



**BOWRAVILLE  
CENTRAL SCHOOL**

[bowraville-c.schools.nsw.gov.au](http://bowraville-c.schools.nsw.gov.au)

# Newsletter

**TERM 3 • WEEK 6 • 28 AUGUST 2019**



Official Opening of Lanes Bridge



PBL Pop Day - The Long Lunch

## Gumbaynggirr Yarning

This week's word list is:

### Birds

Crow	waagan
Duck	warraaday
Emu	gugaamgan
Kingfisher	mindulum

Gumbaynggirr has the following sounds:

<b>a</b> as in but	<b>ng</b> as in sing
<b>i</b> as in bit	<b>aa</b> as in path
<b>u</b> as in put	<b>ii</b> as in feet
<b>b</b> as in baby	<b>uu</b> as in boot
<b>d</b> as in did	<b>ny</b> as in onion
<b>g</b> as in gag	<b>r</b> as in very
<b>l</b> as in lily	<b>rr</b> like Scottish 'r'
<b>m</b> as in mum	<b>rl</b> like 'butter'
<b>n</b> as in nan	<b>w</b> as in wow
	<b>y</b> as in yet

## CALENDAR

### Term 3

Wednesday 28th August

Kindergarten and Preschool visit to School Farm  
Dubbo Girls Netball

Thursday 29th August

Dubbo Girls Netball  
P&C Father's Day Stall

Friday 30th August

Dubbo Girls Netball  
P&C Father's Day Stall

Tuesday 3rd September

Women's Health Day "Healthy Mamas"  
9.00am  
SWEEP Coffs Harbour

Wednesday 4th September

SWEEP Coffs Harbour

Thursday 5th September

Social - Your Favourite Movie or TV  
Character 5 -7pm

Thursday 12th September

Music Night 5.30pm

**RESPECT  
RESPONSIBILITY  
RESILIENCE  
TEAMWORK**

23 High St | PO Box 212

Bowraville NSW 2449

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EMAIL [bowraville-c.school@det.nsw.edu.au](mailto:bowraville-c.school@det.nsw.edu.au)

## PRINCIPAL'S MESSAGE

Last week I was at a Principal's conference in Coffs Harbour and one of the guest speakers was from 'The Fathering Project'. I was so impacted by this presentation that my whole newsletter article this week will be dedicated to it. The Fathering Project is a not-for-profit charity led by a team of professionals that aims to help fathers realise how important they are in a child's life and to give them advice on how to encourage their children. They claim that the impact of a good dad will benefit the well being of his kids today and tomorrow. I have contacted the team and they will be in the school in the future, their aim is that we work together with fathers and father figures to becoming better dads in order to provide their kids with a better environment to development. I am passionate about this as day to day I don't see many dads in school. I realise that not all families have a father or father figure in their day to day life but the benefits of dads taking an active role in children's lives is critical. For the next few newsletters I am going to post some 'tips for dads' please make that significant man in your children's lives read them and give them a go.

### Tip 1 – Dad Jokes

Sharing a laugh with kids is a great way to create positivity and help build relationships of fun and support. Here is a few dad jokes to get you started.

- Did you hear about the restaurant on the moon? Great food, no atmosphere.
- What do you call a baguette in the zoo? Bred in captivity.
- What do you call a fake noodle? An Impasta.
- Why did the coffee file a police report? It got mugged.
- How does a penguin build its house? Igloos it together.
- Why did the scarecrow win an award? Because he was outstanding in his field.
- Why don't skeletons ever go trick or treating? Because they have no body to go with.
- What do you call an elephant who doesn't matter? An irrelephant.
- Want to hear a joke about construction? I'm still working on it.
- What do you call cheese that isn't yours? Nacho Cheese.
- Why couldn't the bicycle stand up by itself? It was two tired.
- What did the grape do when he got stepped on? He let out a little wine.

- I wouldn't buy anything with velcro. It's a total rip-off.
- Dad, can you put the cat out? I didn't know it was on fire.

