Jindabyne Central School
Newsletter

Leadership. Citizenship. Educating the Future
Jindabyne Central School
8-20 Park Road

Phone: (02) 6456 2346
Fax: (02) 6456 1082
Email: jindabyne-c.schools@det.nsw.edu.au
Website: www.jindabyne-c.schools.nsw.edu.au

2015  Term 2  Week 4  Principal: Debbie-Lee Hughes
What’s on at JCS

May 12 - 14  NAPLAN - Years 3,5,7,9
May 14 - 15  Year 3 Camp
May 15       K-6 Assembly (4/5M hosting)
             Primary & Secondary Rugby 7s
May 21       Primary Netball Gala Day & State KO
May 22       K-6 Assembly (6K hosting)
May 25       Immunisation Day—Year 7
May 27       District Athletics Carnival — Cooma
May 27—29   Year 10 Camp
May 29       Regional Cross Country—Cambewarra
June 3       P&C Meeting 7pm Library

Mrs Hughes’ award recipients May 1.

Some of the JCS primary cross country team with their Snowy Mountains District champion trophy.

Dash the Brumby—a JCS entry at the Dalgety Show.

In this issue

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Find us on Facebook and Like to stay up to date
From the Principal’s Desk

In the sporting arena

Our students have once again been competing on the sporting and athletic arena with a range of students participating in Athletics, Cross Country, Rugby and Equestrian events. I am always immensely proud of the sportsmanship, dedication and support given by our students - while still maintaining the competitive edge. I must make mention of the staff who have worked to ensure that these events and activities are of a high standard and ensure that students have these opportunities. Mr Livissianos, Ms Moloney, Ms Ashby, Mrs Condello, Mrs Kowalewski, Mr Cox and Mrs Burke - great work. Thank you to all staff for their support and assistance with all school events.

New P&C president

Congratulations to our new P&C President, Skaiste Lang. I look forward to working with the new Executive to continue the work that we do to ensure a fair, equitable and inclusive education for the students of Jindabyne Central School. Parents as partners in the education process have a right and a responsibility to play an active role in the education of their children. I look forward to developing a partnership with the P&C, being involved in and supporting the activities of school P&C Associations and parents in their role as partners in the education of their child.

$1 million for JCS

This week Kylie Smith, Chairperson of the School Council, Sheena Perry, Steve Cooper and I have met with the DEC Asset Management Unit to discuss the $1 million proposed by MP John Barilaro. We are in the process of gathering information required to support the future development of the gym which appears to be the number one priority. Before heading down the planning path we require information to ensure that this is a realistic and achievable target.

Secondary Parent Teacher Evenings

A change of format and venue has received positive feedback from many parents. The new venue provided a collegial approach to providing feedback to students about their learning. We will consider the length of time allocated to interviews but what a great start to the New Year with an improved method of communicating with parents. We anticipate that future events concerning subject selection and course information will be conducted in the same ‘expo’ type forum.
NAPLAN

This week sees students from Years 3, 5, 7 and 9 participating in NAPLAN, the National Assessment Program – Literacy and Numeracy. NAPLAN is comprised of four domains:

- reading
- writing
- language conventions (spelling, grammar and punctuation)
- numeracy

The purpose of the test for us as educators is a one point in time reflection of teaching and learning. The data collected from this day is one of many sources of data used by JCS to inform OUR teaching and learning.

To put it simply, NAPLAN is a measure for the school system to check THEIR performance, not your child’s. Also necessary to know, it isn’t such a bad thing if your child doesn’t blitz these tests. Let me tell you why.

This testing method, which is essentially a snapshot of your child’s knowledge of literacy and numeracy, doesn’t determine or have an effect on their end of year academic outcome. It is simply measuring whether or not children in that grade are at par with their Australian counterparts. If the results indicate that they’re not, in theory, support and guidance will be provided as a result. If they are, however, well that’s fantastic.

Stress management for senior students

Mrs Phillips (School Counsellor and Psychologist) will be conducting sessions with both our Year 11 and Year 12 students in association with Kim Holmes, Year 11 Student Adviser.

This session covers an understanding of what stress is, how stress affects you in good ways and bad, organisation and time management, positive thinking techniques and some basic mindfulness relaxation techniques. We will be doing a power point for the first 30 mins of the session, a bit of Q&A and then I’ll be demonstrating mindfulness stress reduction. (Nothing too complex or technical as the talk is aimed at teenagers).

We would also like to provide a session for parents if there is interest in attending a talk on this topic? If you are interested as a parent please contact me via email on Debbie-Lee.Hughes@det.nsw.edu.au

Merit Selection Panel Training

Matthew Brown, Director Public Schools NSW, will conduct Merit Selection Panel Training at Jindabyne Central School. Details are as follows:

- Date: 1 June 2015, Time: 5.30pm
- Venue: Library at JCS

It is imperative that we have P&C representation on Merit Selection Panels. I would like to confirm participants by Wednesday 27 May by reply email.

Debbie-Lee Hughes—Principal
JCS has best ever result at Equestrian Interschools

Jindabyne Central School (JCS) is celebrating its best result yet at the Snowy Mountains Interschools' Equestrian Competition.

