Term 1 ~ Week 6 commencing Monday 2 March 2015

Monday 2 March
Secondary Study Centre
Classroom E1 - 3.00 - 4.30pm
Kindergarten Eye Screening
Secondary North West Swimming Carnival - Armidale

Wednesday 4 March
Zone Touch Trials

Thursday 5 March
School Banking
Year 11 Bio Trip

Friday 6 March
Year 11 Bio Trip
Primary Assembly 2.30pm

PRIMARY CANTEEN ROSTER 2015
TERM 1 ~ WEEK 6

Monday 2 March
Dale White & Tracey Thomson

Wednesday 4 March
Bek Groth & Karen Derrick

Friday 6 March
Bec Russell & Nicole Trotter

Primary Canteen is open

Monday, Wednesday & Friday
**Principal’s Message**

Last week there was a buzz of excitement with all the school gearing up for the local show. The school’s display in the pavilion was fantastic commemorating the 100 year Anniversary of the landing at Gallipoli. Well done to everyone involved and thank you to Mrs Sweeney, Ms Wilkinson, Mrs Irving and Mrs Carter for allowing us to display the war memorial to make it that extra bit special. It was great to see many students individual entries as well as class entries being recognised. Well done to all who participated and congratulations to the show committee for another well organised event.

A reminder this week there is school banking on Thursday. If you would like your child to participate you need to visit The Community Mutual Group in Queen Street or contact 67821960 to organise an account. It has been great to see so many students lining up to bank every fortnight.

Events happening this week are the Year 11 Biology class off to Mt Kaputar National Park as part of their studies, Zone Touch Trials will held on Wednesday, Year 11 Industrial Technology are off to Tamworth on Tuesday to visit Tamworth Hydraulics which relates closely to course content and the Junior Cattle Judging at ‘Cleveland’ Upper Horton is on Tuesday also.

Finally the school has decided to have two events for Year 12 to conclude their secondary schooling. One will be a Graduation Dinner to be run by the school to celebrate Year 12’s finalisation of their primary and secondary education. The other will be a celebration on the completion of their HSC exams. Further details will emerge in coming weeks. If you have any concerns or issues please contact the school.

Adam Forrester

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**Tamworth Zone PSSA**

Last Friday a dozen of our most accomplished swimmers headed off to Tamworth for the Zone Swimming Trials. Congratulations to Gemma White, Jazmin Forrester, Gemma Kerney, Lara Forrester, Nate Elkin McDonald, Michala Princic, Luke White, Thomas Dennis, Hailie Spence, Caylee Drayton, Riley King and Paige Elkin McDonald on your selection to represent the school.

The team was extremely lucky not to have been washed out which made for a slightly cooler day. The 50m pool is always a challenge for our students as they tire two thirds of the way down the pool but this was not the case for some. The nervous energy on the day saw Caylee’s backstroke, Riley’s breaststroke, Lara’s backstroke, Paige’s backstroke, Nate’s freestyle and Thomas’ freestyle all better their times by up to 5 seconds. An amazing effort guys!

We even had six swimmers Gemma W, Lara, Nate, Paige, Riley and Gemma K in the top 9 of their age group overall which was outstanding in fields of 35-40.

Gemma Kearney having placed fourth in the Junior girl’s (u10yrs) breaststroke was the only swimmer to make it away to the North West Regional Carnival in March. Good luck Gemma!

Finally a huge thank you to the dedicated parents who drove their children to Tamworth and supervised our little team. From all reports the behaviour was exemplary.

Jennylyn King
Kitchen Critique – Barraba Show

Barraba Central School had excellent participation in the Under 17 Cooking Section at the Barraba Show on the weekend. The students worked tirelessly over the course of two periods to produce quality end products such as scones, chocolate cake, plain biscuits and decorated patty cakes and some students were able to exhibit 2 items for judging. This was a mammoth effort and all participants should be exceptionally proud of their achievements. The students had success in the following categories:

First Prize awarded to Jessica Kelso and Natasha Robinson for the scones section and the decorated patty cake section.
First Prize awarded to Emma Drayton in the plain biscuits section.
Second Prize awarded to Felicity Dennis and Chloe Payne in the scone section.
Second Prize awarded to Zoe Darlington in the decorated patty cake section.
The Under 17 Most Successful Junior Exhibitor was awarded to Jessica Kelso and Natasha Robinson.

Congratulations to the winners and runners up. You have represented the school, your family and the community with honour, persistence and integrity. To all participants your community spirit to have a go and do your best was commented on by the head judge stating ‘it was the best exhibit contribution from Barraba Central School that they have had in years and it was great to see so many students get involved and they look forward to next year’s contributions. To all participants what a impressive effort and hats off to you! Kirsty Ebzery

Regan Simpson
Runner-up Junior Miss Showgirl 6-9yrs
In the Pavilion

Sheep & Cattle Judging

At 7am sharp on Saturday morning Year 7 students Matteil Bourke, Hayden White, Ashton Vinen, Connor Jobson and Nicola O’Dell with the help of Year 8 student Stephen McGregor loaded the school sheep and were off to the show. After delivering all the sheep the students got ready for showing. Matteil and Nicola were first with the ram lambs followed by Stephen with the older ram. The girls then showed the ewe lambs followed by Hayden and Ashton with the two tooth ewes and then the older ewes. Stephen’s ram was awarded Champion and Hayden’s ewe was awarded Champion Ewe. We were out shown by Peel High School for Champion Ram however Hayden put up a great effort with his ewe but still lost to the Peel Ewe for overall champion. Ken Thomas
We recently had the pleasure of a visit from a retired Japanese school teacher. Yasko was very excited to be able to visit and meet students in a small country school. She read Japanese stories to the Year 5/6 students with assistance from Mrs King translating Yasko’s Japanese into English. They also made origami cups. Yasko was holidaying with Haidee Lea. Lin Irving
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<td>19 March * School Banking * CHS Open Boys Touch Knockout</td>
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<td>* Arinya League/Netball Trials * Senior Citizens Entrainment</td>
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From the Deputy......

Although only a small exhibit I thought the quality of the submitted artwork for the Barraba Show was quite good and congratulations to all involved. I hope that all students who attended the show had a really enjoyable time. I read an interesting article in the Generation Next magazine about teen lifestyle choices and here are some of the findings:

1. Get some exercise - this is not just good for your physical health but also your mental health. A recent study claimed that increasing your exercise level from nothing to at least three times a week can improve your mental health by 20%.
2. Get some sleep - teenagers need around nine hours sleep per night and not getting enough sleep can also increase low moods. Sleep is when you process emotions and memories. Don’t get in the habit of going to bed late every night - you’ll find it hard to break.

Until next time......

Bob Johnston
Deputy Principal

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