Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>24th July</td>
<td>NAIDOC Week Assemblies</td>
<td>31st July</td>
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<td>27th to 31st July</td>
<td>Education Week</td>
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<td>Community Breakfast at 8.00am</td>
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<td>Showtime V10 Performance</td>
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School Leaders Liam Madden and Bryce Sisa attended the 2015 Secondary School Leadership Program at Parliament House in Sydney
A warm welcome back to learning for the third school term of 2015.

Each year in Term 3 NSW Public Schools celebrate Education Week. This year our annual focus on the great things happening within our schools takes place in Week 3. Here at Bowraville Central School we will commence the week with a community breakfast on Monday 27th July. Please try to join students and staff from 8:00am next Monday (in the shelter area near the canteen) for a free brekky. This will be a great opportunity to have an informal chat and to learn a little more about the great things happening in our school.

The combined schools Nambucca Valley Showtime performance is another key way we will acknowledge Public Education next week. Please try to support our student performers from Bowraville Central and the nine other primary and secondary Public Schools in our valley by attending Showtime 2015 from 6:00pm on Thursday 30th July. The performance will take place in the stadium at Macksville High School. Tickets are available at our front office for just $5:00.

Have a great week.
Malcolm McFarlane

School Leadership Program

Last term, School Leaders Liam Madden and Bryce Sisa attended the 2015 Secondary Schools Leadership Program at Parliament House in Sydney. Nudging shoulders with His Excellency General The Honourable David Hurley and his wife Linda were one of the many highlights of the day. The boys witnessed parliament in session in both houses followed by meeting their electorate representative Melinda Pavey. The second part of the program consisted of a scenic stroll through the botanic gardens, a full tour of Government House and leadership advice from the Governor himself. I was extremely proud of the boys and their representation of Bowraville Central School in the big city. It was a memorable day enjoyed by all, particularly for Liam Madden as a first time flyer.

Sally McPherson

Year 10 Art

"Fairy Wren" is the title of Sara Johnstone’s ink on card print. Sara has been chosen as a finalist for the Silk Cut Lino Print awards Australia wide. Her work will be displayed in Victoria where selection of the winner will be decided by a distinct panel of judges. First prize is $2500 for the Art Department. Congratulations Sara.
NAIDOC WEEK CELEBRATIONS

Come and join the students and staff for our special NAIDOC assemblies at Bowraville Central School.

We are proud to combine with the Pre School and St Mary’s for our celebrations this year.

We hope you can come along to enjoy all performances and celebrate our unique culture and history.

Friday 24th July 2015
Pre School to Year 2 Assembly 10.30am to 11.00am
Please join us for Morning Tea from 11.00am
Year 3 to Year 12 Assembly - 12.00pm to 1.00pm

Unfortunately NAIDOC Sports day has been postponed.

Life Education for Infants/Primary

The “Life Education Van” is once again on its way to our school in “WEEK 7”.

This year the program has a cost of $10.00 per child, however the Life Education organisation have discounted the cost by $2.00. On hearing what a fabulous opportunity families have, our local Bowraville Lions club have further discounted this cost by another $3.00.

Therefore Primary /Infants students from Bowraville Central have the program for just $5 per student.

The Infants program will run for 1 hour and the Primary program for 1.5 hours. Topics covered this year will be:

**Stage One** Healthy foods, and importance of physical activity
- Body workings, safe storage of medicines, peer pressure
- Environmental Health Issues, Emergency procedures, safe use and storage of medicines

**Stage Two** Friendship, resilience, Healthy eating
- Cyber safety, safe and unsafe situations, medicines and misuse

**Stage Three** Smoking - laws, peer influence, positive communication
- Consequences of alcohol use, definition of legal drugs, decision making, emotions, peer pressure, risk
- taking safe use of communication through technology.

All programs will be followed up in the classroom in PDHPE.

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**SHOWTIME 2015**

A Celebration of Public Schools in the Nambucca Valley with over 750 performers. Come and be in awe of the wealth of talent in our valley!

