The end of this last week marked the middle of term 3. Since our last newsletter, Primary students attended camp in week 3 while students in years 7-10 were in during week 4. Reports from all were really positive, with students enjoying the opportunity to work face to face with their teachers as well as catch up and socialize with their friends. During the 7-10 camp, the SRC ran a fund raising Crazy Hair Day to support the school’s “Relay for Life” team and the primary students dressed up for a “Space” themed day. Many thanks and congratulations to all involved in the organization and supervision of events during these camps.

The HSC class of 2013 has now less than five weeks of formal schooling left before the October vacation and the HSC examinations which follow very shortly afterwards. Trial Higher School Certificate examinations have just been completed and most course work should be very close to, if not, finished. Students should be making the most of the opportunity for some productive revision and exam preparation, tapping in to the knowledge, experience and advice that their teachers are able to provide.

Very shortly, students in years 8 and 10 will be receiving course information booklets and be asked to complete course selection information for 2014. Students in Year 9 are generally expected to continue their courses from 2013 into 2014. It would be greatly appreciated and help our organization at school if students, in discussion with their parents or carers, could complete and return the subject selection sheets promptly to their Student Adviser. If any additional information or advice is needed, please do not hesitate to ring the school. Until next time....

Melissa Halpin
Deputy Principal
We value learning as a lifelong process
We will be holding a whole school event to recognise National Health & Physical Education Day this year. The event will be held on Wednesday September 4th 2013 within the DSODE school grounds, at DSODE’s Outreach Centres, via REACT and we hope students at their own homes will get involved as well to celebrate National Health & Physical Education (H&PE) Day.

The purpose of National H&PE Day is to promote the importance of H&PE in the Australian Curriculum, and highlight the importance of H&PE to the learning and development of children and young people.

DSODE’s whole school event is a healthy, fun and active event that will ensure we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle. The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

Distance Education can be an isolating experience at times, and as we have students literally all over NSW, students who are living in other parts of Australia and some students who do not live in Australia at all, we would like to take this opportunity to promote the benefits of health and physical activity to all students, and to encourage a sense of connection to their school by participating in various forms of physical activity simultaneously – no matter where they live or how they access their education!

We welcome any students, parents and family members who will be attending DSODE on Wednesday September 4th 2013 to join in the events being held around the school grounds and to help cheer on the students and staff who will be taking part in National H&PE Day. The events will start at 10am, and there will be something on offer to suit everyone!

Thank you for this opportunity to showcase our school commitment to active and healthy living!

The following activities will be offered over REACT on the day. Student, sibling and supervisors are all welcome to attend.

- REACT Fitness Session 10:30-11am
- ‘Desk Aerobics’ for Students 2:45-3:25pm

Karin Morgan and DSODE PDHPE Staff
Relieving Head Teacher PDHPE
Co-ordinators National Health & Physical Education Day 2013
Look Who’s Been Caught Reading

Zoe....

How many books do you read a year?

1000

When is your favourite time to read?

Night Time

Where do you get the books you read from?

Bookshelf

JOIN US ONLINE WITH FACEBOOK

Dubbo School of Distance Education - NSW DEC
Year 8 visual arts students explained the theme of identity in sculpture. They created a collaborative installation and documented it in photography. They each made groups of ceramic figures to install as one work.
Greetings from the Library

New Books to Borrow

A Long Way Home
by Saroo Brierley

There has been much publicity surrounding the story of Saroo, including a story on 60 minutes on Sunday 22nd June. It is clearly evident from reading his story that he never gave a thought to the fact that his remarkable story would capture the world’s imagination. But it truly is a remarkable story of hope. The journey that Saroo found himself on when he got lost at the age of 5, to his life with his adoptive parents in Tasmania, is one that you can imagine. How did he survive? And how did all involved never give up hope? The book not only gives the reader an insight into the harsh and unforgiving life for poor Indian families, but it also reminds us that there are wonderful people in the world too. The amazing compassion and love of Saroo’s adoptive parents really shone through to me. Saroo comes across in this story as a remarkable young man. I am sure he will deal well with the challenges that now face him as he successfully combines his life around two different families on opposite sides of the world.