JCS finished second overall at the four-day gymkhana held on April 30 to May 3 behind the host of the event, Snowy Mountains Grammar School.

It was the first time JCS had beaten St Patrick's Catholic School from Cooma.

A total of 19 JCS students competed at the gymkhana, which was held at The Station, with Year 9 student Breanna Arnold winning the coveted Stockhorse Challenge for the second consecutive year and six-year-old Toby Shying awarded the Encouragement Trophy.

The JCS team of Breanna, Year 11 student Chloe McGoldrick and Year 8 student Emily Rowson also won the Team Penning event.

"Coming second overall was a fantastic achievement," JCS equestrian team coordinator Kelly Burke said.

"It's up from third place last year. There were so many great achievements from our students.

"Not just the ribbons but those who kept on trying, kept on smiling when it got tough and those who tried something new."
JCS mums spoilt on Mother’s Day

Mums across Jindabyne were spoilt with presents on their special day thanks to Jindabyne Central School’s (JCS) P&C.

The P&C held its annual Mother’s Day Stall on Tuesday where all students from Kindergarten to Year Six could buy a present for their mum, with prices ranging from $2 to $5.

Most students browsed what was on offer before making the big decision on what to buy their mum for Mother’s Day.

Year Two student Amelia Eyles was chuffed with her purchase, adamant her mum Jackie would love the pink ‘World’s Greatest Mum’ luggage tag she bought.

“We like to go travelling so I know mum will love it,” Amelia said.

Her classmate Ryan Allen opted for earrings for his mum Cath.

“I chose the right colour because her favourite colour is blue,” he said.

The JCS P&C raised more than $600 at the Mother’s Day Stall - money which will be donated back to the school.

Year Three students shopping for gifts at the P&C’s Mother’s Day stall.

The P&C relied on the help of parent volunteers to run the Mother’s Day stall.
Parents impressed with open communication at JCS

Intimate, relaxed and informative were some of the words parents of students at Jindabyne Central School (JCS) used to describe last week’s parent-teacher interviews.

Parents of all secondary students attended an evening of interviews which were held, for the first time, in the JCS gym.

The open-plan venue appealed to parents, with many saying they had struggled in past years to find the correct classroom in which to attend meetings.

“It’s a much better forum here,” said Adam Robinson, father of Year Nine student Cade and Year Seven student Molly.

“It’s not a maze of classrooms and the open plan feels good. Somehow, it still manages to be intimate.”

He said it was also a good chance to socialise with other parents.

Exhibitions were set up displaying student works and giving parents an insight into what their child and others were achieving.

“It’s been great seeing what’s going on at the school,” said Glen Inches, who has children in Years Nine, Seven and Two.

“The catering has also been a nice touch.”

Mr Robinson and his wife Teena were especially impressed with JCS’s new technology teacher Mick O’Sullivan.

“He is bringing the workforce needs into the classroom,” Mrs Robinson said.

Some parents felt the five-minute interview schedule was not enough, as some were left waiting for one interview and then found themselves running late for the next scheduled appointment.

Principal Debbie-Lee Hughes said the length and time frame for interviews will be reviewed.

The parent-teacher evening was held on Monday and Tuesday last week.
Fletcher eyes off new record

Since he was six years old, Fletcher Thew has been dreaming about having his name in the record books as the fastest 100 metre runner for his age in the country.

He is hoping 2015 is the year his dream becomes a reality.

It was a feat his dad achieved as a 14-year-old when he set an Australian age record of 10.9 seconds - a record he matched with his competitor in a tie - and Fletcher has spent many an hour pouring over the record books and hoping to emulate his father.

Fletcher ran an impressive 14.09s in the 100m at last week’s Jindabyne Central School (JCS) primary athletics carnival, ensuring him victory in the 11-year-old boys’ race.

But it’s a long way from his personal best time and Fletcher hopes to smash that when he competes at the Snowy Mountains District Athletics Carnival in Cooma on May 26.

In 2013 Fletcher made it all the way to the NSW Primary Schools Sports Association Championships at Olympic Park in Sydney where he made the junior finals and finished a credible fourth.

It wasn’t a result Fletcher was too pleased about.

“I was pretty bummed out by that,” he said.

“Between first and fifth place there was not even a second.”

Two weeks before the regional athletics championships last year, Fletcher sustained a neck injury playing rugby which ruled him out of contention for his track event.

This year Fletcher is aiming high – he wants to break the current state record of 13.04s for junior boys in the 100m.

He set his best time of 13.72s at the ACT Championships last year but has stepped up his training regime to better that time this year.

Every Monday, Wednesday and Friday morning Fletcher runs warm-up laps around the block of his Jindabyne home before his dad Neil gets out the stop watch and times him for sprints.

“Dad sometimes takes me to the track and I do 200 and 100 sprints,” said Fletcher, who is determined to secure his berth at the NSW titles at Sydney Olympic Park on October 14 and 15.

He said winning the junior boys’ 100m would make him proud and setting a new record would be a dream come true.

