



# Booleroo Centre District School

*... Strive to Excel*

*Integrity · Responsibility · Resilience · Respect*

## Newsletter Term 1 Week 5

**Dates for the Diary**  
**THURSDAY**  
**2ND MARCH 2023**

[Sports Day](#)

Friday 10th March

[Naplan](#)

Wednesday 15th March—  
Monday 27th March

[MNSEC Sports Day](#)

Thursday 23rd March

[MNSEC footy trials](#)

Tuesday 28th March

[Sapsasa](#)

[Football/Netball/Hockey](#)  
[trials](#)

Wednesday 29th March

[Choir Practice](#)

Thursday 30th March

[Tertiary and Careers Expo](#)

Monday 3rd April

[SSSA Athletics—Santos](#)  
[Stadium](#)

Tuesday 4th April

**Good Friday**

April 7th

**Easter Monday**

April 10th

[Sapsasa Cricket/Tennis trials](#)

Tuesday 11th April

[MNSEC Cross Country](#)

Wednesday 3rd May

[School Photo Day](#)

Thursday 25th May

### Principal's News

Governing Council

Notes have been sent out since our last newsletter about the upcoming Annual General meeting for Governing Council. Our Annual General meeting has been set for Monday 20<sup>th</sup> of March. Governing Councils are an important body of all schools and work in partnership with the site leader to help set the direction of a school.

Shared aspects of Governing Council are;

A governing council meets regularly to talk about the direction for the site. The timing of meetings can be different for each site, but it's no less than twice a term.

Meetings are a big part of being on a governing council, but it's not only that. In your role on the council, you might:

- be on an interview panel to select the site's principal or director
- need to deal with media in response to an event or a good news story
- be an **employing authority** on some school sites for OHSC or canteen staff.
- involve the local community
- develop and approve local policies
- set the broad direction and vision of the site
- monitor and review the [site improvement plan](#)

If you're interested in being on the BCDS Governing Council, there are some specific requirements you need to meet.

**Who can be on a council**

- [parents](#)
- Community
- Staff
- students.

**Who cannot be on a council**

You cannot be on a governing council if you have been:

- Bankrupt
- convicted of any offence of dishonesty, or of a sexual nature involving a minor, or of violence against a person.

Some people will also need to meet the requirements for:

- [relevant history screenings](#)
- [Responding to Risks of Harm, Abuse and Neglect – Education and Care \(RRHAN-EC\) training.](#)

If you do, you'll need to fulfil that before you can be a **member** of the council. If elected, you won't be considered a member until you have met the requirements. You'll only be an 'elected person'.

One matter to bear in mind, is that each school does have a Governing Council constitution. The constitution clarifies the role of Governing Council, the number of members and the makeup of council members. This can be different for each site (school or preschool) as every constitution's membership is tailored to fit local needs.

Nomination forms are included in this newsletter and I encourage you to consider nominating for Governing Council or encourage members of our community who wish to join.

Thank you

Tas Ktenidis  
Principal

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Kindy&Rural Care

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Government  
of South Australia  
Department for Education

## Kindy News

On Thursday we are going on an excursion to the beach and we are bursting with excitement! In preparation we have been reading storybooks about the beach and water, created interest amongst the children with beach artefacts for sensory experiences and made boats to float in the waves. We are excited to find what we 'see', 'hear' and 'feel' at Port Germein Beach. I am sure we have some great photos to share in the next newsletter.

This week we have been to the school oval to practice running a race and the children also had a go at long jump, with lots of energy to burn! The children have shared a family photo for Show and Share and recently we had to think like a Scientist, as we conducted an experiment to create a rainbow. We have had learning conversations about the habitats of frogs and the importance of caring for our water, so the water is clean and a healthy place for wildlife and people.



**Quote:** "Free the child's potential, and you will transform him/her into the world". Maria Montessori

### The Kindy Team

## Senior School News

**VET** - The Regional Skills Training (RST) Primary Production Program offers training under the following qualifications:

- AHC30116 **Certificate III in Agriculture**
- AHC32816 **Certificate III in Rural Operations**

To that end, we are looking for some farmers to provide

- 50-100 sheep as part of a 2 day Livestock Feeding Plan on 23/24<sup>th</sup> October. These can be ewes, wethers or hoggets and do not have to be in top condition for condition scoring – average of the mob.
- A range of Fat score (7 lambs) store – top end
- Needle/drench sheep – if required in your livestock plan. If not, RST will provide an ADE or Cabalife vitamin injection for the task.