The Big Dry
by Tony Davis

An intense look into a world without water. Two boys are surviving on their own in a house that is slowly falling apart, suffering from the severe and constant dust storms. Who can you trust when all around you are stealing to survive? With themes of climate change and interpersonal relationships in a harsh environment this book is an ideal discussion starter for lower to middle secondary students.

Stay: The last Dog in Antarctica
by Jesse Blackadder

A heart-warming novel based on the real adventures of Stay the fibreglass Guide Dog collection Labrador that was stolen from outside of a Hobart supermarket in 1991 and taken to the Australian base in Antarctica. Told by the plastic dog, we learn many of the customs and hardships experienced in such an extreme environment. But we also learn of the importance of trust, loyalty and friendship. The story is set at the time when the last husky sled teams were being removed from Antarctica, making Stay the last ‘dog’ in Antarctica. Stay has had many adventures since 1991 even visiting the Amundsen memorial in the North Pole. She continues to be a fantastic collection point for the Royal Guide Dogs of Tasmania and proceeds from the sale of every copy of this book will also add to this worthy cause. Suited to middle to upper primary.
Parachute
by Danny Parker and Matt Ottley
Toby wears a parachute. All the time. It is the first thing he puts on each morning. It gives him the courage to deal with all kinds of tricky situations, such as getting out of bed, sliding off a chair, and riding his bike. But sometimes someone else’s trouble can be greater than your own, and this is what Toby discovers one day. A powerful and fantastic story about a fearful child finding his independence.

The Very Brave Bear
by Nick Bland
The Very Cranky Bear is back, and this time he’s facing Boris Buffalo in a battle of bravery! But will something surprising send them both fleeing through the forest? Vibrant illustrations and a fun, engaging story make the book perfect for reading aloud. This is the fourth book about the delightful and enduring Very Cranky Bear.

Extra Time
by Morris Gleitzman
Matt is a seriously good soccer player. His younger sister Bridie thinks he is wonderful and acts like his manager. When they unexpectedly get whisked away to England, they come face to face with the ugly side of sport. So Bridie decided it’s time they all remembered that soccer is fun. A fantastic look at sport through the eyes of kids, who really want to play for fun. A perfect way to teach young people that winning doesn’t necessarily mean you will be happy, and that being true to yourself and your family and what you believe is right is the most important thing in life.

Davy & the Duckling
by Margaret Wild and Julie Vivas
When the baby duck hatched, the first thing it saw was Davy. It fluffed its feathers – and started following Davy everywhere. Around the farmyard, under the apple trees and all the way home. A gentle and moving story about the love between a little boy and the duckling that stays with him all of its life.
Greetings from the Library

New Books to Borrow

Banjo & Ruby Red
by Libby Gleeson and Freya Blackwood

Banjo is a hard-working farm dog and Ruby Red is a haughty chicken, and they never see eye to eye. Can they ever be friends? A funny and touching story of antagonism and love.

Competitions

Premier’s Reading Challenge 2013

For those of you participating in the Premiers Reading Challenge – the deadline to get your reading log completed is the end of August.

You can log on to the PRC website and enter the book titles you have read that way or if you prefer, return the reading log that was sent with your information pack filled in to me by Monday, August 26th at the latest. This is to give me time to fill in and authorise everyone’s entries.

Until next time, Happy Reading!
David Strain – Teacher Librarian

so much to see, so much to do. @your library

We value innovation and creativity
Mrs Elliott traveled to Bingara in Week 4 to do a 2 day workshop with the Year 11 and Year 12 Hospitality students from Bingara Central School. The students worked very hard over the 2 days to produce many food items that addressed skills associated with their level of training. The students got to work for the first time in Bingara’s NEW Trade Training kitchen. It was all sparkling and new and a great facility to work in.
We value, encourage and support responsibility
This has been a very busy term with teachers out every couple of weeks visiting their students. It has been great to catch up with families in the Hay, White Cliffs, Tilpa and Bourke areas. Before the end of term we will have also visited our students in the Glen Davis, Singleton and Bylong areas. The home visit program is a vital part of our Preschool program as it provides an opportunity to build stronger relationships with our students and their families. It is also provides teachers with an opportunity to access the student’s skill development and readjust their program if necessary.

