We, at Bourke High, believe that all students can succeed. Bourke High School is a caring school and we acknowledge that effective learning takes place when students and teachers feel secure and safe, where morale is high, where people are happy and where a high value is placed on working together.

Mid-Term Break Friday 22nd May – Monday 25th May

Reminder that the school will be closed for the term two mid-term break from Friday 22nd May to Monday 25th May. This termly break is to enable parents/carers to plan and undertake the necessary travel for many services not available in Bourke without their children missing school. The alternate work arrangements have been in place in this community for over six years and align with Local Schools, Local Decisions in regard to this community using a local decisions approach to address its isolation, remoteness and climactic conditions as well as accommodating the Rural and Remote Education Blueprint i.e. supporting a locally developed solution that better meets community needs.

Seventeen of our senior students will not be observing the mid-term break on Monday 25th, May as they will be attending a full day of training on the Responsible Service of Alcohol. This will provide career opportunities for students in the future. Thank you to Medicare Local who provided the funding for this course. The remaining mid-term breaks this year will be in term 3 and 4, 14th to 17th August and from the 6th to 9th November.

‘Mardi Gras’ 50th Anniversary Fete

The P & C has decided to resurrect the Bourke High School Mardi Gras fetes of the past to celebrate the school’s fifty years in the current building complex. At this time it is anticipated that the fete will go ahead on Friday afternoon/evening 11th September. There is a small fete sub-committee group involved in the planning and community members are more than welcome to join in. The next meeting is to be held on Tuesday 16th June in the school library at 5.30pm.

Driving Mentoring Program

Five members of staff were recently trained to teach learner drivers so that they can achieve the necessary hours to attain their provisional licences. Consequently the school is in the process of working with students to identify those who would like to begin this process with members of the teaching staff. The school has received a small grant from Transport NSW to assist with the program. The program will target students who are attending school regularly and making the most of their educational opportunities by applying themselves to their studies. Thank you to the five teachers: Ms Kirsty Jedrzejak, Mr Heath Phillips, Mr Robert Dickison, Mr Brett O’Connor and Mr David Pickard for the time that they have given up to undergo the training and for their commitment to work with learner drivers in the future.

Congratulations: Cody Simmons

The school would like to congratulate School Captain Cody Simmons who qualified to compete at the 26th annual New South Wales All Schools Swimming Championships at the Sydney Aquatic Centre. Cody competed against a field of elite swimmers in the final of the Men’s 17-19 years 200m Breaststroke, finishing a creditable seventh with a time of 2 minutes 48.29 seconds. Well done Cody; your school mates and community are very proud of you. This is an absolutely wonderful effort from a young man from Bourke who was competing against the best swimmers in the state i.e. athletes who have the advantage of being able to train and practise under the watchful eyes of some of Australia’s best swimming coaches in facilities that are open all year long.
Principal’s Report cont:

Indigenous Digital Citizen Skill Set

Mick Parker and Melynda Austin, TAFE teachers from Mt Druitt will be returning to Bourke High School next week to continue the Digital Citizen Skill Set course that they began with students at the beginning of this year. Mick and Melynda are successfully delivering the ICT course to our students through a combination of distance and on-site delivery. This is a huge commitment from the TAFE teachers which can involve up to two visits to Bourke per term. The engagement from our students has been excellent as they realise that the formal qualification from the successful completion of the course will considerably improve their educational and/or job opportunities in the future. Units of work include: operate a personal computer, operate word processing applications, use communicate and search security on the internet, operate spreadsheet applications, operate presentation packages and incorporate indigenous needs and perspective into the IT environment. At the end of the course there will be the opportunity, where students wish to continue, to complete other Skill Sets or direct enrolment into a Certificate II or III course, depending on whichever is the most appropriate.

P & C Meeting Tuesday 26th May at 5.30pm

The next P & C Meeting will be held in the school library at 5.30pm on Tuesday 26th may. Parents/Carers and community members are welcome to attend and participate in the school’s decision making processes. Light refreshments will be available and meetings are kept to one hour.

