



# THE GAZETTE



Thursday 5<sup>th</sup> June 2025

Term 2, Week 6B

RESPECT - RESPONSIBILITY - RESILIENCE - EXCELLENCE



## UPCOMING EVENTS

### Friday 6th June

Combined Athletics Carnival @ Ardlethan

### Thursday 12th June

PSSA Riverina Cross Country @ Gundagai

### Friday 13th June

CHS Riverina Cross Country @ Gundagai

### Wednesday 18th June

CHS Zone Athletics @ Lockhart

### Tuesday 17th - Thursday 19th June

NSWPSSA 12yrs Rugby League Championships

### Friday 20th June

PSSA Zone Athletics Carnival @ Barellan

### Tuesday 1st July

Parent/Teacher Interviews

### Friday 4th July

NAIDOC Day @ Arianah Park  
Last Day of Term 4



# PRINCIPAL'S REPORT

## **Barellan Central School - Leading in Explicit Teaching**

Barellan Central School is leading in Explicit Teaching, with professional learning strongly embedded in Explicit Teaching, and recognised across the department. Our students' growth in literacy and numeracy is exceeding expectations and I was recently asked to share our approach at the Rural South and West Principals' Conference. The daily learning happening in classrooms is the most important thing we do, and we are excited to see the impact of our approach with improved student results.

We will be hosting a world renowned expert in cognitive science from the University Academica in the Netherlands, Dr Carl Hendrick. On the 23 June teachers from 19 other schools will be visiting Barellan to learn more about Explicit Teaching and the Science of Learning.

## **Reconciliation Week Luncheon**

Thank you to Ms Jones and the Food Tech class for your work putting together the reconciliation week luncheon. The key messages that we respect cultural differences and promote unity, equity and mutual understanding rung out as people enjoyed the range of dishes including Butter Chicken, Spanakopita, Beef Sliders and Chinese-style Sticky Meatballs, followed by the sumptuous French Chocolate Mousse and Portuguese Custard Tarts.

## **Student Reports and Parent Teacher Interviews**

Student reports will be sent home with your child on Friday, 27 June. Please take the time to consider them, and I strongly encourage you to reach out and make an appointment to speak with your child's teachers. Parent teacher interviews will take place on Tuesday 1 July, from 3:15-5:45PM.

The details for booking online or at school will be in the next issue of the Gazette.

## **Reconciliation Week**

I had the privilege to attend a public Reconciliation Week activity together with 18 other principal colleagues last Thursday in West Wyalong. It was a wonderful community event that was driven by the students from West Wyalong High School, West Wyalong Public School and Wyalong Public School, including a touching performance of Archie Roach's iconic song 'Took the Children Away'. It was a bold reminder of the impact of the disconnection from families and culture from the Stolen Generation policy, which continued into 1970. It was also a good reminder of an important message, saying sorry never means that we are weak or to blame. We say sorry when we hear sad news, such as when someone is ill or has an accident. It is an expression of care and empathy.

## **Riverina Secondary Principals' Collegial Association meeting**

I was thrilled to host the Riverina Secondary Principals meeting on the 23 May where we welcomed principals from all over the Riverina, including the Deputy President of the Collegial Association. The K-2 class did a brilliant job welcoming the principals at the entrance to school and accompanying them to the canteen. I'd also like to publicly acknowledge the brilliant job that Krystian Gore and Harper Kenmir did on the day catering, under the guidance of Ms Jones. Thank you also goes to the Food Tech class who prepared many of the foods beforehand as part of their catering assessment. It's a wonderful example of how our learning is tied to real life experiences. Congratulations!

Regards,  
Paul Laing  
Principal



## IN SUMMARY

- Barellan Central School is leading in Explicit Teaching
- Thank you to Ms Jones and the Stage 5 Food Technology class for running the Reconciliation Week Luncheon
- Reconciliation Week and Sorry Day reminds us that it is never weak to say sorry, it is a way of showing care and empathy
- We recently hosted principals from across the Riverina. Thank you to the stage 5 Food Technology class for catering and the K/2 class for welcoming the principals as they arrived.
- Student reports will be sent home on Friday 27 June.
- Parent teacher interviews will take place on Tuesday, 1 July from 3:15-5:45pm.

## *You are invited to* **PUBLIC SPEAKING COMPETITION - SCHOOL FINAL**

We are excited to announce the school final of our Primary Public Speaking Competition, which will be held next **Tuesday, 10th June at 12:30pm in the school canteen.**

Students have been working hard to prepare and refine their speeches on the topic of multiculturalism, and we are proud of their efforts and enthusiasm. This event is a wonderful opportunity for our young speakers to showcase their confidence, creativity and communication skills.