**Preschool Camp**
The Preschool camp is being held in week 8 from 4th to the 6th September. The theme for this camp will be Nursery Rhymes. Along with a number or exciting activities, including a trip to Kids Zoo, school photos and a sports afternoon, teachers have planned lessons in the each of the Key Learning Areas for students during these three days. There will be photos of our camp activities in the next edition of ‘Keeping in Touch’.

**School Magazine**
If you haven’t already sent in a photo of your preschool student (head and shoulders is best) and a sample of their quality work, it isn’t too late! Please send these into your child’s teacher as soon as possible for inclusion in this year’s edition of the Myall Mail.

**Enrolments for 2014**
We are now taking preschool enrolments for 2014. If you know of a child in your area who will turn four before the 31st July, 2014 and meets our distance requirements, please get them to contact the school on 58047000 or give Sue a call on 58047061. If you would like to present prospective families with one of our brochures please contact Sue.

**Birthdays**
Happy Birthday to all those who have a Birthday in September!
Quality Work
Our teachers never ceased to be amazed at the quality of the work being sent in by our students. It is very difficult to select a piece for each month’s Artist of the Newsletter as there are just so many excellent work samples to choose from. This month we have chosen to display Leeyah’s beautiful work. Leeyah has thoroughly enjoyed paper tearing and investigating colour, shape and design as she produced this excellent piece of art. Congratulations Leeyah!

The Importance of Play
Play is one of the most important needs your child has. It is one of the ways children learn and it also helps children to manage their feelings and to cope with upsetting things that happen in their lives. Play helps build relationships and play is relaxation and fun.

Play and learning
Children develop intellectually through play for example when they hit a mobile and make it move they learn about cause and effect; posting boxes they learn about space and size; when they complete puzzles they learn about shapes, size, number; when they sort their toys they are leaning about number and grouping.

Physical development
Children develop physical skills by picking up small things; pushing and pulling toys; riding on toys; using crayons or paint; throwing and catching; climbing: hitting balls; computer games and writing.

Social and emotional development
From the time toddlers start to play near others, they are learning about relationships. As they get older, play teaches them about taking turns and sharing. Play helps children to negotiate when two children want the same toy or want to make rules for games. Children learn about being a leader and being a follower. They learn about how to ask to join a game.

Jack using the Magnetic blocks
Clay exploring the properties of magnets
Language Skills
Children develop language through listening to stories and reading books; singing songs, reciting nursery rhymes; and participating in games with friends and adults and also by talking and listening.

Play, Relationships and feelings
Play teaches children about relationships and it is one of the important ways that young children, can develop good language skills, and can express and work through their feelings.

- Play is the language of very young children. Their play can show you how they are feeling for example aggressive play can reflect frustration or distress.

- By playing out situations that have been stressful, through dolls or puppets, mud, paint and water, children can express their feelings. They will often repeat their play until they feel better.

- Doll and puppet play can also help children to deal with expected events for example starting school or going to hospital. The puppets or dolls can play through what is going to happen and help the child be more prepared.

- Dressing up or pretending to be someone powerful (teacher, policeman) can increase feelings of esteem and confidence.

- Playing games of skill helps children to learn to control their impulses and wait for success.

- School age children learn about making rules to get on well with others.

- The beginnings of friendships are often built around playing with others. (NAPCAN/ Australian and Bec Pierce Australian)

Robyn, Hayley and Sue
Preschool Teachers
Early entry to University
You should be working on these applications. Wollongong is online and closes on the 29th August. It requires various marks from the preliminary HSC. A statement of support can also be completed on your behalf. Other early entry schemes from New England, Southern Cross, Uni of Canberra etc. also have closing dates. Remember I need the early entry schemes with a paper application returned to Dubbo School of Distance Education at least two weeks before the closing date.

