



# BOWRAVILLE CENTRAL SCHOOL NEWSLETTER



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TERM 3, WEEK 8, 12th September 2018

PRINCIPAL: David Taylor

## Calendar

13th September	Primary - "Boy" Performance	18th September	Kinder 2019 Transition
13th September	SRC - Dress Up As A Farmer Day	19th September	P&C Meeting
13th September	Secondary Pop Up Day	20th September	Years K to 6 - Dorrigo Rainforest
13th to 18th September	Dental Van Visit	25th September	Kinder 2019 Transition
17th to 21st September	Year 11 Exams	27th September	Year 12 Formal
18th September	Years 7 & 8 Touch Football - Port Macquarie	28th September	Last Day of Term 3

### Gold Medal Winners - 16 years Boys Touch



### Gold Medal Winners—14 Years 7-a-side



### Silver Medal Winners - 16 Years 7-a-side



### Silver Medal Winners - Open Boys Touch



## PRINCIPAL'S MESSAGE

As part of our reform agenda, last week I visited Uralla Central School and Walcha Central School with a team from our school looking at what other schools are doing. We focussed on PBL, timetabling, student wellbeing, learning and support programs and the school canteen. The good news is that it reinforced that we are doing some amazing things at Bowraville Central School but there are some things we can learn and improve. I now have some links with peer Principals and will be communicating regularly with them asking for advice and encouraging them to visit us as well.

We do have much to celebrate including our amazing results in Dubbo at the State Central Schools Championships bringing home medals in half of the sports on offer including gold in touch football and 7-side rugby league. See our story in the Nambucca Guardian. <https://www.nambuccaguardian.com.au/story/5632322/bowraville-central-reigns-supreme-at-states/?cs=736>.

Our year 9 students are at SWEEP (Student Work Exploration and Enterprise Program) this week learning about workplace and industry in Coffs Harbour, which is a unique program run in our school due to the hard work and commitment of Eve Riches (VET Coordinator) and Joel Mason (Careers).

Last week we also welcomed the Specialist Support Unit who were in the school interviewing all staff and a sample of students. They will be returning first week back next term to unpack what they have found and help us set an agenda for change. They will also be interviewing the community to get a better sense of your views on the school. It is a very exciting time to be leading the school as we push towards school improvement.

### Strategic plan 2018-2022

The NSW Department of Education released the five year Strategic Plan with the vision 'To be Australia's best education system and one of the best in the world'. The plan includes 10 goals. Each fortnight I will be discussing one of the goals and how it related to Bowraville Central School. This week I will unpack with Goal 3 – 'Every student, every teacher, every leader and every school improves each year'. At Bowraville Central school we have just started our reform agenda. This direction will be the basis of our mandate for change.

### Explicit Teaching

As part of the Regional Support Project also running within the school, teachers have been asked to make Learning Intentions (*what outcomes we want students to learn during the lesson*) and Success Criteria (*what it will look like when we have learnt it*) visible in their classrooms. Professor John Hattie believes that "*The teacher decides the learning intentions and success criteria, makes them transparent to the students, demonstrates them by modelling, evaluates if they understand what they have been told by checking for understanding, and retelling them what they have been told by tying it all together with closure*".

You can help your child by asking them at the end of the day 'what did you learn at school today' instead of the alternative 'what did you do at school today'. The focus needs to be on the learning.

### Community Survey

LAST CHANCE – I am going to pull the survey and have a look at the results at the end of the week. Your opinions are valuable. If you are interested in doing the survey you can do online by clicking on the link below which will also be posted on the school Facebook page and Skoolbag or a paper version is available in the front office.

<https://bit.ly/2MutMdc>

Best Regards,  
Dave Taylor

## SCHOOL NEWS

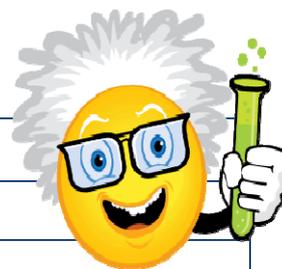
PERIOD	BCS Year 11 FINAL EXAMS WEEK 9 TERM 3 2018				
	MONDAY Sept 17th	TUESDAY Sept 18	WEDNESDAY Sept 19	THURSDAY Sept 20	FRIDAY Sept 21
1	English Standard 9am to 11.05am	Mathematics Standard 1 and 2 9.00am to 11.05am		Hospitality And Work Studies 9.00am to 11.05am	Aboriginal Studies and Modern History 9.00am to 11.05am
2					
TUTE					
RECESS					
3					
4					
LUNCH 1		PDHPE and Investigating Science  1.25 to 3.30pm		Retail Services & Earth & Environment Science 1.25 to 3.30pm	
LUNCH 2					
5					
6					

