DEPUTY PRINCIPAL’S MESSAGE

What an exciting few weeks we have experienced since the holidays. Mr McFarlane has checked in from his Harvard visit and he has now connected our school to over 190 schools worldwide. We look forward to a full report.

NAIDOC week celebrations are underway with tomorrow’s assembly highlighting the role of Aboriginal people serving country. Yesterday morning’s assembly surprised us all with the large number of local Aboriginal people who have served in war and at home during times of conflict. It was enlightening to learn of the role of so many, and saddening to hear of their experiences on return from service.

The assembly on Wednesday is followed by morning tea and parents and friends are all invited to attend. We particularly hope the parents of the eleven new students, who have begun their schooling at Bowraville, have an opportunity to attend the NAIDOC morning tea on Wednesday or observe the fun of the sport day on Friday.

Education week is brought in with a Book Parade early on Monday morning and students are encouraged to wear costume. The 10 schools of the Nambucca Valley are hosting the Education week awards at Bowraville Central School on Thursday night at 5.30. Our school will provide the venue and much of the entertainment for the night. Parents, students and friends are invited to the ceremony to enjoy pre-ceremony refreshments and attend the award ceremony.

Kerri Argent
Deputy Principal

SCHOOL NEWS

NAIDOC WEEK CELEBRATIONS
Thursday 24th July - Art and story telling with Kinder, 1/2R, 2/3O and 3/4S.

Friday 25th July - Sports Day. Lunch will be supplied. All parents and carers are most welcome to join us for a fun day. If it rains, this day will be postponed until further notice. Please ring the school if you have any enquiries.

2014 Education Week Awards - Valley 10

31st July 2014

Bowraville Central Gymnasium commencing at 5.30pm.

Please come along and celebrate our valley’s great achievements.

For catering purposes, please call and let us know if you will be attending.

Kerri Argent
Deputy Principal

Proud member of Nambucca Valley Community of Public Schools
Writing Workshop with Mr Day

THE AMAZING ADVENTURES OF VILKAS

One day in a quiet little town in Madagasaca the people of Manchuda were celebrating the annual Hunting Festival (which is after Thursday.)

Farkas was the champion of the Hunting Festival. Vilkas was one of the few contestants from the festival but he always came last. Vilkas was fast asleep when he awoke to a strange sound. He got out of bed to go have a look. The sound was coming from the jungle.

Chapter 2

Vilkas went deep into the jungle. The sound was now becoming quieter and quieter... until it stopped. Vilkas scavenged through the dirt and found a stone trap door. He tried opening it but it was no good. It needed something. But then he found a note. It was a poem. He read it out loud and the trap door opened. “Wow” said Vilkas. “It was a magic spell!

He crawled into the trap door and saw a weird looking four eyed creature. It screamed in high pitched terror as it ran quickly into a small hole in the door. “What was that!” Yelled Vilkas. Suddenly light shone through the trap door. “Oh no!” Yelled Vilkas “The annual hunting festival will be starting”! He quickly climbed up the ladder but the door slammed shut, Vilkas fell to the floor...

To be continued next week

By Adam Griffiths 4/5C

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**BOWRA THEATRE CAFÉ**

(Open the last Thursday of every month)

**Menu Thursday 24th August 2014**

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Cup</th>
<th>Mug</th>
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</thead>
<tbody>
<tr>
<td>Cappuccino</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Flat White</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Latte</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Long Black</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tea</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Milkshakes</td>
<td></td>
<td>$4.00</td>
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<tr>
<td>Caramel, Strawberry &amp; Chocolate</td>
<td></td>
<td></td>
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<tr>
<td>Soft drinks</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>Water</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Coffee (cup size) &amp; Cake</td>
<td>SPECIAL</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

**Wraps**

- Chicken Salad $6.00
- Tasty Cheese Salad $5.00
- Ham Salad $5.00
- Mayo and Sweet chilli sauce available

**Sandwiches**

- Cheese and tomato $3.50
- Ham, cheese, tomato $4.00

**Dine in or takeaway – phone in your order 0418648124**

Café open from 9.30am to 12.30pm

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**Book Parade**

Parents and Care givers,

To celebrate Education Week and Book Week on Monday the 28th July 2014, Bowraville Central is holding a book parade. All students in Bridges and Kindergarten to Year six are encouraged to participate in this fun literacy activity.

Students and parents are invited to come dressed as their favourite book character for the book parade.