COMMUNITY AWARENESS

BOURKE

Memory Van visit to Bourke

MEMORY VAN LOCATION

Date  Tuesday 26th May 2015
Cost  Free
Time  9am - 11am
Venue  Mitchell Street Park Bourke

MAIN TOPICS INCLUDE:
• Alzheimer’s Australia services
• Memory changes
• Memory concerns
• What is Dementia?
• Information for carers
• Dementia Risk Reduction including 5 Simple Steps to maximise brain health

Information sheets will be available for all visitors

This project received funding through the Foundation for Rural and Regional Renewal

FRRR
Foundation for Rural and Regional Renewal

UNDERSTAND ALZHEIMER’S
EDUCATE AUSTRALIA

POSTPONEMENT
Narrabri West Public School
Horse Sports Day

CHANGE OF DATE
New Date
Friday 30th October 2015
Saturday 31st October
Narrabri Pony Club Combined Training
& Show Jumping Day.

Programs will be emailed to schools in September.
Enquiries: Megan Hartog-Smith
0428567752
On Friday 8th May Bourke High School female staff and students, relatives and members of the local community gathered for the tenth consecutive year for an afternoon of connecting, activities and delicious food to celebrate sisterhood and Mother's Day. The Multipurpose Centre was bursting with females of all ages, a buzz of chatter and positive vibes filled the air.

Throughout the afternoon, these ladies participated in a variety of games. A 'mingling activity'- where they needed to find other women with certain qualities', 'heads and tails', 'bingo', 'trivia', 'a fashion design challenge' and 'an instant talent quest'. The fashion challenge has always been a favourite of mine. The production of an outfit demonstrates working as a team, thinking skills, flamboyant creativity and careful time management. The modelling of their exquisite toilet paper creations seems to vanish the 'shyness' often found in our young ladies. This 'modelling' boosts confidence, increases laughter and transforms casual walking into strutting. Shenay McKellar, Lekeisha Orcher and Janaya Knight were the fashion design winners, based on their super strutting and their groups fashion design efforts. This year's 'instant talent quest' didn't fail to impress. The participants, be they solo, duos or groups were all fantastic, acts ranged from singing to acrobatics to dancing. The confidence, talent and entertainment value of these courageous ladies was inspiring. Congratulations to the winner Shirley Booth, winning with another cracker of a joke, second place went to Amelia O'Mally with her splitting performance and third place went to Sari Wills, Shavinah Mann and Janaya Knight who danced up a storm. Special mention must be made of the exceptional singing showcased by June Smith, Lanie Carroll, Mary Kate Ferguson and Fiona Harris. The winning participants and guest judges were all awarded prizes.
The overall winners of the Trivia competition were "A Lady for all Seasons" for the second year running, "The Unbeatables" came second and third place went to "Too neat". Congratulations on your diverse general knowledge. I'm surprised any points were allocated in the Music trivia section as a very young man stole centre stage with his funky dancing.

A raffle was in operation; $363 was raised and will be donated to the National Breast Cancer Foundation. The lucky winners this year were; Florrie Wicks, Doreen Suckling, Hayley Hollman and Tracy Hull. This makes the total raised over the past ten years well over $1000. An impressive effort for tickets only sold during the two hours of Nibble and Natter.

The lucky door prizes for the afternoon were won by Lilly Flann, Anna Brown, Sue Smith and Glenys Stewart. Congratulations ladies.

A massive thank you must go to the huge number of female community members that attended the afternoon, your support of the afternoon this year and over the past decade is extremely humbling. Special mention must be made of Desley Clarke for attending every single Nibble and Natter since 2006. A special cake was made this year to mark the 10 year anniversary by Shirlee Rowland (Kakes and Kimonos). Our birthday girls Sinead Smith (17) and Lanie Carroll (13) along with a group of the most amazing, long term supporters were asked to cut this stunning and scrumptious cake.

Thank you to the following BHS staff - Rob Bourke for allowing the tradition to continue. Tracy Hull and Anna McCorkle for their overall outstanding support and help on the day. John Pearce for magically making tables appear. Mary Kate Ferguson for bus pick-ups. Kylie Dunn and Kelly Ryder for Photographing the event and Di Lucus for donating some prizes. And to the handful of staff and students who helped pack up after the event.
Thank you, to the female students that attended and represented Bourke High School in such a positive manner. Special mention must be made of the following female students- Year 11 Samantha O’Shanessy and Teneka Fitzgerald, Year 10 Shadenh Smith, Year 9 Cristel Edwards and Anna Brown. Year 8 Tahnee Smith, Sari Wills, Caitlin Warwick, Janaya Knight and Molly Harris, Year 7 Shakayla Dennis and Spohie Mathews. Their help decorating, setting up and running the afternoon was exceptional. These young ladies were capable, independent workers and awesome role models for Bourke High School and the wider Bourke community. This team worked like a well-oiled machine. Their families should be extremely proud of these young ladies.