Exams will be held in Room 38 and please arrive 15 minutes early. Check the exam requirements to make sure you have the correct equipment for each exam – if you are unsure see Mrs Riches  
CHECK <http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/rules-and-processes/exam-quipment-list>

You are not permitted to leave in the first hour or the last 15 minutes  
<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/rules-and-processes/rules-procedures-guide-students>

Year 11 students will be expected to attend school during the Examination period. They will be permitted to study at school in the senior room or the library.

## Scientist of the week



Year	Student	Achievement
7	Beau Davidson	Excellent work in sustainability
8	Saira Nakov	Dedication to learning
9	Darra Caldwell	Understanding wave energy
10	Brady Atkins	Great energy efficient cars research task

## **Bowraville Champion Central School**

Each year Bowraville Central School compete in their own CHS Knockout against other Central Schools in the State (there are 67 Central Schools in total in NSW). Sports contested are Mixed Lawn Bowls, 16 years Boys and Girls Touch, Open Boys and Girls Touch, 14 years, 16 years and Opens 7-a- side Rugby League and 16 years and Opens Netball.

The State is divided into 3 large clusters where qualifying Gala Days are held and the top two teams from each cluster (ours is Inverell) qualify for the State Finals in Dubbo which is held during the last week of August each year. 12 teams compete in the Lawn Bowls competition.

Similar to last year Bowraville Central qualified for 7 out of a possible 10 finals. Last year Bowraville came home with a gold medal for the Open Girls Netball but no other medals (medals are given for 1<sup>st</sup> and 2<sup>nd</sup> place) but this year they claimed medals in five of the contested sports.

The week began with a whole day bus trip for the Lawn Bowls and 16 years and Open Boys Touch teams. On Monday the Lawn Bowls team started the week off with wins in their pool against Coolah 10-6, Tottenham 10-8 and Warren 17-5. This qualified them for a semi final game against Trangie which they won 8-6. They lost the final to Peak Hill 9-4 who incidentally contained the player of the tournament and a 10 year old player who played excellently for the whole tournament. Silver Medal for Bowraville.

The next day was the 16 years Boys Touch. The boys won every game and were by far the best team there with wins against Coolamon 9-3, Peak Hill 6-2, Mendooran 5-2, Boorowa 7-3 and Guyra 8-4. Gold Medal for Bowraville with Simon Walker from Bowraville being named MVP (most valuable player) for the tournament.

The 16 years Boys Touch team was joined by three Opens players for the Opens Boys Touch who travelled out on Tuesday, including Zane Doolan who had on the Sunday before won the 18 years Group 2 Championship with the Macksville Sea Eagles.

On Wednesday they won against Braidwood 10-3, Peak Hill 6-2, Woodenbong 7-3 and Coolah 10-2. Unfortunately they lost to Boorowa 2-1 in a closely contested match with the excellent defence of Boorowa winning the day. Silver medal to Bowraville.

That evening the Bowraville group was joined by the 16 years and Opens Girls Netball teams and some 14 years 7-a-side Rugby League players to contest the last two days of competition.

Thursday saw the 16 years Netball and 16 years 7-a-side Rugby League contesting. All League players were backing up after Touch and some were trying to stay fit for the Group 2 Junior Rugby League Grand Finals that were to be played at Bowraville on the following Saturday.

The League Team had wins against Woodenbong 30-16 and Merriwa 38-26, a draw against Molong 16-16 and a loss to Lake Cargelligo 32-10. After points were added up it was equal points with Molong for the Silver Medal and equal for and against. The Silver Medal was decided on total tries which Bowraville won. Silver medal to Bowraville. It was nice to get a win this way for a change after being beaten for Silver on many occasions in the past in many of the contested sports.



The 16 years Netball team had wins against Lake Cargelligo, Baradine and Manilla, but lost to Tooleybuc and Balranald to take out 3<sup>rd</sup> place.

The last day of competition on the Friday had Bowraville contesting 14 years 7-a-side Rugby League and Opens Netball.

The 8 players in the 14 years Rugby League team had wins against Baradine, Molong, Coleambally and Walcha which left Bowraville undefeated and Gold Medalists for the day. Malcolm Noble who had incidentally played in both touch teams and the 16 years Rugby League was named MVP for the tournament.

