FROM THE PRINCIPAL’S DESK

It is my pleasure to welcome students and parents back for the start of Term 3. I trust you have all had a relaxing and enjoyable time over the holiday break. This term is certainly moving quickly with many activities already underway. Both centres have had success at their Small Schools Carnivals and are now busily preparing for district events. I would like to take this opportunity to wish all competitors the best of luck in their events. Thanks also to the parents who assist at these carnivals.

I wish to advise of the following staff changes: Miss Breeanna Thayer will be replacing Miss Sarah Evans who has taken an appointment at Molong Pre-School. I am sure everyone will make Bree feel very welcome.

This term we have various staff involved in Professional Learning activities. Sophie Slack-Smith is working with staff from Broken Hill SoTA and Dubbo SoDE to write a cross curricula unit focusing on English and Science. This unit will be presented to Stage 3 students in Term 4 and involve students from all three schools. I am sure staff and students will gain a great deal from working with each other. This project is a wonderful example of broadening the classrooms of our students and learning from each other. Breeanna Thayer is participating in Literacy K-2, which looks at the early learning strategies for young readers.

James, Prue and myself will be attending the ADDES Conference in Sydney in Week 9. This conference draws together Distance Education staff from across Australia to share ideas and knowledge on teaching via distance.

I hope you all enjoy the photos from our Whole School Camp at Toorale. It was a wonderful venue and everyone had a fantastic time. A big thanks to the Bourke staff for all the planning and organising they did for this camp and to the parents from both centres who attended and lent a hand to help the days run smoothly.

SNAP

This competition is being held this term. The theme for this year is - What does being happy look like in your rural community. Entries need to be in to Miss Warden by Monday 8th Sept (Monday Wk9)
HOW DO YOU ENTER?

• **Think** about ‘what does being happy look like’ in your local rural community?

• **Snap** your digital photos that really capture what it means to you to be happy in your rural community.

• **Decide** on your best photo. It must be a minimum of 4 megapixels.

• **Write** a short artist’s statement about your best photo and what you were trying to capture.

• **Fill in** an authority to publish form. (If you are a student, don’t forget to get your parent / caregiver to sign it.)

Our school has been very successful over the past 3 years and I hope we see lots of entries again this year! More information can be found on the Rural and Distance Education website: [www.rde.nsw.edu.au](http://www.rde.nsw.edu.au)

Reminders will also appear in Morning messages during the term.

Don’t forget the **Whole School Excursion** to Dubbo – Week 10. We have had wonderful news that the excursion has received a grant from the Salvation Army and therefore only a minimal student levy will apply. Please call if you have any questions about this excursion – attendance request forms are due back **Friday 15 August**. Take care on your travels to all the different events this term. Keep safe and I look forward to catching up with you all soon.

**Kind Regards**

**Wendy Hay**

**Principal**

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**DATES TO REMEMBER**

8<sup>th</sup> August - Barwon Athletics Carnival Collarenebri
13<sup>th</sup> August – Boys Moorambilla Camp
14<sup>th</sup> August - Bourke District Athletics Carnival
15<sup>th</sup> August – Excursion EOI
18<sup>th</sup> August – Girls Moorambilla Camp
29<sup>th</sup> August - NW Region Athletic Carnival Tamworth / Western Athletics Carnival Dubbo
8<sup>th</sup> September – SNAP entries due
15<sup>th</sup> September – Whole School Excursion – Dubbo
19<sup>th</sup> September – Last day term 3

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**PARENT INFORMATION**

**Flu Season**

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

• Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.

• Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.

• Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

• Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s [vaccination page](http://www.rde.nsw.edu.au). Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.
Interesting Websites
If your child is working on a personal project (or you want to make use of the sites for a little revision), www.SchoolAtoZ.com.au has lots of information and fact sheets. For students polishing their **spelling skills**, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. To download: http://bit.ly/Q9ez0G

Funding Available for School P&Cs and Community Groups

P&C committees and community groups are encouraged to apply for a grant to benefit their local area. Keep NSW Beautiful (KNSWB) is the State's premier organisation for litter reduction and environmental sustainability and is independent and not-for-profit, and their focus is to engage communities to make NSW the least littered state in Australia, transforming littering behaviour to create a beautiful and more sustainable environment.