### Tip 2 – Teach your kids the Benefit of Sleep

It's statistically proven: Australian study shows that teaching your kid to sleep through the night is even more important than you thought. No matter how old your kids are, or where they fall on the sleep training spectrum, you'll probably agree that a preschool kid who sleeps peacefully throughout the night is rare.

Basically, it's the sleep that your kid accumulates along the way to primary school that is the true fuel that propels them along to academic and social greatness. The study (importantly, of Aussie kids) shows that kids who can manage their own sleep by the age of five appear to have a statistically significant advantage over their insomniac peers when they get to middle primary school. So have a bed time and stick to it! It is difficult but so important to your child's now and future.

Best Regards,

Dave Taylor

## SCHOOL NEWS

### School Social

When: Thursday 5th September

Where: School Gymnasium

Time: 5 -7 pm

Theme: Your Favourite Movie or TV Character

Music: by DJ Shaz

Cost: \$2.00 entry

Food: Chicken Skewers \$2.00 each

Drinks: Milkshakes \$3.00 each





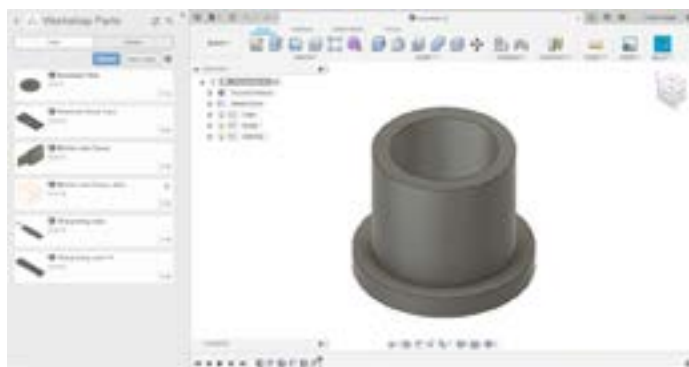
In Digital Technology students will use:

PowerPoint to manage the production of their own game by completing tutorials that introduce the basic skills, such as maze and escape the room games and animae drawings;

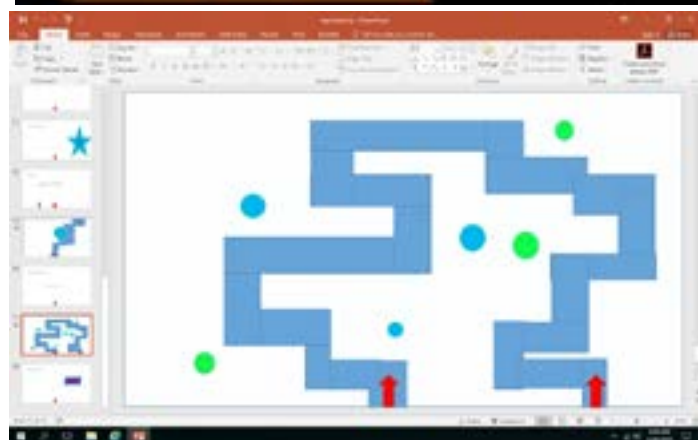
Google Suite websites to design, communicate and evaluate their solutions to authentic problems or opportunities such as game design by recording and presenting their efforts in a webpage; and using

Visual Basic for Applications in PowerPoint to learn to code, in a general-purpose programming language, by making simple changes to existing code obtained from another application.

Students may study other coding tutorials such as code.org and swift on the ipad.



## SWEEP Community Fair



Technology Mandatory -Graphics

We now live in a digital world and nearly all things that are manufactured are first designed and drawn digitally. From modern transportation vehicles to parts for use in the household.

Graphics at Bowraville Central is an introductory program to learn the basics of this important skill. Students in Graphics learn to develop and manipulate drawings in a digital format. They learn to understand and use common commands and construct common shapes in a 3-dimensional world. Drawings are made to actual real-world dimensions and are given the chance to print with the school's 3D printer.

Careers involving Graphics include Engineering, Architecture, Product Designers, Builders, Manufacturers and Scientists and Artists to name but a few.