The Open Girls Netball once again had two losses in very close games against Manilla and Balranald to take out 3<sup>rd</sup> place. They beat Lake Cargelligo , Dunedoo and Coolamon.

Two Gold Medals and 3 Silver Medals out of 10 sports contested was the best medal haul by any school.

Back to Bowraville late Friday night and the next day Jarmaul Tyerman and Clinton West won the 13 years Group 2 competition with the Bowraville Tigers as did Brady Atkins, Simon Walker, Tyrell West and Clay Perkins with the 16 years Bowraville Team. Unfortunately O'Shay Tyerman was unsuccessful with the Kempsey 15 years team.

A big thanks to all the parents and teachers who helped make the trip possible with fundraising and meal preparation and a big thanks to local businesses who contributed funds and prizes, including Bowraville RSL and Bowraville IGA.

Richard Clarke



## U16 and Opens Central High Schools Netball State Finals Report

On Wednesday the 29<sup>th</sup> of August two keen and talented Bowraville Netball teams headed out on the 10 hour long bus trip to Dubbo for an exciting two days of State finals. Bowraville had the fantastic achievement of having both possible entries qualify, these included the Under 16's and Opens teams.

The Under 16's Team consisted of India Walker, Jayminya Duckett, Olivia Rogers, Felicity McEwen, Breanna Greenup, Jemma Rogers, Roshaya Flanders, Gabby Stadhams, Shonelle Blair and Wurinda Gill.

While the Opens team consisted of India Walker, Felicity McEwen, Breanna Greenup, Wurinda Gill, Antoinette Edwards, Shreeka Jarrett, Maleeka Darcy, Jessica McEwen, Shonelle Blair, and reserves Olivia Rogers, and Jayminya Duckett. Both teams played brilliant netball against some very good and close competition.

The Under 16's and the Opens team had extremely close games and are to be congratulated on coming in third place in the state. A fantastic achievement. There were most valuable player (MPV) mentions for a number of the girls including Shonelle Blair, Antoinette Edwards, and Wurinda Gill. The girls made Bowraville Central School very proud with their talent and skill in netball alongside their respectful and outstanding display of sportsmanship.

We were lucky enough to have Mick O'Keeffe help to umpire on both days, and Jo Simon help with coaching, umpiring and many other things throughout the trip. So a huge thankyou goes towards them both. A big thankyou also goes out to all the staff involved and the huge helping hand from numerous parents, who helped organise the kids, their meals and maintain the teacher's wellbeing.

Kate Brunt

### It's spring time, parents!

To give a little bit of a helping hand, the Uniform Shop is offering a special on Senior Girls and Boys Polos – \$25 until the end of term. We are also selling our Primary Sport Polo line - \$14 until all stock is sold.

The Uniform Shop is open from 8:30am to 8:55am Monday, Tuesday, Thursday, and Friday.



## MY CALMING SPACE

Assisting your child to create a calming, fun and interesting space at home allows them to physically move away from a problem state of mind. It helps to boost optimism, self-regulation and allows your child to have control over their own feelings.

### IDEAS FOR A CALMING SPACE

- Tree house or cubby house
- Chair in the garden
- Painted box or tee-pee in room
- Your ideas .....

Move your child to their calming space if they are becoming overwhelmed. Stay with them until they are calm and talk about how they were feeling. Allow them to stay in their calm space until they feel they need to move away.

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



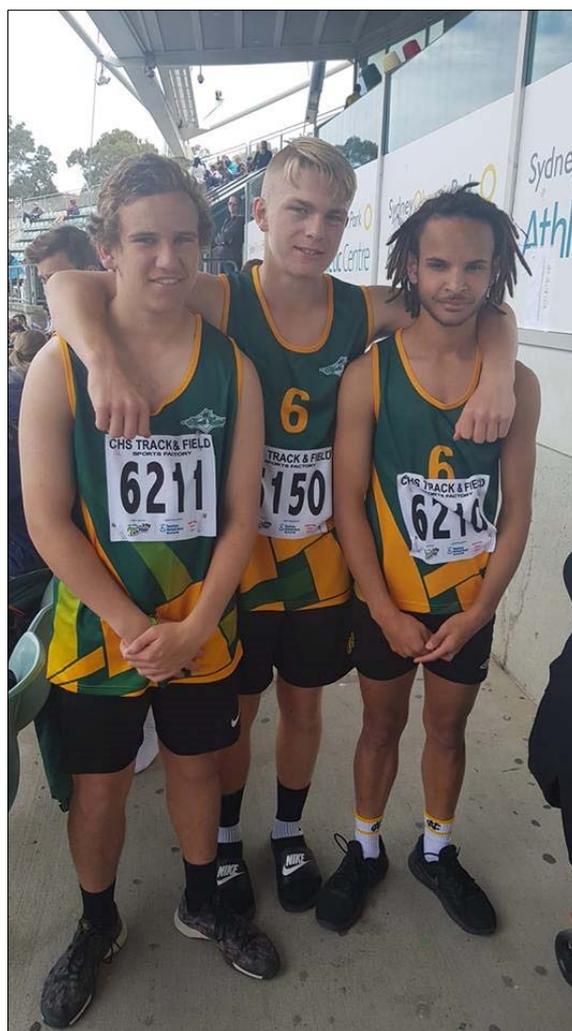
## Combined High Schools State Athletics

