



Student of the week



Elsie  
Week 6



Roman  
Week 6



Archie  
Week 7



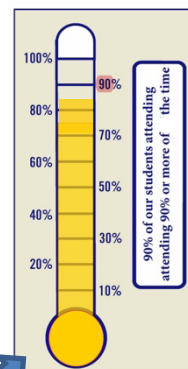
Will  
Week 7

*Student Growth through Excellence in Teaching and Partnerships for Success*

*In a world where you can be anything, be kind.*

**Every Day Counts**- Our Attendance Goal is to have more than 90% of our students attending school more than 90% of the time.

As of week 7 we have maintained a level of **73.7% of students attending a full school day 90% of the time.** Kids learning is enhanced by uninterrupted full days of school.



## Lower Division

Week 6 – Elsie – Demonstrating a ‘present’ approach with a focus on active listening.

Week 7 – Archie – Positive attitude in all areas, determined to finish set work and persevering with sounding out words.

## Upper Division

Week 6 – Roman – Great effort all week: writing, marimbas, and Radio 2LVRFM

Week 7 – Will – Positive attitude in all areas of school life.

## Upcoming Dates for your Diary

13 Mar NAPLAN window opens for yrs 3 & 5

25 Mar NAPLAN window closes for yrs 3 & 5

25 Mar LAM Meetings

26 Mar LAM Meetings

26 Mar Lachlan PSSA league trials

28 Mar Easter Parade / Celebrations

29 Mar Good Friday

1 Apr Easter Monday

5 Apr Community Movie Night

12 Apr End Term 1

29 Apr Staff Development Day

30 Apr Students return

7 May Lachlan PSSA X-country

10 May Lachlan PSSA Soccer trials

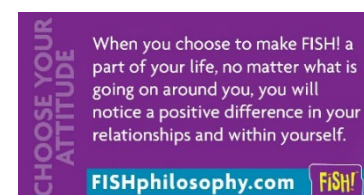
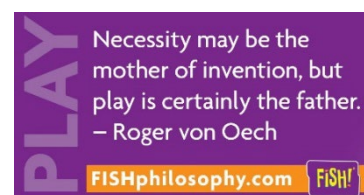
15 May Cowra Eisteddfod

21 May CWA Public Speaking – Condobolin

24 May Forbes Small Schools Athletics K-6 Forbes Nth PS

1 Jun Community Trivia Night. Bedgerabong Hall

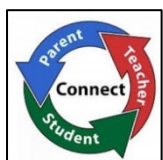
Jun 3 Dads in Schools Day



**Hi everyone-** I hope this newsletter finds you all well. It's been a productive term so far and I must share with you my pride in our (well -really your) kids. Day in and day out they prove to us that it's them that make our school a great place to be, and that's due to the positive support we get from all of you in our community. I'm sure all of our staff will agree and share in saying 'Thank you'



**Alliance Meetings (LAMs)-** are scheduled for March 25 and 26. Last week each family should have received a note confirming the date and time of your experience with us in setting goals to support your kids. That form also had sections for you to reflect on your child's interests, strengths, and potential goals. If you are able to fill that out and return it to your child's teachers, it will go a long way to us preparing effectively for our time together. We can enhance our thoughts around us as a team supporting your child. Please direct any questions to me and I'll do my best to assist you.



**School Bytes – please take some time to read this and be sure to contact the office if you have any questions or require support.** Hopefully by now you have had a chance to download and explore the School Bytes app. Of course, you can access School Bytes via their web-based platform, but it's the use of mobile devices that appears to be most effective. Thanks and congratulations to those of you who have successfully installed and navigated School Bytes. Remember that it has replaced Skoolbag as our means of communicating with our school community and will soon replace paper notes /consent forms / information etc. From our end – we try to pin important items so that they remain at the top of posts, meaning new posts may end up appearing below the pinned posts (if that makes sense). This might mean you need to scroll down a bit to see new, news posts. It's going to be good practice to mark notes as read and or remove from the news section – you can always review anything that's been removed whenever you want- so you don't actually lose them.