## Year 10 Food Technology Class

Food Product Development - Assessment Task

Creating a different food product using a packet cake mix. The task also covered issues such as recycling, line extensions and sensory evaluations.



## Year 11 Exam Week 2019

Year 11 Examination Week is in Week 9, starting 16th September. Exams will be held in class time.

Please check with your teacher for the details of the exams and if one is scheduled.

Ms Riches

## Recent Anti-bullying Lessons





## YOU ARE YOUR CHILD'S FIRST TEACHER OF MATHEMATICS

To help you, here are some tips to get you enjoying maths with your child.

The most important thing you can do is to have a positive attitude towards mathematics yourself. If you don't know how to do something, say 'lets find out together'.

When You Value Mathematics Your Child Will Too.

You can turn around a negative attitude towards maths using a growth mindset. When children are learning something new, instead of them saying 'I can't do this..' try getting them to say 'I can't do this... yet'.

It can be very powerful.

For More Information visit:

<https://careers.amsi.org.au/take-home-tips/>



Careers - A Focus on Maths



**Everyone Welcome**  
TUESDAY SEPTEMBER 24th

**Mega Raffle & Door Prize**

**Food & Drink Available from 5pm**

**\$12 Adult**  
**\$6 Student**

Bowraville Central School Cattle Team

## COWBOY BINGO

TUESDAY SEPTEMBER 24th  
6PM - 9PM 20 GAMES  
BOWRAVILLE CENTRAL SCHOOL HALL

**PRIZES for BEST DRESSED Cowgirl or Cowboy**





Bowraville Central School presents

# ART MUSIC AND A MEAL

## 2019 STUDENT SHOWCASE

IN THE BOWRA SCHOOL HALL

### Thursday 12th of September 5.30pm

Tickets Available for Sale at the front office  
Entry \$5 per person  
Meal and Entrance Deal \$8 or Family of 4 \$25  
Professionally Mounted art work for sale - A4 - \$7 A3 - \$10  
Meal options include Thai Green Curry, Soup of the Day or Chicken and Gravy Roll - Milkshakes also available for \$3

Made with PosterMyWise.com

*Women's Health Week September End to 6th 2019*

## An Invitation

to mothers & female carers of Bowraville Central School students

to attend '**Healthy Mamas**', a day for women to learn and be inspired to make health a priority. Healthy mamas, healthy children.

The day will include professional talks, participation in sessions e.g. Yoga and Meditation, and Lucky Door Prizes. The day will conclude with an exceptional Keynote Speaker, Kate Winter. Kate lives locally and has an incredible story of health and resilience that will leave you astounded!!!!

Attendees will receive a free gift bag from '**Jean Hailes for Women's Health Foundation**'.

There is no cost for the day. Healthy lunch provided.



**When:** Tuesday September 3rd  
9:00am to 3:00pm

**Where:** Bowraville Central School

**RSVP by phone or email.**

**Numbers are limited so please get in early to secure your spot.**

Megan Cochrane  
Community Liaison Officer  
Ph: 65647312  
Email: [megan.bryce@bcs.wa.edu.au](mailto:megan.bryce@bcs.wa.edu.au)



## BCS STAFF IN FOCUS

### Kate Hicks

#### Went to school at:

Tullamore Central School and Brigidine Convent boarding school in Randwick because I lived in rural NSW in a place called Albert.

#### Experience/Background:

Nurses Aide and SLSO.

#### What I teach/my roles at

##### Bowraville Central:

I am a School Learning Support Officer assisting students in the classroom in the Primary Department. I organise and run the Breakfast Program.

**Interests:** Horse riding, gardening and



patchwork quilting.

#### Other comments:

I have 5 beautiful grandchildren. My maiden name is Ferrari.

## BCS ALUMNI – OUR PAST STUDENTS

**Name:** Nerida Blackford (nee Southan)

**Years at BCS:** 7 yrs, Kindergarten- Yr 6 in the 1960s and 70s.

**Where I went / what I did when I left BCS:** I'd been in a car accident before the HSC in Yr 12, and the next year I had to be at home after spinal surgery.

