DONATELIFE - COFFS HARBOUR SHOW

Last Saturday 6 students accompanied Mrs Argent to the Coffs Harbour Show where they volunteered on the Donatelife stall. Students Jade Dorrian, Faith Dorrian, Aran Lyons, JamieLee Mackaway, Brianna Lawson and Rourke Blakemore were congratulated on their professional approach to the service by Anne Judd the Clinical Nurse Specialist from Coffs Harbour Health Campus. The students distributed brochures, chatted with show goers and handed out promotional material. They then took the message into the show ring during the Grand Parade.
PRINCIPAL’S MESSAGE

Principal’s Message

‘Playing to Win’

In last week’s Newsletter I mentioned the very positive day of professional learning we had with Dr Chris Sarra on Monday 20th April. Students also had the opportunity to hear from Chris on their first morning back at school this term (Tuesday 21st April). The simple message he offered all at a brief ‘commencement assembly’ was to ‘Play to Win’ in all things that we do.

This term it has been a great pleasure to witness the many ways we are seeing this simple message enacted across the school. Whether it is students being helpful in the playground; staff taking on new challenges in their teaching; or students having a second or third attempt at a challenging topic of learning in their classroom; our school is going to visibly improve for all if we do genuinely attempt to ‘Play to Win’.

This simple phrase is also a great way to assist those who could do better in their learning or behaviour. I have recently had cause to challenge some students about how honest they are being with their efforts and contribution to the school. However, being reminded of such a simple message has helped reshape their thinking. By not bringing their best, healthy, positive selves to school a student is not playing to win. By genuinely trying hard, listening, cooperating, collaborating, and pushing themselves to the next level, everyone can feel like a winner.

Unlike on the sporting field, winning in this context does not mean that there has to be a loser. The real competition is with ourselves; and the more people who really play to win, the better our whole school community will be. The only losers are those who don’t honestly reflect on their efforts.

Have a great week.

Malcolm McFarlane

SCHOOL NEWS

Students with new tools Mr Day received from Bunnings.
## Half Yearly Exam Times

Years 9 and 10 exams will be held during class in Week 5, starting Monday 18th May 2015.

Years 7 and 8 exams will be held during class in Week 6, starting Monday 25th May 2015.

### Year 10 Exam Timetable

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<th>Normal classes other than exams</th>
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<td><strong>Week 5</strong></td>
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### Year 11 Half Yearly Exam Time Table

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<th><strong>Week 6</strong></th>
<th><strong>Monday 25/5/15</strong></th>
<th><strong>Tuesday 26/5/15</strong></th>
<th><strong>Wednesday 27/5/15</strong></th>
<th><strong>Thursday 27/5/15</strong></th>
<th><strong>Friday 28/5/15</strong></th>
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<td>1</td>
<td>English</td>
<td>Maths</td>
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<td>Hospitality</td>
<td>Normal class</td>
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<tr>
<td>2</td>
<td>English</td>
<td>Maths</td>
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<td>Hospitality</td>
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Lets go to the SNOW and CANBERRA
2016 September 1st to 7th

Bowraville Central School Tri annual major excursion.

To secure your seat, please pay a $20.00 deposit at the office.

We are booking this amazing trip for 2016. In order to secure our accommodation we need to organise predicted numbers.

Years 7 to 11 this year are invited to bring in their $20.00 deposit to secure their seats for next year. Students who do not apply now will not be guaranteed a seat.

Summary of draft itinerary
Day 1 - Depart School at 6.00am

Day 2 - Parliament House - tour, education, Hospitality
- Australian War Memorial
- Questacon
- Telstra Tower

Day 3 - National Capital Exhibition
- National Gallery of Australia
- MoAd at Old Parliament House
- Museum of Australian Democracy
- Embassies and Lodge tour
- Electoral Education Centre

Day 4 - Snowsports and lessons at Perisher Smiggins

Day 5 - Snowsports and lessons at Perisher Smiggins

Day 6 - Snowsports and lessons at Perisher Smiggins
- Overnight journey home.

Parent Workshops
Thank you to the wonderful parents who were able to attend the ‘Helping Your Child With Reading’ workshop. Now that it’s getting cool, maybe a daytime session would be better. So we can best cater for times that suit most parents/carers, we need to know when is best for you and what you’d like to know more about.

Please return this survey to the office to help us plan useful parent workshops.

Name__________________________________
Child’s Name____________________________
Class____

Which Day (please tick) M__ T__ W__ TH__ F__

Time of Day Before school as you drop your

child off

Before lunch

After lunch

After school - 3.00pm

At night

What topics would you like to learn more about?
Reading ____ Writing ____ Maths ____

Other ____________________________________

_____________________________________

_____________________________________

_____________________________________

_____________________________________

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
### Canteen term 2

**Meal Deal Special $5.00**

**Meal**
- [ ] Chicken & Cheese sandwich / toasted
- [ ] Ham & Cheese sandwich / toasted
- [ ] Creamy Pasta bake (Mince, pasta, cheese)

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

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

**Fruit**
A piece of in season fruit

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- Strawberry & Chocolate
- Soft drinks $2.00
- Water $2.00
- Coffee (cup size) & Cake SPECIAL $5.00

**Wraps**
- Chicken Salad $6.00
- Tasty Cheese Salad $5.00
- Ham Salad $5.00
- Mayo and Sweet chilli sauce available

**Sandwiches**
- Cheese and tomato $3.50
- Ham, cheese, tomato $4.00

*Dine in or takeaway – phone in your order 0418648124*

*Café open from 9.30am to 12.30pm*

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**Environmentally Friendly Lunchboxes**

Packaged foods generate a lot of waste at home and at school and have a big impact on our environment. These foods are often much more expensive and contribute a lot of energy to a child’s overall intake. Why not try throwing a piece of fruit in the lunchbox instead?

For more information go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

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

There were a few errors on the menu - LOL’s are $2.50 and Small Garlic Breads are $1.00

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.

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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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<td><strong>Yr. 9/10 Exams</strong></td>
<td><strong>Vaccinations Yrs. 7, 11 &amp; 12</strong></td>
<td><strong>Inverell Touch Café open</strong></td>
<td><strong>Future Careers Day</strong></td>
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<td><strong>Queen’s Birthday Holiday</strong></td>
<td><strong>ICAS Science</strong></td>
<td><strong>Athletics Carnival</strong></td>
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Move!

Move is a program specifically for children, designed to improve their strength and flexibility through structured and free play activities. Participating in physical activity is important for preschool aged children helping them to sleep better and to manage physical and emotional challenges.

Start: Monday, 25 May 2015
When: 11am to 12pm
Where: 1 Briner Street Macksville
Ages: 3 to 6 years
Cost: $6 per session

For enquiries please call us on 65884026

YMCA Macksville is proud to be working together with Nambucca Early Childhood Intervention Centre.

Excellence in Child Dental Services

Call today on 1300 65 16 25

All children under 18 yrs of age can receive FREE DENTAL CARE through the Mid North Coast Local Health District.

PARENTS DO NOT NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.

Please call 1300 65 16 25 if you would like your child to have a check-up.

IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.
BOWRAVILLE THEATRE – May 2015

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.

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Mid North Coast Tutoring
Caryn Godwin
ABN:27225153394
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

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

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

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$2.20 per Week—Business card Size