Residential and Early Entry
On Friday morning at the residential from 8:30am-10:30am I plan to work on these applications with you. Please bring them to the residential.

Educational Access Scheme (E.A.S)
All HSC students intending to undertake tertiary study at University should apply to this scheme. Start working on it now as documentation may be required and this can take time to assemble. Bring the application form to the residential so you can work on it on Friday morning.

TAFE
If you are intending to study at TAFE in 2014 check if you need to apply for your course this year.

Apprenticeships and Traineeships
Check your local jobs and traineeship providers and register if possible. Also check your local papers.

Preliminary
If you are considering dropping a subject for the HSC which commences in term 4 you need to think about any impact on your career choice. If you wish to discuss this please ring Mr Smith or Mr Quayle.

All HSC and preliminary students should have a Tax File Number, Bank Account and Resume.

Year 10 - Subject Selection
These will be due in . If you wish to discuss career choices and subject selections please ring Mr Smith on 5804 7067 or Mr Quayle on 5804 7079

Information Received

- Sydney Uni – Indigenous Australian Engineering summer school (IAESS) for Indigenous high school students entering year 11&12 in 2014 (January 12-18)
- NIDA 2014 course guide
- CSU communication and creative Industries courses

Charles Sturt University (CSU) is making the journey a little easier with regular updates and tips to help you through the process, from choosing a course to applying for study, scholarships and accommodation

www.csu.edu.au/parents
1800334 733
Component 1-A Positive School Community

When children feel included, when they are part of a community that promotes inclusion and respect for everybody, they show more caring and compassion towards others and feel safer and more secure. They also learn better and have better mental health. In a positive school community, every face has a place, every voice is valued and everyone has something to contribute.

At the Term 3 camp K-6 focused on the theme Every Face has a Place and as part of the camp activities children designed Positive Postcards to enter in the KidsMatter Positive Postcard competition.

Chase said ‘I drew a picture that showed every face has a place in the community’.

Laura said ‘My postcard is a portrait of me’.

KidsMatter have also created a Facebook page-check it out.

It’s called KidsMatter for families-look for this logo.

Merit on the move!

James of year 8 has reached our Merit Level having gained 15 Achievement Award Certificates.

Leader Board

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<thead>
<tr>
<th>Merit Level</th>
<th>Number of Students</th>
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<tr>
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<td>6</td>
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<td>Banner</td>
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I hope this newsletter finds everyone fit and well. Sickness can be an issue at this time of the year. If this is the case in your household, please ring your teacher and let us know. We can then record your student as being absent and renegotiate the week’s program. Students are not expected to work if they are ill.

Term 3 camp

A number of our students attended a Camp here at school in week 3. It was a busy week with science, book week and Small School Athletics Carnival all being focussed upon! The students experienced first-hand how to conduct experiments and understand that changing variables can change the outcome. A huge range of rockets were being made and tested…. Watch out NASA, here comes DSODE!! Thursday saw a range of book and space characters visiting the library which drew a lot of curious onlookers. Thanks to Mr Strain for the ideas, games and fun and to Jan, Jenny, Carol and their helpers for an out of this world lunch! Friday saw students compete in the Dubbo Wellington Small Schools Athletics carnival where many students experienced personal success and even exceeded their own expectations! An extra congratulations to Belle who was awarded 11 Years Girls Champion for her efforts.

Athletics

A huge congrats to the students who travelled into Dubbo on a beautiful Friday 16 August to participate in the Dubbo and District Athletics carnival. It was certainly a lot different to last year! We had six students who were eligible to compete – Mitchell, Belle, Liddy, Jacob, Mercede and Matthew. Unfortunately due to work and family commitments not all could attend. Congratulations to Mercede and Jacob who gave their best effort and to Belle who experienced success. She has qualified to participate in the Western Region Athletics carnival next week in 100m, 200m, 800m and long jump! We also extend a big thank you to their parents and carers who brought them in.

