Bedgerabong School News

www.bedgerebon-p.schools.nsw.edu.au Issue 5 2 April 2024 www.facebook.com/bedgerabongps



Student of the week



Sophie Week 8



Abri Week 8



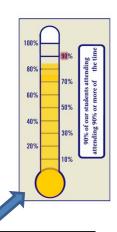
Lloyd Week 9



Ethan Week 9 Student Growth through Excellence in Teaching and Partnerships for Success

Movie Night – this Friday!

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 10 we have continued to 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 8 Sophie Applying herself across all areas with active participation and energy. Enthusiastic about her learning.
- Week 9 Abri Working hard to complete his story and practicing marimbas all in his own time.

Upper Division

- Week 8 Lloyd Determination and perseverance learning a new maths concept.
- Week 9 Ethan Positive role model.

Upcoming Dates for your Diary

- 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
- 9 May School Photos
- 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
 - 3 Jun Dads in Schools Day

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

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- HOOSE YOU ATTITUDE
- You have the power to make an impact. Your attitude is
 - contagious. The question is:
 - What attitude will you spread to everyone around you?

FISHphilosophy.com FiSh!

Being fair shows you care - FISH for life

I hope that you all had a wonderful Easter break and were able to spend some downtime with family and friends.

Learning Alliance Meetings – were conducted for most of our familes last week. Huge thanks to everyobne for engaging in this process for us all to be able to work together to support your children. In an attempt to make things fair for all students, in confirming their 2024 learning goals, we will attempt to connect with the few families who were unable

to join us last week. Given the short time frame before the end of term and the commitments of our teachers to Professional Learning and off-site activities, these may end up being phone calls or even online meetings. If you were unable to attend our LAMs last week please be sure to contact the school office as soon as you can to make alternate arrangments for a

meeting. Confirmation of the negotiated learning goals for your child will come home at the end of this week. Any resources or extra support that was negoatied to assist in achieving those goals will be sent home at the beginning of term 2.

School Bytes app -thank you to all of our school families who have downloaded and regularly use the School Bytes app. I am grateful for this and also grateful for some

suggestions that have been put forward including the use of notifications for posts or updates. Mrs Hodges has been on this in our office and is sharing your feedback with the company and with fingers crossed we await a reply suggesting that notifications will be available to all posts/newsfeeds.

Movie Night this Friday - If your child is staying behind at school this Friday to make the most of Movie Night, please contact the school so I can make appropriate

arrangements. Otherwise we very much look forward to seeing you and your family with us on Friday evening. Dinner, games and movie is all on us, including popcorn and fairy floss. You should bring your own chairs/blanket etc and

everything/anything else that will make you comfortable.

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.

Bedgerabong Cross Country - Each year we hold a school cross country event that involves everyone, K-6. The purpose is to be challenged, have some fun and be able to select our athletes to participate in the Lachlan PSSA Cross Country event- which is to held at the Forbes Racecourse on Tuesday May 7.

Students turning 8-13 yrs in 2024 can be selected in 8/9yrs & 10yrs 2000m, 11yrs, 12yrs / 13yrs 3000m.

We are able to nominate 3 boys and 3 girls in each age grouping (remember 8's and 9's run as one group) however to be nominated to participate at the Lachlan PSSA





School

Bvtes



event, kids need to be able to not just finish 1st-3rd at school, but also complete the course without stopping.

In the past 5-7 year olds from the Little Class have joined in with a lap or two and I'd like to encourage them to do it again. So.... it's time for the kids to start running to the mailbox/bus stop or around the house yard.



Our Cross country will be run regardless of weather. You may wish to pack a change of clothes/shoes if it is wet.

Opportunity class (OC) applications opening

OC Year 5 entry in 2025: Applications are open 4 April-20 May 2024

What are opportunity classes?

Opportunity classes are one of the ways the NSW Department of Education supports high potential and gifted students. The classes help students learn by:

- grouping them with other gifted students
- using specialised teaching methods so students can learn concepts in more detail and more quickly
- supporting their wellbeing needs.

Most students in opportunity classes enjoy learning with peers who have similar abilities and interests. Opportunity classes are not zoned.

