



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL 1st October 2009 Term 3 Week 10

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Melanie's Thoughts



Melanie Wait
Principal

Bridge Report

Year 12

As the school careers of our Year 12 students comes to a close it is a chance for us to reflect on their time at Tooleybuc Central School and thank them for the positive impact they have had on our school. Our Year 12 exams begin on Tuesday the 20th of October and on behalf of the Tooleybuc Central School community I would like to take this opportunity to wish them all the best in their exams.

Year 12 students are able to come to school to seek assistance during their exam period. Teachers will be available during normal scheduled classes to assist Year 12 with their studies.

Whole School Assembly

Congratulations to all of those students who received awards at the Whole School Assembly on Monday. Congratulations must go to all of our students who behaved beautifully during the assembly. Thank you very much for your cooperation. We must also thank all the parents and friends who attended this assembly; it is wonderful to have such strong support from our parent body.

Ian Lillico

Once again Ian Lillico, renowned educational specialist, will be working with our school. This year Ian will be working with students and staff members strengthening our Values Education Program. We will also be holding a parent evening at the Tooleybuc Sporting Club on October 27th. I encourage all parents to attend this evening as Ian's knowledge is valuable in supporting our children.

There will be further details released at a later date.

Holidays

I would like to wish all members of the Tooleybuc Central School community a safe and happy holiday. School will resume for students and staff on Monday the 19th of October. I look forward to continuing to work together to support our students during Term Four.

Term Four

We also have a vast range activities planned for our students during Term Four. Some of these include:

- Year 7/8 Camp
- Swim School
- Trial School Certificate Exams and School Certificate Exam for Year 10
- Higher School Certificate Exams for Year 12
- State Athletics Carnival
- OH & S White Card Training for Years 9 and 10
- Engineer's visit for Years 3 & 4
- Transition Days for Kinder 2010 and Year 6 into 7
- Information Sessions for Year 8,9 and 10 for next year
- Ian Lillico – Values Sessions
- Second Strike – SRC Sessions
- And just a few more

As you can see there will be a wider range of activities planned for our students and I am sure they will be looking forward to not only these activities but the wonderful teaching and learning activities their teachers have planned for them.

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Up Coming Events Term 4

Week 1

Mon 19 Oct	First Day Term 4
Tues 20 Oct	Engineer Visit Yr 3/4
Fri 23 Oct	White Card Training

Week 2

Tue 22 Oct	Kinder and Year Six into Year Seven Parent Meetings
Wed 23 Oct	Ian Lillico
Thur 24 Oct	Ian Lillico

Week 3

Wed 4 Nov	Kinder Orientation
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MERIT AWARDS**Gold Bronze Merit Award Recipients** = Gold + 10

Merit Awards

Gleeson, Georgia Yr 6

Gold Merit Award Recipients = Silver + 30 Merit Awards

Name	Year	Name	Year
Johnston, Cody	Yr 3	Harding, Luke	Yr 7
Bowring, Jemima	Yr 4	Douglas, Olivia	Yr 8
Gleeson, Tanner	Yr 4	Morton, Georgina	Yr 8
McKindlay, Rowena	Yr 6	Bird, Amber	Yr 9
McKindlay, Harriet	Yr 8		

Silver Merit Award Recipients = Bronze + 20 Merit Awards

Name	Year	Name	Year
Andrews, Cooper	K	Bowring, Jemima	Yr 4
Berg, Sara	K	Edelsten, Keira	Yr 4
Buccheri, Sam	K	Main, Chelsea	Yr 4
Lyons, Pdraig	K	McKindlay, Prudence	Yr 4
Mammone, Joseph	K	Reynolds, Tanner	Yr 4
Scalora, Toni Mia	K	Wilkins, Leighton	Yr 4
Smith, Natalia	K	Zanker, Eden	Yr 4
Blachford, Brees	Yr 1	Berg, Jaide	Yr 5
Grace, Ryan	Yr 1	Forster, Jason	Yr 5
Hoare, Sam	Yr 1	Hoare, Rachael	Yr 5
Johnston, Jenae	Yr 1	McNab, Callum	Yr 5
Arblaster, Brett	Yr 2	O'Bree, Jessica	Yr 5
Buccheri, April	Yr 2	Andrews, Madison	Yr 6
Grace, Rachael	Yr 2	Hodgson, Abbey	Yr 6
Ogle, Murray	Yr 2	Lockhart, Remy	Yr 6
McNab, Riley	Yr 2	McKindlay, Rowena	Yr 6
Andrews, Demi	Yr 3	Morton, Sam	Yr 6
Berg, Emma	Yr 3	Stobaus, Cody	Yr 6
Domaille, Laura	Yr 3	Domaille, Joshua	Yr 7
Domaille, Thomas	Yr 3	Hickey, Thomas	Yr 7
Hickey, Max	Yr 3	Domaille, Christopher	Yr 8
Hodgson, Lane	Yr 3	Hoare, Adam	Yr 8
Smith, Sam	Yr 3	Gleeson, Jack	Yr 8
Atkinson, Tye	Yr 4	Tacken, Reece	Yr 8
Alexander, Beau	Yr 4	Dilges, Sarah	Yr 10
Borg, Taylar	Yr 4	Spinks, Jack	Yr 10

Budgeting made easy

Balancing the family budget can be a daunting task, but web tools such as the Federal government's www.understandingmoney.gov.au and www.fido.gov.au can make this important job easier.

Both of these sites offer clear and easy to understand information about your finances including mortgages, superannuation, investing and saving. There are budget planners to download and you can search for information based on life events such as buying a house, having a baby or planning for retirement.

