



**BOWRAVILLE
CENTRAL SCHOOL**

bowraville-c.schools.nsw.gov.au

Newsletter

TERM 3 • WEEK 10 • 21ST SEPTEMBER 2022



Year 12 Final Assembly



Year 12 Graduation Dinner

CALENDAR

Term 3

Friday 23rd September

Last Day of Term 3

Monday 10th October

First Day of Term 4 Staff and Students

Wednesday 12th October

HSC Exams Start

Primary Swim School

Wednesday 19th October

Kindergarten 2023 Transition

Notes to Return

- General Permission
- Scripture

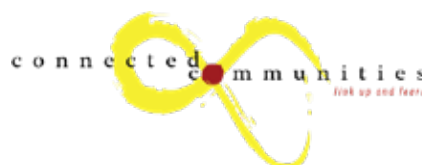
Like us on



search for "Bowraville Central School"

Gumbaynggirr Yarning

nyugin	son
nyugiyan	daughter
Jiji	sister



RESPECT
RESPONSIBILITY
RESILIENCE
TEAMWORK



23 High St | PO Box 212

Bowraville NSW 2449

PHONE 02 65647162

EMAIL bowraville-c.school@det.nsw.edu.au

EXECUTIVE PRINCIPAL'S MESSAGE

Good Luck and Farewell Year 12

It is that time of the year when we say goodbye to Year 12. Their business is not finished yet, they still have their HSC exams next term but formal classes have been finalised with the presentation assembly and formal on Tuesday. Their future, their destiny is now for them to write. Dream big, explore the world and don't forget where you came from ... Bowra!

Nanga Mai Award Nominations

Bowraville Central school nominated the 'Mob Meals' program for the community section as well as the following staff and students for Nanga Mai Awards this year. For more information about the awards go to <https://education.nsw.gov.au/teaching-and-learning/aec/aboriginal-education-in-nsw-public-schools/nanga-mai-awards/nanga-mai-awards-2022>

Outstanding Student Leadership

(Primary and Secondary award winners)

Presented to an Aboriginal student who has demonstrated exceptional skills in promoting, encouraging and supporting student participation across their school and in their community.

Cheyenne Baker – Year 12

Cheyenne is the School Captain of BCS. She is an exceptional leader who has demonstrated a strong commitment to culture throughout her schooling. Cheyenne regularly conducts Welcome to Country (in Gumbaynggirr language) at formal school events, and community events such as the AECG conference. Cheyenne is establishing a Junior AECG at BCS as she wants to leave this as her legacy in the school, to create strong leadership in our students. Cheyenne has been a strong leader in our school and wider community for many years, commencing at a young age. She has been a reliable and personable SRC member. Cheyenne recently signed with the North Sydney Bears Rugby League team and hopes for a bright future in sport and cultural leadership.

Outstanding Achievement in Sport

(Primary and Secondary award winners)

Presented to an Aboriginal student who has represented their school and community, demonstrated fairness, integrity and outstanding achievement in Sport.

India Walker – Year 10

India Walker is a proud Gumbaynggirr student and an outstanding all-round sportsperson. Her recent accomplishments include on the North coast Team for athletics, first in shot put and javelin (going to State), plays netball with Nambucca Valley Netball Association, member of Port Sharks Rugby League Club, and is soon to recommence touch football with Macksville Falcons. India has an excellent attitude to sport and is a strong community

member at BCS. India's wide-ranging abilities in sport are her legacy in our community, and she consistently turns up to compete and play in all manner of activities. She is very modest despite her outstanding record of achievements and shows excellent teamwork when playing in her team sports.

NSW DoE Outstanding VET in

Schools Student of the Year

Presented to an Aboriginal student who has demonstrated outstanding achievement, commitment, effort and application to completing their VET and HSC commitments.

Gabrielle Stadhams – Year 12

Gabrielle has completed her VET studies at BCS to a high standard. She has been an active participant in the Bowraville Education Campus (BEC) as a hospitality student, completing her VET workplace experience to an excellent standard. She has also been a role model and strong community member throughout her schooling. Gabrielle is also completing Primary Industries as part of her HSC, her perseverance throughout Covid in a practical subject is to be commended. Gabby demonstrates industry standard skills during our practical lessons. She can reflect on firsthand experiences and always shares valuable insights to group discussion.