Be sure to check School Bytes each Sunday after 10am as there will be a newsfeed post for you. This post will contain last minute changes and a rundown of the week ahead. Be sure to check for it and encourage others to do the same.

Unfortunately the ability to include a notification for out of hours posts is not available- but you will see when you open the app is that a new item is added to the little 'bell' in the top right corner of the screen. Anyway, please feel free to contact the school and speak to Mrs Hodges if you require any support with School Bytes.



**School  
Bytes**

**Western Swimming.** Huge shout out to our swimmers that travelled to Dubbo last Tuesday to participate in the Western Region swimming trials. Georgia, Leevi, Locky I and Sarah gave their all in the Peter Dobson small schools relay posting a much-improved time over their qualifying time, but not quite fast enough to place- Sarah also joined her small school friends in the senior girls relay- once again improving qualifying times. As an aside I'd like to also thank Mrs Faulkner and Mrs Horan who joined me in the call for volunteers to officiate at the carnival – 3 from our



school an amazing commitment. Mrs Faulkner now holds the role of Western team manager at the NSW Championships and I've just been fortunate enough to be granted a role as an official.

**Primary School Sport (PSSA).** Students that turn 8-13yrs in the current calendar year have the opportunity to participate in PSSA pathways. Each year we have our 'Big 3' – swimming, cross-country and athletics, where schools conduct trials or hold carnivals to be able to select athletes that progress to the District (sometimes referred to as Zone) Region and then State carnivals. We usually combine with our Forbes Small Schools for our local carnivals, then we progress to the Lachlan District and then Western Region.



PSSA also provides pathways for students in a wide range of sports that progress from District trials to Western trials to NSW Championships. These events are usually 'recommended' for stage 3 students as they are 'open' in age groupings and some experience and skills are necessary. Information about these events will be provided to the children at school, then if any interest is shown, we will provide a School Bytes post to the families of children who expressed that interest. In most cases you will then use the QR code provided to register your child. As principal, I then need to endorse the registration – pending positive behaviour, class commitments etc. If you are interested in tracking PSSA sport opportunities it might be worth checking the Lachlan PSSA facebook page <https://www.facebook.com/LachlanPSSA/> and or the NSW PSSA website and the Western SSA section <https://app.education.nsw.gov.au/sport/western> The final opportunity for kids in PSSA is via the Knockout Competition. As a school we regularly enter the small schools soccer knockout and if possible combine with our Forbes Small Schools for soccer, netball and touch footy. If you ever have any questions about school sport-please do not hesitate in contacting me- my role as Western Region Vice President allows me insight into most circumstances.



**Easter Celebrations** – are planned for Thursday March 28 from 10.30am – 12pm. We ask that the kids prepare a special hat at home if they wish to parade. The day will start with a parade of hats/costumes followed by morning tea and some little kids/ big kids/ bigger kids games. Please feel free to invite family and friends. Pre-schoolers and adults and more than welcome to join the parade.



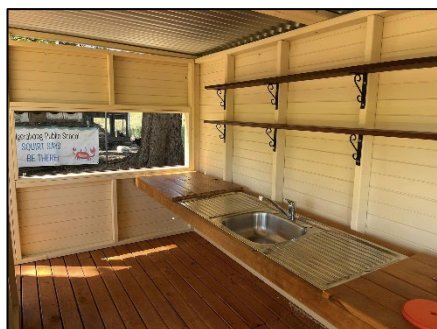
**Movie Night** – planning our annual movie night is well underway. Be sure to mark Friday April 5 in your diary. The Movie has been selected – our amazing PIZZA crew from Condo can not make it but we have Spuddy Buddy back with us along with jumping castle, giant slide and a variety of fun activities are also planned to start from about 4-pm. There will be an option for kids to remain at school that afternoon, so as not to have to travel home- only to hav3 to come straight back. Please let us know if you are going to do this.



