



Student of the week



Student Growth through Excellence in Teaching and Partnerships for Success **Learning is a treasure that will follow you everywhere**

Every Day Counts- Our focus on attendance for Term 2 has us aiming at achieving an average attendance rate for our school of 90%
As of last Friday we had an average attendance rate was 93.60%
Children's learning is enhanced by uninterrupted full days of school.



Lower Division

Week 6 – Sophie B - great job solving maths problems mentally.
Week 7 – Jeremy C – trying very hard in handwriting this week.

Upper Division

Week 6 – Oliver M – positive attitude towards learning.
Week 7 – Abri S – support and 'Being There' for his classmates.

Upcoming Dates for your Diary

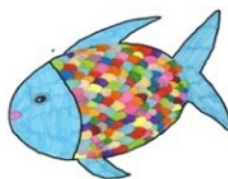
- 18 Jun Stage 3 Boys to the Bush program session 4
- 19 Jun Whole School - Forbes Eisteddfod **Dance 11.30am Marimbas 12.30pm**
- 24 Jun Year 5 Radio Show 97.9Fm 5-6pm
- 25 Jun Stage 3 Boys to the Bush program final session
- 25 Jun Bedgerabong School DISCO @ BEDGERABONG HALL
- 25 Jun P&C Meeting 6.30pm at the school
- 30 Jun Dads in School Day K-2 9-12pm 3-6 12- 3pm
- 1 Jul Mosaics with the kids
- 3 Jul Little Class excursion - Forbes Pre-School
- 4 Jul Last day Term 2- Whole School Excursion- NAIDOC celebrations Forbes
- 22 Jul School resumes & Life Education van
- 24 Jul Small Schools Touch Footy Knockout vs Carcoar @ Bbong School
- 25 Jul PSSA Soccer Gala Day (selected stage 3)
- 26 Jul Community Family Fun Day 2pm til late
- 28 Jul Big Class Jindabyne Excursion Monday - Thursday
- 1 Aug PSSA Netball Gala Day (selected stage 3)
- 5-6 Aug LAMs
- 27th & 28th March 2026 - Bedgerabong Sesquicentenary

Chomper



Spike

Katie



Squirt



2025 school term dates for kids

Term 1	6-2-25 - 11-4-25	Term 2	30-4-25 - 4-7-25
Term 3	22-7-25 - 26-9-25	Term 4	14-10-25 - 19-12-25

Hello everyone- I hope this newsletter finds you well. At the risk of sounding repetitive I want to start by sharing how proud and inspired I am in working with and leading your children. Just 2 quick examples. First our La Bamba Marimba performers played at the Cowra Eisteddfod Grand Concert and in front of a packed house wowed the crowd with a flawless performance; taking everything in their stride. What skills, dedication and commitment to their performance! The second involves the Big Class attending and amazing the crowd at the Dubbo Eisteddfod. However it was the comments from the general public while we were having lunch that day that stood out. 'Your kids are the most well-mannered, polite, courteous, and respectful kids we've come across in a long time'. That really MADE MY DAY.



Dads in School Dad – keep an eye out for invitations coming home soon to attend our Dads in School day on Monday June 30. We encourage any male in the life of our kids to join us. Part of the activities will involve dads helping the kids set up a mosaic project for the show- cutting, snipping and placing tiles.



Mosaic Project – as a follow on from our Dads in School Day preparation, we have an open invitation to anyone who has some time and might like to join the kids on Tuesday July 1,- working on and hopefully finishing their mosaic projects. You might even like to do one of your own. IF YOU HAPPEN TO HAVE ANY BRIGHT / COLOURFUL OR INTERESTING TILES LAYING AROUND YOU COULD SPARE- WE'D LOVE TO HEAR FROM YOU

Boys to the Bush – our Stage 3 students had a break last week while we had Dubbo Eisteddfod and Western Cross Country. They resume this week and will have last session next week.

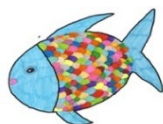
Dubbo Eisteddfod – Congratulations to Mrs Faulkner and the Big Class on their outstanding results at the Dubbo Eisteddfod. They had the audience in the palm of the hands with their highly skilled and polished performance. Nothing but praise from the adjudicator and organisers of the event, 'One of the best performances of any school they'd seen'. We will certainly take up their offer to return again next year.