- **DATE:** Thursday 30th July
- **TIME:** 6.00pm
- **VENUE:** Macksville High School Stadium
- **COST:** $5 per ticket

**TICKETS ARE AVAILABLE NOW FROM OUR FRONT OFFICE**
LOST PROPERTY

Our lost property box is overflowing with winter uniforms and items left behind at excursions.

Please check it soon as it will be
Emptied at the end of term!

The Federation of Parents and Citizens
Associations of NSW

We would like to Cordially invite you to Attend our
“Increasing Parent and Community Engagement “
Mid North Coast Forum

Purpose

To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their future.

When: Saturday 8th August
2015  Where: Rydges Hotel
1 Hay Street Port Macquarie
NSW 2444 Australia

Registration From: 11.00am
Time: 11.30am – 4pm

Light refreshments and Lunch included

Further information

Come along and meet your Councillor, listen to our guest speakers and most importantly join in the discussion groups to have your say.

Guest Speakers

- Susie Boyd - P&C Federation Secretary, Information regarding Grant opportunities
- Port Macquarie Local MP - Leslie Williams
- Representatives from the NSW Education

Group Discussions

- A Question session
- There will be 2 opportunities for attendees to participate in discussions and have your say.

THERE IS NO FEE TO ATTEND THIS FORUM
Please Register online from 16/7/14 until 03/08/2015
To Register please click here

“This Program is funded by the NSW Government and
Administered by the NSW Education”
<table>
<thead>
<tr>
<th>2015</th>
<th>Monday</th>
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<td>Lower North Coast Zone Athletics Carnival</td>
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<td>July</td>
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<td>Parent /Teacher Interviews 3.00pm to 6.00pm</td>
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<td>NAI DOC Week Assemblies &amp; Morning Tea</td>
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<td>July/August</td>
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<td>ICAS English</td>
<td>SCU Uni Visit Year 8 T Block 13.30 – 1.00 pm</td>
<td>Café Open Showtime V10 Performance P &amp; C Meeting 6.00pm</td>
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<td>Year 7 2016 Transition evening</td>
<td>Café Open</td>
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<td>Aug/Sept</td>
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<td>BCS Musical Matinee</td>
<td>BCS Musical Evening</td>
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<td>Sept</td>
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<td>World Rally</td>
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<td>19/20</td>
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<tr>
<td>Sept</td>
<td>Year 9 Work experience</td>
<td>Term Assembly</td>
<td>Gold Day</td>
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Welcome back, hope you had a great holiday. Lol cans are being deleted from the Menu, I can no longer get them.

This Term’s menu is attached to the Newsletter. Tuesdays will be Hot Dog Day.

**Canteen’s Hot Dog Tuesday**
Cost: $2.50

Name:..................................................   Class:...........

I would like to order ....... Hot Dog/s and enclose$...........

Tomato or BBQ source (please circle)

**COMMUNITY NEWS**

**MiMi House Art**

Everyone is invited to join in the fun of creating culturally themed artwork. The winning artist will have the opportunity to paint the MiMi House noticeboard and win a $50 gift voucher. This is a chance to have your artwork seen and appreciated by the Bowraville community and surrounding areas.

**Entry Requirements:**
- Be aged between 12-17 years
- Submit a personalised design of your artwork on the page provided with name, age and contact information
- Hand entry into school or MiMi House front office
- Entries must be submitted before the 20th of October
- Entry forms are available at Bowraville Central School Office, MiMi House
- Contact: Wade Hunt - 0400 255 823 or (02) 6652 7124
- Vicki Fernance 0429 611822 or 6664 8855

**Soup with Friends**

When: Fridays—11.30am to 1.00pm
Where: Anglican Church Centre
Matilda Street, Macksville (next to OP Shop)
COME AND ENJOY
A HARTY MEALY IN THE COMPANY OF FRIENDS

Everyone Welcome

Sponsored by: Anglican Parish of Macksville
Seventh Day Adventist Church, Macksville
**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) $2.00

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

**Snacks**
- Fresh Fruit (seasonal) $0.70
- Fresh Fruit Salad (seasonal) $2.00
- Custard $1.50
- Jelly (Lime, Raspberry) $1.00
- Jelly & Custard $1.50
- Chips (chicken JJ, 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, Chocshallow) $1.50
- Shaky'z shake $2.00

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Keep an eye out for weekly specials at the canteen

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

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**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.