Last week, Bowraville Central School students Joven Walker, Simon Walker and Malcolm Noble represented the North Coast region at the Combined High Schools State Athletics Championships held at Sydney Olympic Park. All three students performed well and we are very proud of their efforts.

Joven competed in the U/15 boys 100m, where he ran a pleasing time of 12.68 seconds and finished an overall 17<sup>th</sup> place.

Simon put his athletic ability to the test in the pentathlon event where athletes compete in 5 different events including shot put, javelin, long jump, 100m sprint and the 1500m run. His best performances were in the javelin in which he placed 3<sup>rd</sup> with a throw of 38.14m and shot put 8<sup>th</sup>, with a throw of 10.04m. His overall placing was 13<sup>th</sup>. A tremendous effort considering this is an open aged event and Simon was competing against students as old as 18 years.

Malcolm contested the 14 years 400m and 100m hurdles events. He performed strongly in the 400m, running a personal best time of 58.75 seconds and finishing in an overall 14<sup>th</sup>. His greatest success came from the hurdles event where he qualified for the CHS state final. He finished 6<sup>th</sup> and ran 16.75 seconds. To be the 6<sup>th</sup> fastest hurdler in NSW public schools for his age, what an amazing achievement!



Maths students across Year 8 were engaged in a practical activity last week, developing understanding about volume and capacity. Students measured the volume of various shapes then filled containers with water to measure how much liquid the shapes could hold. Subsequent lessons will look at the comparison between cubed cm and ml, and other linear versus liquid measurements.

Jo Paix

**CANTEEN NEWS** *"Eat Healthy Stay Happy"*

A big thank you to Alissa for coming on Tuesdays to do some cooking for the canteen.

**We no longer have any sausage rolls on the menu.**

As from next term we will have some new things on the menu and some items will be going.

**Next term due to distributor price increases there are some price increases in the menu. We do try to keep increases to a minimum.**

If anyone is interested in doing "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 personally come in.

<b>Canteen Credit</b>	
Name .....	Class .....
Amount \$ .....	
Budget/Boundaries.....	
.....	
.....	

Budget/Boundaries may include:-

Dietary requirements, buying for others, or limit amount. Or phone 65647162 and ask for the canteen.

**FRIDAY BURGERS \$4.00**

Burgers have been added to our Friday menu.





Hamburgers and Chicken Burgers will be sold on alternate Fridays

<b>Canteen Meal Deal Special \$5.00</b>	
<b>Meal</b>	
<input type="checkbox"/>	Chicken & Cheese sandwich / toasted
<input type="checkbox"/>	Ham & Cheese sandwich / toasted
<input type="checkbox"/>	Chicken & Lettuce mayo wrap
<b>Drink</b>	
<input type="checkbox"/>	Water
<input type="checkbox"/>	Fruit Popper apple /orange
<b>Treat</b>	
<input type="checkbox"/>	Alfie Pop
<input type="checkbox"/>	Canteen made snack
<b>Fruit</b> A piece of in season fruit	
<input type="checkbox"/>	Recess
<input type="checkbox"/>	Lunch
<b>Name</b> .....	
<b>Class</b> .....	

**Meal Deal**

Special Lasagne or Mac & Cheese

Bottle of Water

or

Fruit Popper

Piece of Fruit

**\$4.50**



## Non-Teaching Staff School Introduction Training Days

The Department of Education is seeking people who are interested in commencing work within public schools in your area.

The School Administrative and Support (SAS) Staff Reference Group welcome any people looking to start work in school administration to enrol in our Non-Teaching Staff School Introduction training programs.