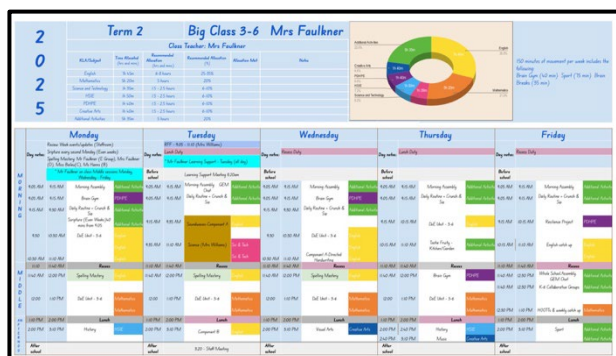
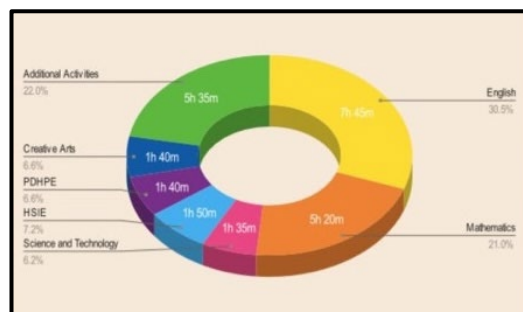
Forbes Eisteddfod – All set to go. We have every student involved in at least 2 songs and we also have a primary dance performance this year. It'll certainly be a great day of entertainment. We will see Mrs Faulkner v Ms Faulkner on stage with marimba groups! Who will come out on top? Performance date is Thursday June 19. There should be no need for early arrivals at school – so school buses as usual. Be sure to check School Bytes for information should you wish to pick your child up in town.

Dance 11.30am, Marimbas 12.30pm

Western X-country Congratulations to Georgia P who represented in Orange last week running 3000m in very chilly and unfriendly conditions. Georgia reported that she placed 13th in her event. A terrific achievement, well done Georgia!



CPM – our school underwent an extensive Curriculum and Policy Monitoring review last week to ensure we meet the National standards. Mrs Faulkner and I spent 2 hours working through our teaching programs, assessment, reporting, scope and sequences, attendance monitoring, teaching standard, professional learning policies and practices and whole lot more. We are still awaiting the results, but in the meanwhile, I thought I might share with you the time, effort and commitment that goes into something as simple as a class timetable to address all of the expected areas of the curriculum,

School Uniforms- Reminder School uniform orders due. Last bulk winter uniform order this year. Please contact Rebecca Pengilly for more information on 0428622552 or arpengilly@bigpond.com

P&C Meeting- please be aware that the next P&C meeting will be held at the school on the same night as the school disco from 6.30pm. Hopefully this will save most of you a second return trip to pick your kids up and you can simply grab them after the meeting. I'm happy to provide supper and refreshments- just let me know if you're interested. Come along and have a say in the support of the school including excursions, resources, working bee and school events.



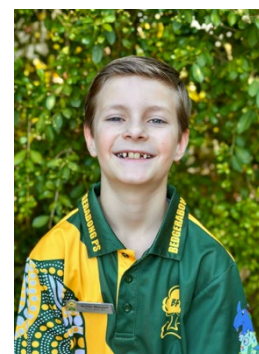
Wishing you all an amazing week. Remember- Choose Your Attitude, Be There, Make Someone's Day and PLAY!

Regards - Paul

Leaders' Report

Hello I'm Hunter here to bring you the latest events that have happened in the past few weeks. So on Wednesday the 4th of June was boys to the bush, and for some of you that don't know what it is here's a quick rundown. Boys to the bush is what the stage 3 do just to teach them stuff about good skills you can use for the future and just to have some fun. A few weeks ago was the Cowra eisteddfod where we played a couple of songs on the marimbas and we were good enough to get invited to perform again on Friday the 6th of June. We did so well and everyone loved it. On Wednesday the 11th of June was the Dubbo eisteddfod where we played two songs La Bamba and Tango Taxi 🚗. After we played the songs then the adjudicator announced that we won. Everyone was so happy and were glad that they had the opportunity to do it.

Hunter M



BIG CLASS NEWS

The Big Class have experienced a bit of excitement over the past week. Firstly our La Bamba crew performed flawlessly at the Cowra Grand Concert and were recognised for the talents by being awarded the inaugural Val and Toby McLeish Award. The trophy was accepted on behalf of the group by Hunter and Georgia on the night. A big thank you to all our parents for traveling over to Cowra - we could not have done it without you. Continuing with our musical success - The Big Class came away with another win at the Dubbo Eisteddfod. The kids secured first place playing the Tango Taxi Medley and La Bamba. It was wonderful to see how the audience were 'wowed' by the performance. The children were given so many compliments and congratulatory comments afterwards. Lunch at McDonalds was well deserved and made even sweeter when a member of the public approached Mr Faulkner and myself commenting on the respectful behaviour of our students. Way to go Big Class! Congratulations to Georgia who competed at the Western Cross Country Championships last week. In a big field, Georgia finished in 13th place - an impressive effort.

