### Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd June</td>
<td>ICAS Science</td>
<td>16th June</td>
<td>ICAS Spelling</td>
</tr>
<tr>
<td>3rd June</td>
<td>The Firebird</td>
<td>19th June</td>
<td>ICAS Writing</td>
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<tr>
<td>11th June</td>
<td>U13 Rugby League Gala Day Inverell</td>
<td>19th June</td>
<td>Blood Donation Day</td>
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<td>11th June</td>
<td>“Going to Uni” SCU</td>
<td>19th June</td>
<td>Pirate Day for Brain Cancer</td>
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<td>12th June</td>
<td>Athletics Carnival</td>
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<tr>
<td>15th June</td>
<td>ICAS Writing</td>
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</table>

### Year 10 Sydney Careers Excursion

[Image of students]
**Principal’s Message**

**Looking Forward**

As students progress through their secondary years there are important, complex and potentially stressful decisions to be made about subject selections and life beyond school.

At Bowraville Central School we are very proud of creating an annual major excursion to Sydney for Year 10 students in order to both broaden their career and study options and to therefore assist with students’ senior secondary subject selections. Reports from both students and staff about the 2015 trip - that took place just last week - have all been extremely positive. Visits to universities and various enterprises were very timely and hopefully further encouraged everyone to strive in their studies here and for their futures beyond year 12.

Congratulations to all students for making the most of this great week of opportunities, and many thanks again to Mr King and Mrs Smith for ensuring that the experience was so positive.

Our Year 12 students have this week also travelled some distance in order to enhance their academic futures. Students are attending the University of New England HSC Booster Days – benefitting not only from the academic expertise on offer at the University but also by studying with Year 12 students from across the region. Thanks to Sally McPherson and Sue Luong-Van for enabling this great experience for our Seniors.

Have a great week.

Malcolm McFarlane

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**SCHOOL NEWS**

**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

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**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
- Old rabbit hutches
- Chicken mesh
- and hutch parts
- Wood
- Paint
- Nails

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, Sustainability Team

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**After School Activities**

Sponsored by Nambucca Shire Council

Wednesday 3.30 to 5.30pm

Healthy Food and Activities

Year 5 to Year 12
Congratulations to Zayla Castle selected in NC Touch Team. Cody Tyerman has also been selected as a reserve in the boys NC Team.

At the Mid North Coast Cross Country Kira Goodwin, Zayla Castle and India Walker all ran well but met some serious competition, placed 23rd, 27th and 14th. The girls tried hard and represented our school very well in their 2 and 3 km run.

Owen Rushton

PBL update # 4

The Values have been chosen and now we are explicitly teaching these values in class on a Friday morning across the whole school.

The first three values have been taught using a visible learning lesson template with an engagement factor, specific learning goal and a success criteria.

The first value taught was Resilience! Students did role plays to show what it looked like to NOT be resilient and then what it looked like demonstrating that behaviour. There were some entertaining improvisations about what it looked like to “spit the dummy” when getting out in handball!

Next up was Teamwork and then last Friday was Respect, that’s right R...E...S...P...E...C...T!

Win bins and class awards have been designed and are being handed out to reward students who display the values in the playground and the classroom. Prizes are also being sourced to give out to students who win the weekly assembly draws.

We are planning a PBL celebration day where we can move around workshops and understand the values more deeply and have fun. Wrist bands and signage are our next goals.

The PBL team meets every Wednesday in the meeting room, everyone is welcome to come and we would love student, parent and carer representatives to join us.

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.
Year 10 Careers Excursion

Twenty students and two teachers from Bowraville Central School went on a Careers excursion to Sydney last week. We had visits to Sydney University, The NSW State Parliament, The Art Gallery, The Marriot Hotel, Sydney Harbour, Sydney Fish Markets, Manly Beach, National Art School, Whitehouse Design, Academy of Interactive Entertainment, and the big Careers Expo at the Sydney Showgrounds. This enabled the students to see the many different study, job and career options that can be found at these different institutions. They also travelled around Sydney using a number of different public transport options like rail, bus, light rail and ferries. In addition the students had night time visits to see the Vivid Light Festival, the State of Origin and the movies. I believe this trip has been really beneficial to the student’s careers development as it has given them a number of new options and opened their eyes to the opportunities that are available outside the district. I would especially like to thank the Bowraville Lions Club for their kind donation that helped to make this trip possible for many of the students. Finally I would also like to commend all the students who were immaculately behaved and were a credit to Bowraville Central School and my fellow teacher Di Smith for her assistance on this amazing excursion.

Mr King
Year 7 Technology Mandatory

Construction of a No-Dig Garden Plot

1. Select site for No-Dig Garden.
2. Cover weeds with thick wet newspaper as base, excess from Bowra Newsagent.
3. Cover newspaper with straw and manure then cover with shredded paper recycled from school office.
4. Cover with straw ready for more layers of recycled organic material.
5. Completed No-Dig garden after being watered.

