BOWRAVILLE CENTRAL SCHOOL
NEWSLETTER

TERM 2, WEEK 9, 25th June 2014

Calendar

<table>
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<th>Date</th>
<th>Event details</th>
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<td>23rd-27th June</td>
<td>Work Placement - Primary Industries</td>
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<td>26th June</td>
<td>P &amp; C Meeting 7pm to 9pm</td>
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<td>27th June</td>
<td>Gold Day (Primary to Scotts Head)</td>
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<td>27th June</td>
<td>Lunch for sale in Food Tech Room - Canteen Closed</td>
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<td>14th July</td>
<td>Staff Development Day</td>
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<td>15th July</td>
<td>1st Day Term 3</td>
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<td>21st - 25th July</td>
<td>NAIDOC week</td>
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<td>21st - 25th July</td>
<td>Work Placement - Metal &amp; Engineering</td>
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<td>22nd July</td>
<td>Parent &amp; Teacher Interviews (whole school)</td>
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<td>29th July</td>
<td>ICAS - English</td>
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<td>30th July</td>
<td>Education Week Presentation (Bowraville)</td>
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<td>30th July</td>
<td>Triple P Seminar</td>
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<td>30th July</td>
<td>Snake Tails</td>
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Bowraville Central School Athletics Champions
PRINCIPAL’S MESSAGE

A healthy school

Congratulations and sincere thanks to our wonderful Kate Hicks who has succeeded in negotiating sponsorship of our healthy breakfast program. For quite some time now, Kate, Carol Townley (Nanny), Tanya Burns and Aunty Sandra Buchanan – in collaboration with our wonderful canteen - have continued to volunteer their time each morning to ensure that every child has something yummy and healthy to eat before class each day. This is particularly important in a rural community where some children have to leave home early for a lengthy bus ride to get to school. Without this great brekky program it would be a very long time to wait until morning tea.

Now, thanks to the Family and Community Breakfast Program, we are confident that this support will continue into the foreseeable future. Great news and many thanks.

Another memorable assembly

Thank you to everyone involved in coordinating another very positive and successful end of term assembly, held this Tuesday. Particular thanks to Mr Symonds for his great overall coordination.

The term has been a very exciting one and students should feel justly proud of their achievements, as documented in the all-new-design Semester One Student Reports to be distributed this week.

Please note that there is a P&C meeting this Thursday evening. I look forward to seeing as many people as possible take the opportunity to become involved in this important part of our school community.

Have a safe and happy winter holiday. Staff will return on Monday 14th July for some important professional learning time, and we welcome all students back to Term 3 from Tuesday 15th July. I will return to school on Thursday 31st of July with I hope many Harvard tales to tell. Mrs Argent will be Relieving Principal while I am away.

Malcolm McFarlane

SCHOOL NEWS

Bowraville Central School Athletic Carnival Results

Minor Girls Champions - Latisha Harris & Lennie McIntyre
Minor Boys Champions - Jai Kel Waites, Josh Boyle and Declan Rouse
Junior Girls Champion - India Walker
Junior Boys Champion - Clinton West
Senior Girls Champion - Zayla Castle
Senior Boys Champion - Sam Goodwin
Intermediate Girls Champion - Netti Edwards
Intermediate Boys Champion - Isaac Simon
Open Girls Champion - Kalyssia Gill
Open Boys Champion - Leyam Buchanan
Senior Secondary Girls - Nala Ballangarry, Pyria Grace and Robin West
Senior Secondary Boys - Nesta Walker

Positive Behaviour for Learning Update #1

The first meeting to discuss Positive Behaviour for Learning (PBL) was held on Wednesday 21st May.

We had a discussion about the principles of PBL and shared stories about how we could relate to the process being implemented in our school. We also discussed the three tiered model of prevention in whole school PBL.

The PBL team membership is open to all staff, parents, carers and students. We are hoping some SRC representatives will also join the team!

During our first meeting, we allocated the following roles:

Team Co-ordinator – Rob Symonds
Recorder – Kerry Kete
Communicator – Primary, John Day and Secondary, Eve Riches
Time Keeper – Marian Williamson
Data Manager – Di Smith
Team Member – Jenny Sawyer, Sheridan Merchant and Di Flanders

At the next meeting we identified three areas of strength and three areas of priority for improvement across the students, school and classrooms. This data will be discussed at the next PBL meeting in Term 2, Week 2, Wednesday morning at 8.15am.

We are looking forward to welcoming a big team, so please come along and share our “positive behaviour for learning” vision.

Any queries please contact Rob Symonds or Eve Riches.

The Brekky Program

We are very fortunate to have achieved funding from Family & Community Breakfast in Macksville to keep the Brekky Program going.

Every Wednesday, starting Week 2 next term, we will be offering eggs on toast plus the usual toast and cereal.

Thank you for all the support with donations of margarine, bread and vegemite over the past year.

The Brekky Girls

Parent Teacher Interviews

Previous information sent home regarding Parent/Teacher Interviews has now been updated and all Parent/Teacher interviews from Kinder to Year 12 will be conducted on Tuesday 22nd July 2014 between 4.00pm and 6.00pm.