Outstanding leadership in Aboriginal education

Presented to a NSW Department of Education employee who has demonstrated exemplary leadership and capacity building among staff, schools and the school community and an ongoing commitment to improving educational outcomes for Aboriginal students.

David Taylor – Executive Principal

David has dedicated most of his career to working in Aboriginal communities. Commencing at Bowraville Central School in 2017, David has led several important initiatives that have raised outcomes for our Gumbaynggirr students. David's accomplishments include winning an award on behalf of the school for the project he led with the Australian Indigenous Doctors Association. David is a committed community representative, serving on the board of Jaanyimili Bawrungga as a foundation member establishing the Health One campus. David has championed numerous cultural projects, including the Nambucca Valley Connected Incorporated body building a Sports Hub in the town. David established a school canteen that provides food for all students free of charge. His response to an incident of racism directed at an Aboriginal staff member on a Facebook post illustrates his passion and support. David communicated in the school newsletter addressing the issue of racism and categorically stated that Bowraville Central School will stand up against racism of any form. A highly authentic and consultative leader, David has recently held an Aboriginal Education Forum in the Bowraville community to consult on the topic of the school's role in strengthening Gumbaynggirr Culture and Language in the

school. David has prioritised the employment of Aboriginal staff. BCS now has four Aboriginal teachers and a total of 13 Aboriginal staff.

Outstanding contribution to educational achievement by an Aboriginal staff member Presented to an Aboriginal employee of the NSW Department of Education who has demonstrated outstanding commitment to improving educational outcomes for Aboriginal students, their families, and communities.

Diana Flanders – AEO and President of the Nambucca Valley AECG & NSW Regional AECG

Aunty Diana, a proud Gumbaynggirr woman who has dedicated her life to Aboriginal Education. Her passion has been ensuring our local storylines, history, family connections and language continue to survive for her family and community. She strongly believes education is vital for students to succeed in two worlds - while maintaining their Cultural Identity.

Diana completed her HSC in 1984. In 1982, she had a devastating injury that destroyed her dreams of being a Policewoman. Education became her Passion for her future family. Sharing her cultural knowledge in schools.

Diana has worked in both Catholic and Department of Education schools in the Nambucca Valley working closely with families and communities for better outcomes for students while encouraging students to learn their family history and culture. She volunteered at the local Aboriginal Day Care her two sons attended while attending the Australian Catholic University to do her teaching degree.

Diana has been the AEO at Bowraville Central school for almost 22 years. She alongside other AEOs and departmental staff have been the driving force of Aboriginal Education in the Local Valley. Local AECG president since re-establishment gained the respect of staff, Principals and Directors. Diana has been Regional President since 2017.

David Taylor

Executive Principal

SCHOOL NEWS

Congratulations to Toria Kete and Fletcher Mason-Vidler our 2023 School Captains



Stronger Smarter Awards



ABORIGINAL EDUCATION CONSULTATIVE GROUP

Would you like to join your local AECG?

Click the link for the form you need to complete at <https://www.aecg.nsw.edu.au/about/forms/>

Meetings are held on Monday in Week 5 of every term, 1:00 to 2:00pm for all members, then 2:00pm to 3:00pm for full members.

Meetings are held at the AECG Office opposite the Police Station in Nambucca Heads main street. Associate memberships are available for non-Aboriginal community.

Year 12 Breakfast and Assembly



Year 12 Graduation Dinner



Congratulations to Jom Narksawad Senior Secondary Dux



Athletics Carnival

Sunshine, participation, teamwork, broken records and loads of fun equalled a fantastic Athletics Carnival! Competition for house points was fierce. Special congratulations to Charlee Woods who broke the Open Girls record for discus and shot put. Congratulations to the winning house Cedar !



ShoreTrack Sony Youth Hub launch Bowraville Central School

The Sony Foundation identified that many young people in regional areas have a hard enough time engaging in training, work, and the wider community and this can be amplified in communities impacted by a bushfire disaster. In fact, evidence suggests that about 1 in 4 young people can suffer from post-traumatic stress disorder following a natural disaster like the 2019 Black Summer fires.

