



TIN TOWN TALES

29 JULY 2025
TERM 3 WEEK 2



Emmaville Central School

20-28 Park Road Emmaville

Phone 02 6734 7235

emmaville-c.school@det.nsw.edu.au

PRINCIPAL'S NEWS

MRS GILLIAN DAVIS

Dear Parents, grandparents, carers and community members

I hope you all had a refreshing break and are ready to return for Term 3. I want to warmly welcome everyone back and I'm looking forward to a great term ahead! I am excited to see everyone's enthusiasm and commitment to learning in the coming weeks!

As we start this new term, I want to highlight the importance of attending school regularly. Being present not only helps with learning but also strengthens our school community. Let's all aim for excellent attendance this term!

I also want to remind everyone about wearing our school uniform. Our uniform represents our school values and fosters a sense of identity, belonging and unity among our students. Please make sure your child comes to school dressed in the correct uniform every day.

Please also remember that there is no supervision for students before 8:10am, therefore we would appreciate if students could arrive at school after this time.

A special note for our Year 12 students: This term is crucial as you prepare for your final assessments and exams. Stay focused, seek support when needed, and remember that we believe in your potential to achieve great things. Make the most of the resources available to you and keep up the hard work!

Our 150th School anniversary is coming up on 17th October. Remember to save the date. Our P&C have been working tirelessly to make this day a special day for both past and present students.

Thank you for your support. Let's work together to make Term 3 a wonderful and successful time for everyone!



*Snippets
From The Past*

**Historical Memory
Did you know?**

A little piece of history to celebrate a significant moment in the Emmaville community.

On the 26th July it was on this day, 150 years ago an application for the establishment of Emmaville Public School, was approved.

If you have an historical memory regarding the school and would like to share, please contact the school on 67 347 235 or email to emmaville-c.school@det.nsw.edu.au

SECONDARY NEWS

MISS REBECCA GRANT

Welcome back to what promises to be a busy and rewarding Term 3 for students and staff in the Secondary at Emmaville Central School. This marks the final term of school education for our Year 12 students, Jennifer and Ethan. We wish them an enjoyable and productive term ahead.

We have a number of important academic and extracurricular events planned throughout the term:

- Trial HSC Examinations will be held in Weeks 4 and 5. These exams are a valuable opportunity for our Year 12 students to practise exam techniques, consolidate their learning, and receive feedback in preparation for their final HSC assessments.
- Year 11 End of Course Examinations are scheduled for Weeks 9 and 10, providing a key checkpoint for students as they work toward their senior credentials.
- A fun and exciting Big Banana Excursion is planned for Week 10, giving students a well-earned opportunity to enjoy learning and social activities outside the classroom environment.

Staffing

At the end of Term 2 we farewelled Mr Fung, who has concluded his time teaching Maths and LOTE at Emmaville Central School. We wish him all the best in his future endeavours. In the interim, Mr Rodwell and Mrs Thomas, both highly experienced and capable Mathematics teachers, will be delivering Mathematics across the secondary year levels. Mrs Wright will be teaching LOTE (Chinese) for Semester 2 and we look forward to students engaging with language and culture through this program.

Sporting Opportunities and Student Involvement

At Emmaville Central, we are committed to providing as many opportunities as possible for our students to engage in sport and team events. However, as a small school, participation numbers are often a challenge. For excursions and team sports to proceed, we need strong support and commitment from both students and parents.

Last week, we were unfortunately unable to send a team to the Netball Schools Cup in Inverell, despite keen interest from a small number of students. The school was to cover the full cost of the excursion, including team entry and bus hire (\$1200) to provide students with the chance to take part in team sports, but due to insufficient student permissions, we were unable to form a team. This was a missed opportunity for our students to represent the school and enjoy a fantastic experience.

We strongly encourage families to support student participation in every opportunity that arises — whether academic, sporting, or cultural. Even when students feel uncertain or reluctant at first, these experiences often prove to be memorable, confidence-building, and rewarding.

Thank you for your ongoing support. We look forward to a positive and productive term ahead.