Where are they located?

There are 86 primary schools with opportunity classes in NSW each year.

- 54 schools are located in metropolitan Sydney
- 31 schools are located in rural or regional centres
- a virtual class, Aurora College, for rural and remote students is available in over 600 authorised host schools.

Students successfully placed attend the opportunity class full time in Years 5 and 6 at the relevant public school.

In most cases, students who have accepted a place in an opportunity class will leave their current school to attend the school with the opportunity class, unless the student is accepted into the virtual class, Aurora College,

Should you apply?

If your child learns with greater ease and speed than their classmates, they may benefit from placement in an opportunity class. High potential and gifted children need to be challenged so they remain engaged with their education. Discuss the opportunity with your child and look through the information together on Opportunity classes – Year 5. If you would like to discuss whether you think you should apply, please contact your child's principal.

Equity provisions

The Equity Placement Model helps to make access to opportunity classes fairer for the following under-represented groups:

- students from low socio-educational advantage backgrounds
- Aboriginal and/or Torres Strait Islander students
- students from rural and remote locations
- students with disability.

The Equity Placement Model holds up to 20% of places at each school for students from these groups to support an increase in their participation.

Students from these groups may be considered for equity placement if their test performance is within 10% of general applicants for each school. Learn more about the placement process and the placement test at <u>Opportunity classes (Year 5 – 6)</u>. <u>https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/choosing-a-school/opportunity-classes</u>

Ready to apply?

Apply online at: education.nsw.gov.au/oc

FREE FOOTY TICKETS Bulldogs v Roosters 6:00pm, Friday 5 April 2024

Accor Stadium

Thanks to Canterbury-Bankstown Bulldogs and Accor Stadium, students and staff at your school have the opportunity to claim free tickets to the upcoming Bulldogs v Roosters game at Accor Stadium.

As your school is participating in this year's Premier's Sporting Challenge (PSC), each student and staff member can redeem one (1) family pass (4 x individual tickets) to this event (subject to availability).



Tickets are limited so be sure to secure them quickly for what will be a great evening of rugby league.

To take up this fantastic offer, students and their parents should follow the easy steps below:

- 1. Simply go to the following website: <u>https://accorstadium.com.au/premiers-sporting-challenge/</u>
- 2. Register their details via the form.
- 3. Print out the vouchers and bring each voucher with them on the day to gain entry through Gate E into general admission seating at Accor Stadium.

For additional information, please visit the Accor Stadium website by <u>clicking here</u>.

Giving little learners the best start in life

For time-poor new parents and carers, navigating the early years can be complex and overwhelming. But the department's new <u>Brighter Beginnings Parent and Carer</u> <u>Information Hub</u> can demystify the deluge of information available to help give children the best start to life and their educational journey.

The one-stop hub features trusted NSW and Australian Government services and resources to help parents and carers understand the importance of the first 5 years of life (pregnancy to age 5), to uplift access to essential child health and development checks.

The hub features a dedicated section for <u>Aboriginal and Torres Strait Islander families</u>, with information and tools to support children to grow up safe, strong and connected to culture.

More broadly, the hub is set to benefit early learning services too, according to Goodstart Early Learning State Manager, Lisa Gibson.

"It will be a great resource for early childhood educators to know the resources and agencies to direct families to and ensure consistent messaging. Parents frequently lean on their early learning centre to support them with parenting tools and resources," Ms Gibson said.

The links referred to above will be included in the School Bytes delivery of this newsletter for you to access more easily.

Term 2 Arrangements for school.