Keep NSW Beautiful and the NSW Environment Protection Authority (EPA) are running a **grants program** to resource community groups who want to cut litter in their neighbourhood. The grants are used to refurbish or improve a place where litter is currently accumulating.

Community groups can include P&C committees or any external organisations with which individuals or schools are involved. We encourage you to take the opportunity to apply for a grant to benefit your local area (projects must be completed on public land, not on school grounds).

The Community Litter Grants award up to $5,000 to groups who carry out a 'Local Litter Check', following a specific methodology developed by the EPA, and use this information to come up with a plan to change the character of their litter hotspot from a public garbage can to a place community members can use and enjoy.

Even if you don't want to apply for the full grant, you can acquire some funds for your group by doing the Local Litter Check alone, as all groups who carry out the Check will receive $300 reimbursement on top of the grant. To register your group's interest by Friday 29 August 2014, refer to the **KNSWB Registration Form** and to find out more about KNSWB or the Community Litter Grants Program, visit the Keep NSW Beautiful website.

The Reading Hour

[Image of The Reading Hour]

**National Self-Detection Program for Scoliosis (NSDP)**

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve. Because in the early stage the condition is mostly without symptoms, screening in the age range 11-13 years is a sound preventive health measure. There is a self-detection brochure which can be downloaded from the Scoliosis Australia homepage on their website. On the website you will also find comprehensive information and an online forum.

The association offers a strong support base for adolescent patients with scoliosis and their parents. The website is: www.scoliosis-australia.org

**Bourke Walgett School of Distance Education Website**

www.bwsode.schools.nsw.edu.au
Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone. The problem with this is that it potentially damages the confidence and self-belief of some children around their abilities.

As parents, it is natural to want to see our children do well. When we see our kids reaching those first milestones, we marvel and celebrate their brilliance. It turns out those words we use in praising our kids at the age of one to three years will determine the mindset and desire for challenge that shows itself five years later, when they start school. This can even affect the way we think about ourselves right into adulthood.

1. When we praise intelligence – “You are so smart”, “Aren’t you clever!” – We are using language that suggests that these are the traits that we value the most, and that make our children different from others.

2. In contrast, when we praise effort – “I can see you tried hard with that”, “Well done for doing all that work” – we are rewarding progress and intrinsic motivation. That promotes a ‘growth’ or ‘possibility’ mindset.

Unfortunately for our daughter, somewhere along the line she had come to believe that she was only doing well if she consistently got ‘A’. Being put in a class designed to stretch her capability resulted in the opposite occurring as she
was no longer achieving those high scores. She now felt a failure and, not liking to be made to feel stupid, had decided it wasn’t worth giving the harder work a try. What she needed was more of a growth mindset.

Helping our children to develop a ‘growth’ versus ‘fixed’ mindset is what makes the biggest difference in determining their level of self-confidence, resilience and motivation. Professor Carol Dweck, in her book ‘Mindset’, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Our mindset is not something we are born with, it is formed and shaped through experience and who we hang out with. We used to think that intelligence was innate, a ‘fixed’ quality, and we now know that is simply not true.

**Tips for encouraging a growth mindset:**

- Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.

When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.

- When things go wrong, ask, “What could you do differently next time to get a better result?” Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.

- Use the power of “Yet”. If your child tells you, “I’m no good at...” or “I can’t do that”, your response could be, “You’re just not there ... yet”. This implies that it is work in progress and success may come through perseverance. It’s not about false hope, but encouragement.

**Other research is now discovering additional benefits from adopting a growth mindset. It can:**

- Encourage a student to want to stay at school longer
- Facilitate transition to university
- Diminish bullying or aggressive behaviour
- Develop resilience in the face of adversity
- Help see challenge as opportunity
- Develop tenacity in persevering to overcome obstacles
- Help see effort as the route to mastery
- Build the ability to use criticism as something to learn from
- Promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.


