## Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>28th October</td>
<td>Kindergarten Transition (library/literacy)</td>
<td>10th to 13th November</td>
<td>Years 8 &amp; 10 Exams</td>
</tr>
<tr>
<td>30th October</td>
<td>School Social</td>
<td>11th November</td>
<td>Kindergarten Transition</td>
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<tr>
<td>30th October</td>
<td>P &amp; C Meeting— 6.00pm to 8.00pm</td>
<td>12th November</td>
<td>Mixed Tag Yrs. 3 to 6. (Coffs Harbour)</td>
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<tr>
<td>3rd to 7th November</td>
<td>Gold Coast Excursion</td>
<td>17th to 18th November</td>
<td>Year 7 Exams</td>
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<tr>
<td>4th November</td>
<td>Kindergarten Transition</td>
<td>13th November</td>
<td>Yr. 12 Formal</td>
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<tr>
<td>6th November</td>
<td>Year 10 Portfolios</td>
<td>13th November</td>
<td>Yr. 7 Portfolios</td>
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**Coffs Coast Healthy Canteen Award goes to**

**Bowraville Central School**

*Alyson Grace (Canteen Manager) and Tyson Atkins*
Healthy Canteen Recognition

Congratulations to all involved in our wonderful school canteen. We have just learned that the High School section of the Coffs Coast Healthy Canteen Awards was taken out by none other than the Bowraville Central School P&C Canteen! This is fabulous recognition of the enormous amount of work done over many years now in order to create healthy options for everyone at our school.

As a result, Alyson and her team will receive a $500 voucher from the Coffs Growers’ Market plus a $1000 voucher from The Good Guys, Coffs Harbour. What a great achievement! Thanks also to Mrs Eve Riches for her significant collaboration with the canteen and the submission of this competition application.

The win acknowledges the changes Alyson has made to the Canteen menu to increase “green” items and remove all “red” foods. The green items are fresh foods low in fat, salt and sugar.

Alyson hopes to purchase a new freezer, cryovac machine, blender and food processor. These appliances will enable Alyson to preserve fresh produce from the School Ag farm and Community Garden as well as prepare healthy frappes, shakes and dips.

The Award also demonstrates our school’s commitment to healthy lifestyle activities. Thanks to John Day for his enthusiasm in delivering the “Live Life Well” exercise program and the implementation of “Crunch and Sip”.

It takes a whole school community to raise healthy, happy, well-educated young people who are ready to succeed in the 21st Century. This great news is further acknowledgement of our strides at Bowraville towards this end.

Have a great week.
Malcolm McFarlane

SCHOOL NEWS

2015 Kindergarten Orientation and Transition Program

Parents/Carers and their students commencing school in 2015 are invited to an Orientation Day on Tuesday 28th October 2014 at Bowraville Central School 10:00am to 11:20am.

Parents will:
- Meet key personnel
- Take a tour of the school
- Participate in a practical workshop creating healthy lunches in our beautifully equipped hospitality room with Mrs Eve Riches (our Food Technology/Hospitality teacher) and Elliot Keen (Community Engagement Officer). “Live Life Well” organisation will also be presenting.
- Students will attend a class and participate in learning activities designed to introduce them to cutting edge education that caters for all ability levels.
- Join our Infants children in the playground for morning tea.

A transition program will follow for the next 3 weeks as follows:
Tuesday 4th November 2014
10:00am to 11:20am - Children to bring water and fruit for morning tea.

Tuesday 11th November 2014
12:00pm to 1:30pm - Children to bring water and a packed lunch.

Tuesday 18th November 2014
12:00pm to 1:30pm - Children to bring water and a packed lunch.

Parents are strongly encouraged to attend the first and last sessions.

Enquiries to Bowraville Central School on 65647162

Craig Northfield Malcolm McFarlane
Assistant Principal Principal

Getting ready for school camp

School camp is one of the highlights of childhood, however, it’s also true that for some children (and their parents) the thought of staying away overnight can create a little anxiety. Read these tips for school camp confidence.

