



THIS WEEK

15th May, 2017

Every Day Is A Uniform Day At Bomaderry High

Term 2 Week 4

COMING EVENTS

Monday, 15th May 2017 - Day 6

- ✓ Year 11 Primary Industry Work Placement commences. Mr Manktelow I/C.

Tuesday, 16th May 2017 - Day 7

- ✓ Lessons as normal.

Wednesday, 17th May 2017 - Day 8

- ✓ Bomaderry High School Athletics Carnival. School grounds. Mr S Morris I/C.

Thursday, 18th May 2017 - Day 9

- ✓ Under 14's and Under 16's Rugby League. Bomaderry Sporting Complex. Mr Flood and Mr S Morris I/C.
- ✓ Parent Teacher Night. 3:45pm to 6:30pm. School Hall.

Friday, 19th May 2017 - Day 10

- ✓ 'Skills and Thrills' Careers Film. Roxy Cinema. Years 10, 11 and 12. 11am to 12pm. Mr Flood I/C.
- ✓ Chess Competition vs Oak Flats. 11am in the Library. Mrs Booth I/C.

Positive Thought for the Week

"Allow yourself to be a beginner, no one starts off being excellent."

South Coast Rugby League

Well done to Mitchell Langford of Year 9, who has been selected in the South Coast Under 15's Rugby League squad.

Athletics Carnival

The school Athletics Carnival will be held on Wednesday, 17th May, Day 8 on the school grounds. It will follow the same format as previous years with several events run throughout the day. Students will stay with their year and age group throughout the day and compete in ALL events.

The canteen will be open on the day. We will be having a Fashion Parade in house colours at the end of the day before the relays. If it is raining, listen to 2ST, 94.9 Power FM, or ring the school for cancellations. Students must bring hats, sunscreen, water, warm clothing and adequate food as it will be a long day.

Mr S Morris
Athletics Co-ordinator



Principal's Report

On the evening of Wednesday, 10th May, I had the pleasure of attending a dinner for the Bomaderry Lions Club, held at the Bomaderry Bowling Club. It was to recognise a group of high school students from the Shoalhaven area who participated in an Outward Bound expedition in the April school holidays. Jake and James from Bomaderry High School were presented with certificates detailing how they had completed a 12 day overnight hiking expedition through bushland and mountains, just outside of Queanbeyan. Outward Bound aims to provide group leadership opportunities in challenging and unfamiliar settings so that students can enhance self-awareness, self-esteem, confidence, discipline and motivation. The students also develop an understanding of the positive attributes of an effective team, including leadership, participation, trust and communication. Citations were read on the evening, detailing how both boys were great ambassadors for Bomaderry High School and a credit to their families.

I would like to take this opportunity to thank the Bomaderry Bowling Club, Nowra Lions Club and Bomaderry Lions Club for their generous sponsorship so that these students could attend this wonderful experience. The boys also had to go through a rigorous selection process before being chosen to attend and had to detail how they would assist in funding and coordinating this experience as well. The boys and the other students who participated, gave great insights into their experiences over the 12 days and nights.

Well done boys!

Ian Morris
Principal

Head Lice

Due to the recent weather, parents and carers are reminded that head lice may be on the increase. You can help prevent head lice by telling your children to:

- ✓ Try to avoid head-to-head contact with other children,
- ✓ Not to share combs, brushes, hair ties, hats, etc,
- ✓ Not to lie on pillows, bedding and carpets that have recently been used by someone with head lice.

Parents and carers are asked to please check their child's hair regularly and thoroughly. If necessary, parents are also asked to treat their child's hair before sending them to school.

NSW Vaccination Program 2017

On Tuesday, 20th June 2017, students in Years 11 and 12 will be offered the vaccine for Meningococcal ACWY. Meningococcal disease is caused by a bacteria infection and can lead to serious illness. More information can be found at:
<http://www.health.nsw.gov.au/immunisation/pages/schoolvaccination.aspx>

As a result of these vaccinations being added to the schedule, the Year 7 second visit and catch up from the first visit has been rescheduled to be held on Tuesday, 21st November 2017.

Kids and Media

Children and young people have access to lots of social media, TV, movies and games. While the wonderful array of content available offers many positive learning opportunities, there is some content that may have potentially harmful effects on young people. Kids Helpline (KHL) has put together Tip Sheets, which suggest ways to help manage worry and concerns some young people may experience due to exposure to media content. KHL is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Talking with KHL can help. We're here 24/7. Any time. Any reason. Free call 1800 55 1800 or www.kidshelpline.com.au

Epi Pens

Parents and carers of students who carry Epi Pens due to medical conditions are reminded to check the expiry date on them to ensure they are still in date.

Careers News with Mr Flood

Quote of the Week: "If 'Plan A' didn't work; the alphabet has 25 more letters! Stay Cool"

Website of the Week:

www.bomaderryhighcareers.com

Year 10 **Work Experience** is fast approaching. Your first day is Monday, 19th June 2017. Please get your contracts into Mr Flood ASAP.

UOW Shoalhaven Campus are having an information evening on Thursday, 1st June 2017 at 6:30pm.

Year 9 students who are attending **HMAS Albatross** on Tuesday, 23rd May 2017, please return your notes to Mr Flood ASAP.

Defence Force Information Sessions are being held in Wollongong on Tuesday, 23rd May 2017. See Mr Flood for more information.



YOUTH DROP IN

FREE afternoon tea, hot drinks,
groceries & an opportunity to
volunteer.

**EVERY THURSDAY
3:30-4:30PM**

The Old Bomaderry Public School
5-7 Birriley St, Bomaderry

**Make the right call
to get the right health care**
at night, on weekends and public holidays



- 1** **Your Doctor or nearest general practice for after hours options**
Details available at nhsd.com.au
- 2** **Medical advice and support**
Call the **after hours GP Helpline** on **1800 022 222**

OR

Emergency
Call **000** in a medical emergency or visit your nearest Emergency Department for a serious illness or injury



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