**Shearing School** – Thank you to Paul and Jacqui Jones who have already committed to providing 250-300 sheep for our annual 5 Day Novice Shearing and Wool Handling course in October.

We appreciate the continued support of our farming community in our Agricultural programs. If you are able to assist with the Livestock Feed Management course, please contact me at school.

**White Card** - As part of our career development and VET programs, we are hoping to offer our Year 9, 10 and 11 students the opportunity to undertake White Card training here on site. (proposed date is Friday 5<sup>th</sup> May) The course is a 1 day construction industry safety induction session which is designed to provide participants with knowledge of WHS principles and practices used on construction sites; it is a requirement for anyone entering such a work site. The course covers the accredited CPCCWHS1001 – Prepare to Work Safely in the Construction Industry module which can then also be credited in relevant VET courses/apprenticeship learning should students pursue these in future. The content covered is as follows:

- Basic knowledge of requirements under WHS Laws
- Personal Protective Equipment (PPE)
- Safe use of plant and equipment
- Safety signs
- Licenses and certificates of competency
- Site emergencies and evacuations
- Accident and incident reporting
- Duty of care
- Common hazards and risks likely to be found on a construction site
- How risks should be controlled
- Clean, safe and tidy worksites

## Senior School News (cont)

Upon completion of the course, students will receive a white card identification card which is valid for life.

**Students will need to do this course if they wish to undertake work experience within the construction industry,** however, it is recommended that anyone considering a trade does it. The date and cost will be confirmed once numbers are finalized (approx. \$125-\$150) **PLEASE NOTE – IF THERE ARE ANY COMMUNITY MEMBERS WHO NEED THEIR WHITE CARD, THEY ARE WELCOME TO JOIN THIS COURSE.** Students and community members should register their interest ASAP. Please note, a USI (Unique Student Identifier) is needed for enrolment in this course. If you don't have one already, visit <https://www.usi.gov.au/>

If you have any questions about VET options or general SACE questions, feel free to contact me at school or via email at [gayle.burydodman7094@schools.sa.edu.au](mailto:gayle.burydodman7094@schools.sa.edu.au)

**Gayle Bury, Senior School Coordinator**

### BCDS Year 5 – 12 Swimming Carnival

The annual Year 5 to 12 Swimming Carnival was held at the Booleroo Centre Swimming Pool on Wednesday 15<sup>th</sup> February. The conditions were warm, but excellent for swimming! Dunstan began the day with a handy lead generated by their primary house members at the Reception to Year 6 carnival the day before.

It didn't take long for the Rogers Year 5 – 12 students to gain the ascendancy and take the lead from Dunstan. Rogers continued to have Dunstan's measure throughout the day, but it was fantastic to see so many participants give every race their best effort. It is important to remember that not everyone is a competitive swimmer and completing in a race is a significant achievement for some team members.

There are too many examples to mention, but Jack Berryman and Oscar Arthur's willingness to challenge themselves and swim 50m races was exceptional. Both boys had never swam races of that length before, but wanted to embrace a challenge whilst gaining some much needed points for Dunstan. This is only one example of how our students are willing to extend themselves for their team.

Rogers were the superior team on the day and went on to win with a total of 1,034 points to Dunstan's 806 points. Congratulations to all cup winners and record breakers. Tayla Sismey and Patrick Fuller accepted the shield, and Tayla made a great acceptance speech.

Cup winners and record breakers

Age Group	Runner Up	Winner	NO.	EVENT	PREVIOUSLY HELD BY	YEAR	RECORD	NEW RECORD	COMPETITOR
<b>5/6 Girls</b>	Lily Arthur 20 points	Stella Roocke 28 points	31	5/6 Girls 50m Backstroke	Olive Smith	2022	58.39	54.72	Stella Roocke
<b>5/6 Boys</b>	Jack Berryman 18 points	Henry Piggott 28 points	32	5/6 Boys 50m Backstroke	Henry Piggott	2022	51.28	47.44	Henry Piggott
<b>Junior Girls</b>	Oliva Roocke 20 points	Mikayla Garrard 28 points	55	5/6 Girls 50m Freestyle	Olive Smith	2022	47.65	43.53	Stella Roocke
<b>Junior Boys</b>	Ned Woolford 16 points	Joe Piggott 33 points	56	5/6 Boys 50m Freestyle	Henry Piggott	2022	43.07	40.84	Henry Piggott
<b>Inter Girls</b>	Eve Sun Dudley 27 points	Pippa Roberts 33 points	63	5/6 Girls 25m Butterfly	Olive Smith	2022	26.83	24.44	Stella Roocke
<b>Inter Boys</b>	Rhys Brinkley 20 points	Joel Voigt 28 points	64	5/6 Boys 25m Butterfly	Henry Piggott	2022	23.29	21.07	Henry Piggott
<b>Senior Girls</b>	Tara Brinkley 25 points	Tayla Sismey 35 points	87	5/6 Girls 50m Breaststroke	Stella Roocke	2022	58.75	53.09	Stella Roocke
<b>Senior Boys</b>	Colby Peacock 5 points	Patrick Fuller 14 points	88	5/6 Boys 50m Breaststroke	Joe Piggott	2022	58.68	56.38	Henry Piggott

