Term 4 is again off to an exciting start with the Year 12 Class of 2015 commencing their Higher School Certificate examinations. It is a great achievement for these young people to reach this stage in their education and we wish them all the very best success in the final examinations and beyond.

For a Kinder to Year 12 campus such as Bowraville, the success of Year 12 is something celebrated by the whole school community. We should all take pride in the development of these young people from pre-school right through to the end of senior high school – all possible within our supportive learning community.

Then in another exciting development for Bowraville we this week welcomed a recent Year 12 graduate, Miss Tara Doolan, back to our school as a fully qualified secondary teacher!

Have a great week, and I look forward to an exciting final term.

Malcolm McFarlane

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**HSC TIMETABLE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Subject</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>21st October</td>
<td>Mathematics General 2</td>
<td>9.25am - 12.00pm</td>
</tr>
<tr>
<td>22nd October</td>
<td>Legal Studies</td>
<td>9.25am - 12.30pm</td>
</tr>
<tr>
<td>22nd October</td>
<td>Senior Science</td>
<td>1.55pm - 5.00pm</td>
</tr>
<tr>
<td>23rd October</td>
<td>Tourism, Travel and Events Examination</td>
<td>9.25am - 11.30am</td>
</tr>
<tr>
<td>26th October</td>
<td>Modern History</td>
<td>9.25am - 12.30pm</td>
</tr>
<tr>
<td>4th November</td>
<td>Food Technology</td>
<td>9.25am - 12.30pm</td>
</tr>
</tbody>
</table>

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**State Cup Touch Football**

Congratulations to India Walker, Simon Walker, Toria Kete, O’Shay Tyerman, and Kira Goodwin for being selected in their respective ages for the State Cup Touch Football to be held in February 2016 at Port Macquarie.

**Earn & Learn**

Thank you to everyone who collected Earn and Learn stickers. We raised 13,380 points and have ordered a variety of equipment to benefit the whole school.

**Transition Schedule - Kinder 2016**

**Term 4: Compulsory Interviews & Formal Transition**

Wk 3 Tues 20th Oct - Transition Orientation 9.30 - 11.00 (Tour & Class)
Wk 4 Tues 27th Oct - Transition 9.30 - 11.00 (Class - literacy focus)
Wk 5 Tues 3rd Nov - Transition 9.30 - 11.00 (Class - numeracy focus)
A mobile phone has been found outside the school's back gate. If you believe this phone is yours, please contact the front office.

**Canteen News** “Eat Healthy Stay Happy”

A big thank you to Natalie and Chara for their help in the canteen.

**Canteen Term 4**

**Meal Deal Special $5.00**

**Meal**
- [ ] Chicken & Cheese sandwich / toasted
- [ ] Ham & Cheese sandwich / toasted
- [ ] Chicken, Lettuce and Mayo wrap.

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

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

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

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

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

---

**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. It 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
Deputy Principal.

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**Live Life Well @ School**

**Easy ways to add physical activity to your day:**
- walk to the store, school or the playground instead of using the car
- allow time for children to play outdoors
- park the car away from the shops
- get off the bus one stop earlier
- don’t use the remote control
- plant a veggie garden
- take the stairs instead of escalators or lifts
- schedule regular time each week for your family to be physically active together
- limit television time to no more than two hours per day or 14 hours a week.

---

**Kids Love to Cook!**

Preparing healthy food with your children is a great way to teach them good nutrition PLUS they will enjoy eating what they helped to prepare!

A simple recipe to prepare with kids:

**Mini Vegetable Pizza**
- Halve an English muffin
- Spread on tomato paste and oregano
- Throw on vegetables like sliced capsicum, sliced mushrooms, grated sweet potato etc.
- Sprinkle with low fat grated cheese and rill

For more recipe ideas go to: www.healthykids.nsw.gov.au
Before School Snacks

SHAKES

$2.00

$1.75

$1.50

$1.30

$1.00

$1.00

$0.75

$0.60

$0.50

+ Add Ice for Lunch bags.
+ Please order your recess and/or lunch.
+ To avoid disappointment.