“I would be very proud of myself because I have been looking at the record books since I was about six and I have been thinking how good it would be if I was in the record books too,” Fletcher said.
Fletcher will also compete in the 200m, high jump and long jump when he represents JCS at the district carnival later this month.

It was a day of fun, colour and festivities as all 450-plus primary school students participated in the annual athletics carnival.

Kindergarten and Year One students participated in novelty field events including sack races and egg and spoon races as well as a 50m dash.

The Jindabyne Men’s Shed helped with a barbecue for the day while many parents joined in the fun.

Townsend was the winning house, followed by Northcote, Bogong and Strezlecki.

**JCS primary athletics age champions**

Junior girls – Lara McLennan
Junior boys – Patrick Broe
11 years girls – Zana Evans
11 years boys – Fletcher Thew
12 years girls – Indiana Mayhew
12 years boys – Griffin Swan

Kindergarten and Year One students competed in novelty events including sack races.

Hans from the Men’s Shed helped with the athletics carnival barbecue.
Records smashed at JCS secondary athletics carnival

For most it was all about participating, pushing yourself to your limits and having a go. For a few, it was their first step towards claiming a berth at the NSW Combined High Schools athletics championships.

All Jindabyne Central School high school students participated in the athletics carnival held at the Sport and Recreation Centre on April 30, where students competed in track and field events including the 100m, 200m, 800m, high jump, long jump, shot put, javelin and discus.

Many students pushed themselves outside their comfort zone and in total 15 new school track and field records were set.

One of the standout performers was 14-year-old Kirra Burke who smashed the JCS record for the 15 years girls’ 100m with an impressive time of 13.09 seconds.

Kirra’s time would have easily made the final of the Combined High School state championships in Sydney last year and that is exactly where her sights are now set.

"Rhianna has got me the last few years but I’ve come back firing, ready to go," she said.

After learning she smashed the previous school record and knowing her time is worthy of a berth at state titles, Kirra said she would now turn her focus towards training for the 100m.

"I would love to go to state for running," said Kirra, who recently came fifth in the team resuscitation and rescue event at the Australian Surf Life Saving titles and made the semi-finals in the sprint and relay races.

Along with Rhianna, Kirra also keeps fit by participating in crossfit, boot camp, rugby and surf lifesaving.

For the record, Rhianna finished second in the 100m at the JCS carnival with a time of 13.25s.
The Australian under 16s 100m girls' record of 11.3s was set by Debbie Wells and has stood since 1976.

Kirra Burke also won the 200m in a time of 28.94s ahead of her sister and came second in the 800m behind Tanika Goodman, who set a new school record of 3:07.38.

Tanika also hopes to make it to Sydney for the state titles and will now step up her training program.

"I'd like to get my time below three minutes," Tanika said. Year 12 student Nakiya Nuridin set new records in the girls' 18 years 200m (31.82s) and 800m (3:05.00).

She has never before made it past Regional Championships but hopes in her last year of school she can go all the way to state titles.

"I'll start to step up my training," Nakiya said.

"It's a nice recognition to break some records after all my years at JCS."

The first step toward their long journey to state titles begins at the Zone Championships to be held in Moruya on June 19, followed by regionals on July 31 and NSW titles starting September 2, 2015.

Year Nine student Cade Robinson set new school records in the boys' 15 years javelin and discus.
Developing gymnasts at JCS

Handstands, cartwheels, forward rolls and bunny hops are some of the skills students at Jindabyne Central School are learning.

All 440 JCS primary students are participating in an eight-week gymnastics program designed to teach fundamental gym skills.

Coach Lauren Fox heads the program at JCS, which is run by the Activated Group and has been created to meet the NSW syllabus gymnastics requirements.

Coach Lauren said the big difference between JCS and other schools in the region was the level of fitness and coordination displayed by students.

“At other schools this program is about getting kids active,” Ms Fox said.

“Everyone is so active here. Their parents are pretty fit but in the cities and other towns it’s not always the same.”

Ms Fox said during the first week of the program kindergarten students were already asking when they could learn front flips.

“They’re just so keen to learn,” she said.

“We’ve had to make the program at this school more about strength, flexibility and coordination and pushing technicalities rather than just getting kids active.”

Year Two students Joshua Ashe and Yolanda Inches said the gymnastics program was the highlight of their school week.

“Gymnastics is amazing,” Joshua said.

Yolanda agreed. “It’s fun and I’ve learned how to bunny hop and go on the parallel bars,” she said.

Students learn to use mini trampolines, horizontal bars, parallel rings and beams as part of the gymnastics program, which runs until the end of term two.
Students learn about sustainability

Did you know brown paper bags can be composted? Or that recycling just one plastic drink bottle saves enough energy to power a computer for 25 minutes?

Students at Jindabyne Central School do. They also know that by recycling one kilogram of paper and cardboard, greenhouse gases are reduced by one kilogram.

All JCS students from Years One to Five participated in an EnviroMentors workshop last week where they were taught about sustainability.

Environmental educator Emma Sinclair visited JCS to teach children everything from worm farming to maintaining water quality.

She also spoke to children about reducing littering and excess packaging in school lunchboxes.

