BOWRAVILLE CENTRAL SCHOOL
NEWSLETTER

23 High St, PO Box 212
BOWRAVILLE NSW 2449
Ph: (02) 65647162
Fax: (02) 65647801

Email: bowraville-c.school@det.nsw.edu.au
Website: http://www.bowraville-c.schools.nsw.edu.au

TERM 2, WEEK 2, 29th April 2015

Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Dates</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>30th April</td>
<td>P&amp;C AGM and General Meeting 6.00pm</td>
<td>12th to 14th May</td>
<td>NAPLAN</td>
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<tr>
<td>30th April</td>
<td>School Social Years 3 to 12</td>
<td>15th May</td>
<td>Year 8 Maths Excursion—UNE</td>
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<tr>
<td>30th April</td>
<td>Bowraville Theatre Café - open</td>
<td>19th May</td>
<td>Vaccinations Yrs. 7, 11 &amp; 12</td>
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<td>5th May</td>
<td>Year 12 Parent/Teacher afternoon</td>
<td>21st May</td>
<td>Touch—Inverell</td>
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<td>6th May</td>
<td>Year 9 - Science Challenge (Kempsey)</td>
<td>22nd May</td>
<td>Mufty Day—Gold coin</td>
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BOWRAVILLE ANZAC CEREMONY 2015

Proud member of Nambucca Valley Community of Public Schools
**PRINCIPAL’S MESSAGE**

**Many reasons to feel proud**

Every year on ANZAC Day a large number of our students attend, dressed in uniform, and ready to march as a sign of respect and thanks. Each year I am very proud to march with them and many staff colleagues. The Centenary of ANZAC 2015 will always stay with me however for the exceptional manner in which our students participate with pride and respect.

It has been a privilege for me to be part of the ANZAC 2015 Committee for several years, as the Nambucca Valley schools’ representative. Students and staff from all schools were able to participate and everyone did so wonderfully. The students who spoke or laid wreaths all performed their tasks with great dignity – a source of pride I am sure for every school community.

The student research displays on show at Grants Hall were likewise of a very high standard. Thanks and congratulations to everyone involved in this great example of research and collaboration.

Bowraville students were asked to perform several important tasks, including forming the ‘Cenotaph Party’ at the head of the parade. Whether as part of this group or as a marcher behind our school banner, I hope every student who participated feels justly proud of their involvement. It really was a job well done! Not all students received a commemorative hat or bag but more important than these items, I hope that everyone will treasure the memory of being a part of something very important and special.

Have a great week.

**SCHOOL NEWS**

**School Social**

**Mask Theme**

For Years 3 to 12

Thursday 30th April

6.00pm to 8.00pm

Food and drink will be available from the canteen

This is a Gold Student Event

**Live Life Well At School**

Congratulations to all the crunchers, munchers and sippers!

Due to the support of many parents and students who continually provide fresh fruit, vegetables and water for our crunch and sip time, Bowraville Central School has been given $400 in the form of gift cards from Bunnings.

This amount will go towards providing new gardening tools and supplies for the Community Gardens where the students are helping to grow their own fresh produce.

So it’s a big thank you to those who are supporting healthier eating and a healthier lifestyle for our kids.

Just a reminder—it only takes some carrot, celery, apple, orange, grapes etc. so that your children can be part of our very successful Crunch & Sip programme.

*Students from 1/2R who constantly take part in Crunch and Sip are proudly holding the $400.00 gift cards from Bunnings.*

**Year 12 Parent/Carer Teacher Meeting**

Reports for Year 12 Students should go home at the beginning of Week 3. A parent/carer & teacher meeting has been planned for Tuesday 5th May from 4.00pm to 6.00pm in the School Library.

We welcome all students, parents and carers to come along and have a discussion about their progress, career or further study options and their progress.

No appointment is necessary.

If you cannot attend this session and wish to have a discussion with an individual teacher, please give them a call at school to make an appointment.

