BOWRAVILLE CENTRAL SCHOOL
NEWSLETTER

TERM 1, WEEK 7, 9th March 2016

PRINCIPAL: Malcolm McFarlane

Calendar

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<td>11th March</td>
<td>Primary NRL League/Tag Day – Nambucca</td>
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<td>15th March</td>
<td>Year 7 Vaccinations</td>
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<td>21st March</td>
<td>Harmony Day</td>
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<td>24th March</td>
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<td>Good Friday</td>
<td>6th April</td>
<td>School ANZAC Acknowledgement Day</td>
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Years 7 and 8 Enjoyed Camping at Hat Head
PRINCIPAL’S MESSAGE

Camping Tales

Congratulations to all involved in last week's highly successful Year 7 & 8 camp to Hat Head. Of all the many learning experiences our students here at Bowraville Central School have access to, I think it is during these overnight camping excursions that some of the most vivid and important memories are created. Well done to all participating students on displaying such responsibility and teamwork. Sincere thanks to our dedicated staff for ensuring a safe and happy learning experience beyond what is possible at school: Richard Clarke, Jan Sherrif, Josh Le cerf, Mick O’Keeffe, and Sharon Atkins.

Student Representative Council (SRC)

Our 2016 school leaders and SRC representatives will be inducted at the end of Term 1 Formal Assembly. We look forward to sharing this important ceremony plus celebrating the other academic and sporting successes of Term 1 with everyone within our school community. Please join us in the school gymnasium from 11:30am on Tuesday 5th April.

Have a great week.

Malcolm McFarlane

SCHOOL NEWS

Scientist of the week

<table>
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<th>Year</th>
<th>Student</th>
<th>Achievement</th>
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<tr>
<td>7</td>
<td>Bree-Ann Harte</td>
<td>Great results in Topic Test</td>
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<td>8</td>
<td>Crystal-Rose Harte</td>
<td>Dissection skills in the lab</td>
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<td>9</td>
<td>Wurinda Gill</td>
<td>Consistent work in class</td>
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<td>10</td>
<td>Ryan Grace</td>
<td>Consistent work in class</td>
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<tr>
<td>11</td>
<td>Megan Johnstone</td>
<td>Outstanding Fieldwork – River studies</td>
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<tr>
<td></td>
<td>and Sara Johnstone</td>
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Year 11 Food Technology have been studying food availability and food selection in Australia. We have researched appliances, equipment, multiculturalism and the changes in agricultural machinery that have affected food selection. We are so lucky to have the Folk Museum up the road which has the history of kitchens, ovens, fridges, appliances, machinery etc. We had fun today and feel so lucky to live in Bowraville.
HEALTHY EATING FOR KIDS

As a further promotion of healthy eating at Bowraville Central School we are having a taste testing day for all children from Kindergarten to Year 6.

This will involve students tasting seasonal fruit and vegetables with the goal of widening their taste experiences, enlivening their taste buds and hopefully creating a desire to try new health foods.

The days for your child’s classes are:
- Monday 21st March 5/6R
- Tuesday 22nd March 1/2R
- Wednesday 23rd March 2/3N
- Thursday 24th March 7th Kindergarten and 4/5C

If you can spare a piece of fruit or veg (or two) on the day of your child’s taste testing it would be appreciated.

Please complete the permission note below and return it by Friday 18th March 2016.

Thank you
John Day
Live Life Well at School Coordinator

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Permission Note
FRUIT & VEG TASTING
FRESH FOOD TASTE TESTING - FRUIT & VEGETABLES ONLY

I do/do not consent to ________________________________ of class ____________________

Participating in Fruit & Veg month. I understand that my child will be taste testing various fruit and vegetables.

__________________________  ____________________________  ___________
Parent/Caregiver’s Name         Parent/Caregiver’s Signature         Date

I wish to advise that my child has a food allergy or intolerance to the following food.

Child’s name______________________________

Food not to be consumed
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
**SMILE shirts**

**SMILE stands for Support, Mentor, Inspire, Listen, Encourage.**

Students in years 10 and 11 have been trained to be mentors for younger students within our school. Every Tuesday during secondary tutorial time, we are going to be having time set aside where students can ask for a mentor who can start helping them.

Shirts are available to purchase through the front office for $10. Any student in **Year 10, 11 and 12 who have been trained as a student mentor** are able to purchase shirts. The shirts have been heavily subsidised for students. The sizes are in a unisex and ladies fitted polo. Please fill in an order form and pay ASAP. Mr Symonds will be sending the order next Friday (11th March) Money must be in by then. Please see shirts in the office for sizing.

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**LNC Zone Netball Trials & CHS**

On Monday this week the Bowraville Netball team played in the North Coast knockout draw at Macksville. They won their first game against Nambucca and lost their second game to Macksville.

Both Antoinette Edwards and Brittney Edwards were selected to try out for the Lower North Coast team and congratulations go to Antoinette for being selected for the LNC team.

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**Year 7 Vaccinations**

Next Tuesday all students who returned Vaccination notes will be receiving vaccinations from nurses from NSW Health. If you did not receive a vaccination package, please see Mr Symonds and return forms to the office by Monday 14th March 2016.

*Mr Symonds*

**Macksville Show**

The Macksville Show is coming up on 8th & 9th April (first weekend of the school holidays). Students who wish to enter produce, hand craft, wood work or animals need to see the appropriate teacher to organise submissions.

*K. Argent*

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**Sustainability**

Year 7 and 8 are working on independent projects as part of the sustainability program each Friday. With the aim of improving literacy through project based learning and promoting sustainable living, students are seeking donations including:

- Wooden pallets
- Used Candles
- Milk crates
- Old pots
- Bread crates
- Fence palings
- Hardwood
- Washed milk cartons

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**Bargain Secondary girls white polo school shirts sizes large and extra large $5.00**

**Cotton button up Infants and Primary white shirts sizes 6 to 12 only $2.00**

These items are being fazed out and will not be part of our uniform in 2017.
**You may not need to buy a new jumper for your child, it could be in our lost property box.**

Our lost property box is full of primary jumpers. Please come and check it before the weather begins to cool.