**Bedgerabong Community Trivia Night** - mark Saturday June 1 as the date of our Community Trivia night. Start brushing up on your general knowledge and get a table together. More info to come soon.



**New Cubby House** -was installed last week. The kids are really excited. It's got a 'bush kitchen' theme and plenty of room for old/unused kitchen utensils. Any donations of old pots, pans, cutlery, jugs etc would be warmly welcomed by the kids. It is plumbed so the sink will be in use. Can't wait to see what comes out of there in the near future.

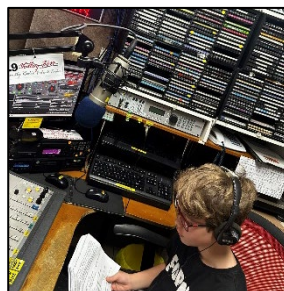


Regards Paul



**Valley FM** - A couple of weeks ago – our children hosted the Schools hour on 2LVR FM. It was a great show if you missed it.

I'm Sarah and I had so much fun something I said was my favourite dinosaurs were the stegosaurus and the gigantosaurus. I'm Roman and here is some jokes. How do you get pikachu on a bus, pok him on. Today at the bank an old lady asked me to check her balance, so I pushed her over.



**The Resilience Project (TRP)**– the last few newsletters I've posted some info from the parent support section of the Resilience Project's Schools Hub. I know it's hard to track a website from a written url, so I'll endeavour to include those active links in the 'What's on at Bbong School Bytes' post on Sunday. This week I'm sharing some more TRP resources, but these are 'open and free' for parents to access at any time. <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/> ( yes- I'll School Bytes that link as well) At school we are still focusing on Gratitude.

Being fair shows you care – FISH for life



# Welcome to The Resilience Project

## PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

### WHY?

#### Current research tells us...

##### Why mental health matters



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

### EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on **emotional wellbeing** and **behavioral changes**.



### ABOUT THE PROGRAM

**The Resilience Project** is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity**.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude**, **Empathy**, **Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

### WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude**, **Empathy** and **Mindfulness (GEM)** to life on [TRP@HOME](#).

**The Imperfects** podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.

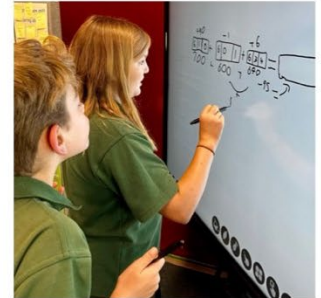
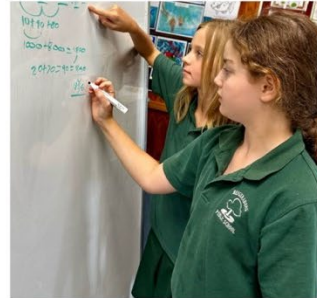
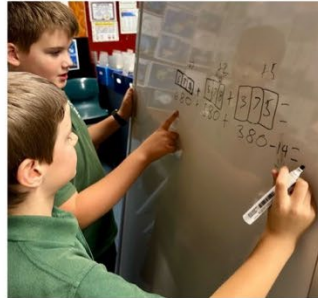


(03) 9113 9302 | [theresilienceproject.com.au](https://theresilienceproject.com.au)



## Big Class news

Congratulations to our four Big Class representatives at the recent Western Swimming Trials. Locky, Sarah, Leevi and Georgia you swam your hearts out and we are very proud of your efforts. Last week was also a big one for our Year 3 and 5 students with the annual NAPLAN assessments. The students have been able to fully complete all four tasks, and I was so pleased with their positive attitudes throughout. In English we have moved onto a new text focus – 'Desert Lake' by Pamela Freeman. This is a beautiful picture book, featuring a hybrid text, meaning it incorporates narrative and informative writing to tell the story. In maths we have been measuring and converting measurements but we will now be moving on to a fractions unit. Number Sense continues to be a daily focus in all maths activities. The Stage 3 students below were recently sharing additive strategies to solve given problems.



