



Booleroo Centre District School

... Strive to Excel

Integrity · Responsibility · Resilience · Respect

Newsletter Term 1 Week 7

DATES FOR THE DIARY
THURSDAY
11TH MARCH 2021

Governing Council AGM
Monday 15th March 7pm

MNSEC Athletics Years 6-12
Tuesday 16th March

National Ride to School Day
Friday 19th March

National Day against Bullying
and Violence
Friday 19th March

Flinders Mobile Library
Friday 19th March

SRC GRIP Leadership
Friday 19th March

Harmony Day
Monday 22nd March

Geography Camp
Mon 22nd–Wed 24th March

Student Wellbeing Survey
Thursday 25th March

March on for a Soldier
Friday 26th March

Sapsasa Swimming Carnival
Adelaide
Friday 26th March

Adelaide Athletics
Tuesday 30th March

Principal News

Hello Parents and Carers,

A medium sized district school such as ours is a wonderful place for student education, community involvement and teacher satisfaction. But this doesn't happen by accident. We know the grit and determination that lives in the engine room to make all this happen. I want to acknowledge the commitment and contribution our staff, parents and students make to this school. Complacency and mediocrity are not things we should ever feel comfortable with. Improvement is something I believe we should all be aspiring to achieve. To facilitate that we need a shared vision, appropriate skills, incentives, resources and a plan of action. If your passion is to be actively engaged in these types of conversations and actions, then all the more reason to come along to our AGM next Monday. With Zoom facilities in place there should no longer be a 'tyranny of distance' for any elected Governing council members. Having broad representation across our whole catchment would be a wonderful outcome. Looking forward to your anticipated company next Monday night.

Peter Blackburn | Principal



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Kindy&Rural Care

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Government
of South Australia
Department for Education

Kindy News

This week, the Kindy and Rural Care children started a unit of learning focused on emotions and feelings, with links to The Child Protection Curriculum. After reading the story, *'The Colour Monster'* children got to make their own pizzas using toppings to represent different feelings and emotions. As a group, we discussed ways you can express your feelings.

Just like any other skill vital to healthy social and emotional development, learning how to identify and cope with emotions needs to be supported and encouraged.

From the staff at Booleroo Kindy and Rural Care



Primary News

Week 6 Primary Award recipients



Year 5/6 Class: Joe, Zaiden, Jemma, Alyssa



Year 2/3/4 Class: Harper, Lexi, Clancy, Eddie



Year R/1 Class: Harry, Chase, Noah, Bennett, Ollie, Addy, George, Jenni, Charlie, Letty



**BOOLEROO CENTRE DISTRICT SCHOOL GOVERNING COUNCIL
SELF NOMINATION FOR ELECTION FORM**

Parent Member Nomination

I (full name)

of (address)

wish to declare my candidacy to be elected as a member of Booleroo Centre District School Governing Council.

I hereby declare that:

I am the parent of a child attending the school or enrolled, but not yet attending the school.

I am / am not employed by the Department for Education under the PSM Act or Education Act.

I have not been declared bankrupt and do not receive a benefit of a law for the relief of insolvent debtors.

I have not been convicted of any offence of dishonesty, or of a sexual nature involving a minor, or of violence against a person.

Signed.....

Date.....

**BOOLEROO CENTRE DISTRICT SCHOOL GOVERNING COUNCIL
SELF NOMINATION FOR ELECTION FORM**

Sub Committee Nomination Form

I would like to nominate as a parent/community representative on the following Booleroo Centre District School Sub Committee/s

◇ Finance Committee	◇ Fundraising Committee
◇ Uniform	◇ Bus Committee
◇ Agriculture, Grounds/Building and Sustainability Committee	

I understand that should I be declared bankrupt, receive a benefit of law for the relief of insolvent debtors or be convicted of any offence of dishonesty, or of a sexual nature involving a minor, or of violence against a person, I will be required to relinquish my membership of Booleroo Centre District School Governing Council as I will no longer meet the membership requirements.

Signed.....

Date.....

****Please note, nominations for Sub Committees are required on a yearly basis, they do not continue from year to year****

*****Nomination forms need to be returned to the school by 12.30 on the 15th March*****

Steam and Traction 2021—volunteers required please

The fundraising committee are organising the running of a food stall at the Booleroo Steam and Traction on Sunday March 28th. This is one of our major fundraisers. We are seeking volunteers to help with donations and help on the day. Please choose where you are able to help out below and return to school or contact:

Jacqui Jones: 0427 002 479 or 86665213. Thank you in advance for your support.

