Term 4, WEEK 5, 5th NOVEMBER 2014

Calendar

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
<th>Date Range</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd to 7th November</td>
<td>Gold Coast Excursion</td>
<td>13th November</td>
<td>Year 12 Formal</td>
</tr>
<tr>
<td>4th November</td>
<td>Kindergarten Transition</td>
<td>13th November</td>
<td>Year 7 Portfolios</td>
</tr>
<tr>
<td>6th November</td>
<td>Year 10 Portfolios</td>
<td>17th to 21st November</td>
<td>WRALS (Year 10)</td>
</tr>
<tr>
<td>10th to 13th November</td>
<td>Years 8 &amp; 10 Exams</td>
<td>17th to 18th November</td>
<td>Year 7 &amp; 9 Exams</td>
</tr>
<tr>
<td>11th November</td>
<td>Kindergarten Transition</td>
<td>18th November</td>
<td>Kindergarten Transition</td>
</tr>
<tr>
<td>12th November</td>
<td>Mixed Tag Years 3 &amp; 6 (Coffs Harbour)</td>
<td>20th November</td>
<td>Year 8 Portfolios</td>
</tr>
</tbody>
</table>

Term 4 School Social - “Australiana” Theme

Zeth, Jye, Sam and Brady
Principal’s Message

Getting ready for Big School

Kindergarten 2015 students and their parents began the important transition into ‘big school’ last Tuesday with the first of a series of sessions all designed to help everyone feel welcome, valued and prepared. It was wonderful to spend a little time with these fabulous young people to begin to get to know their strengths and personalities.

Many thanks to Mrs Luck, Mr Northfield, Mrs Morton, and many other staff for helping to make this such a positive introduction for our next group of Bowraville Central School treasures. There is possibly no one day that is more important in each person’s learning journey than their first day of Kindergarten, so all efforts are made in our school community to make it the best day possible. This Transition program is an important part of that process.

A special thank you needs to also go to K-1 2014! These young people did a wonderful job of helping and mentoring their new young friends. It was wonderful to see how much learning and maturing has happened for them in the short time they have been with us at BCS. Well done.

Have a great week.

Malcolm McFarlane

Active After-School Communities Program 2014

The Australian Government funded Active After School Communities program will run this Term on Thursday afternoons from 3.30pm to 5.00pm in our school grounds. The sessions will run on Thursday afternoons instead of Wednesday afternoons in Term 4 due to some children being involved in cricket training on Wednesdays.

It is important to note that these sessions are run by trained community coaches.

If you wish your child to participate in the Active After School Communities program please sign the permission form available at the school office.

School News

Beautizone Jersey Calf Day

On Saturday, 11th October, Jade, Faith, Ben and Ollie travelled from Bowraville to arrive at Dorrigo for 5.30am for the Beautizone Jersey Calf Day.

We started the day washing cows at 6.00am and finished at 8.30am. We put our uniforms on and started showing. About half way through the day we had our juniors parade which Ben won, Faith placed second, Jade third and Ollie fourth. After we had our parade Ben competed against a younger girl, Kate who had won her age parade—Ben won.

At the end of the day we put the cows in the truck, had a prize ceremony, collected our ribbons and trophy and travelled home.

Jade, Faith, Ben and Ollie

Jade and Faith with their Beautizone Ribbons
Term 4 School Social

A fun time was had by all at our Term 4 School Social. Students came dressed in all types of “Australiana” outfits and enjoyed the sausage sizzle which Mick O’Keeffe organised from start to finish. A huge thank you Mick for this mammoth effort and contributing to the fun on the evening.

Veronica, what would we do without you! Thank you so much for serving our students at the canteen from start to finish. You did not even have the opportunity to eat a sausage sandwich!!

DJ Judith and Mr Rushton entertained our students in the gym with great music and fun games.

A special thank you to Mr Josh Le Cerf who also found himself serving at the BBQ to help out. These events would not be possible without the staff volunteering their time to contribute and supervise.

J Sheriff and J Mason

SRC Co-ordinators

Mrs Williamson
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  
Assistant Principal

Malcolm McFarlane  
Principal

---

Dear Parents

All absences must be explained by note from parents/caregivers or you can phone the school.

