



BOWRAVILLE CENTRAL SCHOOL NEWSLETTER



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BOWRAVILLE NSW 2449

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Website: <http://www.bowraville-c.schools.nsw.gov.au>

TERM 1 WEEK 2, 6th February 2019

PRINCIPAL: David Taylor

Calendar

| | | | |
|---------------|--------------------------|---------------|-----------------------|
| 7th February | Yr 7/8 Sport Scotts Head | 14th February | BCS Swimming Carnival |
| 11th February | Best Start Yr 7 | 21st February | Year 7 Vaccinations |
| 12th February | Best Start Yr 7 | 22nd February | UNI Roadshow MHS |

Nambucca Valley Junior Citizen of the Year



Year 12 Student and Senior School Captain, Jack Sullivan

Congratulations to Year 12 student, Jack Sullivan, who was named 'Junior Citizen of the Year' in the Nambucca Valley Australia Day Awards.

Jack was described by the Australia Day Committee as 'a truly outstanding young man who helps everyone in the community. He also goes above and beyond to support his peers and the staff at School'.

PRINCIPAL'S MESSAGE

Welcome Back. It is pleasing to see all the smiling faces in school uniform ready to start the new year of education. Last year 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'. As part of the NSW Department of Education our school is fully committed to this plan. I would like to pick up on Goal 5 of the plan to start the year, namely 'Every student is engaged and challenged to continue to learn.' Student engagement is a complex topic, it is not as simple as providing 'fun' things for them to do. Young people as they develop and grow need to be stimulated and challenged. Research is clear that when children and young people feel safe and protected they are more likely to engage with school and feel success in learning. My staff are fully committed to provide a safe and supportive learning environment where all students are known, valued and cared for.

During Term 1 our PBL focus is 'Ready to Learn'. Some of the suggestions that have come from students include:

Being on time

Getting enough sleep

Having breakfast

Drinking water throughout the day

Having the equipment I need including pens, rulers, calculators, ...

Active listening

As students move through school they will be given more responsibility for their own learning. In high school students may need to develop organisational skills. This might include a diary or planner, a schedule of assessment tasks and for some students a plan to manage part time work and study. 'Home learning' as opposed to 'homework' is a concept of allowing the developing mind to reinforce key concepts which have been introduced during the day. Home learning helps the student to become an independent learner and critical thinker. You can help your child by providing a space for them to reflect or study and ask them questions about their day.

My hint, instead of asking 'what did you do at school today?' because the answer will probably be 'nothing'. Ask 'what is one new thing that you learnt today that you didn't know this morning', if they cannot think of anything they might need some time to reflect before they respond.

It shouldn't be all about work; we want you to enjoy a healthy balance between school life and leisure time. It's important that you organise your time carefully so that as well as making time for home learning, you are also able to enjoy other activities that take place after school.

If you are travelling to school – by car, bicycle, bus or on foot - plan your route in advance to make sure that you will always arrive at school on time. If you are five minutes late to school each day you will miss a whole term of learning by the time you finish Year 12!

Finally welcome to the new staff joining our team this year. We have Mr Grant Watson in Mathematics, Ms Emily King in Art and Ms Kahliia Fletcher in our Stage 2 Primary class. Welcome to the Bowra team!

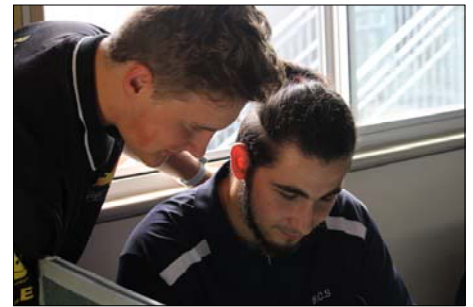
Best Regards,
Dave Taylor



Term 1 - PBL Focus
Year 7 "Ready to Learn"

SCHOOL NEWS

A New Year at Bowraville Central School



Community Liaison Officer

Hello everyone, my name is Megan Cochrane and for more than 20 years I've worked at Bowraville Central School, mainly in the Administration area. This year I've taken on the role of Community Liaison Officer (CLO). This will involve publicity work (i.e. letting the local and broader community know about all the wonderful things students experience at BCS) as well as engaging with the community to improve communication and parent/carer involvement. I am also hoping to work with a number of outside agencies in order to develop partnerships that will benefit all.

