B.C.S. Students Impress With Their Skills, Attitude And Effort

AFL Talented Athlete Day

On Tuesday last week O'Shay and Cody Tyerman, Braydon Gill, Tyrell West, Locky McEwen, Simon Walker and Locky Wright attended the Talented Athlete identification day with the Sydney Swans at Coffs Stadium. All the boys impressed with their skills and their attitude and effort. Michael O’Laughlin was the Head Coach and mentioned impressed he was. Thanks to Uncle Ritchie Donovan for his persistence in organising the afternoon.
PRINCIPAL’S MESSAGE

After a recent weather delay, I am sure that Year 7 and 8 will this week have a great camp at South West Rocks. My thanks for the great deal of effort put into the organisation of such an important learning experience by Mr Clarke, Mr Mason, Miss McPherson, Mick O’Keeffe, and Mrs Smith. We thank parents for their support of such activities, and wish everyone a safe and enjoyable time; it is through such terrific experiences beyond the classroom that not only great learning occurs but also life-long memories are made.

Congratulations also to all involved in the implementation of our S.M.I.L.E. program that has had an immediate impact in supporting students. Under the wonderful leadership and guidance of Mr Symonds and Di Flanders, our secondary volunteers are already ‘turning frowns upside down’ as part of this initiative that enables students to: Support, Mentor, Inspire, Listen, and Encourage.

Have a great week.
Malcolm McFarlane

SCHOOL NEWS

S.M.I.L.E.


Our SMILE mentors have begun working with students in Mr Caesar’s & Mr Rushton’s classes. The photos show them working on reading.

Please feel free to contact Di Flanders or myself by email at robert.j.symonds@det.nsw.edu.au or call the school if you are a parent of a student in any year and believe your child would benefit from spending some time with a student mentor. We can then match your child with one of our students.

Thank you, Mr Symonds

Adolescent Vaccination Program

Year 7 Vaccinations will be held in the morning of Tuesday 17th March. All paperwork must be submitted before hand. Verbal permission will NOT be accepted. Spare information packs are available at the office.

Year 7 male and female Students

Term 1 17th March 2015
1) Gardasil (HPV) Dose 1 to all students
2) Boostrix (diphtheria, tetanus & pertussis)

Term 2 19th May 2015
1) Gardasil (HPV) Dose 2
2) Varicella (chicken pox)
3) Boostrix & HPV—catchups if required

Term 4 13th October 2015
1) Gardasil (HPV) Dose 3
2) Catch up of Boostrix, Varicella and HPV as required

Year 11 & 12 Students

Term 2 19th May 2015
Dose 1 MMR

Term 4 13th October 2015
Catch up if necessary
Visitors and parent entry to school

All school visitors must sign in and out at the front office.

Why?
It is a legal requirement of Work Health and Safety that there is a record of every person on the worksite. Our school premises constitutes a work site and we need to comply in the same way as any other business. The law is designed to keep your child safe and it ensures the safety of all in the event of an emergency.

The only exception
If your sole purpose in the school is to drop off (before 9.00am or pick up after 3.00 pm) you may enter and leave promptly without signing.

INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS
The competitions below are available to students and are highly recommended by the school.

Please tick the box of any categories you would like your student to enter and return to the school along with the entry fee as soon as possible. All entries must be received by Monday 4th May 2015. No late entries can be accepted. Should you require any further information please contact Marian Williamson, Head Teacher. More information can be found at www.eaa.unsw.edu.au

I would like my child (name)

To enter the following categories:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Sitting Date</th>
<th>Price</th>
<th>Please Tick</th>
<th></th>
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<tbody>
<tr>
<td>Digital Technologies</td>
<td>19th May</td>
<td>$ 8.00</td>
<td></td>
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<tr>
<td>Science</td>
<td>3rd June</td>
<td>$ 8.00</td>
<td></td>
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<tr>
<td>Writing</td>
<td>15th June</td>
<td>$ 8.00</td>
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<td></td>
<td>19th June</td>
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<tr>
<td>Spelling</td>
<td>16th June</td>
<td>$11.00</td>
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<tr>
<td>English</td>
<td>28th July</td>
<td>$ 8.00</td>
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<tr>
<td>Mathematics</td>
<td>11th August</td>
<td>$ 8.00</td>
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Year 7 Gold History
As part of our Term One introductory to History Mrs Rushton took us down to the Military Museum, where we looked and spoke to some of the volunteers who work there.

Part of our task was to think like a Historian and try to work out who the people on the walls were. We would like to thank the workers and we will see you again next visit.
As well as this General Voluntary Contribution, it is necessary to set other subject fees in the Secondary Department. This is to cover the cost of materials and equipment in Industrial Techniques, Food Technology, Art, Music, Photography, PASS, Agriculture and Distant Ed. Industrial Techniques - Timber and Metal are levied according to the cost of individual projects.

In addition to these charges it is essential that Maths students in Years 8, 9 and 10 purchase a calculator. Approved calculators are available from the School Office for $20.00.

Should there be difficulties making this payment, please do not hesitate to contact us so that other arrangements can be made. Payment by instalment is acceptable.

Malcolm McFarlane
Principal
Fruity Summer treat – Iced Fruit Kebabs

Ingredients: 1 kg watermelon
3 large mangoes
200g strawberries
3 kiwifruit

Method - Remove the rind and seeds from the watermelon, cut into 1.5cm thick slices (use a star cutter to cut shapes from the flesh if available). Cut the strawberries in half. Cut the cheeks from the mango stone, remove the skin and cut each cheek into thick slices. Remove the skin from the kiwifruit and cut into 1.5cm thick slices. Thread the fruit onto bamboo skewers and place on a paper-lined non stick baking tray. Cover with plastic wrap and freeze until solid. Makes 8.