Sony Foundation is addressing this gap by funding pioneering youth programs to roll out in communities that were some of the hardest hit by the 2019 bushfires including the Nambucca Valley community.

With the support of, and in collaboration with SONY and BackTrack Youth Works, ShoreTrack are building a youth hub from three shipping containers and existing workshop spaces to deliver a youth resilience program that will include bushfire recovery work and training in the Macksville Industrial Estate.

Community-led and tailored to the needs of these young people, the youth hub programs will focus on supporting youth engagement like job skills, music therapy and podcasting workshops. The shipping containers will also provide vibrant spaces where young people can socialise, learn new skills, access free support services, and participate in music and fun diversionary activities to keep connected.

To launch the hub space ShoreTrack organised workshops in song writing, podcasting, dance art and film making delivered by MMAD (Musicians Making a Difference), locals Dennis Milgate, Tom Tom, Travers Ross, Chris Edwards, Heather Clarke and Brad Collins at **Bowraville Central School** for students from all the Valley high schools on Wednesday 14th September. These workshops were a huge success with our young people really stepping up to dance, sing, tell their stories and express their feelings after being inspired by the facilitators.

ShoreTrack are looking forward to continuing their partnership with Bowraville Central School to provide more skills development programs for our young people.

Thanks Woolworths

Making a fantastic day even better, our local Woolworths kindly donated all the goods for a delicious BBQ to feed the hungry upcoming stars at lunchtime. A big thank you to Ally and her team from Woolies who came along on the day and helped serve the yummy sausages, salads, fruit, bread and drinks.



State Athletes

India Walker and Malcolm Noble competed at the Combined High Schools State carnival at Homebush on Friday 9th September. India came 5th in Shot Put and 10th in Javelin while Mal came 11th in Pentathlon. What an incredible achievement for these two talented BCS students!



Congratulations Cheyenne

After trialling and holding talks with the North Sydney Bears, the Sydney Roosters and the Canterbury Bulldogs, Year 12 student, Cheyenne Baker has just signed a contract with the North Sydney Bears to play in the NRLW (Australia's National Rugby League competition for female players). What a fantastic achievement!



Food Service and Catering with Year 9/10 Food Technology

Students made Chicken Schnitzel Caesar Salads and a creative mocktail.

Teacher, Ms Riches was delighted with the group, performing to industry standard and working as a great team.



Museum Visit by K/1



Stage 3 Working on Mural with Ms King



Horse Safety

Year 3/4 loved learning about horse safety at the school farm when Ms Wilson brought her beautiful Australian Draft Horse, Cobi, into the farm to demonstrate safety around horses.



Kindy 2023 Transition

Our Junuy Windabiin have grown so much in confidence and capabilities during Term 3, and are loving being at Bowraville Central School.

They can't wait to come back in Term 4 to explore all the wonderful learning spaces outside of the Kindy Classroom!





Bowraville Central School's Kindergarten Transition

Have you heard about the Junuy Windabiin (Little Star's) Transition Program that has been happening at Bowraville Central School in Term 3? Are you considering enrolling at Bowraville Central School and would like your child to participate in our Term 4 experiences, exploring our amazing learning spaces? We would love to hear from you!

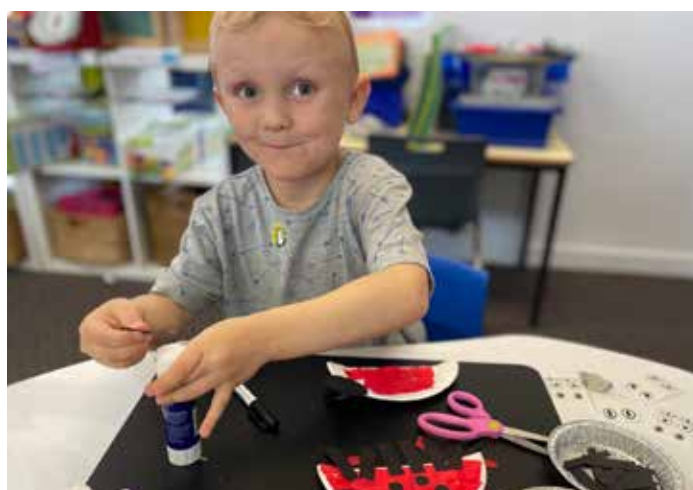
Enrol now for Term 4!

