School Values:
- Safety
- Respect
- Responsibility
- Effort

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28th January - 4th April | Term 1
Wednesday 19th March | 4 B U is here at Bundaberg Central. From 7am-9am
This Friday | Bullying No Way!!
Saturday 29th March | Central Markets

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**Principal’s Messages:**

Hello Everyone.

Last Monday we held our Meet & Greet. It was lovely to see all the families and have a chat. The student Leaders now have their badges. Very exciting!

4B U will be here at Central before school on Wednesday 19th March. Broadcast from 7am-9am. B - B - Q – All welcome.

Displays.
The school has bought a Table Tennis Table which will be on display.

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Types of bullying

**Face-to-face bullying** (sometimes referred to as direct bullying) involves physical actions such as punching or kicking or direct verbal actions such as name-calling and insulting.

**Covert bullying** (sometimes referred to as indirect bullying) is less direct, but just as painful. It means bullying which isn’t easily seen by others and happens out of sight, such as excluding people from groups or spreading lies or rumours. Because it is less obvious, it is often not noticed by other people.

**Cyberbullying** occurs through the use of technology like Instant Messaging or chat, text messages, email and social networks or forums. It’s similar to offline bullying, but it can also be anonymous, it can reach a wide audience, and sent or uploaded material can be difficult to remove. Most people who cyberbully also bully offline.

When bullying isn’t stopped or challenged by anyone it can create an environment where bullying is accepted and where everyone feels powerless to stop it.

**Why do people bully others?**

People bully for different reasons. Those who bully persistently are likely to do so in order to dominate others and improve their social status. They may have high self-esteem, show little regret for their bullying behaviour and not see bullying wrong. Other people may bully out of anger or frustration, they may struggle socially and could have also been victims of bullying as what can you do to stop bullies? If you know or see someone who is being bullied, find out how to stop bullying. If you are being bullied, you should talk to someone you know well and trust; they will give you suggestions you hadn't considered for helping someone else feel less powerful or helpless.

**The sort of repeated behaviour that can be considered bullying include:**

- Keeping someone out of a group (online or offline)
- Giving nasty looks, making rude gestures, calling names, being rude and impolite, and constantly negative teasing.
- Spreading rumours or lies, or misrepresenting someone (i.e. using their Facebook account to post messages as if it were them).
- Messing around that goes too far.
- Harassing someone based on their race, sex, religion, gender or a disability
- Intentionally and repeatedly hurting someone
- Intentionally stalking someone
- Taking advantage of any power over someone else
- Bullying can happen anywhere. It can be in schools, at home, at work, in online social spaces, via text messaging or via email. It can be physical, verbal, emotional, and it also includes messages, public statements and behaviour on line intended to cause to distress or harm (also know as cyberbullying)

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The 2014 National Day of Action against Bullying and Violence is being held on Friday, 21 March. The National Day of Action provides a focus for schools and the wider school community, including parents and carers, to strengthen their everyday messages against bullying and violence. If you want to talk to someone right now about a specific concern, contact the Parent Helpline in your state listed under the Support from outside the school heading.

**Facts**

**What is bullying?**

Bullying is when people repeatedly and intentionally use words or actions against someone or a group of people to cause distress and risk to their well-being. People who do it usually have more influence or power over someone else, or want to make someone else feel less powerful or helpless.

Bullying is not the same as conflict between people (like having a fight) or mistreating someone, even though people might bully each other because of conflict or dislike.

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Next P&C meeting is 20th March at 2:00pm in the library. Any parents are welcome to come along.

Raffle tickets have been handed out with this newsletter. There are 2 lots of raffle tickets, one for Easter Egg Basket, that will be drawn on Friday 4th April & the other tickets for a $75 Grunske’s voucher. This will be drawn at the markets on 5th April. Each ticket is $1 & all will need to be back by Thursday 3rd April.

The P&C would like to thank the parents & children for their donations towards the Easter Raffle. Thanks to Grunske’s for their donation towards the Easter Raffle.

Tuckshop is every Thursday and Friday
If you are able to help with tuckshop please call Sheree on 0431397993.

We would like to send a big thank you to Mrs Wendy Michalk, a friend of Ms Sullivan’s, for making our bags to hold much needed Playground duty equipment.

Ms Sullivan kindly offered to be our model!

News Mail Competition

Win a set of 10 ipads for our school

So what do we need to do!

Start collecting tokens which will be published in the Newsmail everyday from Saturday Feb 22nd until Monday March 31st. The School with the most tokens at the end of the 5-week promotion wins the set of ten ipads.

Keep collecting, we are now filling our container!!!