## Calendar

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## NAIDOC SPORTS DAY

![Images of kids playing sports](image1.jpg)

![Images of kids playing sports](image2.jpg)

![Images of kids playing sports](image3.jpg)

![Images of kids playing sports](image4.jpg)
DEPUTY PRINCIPAL’S REPORT

It is rare to hear of such enthusiasm from every participant at an event, however last Friday’s NAIDOC obstacle course was a resounding success. Staff, students and community were excited in their descriptions of the day and all agreed it was one of the best days they had ever had at school. Kindy students won the tug of war and their hearts were as big as their eyes when they were told they would be set against the staff in the final. What a great result to see them win.

Congratulations to all who assisted in the NAIDOC celebrations with a special thank you to Aunty Di Flanders for her huge effort and organisation.

The Book Week Parade kicked off Education Week at our school. There were some elaborate costumes on display and the students met the Kombies and VWs as they paraded along High street.

All of our school community is invited to the Education Week Awards which will see excellence in education and community support rewarded across the valley. We hope to see both parents and students supporting Bowraville Central Schools Valley 10 Presentation Night this Thursday at 5.30 pm.

Kerri Argent

Deputy Principal

SCHOOL NEWS

Quad Bike training for Primary Industries students

Taree TAFE’s Laurie Gallagher provided our students with the opportunity to gain their Quad bike certification at Bowraville Racecourse last Monday. The students have now completed one day of theory, one day of practical and later this year will complete their certificate.
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.

Positive Behaviour for Learning – Parent Surveys

Every family has been given a PBL survey sheet along with this week’s newsletter. Please take the time to read the letter explaining why we are asking for parent surveys to be completed. If you could please send them back with your child by this Friday, we will have a student sitting near the office with a box for the surveys from 8.30 to 9.00 am each morning. The student will mark off which students have returned the completed surveys so they can receive an ice block on Friday at lunchtime.

Thank you,
Rob Symonds
Year 2/3O - Following on from our mini unit on Spain.

Year 2/3O went up to the Home Science room on Wednesday to cook. Our gourmet lunch consisted of:

- Spanish chorizo & chick pea soup
- Vegetable & chick pea soup
- Spanish potato chips
- Damper

The students were assisted by two secondary students Joseph McEwen and Leyam Buchanan. Aunty Marji and Natalie taught us how to make dampers.

Melissa Whalen, Leanne Davidson, Kate Hicks and Mrs Sawyer all helped the students to make the soup.

The food was devoured and enjoyed by all. I was very impressed with the number of students willing to sample a variety of food.

I have copied the recipes for the students. You might like to make them at home. There are many budding “Master Chefs” in the class.

D O’Donnell

We made soup. We put chorizo sausages and a can of tomatoes in it. Mrs Sawyer and I sliced the sausages into little pieces. We added garlic to the frying pan. We poured two cups of liquid and we added chick peas.

By Bailey

Yesterday after recess we went to the food Tec room and my group made vegetable and chick pea soup. I peeled and chopped the potatoes. Then I tore up some silver beet and put it in the pot. I tried chorizo and chick pea soup and damper and cooked potatoes. It was very yummy. At the end I stayed back with Georgia, Beau and Lennie to wash the chopping boards, spoons bowls and trays. I cut my finger on a bowl with a chip out of it. Then my finger started to bleed. It was on my pinkie finger. Georgia, Lennie and I wiped down the benches and went out for lunch. We hardly got any time for our lunch. It was fantastic to learn how to cook things and try them.

By Amanda

When I went to the cooking room I measured the olive oil and tipped it all in the pot. Then I put the chickpeas in and let it sit. Then we put the sausage in. We let the soup sit for 10-15 mins. Then it was ready. I tried it and it was beautiful.

By Rinoa
Spanish chorizo and chickpea soup is perfect soul warming food for the cooler months.