Students designed a new lunchbox and explored the benefits of a waste-free lunch for their health and the environment.

“We got to design a healthy lunchbox that uses no rubbish that will go to landfill,” Year Four student Jessica said.

“It’s an environmentally healthy lunch box.”

Ms Sinclair taught students about the length of time it took rubbish to break down in landfills.

“It was great to learn about where all the rubbish goes to and how long it stays there,” said Lara from Year Four.

It wasn’t all just listening while learning.

Students were involved in interactive games, including relays to select healthy food options.

“That was my favourite part of the EnviroMentors,” said Year Four student Chloe.
Primary School News

Year Six Camp

Year Six students enjoyed an action filled, five day excursion to Sydney last week where they explored the historic Rocks area, developed an understanding of the work performed by archaeologists and participated in a range of other educational activities. Keep an eye out for some of the children’s own accounts of this trip in the next newsletter.

Miss Perry’s Award recipients

- Lilly Wallis
- Rory McGregor
- Tomas Brulisauer
- Hunter Clark
- Brooke Cumbers
- Mel Lindsay
- Olivia Henley
- Zali Goninan
- Ruby Smith
- Mia Laing
- Jack Piontek
**Year Six helpers**

Students and staff were fortunate enough to be able to call on extra help last week, with three Year Six students doing everything from reading groups with kindergarten to running errands for the office.

Students Patrick Byrne, Ky Clare and Amy Thrum were an extra pair of helping hands during primary school gymnastics classes, they listened to kindergarten reading groups, helped with Stage One maths, sorted paperwork in the office and even learned the Dewey Decimal Classification in the library.

For Amy, it was an experience that could be the first steps towards a career as a school teacher.

“I want to be a primary teacher,” she said.

“Lots of teachers have told me I would be good at it and I like helping.”

Patrick and Ky agreed they had enjoyed helping at school while most of their class was away at Year Six camp but had decided a teaching career was not for them.

**Consistent teacher judgment in assessment**

Early Stage One teachers have met to moderate our student writing samples. Moderation is undertaken in the lead up to end of Semester Report writing time. Moderation is an interesting process that we teachers find quite satisfying.

The process itself involves comparing writing samples of every Kindergarten student at the same time. We will grade our own student work samples and then lay them out next to student work samples from the other Kinder classes that have been equally evaluated.

This enables much discussion, comparing and adjusting student grades after making an agreed decision. This opportunity gives us, as teachers, the chance to see what writing is occurring in other classrooms and assists us to enable fair and consistent judgement in the lead up to final assessments for the end of semester.

*Heidi Shvetsoff*
Secondary News

Deputy Principal’s Message

Dear Parents, Staff and Students,

Term Two Assessment Schedules for Years 7 to 12.

Parents will find the final four weeks of this term’s Assessment Schedule for all Year 7 to 12 students in this newsletter. The first six weeks were published in the Week 2 Newsletter. All students have now been issued with their own copy, and they are required to highlight their upcoming assessments on these assessment sheets, and write those into their diaries. They will be individually required to demonstrate to us how they plan, prioritise, and balance their work, study, and leisure commitments, over the coming six weeks of this term. In addition, they will be required to overview their goals and/or directions, and present their bookwork, diary and homework achievements to the Deputy Principal. At the same time, we will also discuss ways that we can individually assist all students to achieve their personal best in the coming months.

Parent/Teacher Evenings

These were held for all Year Groups in the School Gymnasium last Monday and Tuesday evening. The feedback from parents was that it was a welcome change to move the P/T evenings to the Gymnasium, where all staff were under one roof and thus highly accessible to the parents who attended. Many thanks to those parents who came along to these two evenings.

NAPLAN Exams for Years 7 and 9

These exams were held this week on Tuesday, Wednesday and Thursday. Our thanks go to all of the students and staff for their application to these important exams. The results of these national tests in Language, Writing, Reading and Numeracy will be forwarded to parents later this year.

Building a Better Community

The Rob Kneller Youth Foundation (RKYF) has been running a local competition for the students who attend either Jindabyne Central School or Snowy Mountains Grammar School. Students have been challenged to put forward ideas that will “Build a Better Community” in Jindabyne. Students are competing for 5 x prizes of $200.00, with the overall winner to receive an additional $1,000.00!! Jindabyne Central School students who submitted 10 exciting ideas to the Foundation and we eagerly await the outcome from the Foundation’s deliberations. In the next newsletter, we will publish all 10 JCS proposed programs.

Term Three Snowsports Program for Years 5 to 10 / The Friday At-School Program / The Year 11/12 Friday Program

We are currently in planning for all of these Term Three programs, and parents will have received a separate communique on these programs. All Year 5 to 10 parents are requested to complete the forms and return them to the school no later than this week.
Interschools Snowsports Competition

Entry & information forms for the JCS Interschools Snowports Teams will be distributed to students this week (Week 4). For more information on the Interschools Snowsports events in 2015, go to www.interschoolssnowsports.com.au and click on the NSW icon. Whilst you are there, why not sign-up to receive all of the latest news through the regular Interschools E-NEWS communiques.