Then I attended Northern Rivers CAE and completed my Diploma of Teaching. My first year after college I worked as a Governess on a sheep station near Wanaaring, in the north west corner of NSW.

I worked with Distance Education and Broken Hill School of the Air. Then I came back to Bowra and taught as a casual teacher with some of the teachers who had been my teachers! I then went to Sydney and worked in a pre-school at Punchbowl before getting my first permanent appointment at Bass Hill PS. From there I worked at Sefton Infants, was Assistant Principal at Bankstown PS, and finished as Deputy Principal at Greenacre PS. I loved working at these large multi-cultural schools and was proud of beginning the Stephanie Alexander Kitchen Garden Program there.

#### What I am doing now:

I retired in 2016 and my husband and I returned to the area. I have retrained and now I am a Civil Celebrant. I love working with couples to create wedding ceremonies, and I've just completed another course to be qualified as a Funeral Celebrant. We also have a granny flat used for Airbnb, so we enjoy meeting lots of new people, and try to promote the area as a place to visit.



**Memories of BCS:** I remember every teacher and classroom; watching the moon landing in 1969 on a small black and white television; sitting at wooden tables with ink wells in the centre and the boys trying to dip my long plaits in the ink; doing lots of sport and enjoying athletics carnivals; walking as part of the Junior Red Cross group in ANZAC Day marches; Mr Chittick letting us sit as groups and doing group work- which was almost unheard of at the time; performing in school productions in the church hall, and school fetes with chocolate wheels, hoopla and cupie dolls, and sometimes being mistaken for my twin sister Trish!

**Interests:** I love travelling- in Australia and overseas, and taking lots of photos. Reading, cooking and gardening are my favourite hobbies, but my favourite activity is spending time with my family, especially my four grandchildren whom I adore.

**Other comments:** School and life is what you make it. Taking part, facing challenges and having a go are important. You can surprise yourself with what you can achieve. Try to do what you love, and love what you do.

## CLO CORNER

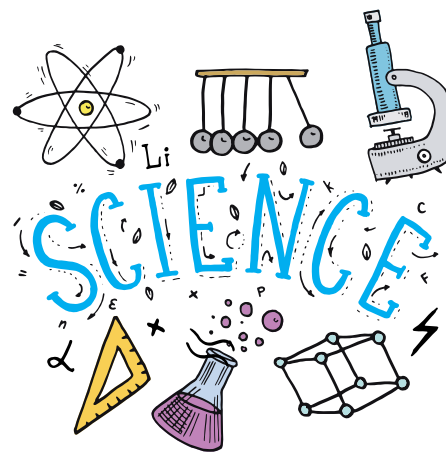
I can't wait until next Tuesday for the long awaited 'Healthy Mamas' event. Guest speakers have been confirmed, our gift bags have arrived and places booked. If you are one of the lucky participants please be prompt as we plan to start right on the dot of 9:00am. Wear your comfy clothes for our activity sessions and don't forget that your lunch is provided.

Congratulations to all our students for filling up the PBL box with their tokens and earning themselves a 'long' lunch prepared and served by the dedicated team of staff here at Bowraville Central School. I wonder what the next reward is going to be.

Please take the time to have a look at our school website at: <https://bowraville-c.schools.nsw.gov.au> and follow us on Facebook.

### Megan Cochrane

Community Liaison Officer



## Scientist of the Week

### YEAR STUDENT/ACHIEVEMENT

7	Lennie McIntyre Outstanding Effort
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## BOWRAVILLE CENTRAL SCHOOL CANTEEN

The school canteen is open Tuesday, Thursday and Friday, this is a temporary arrangement at the present time.

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

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

Milkshakes are available every Friday at lunchtime, for \$3.00 - Chocolate, Vanilla and Caramel.