Thank You

Diana Flanders

---

<table>
<thead>
<tr>
<th>Year 8 &amp; 10 Exams - Week 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 10th November</strong></td>
</tr>
<tr>
<td>- 8B &amp; 10 Science Period 2</td>
</tr>
<tr>
<td>- 9/10 Food Technology Period 5</td>
</tr>
<tr>
<td><strong>Tuesday 11th November</strong></td>
</tr>
<tr>
<td>- 9/10 Metal Period 3 &amp; 4</td>
</tr>
<tr>
<td><strong>Wednesday 12th November</strong></td>
</tr>
<tr>
<td>- 8 Geography (all) Period 1</td>
</tr>
<tr>
<td>- 8G Science Period 2</td>
</tr>
<tr>
<td>- 10 Science Period 4</td>
</tr>
<tr>
<td><strong>Thursday 13th November</strong></td>
</tr>
<tr>
<td>- 10 History Period 4</td>
</tr>
<tr>
<td><strong>Friday 14th November</strong></td>
</tr>
<tr>
<td>- 9/10 Timber Period 2 &amp; 3</td>
</tr>
<tr>
<td>- 10 Geography Period 6</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Year 7 &amp; 9 Exams - Week 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 17th November</strong></td>
</tr>
<tr>
<td>- 9B Science Period 2</td>
</tr>
<tr>
<td>- 9G Science Period 4</td>
</tr>
<tr>
<td><strong>Tuesday 18th November</strong></td>
</tr>
<tr>
<td>- 7 History Period 4</td>
</tr>
<tr>
<td>- 9G Science Period 4</td>
</tr>
<tr>
<td><strong>Wednesday 19th November</strong></td>
</tr>
<tr>
<td>- 9B Geography Period 2</td>
</tr>
<tr>
<td>- 9G History Period 2</td>
</tr>
<tr>
<td>- 9G Geography Period 4</td>
</tr>
<tr>
<td>- 7 Science Period 6</td>
</tr>
<tr>
<td><strong>Thursday 20th November</strong></td>
</tr>
<tr>
<td>- 9B Science Period 1</td>
</tr>
<tr>
<td>- 9 English Period 4 &amp; 5</td>
</tr>
<tr>
<td><strong>Friday 21st November</strong></td>
</tr>
<tr>
<td>- 7 Science Period 2</td>
</tr>
</tbody>
</table>
P & C NEWS “JUST DOING IT FOR OUR KIDS”

P&C MEETING
7 November
6 – 8 pm
Last Meeting for the Year!

Everyone Welcome!

Multi-2015 Fundraiser
Next Years fundraising combined in one easy order form and payment... Coming Soon!

P&C 50 Club’s:
Last Chance…
Finishes this week!

($2) Post Office / Gift Shop / Mad Hatters Café
$50 Gift Voucher

($1) Ranae’s Chocolatique
$25 Gift Voucher

THANK YOU FOR YOUR SUPPORT!

When lunch comes home ... again
Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.
Find out more: http://bit.ly/K7IoJD

Exam stress busters
The mere thought of an exam can make kids nervous. Help create the right study conditions for your child in the lead-up to exams and know the warning signs if it's all getting too much.
Find out more: http://bit.ly/LleZfV
Thank you to Jamie-Lee, Lisa and Veronica for your help in the canteen last week. Veronica would like to thank Miss Aylward, Mr Mason, JR Maso, Mick and Miss McPherson for their help in the canteen at the social. There is now an order form below for the meal deal that is available every day. The forms are also available at the canteen.

**Canteen Term 4**

**Meal Deal Special $4:50**

**Meal**
- [ ] Chicken & Cheese sandwich / toasted
- [ ] Ham & Cheese sandwich / toasted
- [ ] Wrap - Chicken, Lettuce & Mayo

**Drink**
- [ ] Water
- [ ] Fruit Popper apple / orange

**Treat**
- [ ] Alfie Pop
- [ ] Canteen made snack

**Fruit**
- [ ] A piece of in season fruit

**Recess**
- [ ] Recess

**Lunch**
- [ ] Lunch

**Name** .................................................................

**Class** .................................................................

---

**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

---

**DON’T FORGET YOUR MANNERS!**

And treat others in line with respect!

**TO AVOID DISAPPOINTMENT**

Please order your recess or lunch in the morning
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.

Contact Erin on 0400 022 793 and Wednesday evenings at Macksville Tennis Club 6-7. Contact Kai on 0406 164 690.

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.
**BOWRAVILLE THEATRE –**

**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.