Bib-Rolling Legend Returns on Tuesday 23rd June in Week 10

Please note that the world famous Interschools Bib-Rolling event will be held in the school gym from 4 to 7pm on Tuesday 23rd June. More details will follow on this at a later date.

Steve Cooper – Deputy Principal Secondary.
The Science Experience

The ConocoPhillips Science Experience is a fun 3 or 4 days of science activities for Year 9 and 10 students in 2015.

Each program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

The program takes place in over thirty-five universities and tertiary institutions, within many different laboratories and lecture theatres. Participants perform experiments in the laboratories, meet and hear senior lecturers in the lecture theatres, attend site visits and walk around and experience what it is like to be on the campus of a university or tertiary institution. More than 65,000 students have taken this rare opportunity, up to date.

The program also provides information about further studies in Science, Technology and Engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

One aspect of the program often commented on by participants is the opportunity to meet and share ideas with students from different schools. Each program includes a BBQ or other social activity.

Where and When:

Australian National University
23-25th September 2015 (Term 3 holidays)

What is the Australian Science Olympiad Competition?

The Australian Science Olympiad Competition is a national extension program for top performing secondary science students which culminate in the International Science Olympiads – the Olympic Games for science students.

To earn a spot representing Australia at the International Science Olympiads, year 10 and 11 students must first sit one or more of the four Australian Science Olympiad Exams on offer in the disciplines of Biology, Chemistry, Earth and Environmental Science and Physics.

Based on their exam performance, top performers are offered a place at the Australian Science Olympiad Summer School. This is a two-week intensive residential program that gives students the opportunity to study with others passionate about science.

The very best summer school students represent Australia at the International Science Olympiads. https://www.asi.edu.au/site/programs_aso.php
The Big Science Competition

The Big Science Competition is a one-hour competition of 30 multiple-choice questions held at your school. Both online and pen & paper formats are available.

The competition challenges students to think critically and solve scientific problems using everyday examples. The questions are aligned to the Australian Curriculum – Science.

**When is the Big Science Competition?** In 2015, the Big Science Competition can take place in your school on any day between 20 and 27 May inclusive. Students sitting a competition level must all do so on the same day. However, different competition levels may be sat on different days during the competition period.

**Who can take part?** The Big Science Competition is an international competition for secondary students. There are three competition levels based on the Australian school years: Years 7-8, years 9-10 and Years 11-12.

**Win prizes.** Everyone who takes part in the Big Science Competition, regardless of their performance, goes in a draw to win iTune and movie vouchers. **Gain recognition.** All students receive a certificate that recognises their achievement and a report detailing their performance. The results show students how they are performing against others in the competition. **Create Opportunities.** Top performers may be invited to take part in the Australian Science Olympiad Competition or the Asian Science Camp. **Develop Skills.** The competition tests problem solving and critical thinking skills which are really valuable for all school subjects, particularly senior science.

**Cost**—Online: $7.00 excluding GST per student. No minimum registration required.

**What are students tested on?** Test items in the Big Science Competition are aligned with the Australian Curriculum - Science.

Science inquiry skills: including identifying and formulating questions and hypotheses for testing; making predictions, collecting, analysing and evaluating data and drawing valid conclusions; interpreting and communicating information through appropriate representations and media.

Science as a human endeavour: including the development of science knowledge and processes across cultures and over time; its application in areas of human endeavour; its significance in informing personal and societal decisions and actions; and the influence society has on science.

Science understanding: core concepts relating to Biological, Chemical, Earth and Space Sciences, and Physical Sciences that are designated at each stage.

The Senior paper is aligned with the Year 10 Science Understanding strand and sub-strands but with increased emphasis on the Science Inquiry Skills and Science as a Human Endeavour strands.

**How to participate**

Schools must register the number of students via the school sign in area on this website. If you do not know, or can’t access your school ID or password, please email asi@asi.edu.au and we will send it to you.

Parents cannot register their children. Please speak with your school to register students wanting to take part.
What is Youth ANZAAS?

Youth ANZAAS is an annual residential international forum for science students in Years 10 to 12. Every year, students from each State and Territory are selected to participate in science activities and experiences over a period of a week.

Behind-the-scenes tours, lectures with leading scientists, hands-on research, cutting edge technology – all this and more awaits you at Youth ANZAAS 2015!

Who organises Youth ANZAAS?

Youth ANZAAS 2015 is organised by the Australian and New Zealand Association for the Advancement of Science (ANZAAS) and the Royal Society of New Zealand and receives financial support from the Federal Department of Education and Science.

When and where will it be held?

Youth ANZAAS 2015 will be held ADELAIDE, SOUTH AUSTRALIA from Monday 6th July through to Friday 10th July. Delegates will stay at Westminster School, located close to Adelaide’s CBD and to many significant scientific research establishments.

We pay to get you there!

ANZAAS will pay the travel costs of successful applicants from Adelaide, Perth, Sydney, Canber-ra, Hobart, Brisbane & Darwin to Melbourne.

Participants pay only the conference registration fee of no more than $500.00 which covers all accommodation, meals, forum sessions, travel and tours.