PRIMARY NEWS

MRS MEAGAN COLDHAM

Merit Awards and Daily Attendance Award Winners

Daily attendance award winners from Term 2 Week 10 and Term 3



Term 3

Term 3 is a busy term with many exciting events happening. Please update your calendars with the following events:

Week 3: Education Week – small school disco on 4/8

Week 4: National Science Week – classroom lessons focused on Science

Week 5: Book Week – annual Book Week parade, date TBC

Other events this term:

8/8 – NNE Athletics carnival for students 8yrs and over who qualified, more information to come

12/8 – Touch football gala day in Glen Innes for interested students in Yr 3-6

3/9 – NW Athletics trials - Tamworth

11/9 – Kindergarten transition welcome and parent information session

18/9 – Kindergarten transition from 8:45am – 11:05am

25/9 – Kindergarten transition from 8:45am – 11:05am



2026 Kindergarten

Transition Dates

Term 3

- ✓ Welcome and parent information session
Week 8 – Thursday 11 September – 9:30am to 10:30am
- ✓ Week 9 – Thursday 18 September – 8:45am to 11:05am
- ✓ Week 10 – Thursday 25 September – 8:45am to 11:05am

Term 4

- ✓ Week 1 – Thursday 16 October – 8:40am to 3:05pm
Whole day – Step Up Day
- ✓ Week 2 – Thursday – 23 October
Lake Ainsworth excursion – No transition this week
- ✓ Week 3 – Thursday 30 October – 8:40am to 3:05pm
Whole Day
- ✓ Week 4 – Thursday 6 November – 8:40am to 3:05pm
Whole day – Step Up Day

REGISTER NOW

📞 02 67 347 235

🌐 email: emmaville-c.school@det.nsw.edu.au

Primary News Continued

Step-up Days

Our step-up days will commence in Term 4 this year. This involves students moving up a year group for the whole day. These will be held to coincide with the Year 6 into Year 7 transition days on:

- Week 1 – Thursday 16th October
- Week 3 – Thursday 30th October
- Week 4 – Thursday 6th November

If you know of any families who are interested in the small school experience and would like to have a trial day, please pass on this information and ask them to contact the school to register.



STEP-UP DAYS

TRANSITION FOR ALL PRIMARY STUDENTS

CURRENT & PROSPECTIVE STUDENTS

Current Year 6 students will step-up to Year 7

EMMAVILLE
DUTY FIRST

Small school experience

Come and try!

Term 4

Day 1: 16th October
Day 2: 30th October
Day 3: 6th November

Students are welcome to attend any or all of the days

Call for more information

Register NOW

Call 02 67347235

The poster features a large blue and white 'STEP-UP DAYS' title, a red school crest with 'EMMAVILLE' and 'DUTY FIRST', and a photo of children on a playground. Text boxes provide details about the transition days and contact information.

New Eating Arrangements

The students have been making great choices with this new system, and we hope they are bringing less food home in their lunchboxes each afternoon. The students are competing for a bonus gem each week for the class with the cleanest area. We have been extremely impressed with the dedication to this challenge, especially with many of the students sourcing brooms, dustpans and brushes to ensure a spotless area. Hopefully, the students will offer to do this at home too! Next week, we are going to change the areas around and move into house groups for eating time.

WELLBEING

MS GAILENE STONS

Rotary
Glen Innes

GLEN INNES MENTAL HEALTH SERVICES
IN AN EMERGENCY CALL 000 or go to your nearest Hospital Emergency Department

Health
Hunter New England
Local Health District

LOCAL SERVICES IN GLEN INNES			
Service Provider:	Services Offered:	Contact Details:	Cost:
Suicide Call Back	24-hour personal crisis service- call ASAP if you're considering suicide.	1300 659 467	Free
East Avenue Medical Centre AMH Medical Centre Dr T Bennett Armajun Medical Centre	Work with patients to create and provide a Mental Health Care Plan for Healthwise and/or refer to a psychiatrist.	02 6732 2511 02 6732 2588 02 6732 3300 02 6732 2563	Free if bulk billed or standard GP visit rate.
Healthwise	Follow Mental Health Care Plans through self-referral or referral from your GP. Medicare rebates are available, when referred by a GP.	1800 372 826	\$140.00, free for eligible people.
Penelope Kempton	Phycologist based in Glen Innes, requires GP referral.	0413 612 218	Bulk Billed
Drought Support Program	For individuals, couples and families; whether they require short term & ongoing counselling options.	0477 322 851	Free
Glen Innes Hospital	Community Health- Mental Health Emergency Care Rural Access Program & Community Mental Health. Visiting- Specialist Telehealth Attend Emergency Department or use referral through intake line.	02 6739 0100 Or 1800 011 511	Free if bulk billed or standard GP visit rate if a referral is sort.
One Door Mental Health	Help any aspect of your recovery; from physical health services, support groups, one-on-one support or having somewhere to go for social contact. Hold carer support on 2 nd Tues of each month (call to attend).	02 6772 3211	Free
Rural Adversity Mental Health Program	Provide a link to mental health services and provides individual and group training on mental health.	Armidale 0428 109 990	Free
Craig Scott	Psychologist, referrals not required. NDIS and victims of violence	02 6732 4922	Free
Anglicare	Psychosocial support - practical non-clinical services.	02 6701 8200	Free if criteria is met.
UNE Psychology Clinic	This service provides assessment and treatment for a range of psychological problems for children, adolescents, adults and the elderly.	02 6773 2545 Armidale	Initial visit \$25 without Healthcare card.
Centacare - Nurturing Resilience and Growth	Provide early intervention and support for young people (12-25 yrs) who are worried about their mental health, office based in Glen Innes.	02 6738 7200 1800 372 826	Free
Red Cross	Psychosocial Support - practical non-clinical services.	0409 243 167	Free