MICHAEL GROSSE
RESOURCES

Just a reminder for families to please return any resources they are no longer using.
HEATHER

MERIT AWARDS

Walgett Students
Emily - A wonderful ‘rap’ performance in music / Super impressive work in English / Wonderful journal writing.
Ayden - Excellent research on vets / Quick recall of subtraction and addition facts in maths,
Max - Terrific overall work in the English unit ‘Burke and Wills’.
Harriet - Amazing efforts in the English unit ‘Dodging The Issue’ / FAB all round work in maths / Impressive ‘Beach’ artwork / Marvellous all round work in maths / Excellent story ‘An Unexpected Event’.
Tully - Brilliant poem ‘The Day The Rain Came’ / Creative ‘Beach’ artwork / Marvellous work in music / For her phenomenal weather report / Her wonderful improvement in writing tasks / For moving up a level in Spelling Mastery.
Beatrice - Outstanding effort in all maths work.
Teddy - A fantastic RAP performance!

Zedi - A wonderful book with lovely illustrations called ‘Dragon Men’.
Oscar - Magnificent work in Music / For moving up a level in Spelling Mastery.
Zarie - For putting so much effort in all that she does.
Percy - A fabulous recount of ‘Rugby League Training Day’ / A solid effort in maths tasks / An impressive recount ‘The Beach Walk’.
Felix - Listening well in maths and Satellite lessons.
Bridget - An amazing start to Term 3.
Campbell - His solid effort in Maths Tracks / For his fantastic recount ‘A Mindcraft Day’ / His fabulous journal entry / His HUGE improvement in writing tasks.
William - A colourful emu decorated in reading.
Jamie - Wonderful handwriting.

Bourke Students
John - Enthusiastic approach to research and learning.
Mulloka - Fantastic recording.
Malcolm - For taking a responsible and mature approach to his work.
Jessica - Making a great start to Term 3.
Murrumba - Making a great start to Tem 3 with his reading recordings.
Brandon - For making excellent contributions to Satellite lessons.
Emmett - Music award.
Katie - Excellent explaining in maths.
Aaron - Awesome explaining in maths.
Sophie - Excellent effort learning ‘odds’ and ‘evens’.

Congratulations!
MINI SCHOOL

Mini-School Term 2 – ‘Toorale Station’

During the last week of Term 2 staff, students and families from Bourke and Walgett Distance Education trekked to the famous Toorale station for a wonderful week in the bush.

A restful afternoon was spent on the river bank, fishing at Black Rocks and resulting in 5 carp being eradicated from this waterway! Our archery master, Mr Warne, provided many opportunities for our sharp shooters to keep their eye in and we could certainly have a few budding archers in the making!! For students, the early evening spotlighting activities were certainly a big hit and students had lots of fun scampering through the bush avoiding the search lights!

Dinners were BBQ’s, camp ovens, damper, crumble and roasts, with delicious home cooked biscuits and cakes for morning and afternoon teas – oranges and mandarins from the local orchard were also consumed with gusto by the hungry hoards.

The western winter weather was very kind with glorious days in the 20’s and cool but comfortable evenings to sit and listen to our poetry.

Themes covered during the week included – athletics, poetry, environmental education, history – now and then, Aboriginal connections to place, orienteering, bush survival skills and afternoons/ evenings filled with spotlight, archery, fishing, storytelling and damper. Families arrived on Tuesday afternoon and set up camp, while students visited the Bourke Exhibition Centre and enjoyed athletic coaching from Little Athletic Coaches from Dubbo. National Park staff ran bush tucker groups, environmental education and tours of the historic sites on Toorale, while local bush poet Andrew Hull worked with students to produce poetry reflecting their feelings and images of the bush.

Schoolwork on the bank of the Warrego River – Toorale Station
This wonderful historic location was a brilliant backdrop for our get together and all had a fabulous time! A huge thankyou to all the parents who attended and helped make this a great camp for our students.

LIBRARY NEWS

Just a reminder that the ‘Colouring In Competition’ entries are due back to me by the end of Week 5, the 15th August and also another reminder that students who are participating in the Premiers Reading Challenge, your logs are also due in to me by the 18th August.

Loretta Robinson
Library
loretta.robinson@det.nsw.edu.au

MOORAMBILLA VOICES 2014

The boys Camp will be conducted from August 13th and the girls Camp, from August 18th. We wish all the participants a wonderful time and to enjoy the opportunity to be a part of such a beautiful creative music event.

BIRTHDAY WISHES

Happy Birthday to Beatrice who turns 10 on the 13th of August. We hope you have a Beatrice!!

