



Bothwell District School Newsletter

DEPARTMENT OF
EDUCATION
learners first

3RD SEPT 2020

UPCOMING EVENTS

TERM 3

**LAUNCHING IN-
TO LEARNING
EACH THURSDAY
9.00 AM**

**WEDNESDAY 16
SEPTEMBER
STUDENT
WELLBEING AND
RUMBLER QUEST
SURVEYS**

**MONDAY 21
SEPTEMBER
END OF TERM
ASSEMBLY**

**WEDNESDAY 23
SEPTEMBER
PORT ARTHUR
EXCURSION**

**THURSDAY 24
SEPTEMBER
SPORTS
EXCHANGE V'S
OATLANDS**

**FRIDAY 25TH
SEPTEMBER LAST
DAY OF TERM 3**

Thank you

Week 7

As I sit and write this week's newsletter I can't help but reflect and relish in the diversity of the role of being a Principal in a District High School. I know I have mentioned previously that I feel like being at Bothwell has brought together all of my personal loves of my career to date, being my time teaching and leading across the full range of sectors. One of my greatest learnings so far has been that nearly every initiative in the Department of Education lands on the desk of a District School Principal. Each day I engage with and lead the implementation of programs involving the Early Years; such as LIL and Kinder; Primary years, Secondary years, 9-12 Frameworks and Years 11/12 extension. I can honestly say that I am thrilled and humbled to be in a position to bring together all of my experience, skills and knowledge to be able to drive each of these areas in our school. The diversity of the role is exciting and incredibly rewarding.

Did you know?

- Regular school attendance will help your child to gain the skills and knowledge needed for success both now and later in life.
- Attending school every day helps your child to make steady progress with their learning.
- Your child will also be able to establish firm friendships by participating with others in enjoyable activities.

As a result of changes to the *Education Act 2016* there have been some changes to the way that student absences are able to be explained and authorised. Enclosed within this newsletter you will find a flyer with more detailed information relating to this. While a formal process for following up on unexplained absences has not yet occurred at Bothwell, this is something that we need to commence in order to comply with Department of Education requirements and adhere to the *Education Act 2016*. Hence in the coming days/weeks some of you may receive a call from your child's class teacher if the number of unexplained days absent has exceeded 5 per year. If this is the case, teachers will make contact to discuss your child absences and work with you to attempt to explain and record these. Sometimes it may also be necessary to follow up with a letter from the school to check in and clarify what now constitutes an authorised absence. If you have any questions at all about this new process please don't hesitate to contact me at the school.

As a side note, the school mobile phone is unfortunately currently not in use and therefore we are unable to receive notification of absences in this way. We will investigate a solution to this, however, in the meantime we would appreciate it if you notify the school and provide the reason for your child's absence as soon as possible via a note, email, telephone the school or pop in and tell us. Thank you in advance for your support with this.

Finally for this week, on Wednesday we had our Jump Off for Jump Rope for Heart. A big congratulations to the students and the community for their support in raising \$518 so far for the Heart Foundation. This event was also combined with Footy Colours Day and we enjoyed seeing our children dressed in their favourite footy guernsey or colours. Thanks to Miss Niki Griggs for her organisation of the day and all staff for supporting this great opportunity for the students to raise money for a good cause by being active.

Hope you all have a great week and weekend.

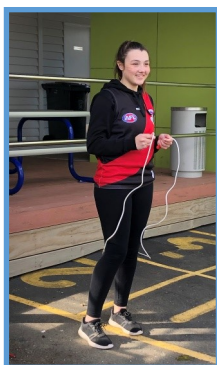
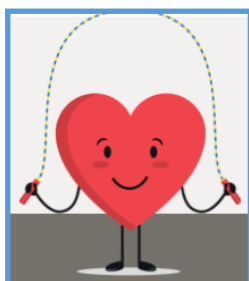
Until next week.

Janelle Reeves

Acting Principal

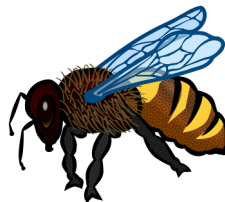
Jump Rope for heart

We are currently sitting on \$518.85 raised for the Heart Foundation so far.



KINDER/PREP INQUIRY

Kinder/Prep have been learning about bees this term. We have been looking at non-fiction texts and developing our skills to wonder and question. We had lots of questions about bees! We were lucky enough to have Siska and Janna in to talk to us about their beekeeping and hive. We learnt about the suit that beekeepers wear, how bees live in the hive, what their roles are, how to look after bees and we even got to taste some honey straight from their hive. Big thanks to Siska and Janna for volunteering their time to come in.





