



Equipping, Inspiring, Belonging

BPS -Equipping for the future, Inspiring to make a difference & Belonging in the present.

Students of the week



Sarah Moxey
Week 2



Pippa Moxey
Week 2



Lily Cantwell
Week 3



Samantha Noakes
Week 3

CHOOSE YOUR
ATTITUDE

Choosing a positive attitude
for a day may not change
your life. But months and
years of choosing it will.

FISHphilosophy.com

FISH!

PLAY

When you choose a playful
mindset, creativity and
lightheartedness come
naturally.

FISHphilosophy.com

FISH!

Fantastic start to 2019

Student of the Week

Lower Division

Week 2 – Sarah Moxey – challenging herself and trying new things eg 25m freestyle.

Week 3 – Lily Cantwell – Being FISHY – in and out of the classroom

Upper Division

Week 2 – Pippa Moxey – Great work attitude.

Week 3 – Samantha Noakes – focused learner, great writing effort

Upcoming Dates for your Diary

Feb 19 - SES Community Action Team Meeting. Bbong Hall 7.30pm

Mar 1 - Lachlan District Swimming Carnival. Condo ***

Mar 4 - Lachlan PSSA boys and Girls open age soccer trials*

Mar 8 - Lachlan PSSA boys open age cricket trials*

Mar 14 - Western PSSA Swimming Championships ***

Mar 21&22 - Western PSSA open age divisional rugby trials*

Mar 25 - Lachlan PSSA boys and girls open age touch football trials*

Mar 27 - Lachlan PSSA u/11 and open age rugby league trials*

Apr 2 - Western PSSA open age rugby selection trials ***

Apr 5 - 'BEDGFEST' movie night

Apr 8 - Western PSSA u/11 & open rugby league selection trials***

Apr 12 - End term 1

Apr 13 - Forbes youth Festival - Marimba performance

Apr 30 - Start term 2

May 3 - Bedgerabong PS X-Country

May 10 - Small Schools Athletics K-6. Forbes PS



Swimming Results

We had amazing weather for our small schools swimming carnival in Forbes on Feb 8. Bedgerabong had an amazing roll-up and an equally amazing group of supporters in attendance to support and cheer our kids on. I was very proud throughout the day to see such positive attitudes from all of our kids and I was witness to some very nervous



young people choosing to put themselves out of their comfort zone and try something challenging. Captain Disposition wept with pride when I told him how persistent and flexible these risk takers were. Our school was fortunate to have a lot of



success on the day and these dedicated students have been nominated to compete in the Lachlan District PSSA Swimming trials at Condobolin on March 1. Congratulations and good luck to Halle B, Noah B, Jeremy D, Bridie H, Jack K, Matilda McD, William M and Mitchell S. Wonderful achievements by these children and we look forward to bringing you news of their achievements at Condo in our next newsletter.



One of the highlights of that carnival is the Parent Teacher relay and this year was no exception. Our regular captain Murray Brown was unavailable this year and the baton was passed to young gun Henry "Split Second" McDonald, who revelled in the challenge of bringing the Binky Medallion home to Bbong. Henry rallied the troops, measured the water and air temperature, the water density of the pool, prevailing wind conditions and atmospheric pressure before determining a combined time for him and his team.

Henry's time of 2m 50 seconds was scoffed at by the competition but little did they know that Split Second McDonald, Jackie the Immortal Darcy, Menacing Mick Cantwell and Too Fast Binky were all integrated pieces of a precise Swiss time piece that allowed them to complete the race in 2 minutes 49.96 seconds. Just 0.04 of a second from their time and were accordingly awarded the coveted trophy. Unfortunately this team will not be progressing to the Lachlan District Swimming trials.



Meet & Greet

It was great to be able to catch up with so many of our school community last Tuesday. Hopefully we were able to pass on all the relevant information, however please remember that if there is an issue, concern or a worry that you have in regards to our school or your child at our school, you can make a time to come and speak to us so that we can work together to ensure it is resolved.