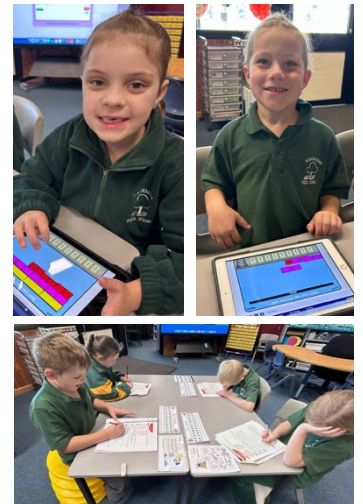


Mrs Faulkner

LITTLE CLASS NEWS- with Miss Hanns

It is hard to believe, but there are only 3 weeks left of this term!

- Over the past 2 weeks in Maths, K-2 students have been exploring fractions and parts of a whole and cutting and comparing items to see if they are equal in size.
- In English, our focus has been on understanding characters in stories and discussing why authors create certain characters and their roles in the text.
- Everyone has been working really hard and getting stuck into their learning – a special shout-out to the Crabs, Sharks, and Turtles reading groups, who have all moved up a reading level!



In the Garden with Miss Bayley

In the garden the kids have been busy tidying things up, planting seedlings, getting seeds growing in the greenhouse. Cleaning the chookyard and picking the green tomatoes after the frost. We are eagerly awaiting our produce for the upcoming Bedgerabong show, hoping we have lots to exhibit.

Tootie Fruity

We have had a bit of an Asian theme in cooking the past two weeks and it has been well received. Underestimated the kids liking for dumplings last week, I hope they go home and make them, all the kids decided that they were easy and delicious.

Asian Chicken Noodles

Ingredients - 375g dried rice stick noodles, 200g broccoli, cut into small florets, 150g green beans, trimmed, cut into thirds, 1 tbs sesame oil, 1 garlic clove, crushed, 1 tsp finely grated fresh ginger, 2 eggs, lightly beaten, 1/3 cup chicken stock or water or chinese cooking wine, 3 green onions, cut into 3cm lengths, 1/4 cup salt-reduced soy sauce, 1/3 cup hoisin sauce, 500g chicken, cooked and shredded, 1/4 cup roasted unsalted peanuts, finely chopped, optional

Method

Cook rice noodles in a large saucepan of boiling water according to the packet's instructions, adding broccoli and beans for the last 30 seconds of cooking time. Drain. Refresh under cold water. Drain. Heat oil in a wok or large deep frying pan over medium-high heat. Cook garlic and ginger for 20 seconds then add eggs. Keep the eggs constantly moving around in the wok until cooked. Break egg up into smaller pieces. Increase heat to high. Add rice noodles, broccoli, beans and stock and cook for 1 minute or until heated through. Add green onion, soy sauce, hoisin sauce and shredded chicken. Stir until evenly coated, combined and heated through. Serve topped with sprouts and peanuts.

ANZAC Slice

Ingredients - 1 cup (90g) rolled oats, 1 cup (220g) brown sugar, 3/4 cup (65g) coconut, 1/2 cup (110g) plain flour, 1/2 cup (110g) self-raising flour, 125g butter, 2 tblsp golden syrup, 1/4 cup (15g) shredded coconut

Method

Preheat oven to 180°C. Lightly grease an 18cm x 28cm slice pan.

In a large bowl, combine oats, sugar, coconut and sifted flours.

Heat butter and golden syrup in a small saucepan on low heat for 1-2 minutes, until butter has melted and mixture is well combined.

Make a well in centre of dry ingredients. Add butter mixture and combine well.

Press firmly into prepared pan using base of a glass. Sprinkle with coconut.

Bake for 20-25 minutes, until golden. Cool completely in pan. Cut into squares to serve.

Cheese gyoza (dumpling)

Makes 30 Prep 0:20 Cook 0:10

Ingredients - 350g lean beef mince, 1 garlic clove, crushed, 1 tsp crushed ginger, 2 green onions, thinly sliced, 130g block mozzarella, or your favourite style of cheese 30 gyoza (or gow gee) wrappers, 2 tsp vegetable oil

Method

Combine beef mince, garlic and onion in a medium bowl and mix with a spoon vigorously until mixture becomes sticky. Alternatively, you can use your hands.