Parents are welcome to come and discuss the content of Student reports with respective teacher(s)
Writing Workshop with Mr Day

Magical Friends - continued Chapter 5

The New School
The next day Anna ate some porridge and had a glass of orange juice then got ready and packed her lunch quickly. She ran out the door, jumped in the ute and left for school. There was a silence in the car, Anna was not speaking to Hunter at all, ever. When Anna got to school she slammed the door. She was trying to find her locker when someone bumped into her.

“Hey watch where you’re going!” said Anna.
“Why?” said the boy.

He turned towards Anna. She turned to jelly at the sight of him, he was gorgeous in his long pants, perfect shirt and trilby hat.

“Oh I didn’t mean to get in your way.” Anna said quicker than a lightning flash.

The guy just turned and walked away. Later that day Anna was in the middle of the cafeteria when the guy from earlier (who happened to be named Dan) walked up with his friends Dizzy and Holly.

“Hey,” said Anna shyly. “What’s up?”
“Nothing much,” Dan said, “I got detention”.
“Ouch harsh” said Anna.

Chapter 6
The New Friend.
The next day Anna made a new friend. It was a mocking jay.

“Hey little guy” sang Anna.

He sang back. It was a beautiful tune and from that day the little bird came every day. He sang with her all the time and they played with Honey and from that day Anna had some friends. Magical friends. With Dan, Holly and Dizzy to help along the way with her problems.

The End
By

Bree-Anna Harte 4/5C

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**BOWRA THEATRE CAFÉ**
(Open the last Thursday of every month)
**Menu Thursday 26th June 2014**

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<tr>
<th>Beverages</th>
<th>Cup</th>
<th>Mug</th>
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<tbody>
<tr>
<td>Cappuccino</td>
<td>$3.50</td>
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<td>Flat White</td>
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<td>Latte</td>
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<td>Long Black</td>
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<td>Tea</td>
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<tr>
<td>Milkshakes</td>
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<td>$4.00 Caramel,</td>
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<td>Strawberry &amp; Chocolate</td>
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<td>Soft drinks</td>
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<td>Water</td>
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<tr>
<td>Coffee (cup size) &amp; Cake</td>
<td>SPECIAL</td>
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<td>Date &amp; Fig Loaf or Orange Cup Cake</td>
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<td>Wraps</td>
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<tr>
<td>Chicken Salad</td>
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<tr>
<td>Tasty Cheese Salad</td>
<td>$5.00</td>
<td></td>
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<tr>
<td>Ham Salad</td>
<td>$5.00</td>
<td></td>
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<tr>
<td>Mayo and Sweet chilli sauce available</td>
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<tr>
<td>Sandwiches</td>
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<tr>
<td>Cheese and tomato</td>
<td>$3.50</td>
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<tr>
<td>Ham, cheese, tomato</td>
<td>$4.00</td>
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Dine in or takeaway –
phone in your order 0418648124
Café open from 9.30am to 12.30pm

**PHONE NUMBERS**
If parents/carers have changed their phone number (especially mobile) it is important to let the school know in case of emergencies.

Please let us know on 6564 7162 or send a note with your child. Its is also important for parents/carers who wish to contact their child that they ring the front office and not the student’s mobile phone. Students are not permitted to use their mobile phones during school times for a number of very good reasons.

Thank you for your cooperation.

Kerri Argent

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**WANTED**
Our Music Department is looking for seasoned hardwood from 1 inch up to about 4 inches thick that might be sitting on people’s property hoping to turn into music instruments.
Our Art Department would like old magazines with coloured pictures for cutting out
Please contact Lynden Briggs
Thank you

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

P&C MEETINGS  
Will be held on the Last Thursday Evening of the Month  
The next Night P&C meeting 7-9 pm on the 26 June, 2014 - so more people will be able to attend.

While there are executive positions available, your presence is the main requirement just to have enough people (5) to be able to make decisions!

Everyone Welcome!

BCS P&C RAFFLE / CLUB ORDER FORM  
Tickets are $____ each for ______________________ (which raffle).
I have included $ ______ for ____ (no.) of raffle tickets

Name: ____________________________
Phone: ___________________________

☐ Please send home with _____________(name)
☐ Keep for me to pick up at the B.C.S. office.

Macksville Memorial Aquatic Centre  
will be holding their 5 or 10 day consecutive swimming program. Designed to enhance your child’s progression, covers water safety and stroke development, in a warm and friendly environment. Half hour groups $55 per week or 15 minute private lessons $90.

Please phone 6568 1445 to enrol or drop by to see us.

LOOM BANDS ARE NOW $2.00 PER BAG

CANTEEN NEWS  
THE CANTEEN WILL NOT BE OPERATING THIS FRIDAY -(Gold Day)  
Lunch will be available from the Food Tech room between 1.00pm and 1.30pm  
Lasagne and Spaghetti Bolognese $3.00 per serve, cheese or cheese and ham toasties for $2.00  
and water for $1.00.

Please bring your own morning tea as no food will be available at recess.