Recipe source: Healthy Kids - Eat Well, Get Active

When lunch comes home ... again
Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.
Find out more: http://bit.ly/K7IoJD

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.
Find out more: http://bit.ly/xHLLDH

Exam stress busters
The mere thought of an exam can make kids nervous. Help create the right study conditions for your child in the lead-up to exams and know the warning signs if it’s all getting too much.
Find out more: http://bit.ly/LleZfV

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

Donations for our Easter Raffle will be gratefully accepted at the office

Thank you for your support

MULTI-2015 FUNDRAISER

Cancelled
due to lack of support

PRE-LOVED UNIFORMS
Second-hand uniforms are available from the front office at $5 a piece!
If you have current uniforms that are no longer needed please donate them to the front office.

THANK YOU FOR YOUR SUPPORT!

CENTRELINK-APPROVED VOLUNTEERS
If you need to have Centrelink approved volunteer hours... our P&C-run canteen can provide this!

Our Canteen Manager, Alyson Grace, would love your assistance!
Canteen News “Eat Healthy Stay Happy”

The Canteen has new icy poles
Calippo - $1.00 and
Paddle Pop Shaky Shake - $2.00

Canteen Term 1
Meal Deal Special $4.50

Meal
Chicken & Cheese sandwich / toasted
Ham & Cheese sandwich / toasted
Wrap - Chicken, Lettuce & Mayo

Drink
☐ Water
☐ Fruit Popper apple / orange

Treat
☐ Alfie Pop
☐ Canteen made snack

Fruit
A piece of in season fruit
☐ Recess ☐ Lunch

Name…………………………………………..
Class ……………………………………………

Community News

Kids’ fishing workshop

LOCATION: Bellwood Park, Riverside Drive, Nambucca.
DATE: 9th of April 2015
BOOKING CLOSE: 2nd of April 2015
CONTACT: Milan Duwenhocker-Lange
0458 274 876 (please leave a detailed message)
milan.duwenhocker@dpi.nsw.gov.au

Aboriginal Holiday Splash Program
13 to 17 April, 2015

The Holiday Splash Program is being offered to Nambucca Shire Aboriginal children aged 3 to 12 years.
The Sport and Recreation Division of the Office of Sport has enlisted the services of the YMCA Macksville Memorial Aquatic Centre to provide FREE learn to swim group lessons during the upcoming school holidays.
The program will cater for all ability levels with classes running for 5 consecutive days.

Dates:
Monday 13 to Friday 17 April, 2015
COST: FREE to Aboriginal children aged 3 to 12 years

Venue: YMCA Macksville Memorial Aquatic Centre
Times: You will have a 30 minute lesson some time between 8.00am & 12.00pm
BRING: Swimsuit, goggles, towel and warm clothes for changing

PLEASE NOTE: Places are limited and enrolment is essential. Once spots are filled the program will be closed for enrolments — first in best dressed.

“Applicants MUST state that their child is enrolling as an Aboriginal participant under the Sport & Recreation Holiday Splash Subsidy Program”

Enrolment forms should be completed and returned to:
YMCA Macksville Memorial Aquatic Centre
23A Cooper Street
Macksville 2447
Ph: 66581445
Fax: 66584866
Email: admin@macksville@ymca.org.au

Don’t forget your manners!
And treat others in line with respect!
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>9/4/15</td>
<td>EXCURSION Kegel 9 Pin Bowling (Coffs Harbour) Lunch at Urunga Park</td>
<td>$16.00</td>
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<tr>
<td>8/4/15</td>
<td>Novelty &amp; Track Races Wear your loggers</td>
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<tr>
<td>7/4/15</td>
<td>Group Construction Competition (LEGO, blocks &amp; boxes)</td>
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<tr>
<td>14/4/15</td>
<td>Craft; Paddle pop stick house Cooking: Apple Muffins</td>
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<tr>
<td>15/4/15</td>
<td>EXCURSION Lazer Tag &amp; Toboggan ride OR Ice Skating at the Big Banana, Coffs Harbour (see newsletter for info)</td>
<td>$18.00</td>
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<tr>
<td>13/4/15</td>
<td>Salt dough &amp; sand clay creations Cooking: Fruit &amp; Yoghurt ice cups</td>
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<tr>
<td>20/4/15</td>
<td>ONLY NAMBUCCA CENTRE OPEN TODAY Board Games &amp; Celebrity HeadsComp! (Prizes!!) Cooking: ANZAC Biscuits</td>
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SPONSORS

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 (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

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Sunday March 15th at 2pm the Theatre is proud to present a live show called ‘Dead Men Talking’ starring well known actors Max Cullen and Warren Fahey and comprises of conversations between Henry Lawson and Banjo Patterson. Tickets are $25.00 concession and students $20.00. Doors open at 1pm.

Wednesday March 18th at 2.00pm we have a Special Film Show, ‘It’s Your Call’, ‘Short Film Awards for the Young at Heart’. Everyone is welcome and this is being shown for Senior’s Week, entry is by gold coin donation.
Take this opportunity to enjoy our beautiful air conditioned Theatre with full wheelchair access. Doors open at 1.00pm and ice creams, drinks and lollies are available.

Resuming their School term the Bowraville Hospitality Students will once again be delighting the public with their expertise in the Theatre Cafe on the last Thursday of each month, so do call in and support them, they will be happy to welcome you.

Thank You, Dorothy Evans.