Bronze Merit Award Recipients = 10 Merit Awards

Name	Year	Name	Year
Atkinson, Gladys	K	Chance, Matthew	Yr 6
Domaille, Ryan	K	Kennedy, Lachlan	Yr 6
Harvey, Mackayla	K	Pitlo, Skye	Yr 6
Atkinson, Valerie-Carol	Yr 1	Forster, Aaron	Yr 7
Lewke, Tarini	Yr 1	Spinks, Darcy	Yr 7
Robinson-Howard, Broden	Yr 1	Bolger, Richard	Yr 8
McNab, Riley	Yr 2	Pitlo, Teake	Yr 8
Nimo, Manu	Yr 2	Wilkins, Cody	Yr 8
Alvear, Robin	Yr 3	Batty, Naomi	Yr 9
Harvey, Casey	Yr 3	Harvey, Kodie	Yr 9
Bentley, Billy	Yr 5	Walsh, Stephanie	Yr 9
Hickey, Harry	Yr 5	Lockhart, Kennedy	Yr 10
Lockhart, Neve	Yr 5	Westerdale, Dylan	Yr 10
Nimo, Ola	Yr 5	Richardson, Geoffrey	Yr 11
Richardson, Kellie	Yr 5	Sinapius, Darren	Yr 11
Spinks, Cooper	Yr 5	Aston, Ashley	Yr 12
Whitfield, Daniel	Yr 5	Spinks, Tyson	Yr 12
		Standen, Ryan	Yr 12

Tooleybuc Tennis Club

Training commences Thursday September 24th, 4:30pm. Please come along and register. New players most welcome.

For information call 03 50 388 234

SYZYGY

Students are invited to design a front page for this year's Syzygy - the winner will be on the front cover.

It can be a drawing, a photo or a painting. All entries have to be handed in to the library by the end of the term. The comp is open to all students from Kindergarten to Year Twelve.



Visitors to our School

Remember that visitors to our school must sign in and out of our school grounds. This is an Occupational Health and Safety requirement to ensure that we know who is on the school premises in case of emergency.

It is also a departmental requirement that all parents working with students complete a 'Child Protection' check. We would like to encourage all parents to assist in our school where possible. A copy of the form (Prohibited employment declaration) is below. Please complete and return to the front office

Prohibited employment declaration

Child Protection (Prohibited Employment) Act 1998



The Child Protection (Prohibited Employment) Act 1998 makes it an offence for a person convicted of a serious sex offence (a prohibited person) or a Registrable Person under the Child Protection (Offenders Registration) Act 2000 to apply for, undertake or remain in, child-related employment. It does not apply if an order from the Industrial Relations Commission or the Administrative Decisions Tribunal, declares that the Act does not apply to a particular person.

Section 5 of the Child Protection (Prohibited Employment) Act 1998 defines a serious sex offence as an offence involving sexual activity or acts of indecency that was committed in NSW and that was punishable by penal servitude or imprisonment of 12 months or more even if the sentence was not served, or, an offence involving sexual activity or acts of indecency that was committed elsewhere and that would have been an offence punishable by penal servitude or imprisonment for 12 months or more if it had been committed in NSW.

Child-related employment means any employment that primarily involves direct contact with children where that contact is not directly supervised. Section 1 of the Child Protection (Prohibited Employment) Act 1998 specifies that child-related employment is employment:

- involving the provision of child protection services
- in pre-schools, kindergartens and child care centres (including residential child care centres)
- in schools or other educational institutions (not including universities)
- in detention centres (within the meaning of the Child (Detention Centres) Act 1987)
- in refuges used by children
- in wards of public or private hospitals in which children are patients
- in clubs, associations or movements (including of a cultural, recreational or sporting nature) having a significant child membership
- in any religious organisation
- in any entertainment venues where the clientele is primarily children
- as a babysitter or childminder that is arranged by a commercial agency
- involving fostering or other child care
- involving regular provision of taxi services for the transport of children with a disability
- involving the private tuition of children
- involving the direct provision of health services
- involving the provision of counselling or other support services for children
- on school buses
- at overnight camps for children.

Under this Act:

- it is an offence for a prohibited person to **apply for, undertake or remain** in child-related employment
- employers **must** ask existing employees, both **paid and unpaid**, and preferred applicants for employment to declare whether they are a prohibited person or not
- all child-related employees **must** inform their employers if they are a 'prohibited person' or remove themselves from child-related employment. A prohibited person is someone who has been convicted of a serious sexual offence or, who has had a finding for a charge of serious sexual offence proven in court, even if a conviction was not recorded.
- penalties are imposed for non compliance.

I am aware that I am ineligible to apply for, undertake or remain in, child-related employment if I have been convicted of a "serious sex offence" as defined in the Child Protection (Prohibited Employment) Act 1998 or if I am a "Registrable Person" under the Child Protection (Offenders Registration) Act 2000. I have read and understood the above information in relation to the Child Protection (Prohibited Employment) Act 1998 and understand my responsibilities and obligations under this Act.

I declare that I am not a person prohibited by the Act from seeking, undertaking, or remaining in child-related employment.

Name (Block letters)	Signature	
Workplace	Name of school, district office, institute, division, state office directorate or AMES	
Serial no.	Current employees only	Date

Note: Seek independent legal advice if you are unsure of your status as a prohibited person. This form should be returned to the selection panel convener / principal / manager of the workplace as appropriate.

Primary News



Shannon Gray
Assistant Principal

Primary News

Term 3 has been another exciting and busy one at Tooleybuc Central School with many great learning opportunities being made available to all students. Thank you to students and parents for their enthusiasm and determination in giving new initiatives and activities a real go. This will be the last Bridge for the term, so we wish you all a safe, happy and relaxing holiday.

Values

During Week 10 we focus on all of our values.

The value for last week was Democracy.

Well done to the following students who showed great skill in modelling this value.

Kindergarten - Padraig Lyons

Year 1/ 2 - Manu Nimo

Year 3/ 4 - Laura Domaille

Year 5/ 6 - Georgia Gleeson

The value for Week 8 was Fairness.

Congratulations to the following students who excelled in demonstrating this value.

