebe Schwager - Fabulous setting out in 'Problem Solving' / A mature sensible attitude in Drug Education.
Harriet Morris - Good work with graphs in maths / Brilliant story writing skills.
Eliza Friend - Dynamic work in all areas of maths / Brilliant Bio on Christine Arnu.

Bourke Students
Adelaide Fisher - An excellent analysis of television programing.
Callum Robinson - For his excellent 'funny face'.
Grace Robinson - For her persuasive writing task.
Aaron Humbert - His 'funny face' portrait.
Kate Bartlett - Her writing on the Aboriginal culture / Wonderful art work for showing her special place.
Sophie Schiller - Putting in lots of effort in the past few weeks to complete her work.
Millie Fisher - Her book review on 'The Fat and Juicy Place'.
Luke Humbert - For his 'funny face' portrait.
Grace Pagett - Working hard on her reading and moving up a level.
Jon Bartlett - Fabulous reading skills / Trying hard to put his ideas down on paper during the home visit.
Malcolm Bartlett - Great results in recent assessments.
Jack Pagett – Interesting journal entries.
John Robinson – For his ‘funny face’ portrait.
Jerry Fisher – Beautiful art work for the Libby Hathorn unit.
Olivia Dare – Wonderful work in all areas this week / Trying really hard.
Emmett Murray – Working hard on his home visit, especially on his writing.
Katie McGrath – Working hard on her home visit, especially on her English unit.

BIRTHDAY WISHES

Sophie Schiller celebrates her 7th birthday on March 29th and we hope you have a great day.

Happy Birthday to Jonathon Bartlett who turns 9 tomorrow the 26th of March. Hope you have a great day

Happy Birthday to Katie McGrath who turns 10 on April 9th. Hope you have a very happy day Katie.

LIBRARY NEWS

Wow! Library has spun this term. Infants have made bookmarks, so much easier to do when I can see what is happening and help out, learnt about what authors do and listened to some great new books in the Library. The Primary students have been on an exciting ride with a program called Fiction Express, where they are able to vote for which direction they would like the story to go in the next chapter. The Year 5 and 6 students have read the adventures of Harry in a book called “Clock”. Harry is able to stop time and this leads him on many scary paths.

The Year 3 and 4 are reading, “Pants on Fire”. Alfie is a perpetual liar and this gets him into all sorts of trouble when his lies start to appear. Will he pass the test and stop lying? We need to read the last chapters in these ebooks to find out the endings to these exciting problems. Over the year the primary students will have the opportunity to read 12 ebooks online and vote to decide the direction the story line will go. So if your student is in Year 3 to 6 and would like to join in on this reading adventure please email me and I will set them up. They just need access to a computer and the Internet. PRC is going very well with lots of students taking up the challenge. Some students have already read 5 or 10 books and received their awards from me. I have had to buy bulk Freddo Frogs from Mrs Thwaites for this exercise!!!! as so many students are taking up the challenge, FANTASTIC! Looking forward to Library in Term 2. Hope you all enjoy the books you are reading.

Until next time happy reading
Loretta Robinson
Library
loretta.robinson@det.nsw.edu.au

SPORT REPORTS

PSSA NORTH WEST SWIMMING CARNIVAL
HUGE congratulations to Max Clarke, Tully Ritter, Harriet Morris and Teddy Tonkin who competed in the North West Regional Swimming Carnival in Armidale on the 10th March. Special mention to the relay team who came 6th in the final and Teddy Tonkin who was 5th overall in his individual 50m butterfly event. It was also lovely to hear students were breaking their PB’s by up to 6 seconds! Such amazing achievements by all – Well done guys!

BWSODE Armidale Swimming Report
On Monday the 10th of March, Max, Harriet, Teddy and I went across to
Armidale, to the Regional Swimming Carnival. There were lots of competitors. Bridget and Emily came along with our parents to support the school. The whole grandstand and the pool area was full of people supporting their children. The temperature wasn’t too bad; it got up to about 23 degrees so it was a lot warmer than last year. This made it easier to keep warm between events. Our relay team got 6th place, which I think was pretty good because there were about 16 teams. Competing in the relay was the best part of the day because we were part of a team.

Individually we all achieved a personal best in one of our individual events. We represented the school in nine individual events which is an awesome effort. Overall we had a great day even though none of us got through to State Finals. We all came away happy because we knew we did our best.

By Tully Ritter

ATTACHMENTS

- ICPA Scholarship and Bursary Information
- Parent and Student Survey
- Term 2 Planner
- Term 3 Planner