At the Canteen

Week Specials at

Keep an eye out for

2015 Canteen Menu
Bowral Central School

Sony... no credit given

Frozen Treats

$1.40

$1.20

$1.00

$0.80

$0.70

$0.60

$0.50

$0.40

$0.30

$0.20

$0.10

$0.00

Snacks

Large Juice (apple, orange)

Small Juice (apple, orange)

Small Favored Milk

Small Favored Milk (chocolate, strawberry)

Favorited Milk (choco, strawberry)

Milk (choco, strawberry)

Fruit Punch (seasonal)

Custard

Jelly

Jelly (lime, raspberry)

Jelly (lychee, raspberry)

Jelly (cucumber)

Jelly (aniseed)

Jelly (strawberry)

Jelly (honey)

Jelly (honey soy, dumps)

Jelly (cucumber)

Jelly (lychee)

Jelly (aniseed)

Jelly (strawberry)

Jelly (honey)

Custard

Jelly

Jelly (lime, raspberry)

Jelly (cucumber)

Jelly (lychee, raspberry)

Jelly (aniseed)

Jelly (strawberry)

Jelly (honey)

Custard

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Jelly (lime, raspberry)

Jelly (cucumber)

Jelly (lychee, raspberry)

Jelly (aniseed)

Jelly (strawberry)

Jelly (honey)

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Jelly (honey)

Custard

Jelly

Jelly (lime, raspberry)

Jelly (cucumber)

Jelly (lychee, raspberry)

Jelly (aniseed)

Jelly (strawberry)

Jelly (honey)
## Sandwiches and Wraps
All sandwiches are served on wholemeal or multigrain bread. Toasted on request.

<table>
<thead>
<tr>
<th></th>
<th>Sandwiches</th>
<th>Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite/Honey/Jam</td>
<td>$1.60</td>
<td></td>
</tr>
<tr>
<td>Ham or chicken</td>
<td>$2.60</td>
<td></td>
</tr>
<tr>
<td>Egg (with Mayo)</td>
<td>$2.40</td>
<td></td>
</tr>
<tr>
<td>Egg &amp; Lettuce (with Mayo)</td>
<td>$2.70</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Chicken, cheese</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Chicken, cheese, tomato</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>Ham cheese</td>
<td>$3.20</td>
<td></td>
</tr>
<tr>
<td>Ham, cheese, tomato</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>Ham, cheese, pineapple</td>
<td>$3.60</td>
<td></td>
</tr>
<tr>
<td>Salad (no meat)</td>
<td>$3.80</td>
<td>$3.50</td>
</tr>
<tr>
<td>chicken or ham (with salad)</td>
<td>$4.80</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken, lettuce, mayo</td>
<td>$3.00</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chippies (with salad)</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Chilli tender (with salad)</td>
<td>$4.00</td>
<td></td>
</tr>
</tbody>
</table>

**Salad consists of:** Lettuce, Tomato, Carrot, Cucumber.

**Extra’s**—add 40c each for Beetroot, Cheese or egg.

Sauces - please specify choice - Sweet Chilli, Tomato, BBQ or Mayo

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad bowls</td>
<td></td>
</tr>
<tr>
<td>Salad (no meat)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken or ham or egg</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

## Daily Meal Deal Special $5.00
- Chicken & Cheese or Ham & Cheese Sandwich (can be toasted on request)
- or Creamy Pasta Bake (mince, pasta, cheese)
- A Bottle of Water or Small Fruit Popper
- A Piece of Fruit (seasonal) and Alfie pop or canteen made snack