Steam & Traction 2021, Sunday March 28th

Name: _____

Contact details: _____

- I can donate money for sandwich supplies
- I can donate fresh scones (baked and delivered on Sunday 28th)
- I can donate sandwich supplies (e.g. curried egg or farmers salad, jam, chutney)
- I can donate cake or slices (please document the ingredients)
- I can help on the gate for a 2-hour shift, preferred time: morning/afternoon
- I can work in the stall on the day, preferred time: --morning/afternoon

From the Wellbeing Team



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		

Total Fat ▶

Generally choose foods with less than **10g per 100g**.

For milk, yogurt and icecream, choose less than **2g per 100g**.

For cheese, choose less than **15g per 100g**.

Saturated Fat ▶

Aim for the lowest, per 100g. **Less than 3g per 100g is best.**

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶

Not all labels include fibre. Choose breads and cereals with **3g or more per serve**

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Sugars	3.5g	11.8g

Fibre 6.4g 21.2g

Sodium 65mg 215mg

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

Ingredients ▲

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

◀ 100g Column and Serving Size

If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for high salt ingredients:

Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

BCDS Sports Day 2021

Year 12 fashions of the field



On Friday 5th March we had great weather for our annual Sports Day. With Rogers taking out the Swimming Carnival, Dunstan leaders were pushing the importance of striking back with a win on Sports Day. The 800m, 1500m and javelin events were all held prior to the day, which gave Rogers a handy lead of 80 points.

From the start of the track events, it was obvious the day was going to be tightly contested with so many close finishes requiring a photo finish on the iPads. The participation on the day was excellent with most students choosing to compete. We speak about it consistently that winning the House Competitions is more likely if you have everyone competing because every point counts!



Well done to everyone who competed, helped on the day or was there to cheer on your house. There were so many excellent efforts throughout the day, whether it was students achieving personal bests, breaking a record, or winning a cup. It was fantastic to see some outstanding resilience in several events. Competing is no easy feat and this was shown in the hurdles with numerous competitors taking tumbles but having the courage to get up and complete the race. This shows good character and a willingness to accept a challenge.

It is always a privilege to watch competitors vie for their age group cups and this year was no exception. Watching the up and comers like Nadia Blieschke, Mikayla Garrard, Sienna Lines, Caleb Prosser, Olivia Roocke and Henley Smith shows promise for the years to come. Then we have the established cup challenges like Luca Lee-Bruce, Henry Hall, Livinia Lines, Asher Prestwood, Carly Prosser and Teegan Prosser. We also have our Year 12 students who put in excellent displays like Darcy Bastian, Jaxon Kumnick and Eliza Watkinson. I understand it is not all about winning, but it was amazing to watch these athletes go back and forth.

The drive and competitive nature in the cup competition was something that should be aspired to. Teegan Prosser and Eliza Watkinson had a fierce battle throughout the day as they have done in previous years. Both are recent cup winners and the contest between them was a tussle, but the 400m proved to be the difference. Darcy Bastian impressed on the day, he drew attention from many, with some excellent results in his fight for the cup against Jaxon Kumnick, who won by 7 points.

These are only some of the examples of the success students had on the day. After reading several classes goals they set prior to the day, many students achieved a personal best or accomplished their goal of competing in every event. Each team member counts and we will always encourage maximum participation but also giving your best effort.

It is important to thank all the volunteers, staff and anyone who contributed to the organisation and success of the day. Russell Glayde helped maintain the oval and marked the 100m and 400m track. Gayle Bury and the SRC catered for the event again in exemplary fashion, Annie Paige did a day swap to be our photographer, Chloe Clarke took on an extra role of being our announcer and the list could go on. All contributions to the day are truly appreciated and do not go unnoticed, so thank you!

On a sad note this was the first year since 2005 that the late great Barry Zander had not graced us with his presence at the event. I'm sure I am not alone in missing his presence at the event this year. He had been engrained in the event as our commentator and photographer. His selfless contributions over the years will not be forgotten.

The score updates throughout the day seemed to always have Rogers ahead, but it was close enough going into the relays for Dunstan to still have a sneaky chance of winning. At the completion of the relays the scorers were working quickly to add the scores and also add the primary scores in. After double and triple checking the scores we could not believe the result! Scores were tied at 1693 each, but with Henley Smith breaking a record on the day the reward is 10 bonus points for your team! Meaning Dunstan were victorious on 1703 to 1693 once again making the Cross Country the deciding event for the House Competitions.

Congratulations to Dunstan!! Our attention now turns to MNSEC Athletics next Tuesday 16th March at Jamestown Community School. We are looking to retain the shield for a 17th year in a row. We will need to be on our game as we will be the hunted, with several school eyeing the opportunity to beat us. Remember to be humble in victory and gracious in defeat.