Ingredients
☐ 1 tablespoon olive oil
☐ 1 (100g) chorizo sausage, sliced
☐ 3 garlic cloves, thinly sliced
☐ 400g can diced tomatoes
☐ 400g can chickpeas, drained, rinsed
☐ 2 cups chicken stock
☐ 1 bunch silverbeet
☐ Crusty bread, to serve

or ordinary sausages

Method
1. Heat oil in a saucepan over medium-high heat. Cook chorizo for 2 minutes or until crisp. Reduce heat to low. Add garlic. Cook for 2 minutes or until golden. Add tomato, chickpeas, stock and 2 cups cold water. Bring to the boil. Simmer, covered, stirring, for 10 minutes or until heated through.
2. Remove stems from silverbeet (see related article). Finely shred leaves. Add to pan. Simmer, covered, for 2 minutes or until leaves have wilted. Ladle soup into bowls. Serve with bread.

NOTES
Note 1: You could also add silverbeet stems. Chop and add to pan with stock in step 1.
Note 2: You could use 4 cups salt-reduced chicken stock instead of 2 cups stock and 2 cups cold water. Wash silverbeet well to remove any traces of dirt.
Little Green men with spears circled Vilkas. Vilkas was terrified when the war captain walked through. He was massive with gleaming chain armour and a giant sword. He then said “could it be the chosen one?” They all stepped back and let him stand up, then the captain said “come with me.” Vilkas followed then they led him into a dark area where several other little men were. The captain said that he needed to slay the dragon that was burning all their villages. Vilkas said he probably couldn’t but he was willing to give it a try so they sent him out into the forest.

Chapter 4

He searched through the forest and found a sword in a stone, he pulled it out and wielded it with great power. Vilkas was ready so he called out but nothing happened so he decided to look for the dragon. He came across burnt trees and holes. Then he saw something shiny over the hill so he started walking over. There were piles and piles of gold, gems, swords, bones and skulls. So he ran over to them and jumped into the gold. Suddenly a dragon came out of nowhere and picked him up. Vilkas stabbed it in the foot so the dragon dropped him down and he landed on the gold. Then the dragon swooped down but Vilkas put his sword out and cut its wing off.

He jumped on to its back and jabbed into its side. The dragon smacked him off and he landed in a pile of bones. He got up and ran over to the dragon. The dragon swooped him with its tail but Vilkas cut it off. Then he jumped up and cut its head off. The dragon dropped dead on the floor. He picked its head up and carried it back to the captain.

They all cheered and the captain thanked Vilkas and said “take this.” He gave him a small clay sculpture that was shaped like him along with a bag of fine platinum. Vilkas then said “I will never forget this place.” Then he climbed up the ladder along with his dragon’s head and went back to the starting line and said. “I win!”

Some of the people of the Manchuda said, “how do you know you’ve won when only two contestants are back? We still have to wait for Farkas”.

They waited one hour. Finally Farakas came past the line but it turned out he was last because all he could find was a bird’s head. That’s when the crowd cheered at Vilkas. He got the trophy and he was the winner.

THE END

By Adam Griffiths 4/5C

My Fun Weekend

By Tom Bullen

On the weekend my family went to Kempsey for a State Dirt Motor Bike Title. In the morning I rode my push bike and then we had a riding briefing before our race. I came 3rd and my friend came 5th. There were 9 in the race. My brother Jack was in a different race and came 2nd last. Jack and I both got a trophy.

On Saturday night we stayed at our friends house. We had bacon and eggs for breakfast. We had to walk the track and it was very bumpy! I came 3rd, 2nd and 3rd in my races. Our friend made us shirts. Mine had 14 and Jack had 22 on the back.

Nan and Pop came to watch us. Mum, Dad and Nan and Pop are very proud of us.

It was fun.
“Just doing it for our kids”

P&C MEETING
- 7 August –
6 – 8 pm
(While the Social is on!)

P&C Night Meeting between 6 - 8 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)
$2 to become a P&C member and help
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

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

Thank you

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 to Leanne, Lisa, Veronica and the students Jamie Lee, Ethan and Locky for your help in the canteen last week. Milo Scoops now $2.80.

**Canteen Meal Deal**

*Nachos and Fruit Popper*

Cost is $3.50

Name........................................... Class..........................
I would like to order........ meal deal and enclosed $.............

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**DON'T FORGET YOUR MANNERS!**

And treat others in line with respect!

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**TO AVOID DISAPPOINTMENT**

Please order your recess or lunch in the morning

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The netball and lawn bowls teams have made it to the State Championship at Dubbo so they are having a fundraiser breakfast on Wednesday 6th August at 8.30 at the canteen. Help support our teams to get to Dubbo.

