



FROM THE PRINCIPAL'S DESK

Dear Parents, Carers, Grandparents and Community Members,

This week, our students (K-12) will participate in NAIDOC celebrations with a day of cultural activities at 'The Willows' to celebrate NAIDOC Week 2022. There will be three main activities on the day, including bushwalking, art and weaving. We're incredibly lucky to have a place of such cultural significance, close to Emmaville. I'm sure that all students will have a wonderful experience learning about, and engaging with, Indigenous culture and traditions that date back tens of thousand years.

This fortnight is particularly significant for our Year 12 students- it marks the final stage of their school education. Students will conclude regular classes at the end of this term, and then return for any scheduled HSC they may have in Term 4. Please join us for our Year 12 Graduation Assembly at 10am 21st September to celebrate the achievements of the class of 2022. Congratulations to our 9 graduating students.

Our School Administration and Support Staff (SASS) have been working hard to explore different platforms to communicate with families and our broader community. Over the next few months, you will notice a change to the way our awards look, the way the newsletter is presented and an improved media/social media presence. Keep an ear out for School News on Gem FM, which will now include a daily update of school activities. We're also working on using the school Facebook page as a more effective communication method. If you have any feedback about the changes please let the school know.

As we approach school holidays, why not store some of these suggestions from Health Direct to help stimulate your children during the break?

Stay safe and best wishes.

Miss Rebecca Grant

Relieving Principal

Healthy things to do with your kids these school holidays

<https://www.healthdirect.gov.au/blog/healthy-things-to-do-with-your-kids-these-school-holidays>

Here are 7 ideas for healthy holiday activities, which might just be good for the whole family.

❖ Get kids in the kitchen

Teaching children how to cook is an easy way to encourage them to eat healthily well into adulthood.

❖ Be active for at least 1 hour

❖ Take them to the dentist

It may not be the most popular holiday activity, but it's important. More than half of Australian 6-year-olds have some tooth decay. Children need a dental check at least once a year from the age of 12 months, or within 6 months of their first tooth appearing.

❖ **Go on a geocaching adventure**

Geocaching is a real-life, outdoor treasure hunt. You follow GPS (global positioning system) coordinates on your GPS-enabled device (such as a mobile phone) to find a 'geocache' (a container) hidden at that location.

❖ **Schedule swim time** (or a bushwalk if it's too cold! - Miss Grant)

School holidays can be the perfect opportunity for kids to master their freestyle — or simply build their confidence in the water.

❖ **Let them sleep**

While it's tempting to stay out later in the school holidays — and the odd late night for a special occasion is unlikely to cause harm — try to stick to their normal bedtime routine and encourage your child to get enough sleep for their age:

- **Ages 3 to 5:** 10 to 13 hours
- **Ages 6 to 13:** 9 to 11 hours
- **Ages 14 to 17:** 8 to 10 hours

❖ **Let them be bored**

You don't need to amuse your kids every minute of the school holidays — boredom is good for children. By pushing through boredom and entertaining themselves, kids learn to think more creatively and hone their problem-solving skills.

SECONDARY NEWS

Preliminary Exams

Preliminary exams begin this week. All students are reminded to be mindful of noise around the hall during examination time. Good luck to all our Year 11 students!

Subject Selection

Students in years 8 and 9 have been given subject selection forms for next year. This is an opportunity for students to choose their own learning pathway and follow their interests. These notes are due back to school by Friday 16th September.

Mobile Phones

Mobile phones are not permitted for use at school. Students have been reminded regularly that if they use their phone at school, they will be required to hand it in to the office for the remainder of the day.

Upcoming Events



Wednesday 14th September -Careers Day with visiting presenters.
Free BBQ lunch

Thursday 15th September- NAIDOC week excursion to " The Willows"

Wednesday 21st September-Year 12 Graduation ceremony and morning tea. Parents and carers are welcome to attend, beginning at 10am

Friday 23rd September -End of Term Assembly. Parents and carers are welcome to attend, beginning at 2:15 pm.



Thank you

Mrs Melissa Key

Relieving Head Teacher – Secondary Studies



Swooping magpies: some safety tips

- Keep alert and pay attention for any magpie nesting sites.
- Travel in groups where possible, as the birds often target individuals.
- Keep an ear open for their distinctive calls.
- Wear sunglasses, a wide-brimmed hat and/or carry an umbrella to protect your head and eyes.
- If a magpie swoops while you are cycling, it will probably stop swooping if you get off your bike and walk.
- If you spot a magpie nesting site, then stay well clear and even plan alternative routes.
- If you get swooped then tell others and inform the National Park and Wildlife Service (in Emmaville phone 6736 4298 to contact the Tenterfield office, which looks after our area)
- Do not provoke the magpies; they are very territorial and will protect their nests.
- Try making friends with the magpies by feeding them with raw mince, slithers of steak or cat food
- It is important to stay calm. If you panic and flap, then this is more likely to appear as aggressive behaviour and provoke a further attack.
- Try to protect your eyes with your hands. Those large beaks are very sharp and eye injuries have been previously recorded
- Magpies have very good memories and have attacked the same people over subsequent seasons, and others they just leave alone. If it has attacked you before, it is a clever idea to use an alternative route next time
- A rider reports "I have found it super easy to wave one arm in the air while riding to keep maggies away". Perhaps it works for walkers too
- Face the magpie. They tend to attack from behind so facing them should avert an attack

From: <https://www.magpiealert.com/>

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WEAR IT PURPLE DAY

In **Week 8, on Thursday 8, September 2022**, students from Emmaville Central School had an incursion on Gender & Sexuality from Minus 18. Students raised \$28.50 from their own donations and commemorated the day by wearing purple or rainbow colours. *'Wear it Purple Day'* incursion celebrations were part of NSWDET 'inclusivity program and policy' where students were allowed to wear purple accessories (socks, scarves, jewellery), clothing or hairstyles with a gold coin donation to raise money for Minus 18 Youth. In addition, students were treated to purple cupcakes and lunch games with prizes.

Minus 18 is a leading non-government Victorian organisational youth group promoting change, building social inclusion, *and advocating for an Australian LGBTQI+ youth*. Minus 18 trained advocates spoke to our students about issues that affect many LGBTQI+ youth, supporting them on their wellbeing to be safe, empowered, and to find out on how to be surrounded by people who-support them.