Transition Times:
9am - 11.50am

Transition Dates
Wednesday 19th October - Explore the Library
Wednesday 26th October - Be an Artist
Wednesday 2nd November - Explore the School Farm
Wednesday 9th November - Get Active
Wednesday 16th November - Think like a Scientist
Wednesday 23rd November - Fun in Food Tech
Wednesday 30th November - Teddy Bear's Picnic

Contact the School on 65647 162
or Email Katie Heather on:
katie.heather2@det.nsw.edu.au

Help with transport, for children residing in Bowraville, can be organised. Please speak with us to find out more.



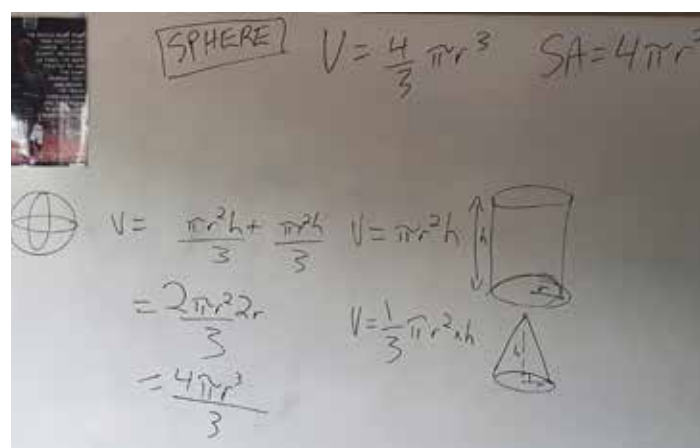
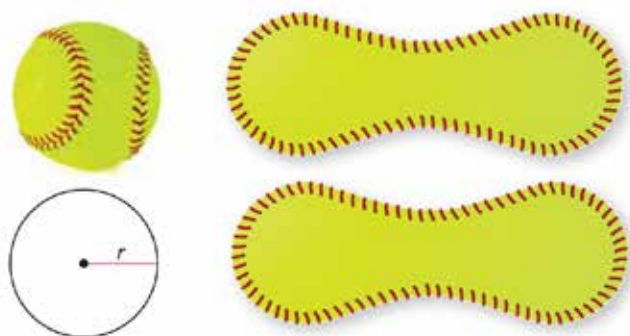
Maths with Year 10 and Ms Bell

Year 10 have been working with 2D and 3D space and they are currently completing a task where they need to write their own maths question and solve it.

Some students need to find the surface area and volume of a sphere for their task so we had a look at tennis balls and apples.

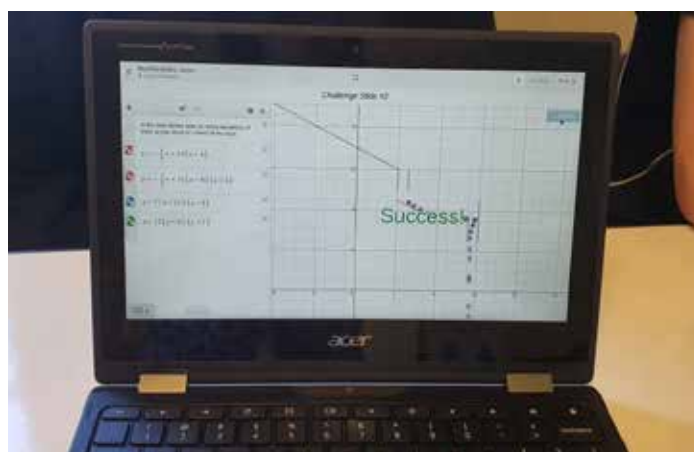
How many circles that are the same size as the shadow of a sphere do you need to cover the sphere? Year 10 has predictions from 2 up to 6 or 7.

We traced the shadow of an apple a few times and then peeled it to find out. Have a look at our results! Was your prediction correct?



Year 9 Maths

Year 9 have been completing a unit all about straight lines. They have learned how every line can be represented by a table of values, a graph, a picture and an equation. In this activity, students applied their knowledge to design marble runs that would collect all the stars! They did a fantastic job and were very engaged as well.