## Hot Food

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Garlic bread</td>
<td>$1.00</td>
</tr>
<tr>
<td>Dinosaur Nuggets 4 pack</td>
<td>$2.20</td>
</tr>
<tr>
<td>Chicken Chippies 4 pack</td>
<td>$2.20</td>
</tr>
<tr>
<td>Fish Pieces 3 pack</td>
<td>$1.60</td>
</tr>
<tr>
<td>Party pies</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chicken Chilli Tenders</td>
<td>$1.60</td>
</tr>
<tr>
<td>Hash Brown</td>
<td>$1.00</td>
</tr>
<tr>
<td>Meat Pie Beef</td>
<td>$3.50</td>
</tr>
<tr>
<td>Sausage rolls</td>
<td>$3.00</td>
</tr>
<tr>
<td>Nachos</td>
<td>$3.00</td>
</tr>
<tr>
<td>(cornchips, mince, sour cream, cheese)</td>
<td></td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

## Condiments
- Tomato, BBQ, Sweet Chilli $0.20
SCOTTS HEAD NIPPERS
REGISTRATION
2015/16 SEASON

Sunday 11 October Scott’s Head
Clubhouse 10-12pm
Sunday 18th October Scott’s Head
Clubhouse 10-1pm (SURF CLUB
OPEN DAY)
Registration is $55 per Nipper
(Includes a Club Shirt)
Children must be 5 years of age
and 1 parent/caregiver must join!
Contact
sutherlandtribe@bigpond.com

2NVR heats up with a Latin flavour

The next live gig, Studio 3 Live, will have a Latin flavour, with ‘Fuego’ on Friday, 16 October, 6-8pm. Fuego means fire so we know it’s going to be hot, hot, hot!

This 4 piece Latin ensemble comprises of: El Salvadorian Marco Antonio Morales on Tenor & Alto Sax, Jenni Willow on Keys, Daniel Sweed on congas and lead vocalist and Cuban dance expert, Christina Monneron. They have collaborated on ‘Latinizing’ some popular old greats, as well as playing some traditional Cuban & other Latin music.

A great vibe to either listen to or better still to dance to, Fuego will get your hips swaying & shoulders shimmying and help you find your Latin heartbeat!

Bring your dancing shoes, refreshments & a plate to share, come and enjoy free, local entertainment or listen live on 105.9fm or streaming via the website.

Meanwhile, 2NVR continues to provide local news and entertainment for you. Please visit www.2nvr.org.au for your radio program.
Bowraville Theatre—October 2015

Sunday 18th October at 2pm we are delighted to bring you ‘Last Cab to Darwin’ on screen, this delightful Australian film has captured everyone’s imagination with superb acting and Wonderful scenery, the centre of Australia you may never get to see. Save this date. Box Office opens at 1.00pm, complimentary tea and coffee available. Entry is $12.00, concession $10.00, BAC members $8.00, Family of four (2x2) $25.00.

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.
Monday to Friday 10.00am to 3.00pm.
Saturday & Sunday 10.00am to 1.00pm
Every day during the school holidays.
Coach enquiries welcome Ph: 6565 8200

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
Coronation St, (PO Box 65)
Bowraville 2449
Waiting Lists May Apply Please Enquire Early Ph: (02) 6564 7657

Bowraville & District ExServices Club
Phone: 65647304  ABN 92 001 062 844
i-Wok Family Chinese Restaurant Ph: 65648898
Dinner: 5:00pm to 8:00pm Wednesday to Sunday
Lunch: 12.00noon to 2.00pm Wednesday to Sunday
Bingo: Thursday 11.00am start
Raffles and Membership draw
Wednesday and Friday evenings
THE COMMUNITY CLUB SUPPORTING THE LOCAL COMMUNITY

Mid North Coast Tutoring
Caryn Godwin
ABN: 27 225 153 394
Qualified Teacher with 20 years Experience
Catering for: Early Childhood, Primary, Secondary, TAFE, University
Focusing on: Literacy, Numeracy, NAPLAN & HSC Preparation, Music, Research & Assignment Writing Skills
Ph: 0437 300827
Email: mnctutoring@outlook.com

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

General Family and Specialist Dentistry
Nambucca Heads 6560 6666  www.dentaldesignstudio32.com.au

Orthodontist Now Available in Nambucca Heads Surgery
Orthodontists Required
Ph: 6565 8900, 6564 2525

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