Thanks once again to Dot Brown and Alice O’Shanessy for doing a brilliant job catering for the afternoon. Nibble and Natter could not happen without you both. I love and salute you both.

Lastly thanks to Val Smith (my mum) and Gwen Hudson (my Aunty/God Mother) for their generous hand made contributions towards the prize pool. 10 years of selfless giving needs to be commended.

This year I asked everyone to consider the African Proverb “It takes a community to raise a child” this is the same for our young ladies at Bourke High School. The community members that have continued to support this event are testament to this. I also encouraged the teaching of respect, especially self-respect and of course love, ensuring these words are said frequently, as there are few things in life greater than being loved. I hope all women had a fantastic afternoon and that all mothers had a wonderful Mother’s Day.

Thank you- Amanda Smith
PDHPE 2015 Term Two Report

It’s been a big start to Term Two in 2015 for the PDHPE Faculty. In terms of sport we’ve had the open girls soccer team compete against Gilgandra, and the school cross country held in week one of the term. We saw some excellent results in both of those events. Classes have been busy preparing for the school athletics carnival (to be held in week 7) and learning about different key areas of health.

Year 8
In Year 8 health classes we have been looking at how to be a positive person – from developing strategies to help us cope with stress to studying the different types of relationships that we feel supported in. Students are gaining a broad insight into improving the mental health of both their peers and themselves.

Year 9
Year 9 health classes have been focused on harm minimisation. In this topic we look at drug use, party safety and how we can keep both ourselves and our friends’ safe in these environments. Students create safety plans for risky environments and develop skills to make better decisions in all facets of life.

Year 9 Sports Studies
This term, Year 9 Sport studies students have taken on a role as sport scientists and have been investigating how the major body systems contribute to performing fundamental movement skills. Students have been engaging in practical lessons where they carry out a number of fitness tests to measure their body’s ability to perform particular skills; agility, flexibility, strength, co-ordination and balance, and how these skills contribute to improved sporting performances.

Year 10
Year 10 students have recently completed a large unit- “Risky Business”, where students engaged in health lessons that focused on minimising harm and developing protection strategies for risky situations such as sexual health and road safety.
Year 10 Sports Studies

This term in Sports Studies year 10 have been focusing on ‘Event Management’. As a part of their assessment, students were required to take on the role as an event organiser and design a round robin or knockout draw for class mates to enjoy and participate in. This provided an opportunity for students to develop their leadership, team work and communication skills.
Thursday 3rd September
Bourke High School MPC
Matinée show, 11am – 1pm,
Evening show, 6-8pm

**TICKET PRICES**

- Matinee Dress Rehearsal Performance – Gold Coin Donation
- Night Time ticket Price –
  - Adults - $6.00, Children - $3.00
  - Family (2 adults and 2 children) $15.00 –
    Additional children $2 each

*Tickets sold at school & at the door*

Confidence through creativity

Shoot for the Moon
even if you miss, you'll land among the stars.
Girl's Nite In
June 11th
5.30pm-8.30pm
PCYC

Participants must be over the age of 14.

Share YOUR story!

Have you enjoyed being a part of the Act Belong Commit events?

Why not help to get others involved, because that’s how our communities stay strong and healthy and resilient.

And remember, the Act Belong Commit message doesn’t end when the session starts - keep the healthy communities ball rolling!

You can do your part by making sure NO-ONE IS LEFT BEHIND!

Upcoming events & festivals:

Black Dog - Workshops
Community and Individual wellbeing

Bourke High School,
34 Taceoon Street
Ph: (02) 6872 2522
6:00pm
Thursday 21st May 2015

actbelongcommit.org.au

Mentally Healthy Rural & Remote NSW

A healthy community makes sure no-one is left behind!

It's great to make the decision to Act, Belong, Commit to staying mentally healthy by being involved in your community! But how can you help others to take those steps too? It can be as easy as A-B-C!
### EVERY MINUTE COUNTS....