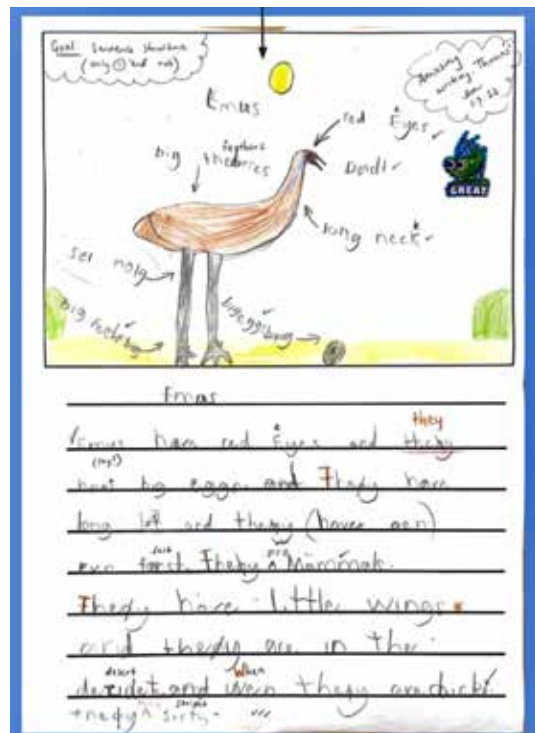
Stage 6 Visual Design Project for Term 3.

The students completed skateboard designs whilst researching the life and work of Jim Philips from Santa Cruz- surf and skate deck designs.



Billabong Zoo Trip

K-2 had a fabulous day out and are already planning our next adventure. Our excursion to the zoo was an awesome way to finish our unit on Australian Animals and information report writing!





Goalhub - supporting students and connecting families with student success.

As a parent or carer of a student at Bowraville Central School you will be invited as a guardian to connect with the online platform and App "Goalhub".

Goalhub will provide a clear view of your child's motivations, goals and learning success.

Student goals will be set around cultural, social, emotional and academic success.

Our Aboriginal Personalised Learning Pathway Plans and our Personalised Learning and Support Plans will also be created on the Goalhub platform. Individual teachers and Year Advisers will also have access and be creating goals for your child.

Through the Goalhub platform you will receive updates, have the opportunity to collaborate with teachers and support your child's learning journey as they transition from year to year, teacher to teacher and school to school.

Your invitation will come home with your child on card and it is easy to log in.

Students will be logging on this term and parents/carers will be logging on next term.

Any queries call the school.

Together we connect, together we thrive.



‘You Can Sit With Me’ Campaign

This R U OK day, students at BCS will be participating in age-appropriate lessons about how to check in with your friends and family to ask “Are you ok?” At BCS we prioritise student wellbeing and we think that every day is a good day to check in with your mates. Because of this, we are launching the YOU CAN SIT WITH ME program this Thursday, 8 September.

YOU CAN SIT WITH ME is a kindness campaign and an anti-bullying initiative that supports children suffering with anxiety, depression and feelings of isolation. YOU CAN SIT WITH ME aims to stamp out bullying, bring communities together and promote kindness. 5 simple words can help change children’s lives: YOU CAN SIT WITH ME. Student ambassadors commit to wear yellow wristbands on days when they feel able to be a friend to anyone, regardless of age, race, religion or culture to sit with them.

WHY WOULD SOMEONE WANT TO SIT WITH ME? Maybe they are new to BCS and don’t have anyone to sit with or maybe they are having a few troubles. By wearing the highly visible YOU CAN SIT WITH ME wristband they will know you are a person who welcomes them to sit with you – no questions asked. By wearing the YOU CAN SIT WITH ME wristband you are also saying to the people in our school that you welcome any student of any age, race, religion or culture to sit with you.

WHAT DO I SAY IF SOMEONE WANTS TO SIT WITH ME? It is very simple, you simply say “Hi” and tell them your name or if they look upset you ask “Are you ok?” At no point are you to counsel someone or try to fix their problems. If you are worried or the student is very upset please tell an adult, so they can get the help the person needs. By simply being a friend and giving a child someone to sit with you are making a huge difference to that child’s life.