Kindergarten - Nicole Doolan

Year 1/ 2 - Madison Alexander

Year 3/ 4 - Robin Alvear

Year 5/ 6 - Rowena McKindlay

Primary Assembly

On Friday, 18th September the Term 3 Primary Assembly was held in the MPC. Year Three/Four wowed us with a brilliant dramatic performance of the play titled "Jasper's Job". We definitely have some budding academy award winners in our midst! Congratulations Year Three/Four and Miss Smith on a brilliant production – you should all be very proud of your great efforts. Kindergarten performed an entertaining dance rendition of the Wiggles, "Hot Potato" while Year One/Two sang, "Hey Baby" will check with Lauren" with great vigour and enthusiasm. Congratulations to our Young Leaders; Sam Morton, Abbey Hodgson, Rowena McKindlay and Georgia Gleeson for their supreme leadership skills in running an excellent assembly. Thank you to all parents and friends who attended and assisted primary in celebrating their great achievements.

Whole School Assembly

On Monday, 28th September the Term 3 Assembly was held at the Tooleybuc Sporting Club. This was another great opportunity to celebrate our students' wonderful academic, cultural and sporting achievements. Congratulations to all students who received awards and also a very well done to Tyson Spinks, Kal Heslop, Rowena McKindlay, Madison Andrews, Abbey Hodgson and Georgia Gleeson for their excellent public speaking skills in conducting a great assembly.

NAPLAN results

By now all parents would have received the NAPLAN results for their children in Year Three and Year Five. Please remember to contact your child's class teacher if you have any queries or concerns about the results. Staff are now busily using the information attained from these results to direct their future teaching with the aim of improving all student learning outcomes.

Homework Literacy and Maths Pack

These packs will be ready to be given out early Term 4. These packs offer some fun, simple, quick and enjoyable activities that parents and friends can participate in with their children. Please take this opportunity to gain access to these homework packs as by both parents and teachers working together great learning outcomes will continue to be achieved. Thank you for your ongoing support.

Gardening Gurus

Year Three/Four have again been busy making our school look fantastic. Last Wednesday, 23rd September the class did a great job at planting numerous seedlings out the front of their room and the cooking room. Thank you to Mrs Fiona Bowring for her time and expertise in making this venture possible.

Premier's Spelling Bee

On Tuesday 22nd September, Callum McNab and Prudence McKindlay travelled to Griffith for the Regional Spelling Bee. Callum competed against 37 other senior primary students and came a credible 15th and Prudence competed against 35 other junior primary students and came 11th. Callum and Prudence are to be congratulated for a very fine performance as it takes a lot of courage to stand up in front of an audience to spell words. Well done.

Fire Fighter Visit

Last Thursday, 24th September, 2 local fire fighters came to talk to students from Kindergarten to Year Four about fire safety. Students thoroughly enjoyed this interaction and especially liked have a closer look at the fire engine and hoses! Thank you to Miss Smith for organising this visit.

Kindergarten Orientation 2010

For those children who will be commencing Kindergarten at Tooleybuc Central School in 2010 a full day's orientation will be held on Wednesday 4th November 2009.

10 Tips for encouraging Reading:

- Have children choose their own books as soon as they start showing a preference for one over another.
- Find the children's section of your local library. Get to know the librarian, who can be a great resource.
- Find out what your child is interested in, and help choose books that are related to his or her interests.
- Ask friends and family what books their children have enjoyed; try a book swap.
- If your child does not like a book you are reading together, put it away. Reading is a fun time to share, not a time to fight.
- Again, Again, Again! Children may want to read the same book many times, even if you think they have outgrown it.
- Use book lists generated by various literacy organizations; they usually have good suggestions. For example: American Library Association, International Reading Association, Children's Book Guild
- Look for books that you will like reading aloud. Your enjoyment will shine through and become contagious.
- Try out different kinds of books to see what appeals to your children.
- Have fun! Show your children the joy of reading and how it can open up a brand new world!

Kindergarten

Congratulations to all the Kindergarten students on another great term of learning. They are continuing to develop into independent and self sufficient workers. The effort which they are putting into further developing their reading skills is to be commended. There are now very few words that Kindergarten can't work out – it is wonderful to witness the way they are continually using their knowledge of letter/ sound relationships to work out unknown words. Kindergarten are regularly surprising everyone with their knowledge of tricky

words and alternative sounds and show obvious pride in themselves when they 'work out' the given challenging word! Thank you parents for your ongoing support with returning home readers and homework books. Over the holidays please keep encouraging your child to read to ensure ongoing progress and achievement.

Students have been sent home with some of their writing books from earlier in the year and it is fantastic to see the progress which they have made. The Kindergartens have really been working hard on their sentence writing and are now striving to elaborate and make their sentences and writing ideas more interesting.

Happy holidays to all – see you all next term.

Year One/Two

Students from Year One/Two have been very busy in the last fortnight. They have participated in a variety of extra curricular activities and have been extremely good role models for our school. Their behaviour while on excursions was fantastic and I congratulate them.

Students from Year One/Two were lucky enough to have Manangatang School come over for the morning and get to know the students from our class. They participated in a range of 'get-to-know-you' activities and then had a lovely morning tea with them. Thank you to Ruth and Miss Gray for your help with this.

Our artworks and cushions have been sent off to the show. The students have produced amazing works of art and have tried really hard to make it their 'best' work. These will be displayed at the Swan Hill regional show so you must go and check them out. They look fantastic!

The rest of our seedlings have been planted into the ground and these are taking off. We will hopefully have vegetables in the very near future so we can start cooking with them and learning more about writing procedures with a 'hands-on' approach.

The Fire Brigade visited our school last week and talked to us about the importance of fire safety and what to do in situations that involve a fire. The students were very well-behaved and had a lot of fun using a real fire hose to push balls through some goals. Well done Year One/Two.

Year One/Two sang a song at the Primary Assembly held last week and they did it with such pride. They have been practising all term and finally got a chance to perform. They did a great job and

were very proud of their efforts. Good one Year One/Two!

