BOWRAVILLE CENTRAL SCHOOL
NEWSLETTER

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BOWRAVILLE     NSW  2449               Fax: (02) 65647801               Website: http://www.bowraville-c.schools.nsw.edu.au

TERM 4, WEEK 4, 28th October 2015

PRINCIPAL: Malcolm McFarlane

## Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>29th October</td>
<td>P &amp; C Meeting 6.00 pm</td>
<td>11th November</td>
<td>Remembrance Day</td>
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<tr>
<td>29th October</td>
<td>School Social</td>
<td>11th November</td>
<td>Mixed Tag Gala Day</td>
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<tr>
<td>29th October</td>
<td>Café Open</td>
<td>12th November</td>
<td>Year 7 Portfolios</td>
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<tr>
<td>2nd November</td>
<td>Costa visiting Community Garden</td>
<td>16th to 17th November</td>
<td>Year 10 Cross Roads</td>
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<tr>
<td>3rd November</td>
<td>Kindergarten Transition 9.30 to 11.00am</td>
<td>18th November</td>
<td>Year 10 Portfolios</td>
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<tr>
<td>9th to 11th November</td>
<td>Great Aussie Bush Camp</td>
<td>19th November</td>
<td>Year 8 Portfolios</td>
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<tr>
<td>9th to 11th November</td>
<td>Year 8 and 10 Exams</td>
<td>19th November</td>
<td>Year 12 Formal</td>
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</tbody>
</table>

**Costa is visiting our Community Garden !**

![Community Garden Images]
Principal's Message

A bit of excitement is building around a couple of events coming up in the next few days. In an effort to raise awareness and funds for Multiple Sclerosis (MS) several of us are riding in the MS Sydney to Wollongong bicycle event this Sunday (1/11/15). I will be joined on the 90km ride by Mr Symonds, Mr Briggs, Mr Mason, and ten thousand other participants. Many thanks to all the support Team Bowra has already received.

We will however definitely be getting our weary legs back to school on Monday 2nd November as no one wants to miss the visit to Bowra by Gardening Australia’s Costa! This is a great compliment to the school and everyone involved in this great – and flourishing - aspect of our school community. Please join us in the garden on Monday (2/11/15) for this great occasion.

Have a great week.

Malcolm McFarlane

SCHOOL NEWS

Transition Schedule - Kinder 2016

Term 4: Compulsory Interviews & Formal Transition

Week 5 Tuesday 3rd Nov - Transition 9.30 - 11.00
(Class - numeracy focus)

Found
A mobile phone has been found outside the school’s back gate. If you believe this phone is yours, please contact the front office.

HSC TIMETABLE

4th November  Food Technology  9.25am - 12.30pm

Primary News

Starting Friday 23rd October students K to 6 will in sport time undergo development in League skills. The NRL team will come for 3 weeks for K to Yr 2 and 5 weeks for Yr 3 to Yr 6 to encourage students to remain active in sport. Students will only need a hat and sports uniform.

Owen Rushton

School Social (Primary & Secondary)

Theme “Cultures from around the World”
Thursday 29th October 2015
From 6pm to 8pm
Cost $2
Canteen will be open
For Gold Students only

Infants Social

Thursday 29th October 2015 after Lunch
Before School Snacks

Add Ice for Lunch bags.
Please order your peasant and/or lunch.

To avoid disappointment.

The Canteen
Weekly Specials at
Keep an eye out for

Canteen Menu 2015
Bowralie Central School

Soy... no credit given

Shakez Shake
Fandangle (Fairy Floss, Chocolate)
Frozen Yogurt (Strawberry)
Icy Pole Lemonade
Icy moments (Dole)
Calippo
Apple pops (assorted flavors)
Frozen Pineapple

Frozen Treats

Chips (Chicken Jerk, Honey Soy, Jumps)
Jelly & Custard
Jelly (Lime, Raspberry)
Custard
Fresh Fruit Salad (Seasonal)
Fresh Fruit (Seasonal, From)

Snacks

Large Juice (apple, orange)
FM Milk (choke, strawberry)
Secondary Students only

Up & Go (Choc, Vanilla)
Small Fruited Milk (Chocolate, Strawberry)
Small Juice (apple, orange)
Water (goonl)

Dinks
**Sandwiches and Wraps**

All sandwiches are served on wholemeal or multigrain bread. Toasted on request.

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

<table>
<thead>
<tr>
<th>Salad bowls</th>
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</thead>
<tbody>
<tr>
<td>Salad (no meat)</td>
</tr>
<tr>
<td>Chicken or ham or egg</td>
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**Daily Meal Deal Special $5.00**

- Chicken & Cheese or Ham & Cheese Sandwich
  - can be toasted on request
- 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**

- Small Garlic bread $1.00
- Dinosaur Nuggets 4 pack $2.20
- Chicken Chippies 4 pack $2.20
- Fish Pieces 3 pack $1.60
- Party pies $1.00
- Chicken Chilli Tenders $1.60
- Hash Brown $1.00
- Meat Pie Beef $3.50
- Sausage rolls $3.00
- Nachos (cornchips, mince, sour cream, cheese) $3.00
- Macaroni Cheese $3.00

**Condiments**

- Tomato, BBQ, Sweet Chilli $0.20
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 ..........................................................

Head Lice

It is common for school children to get head lice and it has nothing to do with being clean or dirty. Head lice can spread when children are in close contact, but head lice do not cause any harm to your child’s health.

To prevent your child getting head lice:

- Check your child’s hair regularly
- Keep long hair tied back, plaited or braided.