Sandwiches

- Vegemite/Honey/Jam: $1.60
- Ham or chicken: $2.60
- Egg (with Mayo): $2.40
- Egg & Lettuce (with Mayo): $2.70
- Cheese: $2.00
- Chicken, cheese: $3.20
- Chicken, cheese, tomato: $3.60
- Ham cheese: $3.20
- Ham, cheese, tomato: $3.60
- Ham, cheese, pineapple: $3.60

Wraps

- Salad (no meat): $3.80
- Chicken or ham (with salad): $4.80
- Chicken, lettuce, mayo: $3.00
- Chippies (with salad): $4.00
- Chilli tender (with salad): $4.00

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: $1.00
- 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
**COMMUNITY NEWS (CONTINUED)**

**KEMPSEY’S 38TH EISTEDDFOD 2015**

The Kempsey Eisteddfod was held during the first week of the School Holidays from Saturday 27/06/15 to Sunday, 5/07/15. Several dancers from Valley Performing Arts Centre in Macksville competed in solo and duo events at this Eisteddfod. They included Shelanya Boorer, Courtney Duffy, Georgia Townley, Jorja Donnelly, Josie Welsh, Kelly Sujimoto, Ellie Welsh, Saule Lane, Feja Lane, Brin Trisley and Clementine de la Hunty. All dancers did a great job at representing the studio with some excellent results.

Jorja Donnelly & Josie Welsh achieved a 1st place in the 10 years & under duo, Georgia Townley got a HC with her solo routine, as did Saule Lane.

Shelanya Boorer competed in 15 events, and this included a duo with Courtney Duffy, and her results were amazing. She is now dancing up in the 14 years & Under sections too. Shelanya had a brilliant Eisteddfod and did herself and the studio proud – incredible results – placing in 13 of the 15 events!!

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<th>Event</th>
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<td>Modern Expressive Solo</td>
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<tr>
<td>Tap Improvisation</td>
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<tr>
<td>Speed Tap Solo</td>
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<td>Duo any form</td>
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<td>2nd</td>
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<td>Classical Improvisation</td>
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<td>2nd</td>
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<tr>
<td>Jazz Solo</td>
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<td>2nd</td>
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<tr>
<td>Jazz Improvisation</td>
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<tr>
<td>Contemporary Improvisation</td>
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<td>1st</td>
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<tr>
<td>Modern Improvisation</td>
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<tr>
<td>Modern Exp. Championship**</td>
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<tr>
<td>Contemporary Championship**</td>
<td>180</td>
<td>1st</td>
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<tr>
<td>Jazz Championship**</td>
<td>181</td>
<td>2nd</td>
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**(an improvisation & another solo – 2 dances)**

HC = Highly Commended

**Stuarts Point and District Little Athletics**

Registrations are now open for Little A’s and we are encouraging online registration.

The cost per athlete when online registration and payment is made is $65. An administration charge will be added if you register and /or pay in person. The cost is $70 per athlete.

The first competition night is August 7th, beginning at 4:15pm. Please bring your online receipt to the registrar before competing. For manual registrations we will be available at Buz Brael Oval on Fridays 24th July and 31st July from 4pm.

The first 60 athletes registered will receive a Jetstar shoe bag. New athletes are welcome to trial for 2 consecutive competition nights before payment is made.

We hope to see you all there for family fun and fitness.

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**Flu season is here!**

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.
Dr. Roman Rudnytsky is also an 'Emeritus Professor' of Youngstown University, Ohio, U.S.A. where he served on the piano and music Faculty for thirty nine years and on the faculty of five universities in the U.S.A. And one in Canada.

This should be a delightful concert with an intermission for you to have tea, coffee and refreshments from our Theatre Café.

Tickets are $25.00, concession $20.00 are on sale at the Box Office or at tickethost.com.au.

Doors open at 1pm