### TERM 1, WEEK 4, 17th February 2016

**PRINCIPAL’S MESSAGE**

It is hard to believe we are halfway through the term next week. Classes have settled, numbers taken and our yearly staffing is soon to be finalised. In the coming fortnight there may be a few changes in secondary classes as we have experienced an increase in numbers and have welcomed many new enrolments.

It was exciting to see the enthusiasm and support of the students and parents alike for the competitors at the carnival. A huge thank you is in order for the organisers of the carnival and the supporting SRC students. Congratulations to Cedar on winning the war cry!

At the whole school staff meeting last week the teachers and school staff were given a workshop around our new wellbeing policy. The Positive Behaviour for Learning has been adopted by many schools and is a more systematic, explicit behaviour policy. All staff and students clearly understand expectations of behaviour. You may have noticed the large signs in the playground which clearly define expected behaviours. Our positive behaviour for learning team is meeting weekly.

Next week we will see students travel to represent the school at district swimming, a Phil Hughes Memorial cricket day, the school social and the P & C meeting. We welcome all new parents to the P & C meeting on Thursday night 25th February at 6.00 pm.

Lastly but of great importance we welcome Mr McFarlane back to the school following his successful treatment for a broken leg. Fortunately for me we have a wonderful team of executive who are able to act in other roles. Thank you to the staff for picking up the extra duties and ensuring the smooth running of the school.

Kerri Argent
Relieving Principal

---

**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19th February</td>
<td>Primary District Swimming Carnival</td>
<td>8th March</td>
<td>Secondary Nth. Coast Swimming Carnival</td>
</tr>
<tr>
<td>25th February</td>
<td>P &amp; C Meeting 6.00pm</td>
<td>15th March</td>
<td>Year 7 Vaccinations</td>
</tr>
<tr>
<td>25th February</td>
<td>Years 3 to 12 Social</td>
<td>21st March</td>
<td>Harmony Day</td>
</tr>
<tr>
<td>29th February</td>
<td>Royal Far West Bike Ride Morning Tea</td>
<td>24th March</td>
<td>Easter Hat Parade</td>
</tr>
<tr>
<td>2nd to 4th March</td>
<td>Yrs. 7 &amp; 8 Camp - Hat Head</td>
<td>29th March</td>
<td>Year 12 Exams</td>
</tr>
</tbody>
</table>

---

**Proud member of Nambucca Valley Community of Public Schools**
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 Master Card credit or debit card. The payment page is accessed from the front page of the schools website (http://www.bowraville-c.schools.nsw.edu.au) 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.

CANTEE NEWS “Eat Healthy Stay Happy”

Thank you Chara for helping in the canteen.

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

Please write your child’s lunch order on a paper lunch bag as Infants and Primary lunches are delivered to the class room on a trolley.

The new Might Cool Milk flavours are chocolate, strawberry and banana.

“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 come in.

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.

Canteen Credit

Name ______________________________________
Class __________
Amount $___________
Budget/Boundaries ______________________________________________________
_______________________________________________________________________
_______________________________________________________________________

DON’T FORGET YOUR MANNERS!

And treat others in line with respect!

TO AVOID DISAPPOINTMENT

Please order your recess or lunch in the morning

LOST PROPERTY

Check it soon as it will be

Emptied at the end of term!
**COMMUNITY NEWS**

**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
What is literacy?

Literacy is the ability to read and use written information and to write appropriately in a range of situations. It involves the integration of speaking, listening and critical thinking with reading and writing.

What does literacy mean in high school?

In Year 7 your son or daughter will be working with different teachers in different subject areas. Each subject has its own literacy demands, e.g. writing up an experiment in science is quite different to writing about an event in history. Subject teachers teach students how to read and write in their own subjects.

Your son or daughter’s learning in all subject areas will be supported by:
- talking and listening
- reading
- writing.

Parents have a key role in supporting their children to further develop and practice literacy skills. Here are some ideas that you can use at home. They do not rely on knowledge about the school subjects.

High school classroom talking and listening

In high school, classroom talking & listening involves:
- listening for main ideas
- defending or supporting a point of view
- understanding other people’s different points of view

What can you do at home?

Talking and listening helps people to express and further develop ideas. Through talking with and listening to your son or daughter you can show that their opinions and ideas are valued and acknowledged. Talking and listening in your home language will also help your son or daughter’s English literacy development.