TO AVOID DISAPPOINTMENT  
Please order your recess or lunch in the morning.

DON’T FORGET YOUR MANNERS!  
And treat others in line with respect!

LOST PROPERTY  
Check it soon as it will be Emptied at the end of term!
Be the best parent you can be

With Triple P Seminars - Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns

To find out more or to book into a free seminar please contact Christine or Terry on 65684471

**Triple P Seminars:**

**Session 1:** 30th July 2014 - THE POWER OF POSITIVE PARENTING

**Session 2:** 13th August 2014 - RAISING CONFIDENT, COMPETENT CHILDREN

**Session 3:** 20th August 2014 - RAISING RESILIENT CHILDREN

**Time:** 10am – 12 noon

**Where:** Bowraville Central School

FREE childcare is available - BOOKINGS ESSENTIAL – as only a limited number of spaces are available

Lunch will be provided after each seminar. The following staff will be available for individual discussion each week.

- Peta Marceau (School Counsellor)
- Sheridan Merchant (Learning & Support teacher)
- Elliot Keene (Indigenous Community Engagement Officer).

So please come along for this exciting and informative seminar and a free lunch!

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**COMMUNITY NEWS**

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**The simplest way to create a delicious spring meal**

This easy and delicious vegetable frittata can be enjoyed hot for dinner, and cold the next day in your kids' lunch boxes!

**Ingredients:**
- 1/2 cup pasta (penne/bowtie/triangles)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tsp parsley

**Method:**
1. Preheat oven to 180°C. Grease 20cm cake pan.
2. Boil pasta in water until tender. Drain.
3. Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
4. Combine all ingredients in large bowl. Mix well.
5. Pour mixture into prepared pan, bake for 45min.
6. (Serves 4)

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**The simplest way to increase your fruit and veg intake**

Myth: Frozen and canned fruit and vegetables don't count towards your recommended daily intake of fruit and vegetables.

**The facts:**
- Frozen and canned fruit or veges are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost.
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you're making the best choice.

**Hint:** Look for tinned fruit in natural juice rather than syrup, and serve with a reduced-fat natural yoghurt and honey for a sweet afternoon snack!
NAIDOC week

Family Fun Day

Tuesday 8th July 2014
11:30am – 2:30pm

Bellwood Park, Nambucca Heads

- Jumping Castle
- Troppo Bob Magic Show
- Health information
- Games & craft

- Face Painting
- BBQ Lunch

Note that the Nambucca River adjoins the park. Please ensure children are supervised at all times, as the promoters will not be responsible for the safety of adults or children. For enquiries phone Helen 0400279389 or Tracy 65986800
BOWRAVILLE THEATRE
Saturday June 28th at 5pm The Film Society will be screening their double feature. ‘Casablanca’ (1942 USA).

This is a Drama/Romance set in unoccupied Africa during the early days of World War Two. An American expatriate meets her former lover, with unforeseen complications. American Classic starring Humphrey Bogart and Ingrid Bergman.

The second film will be screening at 7pm and is called ‘In a Better World’, a drama telling of two Danish families who cross each other, and an extraordinary but risky friendship comes into bud. But loneliness, frailty and sorrow lie in wait.

You can participate for a nominal fee and find out if you would like to join the happy group. Doors open one hour before the first show.

Saturday July 26th at 1pm we will be screening the amazing film ‘Utopia’, we showed this previously to a large audience, but it has been requested that we repeat this for those that missed it last time. If you have seen Q&A in June you would have heard Rosalie Kunoth-Monks (Ngala Kunoth of the Amatjere people) give her heart warming oration on why everyone should see this film, which is by John Pilger. There is no charge for viewing, however a gold coin donation to the Theatre would be appreciated.

Saturday 26th July at 5pm the Film Society will be screening the first of their double feature evening. The Film which is a Drama (Germany 2010), called ‘The Day I was not Born’. During a stopover in Buenos Aires on her way to Chile, 31 year old Maria recognises a Nursery Rhyme. Maria doesn’t speak a word of Spanish, but without understanding what she is singing, she remembers the Spanish lyrics. Disturbed and thrown off course, she decides to interrupt her journey and wander through the unfamiliar city.

The second film is ‘Rust and Bone’ (2012 France). A Drama/Romance. Put in charge of his young son, Alain leaves Belgium for Antibes to live with his sister and her husband as a family. Alain’s bond with Stephanie, a killer whale trainer, grows deeper after Stephanie suffers a horrible accident.

The first film is at 5pm and doors will be open one hour before the show and the second film at 7pm. Please come along and meet the friendly people who run the Society and see if this is what you would enjoy.

On the last Thursday of every month (not in school holidays) Bowraville Hospitality Students will serve Coffee, Tea, Cakes and light lunches in our Cafe, please patronise these young people. Open 9.30am to 12.30pm.

SPONSORS

Bowraville Community Pre-School

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: 65647304 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 8:30pmPh: 65648898

Nambucca Dental Surgery
Phone: (02) 6564 6655 Address: 7 Sussex Street, Nambucca Heads 2448