I have seen a lot of changes over the years at BCS but the thing that remains constant is the dedication of all staff at this unique little school. At times parent/carers can be a little daunted communicating and dealing with their child's school. I am hoping to help dissolve that barrier so that our school becomes a true community where all interested parties feel valued and are able to contribute to the best education possible for their children. I am looking forward to a busy, productive year and please feel free to contact me any time by phoning the school office on 65647162 or emailing me at megan.bryce@det.nsw.edu.au



2019 BOWRAVILLE SCHOOL FARM NEWS

NEW TRACTOR



Bowraville Central's School farm has just received its newest asset, a shiny orange 32hp Kubota tractor. The tractor has been long awaited and Agriculture Teacher Lori Wilson & Ag Assistant Sharon Atkins were happy to meet the truck and take possession of the keys in the school holidays.

2019 will see the introduction of Mandatory Agriculture and Food units in all NSW schools and Lori believes that Bowraville Central School has the best Ag facilities in the Valley. The purchase of this new tractor will see students from Year 9 learning how to correctly and safely drive the tractor with both the slasher and tiller implements. The new tractor will give students the opportunity to grow new crops as well as maintain the farm throughout the year.

BEES & HONEY PRODUCTION

Exciting news over the school holidays our school farm introduced its first Beehives. The beehives are integral part of our honey unit for Mandatory Technology in Year 8 and will supplement a learning task for Year 9/10 Agriculture as well. Please ensure you have signed the permission note regarding the bees and given your child's medical status regarding beestings.

Keep your eyes on the school newsletter as we hope to have honey available soon to purchase.

CATTLE CLUB

Students in Year 7-12 are encouraged to join the Cattle Club which meets afterschool on a Monday afternoon from 3.45pm to 5.30pm during Terms 1, 3 and 4. Cattle Club students have the opportunity to attend local Agriculture shows as well as Youth Training Camps. We are also hoping to start showing some poultry at our local shows and this activity could also be tied into our Monday afternoon session at the farm if we had some keen students.



EXTRA CURRICULAR ACTIVITIES

I often get emails that offer students exciting opportunities within the Ag sector, these opportunities will be passed onto students as soon as I receive them. Last year we had students attend RYAG Sheep as well as nominate for RYAG Dairy & RYAG Crops & Cereals (which were unfortunately both cancelled due to low numbers and drought).

THE YEAR AHEAD

We are hoping to finish the year with a 'Paddock 2 Plate' showcase event in November. Year 9/10 Students will plan, organise, grow and prepare the food for the event. This event was the highlight of last year and we hope this can become an annual event at our farm.



Bowraville Central School Swimming Carnival

Thursday 14 February 2019

All Parents and Carers

Welcome



Buckling up on School Buses

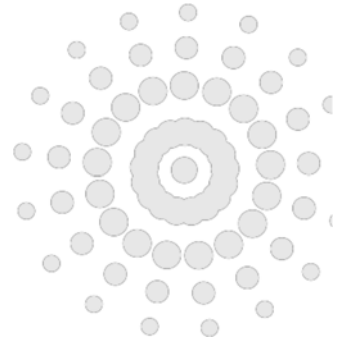
Some school buses will look different now with the introduction of seat belts into Busways' fleet

By law, passengers in a seat belt-fitted vehicle must wear the seat belt. If your seat has a seat belt, you need to buckle up - the way you do while travelling in a car.

Each seat will have three seat belts so you get to share the seat with one or two of your friends! It's important that you clip in your seat belt without having to be asked by the bus driver as they need to focus on driving the vehicle safely.