HOW DO I GET INVOLVED? If you feel like you would be a good person to wear a YOU CAN SIT WITH ME wristband you need to let your teacher or Ms Bell know. They will talk to you and arrange for you to be a YOU CAN SIT WITH ME ambassador. This may not be instant; you may need to go on a list and wait your turn.

WHAT DO I DO IF I DECIDE I DON’T WANT TO WEAR THE WRISTBAND ANYMORE? If you decide to wear a YOU CAN SIT WITH ME wristband, it stays on for the WHOLE day. It is a commitment that you have made; you can’t just take it off half way through the day and decide it is not for you.

That said, before deciding to wear a wristband each day think to yourself:

Am I having a good day and do I feel strong enough to help others?

Am I happy for anyone of any race, age, gender or culture to sit with me?

Am I too busy today to help other people because I have things to do at recess or lunch time?

There will be days when it doesn’t suit you to wear a wristband and that is ok, you can wear one on another day. If you decide that you don’t want to wear the wristband again at the end of the day you simply let your teacher or Ms Bell know. If you would like to wear it again another day, then please let them know too.

HOW AM I HELPING OTHER AUSTRALIANS BY WEARING A YOU CAN SIT WITH ME WRISTBAND? YCSWM is partnered with the Australian Numeracy and Literacy foundation and they donate profits to this great cause. The money is to improve the education of our Aboriginal and refugee communities - something we are very proud of. If you wear a YOU CAN SIT WITH ME wristband you should be proud too! You are helping change children’s lives and strengthening communities.

If you want any more information, ask Ms Bell or visit our website regularly for our latest news, updates, media and ambassador news. www.youcansitwithme.org

You can also Like us on facebook/YOUCANSITWITHME and follow us on twitter @UCanSitWithMe

YOU CAN SIT WITH ME, together we can change lives.



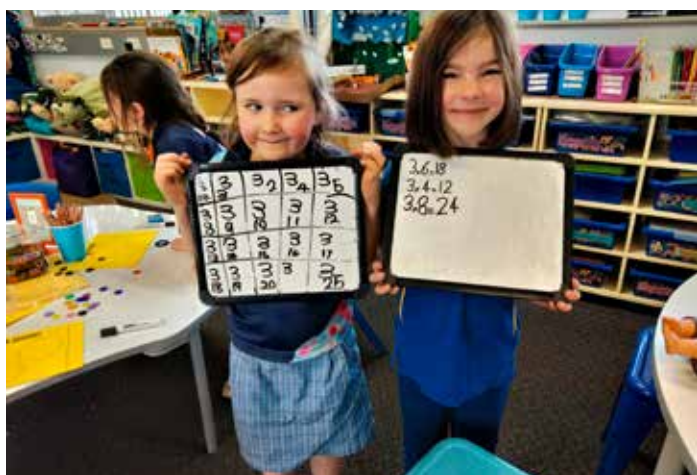
The Bawrrung Project – Tasman Keith Artist in Residence

In Term 4 we will have a very special guest coming to the school to do a project with our students in Primary and Secondary. Tasman Keith, ex-student and renowned musician has agreed to come and work with our students to create songs and record them. The project is designed with a focus on our local Gumbaynggirr language, and one of the songs will be filmed as a video clip.

Students who would like to be involved have been asked to put in a nomination form for selection. There will be one primary school group and one secondary group. They will work with Tasman for two weeks, three days a week in workshops where they will write lyrics and music and spend time with an excellent role model. We are hoping that this can become an annual event for our students to celebrate culture and language in our community.