In class students have been producing some fabulous work. Their descriptive writing has improved greatly and their reading skills are developing with the use of extra reading time. It is really important that all students are reading at home to help reinforce what is learnt at school. It only takes five minutes a night but the rewards are enormous! Well done to all those students who are trying to read every night and thanks you to parents with all your help with bring folder, diaries and readers back to school. Thank you also for your fruit donations. It has been wonderful and the kids have enjoyed stopping for 5 minutes a day for some well-earned fruit. If there is anyone who has some spare jars at home, could you please send them in with your child for the Green Action Group. We are trying to bottle worm wee which we are then selling to help raise money for the school. Enjoy your holidays and we look forward to seeing everyone back at school next term.

Year Three/Four

Over the last couple of weeks the Grade 3/4's have continued to be busy. We were visited by the fire brigade last week and learnt about fire safety and survival. After the talk the Grade 3/4's were lucky enough to experience using a fire hose and attempted to move balls along the ground with them. They also were shown what was contained in various compartments of the fire truck.



Year 3/4 students aimed the fire hose to get balls through goals.



Year 3/4 learn about the inside of a fire truck

In Art the students have been attempting to create paper sculpturing similar to those used to illustrate their accelerated literacy text 'Refugees'.



Laura with her artwork for Refugees.



Tom, Beau and Tanner with their Refugee Art.

In HSIE the students have completed their presentations about the Australian identities on our monetary notes. The students should feel proud of the effort they put in. The presentations included Jemima and Tye performing a play with puppets which they created about their Australian identity Dame Nellie Melba.



Tye and Jemima perform a play with puppets.



Year 3/ 4 performed a play for the Primary Assembly

Next term already seems to be going to be another busy and productive term for the Grade 3/4's. As a part of EngQuest '09 the students will be visited by an engineer in the first week of Term 4. The engineer's talk will include a visual presentation and question and answer time.

Year Five/Six

By Friday this week, students will have finished their study of "George's Marvellous Medicine". They have participated in a variety of activities such as text highlighting, word study, anagrams (IWB), text splitting (IWB) and locating nouns, verbs, adjectives and adverbs within the text. The story has kept students in stitches with the many changes that particular animals, and of course Grandma, have made all because of the medicine George has made from a concoction of lipstick to engine oil!

In Science students have continued to increase their knowledge of earthquakes and have been increasingly curious about those that affect Australia. They have realised that the earthquakes

Australia experiences are quite minor compared to those experienced in other parts of the world.

Currently, students have been enjoying a variety of activities related to Chance and Data in Mathematics. There will be more of that this week as well as further work on Position.

In PE and Creative Arts students have been developing small dance sequences displaying movements that form static shapes. Although students are not readily comfortable with dance in this form, they have risen to the task and created some interesting sequences after some practice.

Remember, if you have any questions regarding your child's learning, please come in and have a talk.

Daylight saving starts

Don't forget summer time daylight saving commences over the October long weekend when from 2am, Sunday 4 October 2009, clocks are put forward one hour.



Fun holiday ideas

With the weather warming up, it's time to get outdoors with the kids and be active together. There are a host of ideas at the Healthy Kids website: www.healthykids.nsw.gov.au/topics/2101.html ranging from simple games you can play in your backyard, to cycle paths, walking tracks, sports organisations and tips to keep your child safe while at play. Make the most of the school holidays!

Life beyond school

From 2010 students need to stay at school until the end of Year 10, so it's important for your teenager to have some ideas about what they would like to be studying towards or what options they might like to pursue beyond school. There are many alternatives to university, including traineeships, apprenticeships and TAFE qualifications, many of which can be studied while still at school. For more information go to the department's training and industry webpage:

www.det.nsw.edu.au/trainingindustry/index.htm

Secondary Report

Borambola Excursion

Students from years 9,10 and 11 travelled to Borambola Sport and Recreation Camp last week to have some fun and demonstrate their sporting prowess. Bright and early the students piled into the cars and pulled away on their adventure. Five surprisingly short hours later (after a few games of how far can we push Miss Hunt and can we pretend that Mr Wait has a flat tyre to stress her out), we arrived.

Our first activity was rock climbing, everyone had a go at the wall with a few conquering their fear of heights to have a go. That night a fierce rivalry was started, the group was split into two teams who had to compete in a series of competitions including basketball, soccer and ultimate Frisbee. At the end of the night only one point could split the teams and both were utterly exhausted (and maybe a little bruised).

The second day heralded our Robin Hood wannabes with a very competitive archery session. Everyone was regularly hitting the target and Tim Hoare even managed to score a bullseye that went right through the target! For lunch our crew had to cook their own – building a fire in a fire pit and preparing sausages, onion and tomatoes for everyone. After Darren and his shovel was sent out of the way the fire was well on its way and we all enjoyed the fruits of our labour. The afternoon saw everyone suit up and jump on board some canoes for a trip down the creek. Despite Miss Hunt and Mr Wait's feeble attempts at jumping in the creek so they were wet before the trip started they remained the targets of some vicious splashing with the paddles.

The highlight of the "Improv Night" was watching Darren and Ricky strut their stuff dressed as women. They definitely gave an all too believable performance.

Year 12 Last Day

The secondary school would like to farewell to all students in year 12. We will miss seeing their smiling faces around the school as we move into next term. Good Luck Year 12 we hope you achieve all you want to in life.

School Band

Students from across the school were invited to spend some time with musician Stuart Holt during the week. In this time our budding musicians developed their performance skills and rehearsed a

number of songs to be performed at a latter date. We look forward to hearing the fruits of their labour.

Whole School Assembly

Well done to the many students who received awards at this terms whole school assembly. Its great to see so many students achieving well in a range of subjects. The behaviour of secondary students should be commended and we hope to see this behaviour continue in the future.

LOTE

Year 7/8 LOTE made pizzas last week as the final component of their Italian studies. Litres of tomato sauce, kilos of cheese and various meats made for some interesting pizza concoctions. We had some technical difficulties with the pizza oven as the rain fell down, but in the end there were lots of smiling faces and full tummies. Next term we will be grabbing our around the world tickets and visiting many countries and different cultures.



