**BOWRAVILLE CENTRAL SCHOOL NEWSLETTER**

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**TERM 2, WEEK 6, 27th May 2015**

**PRINCIPAL: Malcolm McFarlane**

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**Calendar**

<table>
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<th>Date Range</th>
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<td>25th to 29th May</td>
<td>Year 7 &amp; 8 Exams</td>
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<td>25th to 26th May</td>
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<td>25th to 29th May</td>
<td>Year 10 Careers Excursion</td>
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<td>Year 11 Exams</td>
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<td>1st to 2nd June</td>
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<td>Athletics Carnival</td>
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<td>16th June</td>
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<td>ICAS Spelling</td>
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<td>19th June</td>
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<td>ICAS Writing</td>
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<td>19th June</td>
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<td>Pirate Day for Brain Cancer</td>
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<td>19th June</td>
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<td>Blood Donation Day</td>
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**Year 8 UNE Maths Day - Armidale**

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

Principal’s Message

It was with great pride that we heard great things about our secondary sportsmen and sportswomen in action last week at Inverell. Not only did they meet with great sporting success but their maturity and cooperation during the lengthy journey and time away was deserving of high praise. Congratulations to all involved, and many thanks to Mr Clarke and Aunty Di Flanders for your organisation and dedication.

This week Year 10 students are in Sydney for their Careers Excursion. Each year for some time now Bowraville Central and Nambucca Heads High School have combined forces to create a wonderful experience for Year 10 students as they consider their best pathways in the coming senior years. We wish them well and thank Mr King and Mrs Smith for their enthusiasm and efforts in organising the excursion and accompanying this fine group.

Have a great week.

Malcolm McFarlane

SCHOOL NEWS

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.

Donations for 7/8 Sustainability Project

On Friday afternoons Years 7 & 8 have been doing project based learning activities around the theme of sustainability, planning and designing projects that will allow them to explore their own interests while finding out about sustainability through hands on learning. In order for the students to reach their goals and in keeping with the sustainability theme, they are calling for donations of the following items:

Old Clothes  Older wooden furniture
Glitter  Sandpaper
Lace  Paint brushes
Ribbon  Hay
Buttons  Potting mix
Wooden boxes/crates  Vegies seedlings or seeds
suitable for chickens  Terracotta pots
to lay in  Plastic pots
Chicken feeders and  Craft glue
water feeders  Crepe paper
Seed trays  Tinsel
Wool  Pallets/fence palings
Leather shoe laces  Rope
Gold & silver paint  String

Any of these things that can be sourced from the community would be a significant bonus to both the students and the environment. If you are able to deliver any of these items to the school it would be greatly appreciated.

Thanks, Josh Le Cerf

Give Me Five For Kids

Bring your 5c coins along to the School Athletics Carnival on the 12th June.

See which House can raise the most money!

Owen Rushton
Inverell Touch

A great overnight excursion by the Bowraville 16s and Open girls and boys touch teams. After an early start we arrived at Inverell to find 8 x 16s girls teams in 2 pools of 4 and 7 x 16s boys teams in 1 pool.

The girls played each team in their pool for the following results:
Bowraville 5 Ashford 1
Bowraville 5 Bingara 0
Bowraville 1 Bundarra 4
The girls came 2nd in the pool and had to play 1st in the other pool to qualify.
Bowraville 0 Woodenbong 5
Bowraville finished 3rd.
Woodenbong last years State Champions.
Bundarra last years State Runners Up.

Boys played everyone in the draw for the following results:
Bowraville 3 Bingara 0
Bowraville 2 Ashford 2
Bowraville 3 Walcha 1
Bowraville 5 Barraba 0
Bowraville 3 Bundarra 0
Bowraville 2 Woodenbong 4
Boys came 2nd overall and qualified for Dubbo.

Lost to Bundarra in Final to finish 3rd.