K/1 Mathematics



**A Happy and Safe
Spring Break
to Everyone !**

Primary Assembly Awards



Secondary Assembly Awards



Canteen Orders

To avoid missing out on the canteen's delicious specials, students need to have orders in by 10:00am



Lions Club Bowraville

INFORMATION NIGHT For Prospective Male / Female Members

**Wednesday Sept 21st at Bowraville Hotel 6.00pm for a 6.30pm start.
RSVP by 14th September.**

**PH: 0265647539 / 0408745551
EMAIL: bowraville@lionsdistrict201n1.org.au**



**FREE
BOWRAVILLE
SUPPORTED
PLAYGROUP**

ONSITE AT BOWRAVILLE COMMUNITY PRESCHOOL
ON WEDNESDAY MORNINGS

AGE APPROPRIATE ACTIVITIES, MORNING TEA PROVIDED
9:30am to 11:30am

 @lifetimeConnectChildandFamily 02 6569 4222



POSITIVE PARENTING FEE FREE* SHORT COURSE (CSO555-V03)

- Nationally Recognised Training
- This training is subsidised by the NSW Government

Course description:

This FEE FREE* course aims to assist parents and caregivers with parenting strategies and techniques to support positive behaviours and enhance early literacy and numeracy development for children aged 0-5 years.

This course also provides:

All learning resources will be provided.

Course outcomes include:

- Understand the emotions and needs that drive children's behaviours
- Understand how supporting emotions can lead to less behaviours
- Develop a range of practical strategies to assist families to support their children's emotions
- The power of play as a tool for literacy and numeracy learning
- Oral language a significant aspect of early literacy
- Develop a range of practical strategies to assist early literacy and numeracy development

How to get involved:

Ready to enrol? Visit us on campus!

Questions? Call Jenny on 6569 2018 or email cpalesmackville@tafensw.edu.au

Register your interest via the QR code:

LOCATION
TAFE NSW Nambucca CLC
2183 Glinagay Way, Nambucca Heads
NSW 2448

DURATION
• 6 days x 3 hrs (1 day/week for 6 weeks)

TIME
• 9:30 am – 12:30 pm
• Wednesdays

START DATE
12 October 2022



RTO 90003. This document is correct at the time of printing: December 2021. *Terms and conditions may apply.

tafensw.edu.au
131 601

 **TAFE** NSW

**Due to a severe allergy suffered by a
BCS staff member, we ask, please,
that no oranges, mandarins or any
orange coloured citrus fruit be
brought into the school.**



Thanks for your understanding.



Back-in-Bowra

TWILIGHT HOT ROD CRUISE

5 TO 9 PM ON TUESDAY 27 SEPTEMBER

BOWRAVILLE MOTORS
MECHANICAL REPAIR • PANEL BEATING • SPRAY PAINTING

The cruise night will consist of hotroders setting up camp chairs along the footpaths with their hot rods parked alongside watching other hotroders cruising the High Street....

Many shops and the museums and the cafes and the pub will all be open, as well as the famous sizzling Bowraville Lions Sausages.

Everyone is invited to come along, bring your chairs, and enjoy the evening—

but please do not park on High Street so the hot rods can be on display



COME ALONG

WHAT FUN

South Arm Hall Committee presents

South Arm White elephant MARKETS

variety of stalls

Food and drinks available

On from 9am-2pm

1039 south arm rd
south arm

SUN
25Th
sept

Spots available now, all welcome, local businesses,
clear your unwanted treasures, contact us today

Bowra Rec Club REUNION

SATURDAY, 8 OCTOBER 2022

1:30 for 2:00pm

Golf Competition

2 person Ambrose

2:30 for 3:00pm

Bowls Competition

Nominated teams of 3 x 4 ends.

Teams must include one non-bowler!!

5:00pm

FREE Sausage Sizzle & Salad

Register now so you don't miss out
on a game of bowls or golf,
or a free sausage sizzle
Call: 6564 7349

Follow the link on our Facebook page
Email: bowrarec@bigpond.com
PLEASE REGISTER BY 4/10/22

Fun for the kids.....

- * Sack races
- * Three-legged races
- * Putting competition
- * Bowls

Make sure you register
for a chance to win.....

Lucky Dip Surprise Raffle
or a
Lucky Door Prize

Plenty of prizes and giveaways on offer....

Bring your gold coins for a chance to win and play as many times as
you like!! Here's how:

- Toss your gold coin and land nearest to the prize.
- For a gold coin, putt your ball closest to the prize.
- For a gold coin, roll your bowl from one corner of the rink to the opposite corner and land nearest to the jack.

Flu and COVID-19 are serious illnesses



Protect your mob this winter.

Get your flu shot and stay up to date with your COVID-19 vaccinations.