Each year we receive support from students, staff and volunteers to help the events run efficiently. Thanks to the Booleroo Swimming Club for the use of their facilities and the Booleroo Pool Committee for opening the canteen. Trish Wilson was our Pool Attendant for the day. The SRC always do a fantastic job catering and this year was no exception. Thanks to Brooke Orrock and Nicolle Carey for stroke judging; we are extremely thankful for Brooke's contributions over the years but to come back and volunteer without Sophie at the event was above and beyond.

Well done to Rogers! We now turn our attention to Sports Day on Friday 10<sup>th</sup> March. It would be excellent to see many of you there cheering on each team. Dunstan need to respond to keep the battle for the overall house shield alive.

**Alby Nicholls, PE Coordinator**

## School News

### Year 8 Spotlight

The Year 8s have hit the ground running in the 2023 school year, with a huge range of learning opportunities already taking place in the first five weeks. From completing autobiography writing in English, learning about fractions in Maths to immersing themselves in the fundamentals of playing musical instruments – there is something to keep all students engaged.

**Below is a snippet of just some of the fantastic learning opportunities for our Year 8 students at BCDS:**

**Science** - Students have been studying Energy, recently completing a practical on energy flows, transfers and transformations. They are about to start an assessment on Energy Efficient Housing, looking at what this means and then focusing on a particular aspect of energy-efficient housing (eg materials, windows, source energy, etc.)

**History** – Mystery Report on Stonehenge. Students researched many possible theories linking to how it was built and why! Students have done a fantastic job developing their analysis of evidence, interpreting their findings and making justifications as to what was the most likely theory.

**English** – Students have been put through their paces in a refresher course on the fundamentals of writing. They have completed two written tasks so far – an autobiography and a persuasive piece. Students are about to embark on Colin Thiele’s classic, *Storm Boy*, including a focus on vocabulary and writing techniques.

**Pathways and The Resilience Project.** How lucky we are to have the opportunity to undertake The Resilience Project again this year! Students have been focusing on the three GEM principles (Gratitude, Empathy & Mindfulness) through a range of learning activities and journaling. Students have read, *The Table Where Rich People Sit*, a beautiful story focused on the things in life that money can’t buy. We also had a visit from Headspace earlier in the week.

**Maths** - Students have studied algebraic powers and fractions. They are about to move on to decimals and percentages.

**Health & Physical Education** has seen plenty of practicals taking place linked to our recent Swimming Carnival and the upcoming Sports Day. Students have been busy honing their track and field skills. The 1500m and 800m events have already taken place this week.

Our Year 7 and 8 students are involved in term elective subjects, currently timetabled as Design & Technology as well as Music.

**The Year 7 / 8 Design & Technology** class has just completed their first assessment task, making door stops. Students have learned a lot about workshop safety and how to use a number of tools, both hand tools and machines. Workshop safety and expectations have been linked closely to the school motto and school values. They have also learned about the importance of reviewing and reflecting on their work, and what things they can do to improve their skills for the next task.

**Year 7/8 Music** – Our students have been actively engaged in small group and class ensemble work. Students are learning include skills in tuning and playing guitar, perfecting a basic rock beat on drums, reading music using notation and learning to sight-sing music notation on a stave. It sure is a lot of fun in the music room!

We are super proud of the way students have settled into Year 8 and can’t wait to see their learning progress throughout the year.

**Kate Fitzgerald**  
**Year 8 Home Group Teacher**



## School News

### MNSEC Swimming Carnival 2023

On Tuesday 21<sup>st</sup> February our swimming team competed in the annual MNSEC Swimming Carnival at the Booleroo Centre Swimming Pool. It was a hot day, but the weather cooled significantly before the beginning of the twilight carnival.