By law, you won't be able to stand on the bus once yours has seat belts - you must sit in a seat and wear your seat belt correctly. Don't forget to 'click clack'.

Parents - It would be a great assistance if you can help by talking to your children about wearing their seat belts on the bus without waiting to be asked. It is just like getting in the car - if there is a seat belt on their seat, they need to buckle up.



Best Start Year 7 Assessment 2019

Information for parents and carers

Dear Parents and Carers

Best Start Year 7 is a new online assessment for students that helps provide information for teachers on the literacy and numeracy skills of students at the beginning of Year 7.

The Best Start Year 7 will take place at our school in **Term 1, 2019**.

The assessment, covers key literacy and numeracy skills that are important to a student's success in all subjects in high school. Students come to high school with a range of experiences, skills and abilities in literacy and numeracy. It is important that teachers have current information about their students so that they can plan programs and lessons that best support the learning needs of every student.

The Best Start Year 7 Assessment will be completed at school during class time.

No preparation is needed for this assessment. Its purpose is to provide our teachers with additional information to best support the teaching of your child.

Please contact the school if you have any questions regarding the Best Start Year 7 assessment.

Telephone Interpreter Service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on **13 14 50** and ask for an interpreter in your language. The interpreter will call the school and will stay on the line to assist with the conversation. You will not be charged for this service.

David Taylor

Principal

Please Note : Bowraville Central School will hold their Best Start 7 testing on Monday the 11th of February and Tuesday the 12th of February. If students have their own headphones they may use them but the school will be able to provide headphones if Students do not have their own. If parents have any questions they can contact Sheridan Merchant or Di Smith.

Wanangiya

STOP

Nyaaga

LOOK

Ngarraanga

LISTEN

Ngarraangi

THINK



Artwork by Mia Jarrett

Welcome back I hope everyone had a nice holiday.

If anyone can spare an hour or two to help in the canteen please come and see me at the canteen or phone the school on 65647162. Thanks

Infant and primary children need to order their recess or lunch in the morning by 10 o'clock to avoid disappointment .

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.

| | |
|--------------------------------|-------------------|
| Canteen Credit | |
| Name..... | Class..... |
| Amount \$..... | |
| Budget /Boundaries..... | |
| | |
| | |

Budget /boundaries may include:-

Dietary requirements, buying for others, or limit amount. Or phone 02 65647162 and ask for the canteen.

Meal deal



Pizza sub (ham,pineapple,cheese)

Bottle of Water

A piece of fruit

\$4.50

| |
|--|
| <u>Daily Meal Deal Special</u> \$6.00 |
| Chicken & Cheese or Ham & Cheese Sandwich /Toasted Chicken,Lettuce ,Mayo Wrap |
| (can be toasted on request) |
| A Bottle of Water or Small Fruit Popper |
| A Piece of Fruit (seasonal) and Alfie pop or a pikelet or scone |

Bowraville Central Canteen Menu 2019

Brekkie

| | |
|----------------|--------|
| Hot cheese bun | \$1.00 |
| Hot milo | \$2.00 |
| Cold milo | \$2.00 |

Sorry...No credit given

Please order your recess and/or lunch by 10.00 to avoid disappointment.

Add 10c for lunch bags used at the canteen.

Prices and food are subject to change

Sandwiches /Wraps

| | |
|----------------------------|--------|
| Vegemite/Jam /cheese | \$2.00 |
| Ham or chicken | \$2.60 |
| Egg & Lettuce (with Mayo) | \$2.60 |
| Chicken or ham & cheese | \$3.20 |
| Chicken or ham&cheese &tom | \$3.60 |

