Bidwill Blokes’ Breakfast
WINS Community Event of the Year!

Here at Chifley College Bidwill Campus we were thrilled to be awarded Community Event of the Year for Blacktown in the Australia Day Celebrations for 2013.

Bidwill Blokes’ Breakfast is an annual community event which has been hosted by Chifley College Bidwill Campus since 2009. The breakfast is organised for the men in our community who play a significant role in the lives of our students; fathers, grandfathers, uncles, carers and older brothers. The aim of the breakfast is to engage the men in our community and increase community participation by providing a fun and friendly environment in which students and staff are able to mingle and chat with positive male role models.

Bidwill Blokes’ Breakfast has grown over the years with over 200 people, including nearly 60 men from the community attending and many from the wider community coming out in support of the school and local area. In 2012 we were fortunate to have the support of many services and groups including the Western Sydney Wanderers Football Club, Penrith Panthers, NSW Rural Fire Service, Mt Druitt Police Local Command, Antique Machinery Club, One55 Fitness, Fusion, Urban Neighbours of Hope and many more.

Activities and attractions included tractor riding, rock-climbing wall, a petting zoo, reptile show, raffle prizes, showbags with information and resources, and games.

Over the course of the morning with celebrate the theme ‘Making a Difference’, capturing the motivation and heart of this event. Students are encouraged to bring along the male role model in their life; be it father, brother, uncle, grandfather or even neighbour. For many this is an opportunity for the creation of positive memories and doing something fun.

Rebekah from the Chifley Centre attended the award ceremony and accepted the award on behalf of Chifley College Bidwill Campus.

If you or anyone you know can support Bidwill Blokes’ Breakfast for 2014 with donations, displaying a car or other activity please contact Rebekah or Wendy in the Chifley Centre.
National Day of Action against Bullying and Violence

Well last Friday, 15th March was the National Day of Action against Bullying and Violence. Thousands of schools across Australia participated in celebrating the day. We celebrated with orange awareness ribbons that students and staff wore. These ribbons were to remind students to be aware of bullying and to take a stand against bullying.

Students and staff also saw posters all around the school for the day. There were two posters: “Take what you need” and “What can you give someone today”. Students were encouraged to think about how they were feeling and what might help them through their day and to look around at the people around them and to think about what they might need for the day. The posters had different words and feelings that students could tear off to give to other students or for themselves. These words and feelings included: friendship, wisdom, love, faith, encouragement, strength, inspiration, motivation, hope and much more.

Sydney Dance Company Excursion

On Tuesday 12th March, 28 dance students from years 9 - 12 travelled into the city by train to watch Sydney Dance Company’s latest work ‘DeNovo’. The students watched two works, (Emergence and Cacti) of contemporary dance and got to hear from the company’s artistic director Rafael Bonachela.

This excursion allowed the dance students to see what professional dancers ‘do’, got to see how a choreographed work looks on stage and experienced live performance, all of which are all major components of the Dance course.

The students were well behaved in both the performance and out in the public, representing Bidwill extremely well.

Mrs Wisdom ☺
From the Farm

It has been a busy start to the year with students establishing and preparing a range of farm products for assessment and show.

This year we have entered a trio of Australorp chickens in the Sydney Royal Easter show school egg laying competition and a sample of eggs produced at the farm. A number of last year’s birds bred at the school have been caged and are currently being prepared with the best three to be selected. They are not laying currently and we hope that this kicks in before the show later this month.

We have placed an order for another bull calf from the Department of Corrective Services, Emu Plains this year and our year 10 students will be raising this animal and preparing it for Penrith Show to be held in August. This event will also include a student display and a number of our animals included for judging.

Our farm has received a donation of a pig (sow) and a number of classes have been involved in the daily care of the animal. We are to receive a second sow within the next couple of weeks. Both animals will support our study of the pig industry with the intention being that we will breed the animals and raise a number of the piglets. Our students are already developing quite an attachment to our sow and learning a great deal about its particular needs.

This year we have expanded the use of the school farm to include students from the Life Education Unit. So far this year these students have participated in gardening, animal handling and tractor driving. We look forward to their continued involvement and the new skills that they will build through their studies of farm practices.

The Year 10 chrysanthemums plants have suffered a little due to the recent wet weather but we still hope to have a small crop ready for harvest later this year. The plants have been dug up and split and replanted in fresh beds. Some spraying designed to keep fungal attack at bay is currently being undertaken. This work should ensure a healthy crop of flowers in time for mother’s day. So far the students have planted 6 beds of plants with mulching to be completed before the end of the term.