Personal Earphones

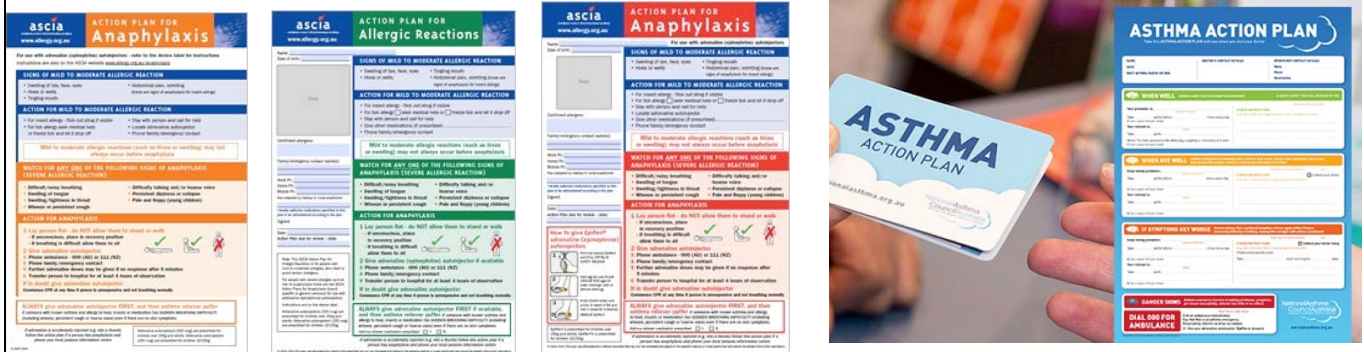
As we move further into the school term the children in both classes are making more regular use of our technology including their iPads, for activities such as oral reading, speaking and listening and maths. Most of these activities involve sound from the device. We had provided sets of headphones for the students, the over ear style, but they are bulky and the ear pieces continually break off. Other styles of earphones are unhygienic. We are asking that each student provides their own set of earphones for these activities. Please- Dr Dre headphone aren't really suitable but most devices already come with a set or you could pick up some from places like Woolies for as little as \$5-\$6. If you have any concerns or questions about this please feel free to contact Mr Faulkner at school.

Forbes Netball Gala Day

All students in the big class have indicated they would like to attend the Forbes Netball Gala day to be held on Monday, March 11. We have entered two stage teams. There will be a small cost for bus travel. Keep an eye out for the permission note which will be sent out in the near future.

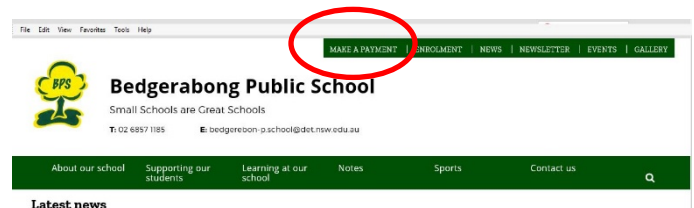
Allergies

If your child has a diagnosed allergy you are required to obtain an annual ASCIA Action plan signed off by a registered medical practitioner. Of course those students with a diagnosed anaphylactic reaction also require an epipen to be with them at all times. Any children diagnosed with Asthma are also required to provide the school with an individualised asthma plan. Here are what each of the ASCIA action plans look like and a sample of an individual asthma plan. RED - ASCIA Action Plan for Anaphylaxis (personal) ORANGE- ASCIA Action Plan for Anaphylaxis (general) for use. GREEN- ASCIA Action Plan for Allergic Reactions (personal).



PAYPOP

Paypop is available through the Bedgerabong Public School website. This is a convenient way to pay for anything your child does at school that requires a payment. It is credit card based and the school gets notification that the child has paid. It is a convenient way for both parents and school, as school does not have money sitting around waiting to be banked. It is not always convenient to get to the bank on time, this way the money is straight in the bank, and the item you are paying for is paid from home.