How do I apply? Youth ANZAAS 2015 Application Form - Coming Soon

Applications due by close of business Friday 15th of May

For information please contact:

NSW – Robert Perrin perrinr@internode.on.net
ACT - Mary Hooper CPAS@anu.edu.au

Teacher Twitter

Teachers at JCS are using social media to ensure their students stay up to date with lessons.

English-History teacher Fiona Borcherds, Maths teacher Brad Lister and Technology teacher Mick O’Sullivan post items on Twitter regarding class activities and student learning.

Mr Lister takes photos of his classroom whiteboard after each lesson and posts them on his teacher Twitter feed.

“If a student has missed a class or hasn’t managed to get everything down in class it’s a chance for them to catch up and ensure they don’t miss anything,” he said.

Teachers are linked from the JCS Twitter feed.
Do you require a Tax File Number?

Recently the ATO has changed the way you apply for your Tax File Numbers. It is now an online and an interview process with the post office in Cooma. This does disadvantage our students at Jindabyne Central School due to the distance to Cooma. I have spoken to the ATO education section and they have given us an exemption to be able to verify your Secondary Student tax file number application form here at school until 31st October 2015.

If you would like to apply for a tax file number through our school please see the Careers Office for the secondary student tax file application form. Please do this before the cut-off date – 31st October 2015.

Mind the Gap equips you for your first job in the real world!

Mind the Gap invites young people to take a leap into self-sufficiency in tax matters. Mind the Gap is your pathway into the work-force and through the maze of the Australian tax system. Designed specifically for teenagers, this 11-unit online program simplifies and explains everything a young person needs to know about the boring stuff that causes all of us headaches.

Jump in and get a head start in life with fun and easy to understand content that will stay with you for life, cutting through the frustration and time-waste associated with not understanding the tax system, and keeping you out of trouble with the tax office!

With Mind the Gap as your guide, form good habits from the outset and stay in control, saving money and reducing complications.

- What is a tax assessment?
- How do I find a tax agent?
- How do I use my PAYG summary?
For more information please visit: www.mindthegapacademy.com.au

Australian Film Television and Radio School Information Day

Australia's national screen arts and broadcast school, the Australian Film, Television and Radio School (AFTRS) is the leading institution for the education and training of creative talent in the screen arts and broadcast industries. To meet the evolving needs of Australia's screen and broadcast industries, the School provides advanced education and training to develop the skills and knowledge of talented individuals.

Information Day 2015

When: Saturday May 30
Time: 10 am – 2 pm
Where: Building 130
The Entertainment Quarter
Talk to AFTRS education staff & teachers about Semester 2 study options for the specialist Diplomas and Advanced Diplomas courses in areas such as: cinematography & camera, editing, documentary, screenwriting and script development, directing, editing, producing, screen design, screen music, sound, visual effects and radio broadcasting.

For more information please visit:  
www.aftrs.edu.au/opendays

Coffee School Sydney

Espresso Coffee Statement of Attainment!

1 DAY PROFESSIONAL BARISTA COURSE

Each student will have their own machine and can make unlimited coffees

Once you have completed the Professional Barista Course you may return to practice for free!

Bonus - Coffee Art Book - valued at $25

All students will receive job referral information

All trainers have Cert IV in Training & Assessment TAE40110

Nationally Recognised Statement of Attainment SITHFAB012B Prepare and Serve Espresso

Coffee Included

Coffee School is a Registered Training Organisation providing Nationally Recognised Training.

For more information or bookings please visit:  
www.coffeeschool.com.au or call 02 9211 4292

The Jindabyne Central School Career Office is open Tuesday and Thursday. Week A - it is also open on Wednesdays.

Thanks,

Ms Green
JCS P&C News

JCS P&C Executive

The JCS P&C welcomed a new executive at last week’s meeting, with Skaiste Laing taking on the role of P&C President. The P&C welcomes new members and would love to see some fresh faces at the next meeting to be held on Wednesday 3rd June in the school library. Your $10 membership goes directly back to the school for prizes at the end of year Awards Day. Membership forms are available on the school website, uniform shop and the school office. The P&C will hold a social night at Horizons on Wednesday June 10 at 7pm and invites everyone along.

JCS P&C Executive for 2015

President—Skaiste Laing
Vice President/Chairperson of Canteen Committee—Kim Kavanagh
Vice President/Chairperson of Uniform Committee—Machelle Grant
Secretary—Sally Miller
Treasurer—Andy Cowcher
Fundraising—Kym McKay

Uniforms

JCS has decided the time has come to start phasing out the green polo shirts for boys and white polo shirts for girls. As such, the uniform shop will not be purchasing any more when stocks run out. If you have some to hand down, you can continue to use these. All students in the Primary section will be encouraged to wear white cotton shirts – the same as Secondary students.

JCS Uniform Shop Opening Hours
Mondays: 8.50-9.10am
Wednesdays: 3-3.30pm
Thursdays: 8.50-9.15am
Uniform shop volunteers are always welcome!