Year 8 classes have visited the farm on a number of occasions this term. Some classes have started their own vegetable patches and young plants can already be seen breaking through the soil. Other students have been involved in maintaining the chicken yards and ensuring the best health of our birds. Over the coming year we hope that year 8 students enjoy their experiences on the farm and learn a little about the effort needed to put food on their plates.

Our Community Garden continues to be involved in some amazing gardening work. The January holiday period saw some excellent corn harvested and more recently the garden has produced pumpkin, zucchini, tomato, beans and potatoes. Some of the beds are currently being prepared for our winter crops. We are always seeking new participants and if you think that you would enjoy a bit of gardening with the added benefit of harvesting your own food just drop into the farm on Thursdays between 8 am and 1 pm.

Our recycling project is continuing with green waste received from local garden maintenance contractors and from Cole’s. The “waste” we receive is continually put to use restoring and improving the quality of the soil and keeping our larger livestock in feed. Without this valuable source of nutrient many of the activities we enjoy on the farm could not be undertaken. At the same time we are providing a major benefit to the environment and to businesses in the area by reducing their waste costs.
DER Laptops

This term the Year 9 students received their new DER Laptops. As such we thought it would be worth including the following article for all parents/carers to assist them with managing how students use technology at home and at school.

At a glance
- Set a screen time limit of no more than two hours a day.
- Busy kids are less likely to have screen time issues.
- Eliminate food and drink in front of the screen.
- Ask your child how they are going to spend their time so they get into the habit of planning their screen time.
- ‘Screen time’ used to mean how many hours you spent watching TV and playing on the computer.

Helping Students Manage Screen Time

Experts around the world agreed that setting a limit of no more than two hours a day was best, and children under two shouldn’t have any screen time at all. Today, with the growing number of tablet computer devices, students’ ready access to laptops, an ever-increasing range of mobile applications (apps) for learning, gaming, pay-TV, movies on demand, e-books, digital textbooks and more – the question of what screen time means is far more complex. So how can parents juggle the range of digital demands to help their children find a healthy balance?

What new research reveals
The 2010 University of Bristol’s PEACH project studied more than 1,000 British children aged 10 and 11, measuring the time children spent in front of a screen, as well as their psychological wellbeing. An activity monitor recorded the children’s sedentary time and moderate physical activity. The results showed that more than two hours per day of both television viewing and recreational computer use led to lower mental health scores.

But unlike previous studies, the PEACH project showed that the time children spent on physical activity did not raise their psychological wellbeing. So irrespective of how active a child was, more than two hours of screen time per day was more likely to have a negative effect on their psychological wellbeing.

Screen time overload
With new technologies the opportunities for entertainment and learning via screen-time have grown rapidly. Parents now have to juggle requests to borrow the e-reader to read a new novel, Facebook time to catch up with mates, some ‘down time’ gaming on the Wii or playing World of Warcraft online – and that’s without including study time on the computer.

But before you throw your hands up in despair, there are ways to take control of the screen time debate in your home.

Seven tips from the experts:
1. **You’re the boss:** some parents are hesitant to lay down the digital law and limit screen time, but the above research shows that it is in your child’s interest to set limits.
2. **The two hour screen time grab:** tell your child they have two hours per day and how they use that time is up to them so long as they don’t go over the time limit (or set a lesser time limit if you prefer). This is similar to financial budgeting – you have $20, spend it as you see fit.
3. **Have a plan:** ask your child how they are going to spend their time so they get into the habit of planning their screen time, as opposed to just letting it roll on.
4. **Watch the clock:** have your child get in the habit of writing down when they started, and when they ended. Logging time helps everyone to see that the rules are being followed.
5. **Food and drink free zone:** eliminate food and drink in front of the screen. Family time in front of a movie together can involve a bowl of popcorn or other treats, but eliminate this element during solo screen time.
6. **Physical time:** make sure your child is getting regular physical activity, which can include an evening walk with the dog or scheduled sporting commitments. And even if your child opts to take their screen time in one two-hour hit, get them into the habit of getting up at the one hour mark and taking a 10-minute break.
7. **Hobbies and other pursuits:** busy kids are less likely to have screen time issues and, in general, report being more fulfilled and interested in the world around them.

**Library News**

Are you a reader? Do you have some books just sitting on shelves at home that could be put to better use in a library? If so you may like to consider donating to our school library. We are keen to acquire donations of both adult and adolescent fiction and non-fiction to expand the junior and senior school collections. Anything that is not used for our library will be passed on to other suitable organisations.