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Head Teacher
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www.screenfree.org

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Screen Free Week is an annual international cele-
bration when families, schools and communities
swap digital entertainment for the joys of life be-
yond the screen.
Instead of watching TV, using a computer or play-
ing video games, ideas for activities to do include:

- Go for a walk as a family
- Play a board game or cards
- Make dinner as a family
- Read a book to your children
- Volunteer in your community
- Paint a picture

For a FREE family guide and resources go to
www.screenfree.org

WANTED
Donations for Year 8 Sustainability Project
- pots ● Clothes & hats
- Frangipani cuttings ● Glass jars
- Old frames ● Sewing bric a brac
- Jars (small baby food jars) ● Glitter
- Fabric ● Seeds

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

P&C AGM and GENERAL MEETING
30 April, 2015
Next Meeting is an AGM followed by a General Meeting
starting at 6.00 pm in the School Library.
All positions are declared vacant and made available.
These include:
- President
- Vice President
- Junior Vice President
- Treasurer
- Secretary
- Fundraising Coordinator
- Uniform Officer
- Canteen Convenor

More members are urgently needed to attend meetings! While there are executive positions up for
grabs, your presence is the main requirement just to
have enough people (5) to be able to make decisions!

Everyone Welcome!

CANTEEN NEWS “Eat Healthy Stay Happy”

There has been a price rise in the canteen menu due
to an increase in suppliers prices.

New prices will start on Monday 4th May. Our menu
is included in this Newsletter. Infants and Primary
Students are served at 11.10am for recess and
1.10pm for lunch so it is important to have orders in
before 8.55am so they don’t miss out.

You Are Invited
We would like to invite you to a forum to share
ideas on how you can support your child’s reading
development at home. This half hour session prior
to the P&C meeting on Thursday 30th April at
5:30pm in the school library will give you some
simple tips on:

- how to introduce a book
- what to do when your child
  makes a mistake
- questions you can ask to
  improve comprehension of the story
- ideas for praise

Looking forward to seeing you and sharing ideas to
improve learning opportunities for your child.

Regards
Staff of Bowraville Central School
Drinks
Water (600ml) $1.00
Small Juice (apple, orange) $1.60
Small Flavoured Milk (Chocolate, Strawberry) $1.70
Focus Water (Razz, Blackcurrant) $2.00
Up & Go (Choc, Vanilla) $2.50
LOL cans $2.20

Secondary Students only
FM Milk (choc, strawberry) $3.50
Large juices (apple, orange) $2.60

Snacks
Cheese & Biscuits $0.50
Fresh Fruit (seasonal) from $0.70
Fresh Fruit Salad (seasonal) $2.00
Custard $1.50
Jelly (Lime, Raspberry) $1.00
Jelly & Custard $1.50
Chips (chicken JJs, Honey Soy, Jumpys) $1.40

Frozen Treats
Frozen pineapple $0.50
Alfie pops (assorted flavours) $0.60
Calippo $1.00
Icy monkeys (choc) $1.00
Icy Pole Lemonade $1.00
Frozen Yoghurt (Strawberry) $2.00
Fandangles (Fairy Floss, Chocollow) $1.50
Shaky'z shake $2.00

Sorry...no credit given

Bowraville Central School
Canteen Menu 2015

Keep an eye out for weekly specials in the News Letter

To avoid disappointment
Please order your recess and/or lunch.
Add 10c for lunch bags.

Before School Snacks
Milo – Hot/Cold $1.50
Toasted Cheesy ½ Roll $1.00
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>
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<tr>
<td>Ham or chicken</td>
<td>$2.60</td>
</tr>
<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>
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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.

Salad bowls
Salad (no meat) $4.50
Chicken or ham or egg $5.00

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
Small Garlic bread $1.50
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 $3.00
(cornchips, mince, sour cream, cheese)
Macaroni Cheese $3.00

Condiments
Tomato, BBQ, Sweet Chilli $0.20
what to pack

A bottle of plain water
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

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 wraps; 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.
Fight For Crystal-Rose

All Proceeds to Crystals’ family to help pay for expenses such as travel to and from Sydney, accommodation and medical treatment costs.