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

Thank you Chara and Mellisa for helping in the canteen.

**Easter Raffle**

Donations for our Easter Raffle are now being accepted at the school front office. Donation of money will also be gratefully accepted.

Easter Raffle Tickets are now on sale at the canteen or you can order your tickets using the order form below. Please place your order and money in an envelope and take it to the School Front Office.

**Raffle Ticket Order Form**

Tickets $1.00ea

Name..............................................

Phone number..................................

Please send your money with this order to the school office

**Snack Packs**

Available to order at the canteen in the morning. (Items may vary depending on availability)

$3.00 ea

Don’t forget your manners!

And treat others in line with respect!

To avoid disappointment

Please order your recess or lunch in the morning
**Drinks**

- Water (600ml) $1.50
- Small Juice (apple, orange) $1.60
- Mighty Cool Milks $1.80

**Secondary Students only**

- FM Milk (choc, strawberry) $3.60
- Large juices (apple, orange) $2.70

**Snacks**

- Fresh Fruit (seasonal) from $0.70
- Fresh Fruit Salad (seasonal) $2.00
- Custard $1.50
- Jelly (Lime, Raspberry) $1.00
- Jelly & Custard $1.50
- Chips (chicken JJs, Honey Soy, Jumpys) $1.50

**Frozen Treats**

- Frozen pineapple $0.50
- Alfie pops (assorted flavours) $0.60
- Calippo $1.00
- Icy mony (choc) $1.00
- Icy Pole Lemonade $1.20
- Fandangles (Fairy Floss, Chocshallow) $1.60
- Frozen Yoghurt (Strawberry) $2.00
- Shaky’z shake $2.00

**Sorry…no credit given**

**Bowraville Central School Canteen Menu 2016**

**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.

**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)
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
Keep your students’ back health front of mind

As the peak body representing over 19,000 physiotherapists, the Australian Physiotherapy Association (APA) strives to educate the community about the benefits of physiotherapy across many areas of life. Physiotherapists are experts in movement and function who work in partnership with their patients, assisting them to overcome movement disorders that may have been present from birth, acquired through accident or injury, or the result of life-changing events.

For children, an overloaded or incorrectly worn backpack can cause shoulder, neck and back pain, and become a major source of chronic pain. When stress is put on the spine, children may lean too far forward and experience distortion of the natural curve, rolling their shoulders and causing a more rounded upper back.

The APA recommends a backpack that weighs no more than 10 per cent of a child’s body weight. The backpack must fit the child, parents should avoid buying a big pack to grow into. When the child sits with the backpack on, the pack should not extend higher than the child’s shoulders.

When choosing a backpack for school-age children, the APA recommends the following features:
- wide shoulder straps that are comfortable and sit well on the shoulder
- waist straps to help transfer some of the load
- a padded back support that allows the backpack to fit snugly on the back.

The APA recommends and endorses the Physiopak for school-aged children to use as their main method of carrying items to and from school.

APA endorsement only occurs after a process involving rigorous scrutiny by relevant experts. Detailed consideration is given to the quality of the product, its utility, the best interests of physiotherapy patients and the general public, as well as the ethos of the company involved. As a result of this, you can be assured that APA-endorsed products provide excellent quality, value and security.

To meet with a Physiopak representative to discuss how you can help your students choose the right backpack this year, visit physopak.com or phone 1800 815 557.

Regards,
More members are urgently needed to attend meetings!

P&C GENERAL MEETING
24 March 2016

Everyone Welcome!

Visitors and parent entry to school

All school visitors must sign in and out at the front office.

Why?
It is a legal requirement of Work Health and Safety that there is a record of every person on the worksite. Our school premises constitutes a work site and we need to comply in the same way as any other business. The law is designed to keep your child safe and it ensures the safety of all in the event of an emergency.

The only exception
If your sole purpose in the school is to drop off (before 9.00am or pick up after 3.00 pm) you may enter and leave promptly without signing.

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/K7IoJD
Bowraville Theatre –

**Sunday the 13th March** at 2pm we are delighted to be bringing you a wonderful film called ‘SUFFRAGETTE’ about the women who fought so hard to get the vote and the difficulties they faced, to the extent of leaving their homes, their children and their lives. They faced tremendous brutality along the way and these were genteel educated women who are portrayed by Carey Mulligan, Helena Bonham Carter and Meryl Streep, and directed by Sarah Gavron.

Doors will open at 1pm when you can enjoy complimentary tea or coffee before you watch the show. Entry is $12.00., concession $10.00., and BAC members $8.00. A Family of four (2x2) $25.00

**Saturday the 2nd April** at 2pm we are delighted to announce a Concert performed by our Wonderful Bowraville Theatre Singers entitled ‘COME FLY WITH ME’ a lot of Beautiful Music and an amazing Choir, trained and conducted by Lissa Argue. Doors will open at 1pm and entry is $15.00. However if you book a party of 10 the 11th member is free and you are guaranteed reserved seats. Please contact the Theatre beforehand on 02 65 647 808.

**Saturday the 3rd April** at 2pm The Bowraville Theatre Singers will give you a second chance to hear their lovely voices, again you can book with the Theatre, and the same rules apply regarding the booking of 10 when the 11th Member is free and seats will be reserved. For those Patrons who always appreciate our Choir this a wonderful opportunity. Entry $15.00.

Dont forget phone 02 65 647 808.

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**SPONSORS**

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**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

**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