Literature

Here at Dubbo we are proud of the wide range of literature that we can offer our students to support them in their development of literacy and understandings of English. We believe that children should be exposed to the widest range of reading material possible. However we do understand that not all reading material will be suitable to our individual families. This could be due to the nature of the themes in the book, the genre, personal and family beliefs, recent events in a family or any other number of reasons. This is why we always suggest that you, the Supervisor, review the material before presenting it to your student. If you have any concerns, please contact your class teacher or the librarian if it is a library book, and discuss the situation with them so that alternate arrangements can be made. We are choosing not to put ‘warnings’ on books as we cannot be aware of what may be deemed suitable/unsuitable by individual families.
Work Returns

It is a requirement that students participate, engage and return work and if time passes with no work received or no explanation for an absence, we have processes that need to be followed. Participating in phone and/or satellite lessons is an important aspect of the work program as is the completion and returning of written set work. At this point in time (end of week 6) it would be a reasonable expectation that we would have received up to Set 3.4 from all Australian based students and Set 3.3 from all overseas students.

Myall Mail

A HUGE thankyou to families who have sent in work and photos for our Myall Mail – the annual school magazine. The absolute deadline is fast approaching for contributions and close on Friday 30 August. We are unable to accept contributions after this date. We need a head and shoulder photo of students and a piece of work. Space is limited so if it is a long piece of writing then an extract only maybe included. You may think about a photo of a piece of art work, completing a science experiment or something else. Photos and work will only be published if permission has been granted by parents. If you are unsure of your permission status do not hesitate to contact Jenny Ballhausen.
Thought I would share this great article I found……..

**Developing Resilience in Children**

Growing up can be tough. Things don’t always go to plan. So how can you help your child to develop resilience?

Research shows children with good resilience perform better at school and are less likely to take part in risky behaviour, particularly as they enter the teenage years.

The education department’s principal psychologist, Ron Balderston, describes resilience as a shock absorber for the potholes of life.

“Resilient children know how to cope and have developed skills that enable them to flex so they can manage life’s blows when they happen without them getting too down, stuck on ways that aren’t helping or giving up,” Ron says.

**Top tips on building resilience**

- Teach your child to experience success by supporting them in something they like doing whether it’s a sporting, academic or artistic endeavour.
- Help them develop skills to be successful at school such as having a good concentration and memory by playing card games and puzzles.
- Being able to read people’s emotions is powerfully predictive of how well children can get on with people at school. Play games with your child by predicting what sort of day a person walking down the street may have had.
- Be aware of the ‘yuk and yum’ factor – some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they’ve had a bad day.
- Keep things in perspective – explain to a grumpy child their circumstances are not the worst possible, and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.

Find out more about building resilience in your child – and watch a video on the subject on the School A to Z website.

“The man who moves a mountain begins by carrying away small stones.” – Confucius

Hope you are all having a fantastic week.

**The K-6 staff**
2013 Calendar of Events

2013 International Year of Water Cooperation / 2013 International Year of Quinoa

September is Biodiversity Month
September 1st National Wattle Day

**Wattle** – our national floral emblem - is in full bloom throughout Australia.

National Wattle Day is recognised on 1st of September. Look for the green and yellow springs of our national emblem in your district.

**Biodiversity** is the ‘variety of life on earth – plants, animals and microorganisms’.

‘Protecting, conserving and improving biodiversity’ is the important message for Biodiversity Month during September. ‘As humans we depend on sustenance, health, well-being and enjoyment of life on biodiversity’. Ref: [www.environment.gov.au](http://www.environment.gov.au)

**WHAT CAN YOU DO?**

1. Create a natural habitat in your backyard
2. Get rid of weeds
3. Be a responsible pet owner
4. Reduce, reuse and recycle
5. Start your own compost bin
6. Only put water down drains
7. Understand what you can and cannot take with you when you travel.
8. For further information refer to the website [www.environment.gov.au](http://www.environment.gov.au)