P&C News

At the AGM meeting held last Tuesday the elected committee is as follows:

President – Murray Brown, Vice- President – Cheryl George, Secretary – Melissa Brown, Treasurer – Prue Hain, Uniform Coordinator – Anita Cantwell. It was again decided to hold morning meetings, these meetings will be held on the 2nd Tuesday of the month during the school terms.

Subs (which gives you voting rights and insures you for working bees or P&C related events) are \$2 per family.

Student insurance is \$5 per student and covers the student 24 hrs a day 7 days a week. This is not an ambulance cover, it covers for major medical expenses, loss of limbs etc.

Both the subs and student insurance can be sent to school in an envelope or direct deposited into the P&C bank account – BSB: 062539, A/c: 00900220 Bedgerabong Parents and Citizens Association.

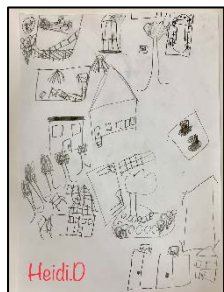
Potential Support

Our school has recently been contacted by Clean TeQ, the group.

Clean TeQ Sunrise is a cobalt, nickel and scandium project (located near Fifield) that operates across Forbes, Parkes and Lachlan Shires.

They are hoping to come and visit us at Bedgerabong Public School, see the school in action and to listen to our plans for now and in the future and see if there's any way they can get involved. I am aware that any large scale initiatives in rural areas can be quite controversial. If anyone within our school community has any concerns over the visit, please feel free to contact Mr Faulkner at the school to discuss your concerns.

K-2 News



The students in k-2 are well and truly back into the swing of school and classroom routines.

Our kindergarten students have settled well and becoming more confident in the classroom and around school.

We have begun our new science unit for the term, 'What's it made of?', and started with a tour of our school. The students mapped the school yard and later

walked the yard to see some of the materials our school is made of.

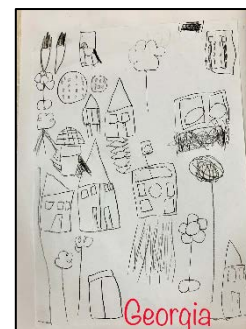
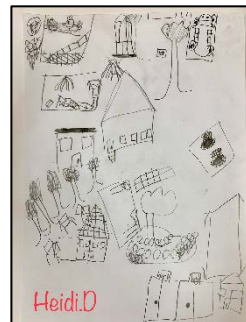
All of the students gave the task 110% and the detailing in their maps prove their interest in the topic.

Reflecting on what was covered in the 'Meet the teacher' evening, the students in k-2 are to complete nightly reading (weekends optional), weekly homework and sight words (if required). I ask that you please sign these documents to ensure fairness and accuracy. Also, one last thing, please remember to supply your students with a good quality glue stick. We use glue daily in our classroom and it can make life really difficult if they don't have glue or if it is of poor quality (causes ripping of work).

Parent Volunteers during L3

This term we are going back to our individual reading in the wet area with our parent volunteers. This gives the students more one on one time when reading. It will also encourage our readers to progress through their reading levels and enable the new kindergarten students to develop independence while at a literacy station.

You are more than welcome to come in and read with students any morning that suits your schedule. Keep in mind, Friday mornings we do sport in the mornings.