Cut cheese into 30 batons (approximately 2cm x 0.5cm). Add 1 tbs of beef mixture in the centre of a wrapper and top with a piece of cheese. Dip your finger in water and run it along the outer edge of the wrapper. Fold in half and press together gently to enclose. Wet outer edge again and fold inwards to form 3 pleats. Repeat with remaining wrappers.

Heat oil in a medium frying pan over medium heat. Cook gyoza in batches for 3 minutes or until slightly golden and crispy. Pour in 1/4 cup of water, cover with a lid and cook for 3-4 minutes or until soft. Remove lid and continue to cook for a further 1-2 minutes until water has absorbed and gyoza are crispy. Serve with soy sauce or dipping sauce of choice. **Mrs Horan**

The Resilience Project (TRP) is committed to teaching positive mental health strategies to prevent mental ill health and build young people's capacity to deal with adversity. Students engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**, (**GEM**) with regular opportunity for parent/carer involvement.



GEM Chats are questions and prompts designed to start a conversation or encourage students to reflect on their GEM habits. They provide a great opportunity to build connections between us all. **HOW TO USE GEM CHATS** Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try this simple GRATITUDE prompt this week. What made you smile this week?

PODCAST –If you have the time why not search for 'The Imperfects Podcast' it's a quick and easy way to check in and remain aware of strategies and approaches to supporting our kids and ourselves. <https://theresilienceproject.com.au/the-imperfects-podcast/>

If you'd like to know more about The Resilience Project – Google it or please feel free to call the school and I'd be more than happy to chat with you about it

Royal Far West– has reached out to our school and community as a part of their Community Recovery Service. As part of our Service, they offer parent group programs which take place online and are delivered by trained facilitators. The groups are free for any parents/carers of the school to join and usually offer these groups each School Term.

For school Term 3, they will be offering 2 different Online Parent Group Programs – 'Tuning in to Kids' (TIK) which will be offered as an evening group; and 'Circle of Security' (CoS) which will be offered as a daytime group.

The brochure below contains further details about the Term 3 Online Parent Groups, with the dates/days/times for the group and information about how parents can enquire.

They have received great feedback about the parenting groups thus far and we look forward to supporting parents/carers on their parenting journey. Royal Far West is also working closely with our school staff to support all of our students in their individual journeys through school. I highly recommend this opportunity to support not just yourselves but your kids.

FISH!

Take The FISH! Philosophy home. Engage your family and friends with playfulness. Be there with them in every moment. Choose the attitude you want to have. And make the day of someone you love!

FISHphilosophy.com **FISH!**

BE THERE

Being fully present is the key to wholeheartedness. Performing tasks halfheartedly while juggling other things can wear us out.

FISHphilosophy.com **FISH!**

Community Recovery Services



Online Parenting Group

Online parenting groups are for parents & carers who would like to:

- Understand their child's emotional world by learning to read their emotional needs
- Support their child's ability to successfully manage emotions
- Improve communication and strengthen the bond with their child
- Better understand their child's behaviour and learn new parenting approaches



We are offering two programs: **Circle of Security** and **Tuning in to Kids**.

What is Circle of Security® ?

The Circle of Security (CoS) Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. It is best suited for parents/carers of children aged 1-5 yrs although can be beneficial for all parents/carers.

What is Tuning in to Kids® ?

Tuning in to Kids (TIK) is an evidenced based, emotion-focused parenting course that supports Parents & carers to recognise, understand and manage their own and their children's emotions. It is best suited for parents/carers of children aged 3-12 yrs.

Who is it for?

We are delivering TIK & CoS as part of our Community Recovery Service which covers the following LGAs in NSW: **Cabonne, Cootamundra-Gundagai, Dubbo, Forbes, Gunnedah, Snowy Valleys, Glen Ines, Severn and Snowy Monaro.**

Where?

Groups will take place online via Zoom. Access to stable internet, a computer/device, and a private space will be required.

When?

Pending numbers, we usually offer a group each school term.

For School Term 3, 2025 our groups will happen at the following times – please choose one:

Circle of Security®:

Tuesday Mornings 10am-12pm

Starting 29th July 2025 & running for 8 weeks until 16th September 2025

Tuning in to Kids®:

Wednesday Evenings 7:45pm-9:15pm

Starting 30th July 2025 & running for 6 weeks until 3rd September 2025

"I am so incredibly grateful for this course! I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both my boys" - Parent

Next steps:

Our groups are free to join. If you are interested please contact our team by Wed 2nd July 2025 (or as soon as possible following).

Email community.recovery@royalfarwest.org.au or call (02) 8622 6808

Funded by the Australian and NSW Government



Funded under the Disaster Ready Fund – an Australian Government initiative. This program currently receives funding from the Australian Government and the NSW Government.