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes a day</td>
<td>50 minutes of learning each week</td>
<td>Nearly 1⅓ weeks per year</td>
<td>Nearly ½ a year of school</td>
</tr>
<tr>
<td>20 minutes a day</td>
<td>1 hour and 40 minutes of learning each week</td>
<td>Nearly 2½ weeks per year</td>
<td>Nearly a year of school</td>
</tr>
<tr>
<td>½ hour a day</td>
<td>½ a day of learning a week</td>
<td>4 weeks a year</td>
<td>Nearly 1 ½ years of learning</td>
</tr>
<tr>
<td>1 hour each day</td>
<td>1 whole day of learning each week</td>
<td>8 weeks per year or nearly a term a year.</td>
<td>Over 2 ½ years of learning</td>
</tr>
</tbody>
</table>

*Your child’s best learning time is at the beginning of the day...*  
*Check the time your school starts. DON’T BE LATE!*  

### EVERY DAY COUNTS....

**A day here or there doesn’t seem like much, but...**

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1 ½ a years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 ½ years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
</tr>
</tbody>
</table>

*Give your child every chance to succeed...*  
*Every day counts!*
**Year 10 subject selection**

In Year 10 students are asked to select subjects for Years 11 and 12. Here are some tips to help your teen choose well.  

**Choosing a mobile phone**

What should you consider when choosing a mobile phone for your child? Here are some ideas to help you through the process:  

**Food Allergy Week 17-23 May**

Did you know that 1 in 10 babies born in Australia will develop a food allergy? The Food Allergy Week website has lots of great information, ideas and resources to help you be more allergy aware.  

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<table>
<thead>
<tr>
<th>Monday 18th May</th>
<th>Tuesday 19th May</th>
<th>Wednesday 20th May</th>
<th>Thursday 21st May</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45-10.55</td>
<td>8.45-10.50</td>
<td>8.45-10.50</td>
<td>8.45-10.50</td>
</tr>
<tr>
<td><strong>Standard English</strong></td>
<td><strong>Biology</strong></td>
<td><strong>Hospitality</strong></td>
<td><strong>Primary Industries</strong>*</td>
</tr>
<tr>
<td>Reading: 10 minutes</td>
<td>Reading: 5 minutes</td>
<td>Reading: 5 minutes</td>
<td>Reading: 5 minutes</td>
</tr>
<tr>
<td>Writing: 2 hours</td>
<td>Writing: 2 hours</td>
<td>Writing: 2 hours</td>
<td>Writing: 2 hours</td>
</tr>
<tr>
<td><strong>8.45 – 9.55</strong></td>
<td><strong>Modern History</strong></td>
<td></td>
<td><strong>8.45 – 10.20</strong></td>
</tr>
<tr>
<td><strong>English Studies</strong></td>
<td><strong>Reading: 5 minutes</strong></td>
<td><strong>Senior Science</strong>*</td>
<td><strong>Reading: 5 minutes</strong></td>
</tr>
<tr>
<td>Reading: 10 minutes</td>
<td>Writing: 2 hours</td>
<td>Reading: 5 minutes</td>
<td>Writing: 1 ½ hours</td>
</tr>
<tr>
<td>Writing: 1 hour</td>
<td></td>
<td>Writing: 2 hours</td>
<td></td>
</tr>
<tr>
<td><strong>11.45 – 1.20</strong></td>
<td><strong>General Mathematics</strong>*</td>
<td><strong>11.45 – 1.20</strong></td>
<td><strong>11.45 – 1.20</strong></td>
</tr>
<tr>
<td><strong>Visual Art</strong></td>
<td><strong>Reading: 5 minutes</strong></td>
<td><strong>PDHPE</strong></td>
<td><strong>Reading: 5 minutes</strong></td>
</tr>
<tr>
<td>Reading: 5 minutes</td>
<td>Writing: 1 ½ hours</td>
<td></td>
<td>Writing: 1 ½ hours</td>
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</table>
28TH MAY 2015
AUSTRALIA’S BIGGEST MORNING TEA
BOURKE CWA ROOMS

$5.00 per mixed plate
10am - 2am

All funds go towards cancer research to find a cure

Orders are important part of our day:
RSVP by 22/5/15 Lee Sharpe 0488722807,
Joyce O'Shannessy 68722803 or
Maree Weldon maree@touchforbeauty.com.au

The day will consist of volunteers making morning teas, A raffle for a $500 open voucher to be spent in a local shop - tickets $2 each. A great morning out to support this very worth while cause!

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH COOKING AND DELIVERIES
If you have moved or changed your phone number please call the office and let us know.

If your child has medical information that is important to his/her health please call us so we can update your file. This includes information on allergies and medication.

If your child will be absent due to illness or family circumstances please call the office and let us know.

Bourke High School Office:
6872 2522