**Mrs Faulkner**

## Little Class News

The Little Class were excited to put together skills they have been focusing on during sport, to apply and demonstrate during a soccer workshop. The students have been practising an understanding of fundamental movement skills in order to apply during sporting activities. They were excited to show off some of their kicking skills and soccer knowledge to try 'beat the player' during the workshop. The instructor was impressed with all the students giving 100% and demonstrating great movement skills.

In Mathematics, the students have continued their awareness of whole number and how one number can be broken into smaller parts. 'Friends of 10' has been explored in a variety of ways to understand how numbers can relate to each other and help 'trust the count'. Measurement has been a fun topic the last two weeks, especially getting out the balance scales and investigating measurement in a range of ways. In English, we went on an adventure through the alphabet to find out about Australian animal facts. The best by far was learning about the quirky quokka!

**Miss Wade**

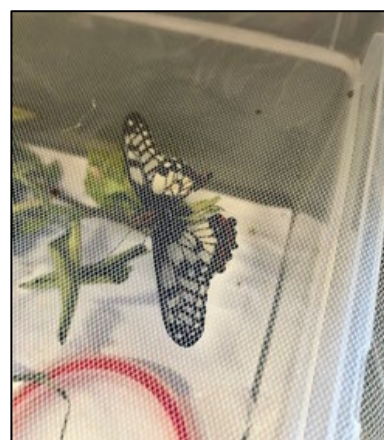


Being fair shows you care – FLSTH for life



## Science

Thank you for your help from home with science homework in the Little Class. Everyone had something interesting to share about mixtures that they had found at home. We had everything from washing up detergent to cake mixes, from cereal to gyprock, and lots of milo! Last week we tried to separate mixtures and had to move outdoors so we could make as much mess as we wanted to. The Big Class have continued to study different life cycles and haven't been disappointed by our class pets as they morphed from caterpillar to chrysalis to butterfly. This week we will be beginning to look at seed dispersal. So if anyone would like to bring some examples of seeds along, I'm sure we will be able to see many different methods that they use to ensure their dispersal, germination and ultimately, reproduction.

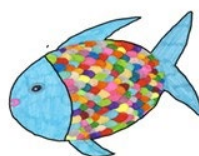


**Mrs Williams**

## LEADERS REPORTS

At school lately some people have been learning a new marimba song called Dance Monkey at recess and lunch. And everyone else is either playing soccer on the oval or down at our new cool cubby house. Last week on Wednesday and Thursday year 3 and 5 did their Naplan here's what some of them said about it. Some of the year 5s said it was fun and exciting, Abri said the reading was harder than the other ones. Last week on Tuesday Sarah Moxey, Locky Veigel, Leevi Perrot Brockman and Georgia Pengilly competed in the Western swimming carnival representing small schools. They came 7th overall for the relay, they did really good.

**By Ethan**



# Getting to know Sophie

**I like to be called:** Sophie

**Class:** Kindi

**Favourite Animal:** Seal

**Favourite snack Food:** Biscuits

**Favourite Holiday:** Going to the beach.

**Favourite sport to participate in or watch:** Basketball.

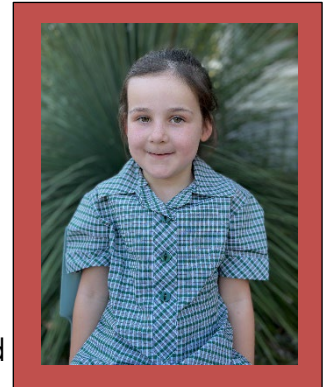
**Things I like to do on the weekend:** I like to play with my sister and outside.