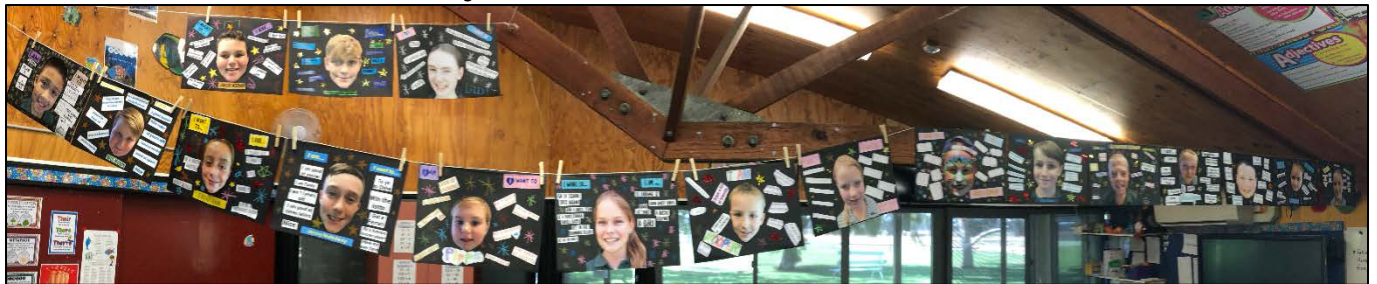


News from the Big Class

Great things have been happening in the big class. We have been really impressed with how well the children have settled into class routines and have taken on new learning challenges with great gusto. We are nearing the end of 'Storm Boy' and have spent time getting to know the characters, looking at what makes them tick. The children researched 'The Coorong' in South Australia - the setting for the novel. We have also just started looking at pelicans. Students will be looking at the question - Did Mr Percival behave like a real pelican or was he overly fictionalised?

All students in the big class have indicated they would like to attend the Forbes Netball Gala day to be held on Monday, March 11. We have entered two stage teams. There will be a small cost for bus travel. Keep an eye out for the permission note which will be sent out in the near future.

The students have just completed their 'Me' posters. They are now on display in the classroom or for a closer look you can check them out on Facebook.



Tootie Fruity/Garden

Week 2 recipe - Sausage Pasta, Broccoli, Chilli & Sweet Tomatoes

Ingredients - 400g broccoli, 8 sausages, 1-2 fresh red chillies, olive oil, 4 tsp fennel seeds, 6 cloves of garlic crushed, 4 onions, chopped, a bunch of fresh oregano (15g), 4 tbs red wine vinegar, 1 punnet of cherry tomatoes, chopped, 600g dried wholewheat tagliatelle, 80g Parmesan cheese

Method

Chop the broccoli florets off the stalk. Cut the woody end off the stalk, halve the stalk lengthways and put into a large pan of boiling salted water with the cut chilli(es). Pop the lid on, boil for 5 minutes, then remove, leaving the water on the lowest heat. Chop the broccoli florets into nice bite-sized chunks and put aside for later. Peel and finely slice the garlic and onions.

Cook the sausages in a pan, when cooked take out and slice. Cook the pasta according to the directions on the packet, adding the broccoli florets for the last 4 minutes.

Once cool enough to handle, finely slice the sausages, broccoli stalk and chilli and place in a large frying pan on a medium heat with 1 tablespoon of oil, the fennel seeds and a pinch of sea salt and black pepper, stir in the garlic, followed a minute later by the onions, then pick in the oregano leaves. Cook for 15 minutes, or until softened, stirring occasionally. Add the vinegar and cook completely away, then add the tomatoes. Add 200ml water to the pan. Simmer for 15 more minutes, or until thickened, then taste and season to perfection. Drain the pasta and broccoli, reserving a mugful of cooking water. Toss through the sauce, loosening with a little reserved water, if needed. Serve topped with parmesan.

Week 3 - San Choy Bau With Noodles 4Serves 15 Mins Prep 10 Mins Cook

Ingredients - 8 iceberg lettuce leaves, 100g vermicelli rice noodles, 1 tsp cornflour, 1 tbs soy sauce, 1 tbs sweet soy sauce, 1 tbs Chinese cooking wine or rice wine vinegar, 2 tbs vegetable oil, 2 garlic cloves, crushed, 3cm piece ginger, grated, 500g pork mince, 8 button mushrooms, sliced, 1 carrot, shredded, 2 sticks celery, sliced, 2 spring onions, diagonally sliced

Method

Trim lettuce leaves to form cups. Set aside in a bowl of iced water. Soak noodles in boiling water for 10 minutes or until softened. Drain well.