Alby Nicholls, PE Coordinator



BCDS Sports Day Cup Winners 2021

Age Group	Runner Up	Winner
6/7 Girls	Olivia Roocke 38 points	Mikayla Garrard 39 points
6/7 Boys	Henley Smith 49 points	Caleb Prosser 66 points
Junior Girls	Nadia Blieschke 41 points	Sienna Lines 42 points
Junior Boys	Tommy Fels 44 points	Luca Lee-Bruce 74 points
Inter Girls	Carly Prosser 47 points	Livinia Lines 69 points
Inter Boys	Asher Prestwood 37 points	Henry Hall 63 points
Senior Girls	Eliza Watkinson 65 points	Teegan Prosser 67 points
Senior Boys	Darcy Bastian 49 points	Jaxon Kumnick 56 points



HOUSE POINTS

DUNSTAN: 1703 ROGERS: 1693

Athletics Record set in 2021

No.	Event	Previously Held by	Year	Record	New record	Competitor
80	6/7 boys discus	Ashley Ayles	2007	25.55m	26.30m	Henley Smith

March On for Soldier On

On Friday March 26th the SRC are supporting March On for Soldier On by having our school walk a cumulative 96 kilometres. We will have a representative 96 students all walking 1 km – with all other students and staff walking along to show their support. 96km has special significance to Australian soldiers.

The Kokoda Track marks the course of one of the most important battles for Australians in the Second World War. Between 21 July and 16 November 1942, the Australian Army halted the furthestmost southward advance by Japanese forces in Papua New Guinea and then pushed the enemy back across the mountains. It is one of the most striking places of Australian war-time history that can be visited. The men who defended this rugged 96km track were the only line of defence protecting Australia from imminent invasion.

SRC are also asking that students show their support by wearing **RED** on **Friday 26th of March.**

Go to

<https://fundraise.soldieron.org.au/fundraisers/gaylebury-dodman>

if you would like to donate to this worthwhile cause.

School News

AUSTRALIA'S LONGEST-RUNNING ANNUAL POETRY
COMPETITION FOR SCHOOL CHILDREN

Rich AND Rare

Optional theme

Competition dates

MARCH 1 – JUNE 30, 2021

Categories + prizes

LOWER PRIMARY (Years K-3)

Winner: \$300, trophy and prize pack.
Runner-up: \$150 and prize pack.

UPPER PRIMARY (Years 4-6 + 7 in SA)

Winner: \$400, trophy and prize pack.
Runner-up: \$200 and prize pack.

ASSISTED LEARNING PRIMARY

Winner: \$400, trophy and prize pack.
Runner-up: \$200 and prize pack.

Entries to be submitted by the teacher, eligibility criteria covers students on assisted learning programs or students with English as a second language.

DAVID MAHER AWARD FOR SMALL SCHOOLS

Winner: \$250, trophy and prize pack.

Awarded to the best individual entry from a small school with 25 students or less. Primary school students only.

JUNIOR SECONDARY (Years 7-9)

Winner: \$500, trophy and prize pack.
Runner-up: \$300 and prize pack.

SENIOR SECONDARY (Years 10-12)

Winner: \$500, trophy and prize pack.
Runner-up: \$300 and prize pack.

ASSISTED LEARNING SECONDARY

Winner: \$500, trophy and prize pack.
Runner-up: \$300 and prize pack.

Entries to be submitted by the teacher, eligibility criteria covers students on assisted learning programs or students with English as a second language.

SCHOOLS' AWARD

Winner: Primary \$1000, trophy, prize pack.
Winner: Secondary \$1000, trophy, prize pack.

For schools that demonstrate effort, achievement and a high standard of entries, awarded at the judges' discretion.

KURRUMBEDE AWARD

Winner: Primary \$250, trophy and prize pack.
Winner: Secondary \$250, trophy and prize pack.

Awarded to the best entry from a school within 100km radius of Gunnedah.

ALL ENTRIES ARE TO BE SUBMITTED ONLINE AT WWW.DOROTHEA.COM.AU



dorothea mackellar poetry awards

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Australian Government



Gunnedah Shire



WHITEHAVEN



BOGGABRI COAL

Community News



English Proficiency



An Australian Government Initiative

Know anyone that English is their second language?

Would they like to improve their English?

Need help with English speaking? English Reading? English Writing?

Tafesa Port Pirie now offers Certificate I and II in English Proficiency. It is free for eligible SEE clients

Visit TAFESA Port Pirie to book an appointment for an assessment.

tafesa.edu.au/SEE

The Skills for Education and Employment (SEE) program is funded by the Australian Government Department of Education, Skills and Employment.