Boys
Bowraville 2 Barraba 8
Bowraville 2 Woodenbong 8
Bowraville 7 Ashford 5
Finished 3rd in pool.

Played Manilla in play off, won 5 - 1, to finish 5th.
Great work everyone. A big thanks to Di Flanders for her help. Zara and Nesta for driving out to Inverell and everyone for their good behaviour and effort.

Richard Clarke

Crystal Rose Fundraiser

Raise $200 by Friday 5th June and Riley Hillery will shave his head in support. If anyone else likes to join the challenge let us know and we will organise further sponsorship days. What can you do? Bring in gold coin donation on Friday 5th June.
Year 10 waiting for the train - Sydney Careers Excursion.

**Half Yearly Exam Times**

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

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Monday 25/5/15</th>
<th>Tuesday 26/5/15</th>
<th>Wednesday 27/5/15</th>
<th>Thursday 27/5/15</th>
<th>Friday 28/5/15</th>
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<tbody>
<tr>
<td>1</td>
<td>English</td>
<td>Maths</td>
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<td>Hospitality</td>
<td>Normal class</td>
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<td>2</td>
<td>English</td>
<td>Maths</td>
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<td>Hospitality</td>
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<td>Tutorial</td>
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<td>1 April</td>
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<td>22</td>
<td>23</td>
<td>24校校Cross Country</td>
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<td>2 April/May</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30校校Cafe Open P &amp; C AGM</td>
<td>1校校2/3</td>
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<td>3 May</td>
<td>4校校Yr. 12 Parent Teacher Afternoon</td>
<td>5校校Science Challenge Yr 9 Kempsey</td>
<td>6校校Yr. 12 UNE Maths</td>
<td>7校校District X Country</td>
<td>8校校9/10</td>
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<td>4 May</td>
<td>11校校NAPLAN</td>
<td>12校校NAPLAN</td>
<td>13校校NAPLAN</td>
<td>14校校Yr. 8 UNE Maths</td>
<td>15校校16/17</td>
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<td>5 May</td>
<td>18校校Yrs 9/10 Exams</td>
<td>19校校Vaccinations Yrs. 7, 11 &amp; 12 ICAS Digital Tech</td>
<td>20校校Inverell Touch Cafe open</td>
<td>21校校Future Careers Day</td>
<td>22校校23/24</td>
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<td>6 May</td>
<td>25校校Yr. 10 Careers Excursion Yrs 7, 8, Exams Yr. 11 Exams</td>
<td>26校校Yr. 12 UNE Booster</td>
<td>27校校Year 11 Exams</td>
<td>28校校</td>
<td>29校校30/31</td>
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<td>7 June</td>
<td>1校校Yr. 12 UNE Booster</td>
<td>2校校Yr. 12 UNE Booster</td>
<td>3校校ICAS Science</td>
<td>4校校</td>
<td>5校校6/7</td>
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<td>8 June</td>
<td>8校校Queen’s Birthday Holiday</td>
<td>9校校ICAS Spelling</td>
<td>10校校</td>
<td>11校校Athletics Carnival</td>
<td>12校校13/14</td>
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<td>9 June</td>
<td>15校校ICAS Writing</td>
<td>16校校ICAS Spelling</td>
<td>17校校</td>
<td>18校校Pirate Day Blood Donation Day</td>
<td>19校校20/21</td>
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<td>10 June</td>
<td>22校校</td>
<td>23校校</td>
<td>24校校Cafe Open</td>
<td>25校校</td>
<td>26校校27/28</td>
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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.

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

- **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
  - ❑ Recess ❑ Lunch

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

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

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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)

**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 grill

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

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**DON’T FORGET YOUR MANNERS!**

And treat others in line with respect!

**TO AVOID DISAPPOINTMENT**

Please order your recess or lunch in the morning
**Community News**

**Move!**

Move is a program specifically for children, designed to improve the strength and flexibility through structured and fun 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** - 11 am to 12 pm  
**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.

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**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 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.