Art Class

In Art class this week our students have been learning about Form.

They had to make a farm scene, and include 3D animals, a building ETC...





Kinder/Prep students above enjoying Music.

Class Two below enjoying their Music class.



REMINDER about Physical Education Days

Please send your students to school with sandshoes on these days. Students will be asked to remove Blundstones and black hard soled shoes as these are ruining our gymnasium floor. Black soled sandshoes are able to be worn in the gym.

Kinder/Prep – Tuesday

Class 1 – Tuesday

Class 2 – Wednesday

Class 3 – Wednesday

Class 4 – Tuesday

Please note a change to PE lessons for Class 1 and 2

Week 7 till Week 10(31st Aug—21st Sept) these classes will have PE on Mondays to allow the Sporting School program to run.

Students are also participating in Daily PE for the remainder of the term so it would handy to wear sandshoes every day.



JUNIOR CRICKET INFORMATION DAY

All boys and girls aged between 5 to 15 who are interested in playing cricket are invited to attend our Junior Players Information Day held at Gunn Oval Picnic Site Pontville. On **Saturday the 19th of September** between **12 Noon and 3 P.M.** Come along and meet both our senior men and women players while we answer any questions you may have.

BBQ and refreshments will be available.

For further information please contact the club via Facebook

Or call Junior Development Officer Justin Little on 0419175417



<https://www.facebook.com/brightondistrictcricketclub>



Cooking with Brigitte.
Our students made
Tuna and Teriyaki sushi,
and Fried Rice.





FRIED RICE

- | | |
|-------------------|-----------------------|
| 2 cups Rice | 1 sml Onion diced |
| 2 tbls Soy sauce | 2 rashers Bacon diced |
| 1 Carrot diced | 1/2 cups Peas & Corn |
| 1/2 Capsicum | 1 Egg lightly beaten |
| 1 tblsp Olive oil | |



METHOD

- Cook rice according to the packet instructions.
- Heat pan with oil, add onion & cook until softened for 1 to 2 minutes.
- Add bacon & combine, once bacon is cooked add the vegetables, leave to cook for 3 to 4 minutes, stirring occasionally.
- Cook egg spread in pan to form a thin layer, when cooked remove and slice into thin strips, add to the rice & vegetable mix.
- Add rice, breaking up any lumps, toss rice through mixture making sure rice doesn't stick to bottom of pan.
- Heat through for 5 minutes, remove from heat pour in soy sauce stir to combine & serve.

SWEET CHILL CHICKEN SUSHI

- | | |
|-------------------------------|-----------------------|
| 1 cup Sushi Rice | 2 Chicken Breasts |
| 1/4 cup Sweet chilli sauce or | 2 tbls Teriyaki Sauce |
| 4 Nori Sheets | Kewpie Mayonnaise |
| 1 Carrot grated | 1/2 Avocado |
| Cucumber into thin strips | Soy Sauce for dipping |
| 2 tbls Rice wine vinegar | 1 tbls Castor Sugar |
| Tuna or Salmon if you prefer | |



METHOD

- Cook rice in 1 1/2 cups water, cover & boil reduce to low, simmer covered for 10 minutes.
- Rinse until water runs clear, place in sieve over bowl, set aside for 10 minutes.
- Transfer to a large dish using a spatula, stir rice & break up lumps.
- Place vinegar & sugar in a microwave safe jug, microwave on high for 30 seconds until sugar is dissolved.
- Slowly add the vinegar mix to the rice lifting & turning the rice until all mixed through.
- Place 1 Nori sheet, shiny side down on a Shushi mat, using damp fingers, spread 3/4 rice over nor leaving a 2cm strip at the short end.
- Spread mayonnaise over centre of rice, arrange cucumber, avocado & carrot.
- Using the Shushi mat, roll up firmly to form a roll. Cut into 6 slices.
- Repeat using remaining Nori sheets, rice mayonnaise, cucumber, avocado & carrot to make 24 pieces.
- Serve with soy sauce.

Attention: Parents and Carers of students in Years 4 - 10

Student Wellbeing Survey

The wellbeing of our students is important to us.

To get an understanding of how students across Tasmania feel about their own wellbeing, students in Years 4 - 10 at Bothwell District High School will be taking part in a wellbeing survey.