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SATURDAY 21ST JUNE 9AM-1PM
Cnr York & Attlee Street, Forbes



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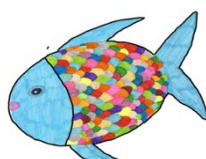
thaprintingmillco@gmail.com



Community Notice Board

Bedgerabong Show

Are you a handy person looking to contribute to our local show. The poultry shed pens are in great need of repair. If you are a handy fix it person willing to help give Heather Cole a call on 0490538235 to find out more information.



Rotary Ipomoea Amateur Photography Competition

Saturday 5th July

Club Forbes Function Room
Awards for First and Second Prize in each section

Presentation of awards - 5pm Saturday 5th July

Set up 9am - Public can deliver entries from 9am to 11am

No entry fee for photograph entries

Entries to be mounted on cardboard only

Judging from 12noon to 2pm. Open 2pm for public viewing

Entry \$5 to view the exhibits - children free

Sections

Landscape, Portrait, Animals/Birds, Travel,
Focus on Active Forbes, Farm Life/Machinery

Enquires PH: 0439 708 456 or 0427 201 445
E: mtnewell@bigpond.com

Most of funds raised from this event will support
Forbes Preschool's Speech and Language programmes

Getting to know – Zailee B

Nickname: Za **Grade:** Yr 1



Games I like to play: football in town

Favourite colour: purple **Favourite food:** donuts

Thing I like most about school: the bike track and my friends

Something my parents have taught me: dad taught me how to do a handstand.

If I had a million dollars: I would get my dream house with butlers

Fondest memory: when we lived in Orange Leevi brought me my babies bottle

When I grow up I would like to: play football

If I could change one thing about school: nothing, our school is really good the way it is



Getting to know Mollie D

Nickname: Moll **Grade:** Yr 4

Games I like to play: Roblox, hide and seek

Favourite colour: pink

Favourite food: Nutella and pizza

Thing I like most about school: marimbas

Something my parents have taught me: HOOTTS

If I had a million dollars: save it up

Fondest memory – when I go on holidays with my family

When I grow up I would like to: be an amazing swimmer

If I could change one thing about school: nothing





Happy Birthday to these recent and upcoming party goers.

Jun 12 Arnold Constable
Jun 13 Colby B
Jun 22 Oliver M

Jun 19 Georgia P
Jun 26 Lloyd H



Quote of the Week

Nothing is impossible, the word itself says 'I'm possible'. – Anon

STUDENT SPECIAL SHOWCASE

Each newsletter we'd love to share some of the kids' extra curricular achievements away from school. This time we've heard from Nate Cole and Colby Bywater. **Please be sure to send us any achievements you'd like us to share with details and a photo (if you can)**

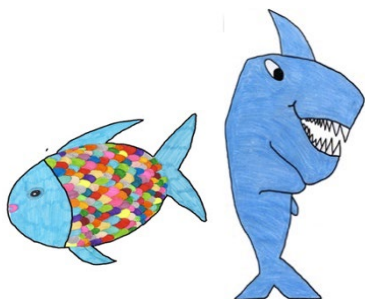
Nate C

Helping at the Dubbo show where this pig got the Champions of Champions. 'I had to nurse the piglets on the way home'.



Colby B

Loved the Tootie Fruity dumplings so much that we went home and made them on the weekend. Easy as and just a yummy.

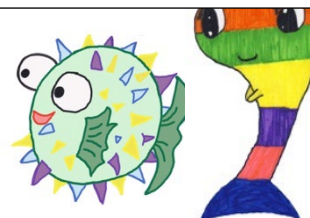


CHOOSE YOUR ATTITUDE

Choose Your Attitude is not always putting on a happy face or feeling pressure to adopt the outlook that's acceptable. It is about being aware of what your attitude is, and knowing that it does affect you and others.

FISHphilosophy.com

FISH!



2025 school term dates for kids

Term 1 6-2-25 - 11-4-25

Term 2 30-4-25 - 4-7-25

Term 3 22-7-25 - 26-9-25

Term 4 14-10-25 - 19-12-25

Mr Faulkner

16-6-2025



WANTED!

MOSAIC TILES

Do you have any old or leftover mosaicking tiles lying around at home? We're on the lookout for tile donations to help with an exciting upcoming art project at school!

- ✓ Any size, shape, or colour
- ✓ Broken tiles welcome!
- ✓ Tools also welcome!

Your donations will help our students create something beautiful and unique. Drop-offs can be made at the school office any time during school hours or call the school on **02 6857 1185** for more information.

Thank you for supporting creativity in our school!