Georgina, Olivia & Harriet with homemade pizza's



Jack, Reece, Paul, Chris, John and Tom with their pizza's

Year 10 English have completed some fabulous advertisements as they cash in on their survival celebrity. I think we may have some budding advertising executives in our midst. With all of the new advertising jargon they have learned, they could sell ice to the Eskimos.

Year 11 could be heard all around Tooleybuc breathing a sigh of relief as they walked out of their

English exam on Monday. The count down is now on until they can claim that key to the Year 12 common room and call themselves HSC students. Enjoy your two weeks of freedom guys before the hard work begins next term.

Year 12 are on the final countdown before their HSC exams and they are hurriedly revising all of their work. Holiday orders are for some sleep, a whole lot of study, some fun and a little bit of chocolate. Best of luck Year 12 – you can do it!

Visual Art

Students have been very busy in Visual Art this term. Years Seven/Eight and Years Nine/Ten have learnt about the screen print artworks of Andy Warhol, and the contemporary street art of artists both in Australia and overseas. By using words and images from their personal life, the students were asked to Brand their own Culture. We worked with the artistic and commercial process of Silk-screen Printing.

Year Seven/Eight printed their designs onto T-shirts, while Nine/Ten printed on cardboard with painted backgrounds. They worked very hard all term to get their designs perfect and should be very proud of their efforts, as they have all achieved great results with their silk screen prints.



Year 7/8 working on their t-shirt designs



Jake working on his t-shirt

Vaitere working on her design

Food Technology

Year Nine and Ten have continued to improve both their cooking, presentation and cooperation skills in the Food Technology Kitchen this term. They made a variety of meals, such as Quiche Lorraine, Lasagne, Teryaki Beef Noodles and Chicken Fajitas. Our focus this term was on Nutritional and Dietary requirements. We looked at the changes to dietary needs as we go through life, and what factors affect our food choices. The students have worked well this term and I look forward to cooking up a storm with them in Term 4.



Cody with his nutritional meal



Kennedy with his delicious meal

CANTEEN MENU (TERM 3)

OPEN MONDAYS

RECESS (must be ordered)

Party Pies	\$ 0.90
Sausage Rolls	\$ 2.00
Mini Pizza	\$ 1.60
(Ham & Pineapple or Ham & Cheese)	
Tomato Sauce each	\$ 0.20

LUNCH (must be ordered)

Pies	\$ 2.60
Sausage Rolls	\$ 2.00
Party Pies	\$ 0.90
Mini Pizza	\$ 1.60
(Ham & Pineapple or Ham & Cheese)	
Chicken Nuggets (Crumbed Breast Meat)	\$ 0.50
Tomato Sauce each	\$ 0.20
BBQ Sauce each	\$ 0.20
Salad Roll	\$ 3.00
(Choice of Roast Chicken or Tuna with Lettuce/Tomato/Cheese/Beetroot/Mayo)	

SNACKS (available at Recess & Lunch)

Muffins (low fat) (Double Choc)	\$ 1.50
Bulla Frozen Yogurt (Apricot & Strawberry)	\$ 1.50
Goulburn Valley Diced Fruit (Peaches)	\$ 1.50
Apple Slinky	\$ 0.70
(We slinky your own apple for free)	
Popcorn	\$ 0.70
Red Rock Deli Chips (Honey Soy)	\$ 0.90
Zooper Dooper	\$ 0.50

DRINKS

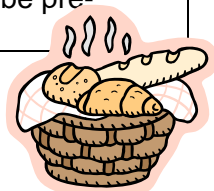
Water	\$ 1.50
Flavoured Playwater (500ml) (Red, Green, Purple & Orange)	\$ 1.60
Apple Juice (Juiceman) (100% Juice)	\$ 1.50
Flavoured Milk (250ml) (Strawberry & Chocolate)	\$ 1.50
Juice Box (Assorted Flavours & Brands)	\$ 1.00

Also if possible could orders for hot food for lunch and recess be written on separate bags, this makes it a little easier for our canteen volunteers. Thank you.

Please Note:

Orders are to be written on a brown paper bag, with the student's name, class and order preferences.

All hot food for recess and lunch must be pre-ordered (including salad rolls)



CANTEEN ROSTER (MONDAY)

Term 4

Oct 19	Terri Lee Ogle & Jenny Arblaster
Oct 26	Larissa Andrews & Kaylene Gleeson
Nov 2	Robyn Reynolds & Theresa Wilkins
Nov 9	Stephanie Spinks & Leanne Hoare
Nov 16	Robyn Lockhart & Peta Hickey
Nov 23	Kellie Edelsten & Juanita Sinapius
Nov 30	Sue Domaille & Michelle Lightbody
Dec 7	Wendy Richardson & Debra Forster
Dec 14	Terri Lee Ogle & Jenny Arblaster

Canteen duty starts at 9:15am and finishes around 2:00pm.

If you are unable to do canteen duty on your rostered day, please change days with someone else on the list.

If any parent, guardian or community member would like to volunteer for canteen duty, but are a little unsure of what is involved, please don't hesitate to contact Terri Lee Ogle on 50302494 for further information.

P & C News

to school ASAP so we can finalize this.

Thank you

Terri Ogle
P&C President.

Ring up the bill

Any parent who has received a shocking mobile phone bill for their child's phone will relate to the latest Click article on how to avoid dodgy add-ons that add up on your child's mobile phone bill - and wish that they had seen it first! Read the whole article at: www.schools.nsw.edu.au/click

Rabbits for Sale

Pet rabbits ready in three weeks \$5.00 each. Pure White rabbits and ginger rabbits, very cute. Phone: 50302494



VOLUNTARY CONTRIBUTIONS 2009

The New South Wales Government provides much of the necessary equipment and materials for the efficient running of the school. However, to keep up to date with the latest textbooks and to supply materials for such subjects as technics, craft and food technology, parents are asked to make a voluntary contribution. These are reviewed each year and kept to an absolute minimum, and are payable at the beginning of each school year. These contributions are important in ensuring that we can optimize learning opportunities for students. Your cooperation in this regard is greatly appreciated.