SALAD consists of: Lettuce, Tomato, Carrot,Cucumber, **Extra's— add 40c each for Beerroot ,cheese ,or egg.**

| | |
|------------------------------------|--------|
| Salad | \$4.00 |
| chicken or ham (with salad) | \$4.50 |
| Chicken,lettuce,mayo | \$3.50 |
| Chippies (with salad) HSR.3.5 | \$5.00 |
| Chilli tender (with salad) HSR.4.0 | \$5.00 |

Salad bowls

| | |
|-----------------------|--------|
| Salad (no meat) | \$4.50 |
| Chicken or ham or egg | \$5.00 |

Sauces ,please specify choice
Sweetchilli,Tomato,BBQ, Mayo

Canteen made food

Pizza pockets

| | |
|-----------------------------|--------|
| Ham,pineapple,Cheese | \$2.50 |
| Chicken,Cheese,BBq sauce | \$2.50 |
| Ham& Cheese | \$2.50 |
| Cheese & Garlic | \$2.00 |
| Mini meatball sub | \$2.50 |
| Hamburger(let,tom,beetroot) | \$5.00 |
| Vege burger(let,tom,Cue) | \$3.00 |

Hot food

| | |
|----------------------------------|-------------------|
| Small Garlic Bread | \$1.50 |
| Dinosaur Nuggets HSR.3.5 | \$2.50 |
| Chicken Chippies HSR.3.5 | \$2.50 |
| Chicken Chilli Tenders HSR.4. | \$2.00 |
| Meat Pie <i>Beef 120 HSR.3.5</i> | \$4.00 |
| Macaroni Cheese | \$3.00 |
| Nachos | \$3.00 |
| Chicken burger (let,mayo) | \$3.50 |

Drinks

| | |
|---|--------|
| Water (600ml) | \$1.50 |
| Small Juice 250ml (apple,orange,ABC) | \$1.60 |
| Mighty cool Milk 250ml (choc,straw) | \$2.50 |
| Up & Go (Choc,Vanilla) | \$2.50 |

Secondary Students only

| | |
|------------------------------|--------|
| FM milk 500ml (choc) HSR.3.5 | \$4.20 |
|------------------------------|--------|

Snacks

| | |
|-----------------------------------|--------|
| Watermelon | 50c |
| Fresh Fruit (seasonal) | 70c |
| Fresh Fruit (Salad (seasonal) | \$2.00 |
| Popcorn | 60c |
| Pikelet & jam | 60c |
| Scones & jam | 60c |
| Cheese & Biscuits | 70c |
| Salsa & Biscuits | \$1.00 |
| Custard | \$1.50 |
| Chips 28g(honey soy,Plain) HSR3.5 | \$1.60 |

Frozen treats

| | |
|--|--------|
| Frozen pineapple | 50c |
| Pineapple pods (pineapple,ABC) | 50c |
| Alfie pops | 70c |
| Custard,Choc banana,strawberry | |
| Ice monys (Choc) | \$1.00 |
| Weis bars HSR.3.5 (mango/pass,strawberry,chocolate) | \$2.20 |

COMMUNITY NEWS

Nambucca Valley Scouts
Wants YOU!

Build resilience

Develop CONFIDENCE

Inspire LEADERSHIP

Be prepared for adventure!



For more than 100 years, Scouts have offered a program to young people which helps develop them through teamwork and using their own initiative.

Scouts believe encouraging young people to "be prepared" is more important today than ever!

Do you want some Fun and adventure, team involvement, helping other people, being a leader, making friends, caring for the environment, and being a positive influence in your community.

Come along to Scouts and check us out!

Scouts Tuesday nights
Cubs Thursday nights

Macksville Scout Hall
Corner of Kane & Partridge Streets
Macksville NSW 2447
(Across from the busways depot)

For more information call
Maxine
02 6568 6404
nambuccavalleyscouts@gmail.com

Ask us about our 6 week Trial Today!



Nambucca Valley Physie Club

Have you ever wanted to try Physie, well now you can !

We offer the first lesson Free so come along and have a look. Based on basic ballet and modern dance, Physie is great for physical fitness, posture and coordination. Physie is also about learning to work in a team, building self esteem and sportsmanship.