The Student Wellbeing Survey is part of the [*Department of Education's Child and Student Wellbeing Strategy*](#).

The details for the survey are:

When: Wednesday 16th September

Who: Grades 4 - 10

What do I need to do: You and your child don't need to do anything. The survey will be done in class time and will not require your child to prepare in any way.

A letter with more information has been sent home with all Year 4-10 students, including Frequently Asked Questions and a form to sign and return to the school if you do not want your child to participate in the survey.

If you would like further information, please contact Janelle Reeves.

Thank you for supporting us to ensure that all our learners are safe, feel supported and are able to flourish, so they can engage in learning.

TIKES is all go again!

Did you catch Doorways Manager Stacey (previously CfC Manager) on Ryk Goddard this morning talking up our TIKES program?

TIKES is a partnership between Telstra, The Salvation Army Tasmania, and Communities for Children to make sure families are able to access affordable internet for educational purposes.

Some eligibility criteria apply - have a listen here and get in touch if you want more info!

We've also just extended the age a little more to cover high school students.

<https://www.abc.net.au/radio/hobart/programs/breakfast/breakfast/12585306>

Stacey is on at 1.46.46

Give us a call on 03 62288400 for more information.

Your Community Needs YOU

Ambulance Tasmania is looking for new volunteers in Bothwell.

If it wasn't for around 500 volunteers, ambulance services in Tasmania would be drastically reduced, particularly in rural areas.

Our business is saving lives. Our standards are high.

To be a Volunteer Ambulance Officer requires an ongoing commitment to regularly roster yourself onto shifts and also to attend training.



Volunteer Ambulance Officers

- 1 Dedicated
- 2 Highly skilled
- 3 Making a difference

Find out how to apply today
www.dhhs.tas.gov.au/ambulance/volunteers

The advertisement features a group photo of several volunteer ambulance officers in uniform. A small Ambulance Tasmania logo is visible in the bottom right corner of the image.



If you would like to make a very real contribution to **your** community and gain valuable skills that will stay with you for life, apply today. No experience is necessary – just a passion to help and a willingness to learn.

Contact Bothwell unit coordinator – Wayne Doran – 0438 595 697

or you can find more information on the

[Ambulance Tasmania website.](http://www.dhhs.tas.gov.au/ambulance/volunteers)

Youth Mental Health Program – Central Highlands

The Royal Flying Doctors Service (RFDS) Youth Mental Health program supports young people aged 8 to 16 years, who are experiencing mild to moderate mental health issues in remote and rural areas. A mobile team of youth health professionals provide mental health outreach services to address the needs of young people within a person's own community. The RFDS provide a **FREE** mental health support services to eligible youth and can deliver them directly to community members to meet their needs.

Tasmania's Youth Mental Health Program will provide young people the opportunity to access mental health support and therapeutic interventions in a safe and user friendly setting. Our services aim to address stigma and inspire positive change through one on one support and group education sessions. Guided by local stakeholders, we aim to provide the service that meet community needs.

The RFDS Youth Mental Health program will provide a range of strategies to ensure the young people who are experiencing mild to moderate Mental Health support with; mental health promotion and stigma reduction, through to early intervention a more intensive supports including;

- . Mental health assessment support
- . Goal focused individual counselling
- . Recovery oriented interventions and skill building
- . Case management
- . Group based therapeutic interventions
- . Specialist consultation where additional expertise is required

How to get involved;

Referrals to the program can be from your doctor, practice nurse, allied health professionals, community members or self-referral. To discuss support needs please contact one of the Team members below for assistance;

Email - referrals: youthmh@rfdstas.org.au

Merima Pasalic - Youth Mental Health Worker – 0438 222 949

Adele Daly - Mental Health Team Leader – 0447 067 582

Expansion of the Student Assistance Scheme

FREQUENTLY ASKED QUESTIONS

What is the Student Assistance Scheme (STAS)?

STAS provides financial assistance for eligible families, by waiving the cost of school levies. It is provided through school and college resourcing, rather than direct to families.

What will the expansion of STAS mean for my family?

From Term 1, 2021 all families that are eligible for a Centrelink Health Care Card or equivalent will be eligible for STAS. It is estimated that more than 9,000 additional students will not incur school levies as a result of this change.

What if my family is currently eligible for STAS?

You will remain eligible for STAS in 2021.

What does STAS cover?

Families who are eligible for STAS do not need to pay levies. Levies include costs for items and services that are required to complete the normal educational instruction at the school.