Term 1 will conclude on Friday April 12. Given that we have recently had our Easter Parade and Movie night, this will be a regular school day for our students- kids should wear usual Friday uniforms and will have regular class routines. Our staff have a staff development day – previously known as a pupil free day to commence term 2, meaning the kids do not return to school unit! Tuesday April 30. Term 2 indicated the start of the wearing of Winter uniforms- our School Photos are planned for Thursday May 9 and I'd like all of our kids wearing the same uniform

Regards Paul

Big Class News

It was great to see all the Big Class kids getting involved in the Easter Hat Parade. It was wonderful to see the kids sharing their eggs during the hunt, so no one would miss out. As we near the end of Term 1, I pause to reflect on the many changes that have taken place so far. The opportunity to split our stage 2 and 3 for Literacy and Numeracy sessions has been of great benefit. Both Mrs Williams and I have been able to focus more on stage specific content and individualised learning needs. This has proven to be invaluable, especially with the introduction of the new Maths and English syllabuses. A huge thank you to all the parents and students during the LAMs process. It is great for us to all get together and set goals for the our students future learning. In the interests of being able to confirm the goals of every child, we still have a few parents to catch up with. For those that were not able to attend, we can arrange another meeting time. Due to busy end of term commitments, this may need to be via phone or Zoom. Please contact the school to arrange a suitable day and time.



Mrs Faulkner

Little Class News

The little class has been doing some fantastic activities and learning.



Miss Wade





Science

Some mixtures are delicious! We have been investigating what happens when certain ingredients are mixed and whether or not different mixtures can be separated. Some of the ingredients we have been investigating led us to putting them together to make chocolate crackles. So we were well rewarded for our hard work that day. Last week, coming up to Easter, we mixed colours with water, then added detergent to our mixture. After adding air to that mixture, through a straw, we were able to take bubble prints on Easter egg cut-outs. Lots of fun, and even more mess!

In the Big Class we will continue to marvel over how clever plants are in dispersing their seeds. I know that while I was out camping over Easter, a multitude of different plants were trying to use my shoes and socks as a mode of transport for their seeds, while others were using the breeze to carry their seeds, so cleverly designed for flying or drifting. I wonder if anyone else noticed any seed dispersal methods while out camping or working around the farm.

I hope everyone had a very happy Easter!



Mrs Williams

LEADERS REPORTS

Hi I'm Sarah I'll be telling you about the Easter hat parade we had last week and asking the other kids what they think. Firstly I always look forward for the Easter hat parade I love making my hat and then getting to shear it with all the patents and grandparents. Here's what some of the other kids thought about the hat parade. Oliver: I loved all the people there and all the games. Hunter: I loved that we got to design our own hats and make it your own. Olivia: I loved the egg hunt and I found it really fun. Heidi: I loved the tug of war and how challenging it was. It sounded like everyone loved the hat parade even the grownups. We played, many fun games like a sack race, an



egg and spoon race, a three legged race and a tug of war all the games were so much fun.

By Sarah





Being fair shows you care – FISH for life

Getting to know Ella

I like to be called: Ella Class: The Little class Favourite Animal: Tiger Favourite snack Food: Nutella bars Favourite Holiday: Trip to Melbourne Favourite sport to participate in or watch: Skiing Things I like to do on the weekend: Sleep in New things I'd like to try: Sky diving TV shows I like: Dragon Riders If I could do anything I would: Buy a lot of Nutella Something I would like to learn: How to draw better



Getting to know Sam

I like to be called: Sam Class: 3 Favourite Animal: Diamond head python Favourite snack Food: Steak Favourite Holiday: Central Coast Favourite sport to participate in or watch: AFL Things I like to do on the weekend: Go to my cousins New things I'd like to try: Work TV shows I like: Dead Pool If I could do anything I would: Be a zookeeper Something I would like to learn: Reading.





Tootie Fruity

We mixed it up a bit in week 8 and used mince and pasta, I think the kids enjoyed something other than chicken, and were excited when it was called 'Cheeseburger'.

The garden is looking very organised and the kids worked on the native garden clearing all the leaves and tidying it for a make over. With winter coming on our vegies have been renewed so there is not much harvest happening at the moment – a few beetroot. Recipes for the last couple of weeks are:

Cheeseburger Casserole

Prep Time: 25 mins Cook Time: 55 mins Additional Time: 10 mins

Servings: 6

Ingredients

cooking spray, ½ pound ground beef, 2 medium onions, chopped, 1 can diced tomatoes with herbs, undrained, ½ cup water, or as needed, 2 cups elbow macaroni, 1 cup frozen corn, 1 green bell pepper, chopped, 2 Tbs minced garlic, 1 Tbs soy sauce, 1 tsp Italian seasoning, ½ pkt taco seasoning, ground black pepper to taste

2 cups shredded Mexican/Italian cheese blend

Directions

Preheat the oven to 175 degrees C. Generously grease a 2-quart baking dish with cooking spray. Heat a large saucepan over medium-high heat. Cook and stir beef and onions in the hot pan until beef is browned and crumbly and onions are translucent, 5 to 7 minutes. Drain off fat.