**Taco Cones & Milkshake**  
Friday 30<sup>th</sup> August



DIY Taco station  
Taco mince, iceberg lettuce, tomato, cheese & salsa – top up your toasted tortilla wrap with your favourite toppings

**Meal Deal Combo (taco cone & milkshake) \$6.50**  
**Milkshake \$3.00**  
**Taco Cone \$3.50**

## Bowraville Central School P&C

### Father's Day Stall



**\$5 gift bags - \$10 gift bags**  
**EVERYONE WELCOME**

**Prices start from \$1**

Wednesday 28<sup>th</sup>, Thursday 29<sup>th</sup> and Friday 30<sup>th</sup> August

**Before School & Recess**

## COMMUNITY NEWS

### Southern Cross University

#### STAR Early Offer

Take advantage of Southern Cross University's STAR Early Offer program, available exclusively to Year 12 students. You can pursue your dream degree or simply expand your options. This free program allows you to find out whether you have an offer into university before your ATAR/OP is released, based on your schools recommendation. An application will take you under 5 minutes but be quick as applications close 13 September 2019!

#### Head-Start

Applications are now open for Southern Cross University's Head-Start program. Students who are currently in Year 10 or 11 are encouraged to apply now to start in 2020. On the completion of the program and Year 12 studies, students will have a guaranteed offer into a Southern Cross University degree. For more information on eligibility, please visit [scu.edu.au/headstart](http://scu.edu.au/headstart).

Student Recruitment Team  
[studentrecruitment@scu.edu.au](mailto:studentrecruitment@scu.edu.au)

[www.scu.edu.au](http://www.scu.edu.au) 1800 626 481

Gold Coast/Lismore/Coffs Harbour/Online

**50**

You're Invited!!!

**BOWRAVILLE CENTRAL SCHOOL CLASS OF '69 REUNION**

*Celebrating our 50<sup>th</sup> Anniversary of Leaving School*

<i>Dinner for Students, Staff and Partners</i>	<i>BBQ - Family and friends welcome</i>
<i>Dinner 30/09</i>	<i>Bowraville Excursion Club</i>
<i>Sunday 29<sup>th</sup> September 2019</i>	<i>Sunday 29<sup>th</sup> September 2019</i>
<i>11:00pm for 4:30pm</i>	<i>12:00pm for lunch at 12 noon</i>
<i>Drinks may be purchased at the bar</i>	<i>Drinks may be purchased at the bar</i>

Rsvp 14<sup>th</sup> September 2019  
Dorinda (2044) Carney 0848 464 194, Carol (Mabel) 0848 5402 475, Keri or Wendy (Students) 0848 5402 447 451

Dinner \$40pp BBQ Adults \$20, Kids Free  
Meals must be prepaid

Payment by direct credit to: G & C Carney 062734 28063444  
(Please use your name for details)


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*Event Planning*

Kelth - 0408 435 813  
 Amber - 0499 147 256

*Bowraville Community Preschool*  
 Coronation St, Bowraville  
 PO Box 68 Bowraville 2444  
[enq:bowravillepreschool@bigpond.com](mailto:enq:bowravillepreschool@bigpond.com)

*Catering for all children aged*  
*2 years - 5 years*  
 Monday - Friday 9am - 3pm  
 Call us on 65647857 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 8455 Address: 7 Screen Street, Nambucca Heads 2448

dental design  
 studio 32

**GENERAL, FAMILY AND  
 SPECIALIST DENTISTRY**

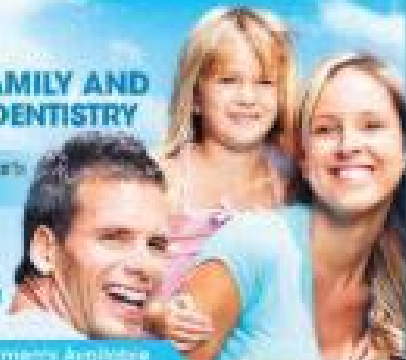
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 Luthy Harbour | 6568 8248 | Suite 21/22 Foxy's Express | [www.dentaldesignstudio32.com.au](http://www.dentaldesignstudio32.com.au)



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