*valid as of May 2020 ** The cost of a phone call may be charged on a free service

Mental Health Line

1800 011 511

The NSW Mental Health Line
Connecting you with the right care
24 hour service across NSW

Calls from landlines are free but charges may apply from mobiles.

NSW
GOVERNMENT

Health

Wellbeing continued

4 R's of Emotional Regulation

When you're feeling reactive at work, take a sec to...

1 **R**ecognize

Check in with yourself. Take a moment to notice what **emotions** are running the show right now. Are you feeling stressed, frustrated, or anxious?



2 **R**elax

Take a breath. Use a quick relaxation technique, like **deep breathing**, to calm your body and mind. This helps you feel more in control.



3 **R**eframe

Change your perspective. Instead of jumping to conclusions, ask yourself, "What's **another way** to look at this?" or "What can I **learn** from this?"



4 **R**espond

Act with intention. Now that you're relaxed and thinking clearly, take **mindful action** instead of reacting right away.



4 S's of Stress Management

1 **S**top

When stress hits, hit **pause**. Take a second to step back, breathe, and give yourself a moment. Just stopping for a bit can help you **reset**.



2 **S**ee

Take a **look** at what's stressing you out. Is it the pile of work? The deadlines? Naming the problem makes it feel **less overwhelming**.



3 **S**ooth

Now, take **care** of yourself. Do something that calms you — whether it's deep breathing, sipping some water, or **listening** to your favorite tune.



4 **S**hift

Finally, change your **focus**. Instead of stressing about everything, think of one **small thing** you can do right now to feel a little better.



Term 3 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	28 July	29 July	30 July	31 July	1 August
Week B	<ul style="list-style-type: none"> TAFE TVET Beauty Cert III 			<ul style="list-style-type: none"> TVET Automotive 	<ul style="list-style-type: none"> Yr 7 Tech Mandatory Assessment Task
	4 August	5 August	6 August	7 August	8 August
Week A	<ul style="list-style-type: none"> TAFE TVET Beauty Cert III 				
	11 August	12 August	13 August	14 August	15 August
Week B	<ul style="list-style-type: none"> HSC Trial Exam Period TAFE TVET Beauty Cert III 	<ul style="list-style-type: none"> HSC Trial Exam Period 	<ul style="list-style-type: none"> HSC Trial Exam Period 	<ul style="list-style-type: none"> HSC Trial Exam Period TVET Automotive 	<ul style="list-style-type: none"> HSC Trial Exam Period Preliminary Visual Design Task 3 Part B

GENERAL NEWS

Deepfake incidents

The fast rise of generative AI and apps that create fake nude images ('nudify' apps) is causing an alarming surge in 'deepfake' nude pictures being shared in Australian schools.

Webinar for parents and carers

AI-assisted image-based abuse: Navigating the deepfake threat

<https://www.esafety.gov.au/parents/webinars/ai-assisted-image-based-abuse-navigating-the-deepfake-threat>

AI tools are evolving fast – and some are being misused in ways that can harm or exploit children and young people, including through the creation of deepfakes and digitally altered images. This 45-minute webinar covers how these technologies are being used, their impact and how to support and protect your child. It's suitable for parents and carers of upper primary and high school students.

Date and time – 21 August, 12:30 pm (Term 3 Week 5)

Duration – 45 minutes

In just 45 minutes, we'll explore how deepfakes, digitally-generated images and AI tools are being misused to harm young people. You'll walk away with practical tools to support your child's wellbeing in a digital world.

You'll learn:

- how AI technologies are being used and misused and why understanding their use matters
- how new technologies are impacting children and young people
- steps you can take to increase awareness and support your child.

This session is ideal for parents and carers of children in both primary and secondary school.