**Parents, carers and family members are warmly invited** to attend and support our students as they present their speeches.

The winners of the school final will go on to represent our school at the next stage of the competition in Griffith. We look forward to seeing you there and celebrating the diverse voices and stories of our school community.

## REMINDER: ATHLETICS CARNIVAL TOMORROW!!

Don't forget – the Combined Athletics Carnival will be held tomorrow at Ardlethan!

**Transport:** All students will travel by bus, departing at 8:30am and returning at 3:00pm.

**Uniform:** Students can wear their school sports uniform or house colours.

**What to Bring:** Water bottles, lunch, snacks, and cash for the canteen (see attached menu).

We're looking forward to a fun and active day with everyone involved. See you there!

## CANTEEN PRICE LIST

Ardlethan & Barellan  
Combined  
Athletics  
Carnival

6th June 2025

### MENU

#### Hot Food

|                          |                  |
|--------------------------|------------------|
| Sausage Sandwich \$4     | Pie \$5          |
| Toasties                 | Sausage roll \$4 |
| Cheese \$3               | Chicken pops \$3 |
| Ham & cheese \$3.50      |                  |
| Ham, cheese & Tomato \$4 |                  |

#### Drinks

|                   |                         |
|-------------------|-------------------------|
| Water \$2         | Coffee, Tea             |
| Juice bomb \$2.50 | Hot Chocolate, Milo \$4 |
| Juice box \$1.50  |                         |

#### Sweet treats

|                   |                          |
|-------------------|--------------------------|
| Fruit cups \$2.50 | Various Cakes & Slices - |
| Lolly bags \$1    | Available on the day     |

# AROUND THE SCHOOL

## MONSTROUS FUN IN K/1/2 SCIENCE!

Students in Kindergarten, Year 1, and Year 2 have been learning about the different materials that make up the world around us.

Through hands-on exploration, they investigated the properties of various materials and how they can be used for different purposes. To bring their learning to life, students created their very own monsters using play dough!



## STATE GYMNASTICS

On Monday, Zahli Menzies competed in the NSW Combined High Schools Sports Association Gymnastics State Championships. She delivered an incredible performance, earning a score of 32.725 out of 40 and placing 17th overall. Amazing effort, Zahli!



## RAP OPEN GIRLS NETBALL

Last Friday, Dakota travelled to Albury to compete with the RAP Open Girls Netball team at a knockout tournament. The girls played extremely well, just missing out on progressing to the next level, finishing 4th overall. Congratulations Dakota and team.





# FIELD OF MARS INCURSION

On Monday, Steve Papp and Amalina Bakar from the Field of Mars Environmental Education Centre in Sydney visited our school to hold a workshop to support student learning in Information Technology Skills through the scientific lens on the natural environment.

Years 3-6 experienced a full-day workshop called 'Poetic Adventures.' During this incursion students collaborated on the development of a digital communication product using a range of apps, poetic devices, and visual literacy strategies. They used the English concept of perspective to create a poem based on the experiences of a minifigure. Using an iPad, they learnt how to take beautiful macro photos and create a digital story to bring their poem to life.

K-2 students participated in a Creative Arts project called 'Nuture's Gift.' Students participated in a treasure hunt collecting an array of natural materials such as leaves, flowers, sticks and stones. Every student used an iPad with the 'Page' application to take stunning photographs, edit digital images and arrange digital specimens to create an amazing artwork. Students selected their favourite artwork to be printed and transformed into a framed gift.

The students were engaged and motivated throughout the workshops and were excited to see their finished products, We thank Field of Mars for sharing their expertise with us!

SCAN ME



K-2 Natures Gift

SCAN ME



3-6 Poetic Adventures





# ***Reconciliation Week Luncheon***

Last Thursday, the BCS community came together for a Reconciliation Week Luncheon and an afternoon of games and activities that brought students and staff together to reflect, connect and celebrate.

Reconciliation Week runs from May 27 to June 3 and is a time to learn more about our shared histories and to take action for a better future. This year's theme, Bridging Now to Next, is all about recognising the work that's been done and continuing to build a future based on respect, truth, and unity.

Our Stage 5 Food Tech students prepared a delicious multicultural lunch as part of their catering assessment. The menu included a range of dishes from around the world, recognising that reconciliation is not only about our connection with Aboriginal and Torres Strait Islander Peoples, but also about celebrating all the cultures that make up our school community.

After lunch, the fun continued with cultural games led by our Year 7-10 students, who have been learning about these activities in PDHPE. The younger students were divided into three groups named in Wiradjuri language:

- Budyabudya - Butterfly
- Gulaangga - Frog
- Gugubarra - Kookaburra

Each group rotated through a set of traditional games:

- Gobak Sodor - a lively team game from Indonesia.
- Buroinjin - an Aboriginal running and passing game.
- Koolchee - a Torres Strait Islander ball game.