The aim of this training is to provide participants with an overview of school administrative roles. Participation in these introduction days are **not** a guarantee of employment with the Department of Education. Participants are required to obtain a Working with Children Check (WWCC) clearance for paid work at their own cost. <https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>. Payment is then made through Service NSW prior to attending day one. To enable processing for potential employment participants are required to bring necessary completed forms, which appear on the [MyPL](#) registration page. Many schools have a policy of not employing current parents or associates within their own school.

It would be desirable if participants had a sound knowledge of the Microsoft Office suite.

The training days will be held in the following locations:

Goonellabah office – Wednesday 17 October & Friday 9 November 2018  
Tweed Heads South Public School – Wednesday 24 October & Tuesday 13 November 2018  
Maclean Public School – Wednesday 24 October & Tuesday 13 November 2018  
William Bayldon Public School – Wednesday 24 October & Tuesday 13 November 2018  
Frederickton Public School – Friday 26 October & Friday 9 November 2018  
Port Macquarie Library – Thursday 25 October & Wednesday 7 November 2018  
Forster office – Monday 22 October 2018 & Tuesday 6 November 2018

To secure a place in this course, participants will need to register online as a community member on [MyPL](#). Go to the following site <https://mypl.education.nsw.gov.au/> and select Register. After [completing](#) the details, an email will be sent with instructions on how to get started and select the venue you wish to attend. The course codes are Day 1: NR22842, Day 2: NR22844.

There will be no cost to the participant other than them acquiring their WWCC prior to attending the training. Tea and coffee will be available throughout the day. Participants are to provide their own morning tea and lunch.

Further information can be provided by contacting the SAS Staff Reference Group (SRG) Coffs Harbour on (02)6623 5911 or by email at [SRGCoffsHarbour@det.nsw.edu.au](mailto:SRGCoffsHarbour@det.nsw.edu.au)

## COMMUNITY NEWS



### National Disability Insurance Scheme (NDIS) and Its Interface with Education

#### Presentation to Executive, HT Support, LST Personnel, Careers Teachers and SLOs

Presented by: Tracey Winfer, Coordinator NDIS Transition. DoE  
Liz Anderson, NDIS Regional Employment Team, NDIA

*There will be several presentations to school staff across the area over the coming months, please be sure to enrol at MyPL using code NR22623 to secure your place.*

**Note: No catering will be provided on the day**

**Wednesday 5 September, 10am to 12pm**  
Newcastle Exhibition & Convention Centre  
309 King Street

**Monday 15 October, 10am to 12pm**  
Forster Education office  
Middle Street

**Wednesday 17 October, 9-11am**  
Lismore Workers Sports Club  
202 Oliver Avenue, Goonellabah

**Thursday 1 November, 9-11am**  
Armidale Education office  
Leadership Centre, Suites 2 & 3  
175 Rusden Street

**Thursday 6 September, 10am to 12pm**  
Club Maitland City  
Arthur Street, Rutherford

**Tuesday 16 October, 9-11am**  
CEX (Coffs Harbour Ex Servicemen's)  
2-6 Vernon Street

**Wednesday 31 October, 10am to 12pm**  
Tamworth Education office  
Noel Park House, 155-157 Marius Street

**Tuesday 30 October, 9-11am**  
NDIA office  
14 Auckland Street, Newcastle

#### *Presentation will consist of:*

- *Effective collaboration between the NDIA and education*
- *Roles, responsibilities and obligations of schools, providers, parents and the NDIA*
- *Understanding the changes to early childhood early intervention*
- *Post-school transition planning*

**Please note:** The interactive system "Kahoot" will be used on the day. If you could have the app downloaded to your phone so that you are able to join in the fun would be great.

Dear Parents/ Caregivers

#### **Connecting Kids, Connecting Families**

The day is designed to explain the NDIS process, support access to the NDIS, link families to providers who will make sure they get their full entitlement and generally speaking make access possible. If families are already on NDIS they can talk to providers about a review.

Bowraville Central School will provide a free bus for families wanting transport to the event, leaving the school at 1:30 from the bus stop in Cook Street. The bus will return to Bowraville by 5:30pm. Please ring the school to book a seat on the bus by Wednesday 19th September.

Dianne Smith

Hi - My name is David

## I AM RIDING TO FIGHT KIDS' CANCER!



I hope to raise a minimum of \$1500 by cycling a minimum of 500km during the month of October. Currently over 600 children are diagnosed with some form of cancer every year with 3 losing their battle every week.