Families eligible for STAS are also eligible for the Spectacles Assistance Scheme, which provides financial assistance towards the purchase of spectacles for students who require them from participating optometrists.

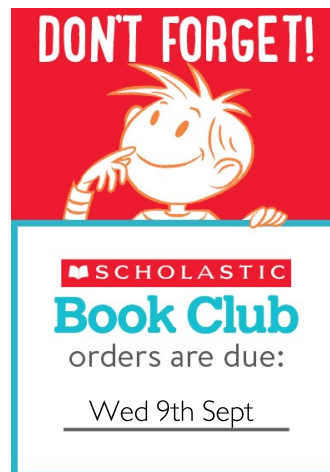
STAS does not cover the cost of uniform. The Department of Education has a School Uniform Exceptional Assistance Scheme for students in exceptional or extenuating family circumstances. For more information on this please contact the social worker at your child's school.

I am currently receiving STAS. Do I need to reapply?

The majority of parents who currently receive STAS will not need to provide any additional information. If further information is required, we will make contact with you during Term 4, 2020.

PARENT HELP

Covid restrictions have now been lifted to sufficiently to allow parents back into classrooms as parent help. If you feel that you can spare an hour to listen to a child read, play a game or help with a small group activity, please contact your child's teacher. Alternatively leave a message at the office and your call will be returned by the teacher or by Janna, the school liaison officer. Grandparents, mums and dads are all welcome.



Get involved in the School Banking program.

Excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way to help young Australians practice good savings habits. Children who deposit money into their Youth saver account through School Banking will earn an exciting reward every time they reach 10 deposits.

The rewards available during 2020 are:

- Terry Denton's Activity Book
- Mini Soccer Ball (size 2)
- Treetop Stationery Set
- Treetop Handball
- Tomato Seed Kit
- Magic Mist Drink Bottle
- Emoji Wallet
- Snakes & Ladders Game



School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

Expansion of Student Assistance Scheme cont.....

What support will be provided to schools to assist with the expansion of STAS?

Schools' 2021 budgets are not affected by the expansion of STAS, with additional funding provided to schools to offset families no longer paying levies.

How do I apply for the expanded STAS?

New, detailed guidelines will be released on September 14 about how the expanded STAS will be implemented, including how families can access it. Applications will open for the 2021 school year early in Term 4, 2020.

Who do I contact if I have a question in relation to STAS?

Questions about STAS can be forwarded to the Department of Education's Financial Services Unit at stas@education.tas.gov.au or by calling 1800 827 055.

Student Enrolments for 2021

Enrolment forms are available from Launching into Learning, the school office or can be downloaded from our Web page at <https://bothwelldistricthigh.education.tas.edu.au>.

Please read the information for parents attached to enrolment forms as it provides the details of evidence required.

Enrolments are welcome for all grades and we look forward to welcoming new families to Bothwell District School.

Student Assistance Forms (STAS) will be available early next term for those families eligible, please talk to the school office if you need further information.

Uniform orders will also be available once we have 2021 pricing.

Any queries please contact the school office on 62595518.

School Association Contacts

Rachael Clark	0408 618 526
Natasha Lewis	0400 629 887
Annie Ramsay	0408 122 218
Mikaela Wilton	0457 143 836
Katrina Brazendale	0417 133 415
Kristy Mayne	0427 355 523



Launching into Learning
Each Thursday at 9 am

Check out ideas for home
fun on the School's
Facebook page.



School Office Opening Times **2020**

8.00 am — 4.00 p.m.
**Keep an eye on Facebook as any
changes to the above will be
posted on there.**

Chris & Tanya

2020

Term Three finishes
25th, Sept, 2020
School resumes
On 12th, Oct, 2020



School Banking
will
resume
in Term Three.
Thursday's



ARE YOU SHOWING RESPECT?

R	Responsibility
E	Engaged
S	Safe
P	Positive
E	Effort
C	Community
T	Teamwork

Bothwell District High Values

Our students are working hard on the schools
values in class, if they have done well they are
given raffle tickets.

The raffle is drawn at an assembly.
Two students names are drawn and they
receive a prize as their reward.

School's
Mobile
No is

0474 533 146

CONTACT DETAILS

Patrick Street, BOTHWELL, 7030
Phone 62 595 518 Fax: 62 595 610
Email Bothwell.DistrictHigh@education.tas.gov.au
Web : <https://bothwelldistricthigh.education.tas.edu.au>