



Address: Boree Street, Barellan NSW 2665

Phone: 02 6963 9202

Email: barellan-c.school@det.nsw.edu.au

Website: <https://barellan-c.schools.nsw.gov.au>

Facebook: <https://www.facebook.com/nswdecbarellan>

Principals Report

HSC students – only two weeks to go!

The end of term three has snuck up on us again and we are approaching the time to farewell our year 12 students, Logan Dalley, Madison Davies, Erica Messom, David Millis and Ella Sanderson.

Your final celebrations will be taking place over the next two weeks. We wish you and your families the best as you move closer towards the final steps towards of your formal schooling. You are almost there!



Social media

It's increasingly in the media and politics now that, especially for our young people, overuse of screens and social media is making young people unhappier, lonelier, more anxious and prone to long term addictions.

There is release of pleasure hormones in our bodies comes from the pursuit clicks. The number of platforms now that keep us clicking through never ending reels in Facebook, TikTok, X, and even YouTube is addictive, and primes the body for addiction moving into adulthood.

If your children are using screens excessively, please have the courage as a parent to step in and control them. Broadly speaking I'm seeing that for some reason parents are increasingly stepping back from being the parent for their children. They need you to step in. Simple tips include:

- Set limits on screen time
- Make certain days 'screen free'
- Leave the TV off when not being used instead of using it for background noise
- Eat at the table with screens off
- Keep TVs, tablets, computers and phones in a common space in the house
- Be an active role model

If you want to know more about the impact of screens on teenagers, I recommend the book Teen Brain, by David Gillespie.

Student email restrictions for non-educational uses

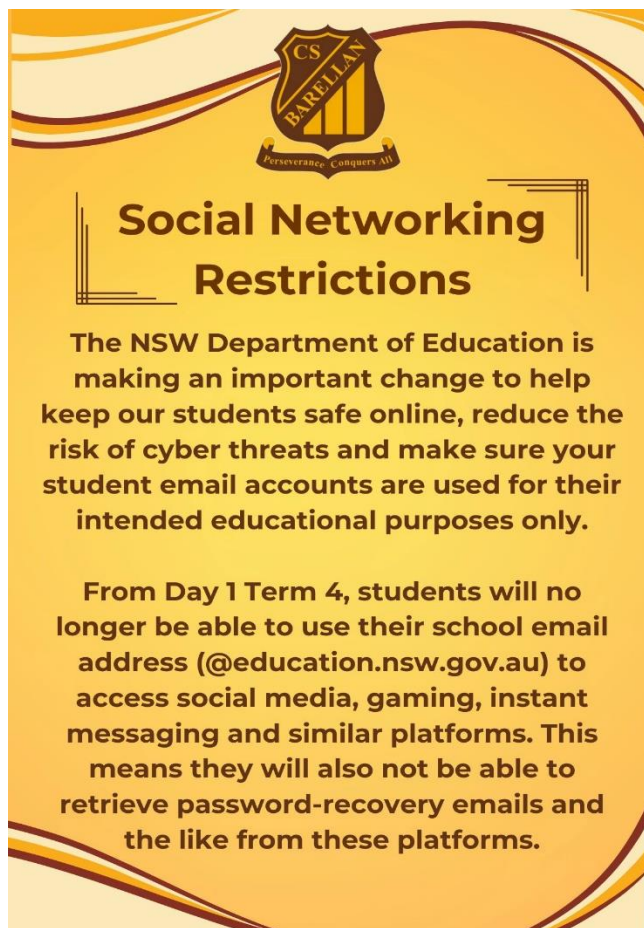
Starting Day 1 Term 4, you won't be able to use your student email address to sign up for, or recover access to any social media, gaming, instant messaging or similar accounts.

If you have signed up for a social media, gaming, instant messaging or similar account using your student email address, please change to a personal email address on each platform by Sunday 13 October to make sure you don't lose access to the account. Here's how:

1. Log in to each account.
2. Go to the account settings and update your email address to a personal one. Add a mobile number too, if you haven't already.

Kind Regards,

Paul Laing
Principal



The poster features the CS Barellan logo at the top, which includes a shield with 'CS BARELLAN' and the motto 'Perseverance Conquers All'. Below the logo, the title 'Social Networking Restrictions' is written in a large, bold, black font. The main text, in a smaller black font, states: 'The NSW Department of Education is making an important change to help keep our students safe online, reduce the risk of cyber threats and make sure your student email accounts are used for their intended educational purposes only.' A second paragraph follows: 'From Day 1 Term 4, students will no longer be able to use their school email address (@education.nsw.gov.au) to access social media, gaming, instant messaging and similar platforms. This means they will also not be able to retrieve password-recovery emails and the like from these platforms.'

Upcoming Events

Monday 16th September

RAP Study Day @ Ardlethan

Tuesday 17th September

Year 3-6 Regional Theatre and Pioneer Park Excursion

Wednesday 18th – Wednesday 25th September

Prelim Exams

Friday 27th September

Last Day on Term 3

Year 12 Graduation Assembly

In Summary

- All the best to our year 12 students, Logan Dalley, Madison Davies, Erica Messom, David Millis and Ella Sanderson.
- Monitor your children's screen time and social media use
- Students will not be able to use their school emails for registering for non-educational purposes from the beginning of Term 4



AFL Clinic

Congratulations!

Well done to Joe Irons and Otis Whitney-Taylor for participating in the Riverina Athletics Carnival which was held in Albury on Friday 6th September. Both boys gave it their best and represented BCS with pride.