Current voluntary contributions	Infants and Primary	\$32.00
	Years 7 + 8	\$74.00
	Years 9 + 10	\$40.00
	Years 11 + 12	\$45.00
Design and Technology/Technics:	Year 9 + 10	\$21.00 plus materials
	Year 11 + 12	\$21.00 plus materials
Design and Technology Food:	Year 9 + 10 elective	\$40.00
Information, Software & Technology	Year 9 + 10 elective	\$10.00
Visual Art	Year 9 + 10 elective	\$10.00

STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

If you would like an application for support please contact the school.

Have a heart - give blood

With the Australian Red Cross's blood donor services in its 80th year, 2009 is officially the Year of the Blood Donor and all eligible adults are urged to boost our blood banks, especially if you have a rare blood type.

Generally you can donate blood if you:

- are aged over 16
- weigh more than 50kg if you are under 18 or weigh more than 45kg if you are 18+
- are feeling healthy and well
- meet other eligibility guidelines. Complete a quick eligibility quiz or view FAQs at www.donateblood.com.au

National Blood Donor Week will be celebrated on 7-13 September 2009 to recognise and celebrate the significant contribution that more than 500,000 donors make to the Australian community. Call 13 14 95 to become a donor or find out more.

Tooleybuc Central School Uniforms

TCS dark green bucket school hats are available for purchase from the front office for \$10

Tops

Primary:	Dark green polo shirt (TCS)
	Jumper (TCS)
	Girl's summer culottes/green check dress
Secondary:	Green/yellow polo shirt (TCS)
	Rugby Jumper (TCS)

Pants

Primary & Secondary Boys	Grey School Pants/ grey Max Dax
Primary & Secondary girls	Black school pant

Sport

Primary & Secondary	Yellow polo shirt
	Green basketball shorts

Stockists of School Uniform

New Stockist - Outdoors First

Just a reminder that we can now access parts of our school uniform from Outdoors First. Garments will need to be ordered so they can be embroidered, however they are a very reasonable price and the turn around is very quick.

Clark's Gift Salon

183 Campbell Street, Swan Hill – Phone 50321616

Bendigo Fashion Plus

56 Williamson Street – Phone: 03 5441 8094
Email: whedrick@inet.net.au

Please contact Bendigo Fashion Plus to order pants. Pants can be purchased in either girl's sizes 6 to 16 or ladies sizes 6 to 16. There will be a minimal postage cost.

S & F School & Fashion on Lime in Mildura 73 Lime Avenue, Mildura Phone 03 5021 1999. They have three styles and are sent by courier and delivered the next day

There are a small number of preloved uniforms available in the MPC.

Girls can still wear the green slacks but as they are hard to obtain we have changed to black slacks.

Community Information

'000'

If you have an emergency and need to call an ambulance and live in the Tooleybuc area, when asked

'Police, Fire, Ambulance'

Respond,

'Bendigo Ambulance'

This will minimise confusion as to where the ambulance will originate from and ensure a quick response.



2009 amateur photography competition

Friday 9th to 30th October 2009

- Photography Exhibition held at the Moulamein Gallery, 33 Morago Street.
- Opening Night and Presentation of Awards 6pm Friday 9th October,
- Presentation of the "Peoples Choice Award" will take at the Moulamein Bowling Club at 8pm on Friday 30th October.



CATEGORIES

1. "Wakool Shire Lifestyle" sponsored by Wakool Shire Council

Entry Fee \$5 – First Prize is \$400

Encouragement Award valued at \$100, sponsored by Tatts Hotel

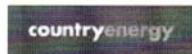


The Wakool Shire Council is a proactive local government organisation who supports the rural communities within its boundaries. This category is very much open to artistic interpretation, however it hopes to showcase the sense of community and country lifestyle which is so engaging within our Shire. For inspiration, one could look into the faces of our farmers; our rural industries at work; our people at play; our streetscapes; community events and festivals that capture our character; ...there is much within the Wakool Shire to inspire photographers.

2. "Wild Landscape" sponsored by Country Energy

Entry Fee \$5 – First Prize is \$400

Encouragement Award valued at \$100, sponsored by Tatts Hotel



Country Energy prides itself on being a good community contributor and is pleased to be in a position to support the photography competition. The chosen category name of "Wild Landscape" is very relevant because Country Energy is a responsible environmental manager whose work, by its very nature, is based out in the landscape, alongside all of nature's wild elements.

3. "Moulamein Magic" - People's Choice Award

Moulamein Bowling Club Acquisition Prize

Entry Fee \$2 – Acquisition Prize is \$200

This category will showcase images taken in the Moulamein district, and the winning entry will become part of the Moulamein Bowling Club collection. It may be utilised in the production of a postcard by the Moulamein Art Group.

FOR ENTRY FORMS PLEASE EMAIL: ellesmere@clove.net.au,
OR PHONE BARB HARRIS ON 03-5887 3388



Tooleybuc Rec Reserve Hall Committee Hall Hire Rates & Regulations as at 01-09-08

Redeemable bond of \$100.00 dependant on the following conditions on inspection:

- Kitchen
- Flooring Decorations
- Breakages
- Outside Area

Full Day & Night \$80.00 + GST Total	\$88
Half Day \$40 + GST	\$44
Chair \$0.50 + GST	.55
Trestles \$4 + GST	\$4.40

Bookings Phil Caccaviello (ph) 03 50305090
Enquiries John Hackett (Sec) (ph) 03 50305593

Petrea King,

Quest for Life Foundation

Petrea is a well-known author, counsellor, inspirational speaker and workshop leader to over 70,000 people.



HEALTH & HAPPINESS

Workshop

Our communities are generally resilient however the challenges of long term drought and the effects of illness, financial stress and strained relationships can wear our resilience thin.