**New things I'd like to try:** Sweet potato and cooking lunch.

**TV shows I like:** Gabby's doll house.

**If I could do anything I would:** Climb a wobble ladder on a swing set.

**Something I would like to learn:** To show Charlie, my dog, not to jump on me.



# Getting to know Xavier

**I like to be called:** Xavier

**Class:** 5

**Favourite Animal:** Cow

**Favourite snack Food:** Seafood and Pizza

**Favourite Holiday:** Sydney

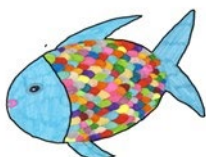
**Favourite sport to participate in or watch:** Soccer.

**Things I like to do on the weekend:** Mow the lawn

**New things I'd like to try:** Bike riding **TV shows I like:** none

**If I could do anything I would:** Go to Spain

**Something I would like to learn:** Drift on a bike.





## **Tootie Fruity**

Continuing on the chicken and rice theme we changed it up a little and went to rice noodles instead of rice. Nobody even noticed! We have been eating in the kitchen because of the heat and it really unites the kids and gives a restaurant feel.

In the garden the kids have been weeding and planting – they are planting what they want at the moment and using a lot of seeds gathered from the kitchen. The wooden garden beds are looking fresh and should really sprout in the next few weeks.

### **Sticky Coconut Chicken and Rice Casserole**

Prep Time: 10 mins Cook Time: 35 mins Total Time: 45 mins Servings: 6

Ingredients: 6 boneless, skinless chicken thighs (6 thighs), halved, 2 tsp garlic salt, 1/4 cup canola oil, divided, 2 Tbs minced fresh ginger, 3 cloves garlic, minced, 1 ½ cups uncooked sushi rice, rinsed and drained several times until water runs clear, 1 ¾ cups chicken broth, 1 can unsweetened coconut milk

2 cups multicolored baby bell peppers, cut into 1-inch pieces, 250g sugar snap peas, trimmed, 2 large scallions, cut into 1-inch pieces, 1/2 cup toasted sunflower seeds.

#### **Directions**

Gather all ingredients. Preheat the oven to 375 degrees F (190 degrees C). Sprinkle both sides of chicken pieces with garlic salt.

Heat 2 Tbs oil in a Dutch oven over medium-high until shimmering. Add half of chicken pieces, and cook, turning occasionally, until golden brown on both sides, about 3 minutes per side. Remove to a plate and repeat with remaining chicken pieces.

Heat remaining 2 Tbs oil in the Dutch oven over medium-high heat (do not wipe out Dutch oven). Add ginger, garlic and rice; cook, stirring constantly, until ginger and garlic are aromatic and rice is evenly coated in oil, 1 minute.

Add broth, coconut milk, bell peppers, sugar snap peas, and scallions, stirring and scraping the bottom of the Dutch oven to release browned bits from bottom of pot.

Add chicken and any accumulated juices from plate; bring mixture to a boil over medium-high heat. Once mixture boils, remove from heat and cover with a lid.

Bake in the preheated oven until all liquid has been absorbed, rice is tender, and chicken is no longer pink in the centre and the juices run clear, 20 to 25 minutes.

Serve bowls of rice and vegetables with chicken pieces on top, garnished with peanuts, cilantro, lime wedges, and Sriracha.

### **Stir Fry Chicken noodles**

Ingredients: 150 - 180 g chicken breast , cut into thin strips, 1 tsp cornflour / cornstarch (optional), 1 tsp oil (peanut, vegetable, canola) (optional)

SAUCE (OR USE MY HOMEMADE STIR FRY SAUCE, STEP 2): 2 tbsp oyster sauce (or sub with Hoisin), 1 tbsp dark soy sauce, 1/2 tsp each sesame oil, 1 1/2 tbsp Chinese cooking wine (Shaoxing wine), 1/4 tsp white pepper (or black pepper), 3 tbsp water

#### **STIR FRY:**

100 g / 3.5 oz dried rice noodles, 1 tbsp oil, 1 garlic clove , finely chopped, 1 small onion , sliced, 1 broccoli stem, 1/2 red capsicum / bell pepper , sliced, 1 carrot , peeled, cut in half lengthwise and sliced on the diagonal, 5 - 7 mushrooms , sliced

#### **Instructions**

Mix chicken, cornstarch and oil in a bowl. Mix Sauce ingredients in a bowl.