If your child has head lice:

- Remove tangles with a large comb, then comb hair with a thick, white hair conditioner using a fine-tooth comb to get rid of head lice and their eggs (nits) daily until there are no more eggs
- Inform the school so they can ask others to check their children’s hair, your child does not have to be identified.
- Continue to send your child to school

Ringworm

Ringworm has nothing to do with worms of any kind. Ringworm is a common fungal infection caused by fungi called dermatophytes that live on the skin. Ringworm can appear on the skin or scalp.

Ringworm takes its name from the red scaly patch or bump which over time forms a ring or series of rings on the skin.

It can be passed on through person to person contact as well as contact with infected animals, usually pets and farm animals.

If your child has a ringworm, it must be covered to prevent it spreading to other people. Your child may return to school once treatment has commenced.

COMMUNITY NEWS

GT Falcon Valla Weekend Show and Shine

The 33rd Annual Falcon GT Combined Car Club Cruise
Saturday 31st October 2015

Watch them cruise down the Pacific Highway from Valla Beach Tourist Park from 8am

Cars on display from 9am - 12pm
Nambucca RSL Club
Nelson Street, Nambucca Heads
COMMUNITY NEWS

On Friday 23rd & 24th October we took a team of girls to play in the NSW Koori Netball Tournament. The girls played 3 games on Friday night and 9 games on Saturday which then took the girls to semi-final. They played Newcastle Emus defeating the Emus, then went on to play the Grand Final against a strong La Perouse team. The girls coming out the winners defeating La Perouse 21-8. The girls played their hearts out never giving up, never losing hope. They showed excellent sportsmanship and fantastic ability. The girls were undefeated throughout the tournament and they had the NSW Swift Scouts ask for all girls names, quiet impressive I must say! A huge congratulations to Hunter Flanders for receiving the Most Valued Player of the Under 15’s team. Well done to all the girls who played! We would also like to thank our umpire Wurinda Gill you did a great job!

We would like to thank all our sponsors Dr Edwina Guard, Bowraville Local Aboriginal Land Council, Nambucca Lions Club and Bawrrunga Medical Centre without you we wouldn’t have been able to get the girls to play in the competition.

Sandra Gill

Skate demos, competitions and learn to skate
Macksville Park Fun and Fitness Official Opening and Nambucca River Festival

Everyone’s invited to join in the fun when Macksville Park Fun and Fitness is officially opened with special skate demos and competitions at Macksville Skate Park on Saturday 28 November.

The event begins at 9.30am at the skate park, with pro skaters showing off their moves. Bring your own skateboard or scooter to have a go in the competitions or get a free lesson throughout the morning. The events are suitable for kids of all ages.

Nambucca Shire Council and the NSW government have funded the skate park and other works in Macksville Park, including lighting for the touch football fields, a community recreation room at the Macksville Memorial Aquatic Centre and fitness trails throughout the park. For more information closer to the day, see Council’s website at www.nambucca.nsw.gov.au

In the late morning, the Nambucca River Festival kicks off with events on the Nambucca River and on the foreshore. Music, food, and festivities will continue throughout the weekend. For more information on the Festival, go to www.nambuccariverfestival.com.au

Thinking of applying for a government selective high school for Year 7 entry in 2017?

Key Dates
Tuesday 13 October 2015
Application website opens
Monday 16 November 2015
Application website closes
Late applications will not be accepted
Thursday 25 February 2016
Test authority letter sent by mail and email
Thursday 10 March 2016
Selective High School Placement Test
Early July 2016
Placement outcome information

For more information:
www.schools.nsw.edu.au/shsplacement

Bowra Jindas

Front row (LtoR) Nettie Edwards, second on right Kalysia Gill and far right Brittney Edwards
What to pack

A whole piece of fruit or veg
Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

Chopped fruit or veg
Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks
Cucumber, capsicum, celery and carrot are great options.

Canned fruit
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit
For example, apple, mango, apricots or sultanas, a maximum of once a week.

Helpful tips for Crunch&Sip®

1. Only fruit and vegetables are suitable for Crunch&Sip®.
   The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or strips; potato or veggie chips; olives; fruit canned in syrup; popcorn.

2. Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

3. Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.

4. Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.

5. Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.

6. Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child’s school may request some food items not be brought to school where there are students with severe allergies.
**Bowraville Theatre – November 2015**

**Sunday 8th November** at 2pm The Living Coast Festival will be showing two films “The Sea and Me” and “My Saltwater Sanctuary” presented by Justin Field of the Wilderness Society, and Lyn Orrego of the Nambucca Valley Conservation Association will give a talk about our forests. The whole theme of the festival is conservation and sustainability. This is a very special presentation and very close to the whole community. Entry is by donation and our theatre café will be open.

**Sunday 15th November** at 2pm the theatre will be screening “Ricki and the Flash” a film starring Meryl Streep as Ricky Rendazzo, singing in a cover band “The Flash”, having divorced her husband and left her family for her music. She has a sometime fling with Greg (musician Rick Springfield). The ex-husband is played by Kevin Kline. Streep gets an urgent phone call from home and has to return to Indiana because her daughter Mamie Gummer (Streep’s actual daughter) is in great trouble. Doors open at 1pm. Entry is $12.00, Concession $10, BAC Members $8, Family of four $25. Come along and enjoy a complimentary tea or coffee before the show. Doors will open at 1pm.

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**SPONSORS**

**Mid North Coast Tutoring**
Caryn Godwin
ABN:27225153934
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

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**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

Waiting lists may apply. Please enquire early. (02) 6564 7657

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**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

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**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
Wednesdays and Friday evenings
THE COMMUNITY CLUB SUPPORTING THE LOCAL COMMUNITY

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**Nambucca Dental Surgery**

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

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