Drain liquid from canned tomatoes into a 4-cup liquid measure; add water if needed, to make 2 1/2 cups liquid. Add juice, tomatoes, macaroni, corn, bell pepper, garlic, soy sauce, taco seasoning, Italian seasoning, and pepper to the beef mixture; bring to a boil.

Pour 1/2 of the beef mixture into the prepared baking dish and sprinkle 1 cup cheese over top. Repeat beef and cheese layers once more. Cover the dish and place it onto a cookie sheet.

Bake in the preheated oven for 30 minutes. Uncover and bake until pasta is tender yet firm to the bite, about 15 minutes.

Remove from the oven and let sit for 10 minutes before serving.

Beef fried rice

Prep: 10 mins Cook: 10 mins Servings 8

Ingredients

SAUCE: 2 tbsp dark soy sauce, 4 tsp light soy sauce, 4 tbsp oyster sauce, 2 tbsp Chinese cooking wine, 1 tsp white sugar, 1/4 tsp white pepper (sub black),

SCRAMBLED EGGS: 2 tsp sesame oil, 4 eggs , lightly whisked

FRIED RICE: - 4 tbsp oil, 1 onion, finely diced, 4 garlic cloves, finely minced, 500g beef mince / ground beef, 4 cups frozen diced carrots, peas, corn (still frozen fine!) (or fresh diced veg), 6 cups day-old cooked rice, 1 cup finely sliced green onions

Instructions

Mix Sauce ingredients in a small bowl, then set aside.

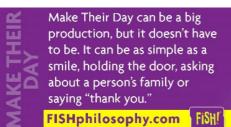
Scramble eggs – Heat sesame oil in a large wok or non-stick pan over medium high heat. Add egg and cook, stirring gently, so it is softly scrambled. Remove onto a plate.

Cook beef – Heat vegetable oil in the same pan over high heat. Add onion and garlic, cook for 30 seconds. Add beef and cook, breaking it up as you go, for 2 minutes or until you no longer see raw beef. Add 2 tablespoons of sauce and cook for 1 minute.

Veg / caramelise beef – Add frozen vegetables and cook for 2 minutes or until the beef gets nicely caramelised – this is the trick to great flavour so do not shortcut this!

Rice & sauce – Add rice and remaining sauce. Toss for 2 minutes until the sauce is well dispersed throughout the rice and the rice grains start to caramelise a bit.

Egg & green onion – Then add scrambled eggs and green onion, give it a quick toss to disperse then divide between bowls. EAT!



Remember how you felt the last time someone gave you their undivided attention? In your conversations today, give that gift to someone else. FISHphilosophy.com



The main aim is for everyone to have fun in a healthy and safe environment while learning how to play tennis. The clinic is open to all children 5yrs to 15yrs with beginners most welcome.

Places are limited therefore bookings are essential. Phone Peter on 0403 335 205 or message via facebook page "Peter Cliftons Tennis Coaching" before Friday 12th April.



FREAKY FACTS

It is physically impossible for pigs to look up into the sky. The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language. If you sneeze too hard, you could fracture a rib.

Giggle Spot

Q: Why did the boy eat his homework? A:Because the teacher said it was a piece of cake Q: Why did the kid cross the playground? A: To get to the other slide Q: Why do vampires seem sick? A: They're always coffin

QUOTE OF THE WEEK

ng enough to stand alone, smart enough to know when you need help, and brave enough to ask for it." – Ziad K. Abdelnour

Happy Birthday to these recent and upcoming party goers.



Mar 10 Heidi Mar 17 Olivia April 26 Ella 28 April Roman April 29 Bailee



Upcoming Dates for your Diary

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