- When listening to your son or daughter, focus on the messages being shared with you. Find out more by asking questions such as:
  “What makes you think that?”
  “What if…?”
  “How could this be different?”
  “Are there other possibilities?”

- Ask your son or daughter to explain homework tasks to you. Talking about tasks can help your son or daughter clarify what needs to be done.
Nambucca Valley Radio, 2NVR 105.9FM
2NVR 105.9fm proudly announce the next ‘Studio 3 Live’ gig on Friday 19th February, 6-8pm at 834, Rodeo Drive, Tewinga: ‘FRAYMED’

‘FRAYMED’ formed, in Kempsey, as 3 Blind Mice in 2014. Having completed their first album in September 2015 they discovered another band of that name with released product in the UK so changed their name to Fraymed. The last 18 months of touring has seen the band pick up new fans at a constant rate while playing up and down the NSW Mid North Coast. The band has its sights set on Melbourne this year in order to try and win over Australia’s cultural and artistic centre. Touring and more touring in support of their album, "Out of the fire" is what is in the bands immediate future in addition to writing for the next album.

The band consists of Mark Johnson (Guitar/ Mandolin/Vocals), Peter Ball (Bass/Keyboard/ Vocals) & Gary Habgood (Drums).

Mark moved from Sydney with a hefty music CV, including touring nationally with various show bands and performing with Dave Evans (ex AC/DC) and guitar legend Phil Emmanuel.

Groove Master, Gary is also an ex Sydney boy where he played the music scene for decades with bands like ‘On the Prowl’ who were ex ‘Ol 55’

Pete, a Kempsey boy, is the youngest but by no means less talented than his counter parts. He is a well known bass player & classically trained pianist, adding another dimension to the band.

Come on, pack some nibbles & something to drink and be part of the live studio audience, food also available for donation. Fabulous & free, local & live entertainment at Studio 3 Live. You can also listen to the show on 105.9fm or stream to your device via www.2nvr.org.au

Once again, this weekend the Nambucca Majestic Cinema is having a $6 day for children. The film we will be playing is Daddy’s Home. It will be playing at 4:35 on Saturday 20 February, and 10am on Sunday

2NVR new online Gig Guide
2NVR now has a gig guide on www.2nvr.org.au check it out and, while you are there, download your program guide, submit a community announcement and find out more about your community radio station. Follow us on facebook.com/radionambucca. If you would like to add a music gig to the 2NVR website, just email the details to calendar@2nvr.org.au
Are you struggling to communicate with your teenager?

Free Workshop

Tuesday
22nd March
9.30am – 2pm
@ The Bellingen Youth Hub
Cnr of William and Church Streets

Workshop covers:
- Understanding your child’s emotional development
- Dealing with conflict
- Effective communication
- Managing Stress
- Mindful Parenting

*Morning tea, Lunch & Childcare provided

*Bookings essential limited numbers—Ph 0429 839 473
THE TEENAGE BRAIN STORM

Free Workshop

Tuesday 29th March
9.30am-12.30pm
@ The Bellingen Youth Hub
Cnr of William and Church Streets

Workshop covers:-

- Changes in the adolescent brain
- Understanding mood swings
- Why peer pressure is so powerful
- Keeping your cool with the angry teen
- Adapting to the changes in the relationship with your child

*Morning tea & Child Care provided
*Bookings essential limited numbers—Ph 0429 839 473

[Logos]
**Bowraville Theatre – November 2015**

**Sunday 6th March** at 2pm the Theatre will be screening the film ‘CAROL’ an adapation of the novel The Price of Salt, starring Cate Blanchett and Rooney Mara.

**Sunday 13th March** at 2.00pm the Theatre will present ‘SUFFRAGETTE’ the story of the foot soldiers of the early feminist movement who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal state. Starring Carey Milligan, Helena Bonham Carter and Meryl Streep.

Entry is $12.00, Concession $10.00, BAC members $8.00. There will be complimentary Tea or Coffee and the Café will be open for snacks.

---

**SPONSORS**

**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
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

**Norco Rural Store**
“Your One-Stop Store for”
- Petrol
- Farm supplies
- Fertilizers
- Plus all your hardware and produce needs

**Bowraville Folk Museum**
You’ll find a treasure trove of memorabilia from the past.
As Good As You’ll See

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: 6564 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
The Community Club Supporting the Local Community

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