It was fantastic to see the older students step up as leaders—explaining the rules, encouraging participation, and making sure everyone felt included and had fun. They also shared the cultural background and significance of each game, helping younger students understand the traditions and values connected to them.

Thanks to all the staff who helped make the day happen, and to every student who joined in with such great spirit. Events like this show the strength of our school community and help us keep bridging now to next—together.





# Reconciliation Week Luncheon





# PSSA BASKETBALL KNOCKOUT

On the 21<sup>st</sup> May, Jake Irons and Dusty Evans competed in the PSSA basketball knockout competition. They kicked off the day with an impressive win against Hanwood Public School. Advancing to the final, they faced a challenging match against Griffith East Public School. In a thrilling and closely contested game, the team displayed excellent teamwork and determination, securing a narrow 3-point victory. Congratulations to the boys on their outstanding effort — we now look forward to progressing to the next stage of the knockout competition!



## Zone Cross Country



BR: Otis Whitney-Taylor, Poppy Irons, Grace Eldridge, Lara Sanderson, Joe Irons, Jack Malone, Eleanor Goring, Jamie Eldridge  
FR: Ryan Booker, Matthew Brown, Zahli Menzies, Zali Trudgett, Lylah Bischoff, Eddy Malone

Last week, 14 students braved the wet and muddy conditions at Coolamon to compete in the Zone Cross Country carnival. Despite the challenging weather, our students showed incredible determination and sportsmanship throughout the event.

A huge congratulations to Poppy, Lylah, Jack, Jamie, Eleanor Grace, Zahli, and Zali, who have qualified for the Riverina Cross Country next week! We are so proud of all our runners and wish our qualifiers the best of luck at the next level.



# CAREERS CORNER

## HEYWIRE COMPETITION

**Entries Close 1 September**

Heywire is a lived experience storytelling competition from the ABC, calling for stories from young people aged between 16-22 in regional, rural and remote Australia.

Entries must be a true story about an aspect of your life. Stories can be in any format: text, video or audio — whatever form suits you best!  
<https://www.abc.net.au/heywire/competition>



## NSW Police Application Process

NSW Police Force have a comprehensive process in place to ensure we recruit candidates, that are most suitable to a career in Policing. The application process is undertaken in seven stages.

Check out this page to see the steps involved in becoming a NSW police officer.  
[https://www.police.nsw.gov.au/recruitment/application\\_process](https://www.police.nsw.gov.au/recruitment/application_process)

# WE'RE HIRING!

### Griffith City Council - Griffith NSW

Griffith City Council is proactive and energetic and passionate about creating ongoing opportunities for our growing population. Council is seeking applications from enthusiastic motivated individuals for the following positions:

- **Apprentice Gardner**
- **Trainee Animal Care Officer**
- **Trainee IT Support Administrator**

For further information or to apply please visit the below website  
<https://www.ezisuite.net/eziJob/Griffith/HRRegistry/default.cfm>

### A&G Engineering - Griffith NSW

A&G Engineering is far more than Australia's leading designer and fabricator of stainless steel tanks, vessels and associated equipment. For more than 50 years our Griffith family owned and operated company, have been at the forefront of stainless steel manufacture and design, providing complete vessel engineering solutions.

They are currently accepting applications for:

- **Apprentice Welders/Fabricators**

For further information or to apply please visit the below website  
<https://www.agengineering.com.au/jobs/apprentice-welder-fabricators/>

### GetSet Inc - Griffith NSW

GetSet is currently seeking a highly motivated and career driven individuals for the following positions:

- **Apprentice Airconditioning and Refrigeration**
- **Apprentice Retail Butcher**
- **Warehouse Traineeship**

Further inquiries are available by contacting Paul on 0484 075 263  
Apply online [www.getset.org.au](http://www.getset.org.au) or send application letter and resume to [paul@getset.org.au](mailto:paul@getset.org.au)



Have questions or need some guidance? Reach out anytime!