We have classes for Pre School girls through to Mature Ladies. Classes are also extremely affordable.

EP Physie is also registered to receive the Active Kids and Creative Kids vouchers. This means you will receive a \$200 deduction from your registration and club fees.

Classes will resume Wednesday 6th February at the Nambucca Arts and Community Centre.

Contact us via Facebook at Nambucca Valley Physie or call Joanne—0422 647 214

2019 REGISTRATIONS

PLAYER REGISTRATION GO TO OUR WEBSITE

riversnc.nsw.netball.com.au

ONLINE REGOS ONLY

REGO CLOSING 28TH FEB (THURS) 2019 @ 10PM

NEW & OLD PLAYERS WELCOME!

We accept ACTIVE KIDS Vouchers

Keep up-to-date page Rivers Netball

For further information call

Nikki 0423 304 430 or Mel 0413 322 909



Beaches Netball Club

2019 Registration

REGISTER ONLINE NOW! Closes 6th March 19

Ages Net: 5-6 yrs \$90 (now Mondays)

Set/Go: 7-10yrs \$100

11-17yrs \$125

Seniors \$140

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?cf=1&sslredirect=1&mode=0&id=44318&entityid=69017>

We accept ACTIVE KIDS Vouchers!!

If you have trouble registering: email us at

beachesnetball@gmail.com for assistance.

Our club plays as part of Nambucca Valley Netball competition Saturday mornings at Macksville.

For further enquiries please call

Stacey - 0408 118 443 or search

Beaches Netball Club on facebook



SOME OF OUR BUSES NOW HAVE SEAT BELTS THEY'RE BRAND NEW!

1
If there's a seat belt on your seat make sure you wear it, the way you do while traveling in the car.



2
Your bus driver's job is to keep everyone safe and they need to pay attention to the road while driving.



3
There are three seat belts on the seat, enough for students sitting by themselves or in twos or threes.



Sharing is Caring

Nambucca Strikers Football Club

Online Registration for season 2019 is now active & ready to go at <http://www.playfootball.com.au> (And Select Nambucca Strikers)

Payment is ONLINE ONLY via a credit card, no cash payments will be accepted at the canteen or on the information day.

It is a new format this year & we ask that you have your active kids voucher code number for Junior players with you prior to registering.

We will have 1 information day at the Golden Sands Tavern on Saturday 23rd of February from 9am.

We are specifically looking for players to fill the following teams...

Under 17's Boys.

Girls from 10-12 years.

Junior Training will commence from Tuesday 19th March 2019, 5pm, unless advised by your coach.

Fees are as follows...

5-7's \$130 (-\$100 active kids)

8-11's \$160 (-\$100 active kids)

12-13's \$200 (-\$100 active kids)

14-15's \$210 (-\$100 active kids)

16-18's \$220 (-\$100 active kids)

Open Men's & Women's \$360

Men's 35's & Women's 30's \$280

Socks \$10


Shorts \$25

Free Polo's for new registered players.

Enquiries can be directed to our Registrars

Daniel Flack Ph: 0418244787

Samantha Walsh Ph: 0401266767



IF NOT NOW, WHEN?

TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!

AT A GLANCE!

- Choose from 27 countries
- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime!

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PEST CONTROL
Richard Hicks
04 88 35 90 60






Keppy's



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 2449
 Email: bowravillepreschool@bigpond.com

*Catering for all children aged
 2 years - 5 years.*
 Monday - Friday 9am - 3pm.
 Call us on 65647657 to
 enquire about enrolling today!
"The Heart Of Our Community"




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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 with healthy teeth.

Affordable Dentistry in a
 Caring Environment

**DENTAL PROSTHETIST
 Harry Ramana**

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 Coffs Harbour | 6682 3242 | Suite 2/176 Pacific Highway | www.dentaldesignstudio32.com.au




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