Reminder
Terms Two & Three mean winter uniform.
Long pants and shirts for boys.
Winter skirts, pinafores or pants for girls.
Jumpers must be bought to school every day.
# Calendar

## PRIMARY DIARY DATES—Term 2

### Week 4B
- **Monday 11th May** – Year 3 NAPLAN Numeracy
- **Tuesday 12th May** – K-6 Gymnastics / NAPLAN Years 3, 5, 7, 9 – Language Conventions
- **Wednesday 13th May** – K-6 Gymnastics / NAPLAN Years 3, 5, 7, 9 – Reading & Writing
- **Thursday 14th May** – K-6 Gymnastics / NAPLAN Years 5, 7, 9 – Numeracy / Year 3 Camp
- **Friday 15th May** – K-6 Assembly (4/5M) / Primary & Sec Rugby 7s / Year 3 Camp

### Week 5A
- **Tuesday 19th May** – K-6 Gymnastics
- **Wednesday 20th May** – K-6 Gymnastics
- **Thursday 21st May** – K-6 Gymnastics
- **Friday 22nd May** – K-6 Assembly (6KO)

### Week 6B
- **Tuesday 26th May** – District Athletics Carnival – Cooma/K-6 Gymnastics
- **Wednesday 27th May** – K-6 Gymnastics
- **Thursday 28th May** – K-6 Gymnastics

### Week 7A
- **Monday 1st June** – Public Speaking School Final – 11.30am, Gymnasium
- **Wednesday 3rd June** – ICAS – Science
- **Thursday 4th June** – Rostrum Quarter Final – Cooma Exserviceman’s Club 7pm
- **Friday 5th June** – K-6 Assembly (3H)
- **Saturday 6th June** – Ski season opening/Action Sports Ski Sale

## SECONDARY DIARY DATES—Term 2

### Week 4B
- **Tuesday 12th May** – NAPLAN Years 3, 5, 7, 9 – Language Conventions
- **Wednesday 13th May** – NAPLAN Years 3, 5, 7, 9 – Reading & Writing / TAFE Day
- **Thursday 14th May** – NAPLAN Years 5, 7, 9 – Numeracy
- **Friday 15th May** – Primary & Secondary Rugby 7s

### Week 5A
- **Wednesday 20th May** – TAFE Day

### Week 6B
- **Monday 25th May** – Secondary Immunisation Day Year 7
- **Wednesday 27th May** – TAFE Day / Year 10 Camp
- **Thursday 28th May** – Formal Assembly / Year 10 Camp
- **Friday 29th May** – Year 10 Camp
CHARITY GOLF DAY
SATURDAY 16 MAY at COOMA GOLF CLUB.
This is a fun golf day, perfect for all standard of players, with money raised going to Monaro Early Intervention Service. (MEIS)
Entry: Teams of 3 players at a cost of $40 per adult player, $15 per student. This covers green fees, a hearty breakfast, a light lunch and savouries at the end of play presentation.
Please be at the Club at 8.30am for your breakfast and a coffee hit before you tee off.
It is an Ambrose event, with a shotgun start at 9.30am.
MEIS is a non government, non profit organisation providing family centred intervention services for children aged 0-6 with a disability or developmental delay.
We receive some government funding, but rely heavily on donations and fundraising to ensure that all children who require this service have access to the help that they need. Funds raised this year will help make our new building ready to house speech and occupational therapists.
We value your support and look forward to seeing you on the fairway!
Contact MEIS on 0264527424 or Kath Nichols on 0409 220 987 for further information and/or to arrange for entry forms and details of payment.

The RSPCA’s Million Paws walk will be held on Sunday May 12 at the Lions Park in Berridale (near skate park, on main street).
The walk starts at 11am and afterwards there are prizes for best dressed pet, shaggiest, noisiest, waggiest and weirdest. Organisers said this year they would also have paw painting.

Autumn is well and truly here, and as the days get shorter and cooler it’s easy to think that we don’t need to be as vigilant about sun-safety.
However UV levels are not linked to the temperature, and can still be high enough in Autumn to damage children’s skin.
To help keep your kids safe, check the UV Alert daily. Where possible, it’s best to minimise outdoor activities when the UV levels are three and above.
You can check and download the SunSmart UV alert at cancercouncil.com.au/sunsmart

For information about SunSmart visit: www.sunsmartnsw.com.au
Opportunities for Youth

Get involved with:

Snowy Youth Council. With more than 100 community members aged between 12 and 16, from Jindabyne Central and Snowy Mountains Shire Schools, join the Snowy Youth Council and have some fun. The Council aims to reflect the needs of young people, voice awareness, support existing young people and design activities in which young people can participate. What bright ideas do you have? Call Council’s Youth Development Officer on 0431 1195.

Australian Navy Cadets is a voluntary youth organisation open to boys and girls aged 13 to 20 years. Adventure and fun are the cornerstones of cadet activities, providing a youth development program which works to better equip young people for community life by fostering leadership, discipline, integrity, efficiency and loyalty. With over 200 youth involved locally, and 3000 nationally, activities are weekly and have the opportunity to be involved in exchange programs and weeklong events. The Cadet Unit in Jindabyne is called the SS Uhrn. Call Mike Hardwick for more details on 0427 909 042.