Find out more: http://bit.ly/Zsl9Wg
Thank you to Jamie-Lee, Lisa and Veronica for your help in the canteen last week.

The new menu is attached to the newsletter

Below is a meal deal that is going to be available every day for the low price of $4.50.

**Daily Meal Deal Special - $4.50**
- Chicken & Cheese or Ham & Cheese Sandwich (can be toasted on request)
- or Chicken, Lettuce, Mayo Wrap with A Bottle of Water or Small Fruit Popper
- A Piece of Fruit (seasonal) and Alfie pop or canteen made snack

Special This week
Crunchy Noodle Salad $2.50
or with Chicken $3.00

**WHY DON’T WE SELL RED FOODS?**

RED foods:
- Have little to no nutritional value
- Are high in saturated fat, sugar, and/or salt
- Can contribute excess energy

If we assess a food to be RED it cannot be displayed on our menu, and can only be sold twice per term.

Common red foods are confectionary, deep fried food, soft drinks, some cakes, ice-creams, snacks and biscuits.

For more info. visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

**DON’T FORGET YOUR MANNERS!**

And treat others in line with respect!

**TO AVOID DISAPPOINTMENT**

Please order your recess or lunch in the morning

**P & C NEWS “JUST DOING IT FOR OUR KIDS”**

P&C MEETING
October 30
6 – 8 pm

Any agenda items - just let the school office know to have it placed in the P&C mail.

$2 if you want to become a member so you can help make decisions and have the latest meeting minutes sent to you.

Everyone Welcome!

**P&C 50 Club’s:**

The promotion’s currently on offer:
- ($2) Post Office / Gift Shop / Mad Hatters Café
- $50 Gift Voucher

($1) Renae’s Chocolatique
- $25 Gift Voucher

The prize will be drawn when all squares are sold. Just send in your donation to the school’s front office with the raffle order form.

THANK YOU FOR YOUR SUPPORT!
**COMMUNITY NEWS**

**COMMUNITY NEWS**

**NETBALL**

**2015 REPRESENTATIVE TRIALS**

**OPEN TO ALL NETBALLERS TURNING 12 AND ABOVE IN 2015**

**SUNDAY 23RD NOVEMBER 2014**

**MACKSVILLE HIGH SCHOOL STADIUM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
<th>Note</th>
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<tbody>
<tr>
<td>8.00am - 10.00am</td>
<td>12 YEARS</td>
<td></td>
</tr>
<tr>
<td>10.30am - 12.00pm</td>
<td>13 YEARS</td>
<td></td>
</tr>
<tr>
<td>12.30pm - 2.00pm</td>
<td>14 YEARS</td>
<td></td>
</tr>
<tr>
<td>2.30pm - 4.00pm</td>
<td>15 YEARS</td>
<td></td>
</tr>
<tr>
<td>4.30pm - 6.00pm</td>
<td>16 YEARS</td>
<td></td>
</tr>
<tr>
<td>6.30pm - 8.00pm</td>
<td>OVER 17 YEARS</td>
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Please arrive 1/2 hour before your age allocation for warm up.

**FOR MORE INFORMATION CONTACT:**

VICKI WAASSENS 0420 488 313 rvnsecretary@hotmail.com

**FOR REGISTRATION FORM PLEASE CONTACT:**

NICKY HALLETT 0429 685 166 rvnsecretary@hotmail.com

**REGISTRATION FORMS MUST BE SUBMITTED BY FRIDAY 9TH NOVEMBER 2014****

EITHER IN PERSON TO NICKY HALLETT OR EMAILED TO rvnsecretary@hotmail.com

HOPE TO SEE YOU ALL THERE!

**Falcon GT’s Are Back in Nambucca**

**For Their 32nd Combined Clubs Cruise Show ‘n’ Shine**

Saturday 25th October 2014

Come and see the cars in the main Street of Nambucca Heads

9.00am to 12pm

Or catch them at ‘Pub with No Beer’

Taylors Arm Sunday 26th October

**Drumming Workshops**

For all high school students who wish to perform at the Nambucca River Festival on the 29th of November 2014, Erin and Kai will be holding drum workshops at BCS Thursdays at 2pm.