17th May 2015
starting at 11:45am

Located at the corner of Hogbin Drive and Rugby Street, SAWTELL

INCLUDING:

♥ Football match with players jerseys auctioned off at the end of the game

♥ Sausage sizzle

♥ Raffle tickets with AWESOME prizes such as a two night stay in Coffs Harbour (including breakfast!)

♥ Face Painting

♥ Jumping castle

♥ Live entertainment at half time

♥ And so much more family fun!!!
COMMUNITY NEWS

For more information visit www.families.nsw.gov.au

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you can be

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Triple P Seminars:
Session 1: Wednesday 13th May 2015 - THE POWER OF POSITIVE PARENTING
Session 2: Wednesday 20th May 2015 - RAISING CONFIDENT, COMPETENT CHILDREN
Session 3: Wednesday 27th May 2015 - RAISING RESILIENT CHILDREN

Time: 10am – 12 noon

Where: Bowraville Community Pre-School

FREE childcare is available - BOOKINGS ESSENTIAL - as spaces are limited
BOWRAVILLE THEATRE – May 2015
Saturday and Sunday, 2nd and 3rd May at 2pm, Our Bowraville Theatre Singers will celebrate 10 Years since their formation with a concert called ‘Encore’ Tickets are $18.00 and concession % 15.00. Doors will open at 1pm. Coffee, tea and cake will be available at the café.

Saturday 9th May at 7.30pm, we will be holding a Gala Opening to celebrate the installation of Cinema Digital Equipment at our Theatre which will enhance viewing and sound. The film to be shown is ‘The 2nd Best Marigold Hotel’ and the theme for the evening is Indian. We would love it if you dressed accordingly. Wine, canapés and nibbles with an Indian flavour will be served. Doors will open at 6.30pm. Entry is $15.00 inclusive.

Saturday 16th May at 7.30pm, We will be screening ‘SUNDAY’ a film directed and produced by Michelle Joy Lloyd and starring Dustin Clare and Camille Keenan. This story is about Eve and Charlie who are about to have a baby. After years of History and months of separation, Eve and Charlie have 24 hours to find their way forward. Set in Christchurch, New Zealand one year after the earthquakes that devastated the city. ‘SUNDAY’ is a story like the city, one of past devastation and a chance at rebuilding. Doors will open at 6pm and entry is $12.00, concession $10.00, and BAC members $8.00.

Saturday, 23rd May at 7pm, we will be welcoming Chrissie Shaw to our stage performing ‘Bijou’, a Cabaret of Secrets and Seduction. Tickets are $25.00, concession $20.00 and are available at Helloworld, Nambucca, Harriets Kitchen, Macksville and Tickethost.com.au

Saturday 30th May at 5pm, the Film society will once again be showing a double feature, the first film is ‘Monsieur Lashar’ (French), in Montreal an elementary dies suddenly. Bachir Lashar goes along to offer his services, he finds himself in an establishment in crisis while going through his own personal tragedy.

The second film, ‘The Triplets of Belleville’ (French Animation) is richly detailed and loaded with surreal touches. This is a story of a boy who is raised by his Grandmother and dreams of one day winning the ‘Tour de France’. His Grandmother buys a bicycle but he gets kidnapped and a complicated story begins.
**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 & 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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Focusing on: Literacy, Numeracy, NAPLAN & HSC Preparation, Music, Research & Assignment Writing Skills
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EMAIL: MNCTUTORING@OUTLOOK.COM

**Bowraville Community Pre-School**
Professional staff in a friendly, caring environment
2-4 yr olds MON, TUES Coronation St, (PO Box 65)
4-5 yr olds WED, THURS, FRI Bowraville
Time: 9am - 3pm 2449
Waiting lists may apply Please enquire early (02) 6564 7657

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

**FREE**
Monday 27th April 2015
9.30 to 11.30am
1 Briner Street Macksville

**Newsletter Sponsorship**
$55.00 Per Year Business Card Size
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$5.50 per week—AS Size
$2.20 per Week—Business card Size