We can:

- ✓ manage our feelings more effectively
- ✓ respond rather than react to life's challenges
- ✓ build more resilience within ourselves and our families
- ✓ improve our communication within relationships
- ✓ access our inner resources and innate wisdom to achieve mental, physical and spiritual health

The workshop explores how the patterns of our past influence how we live in the present. It includes a session on meditation and mindfulness and the keys to peace of mind.

SWAN HILL WORKSHOP - FRIDAY OCTOBER 16th

Venue: The Grain Shed Conference Centre, 2-8 King Street

Bookings: Swan Hill Region Information Centre 5036 2444

Registration: 9:00am, Workshop: 9:30am - 4:00pm

Cost: \$30 per day, \$20 Concession (includes morning tea & lunch)

Booking is essential because of catering requirements

Free childcare available, booking essential on 5032 1549

These workshops are brought to the Loddon Mallee Region by LMICS and associated partners. Enquiries 0413 05 7879



The Integrated Cancer Services are funded by the Victorian Government as part of Victoria's cancer reforms



“Tough Times” Ahead for Asthmatics

Dust storms, bushfires, summer temperatures and an early flowering season – in only the third week of spring – has prompted Asthma Foundation to warn asthmatics that this could be a tough year for the 800,000 people in NSW who live with asthma.

“Asthma Foundation NSW has already issued alerts for conditions normally only seen at the height of summer, which points to tough times ahead this spring/ summer for the 1:10 adults and 1:9 children who have asthma,” said Greg Smith, CEO of Asthma Foundation NSW.

“Asthma is very much an individual condition, which can change at different times of the year in different places and as new circumstances arise. “The unusually high temperatures have already seen plants flowering early, bushfires and dust storms, all of which can trigger an asthma attack will challenge any asthmatic’s ability to control their condition.”

“Weather experts have attributed the freakish weather patterns seen right around the world to climate change. If this is a taste of what’s to come, people with asthma will have to pay even closer attention to managing their condition to make sure they are in control of it, rather than it being in control of them,” said Mr Smith

As nature bursts into life pollens are drawn up into the atmosphere. Dust and the swirling winds of thunderstorms mean that the 90% of children and 70% of adults with asthma who also have allergies need to be especially careful.

An allergic reaction occurs when a person’s immune system overreacts to substances found in the environment known as “allergens”. Sneezing and itching are common visible signs. While allergies are unpleasant enough for anyone, for people with asthma they are a particular problem because they can also trigger an asthma attack, causing airways to contract and making breathing difficult.

Outdoor allergens are regularly named amongst the top three most common asthma triggers. Literally hundreds of different agents can trigger an allergic reaction or an asthma attack. It is vital to know what your asthma triggers are.

“If you think you have allergies, see your GP for a quick, safe skin test to find out what you are allergic to and how to minimise their affect on your asthma. It’s also a very good time to see your GP to get or update your individual asthma action plan,” said Mr Smith.

If you have an allergic reaction in pollen season or your asthma gets worse during spring/ summer here are some practical tips for controlling asthma:

- Ensure you take your preventer medication every day to stop asthma symptoms flaring up during high risk days. Keep your allergy and asthma reliever medications close at hand on windy days or during and after thunder or dust storms. Dust, pollution and pollens all travel on the wind, so your symptoms may worsen on these days.
- In the event of an air pollution event, such as ozone, wood smoke or dust, consider working from home. Let your employer know how these conditions affect your asthma and try to negotiate a flexible working arrangement.
- On high pollution or high pollen days postpone outdoor exercise.
- If you have severe symptoms, stay indoors and use your air conditioner to filter and circulate the air in your home. Don’t open your windows or you will let the pollens or pollution inside, where it will settle all over your home.
- If you are allergic to pollens, don’t use your clothes line until your major pollen season is over and avoid putting out washing on high pollution days as toxins can embed themselves in soft fabrics.
- Shower and wash your hair when you come home in the evening. This action keeps pollens and pollution from rubbing off you and onto your bed, where it could exacerbate your asthma all night.
- Those affected by pollens should restrict their outdoor activity, when possible, until after 10:00 a.m. Plants often release their pollen in the early morning, so that’s when counts are highest and most likely to bother you.
- Keep track of pollen levels in your local newspaper or via the Asthma Foundation NSW website www.asthmansw.org.au. The Department of Environment and Climate Change also has an online air pollution index report, which is updated hourly on <http://www.environment.nsw.gov.au/aqms/aqi.htm>

For advice about managing your asthma this spring/ summer call Asthma Foundation NSW on 1800 645 130 or log onto www.asthmansw.org.au

Media Enquiries: Nick Bleszynski (0403) 931 291

NSW HEALTH

has established the

GET HEALTHY INFORMATION AND COACHING SERVICE

This is a free, confidential telephone service designed to help adults across NSW to make lifestyle changes in relation to:

- *healthy eating*
- *being physically active*
- *achieving and maintaining a healthy weight*

Qualified Get Healthy coaches provide information and ongoing coaching and support to help callers achieve their health goals.

As a special introductory offer Greater Southern Area Health Service will provide a free pedometer to any NSW resident who signs up for coaching from Get Healthy. This offer is only available while stocks of pedometers last, commencing September 21st, 2009.

*If you are interested in getting healthy, call **1300 806 258** from 8am-8pm Monday-Friday or email your details to contact@gethealthy.nsw.com.au.*

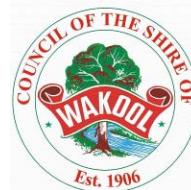
More information on the service is available at www.gethealthy.nsw.com.au.



WAKOOL SHIRE COUNCIL CLOSURE OF OFFICES

Council Offices, Business Centre and Depots in Moulamein, Tooleybuc, Wakool and Barham will be closed from 5.00pm on Thursday 1st October 2009 and will recommence normal operating hours on Tuesday 6th October 2009.