**Fundraiser for State Championships at Dubbo**

**Breakfast Meal Deal**

Date: Tuesday 5th August. Time: 8.30am

Name........................................... Class..........................
I would like to order........ Bacon & Egg sandwich and hot chocolate **Cost: $4.50** and enclosed $............. OR
I would like to order ........ Bacon and egg Sandwich **Cost: $3.50** and enclosed $.............

Orders in by Monday 4th August to the canteen.
COMMUNITY NEWS

Nambucca District Little Athletics
New Season Starting

The Little Athletics NSW motto is **family fun and fitness**. It is one of the sports where the parents can be just as involved as the kids and the kids love it! Parents, guardians, grandparents and even family friends help out with timekeeping, measuring and marking so that our events run smoothly. It is a great way for families to spend time together in a happy, healthy environment.

**Registration & Trial night:** 20th August 2014
at 4.30pm. (August to March)

EJ Biffin Playing Fields
Fredbrain Drive, Nambucca Heads

For further information please contact Tracey Cheers on 0438 685253 or Lisa McKay on 65648553.

Yarrahapinni Festival Canadian Tournament

The Stuart’s Point Tennis Club will be hosting a Canadian Tennis Tournament on Saturday 30th August commencing at 9:30 am.

Competitors will need to register and pay their entry $5 by 9:15am on the morning of the Tournament. However players intending to participate need to contact Kay on 65690210 at least one week prior to the event.

Each competitor will play five sets of competition tennis. There will be two categories, Male and Female with $50 prize money for the winner of each category.

This would be a great opportunity for any youth players to participate.

Each player plays as an individual and keeps a record of their own game score in each set. However this score must be given to the recorder following each set and the total for five sets will determine the winners. Each set will consist of 8 games and after 4 games each player will change partners.

Come along and support the Yarrahapinni Festival and enjoy some great tennis!
**BOWRAVILLE THEATRE – AUGUST.**

Saturday 9th August at 7pm Come along and hear the great Music of the Salvos Country Band Live in our beautiful Theatre, they have a large repertoire to share with us and set your toes tapping, always entertaining, don’t miss it. Tickets are $10.00 available at the Box Office, and the doors will open at 6pm.

Sunday the 10th August at 2pm the Wonderful Bowraville Theatre Singers under the direction of Lissa Tardianni will be singing uplifting music at Nambucca Catholic Church, tickets $10.00 payable at the door. The Performance is called ‘Songs of Joy’ and is in aid of the good work Father Telesfor is doing in Tanzania. Please support the work of our Singers playing their part in helping to raise funds for a worthy cause.

Sunday 16th August at 7pm The Theatre will be putting on a ‘CONCERT FOR BOB’, all of our dear Bob Lehanes favourite artists, all of them giving their services for free and raising money for Macksville Hospitals Palliative Care as Bob wished. There is a large line up of our local talent, singers, bands, individuals, acts too numerous to mention. This Gentleman not only worked sound and light but gave expert direction in every aspect of the Theatre from the very beginning, and we hope you will join us to make his wishes come true. Entry is $10.00 payable at the Box Office, the Cafe will be open and all monies raised will be donated as Bob wished.

Doors will be open one hour before the show.

Saturday the 23rd August the Film Society will be screening a double feature, the first film at 5pm is called ‘Accident’ (Hong Kong), this is a thriller about a troubled assassin who works by orchestrating accidents, he suspects that an accident that happens to his team is not an accident at all? The second film starting at approximately 7pm is called ‘Performance’, this is a drama set in contemporary Manhattan and tells the story of four musicians, and a long faithful collaboration. The celebrated string quartet struggles to stay together as they mark their 25th Anniversary. You may join this group the first time for a nominal charge to see if it would suit you, they are a very happy group who will be delighted to offer you a cup of tea and friendship. Doors open at 4pm.

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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. (02) 6564 7657

**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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**Nambucca Dental Surgery**

Phone: (02) 6568 6655 Address: 7 Sussex Street, Nambucca Heads 2448

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**Medicare Child Dental Benefit Schedule Bulks Billed**

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- Brand new state of the art surgery
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