✉ Email: [caryn.jones1@det.nsw.edu.au](mailto:caryn.jones1@det.nsw.edu.au)

☎ Phone: 02 6963 9202



The  
Kidman  
Centre



# FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To register for a workshop please make sure to sign up:

[https://tinyurl.com/  
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us  
02 9514 4077

Email us  
[roanna.chan@uts.edu.au](mailto:roanna.chan@uts.edu.au)

The Kidman Centre UTS  
Parkes 10 East  
Prince of Wales Hospital  
High Street  
Randwick Sydney 2031

@thekidmancentreats

## WORKSHOP 1

### ***Raising Resilient Kids: Helping Children Manage Anxiety***

**WHO IS THIS FOR:** Parents and caregivers of children aged 6–12

**DESCRIPTION:** Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

**TUES 27 MAY 2025 (6–7PM)**

## WORKSHOP 2

### ***Teen Anxiety (Part 1): Understanding Worry and Thinking Traps***

**WHO IS THIS FOR:** Parents and caregivers of teens aged 12–18

**DESCRIPTION:** Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

**TUES 10 JUNE 2025 (6–7PM)**

## WORKSHOP 3

### ***Teen Anxiety (Part 2): Building Confidence with Exposure Strategies***

**WHO IS THIS FOR:** Parents and caregivers of teens aged 12–18

**DESCRIPTION:** Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

**WED 9 JULY 2025 (4–5PM)**

## WORKSHOP 4

### ***Making Space for Anxiety: Tools from Acceptance and Commitment Therapy***

**WHO IS THIS FOR:** Parents and caregivers of anxious children or teens

**DESCRIPTION:** This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

**MON 4 AUG 2025 (6–7PM)**

## WORKSHOP 5

### ***Body Calm: Relaxation Skills to Support Emotional Distress***

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

**TUES 26 AUG 2025 (6–7PM)**





The  
Kidman  
Centre



# FREE WORKSHOP CALENDAR 2025

To register for a workshop please make sure to sign up:

[https://tinyurl.com/  
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us  
02 9514 4077

Email us  
[roanna.chan@uts.edu.au](mailto:roanna.chan@uts.edu.au)

The Kidman Centre UTS  
Parkes 10 East  
Prince of Wales Hospital  
High Street  
Randwick Sydney 2031

@thekidmancentreuts

## WORKSHOP 6

### *Tech-Smart Parenting: Creating Healthy Screen Time Habits*

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.

**TUES 16 SEPT 2025 (4–5PM)**

## WORKSHOP 7

### *Supporting Teens with Low Mood and Suicide Risk*

**WHO IS THIS FOR:** Parents and caregivers of teens

**DESCRIPTION:** Learn how to support teens experiencing low mood and navigate conversations around suicide safely. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.

**WED 1 OCT 2025 (6–7PM)**

## WORKSHOP 8

### *Helping Teens with ADHD: Tools to Support Executive Functioning*

**WHO IS THIS FOR:** Parents and caregivers of children and teens with ADHD

**DESCRIPTION:** Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.

**TUES 11 NOV 2025 (6–7PM)**

## WORKSHOP 9

### *Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child*

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.

**TUE 2 DEC 2025 (6–7PM)**

# 2025 CALENDAR

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

## JUNE

| MONDAY                                 | TUESDAY                                     | WEDNESDAY                                 | THURSDAY                                | FRIDAY                                    |
|--|---|---|---|---|
| 2                                      | 3   | 4   | 5                                       | 6<br>Athletics Carnival @ Ardlethan       |
| 9<br>King's Birthday<br>Public Holiday | 10<br>Public Speaking<br>School Final @ BCS | 11  | 12<br>Primary Riverina<br>Cross Country | 13<br>Secondary Riverina<br>Cross Country |
| 16                                     | 17  | 18<br>CHS Zone Athletics<br>@ Lockhart    | 19                                      | 20<br>PSSA Zone Athletics<br>@ Barellan   |
| 23                                     | 24<br>RAP Study Day @<br>BCS                | 25<br>Public Speaking<br>Final @ Griffith | 26<br>PBL Assembly                      | 27  |
| 30                                     |   |   |   |   |

## JULY

| MONDAY                | TUESDAY                           | WEDNESDAY             | THURSDAY              | FRIDAY                                      |
|-----------------------|-----------------------------------|-----------------------|-----------------------|---|
|                       | 1<br>Parent/Teacher<br>Interviews | 2                     | 3                     | 4<br>NAIDOC Day @ APK<br>Last Day of Term 2 |
| 7<br>School Holidays  | 8<br>School Holidays              | 9<br>School Holidays  | 10<br>School Holidays | 11<br>School Holidays                       |
| 14<br>School Holidays | 15<br>School Holidays             | 16<br>School Holidays | 17<br>School Holidays | 18<br>School Holidays                       |
| 21<br>School Holidays | 22<br>Term 3 Commences            | 23                    | 24                    | 25  |
| 28                    | 29                                | 30                    | 31                    |   |

Please forward advertisements/articles for the Barellan Central School Gazette to:

[rebecca.malone8@det.nsw.edu.au](mailto:rebecca.malone8@det.nsw.edu.au)

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