Chris Chapman
General Manager



SHIRE OF WAKOOL 2009 CITIZENSHIP, SPORTSPERSON & COMMUNITY EVENT OF THE YEAR AWARDS

The Shire of Wakool is once again inviting nominations for the following Awards for 2009.

1. Citizen of the Year
2. Junior Citizen of the Year
3. Sportsperson or Sporting Achievement of the Year
4. Community Event of the Year

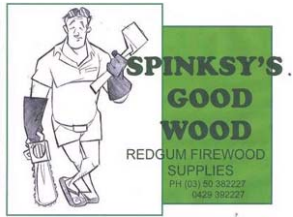
The aim of the Awards is to recognise outstanding contributions to the local community, and to highlight the importance and significance of Australia Day.

Persons interested in nominating individuals or Community Events for the Awards may obtain nomination forms from the Council's website: www.wakool.nsw.gov.au Moulamein Office and Moulamein Business Centre, Barham Branch Office, or by contacting the Council on ☎03 58 875007.

Completed nomination forms must be submitted to Council no later than Friday 30th October 2009.

**CHRIS CHAPMAN
GENERAL MANAGER**

ADVERTISEMENTS



Bulk Deliveries by arrangement
Or Farm pick up \$75 / ton
Ph 50 382227

TOOLEYBUC COMMUNITY HEALTH CENTRE

Now open Mon-Fri 9.00am-4.00pm

CLINIC HOURS ARE:

9.00-10.00am & 1.00-3.30pm

EARLY CHILDHOOD CLINIC:

Mondays-Wednesdays -1.00-3.30pm

IMMUNISATIONS CLINIC:

(appointment necessary) Tue 20th Oct
For Children 0-6 Once per Month

DIETITIAN CLINIC: Tue 11th Aug

MENTAL HEALTH:

Visiting once per month or contact
ACCESSLINE (1800 800 944)

WOMEN'S HEALTH SERVICE:

Every 2nd Month Wed 16th Sept
(appointment necessary)

phone: 50305189 fax: 50305251

In an emergency contact your G.P.
Manangatang- 50351215
Balranald- 50201055
Nyah West- 50302456
Swan Hill- 50331711
Or call '000'

DOCTOR AT TOOLEYBUC

Dr. Irina Kudriavceva
Tooleybuc Medical Centre,
Unit 2, 76 Cadell Street, Tooleybuc
every Wednesday.

Appointments can be made by
telephoning the Tooleybuc Medical
Centre, 50305053,
on Wednesdays or contacting the
Manangatang Surgery, 50351215
other weekdays.

LUCKY PHIL'S
The One Stop Shop
Budget Rite & Take-Away Food Store
OPEN 7 DAYS A WEEK 6.30am -8pm
Large Range of Groceries,
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Jenny Arblaster
Wood Wood Vic

Ph: 03 50305125 0428 305126


WANTED

The Wakool Shire Home and
Community Care (HACC)
are in need of volunteer drivers in
the Tooleybuc, Goodnight and
Koraleigh areas.

Men or Women.Young or Old!

Tooleybuc HACC Outreach Coordinator 50305 252
"Helping others to keep small communities
strong."

"Old Tooleybuc
Doll Cottage"
Open 10 am daily
53 Cadell St
Tooleybuc



A delightful display of over
400 beautiful dolls that is sure
to put a smile on your face.

FEE.
A gold coin donation,
Proceeds donated to the local school
for gardens and outdoor furniture.

NYAH DISTRICT GOLF CLUB
Golf Club House can be hired for
MEETINGS PARTIES
WEDDINGS etc
Inquiries Phone 50302087

"Goodnight Express"
Passenger Service

Goodnight – Tooleybuc – Koraleigh - Swan Hill
Thursdays Weekly

Depart Goodnight	9.30 am	Post Office
Depart Tooleybuc	9.45 am	Post Office
Depart Koraleigh	10.00 am	General Store/ P.O.

Drop off point... 10.50 am , Clock Tower Bus Stop. Swan Hill.

Depart Swan Hill 2pm. SHARP... Clock Tower Bus Stop

Cost: Adult \$7.00 per passenger per day
Children (under 16) \$ 5.00

This Service is available to all community members to attend medical appointments, access Centrelink, Medicare, social outings and shopping.
All Passengers will be required to complete a registration form.

If the community does not support this service it will not be able to continue.
Appointments, shopping, coffee with friends ..hop on and enjoy the ride!

An initiative of Wakool Shire HACC Services, funded by NSW Ministry of Transport

TOOLEYBUC GARAGE

Roadworthy
Spare parts Insurance
Repairs fuel
Recommended service



PH 50305459

Tooleybuc and District Carpet Cleaning Service

For domestic and commercial
steam cleaning at competitive rates.

Ring Alan McNish on 03 50305401
for a free, no-obligation quote.



October 2009

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	18	19 Start of Term 4 Speech Pathologist <u>Term 4 begins for teachers and students in</u>	20 HSC Exams Begins Engineer visit 3/4's Army Talk	21 Army Talk Yr 7/8 Excursion	22 Yr 7/8 Excursion	23 Riv Prim Boys Cricket Final Trial Yr 7/8 Excursion	24
2	25	26 <u>International School Libraries Day</u> School Certificate Trials	27 Transition 6 into 7 Parent Meetings	28 <u>Universal Children's Day</u> Ian Lillico Parent Evening	29 Ian Lillico	30 <u>Teachers' Day</u>	31

November 2009

Week	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3	1	2	3	4 Student Leadership Second Strike Kindergarten Orientation	5 Student Leadership Second Strike	6	7
4	8 Year 7 to 10 Exam Week	9 <u>School Certificate Test Commence</u>	10 Stuart Holt Muso's Stuff – work with school band	11	12 All My Own Work	13 All My Own Work	14
5	15	16 Speech Pathologist	17 Stuart Holt Muso's Stuff – work with school band	18	19	20	21 SRC Camp Lake Hume Albury

The Bridge will be published each fortnight on a Friday. All items for the Bridge must be submitted by the Tuesday prior by email, fax or in person.