For any adults wishing to participate in the performance, Drum workshops are at Nambucca Surf Club, Monday evenings, 6 -7.30 pm Contact Erin on 0400 022 793 and Wednesday evenings at Macksville Tennis Club 6 -7 pm. Contact Kai on 0406 164 690.

**AGISTMENT NEEDED FOR 2 PURE ARABIAN HORSES FOR APPROXIMATELY 3 TO SIX MONTHS.**

$20.00 PER WEEK PER HORSE.

MUST HAVE SECURE FENCING

Phone: 0403668328

**Fundamental Movement Skills**

Research tells us that children who master a specific set of fundamental movement skills are more likely to be physically active as they get older, participate and enjoy more sport. These skills are categorised into 3 groups

**Stability skills:** e.g. balancing, twisting, stretching

**Locomotor skills:** e.g. running, hopping, jumping, skipping, galloping, leaping

**Manipulative skills:** e.g. throwing, catching, dribbling a ball or striking an object

Encouraging fundamental movement skills at home and school is easy. Here are some tips:-

Kick, throw and play ball activities with your children

Encourage them to run, jump, hop and skip during play

Encourage kids to be involved in dancing
Bowraville Folk Museum
You'll find a treasure trove of memorabilia from the past. AS GOOD AS YOU'LL SEE
Open 10am to 3pm, Sat & Tues. 10am to 12.30pm, Wed & Fri. 11am to 3pm, Sunday. Every day during the school holidays.
Coach enquiries welcome Ph: 6565 8200

Bowraville & District ExServices Club
Phone: 6564 7304  ABN 92 001 062 844

THE COMMUNITY CLUB SUPPORTING THE LOCAL COMMUNITY
i-Wok Family Chinese Restaurant
Tues. 5:30pm to 7:30pm
Wed. Sun. Lunch: 11:30am to 2:00pm
Dinner: 5:30pm to 8:30pm Ph: 6564 8898

Nambucca Dental Surgery
Phone: (02) 6556 8655 Address: 7 Sussex Street, Nambucca Heads 2448

SPONSORS

Bowraville Community Pre-School
Professional staff in a friendly, caring environment
2-4 yr olds MON, TUES
2-5 yr olds WED, THURS, FRI
Time: 9am - 3pm
WAITING LISTS MAY APPLY PLEASE ENQUIRE EARLY (02) 6564 7657

Coronation St, (PO Box 65) Bowraville 2449
Bowraville Folk Museum

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BOWRAVILLE THEATRE –
Saturday 25th & Sunday 26th October 2pm Simon Tedeschi will be joined by Glenn Heidrich a world renowned musician. The Bowraville Singers will once again entertain us with their beautiful singing. Tickets for this concert are $35.00 and $30.00 concession. Book a party of 10 and receive 1 extra ticket.

Saturday 25th October 7pm The Film society will be screening ‘Therese Desqueyroux’. A drama made in France in 2012, this is about an unhappily married woman struggling to break free from social pressures.

Sunday 9th November, 2pm the Theatre will be screen ‘Breaker Morant - ‘The Retrial’. Entry is $10.00 payable at the door or call the Office on 65647 808. Doors will open at 1pm.

Saturday 22nd November, 7pm The Film Society will be screening ‘Summer Hours’.

St. James Anglican Hall, Young St. Bowraville
Friday 12th December, 6.30pm Radio 2NVR are kindly assisting us to raise funds for our beautiful theatre with ‘That’s Entertainment’, a Trivia night about music, stage, films and Famous Faces.

BYO drinks, and nibbles. Supper will be available for a gold coin. This is definitely a FUN night. Entry is $5.00.

Please don’t forget our delightful Hospitality Students from Bowraville Central School open our Café at the Theatre on the last Thursday of the month, and serve tea, coffee, cakes and light lunches between 9.30am and 12.30pm, they would love to serve you.

If you have any enquiries, please call the Theatre on 65647808