Some books recently acquired:

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**Immunisation**

*It’s not too late*

If you were unable to return this year’s forms by the first immunisation day, don’t despair because your child can still take part in the program. Just make sure that everything is filled in with blue or black pen and is returned to the school office or library by early June. Additional forms for all year 7 students and year 9 boys are available at the front office or the High School library if needed.

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**POSITIVE BEHAVIOUR FOR LEARNING @ BIDWILL 2013**

Positive Behaviour for Learning (PBL) plays an important role in school culture, values and life at Bidwill campus. We have made a fantastic start to the year and I would like to take this opportunity to acknowledge the dedicated teachers and students who are working to ensure that our school culture of RESPONSIBILITY, LEARNING AND RESPECT is maintained and supported.

This term, the PBL team and school leaders are asking you to encourage and support your child to be ‘IN LINE ON TIME’ to class. This means that all students are expected to be punctual to their classes and to roll call. Being on “on time” promotes learning and responsibility and enables students to learn effectively. Educational outcomes are more likely to be met by students being present in all of their classes and missing minimal time from face to face learning. Having your support will assist us in maintaining outstanding values and promoting positive behaviour in our students.

The team meet once a fortnight to discuss the many ways in which we can support and promote positive behaviours here at Bidwill Campus. Throughout 2013 we will be supporting and promoting the following campaigns;

1. IN LINE ON TIME
2. HANDS OFF
3. STOP, WALK and TALK
4. DO NOW
5. BIN IT TO WIN IT

If you have any questions regarding PBL please do not hesitate to contact Ms. A. De Carli for further information.

Ms. A De Carli

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**OLD Uniform Sale!**

Limited stock of the OLD school uniforms are now on sale for $5.00 each.

The only sizes available in the old school shirts are:- 10, L, XL, 2XL, 3XL, 4XL & 5XL.

There is a little more variety of sizes available in old PE shirts & shorts.

**New Uniforms**

More stock of the NEW school uniforms have arrived and can be purchased from the Front Office for $25.00.

**Purchase Hours**

Uniforms can only be purchased Monday, Wednesday and Fridays between 8.15am to 11.30am.
Farewell Mr Smith

On a sombre note, we unfortunately must say a big farewell to Mr Peter Smith.

A former student of Bidwill High School, Mr Smith has worked as a Drama teacher at the school for over 10 years. As well as this he was also Relieving Head Teacher CAPA and Head Teacher Mentor.

After all this time he has decided to take a break from teaching. It goes without saying that he will be missed by all the students and staff.

While on break his role is being filled admirably by Ms Land, a truly capable replacement.

Bunnings BBQ Fundraiser.

Some of our Year 12 students braved the hot weather on Sunday, 10th March to work for the community, raising much needed funds for Cancer Research at the RPA Life House.

As you can see, the students worked extremely hard to help with the fund raising efforts, braving high temperatures in the hot sunshine, even higher in the confines of the tent, next to the barbecue. They worked tirelessly throughout the whole day, always serving customers with a smile.

All the effort was worthwhile, with $900 being raised for cancer research.

A huge thank you for the year 12 students who came: Chris Jeffrey’s, Rvee Dela Cruz, Jithin Mathew, Cassandra Stewart, Michella Taouk, Isabelle Fuamatu and Christian Ansell; every one of you is an inspiration to us all.

The funds raised are going towards the funds that have collected for a 60km walk happening on Saturday and Sunday 9th and 10th of November. The walk will be done by Mrs Carrington and is being supported by her Year 12 students.

The Sydney walk to End Women’s Cancer, is the community service event that has been selected as a cause for the Year 12 this year to support as it represents a range of things:

1) It raises funds for much needed cancer research.
2) It provided a means for the year 12 students to help raise funds.
3) It provided an opportunity to show students what could be achieved with dedication and persistence.

A Big thanks also to Ms Paige for helping us the whole day and for Mrs Kimber, who came to support us, as she always does.

From Mrs. Carrington

Welcome everyone to another fantastic year, and a special Good Luck to my Year 12s who are going to be in for a busy year. The following are some of the dates for Year 12 to remember.

Thursday 14th November 2013
Cropley House – Formai ($85)

Date for the $50 deposit is Friday 26th April 2013, and then final payment of $35 is due by Friday 28th June. The account is now open at the Front Office for you to pay.

Tradie Day for all students is the Friday 13th September.

Graduation Day for Year 12 this year is on Thursday 19th September.
Turkey – Gallipoli Trip 2014

Turkey is a country of 75 million people and it’s where the Turks fought against the ANZACs at Gallipoli in 1915.