We will parade our various costumes up the main street at 9.10 am and return back to school for the Education Week assembly to be held at 9.40 am. to which everyone is welcome.

We ask parents to participate either by dressing up or coming to cheer the children on as they parade down the street. Please feel free to bring a grandparent, an aunty or uncle and neighbour or two, for this grand event!

Prizes will be awarded on a lucky draw basis to students and parents who dress up on the day.

Photos of children and/or parents will be taken from 8.30 am in the Library.

Please Come and help us celebrate Education and Book Week at Bowraville Central School.
Crunch & Sip
Bowraville Central School is proud to be able to be a participant in the “Crunch & Sip” programme which is designed to give children healthier choices for snacks as well as having better access to water.

While this initiative is aimed at infants and primary children we, encourage all students to bring fresh fruit and vegetables as well as a container of water to give them the opportunity to refuel and rehydrate during the long morning session.

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

**P&C MEETING**
- 7 August –
- 7 – 9 pm

**P&C Night Meeting** between 7- 9 pm
(Usually the P&C is the last Thursday of the month, but the next meeting is delayed a week due to the Education Awards Night)

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!

**SCHOOL CLEANING PETITION**
- in the school office-

The hours our school cleaners have to keep our school clean has been cut by eight hours a week. Please support their cause and sign the petition in the school office as soon as possible!

Thank you

**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

**Currently on offer:**
- 50 clubs: $2 Post Office & $1 Renae’s Chocolatique;
- Raffle: $2 Greg Inglis’ Jersey

**CANTEEN NEWS**

The Canteen will be closed this Friday 25th July due to the NAIDOC Sports day. A menu for this term is included in this Newsletter

Ms Riches Hospitality class has been cooking delicious spaghetti bolognaise for the canteen so we have included it in our meal deal.

**Canteen Meal Deal**  
**Spaghetti Bolognese**  
and **Fruit Popper**  
Cost is $3.50

Name...........................................  Class.............................

I would like to order.........a meal deal
and enclosed $..............

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

**DON’T FORGET YOUR MANNERS!**
And treat others in line with respect!
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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**Flu season is here!**

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness. The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.
<table>
<thead>
<tr>
<th>2014</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat/Sun</th>
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<tbody>
<tr>
<td>July</td>
<td>1</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
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<tr>
<td>July</td>
<td>2</td>
<td>21</td>
<td>NAIDOC Week</td>
<td>Parent Teacher Interviews</td>
<td>Bowraville Theatre Cafe Open</td>
<td>25</td>
</tr>
<tr>
<td>July/August</td>
<td>3</td>
<td>28</td>
<td>Education Week</td>
<td>ICAS English</td>
<td>Triple P Seminar</td>
<td>Valley Schools Presentation Bowraville 5.30pm Snake Tales (</td>
</tr>
<tr>
<td>July/August</td>
<td>4</td>
<td>4</td>
<td>August</td>
<td>Work Placement Hospitality</td>
<td>Yr. 10 into Yr. 11 Information Evening Tidy Towns Committee Visit and appraisal</td>
<td>School Photos Social P&amp;C Meeting 7pm</td>
</tr>
<tr>
<td>August</td>
<td>5</td>
<td>11</td>
<td>HSC TRIALS</td>
<td>ICAS - Maths</td>
<td>Triple P Seminar</td>
<td>15</td>
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<tr>
<td>August</td>
<td>6</td>
<td>18</td>
<td>August</td>
<td>Dubbo - Bowls</td>
<td>Dubbo—Netball</td>
<td>21</td>
</tr>
<tr>
<td>August</td>
<td>7</td>
<td>25</td>
<td>August</td>
<td>Life Education Yr.6 to Yr.7 Transition Night 5.00pm to 6.00pm</td>
<td>Music &amp; Meal Night</td>
<td>29</td>
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<tr>
<td>Sept</td>
<td>8</td>
<td>1</td>
<td>Sept</td>
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</tbody>
</table>
Pies subject to change.

Please add to order.

For Orders Over $50.00, please call to confirm your order.

Wrapped

Small $4.50

Large $8.00

Catering & Special Events

BCS Canteen Menu Price List 2014
Bowraville Community Pre-School

Professional staff in a friendly, caring environment

- 2-4 yr olds: MON, TUES
- 4-5 yr olds: WED, THURS, FRI

Time: 9am - 3pm

Waiting lists may apply. Please enquire early.

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 8:30pm Ph: 65648898

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