SPORT REPORTS

Small School Athletics Carnival
On Friday, the 25th of July 2014, Bourke Walgett School of Distance Education, Weilmoringle, Wanaaring, Enngonia and Louth Public School attended the Small Schools Athletics carnival which was held at the Bourke Public School oval. Once everyone had arrived and was ready, the carnival began. The athletics kicked off with the 800m long distance race. This event was followed by discus, shot put, long jump, high jump, 200m and 100m sprint. A few spits of light rain threatened us for a moment but the clouds soon cleared and we were left with a lovely sunny day. All students showed great enthusiasm and tried their very best in each event. At the end of the carnival the place getters were presented with their ribbons and the age group champions were announced. Millie Fisher from BWSODE was the Junior Girl Champion and Katie McGrath from BWSODE was the Junior Girl Runner Up. The Junior Boy Champion was Corey Annis-Brown from Weilmoringle and Pete Pagett from Enngonia was the Runner Up. The 11Yrs Girl Champion went to Emily Reid from Weilmoringle while Grace Robinson from BWSODE was the Runner Up. Malcolm Bartlett from BWSODE won the 11Yr Boys Champion and Charlie Mort from BWSODE was the Runner Up. Finally the Senior Boy Champion went to Jerry Fisher from BWSODE and the Runner Up was Barney Mort from BWSODE.
Congratulations to the champions and to all the students who participated so well and made the day such a success. A big thank you goes out to all the teachers and parents who made the day run so smoothly. I am sure that everyone is looking forward to getting together once again for the District Carnival in a few weeks.

By Millie Fisher Year 4

Six Ways Athletics’ Carnival
On Friday the 25th July students, parents and supervisors had to get up super early and travel to Gwabegar for the annual 6-Ways Athletics Carnival. We had 6 children, including me, that were able to come on the day. Harriet Morris was the only senior competing and the rest of us were juniors. Their names were Edward (Teddy) Tonkin, Campbell Morris, Emily Tonkin, Max Tonkin and me, Bridget Ritter.

Even though it was threatening to rain, everyone was in great spirits ready to compete for our school. Nerves and excitement were among the 6 of us as we moved onto the school march and war cry. Almost all the schools had a war cry. We were the smallest school competing but our war cry did not let us down.

The first race was the 100m sprint. All of our school competed in this race. We all tried our hardest and did reasonably well, Teddy Tonkin being the sprinter in the group.
The second race was the 200m sprint. We all had fun doing this race and ran as fast as our legs would take us to represent the school. We then divided up into our age categories to compete and rotate around the field events. Long jump was first up for Emily and I as junior girls. Emily and I did our best but not well enough to get into the top 8. Miss Warden, Miss Thayer and Miss Johnson ran this event and it all went smoothly. High jump followed, the hardest event of the day in my opinion as they started it too high. They put it up to 1 metre and only one girl jumped it clear. The rest of us ended up with bruised backs from hitting the metal bar and sliding off the wet mat. We all had three attempts after which the bar was lowered each time to try to get 2 more girls through for 2nd and 3rd. Next we participated in the shot put. I threw my personal best which was 5.21m which placed me in the top eight. I was very pleased with my efforts. Discus was AWESOME. I threw another personal best of 11.26 m which got me through to the top eight. Emily got 3rd place, while I was extremely satisfied with 5th place. The 800m was the race I was dreading. However, I surprised myself by jogging all the way except at the end when I sprinted. When I passed the time keepers I smiled and waved with contentment. I finished the race just in time for a surprise…. It was spitting again. Only having enough runners for one relay we tried our luck in the senior relay. Considering we had 1 senior and 3 juniors in this category we were happy with our result in coming 5th place. Even though it drizzled on and off during the day, the carnival was a great success and everyone had a great time. We all took a lot away from the experience and it was great practice for the upcoming athletics carnival in Collarenebri.

By Bridget Ritter Year 4
Ted Tonkin soaking up his first place win in the Championship 100m sprint

Miss Thayer, Miss Warden and Miss Johnson with the children at the Carnival

**ATTACHMENTS**

- Bourke Horse Sports
- SNAP Competition
- SNAP Permission To Publish
- P&C Information