All monies go to the Children's Medical Research Institute to help find a cure and better treatments.

**Please support my challenge**

<https://greatcyclechallenge.com.au/Riders/DavidJohnston>

ALL DONATIONS OVER \$2 ARE TAX DEDUCTABLE



Frank Partridge VC  
Public School



## Connecting Kids, Connecting Families

*Connecting families in the Nambucca Valley with the NDIA and other support providers*

**Come along for information on funding and support that may be available for your child.**

Location: Frank Partridge VC Public School  
Centenary Parade  
Nambucca Heads

Date: Wednesday 19 September 2018

Time: 2-5pm

BBQ and afternoon tea will be provided



**ndis** Social Futures  
Delivering the NDIS in your community

Mid Coast Communities is delivering the NDIS in the Mid North Coast area on behalf of NDIS Partner Social Futures

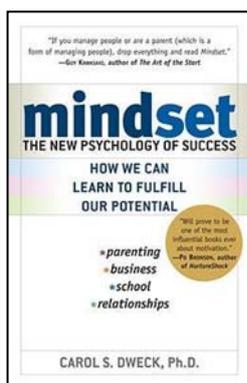


## Some Helpful Parenting Resources from Got It!

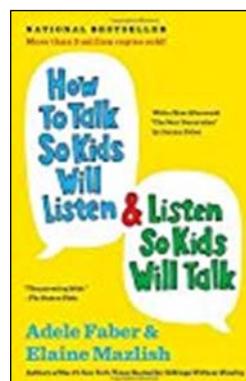
### Websites:

Mindfulness - <https://www.smilingmind.com.au/>

Growth mindset - <https://www.mindsetkit.org/growth-mindset-parents>



### Books:



## IT'S ALL ABOUT RELAXATION

**Being stressed and worried can have major physical and psychological health effects, and can affect our ability to perform and achieve our best.** Relaxation techniques release endorphins that make us feel calm and happy, helping us to gain control over our body, and manage our feelings and situations more effectively.

### 4 WAYS TO HELP YOU AND YOUR CHILD RELAX

- Breath slowly from your stomach. Lay down, pop a box of tissues on your stomach and watch it raise and fall as you breath in for 3 counts and out for 4 counts.
- Lay or sit down in a quiet place, tense every muscle in your body and hold for 5 counts, then release the tension while slowly breathing in and out. Repeat 5 times.
- Try scripted meditation CD's for children, and other's for adults.
- Carry out gentle muscle stretching and remember to breathe with each stretch!

**Practicing relaxation techniques will assist your child to focus better on tasks, improve their sleep during the night, more effectively handle stressful situations, and be happier in general!**

**FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN**



### RELAXATION TIP

A way your child can feel relaxed is to do something they enjoy and find relaxing.

Every child is different, so talk with your child and identify what is relaxing for them.

It might be reading a book, jumping on the trampoline, playing with their dog or cat, going for a swim, drawing, listening to some music, or just lying down. You might refer to it as "quiet time."

Avoid activities such as watching television, using the computer, or playing video games.

This can help when children get worked up. Try implementing relaxation techniques before the child gets too upset, angry or behaves in a negative way.

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PO Box 61  
 Macksville, NSW 2447  
 keppys@live.com.au

*Event Planning*

Keith - 0408 435 813  
 Amber - 0499 147 256

*Bowraville Community Preschool*  
 Coronation St, Bowraville  
 PO Box 65 Bowraville 2444  
 Email: [bowravillepreschool@bigpond.com](mailto:bowravillepreschool@bigpond.com)

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 2 years - 5 years.  
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 Call us on 65647657 to  
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**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  
 Hungry J's**

Phone: 65647304 ABN 92 001 062 844

Dinner: 6.00pm 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

dental design  
 studio 32

**GENERAL, FAMILY AND  
 SPECIALIST DENTISTRY**

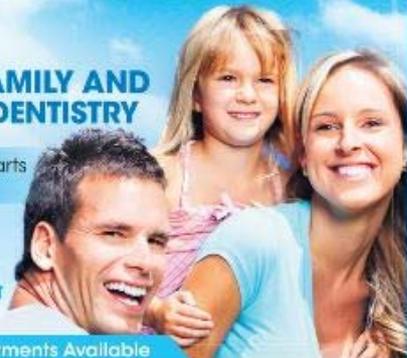
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 Coffs Harbour | 6682 3242 | Suite 2/176 Pacific Highway | [www.dentaldesignstudio32.com.au](http://www.dentaldesignstudio32.com.au)



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