With landmarks such as the Blue Mosque in Istanbul, the Roman ruins of Ephesus and Pergamum, the surreal landscapes of Cappadocia and the calcium deposits forming the ‘Cotton Castles’ of Pamukkale, Turkey is an extraordinary holiday destination for sightseers and history buffs alike. Add to that the sparkling coast of Fethiye, the historic sites and dramatic scenery of Eastern Turkey, the monuments dedicated to the ANZAC force of World War One in Gallipoli, and you’ve got a host of great reasons to visit this amazing country.

As part of our senior History curriculum we have organised an overseas excursion for next year’s Year 11 and Year 12 students. So if you are in Year 10 or Year 11 this year and are interested in this exciting opportunity to travel overseas for two weeks during the Easter school holidays and experience the ANZAC dawn service, as well as the city of Troy and many other exciting places in Turkey, see me in the HSIE staffroom ASAP.

Mr Salahi

HSIE Happenings

Legal Studies students from Years 11 and 12 visited the Downing Centre courts in the city in week 6. They observed several interesting cases and had a chance to speak to one of the judges in the District Court. The Year 11 group also had the opportunity to speak with an officer from State Crime Command who is currently in the middle of an 18 month investigation into a criminal gang. Many students were also struck by the fairness and patience shown by magistrates and judges when dealing with defendants.

Year 10 Geography students will be embarking on some geographical research in the Whalan reserve and Ropes Crossing areas on Friday Week 10. Students have been learning in class about some of the fascinating history of the area, which includes a former WWII airfield and a race track at Whalan Reserve, and a bombing range on the old ADI site. Please see Mr White or your Geography teacher for a note.

In Week 11, our Year 7 Geography students will be travelling to the Blue Mountains to learn about this local world heritage area. A short bushwalk and a guided tour of the rainforest, will be followed by trips on the skyway, cableway and the new scenic railway. Students must ensure they wear appropriate enclosed footwear, as well as full school uniform, for this exciting learning adventure.

Finally, in what Year 10 jokingly called “a complete load of rubbish”, students participated in the annual Clean Up Australia Day for Schools in Week 7. We cleaned inside and outside of the school fence, and managed to collect the equivalent of 40 bags of rubbish. This filled an entire skip! Students commented on how much better the area looked afterwards and that they felt proud to be involved in such a worthwhile cause.

Year 11 Ancient History are off to The Rocks in Week 10 to participate in their annual archaeological dig. In other exciting news, Mr Salahi is organising a trip to Turkey in 2014 – see the separate newsletter article for details.

The HSIE Team
Harmony Day

Last week Bidwill High School ran a Harmony Day celebration in order to celebrate the diversity throughout the school and our wider community.

On Thursday’s Assembly a large number of students and staff dressed up in traditional outfits and spoke eloquently about their cultures and experiences.

An informative and enlightening experience was had by all.

Special thanks must go to Mrs. Fisher who organised the event and all those who participated on the day.
Principal’s Report

We have had a spectacular Term 1 with so much happening in the first part of the year. It has been especially encouraging to see Year 7, new students in other years and many of our older students, take to the new uniform shirts with great enthusiasm. Such a positive approach to uniform brings great credit to our students and to the school which builds a great profile for us in the community.

We have also been very fortunate in the talented new staff who have arrived at the school this year. Some are in permanent positions while others are temporary or casual, but all are doing a great job for the school in helping students learn and do their best.

This term has also featured a number of excursions which have provided our students with fantastic learning experiences that cannot be replicated in the classroom. These have ranged from walks in the Blue Mountains to sleepovers at Taronga Zoo.

Most of the time at school, of course, is concentrated on learning in class. Sometimes this is pretty challenging but most students are applying themselves well and doing their best. Teachers are already working on assessments ready for reporting and students in Years 7, 11 and 12 will receive a brief, interim report soon to give a general impression of how they are going so far.

Term 1 ends with a bit of a celebration with our Year 7 BBQ and the school Photography Exhibition. The BBQ is a nice opportunity for parents to meet teachers of Year 7 in a casual atmosphere and discuss the content of the interim reports which will have been issued the week before. The two events are held at the same time in the last week of term (Tuesday, April 9, 3.30pm). At this time of writing we are planning for these two events and looking forward to the opportunity to show off a little about our school and talk to parents and families.

Best wishes,

Mr. M. Burnard
Principal

Homework Centre

The Homework Centre is running again this year. It is open from 3.00pm to 4.00pm each Tuesday afternoon and students are able to work on assignments, study for tests or complete homework in the comfort of the library. Afternoon Tea is served at 3.00pm and at least 3 teachers will be on hand to provide expert assistance.

Student Quiz

What are the three colours on the Italian flag?

LOOK OUT FOR THE NEWSLETTER

NEXT: Term 2, Week 4