Mix cornflour and a little water together until smooth. Stir in sauces and cooking wine and set aside.

Heat oil in a wok or large frying pan. Add garlic and ginger and stir-fry for 1 minute. Add mince and stir-fry for 2 minutes, breaking up lumps. Add mushrooms, carrot, celery and water chestnut and cook for 2 minutes. Stir in sauce mixture and bring to the boil for 1 minute or until thickened slightly. Add noodles and spoon into lettuce cups. Scatter with spring onion and serve.

Bedgerabong Community Notices

BEDGERABONG COMMUNITY ACTION TEAM

Tue 19-Feb-2019 Community Hall Bedgerabong Time 1930 Hrs (7.30PM)

The aim of this meeting is to form a team of local people to organise and act on any major problems of natural disasters eg floods or major storms. We, The State Emergency Service will set up a cache of equipment and stores at the showground in a container. This will be under the control of the local SES Commander with help of elected community leaders. Mr Ian Leckie will also be in attendance and will have all the paper work and form to get the team started. Please come along and bring any other community members that wish to be involved. We will supply a cuppa etc.

Thanking you.

Yours sincerely Roc Walshaw Local Commander Forbes Unit NSW State Emergency Service

Invitation to play in the Forbes Netball Saturday Junior Mixed competition.

The Forbes Netball Association would like to invite your school to enter a team in the Forbes Netball Saturday Junior Mixed competition.

The team can be made up of both boys and girls, brothers and sisters, friends and relatives, playing netball together in a fun environment.

The team can practice at school and travel to Forbes for competition.

Registration is free to any school age child, if they use their Active Kids voucher of \$100-00.

Uniforms-dresses for girls and T shirts for boys-supplied.

Players can be put into teams to be with their friends, or you can enter a team from school to play together.

The competition is played each Saturday through school terms, at the Forbes netball courts.

NetSetGo is played for all players 5-7 years for skills sessions, and 8-9/10 years for the skills and competition games.

If you have half a team, the FNA committee can join your players into a team, where everyone will meet new friends.

Individual nominations are also welcome for any of the divisions.

Please contact Forbes Netball on email secretary.forbesnetball@gmail.com

We look forward to hearing from you, and your entry to play the great game of netball, in Forbes.

Thank you

FNA Committee



BE THERE

Today, commit yourself to having a genuine conversation with at least two people. Be open and truthful, and listen fully to the person across from you.

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MAKE THEIR DAY

If you always give people more than they expect, you will make their day every time.

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FREAKY FACTS



You can fly from Perth to Melbourne faster than you can fly from one end of Western Australia to the other.

Don't think Australia gets snow? Well it's all relative. The area of Australia that is covered by snow in winter is larger than the area of Switzerland.

The world's longest golf course, measuring more than 850 miles long is located in Australia.

Giggle Spot

Q: What do you call two bananas? A: Slippers.
Q: How do you fix a cracked pumpkin? A: With a pumpkin patch.
Q: What kind of award did the dentist receive? A: A little plaque.

QUOTE OF THE WEEK

"People often say that motivation doesn't last. Well, neither does bathing -- that's why we recommend it daily." -Zig Ziglar



Happy Birthday to these recent and up coming party goers.

*3 Feb
22 Feb*

*Mitchell S
Kooper D*

*19 Feb
10 Mar*

*Chloe R
Heidi S*

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Mar 14 - Western PSSA Swimming Championships ***

Apr 5 - 'BEDGFEST' movie night

Apr 12 - End term 1

Apr 13 - Forbes youth Festival - marimba performance

Apr 30 - Start term 2

May 3 - Bedgerabong PS X-Country

May 10 - Small Schools Athletics K-6. Forbes PS



Mr Faulkner
18 February 2019



2019 school term dates

Term 1 29-1-19 - 12-4-19

Term 2 29-4-19 - 5-7-19

Term 3 22-7-19 - 27-9-19

Term 4 14-10-19 - 20-12-19