Just before cooking, soak noodles in hot water per packet directions, then drain.

Heat oil in a wok or large skillet over high heat.

Add garlic and onion, cook for 30 seconds.

Add chicken, cook for 1 minute until it changes colour from pink to white.

Add carrot, Greens and capsicum. Cook for 1 minute.

Add mushrooms, cook for 30 seconds.

Add noodles and Sauce. Toss for 1 minute until Sauce has evaporated. Don't toss for more than 1 1/2 minutes - noodles may break.

Garnish with sesame seeds and green onions then serve immediately.

# Community Notice Board



**FORBES VINTAGE & COLLECTABLES FAIR**

FORBES SHIRE COUNCIL Rotary Club of Forbes Ipomoea

**HERITAGE WEEK**

**FORBES TOWN HALL | SATURDAY 4TH MAY**  
9AM - 5PM All day tea & scones.  
\$5 entry and children free

Come along and view displays of collections from eras past.  
Travel through time looking at items for display and for sale and remember things from your childhood or your grandparent's lives.  
Dolls to bears. Crockery to kitchen canisters. Glassware to bottles.  
Vintage giftware. Mystery items to guess and vote their origin or use.  
Buy a collectable from our trading tables.  
More information or book a stall to sell or display collectables.  
Phone Rotary Ipomoea members 0439 708 456 or 0413 274 735  
No cost to have a stall



Bedgerabong Public School | Friday 5 April 2024

4:00pm-6:45pm | Jumping Castle, Soccer Darts & Giant Slide

7:00pm-9:00pm | Movie Screening



*Outdoor Movie*  
**SCREENING**



**MAKE THEIR DAY**

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

[FISHphilosophy.com](https://fishphilosophy.com) **FISH!**

**BE THERE**

Being there means listening carefully to words that are being said – without judgment or interpretation. This is not easy. It takes getting out of our own world to be present in the world of another person.

[FISHphilosophy.com](https://fishphilosophy.com) **FISH!**



## FREAKY FACTS

It is impossible for most people to lick their own elbow. (try it!)

A crocodile cannot stick its tongue out.

A shrimp's heart is in its head..

## Giggle Spot



Q: Why did the teacher wear sunglasses?

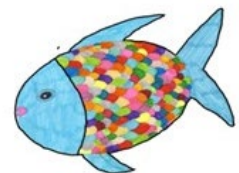
A: Because her pupils were so bright

Q: Why is it so windy at a football match?

A: There are so many fans

Q: What do ghosts like to eat in the summer?

A: I scream





## QUOTE OF THE WEEK

"What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall

**Happy Birthday to these recent and upcoming party goers.**

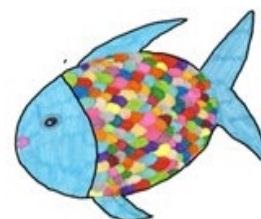


Mar 17 Olivia    Feb 23 Dolcie



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24 May Forbes Small Schools Athletics K-6 Forbes Nth PS  
1 Jun Community Trivia Night. Bedgerabong Hall  
Jun 3 Dads in Schools Day



### **2024 school term dates**

Term 1 30-1-24 - 12-4-24    Term 2 30-4-24 - 5-7-24  
Term 3 23-7-24 - 27-9-24    Term 4 14-10-24 - 18-12-23

Mr Faulkner  
18.3.2024



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*Outdoor Movie*  
**SCREENING**



Being fair shows you care – FISH for life