### Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>9th February</td>
<td>Chrome Book Information evening—6.00pm</td>
<td>19th February</td>
<td>Boys &amp; Girls 15yrs. Touch Trials</td>
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<tr>
<td>11th February</td>
<td>Secondary Open Basketball trials-Port Macquarie</td>
<td>29th February</td>
<td>Royal Far West Bike Ride Morning Tea</td>
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<tr>
<td>12th February</td>
<td>Valentines Day Fundraiser</td>
<td>1st March</td>
<td>15yrs. &amp; Open Zone Rugby League - Wauchope</td>
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<tr>
<td>15th February</td>
<td>School Swimming Carnival</td>
<td>2nd to 4th March</td>
<td>Yrs. 7 &amp; 8 Camp - Hat Head</td>
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<tr>
<td>19th February</td>
<td>Primary District Swimming Carnival</td>
<td>8th March</td>
<td>Secondary Nth. Coast Swimming Carnival</td>
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Resources from Woolworths Learn & Earn Programme. Thank you for bringing in all of your Learn and Earn Stickers..
PRINCIPAL’S MESSAGE

A sincere welcome to the 2016 school year at Bowraville Central School. Whether joining us for the first time or continuing from last year we look forward to great collaborations between students, staff, parents/carers, and community members in order to make our great plans for this year become realities.

As mentioned at the conclusion of last term, there are some exciting developments underway across the school. Our Kindergarten classroom for many decades will now become a Maker Space – a flexible, innovating learning hub. Secondary students will be utilising Chromebooks in much of their learning with the support of our Equity Funding. Also, importantly in 2016, all students will increasingly benefit from the continued implementation of Positive Behaviour for Learning as the structure for our student wellbeing policy.

In addition to these major, whole-school initiatives, I look forward to great things happening in every classroom right from the beginning of Term 1. One great way to commence every year as a whole school community is the annual Swimming Carnival. All parents/carers are invited to join us for some or all of the day if you possibly can. (Wednesday 17th February at Macksville Pool).

It has been terrific to see students return over these first few days, and of course welcome our new, treasured Kindergarten class this week. Before every holiday I encourage all students to have a happy and safe break and I hope that has been the case for all. I unfortunately didn’t take my own advice for the whole vacation, managing to break my ankle a few weeks ago (involving gravity and two wheels). I will therefore be taking some time off in order to hasten the healing of my ageing bones. Mrs Argent will be Relieving Principal from 4th – 18th February.

I look forward to another great year of student achievement at Bowraville Central School.

Malcolm McFarlane

SCHOOL NEWS

Breaky Programme

Great news…. Breaky is on again this year.

Thanks to the kind donation from Lifetime Connect in Macksville, we are able to continue our Breakfast Programme for another year. We will be providing toast and milk every morning. Eggs (and occasionally bacon) will be provided every Wednesday. There is no charge to the students.

As breakfast is such an important start to the day, we are very excited to be able to provide this for our students.

The Toast Girls
Nanny and Kate.

OPPORTUNITY OF A LIFE TIME

Snow Excursion. Years 8 to 12
Fundraising has begun for this fantastic opportunity for students. To secure a place for this excursion, please make a deposit of $150.00 by Friday 5th February.

Students will experience snow adventures and visit places such as Questacon, Parliament House and the War Memorial.

Resilience

Students will:
Accept consequences
Make smart choices
Play by the rules
Staff will:
Acknowledge appropriate behaviour

Teamwork

galan-warrgamba

Students will:
Be in the right place
Care for property
Sit down to eat
Wear a hat
Keep our area clean
Staff will:
Encourage co-operation

Respect

Gaarla-ngarraang

Students will:
Use kind words
Follow instructions quickly
Listen to others
Keep our hands and feet to ourselves
Staff will:
Be on time

Responsibility

Gaarla-gayiga

Students will:
Be in the right place
Care for property
Sit down to eat
Wear a hat
Keep our area clean
Staff will:
Actively supervise
Have all equipment
Make Online Payments
It is now possible for parents to make online payments to the school for amounts owing for students via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting $ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called Other to cover items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will be issued by the school.

$ Make a payment is also available on any mobile phone device.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

CANTENE NEWS “Eat Healthy Stay Happy”

The canteen would like to welcome back everyone and hope that they had a fun and safe holiday. This year we have many new and exciting ideas in the canteen. From our new recess pack (out soon) and daily specials. Also this year we are trialling “Canteen Credit”. Where payments are made in advance and a record is kept as purchases are made.

Below is a form for parents /guardians who are unable to personal come in.

Canteen Credit

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<tr>
<th>Name</th>
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<tr>
<td>Class</td>
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<tr>
<td>Amount $</td>
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<tr>
<td>Budget/Boundaries</td>
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Budget /boundaries may include:-
Dietary requirements, buying for others, or limit amount. Or phone 02 65647162 and ask for the canteen. Due to distributors price increases there are some increases in the menu. We do try to keep increases to a minimum.

Our new menu is attached.

Help is always greatly appreciated, if anyone could spare a couple of hours to help with cooking, that would be great.