- FREE flu shots for Aboriginal people 6 months and over.
- FREE COVID-19 vaccines for Aboriginal people 5 years and over.

Speak to your GP or Aboriginal healthcare worker about getting vaccinated today.



nsw.gov.au

SHPN (H/P NSW) 220297



KEEP OUR MOB SAFE



NAMBUCCA VALLEY LIBRARIES

UPCOMING SCHOOL HOLIDAY EVENTS 2022

**27
SEP**

Kaya Boom drumming Workshop

Kaya has a patient, caring and sensitive teaching style that is inclusive of all abilities. He is a master drummer with a unique ability to explain and breakdown rhythms, making them accessible to everyone. He facilitates drum groups that are well-balanced, respectful and non-judgemental.

Website: <https://www.kayaboom.com/>

Where: Macksville Library 41 Princess Street

Time: 10:30AM

Please call Macksville library to make a booking 65681422

**05
OCT**

The Wildlife Twins: Wildlife Show

In our shows we aim to showcase some of Australia's Awesome Wildlife, highlighting the amazing abilities these animals have developed to enable them to survive in Australia's harsh environments.

Website: <https://www.thewildlifetwins.com/>

Where: Macksville Library 41 Princess Street

Time: 10:30AM

Please call Macksville library to make a booking 65681422





Do you need help to pass the driver knowledge test and get your Learner Licence?

Uniting runs regular courses to help you study to learn the rules and pass the test

When: every three months

Where: Coffs Harbour, Bowraville, Macksville and Nambucca

ASK US WHEN THE NEXT COURSE IS!

For more Information or to book please contact:-
Harlan Cooper
hacooper@uniting.org
0466 013 067

LIMITED PLACES AVAILABLE



✓ GET LICENCED ✓ GET LEGAL ✓ GET WORK





Do you need help to gain experience in a car and pass the DRIVING TEST?

UNITING 120 Countdown helps people get the experience they need

We can help if you have **zero** experience or if you just need a bit of help to get through the Driving Test

For more Information or to book please contact:-
Harlan Cooper
hacooper@uniting.org
0466 013 067

We can also help regain your licence and/or repay fines.



UNITING 120 COUNTDOWN COVERS COFFS HARBOUR, NAMBUCCA & SURROUNDS

Yilaawaygam Giili

Being Here Now

FREE
WORKSHOP

LIVING WITH

Mindfulness & Compassion

in Challenging Times

How do we connect with ourselves,
each other and waajar (land & home)

Do you experience stress, anxiety,
depression and worries about the world,
the environment and climate change?
Do you feel overwhelmed and long for
community and connection?

Mindfulness and Compassion practices provide
tools and techniques that will assist you to gain
balance, even when times are tough.

Nambucca Valley

Saturday 24th September
10am-4pm

Sunday 25th September,
10am-4pm

Valla Public Hall
451 Valla Road, Valla
(bookings essential)



Contact : Karen
P: 0416 017 372
E: lisa@mindful-wellbeing.com

This program is funded by Healthy North Coast through the North Coast PHN Program

www.ozgreen.org/livingwell

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*

PEST CONTROL

Richard Hicks

04 88 35 90 60



GUITAR LESSONS

All Levels

**Play songs from day one
No Guitar? No Problem**

Call Mark

0403 301 494

First Lesson FREE



Nambucca Dental Surgery

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



Bowraville Community Preschool

Coronation St, Bowraville
PO Box 65 Bowraville 2449

Email: bowravillepreschool@bigpond.com

*Catering for all children aged
2years - 5years.*

Monday - Friday: 9am - 3pm.

*Call us on 65647657 to
enquire about enrolling today!
"The Heart Of Our Community"*



NORCO RURAL STORE

"Your One-Stop Store for"

- Petrol
- Farm supplies
- Fertilizers
- Fencing Materials
- Plumbing Needs
- Good friendly advice

Plus all your hardware and produce needs

51 Carbin St
Bowraville
Ph: 6564 8648

"We're proud proud to be 100% Farmer owned and Truly Local!"
Your Farm Your Town Your Store!
www.norco.com.au



Advertising Space Available

Please see Front Office
for more information

Advertising Space Available

Please see Front Office
for more information