Volunteer:

The benefits of volunteering are enormous to you and your community. Through volunteering you can:

- help you find your passion and reach out to the community,
- learn new skills and advance your career.

Jindabyne Trail Stewards is a group of people that aim to promote and maintain access to existing and potential new trails within Jindabyne. Visit them on Facebook for how you can get involved in maintaining the trails of Jindabyne.

Lions Australia offers great opportunities for exchange programs and youth camps. Locally, you can get involved with Lions Youth of the Year and help at events. Contact Brian Farmer on 0428 919 732.

The Jindabyne Community Garden is open to all members of the Jindabyne community. It’s brimming with fresh, organic produce year round. Located at the top of the Jindabyne Oval, pop up systems to pick some delicious greens. Help is always welcome, in the garden, working alongside professionals and local gardeners. Call Margaret Chalmers on 0428 016 568.

Peak Music Festival is on in June. If you’re over 16 and want to get your own at Australia’s coolest music festival, check out www.geomfestival.com.au.Regular volunteer and enjoy being a special part of a weekend full of music.

LAURA is a wildlife rescue group. To be a carer, you need to be over 16, have a pet and sign up with them. Contact Peter Graham on 0407 831 173 for more details.

Snowy Mountains Neighborhood Centre is training a team of young people to help teach other community members social media skills and IT basics. Reaching this successful program this Centre would like to hear from interested youth. Contact all中小学 bigs and smalls to express your interest.

Chamber of Commerce in Jindabyne would like to support local youth by starting a Junior Chamber of Commerce. Supported by local businesses, the Junior Chamber would work on projects that are youth oriented.

Email: info@jindabynechamber.com.au or visit www.jindabynechamber.com.au

Expand your knowledge:

Get a University Degree in Tourism and Events, or in Education. Study your entire degree locally, contact Zoe Dawson from Cooma Universities Centre on 0462 959 038.

Free online courses, visit www.moocstore.com or www.openstudy.co.uk for over 2400 free courses on the many many online courses to boost your knowledge and resume. Study Climate Change, Project Management, Entrepreneurship through to Russian Language and more.

The Snowy Resource Bank is a project connecting our town’s vibrant youth to opportunities to work with local business and community groups to learn and develop new skills.

For more information, contact Snowy River Shire Council on 0451 1195.

Artwork designed by Cooma Mirror Express

St Moritz—The Locals Club

2015 Program

- COMPREHENSIVE 14 DAY SKI IMPROVEMENT PROGRAM
- SUPERVISED BUS TRANSPORT COOMA - JINDY - THREDBO
- ON MOUNTAIN SUPERVISION
- CLUB HOUSE AT MERRITS
- CLUB JACKET
- RACE DAY ON ROSHIT RACE COURSE
- SKI TO DEATH HORSE GAP DAY
- GREAT FUN PRESENTATION NIGHT
- AGES Up to 18
- MINIMUM SKIING ABILITY REQUIRED

Thredbo St Moritz Ski Club

“St Moritz” as we are known is a not for profit club established in the 1980s, with the aim of giving local kids the opportunity to become great skiers.

St Moritz has a history of producing some of the best skiers in the mountains.

We are a great family club. In fact we are now seeing the children of the first St Moritz children come up through the ranks.

We Would Love You To Join us in 2015!

Contact Us For More Information

www.smoritzskiclub.com
smoritzskiclub@gmail.com
Ph 0415 287 829

RHYTHM

Thredbo

SCAN TO SKI

Reso Day May 9 at Rhythm
50 SHADES OF Fabulous Dance Academy

INVITE YOU TO:

HIGH TEA

ENJOY a Stylish Afternoon Soiree with Delicious Traditional High Tea Treats

A GLASS OF Bubbly ON ARRIVAL • Live MUSIC • SILENT AUCTIONS

AND MORE

AND SUPPORT A Fabulous CAUSE!

3PM SATURDAY MAY 9
Cooma Car Club, Bolaro St Cooma

3PM SATURDAY MAY 16
Altitude 1260, Westons Rd Crackenback

IN SUPPORT OF MCCR

Tickets

Available at The Fabric Salon in Cooma and High Country Outfitters in Jindabyne
Emotionally intelligent parenting

So what does an emotionally intelligent parent look like? Here are five attributes that emotionally intelligent parents have in common.

Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two. Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!”

A tantrum followed...from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front of others can be nerve-wracking.”

Elle dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please.

There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1. **Listen more and judge less**

   There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

   **Impact**: Better, more open relationships.

2. **Accept strong emotions**

   Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

   **Impact**: A healthy expression of emotions.
3. Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.
Impact: Happier families and less stress felt at home.

4. Use rules rather than their moods to determine discipline
Some parents discipline according to their moods. If they feel good then they give children plenty of leniency. If they are feel bad then they pick their kids up on every little thing. It’s better to stick to the family and house rules; that makes you more predictable, which kids really crave.
Impact: More consistent parenting

5. Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.
Impact: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we’ve never had any training in it. We didn’t learn it from our parents, and more than likely haven’t learned it at work. Emotional intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.