Our team was nervous before the start of the carnival, but quickly gained confidence after the first few events. The team was pleasantly surprised when the first score update was provided and we were leading the overall shield. We did have several swimming club members, but more of the team were swimmers who do not compete outside of school.

Several students were testing themselves at the pool the day before the event to gauge whether they could complete 50 metres. The determination shown by these students was outstanding. Riley McCallum excels at athletics, but swimming is not his forte. What he did in his freestyle epitomized exactly what our team and school represent, striving to excel even when it is difficult. He finished third in the event. There were numerous students who competed outside of their comfort zone and they should be proud of what they achieved; we are thankful for your contribution to the team's success.

Mikayla Garrard had an outstanding night taking out the MNSEC Female Champion Swimmer on the night. Tayla Sismey and Joel Voigt also had great nights placing in the Champion Swimmer top 3. One of the many highlights of the night was Joe Piggott chasing down Orroroo Area School's relay team to capture the victory for his team in the 15 and under boys event.

Regardless of whether a team member was competitive swimming or not, there is no question that they gave their all for the school and wore the colours with pride. Thank you to each team member for your efforts - they were sensational and did not go unnoticed.

Congratulations to Jamestown Community School for taking out the Handicap Shield. Orroroo Area School took out the 13 and under age group pennant. Gladstone High School won both the 16 and under, and Open age group pennants. Well done and thank you to the competitors from across the MNSEC schools. The level of competition was fantastic.

Our 14 and under, and 15 and under age groups won their respective pennants. This placed us in good stead to compete for the Overall Shield. Our team filled every event and the importance of that can not be underestimated! We pride ourselves on this and we often refer to 'strength in numbers' which was a contributing factor to our success on the night. Our team's exceptional efforts were rewarded with them winning the Overall Shield by 26 points over Gladstone High School. Congratulation BCDS 2023 Swimming Team!

A special thank you to Amanda Bowman for her enormous contribution in organising this event so it ran seamlessly on the night. Thank you Brooke Orrock for stroke judging again - she always does a superb job. It was excellent to have Teesh Whellum back on the microphone announcing again, she said this is her way of contributing back to the school and we are thankful for it. Thank you to the Booleroo Centre Pool Committee for opening the canteen, and the Booleroo Swimming Club did a superb job catering with a variety of tasty food options. Thanks to all other staff, students, and volunteers who helped with the event in any capacity. Without the support, events like these do not run like this.

Adelaide swimming was held on Wednesday 1<sup>st</sup> March and we had 9 students go down to represent BCDS as a part of the MNSEC Swimming Team. There will be a full report in the next newsletter. We now begin our preparation for our next attempt at retaining our MNSEC Athletics Overall Shield at Jamestown Community School on Thursday 23<sup>rd</sup> March.

**Alby Nicholls**

**PE Coordinator**

**Overall Shield**

Champion Swimmer Award			
Male		Female	
1 <sup>st</sup> Max Smart	29 points	1 <sup>st</sup> Mikayla Garrard	27 points
2 <sup>nd</sup> Isaac Smart	28 points	2 <sup>nd</sup> Asia Brand	23 points
3 <sup>rd</sup> Joel Voigt	22 points	3 <sup>rd</sup> Tayla Sismey	20 point

Position	School	Points
1 <sup>st</sup>	Booleroo Centre	425
2 <sup>nd</sup>	Gladstone	399
3 <sup>rd</sup>	Orroroo	378
4 <sup>th</sup>	Jamestown	306
5 <sup>th</sup>	Quorn	78
6 <sup>th</sup>	Peterborough	35

Position	School	Points
1 <sup>st</sup>	Jamestown	560
2 <sup>nd</sup>	Gladstone	489
3 <sup>rd</sup>	Booleroo Centre	480
4 <sup>th</sup>	Peterborough	428
5 <sup>th</sup>	Orroroo	422
6 <sup>th</sup>	Quorn	164

**Handicap Shield**



## Booleroo Centre District School

*... Strive to Excel*

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### Call for nominations for Governing Council

An election is to be conducted for parent members of the Booleroo Centre District School Governing School Council.

Nomination forms may be obtained from the school and must be lodged with the Returning Officer (the principal) by 4.00pm on Wednesday the 15<sup>th</sup> of March.

The ballot will be conducted at the Annual General Meeting to be held on Monday the 20<sup>th</sup> of March at 7pm.

The term of office is for up to a two year period.

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Please note:

*Any additional information or questions in relation to this process should be directed to the principal as returning officer to address.*

*No campaign literature supporting candidates or groups of candidates may be distributed or posted in the school and no school resources whether human or material may be used to support particular candidates or groups of candidates.*

A handwritten signature in black ink, appearing to read 'Tas Ktenidis', is written over a light blue rectangular background.