BCS Uniform Shop Sale

Our uniform shop is having a sale.

Date: Tuesday, September 17th

Time: 9am - 11am

Explore our collection of senior polos, primary polos, sports shirts, jumpers and summer dresses - all priced at just \$2!

Sizes are limited, so be sure to come and see what's available.

Jackets are available for \$10



BCS would like to extend a heartfelt thank you to all the students and teachers who contributed to our outstanding display at this year's Barellan Show. The showcase of student work was truly remarkable and highlighted the incredible talent within our school community.

A special thank you goes to Mrs. P, Mrs. Bandy, and Ms. Smith for their hard work in organizing and arranging the display for the day.

YEAR 5/6 CANBERRA EXCURSION

Years 5-6 thoroughly enjoyed their excursion to Canberra last week, participating in a jam-packed itinerary with visits to:

- 🏛️ National Electoral Education Centre
- 🏦 Royal Australian Mint
- 🚀 Questacon
- 🏛️ Parliament house
- 📖 National Capital Exhibition centre
- 🏛️ Museum of Australian Democracy
- 🌿 Australian War Memorial
- 🎡 National Arboretum playground
- 🏀 Australian Institute of Sport
- 🏛️ National Museum Making a Nation
- 🦘 National Zoo & Aquarium



A big thank you to Mrs Flagg & Mr Cummins for supervising them on this big adventure! The students were true to the values of BCS, representing the school community with pride. They also enjoyed the company of students from Aria Park and Ardlethan Central schools.

As the photos show, a great time was had by all!





To view more photos of the excursion, visit our website or scan the QR code below.

SCAN ME



SECONDARY EXCURSION TO SYDNEY



Last week, BCS secondary students embarked on an unforgettable excursion to Sydney, filled with new experiences and cherished memories.

The adventure began with the scenic bus ride from Barellan to Cootamundra, where they boarded the XPT train bound for Sydney. Upon arrival, they checked into our futuristic accommodation, complete with sleeping pods, before strolling up George Street for a well-deserved late-night fast-food feast.

Their exploration of Sydney included visits to:

- The Aquarium
- Madame Tussaud's
- The Wildlife Zoo
- A ferry ride to Manly
- The Royal Botanic Garden
- The Australian Museum
- The Anzac Memorial in Hyde Park

They also enjoyed a delicious Chinese banquet in Chinatown and a fantastic night at the Capitol Theatre, watching the vibrant musical "Sister Act."

A special thank you to Ms. Blacker and Mr. Hesketh for chaperoning the students throughout this incredible trip!





To view more photos of the excursion, visit our website or scan the QR code below.



BCS Canteen - Term 3 - 2024

Effective 24/07/24



HOT LUNCHES

Hot Meals:\$5.50

- Macaroni Cheese
- Twista Pasta
- Beef Lasagne
- Butter Chicken
- Potato Bake ^{GF}

Garlic Bread (5 inch)\$3.00

Hot Rolls with Gravy:\$5.00

*beef, pork or chicken
(add cheese +50c)*

Toasted Sandwiches:

- Cheese\$2.50
- Ham & Cheese\$3.00
- Vegemite\$2.00
- Cheese & Vegemite\$2.50

Sausage Roll\$3.50

Meat Pie\$4.50

5 x Chicken Chippee's/Nuggets\$3.50

DRINKS

Small Flavoured Milk\$3.00

(chocolate/strawberry)

Large Flavoured Milk (secondary only)\$4.00

(chocolate/strawberry/coffee)

Water\$2.50

Orange Juice\$2.50

Fruit Box\$2.00

Juice Bomb\$2.50

SNACKS

Sea Salt Chips\$2.00

Popcorn ^{GF}\$2.00

Grainwaves\$2.00

GREEN = Everyday Item

GREY = Occasional Item

*Our canteen complies with the
NSW Healthy Canteen Strategy*

Ordering Information:

Available Monday & Friday

LUNCH ONLY (11.00am)

Cash orders to the CANTEEN by 9.00am

Online Ordering Available!

<https://myschoolconnect.com.au>
or download the 'My School Connect' app

Online Orders **close 9.00am**



- ^{GF} Gluten Free
- ^{DF} Dairy Free
- ^{NF} Nut Free
- ^V Vegetarian

BCS Canteen is operated by the Barellan P&C. All proceeds go directly to supporting students of BCS

2024 CALENDAR

**Please note that future dates may change due to unforeseen circumstances. Please check our website for the live version of our Calendar.*

September

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Year 5/6 Canberra Excursion	Year 5/6 Canberra Excursion Secondary Sydney Excursion	Year 5/6 Canberra Excursion Secondary Sydney Excursion	Secondary Sydney Excursion	Primary Riverina Athletics @ Albury Secondary Sydney Excursion
9	10	11	12	13
		Year 9-11 Ag Vision Excursion Year 3/4 Lake Cowal Excursion		K-2 Altina Park Excursion
16	17	18	19	20
RAP Study Day @ Ardlethan	Year 3-6 Griffith Excursion			
23	24	25	26	27
				Last Day of Term 3 Year 12 Graduation Ceremony
30				
<i>School Holidays</i>				

October

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
Term 4 Commences	HSC Exams Commence			
21	22	23	24	25
28	29	30	31	

Please forward advertisements/articles for the Barellan Central School Gazette to:
rebecca.malone8@det.nsw.edu.au

Closing time for all advertisements/articles is 2pm Thursday, Week B