Ms James
Crystal Rose Fundraiser

If Riley Hillery can raise $200 by Friday 5th June he will shave his head in support of Crystal Rose. If anyone else likes to join the challenge let us know and we will organise further sponsorship days. What can you do? Bring in a gold coin donation on Friday 5th June.

Crystal-Rose update. I would like to express on behalf of my whole family our thanks and gratitude for the school and community support we have received for Crystal. Not only an amazing sum of $6000 raised at the fun day but the physical and emotional support we have all been given. My work colleagues have been amazing, preschool, church community, friends and relations have all helped in so many ways. Crystal begins her final part of treatment with chemotherapy starting on 17th June and then both Bree-Anna and Crystal start the bone marrow procedures on the 24th June. Your support has really made a difference to this most difficult time. Thank you Mrs Allana Grace.

P&C MEETING

Wednesday, 10th June
6.00pm, School Library

Plan to join us!

We need to have adequate numbers to facilitate any financial decisions and keep our school canteen open and uniforms available. Please make a special effort to come along.

Agenda items to go to the front office to be put in the ‘P&C Mail’

Everyone Welcome!

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
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

Name: ____________________________
Class: ____________________________

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.

The sports carnival is Friday 12th June the canteen will be open. There will be food, drinks and confectionery available or if you would like to order your child’s lunch there is an order form below.

The infants and primary students need to order their recess or lunch in the morning so they don’t miss out as they don’t get served until 11.10 at recess and

TO AVOID DISAPPOINTMENT
Please order your recess or lunch in the morning

DON’T FORGET YOUR MANNERS!
And treat others in line with respect!

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And treat others in line with respect!

Order form for sports carnival Friday 12th June 2015

<table>
<thead>
<tr>
<th>Food item</th>
<th>Price</th>
<th>Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Chicken wrap</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small salad wrap</td>
<td>$3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small chicken lettuce mayo</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakery pie</td>
<td>$3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakery Sausage rolls</td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hotdog</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pizza Ham/pineapple</td>
<td>$2.20</td>
<td></td>
<td></td>
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<tr>
<td>Drinks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple/orange Popper</td>
<td>$1.60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
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</tbody>
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Orders in by Tuesday 9th June 2015

Name: ____________________________
Class: ____________________________
**COMMUNITY NEWS**

**Move!**

Move is a program specifically for children, designed to improve the 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 enquirers please call us on 65684026

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

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**GARAGE SALE**

Saturday 6th June  
**Starts:** 8.00 am  
**13 Bowra Street**  
Bowraville  
Down from RSL Club

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Worried about your child’s hearing?  
Have they had lots of colds and ear infections?  
Do they seem like they are ignoring you?

Then come along to  
**Otitis Media Awareness Day**  
Thursday 18th June  
Park Beach Plaza in the Promotions Court  
**10am - 5pm**  
**FREE**  
Ear Health Checks for Children (0 - 18years)  
No Appointment Necessary  
Each ear check will only take approximately 5 minutes
**Bowraville Theatre – May 2015**

**Wednesday 3rd June** at 11am the Bowraville Theatre Youth Group will be presenting their play “Firebird”, a Russian folk story for children and adults, please come along and encourage this young group with their interpretation of a lovely tale. Doors will open at 10.30 am and entry is $8 for adults and $5 for children.

**Saturday 6th June**, 12pm until 4pm L.O.C.A.L MADE Rise Up Talent Quest returns to the Bowraville Theatre, Music, Arts and Dance Extravaganza, winners can receive cash prizes and the opportunity to perform at the Bello Music Festival held in July. The quest will be held at three different venues so when applying be sure you state Bowraville, entry is free but you must enter an application form which is available from website www.localmade.net.

**Sunday 7th June**, at 2 pm the Bowraville Theatre Youth Group presents their play “Firebird”.

**Sunday 14th June**, at 2 pm the Theatre will be screening a film titled “71”. This film is set against the backdrop of “The Troubles” in Ireland.

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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 Community Pre-School**

Professional staff in a friendly, caring environment
Coronation St, Bowraville
2-4 yr olds MON, TUES
4-5 yr olds WED, THURS, FRI
Time: 9am - 3pm

WAITING LISTS MAY APPLY PLEASE ENQUIRE EARLY (02) 6564 7657

**Bowraville Folk Museum**
You’ll find a treasure trove of memorabilia from the past. AS GOOD AS YOU’LL SEE
Coronation St, (PO Box 65)
Bowraville
2449

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
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51 Carbis St, Bowraville
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Bowraville Dental Surgery
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