Tas Ktenidis

Principal

**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.

**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

<input type="checkbox"/> Finance Committee	<input type="checkbox"/> Fundraising Committee
<input type="checkbox"/> Uniform	<input type="checkbox"/> Bus Committee
<input type="checkbox"/> 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.....

## School News

### Headspace Presentation

On Tuesday we had Paul from Headspace visit. This session built on from the last session when Headspace visited in Term 3, 2022 where students learnt about the mental health scale, how their mental health changes, how to support themselves and types of self-care.

This session was about understanding emotions, naming them, how they make you feel and their purpose.

Paul also spoke about the seven tips for a healthy mind as our mental health is just as important as our physical health.

Chloe Clarke

Middle School Coordinator

### The Resilience Project

Students in years Reception to Year 10 have begun The Resilience Project in their classrooms and pathways lessons. This has involved engaging in activities that aim to build confidence, emotional literacy and resilience.

I would like to introduce the Parent and Carer Hub which is available at <https://theresilienceproject.com.au/2023-parent-carer-hub-engage/>. This will provide you with information about the program and ideas for activities you can do at home to promote positive wellbeing within your families. This will provide you with information about the program and ideas for activities you can do at home to promote positive wellbeing within your families. We encourage you to have regular conversations with your child about the Resilience Project and the activities they are doing in class. We will keep you updated as the year goes on with

We encourage you to have regular conversations with your child about the Resilience Project and the activities they are doing in class. We will keep you updated as the year goes on with new activities and information to assist in supporting your child's wellbeing.

A big thank you to the **Variety – the Children's Charity of South Australia** for their grant so that we can provide this program to our students.

Coming up on **Wednesday 15th March from 6:30pm - 8:00pm Parent's are invited to a Parent and Community presentation with Martin**

#### What you can expect.

Martin will be delivering his flagship 'Discovering Resilience' presentation to your community. Through his high-energy humour and captivating storytelling, Martin will share simple, practical tips we can use everyday to improve our wellbeing.

#### Why a Parent & Carer presentation?

When building positive mental health in schools, we know the best impact happens when we work together.

The 'Discovering Resilience' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can be also practised at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.





## School News

Parents and Carer will need to register for the webinar using the following link. This link can be found on the schools Facebook Page, it will also be shared on Seesaw and Sentral

[https://us02web.zoom.us/webinar/register/WN\\_tWLIDrq3QbmIOzKvO5-SpA](https://us02web.zoom.us/webinar/register/WN_tWLIDrq3QbmIOzKvO5-SpA)

Upon registration, registrants will receive a link to attend the webinar, along with a reminder the day prior.

# 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

RESILIENCE PROJECT



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.



# Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



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



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness** (GEM).

## Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

**Our Parent & Carer Presentation will help you...**

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

# EXPRESSION OF INTEREST



## WHITE CARD TRAINING

CPCCWHS1001 – Prepare to Work  
Safely in the Construction  
Industry

***Booleroo Centre District School***

Friday 5th May

FOR:

- Students who need White Card for Work Experience in Construction or a trade
- Employers or employees in the community

please register interest with  
Gayle Bury - 86672124 or  
[gayle.burydodman794@schools.sa.edu.au](mailto:gayle.burydodman794@schools.sa.edu.au)

# BCDS Sports Day Friday 10th March 2023

<b>Food</b>	<b>Drinks &amp; Snacks</b>
Pie & Pasties: \$5	Powerade: \$4.50
Sausage rolls: \$4	Soft drink: \$2.50
Ham + Cheese toastie: \$4.50	Fruit boxes: \$1.50
	Water: \$2.00
<b>BBQ</b>	Zooper Dooper: 50C
1 sausage: \$2.50	Lollies: \$1.00
2 sausages: \$3.50	Cupcakes: \$1.50
Steak sandwich: \$5	

## Community News



**nab AFL Auskick**

# JOIN THE FUN!

**BMW FC Auskick Centre**

Starts Term 2

Scan to register!



[play.afl/auskick](https://play.afl/auskick)

'Calling all BMW Auskickers! (Boys and Girls born 2017 or 2018)

Auskick registration for 2023 is now open!  
The Co-Ordinator is Jess Koch, along with reps Matt Nottle,  
Henry Graetz, Alby Nicholls and Matt Nottle.

Please register via the details on the flier, any questions at all  
please contact Jess - 0407986557'