When lunch comes home ... again
Almost nine out of 10 Australian parents say children’s resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.
Find out more: http://bit.ly/K7loJD

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.
Find out more: http://bit.ly/xHLLDH
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<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>2016</td>
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<td>1 Jan</td>
<td>School Holidays</td>
<td>Public Holiday</td>
<td>First day of school for students</td>
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<td>2 Feb</td>
<td>First Day for Kinder</td>
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<td>3 Feb</td>
<td>Chrome book Info. Evening 6.00pm</td>
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<td>4 Feb</td>
<td>School Swimming Carnival</td>
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<td>6 Feb/ Mar</td>
<td>Royal Far West Bike Ride</td>
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<td>Morning Tea at BCS</td>
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<td>7 Mar</td>
<td>Sec. Nth Coast Swimming Carnival</td>
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<td>8 Mar</td>
<td>Year 7 Vaccinations</td>
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<td>Nhb V 3th. Rugby League</td>
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<td>9 Mar</td>
<td>Harmony Day</td>
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<td>10 Mar/April</td>
<td>Easter Monday</td>
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<td>Yr. 12 Exams</td>
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<td>11 Apr</td>
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<td></td>
<td>School Anzac Acknowledgement Day</td>
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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 straps; 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.
6 tips to increase fruit and vegetables at home

1. Be a role model
   Let your kids see you enjoying fruit, vegetables and water.

2. Get the kids involved
   Grow, shop and cook with your kids. They’re more likely to eat something they’ve helped prepare.

3. Make it accessible
   At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids’ eye level in the fridge.

4. Try Crunch&Sip® at home
   Make time on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
   Kids might need to be offered new foods up to ten times before they try them, so don’t give up if a new food is rejected first time!

6. Include it in every meal
   Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

Crunch&Sip® Information for parents

What is Crunch&Sip®?
Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to ‘refuel’ and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.
Before School Snacks

- Toasted Cheese 1/2 Roll
- Miso - Hot/Cold

Add ice for lunch bags!

Keep an eye out for the Cafeteria weekly specials!

Keep an eye out for the Cancer Menu 2016

- Cupp (Chicken Jds, Honey Joy, Jummps)
- Jelly & Custard
- Jelly Lime, Raspberry)
- Fresh Fruit Salad (seasonal)
- Fresh Fruit (seasonal) from

Snacks

- Large Juices (apple, orange)
- Mnt Milk (choo, strawberry)
- Water (goon)

Drinks

- Yogurt Shakes (strawberry)
- Frozen Yogurt (Fairy Floss, Chocchillou)
- Ice Poles (Choc)
- Cola
- Lime Pops (assorted Flavours)
- Frozen Peach

Cafeteria

- Chipotle
- Rice
- Pasta
- Pizza
- Bagels
- Finger Food

Secondary Students Only

- Mnt Milk (choo, strawberry)
- Water (goon)

- Yogurt Shakes (strawberry)
- Frozen Yogurt (Fairy Floss, Chocchillou)
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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

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**Daily Meal Deal Special $5.00**
Chicken & Cheese or Ham & Cheese Sandwich (can be toasted on request)
A Bottle of Water or Small Fruit Popper
A Piece of Fruit (seasonal) and Alfie pop or canteen made snack

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**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
Keep in Touch and Up to Date

It easy to keep up to date with alerts, events and news via our School web site, facebook, twitter and our Skoolbag app.

COMMUNITY NEWS

Alvin and the Chipmunks:
The Road Chip
Tickets - $6.00
Nambucca Cinema
at 10am February 6 and 7

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

Be the best parent you can be

With Triple P Seminars - Positive Parenting Program
Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns

To find out more or to book into a free seminar please contact Terry on 65684471 or Nambucca Bellingen Family Support Service on 65681474

Triple P Seminars:
Session 1: Thursday 3 March 2016 - THE POWER OF POSITIVE PARENTING
Session 2: Thursday 10 March 2016 - RAISING CONFIDENT, COMPETENT CHILDREN
Session 3: Thursday 17 March 2016 - RAISING RESILIENT CHILDREN
Time: 10am – 12 noon
Where: 157 Mann Street Nambucca Heads

FREE childcare is available - BOOKINGS ESSENTIAL
Bowraville Theatre – November 2015
Saturday 13th February at 7pm the theatre is delighted to bring you ‘FLICKERFEST’. This is the first time for us to host this prestigious show so we are making it a very special evening. Our lovely Café and Wine bar will be available to our patrons, so come along and view the programme we have chosen. We decided that the programme ‘Best Australian Short Films’ was most suitable for our audience and hope you will agree with our choice. The films to be shown are outlined on Bowraville Theatre Facebook page, and also on our website - bowravilletheatre.org.au.

FLICKERFEST select the best from hundreds of previously unseen films to give all those unknown writers a chance to showcase their work.

Please come along and bring you friends to enjoy the show and our GALA evening. We would love to see you.

Entry is $15.00 at the door. You can book by phoning the Theatre beforehand on 02 65 647 808.