



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL 21st September 2012 Term 3 Week 10

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Melanie's Thoughts



Melanie Wait
Principal

Performance Night

Congratulations to all of those students who participated in Performance Night. It was a wonderful night for our school with students demonstrating a range of creative and performing arts skills. Thank you to all the parents and community members who came along and supported our school. A big thank you must go out to the teachers who worked diligently to ensure the night was a success.

Fairfax

This week a majority of our Year 7 and 8 students have been participating in the Fairfax Festival. This festival focuses on developing students' performing arts skills and culminates tonight with all groups performing at the Swan Hill Town Hall.

Uniform

For Term 4 all students should be in their summer uniform. Don't forget that during Term 4 students need to wear a hat at all times in the playground as we

enforce our 'No Hat, No Play' policy. Currently there are a number of students not wearing black leather shoes. Can you please ensure that over the holidays you make sure your child has everything they need for their uniform. Next term students will be expected to be in full school uniform at all times. If you have problems providing uniform for your child and need assistance please contact me at the school.

Welfare and Discipline Review

Currently we are reviewing the Welfare and Discipline Policy at the school, a number of families have received surveys. Thank you to those families who returned their surveys by the due date. This information is valuable in helping to shape a new policy.

Reward Lunch

Congratulations to all those students who were invited to the Reward Luncheon this term. It was wonderful to see so many children have the opportunity to attend.

Thank you

Thank you to all members of the community who have worked with the school this term to ensure it has been a successful. Students should be proud of their achievements and we look forward to continuing their educational journey next term.

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K/1's version of YMCA by the Village People was a hit.

Police Visit

Last week the Police Liaison Officer from Griffith came and spoke with our Year 7 – 10 students about a range of different issues focusing on cyber bullying, bullying, sexual harassment and assault. The purpose of this presentation was to inform students about seriousness of these issues and their rights and the consequences of inappropriate behaviour.

Merit Scheme

To reward our students' positive behaviour Tooleybuc Central School runs a strong Merit Scheme. Students are awarded 'Merit Awards' during the school year and an accumulation of these merits equates to levels.

Bronze Level	10 Merits
Silver Level	Bronze plus and extra 20 Merits
Gold Level	Silver plus an extra 30 Merits.

Primary students are given a 'Lucky Dip' at the achievement of each level, secondary students are given a \$2.00 voucher to spend at the canteen, then primary and secondary are presented with a certificate at our Whole School Assembly. Those students who achieve Gold Level are invited to attend our End of Year Merit Excursion.

Gold - Merit Awards

Name	Yr	Name	Yr
Berg, Jaide	8	Nimo, Kalatiola	8
Hoare, Rachael	8		

Silver - Merit Awards

Name	Yr	Name	Yr
Andrews, Cooper	3	Johnstone, Ben	1
Andrews, Keisha	K	Johnstone Jenae	4
Andrews, Tara	2	Johnston, Cody	6
Berg, Emma	6	Lyons, Pdraig	3
Berg, Sara	3	Lyons, Saoise	1
Blachford, Brees	4	Main, Chelsea	7
Blachford, Taylen	2	Mammone, Angela	2
Davey, Madison	5	McKenzie, Quinlan	1
Digiacomio, Cassidy	K	McKindlay, Prudence	7
Domaille, Laura	6	McNab, Callum	8
Dunn, Georgia	1	McNab, Riley	5
Edelsten, Emma	2	Nimo, Talahiva	2
Everitt, Hannah	6	O'Bree, Jessica	8
Foley, Shane	7	Ogle, Jack	2
Gleeson, Georgia	9	Scalora, Paul	1
Gleeson, Tanner	7	Scalora, Toni Mia	3
Grace, Rachael	5	Smith, Natalia	3
Grinham, Mitchell	2	Smith, Sam	6
Hickey, Emily	1	Spinks, Cooper	8
Hoare, Sam	4	Thompson, Jemma	5
Forster, Jason	8	Whitfield, Daniel	8
Hickey, Harry	8		

Bronze - Merit Awards

Name	Yr	Name	Yr
Andrews, Demi	6	Funnell, Owen	2
Andrews, Madison	9	Grace, Ryan	4
Arblaster, Brett	5	Hack, Kiara	4
Atkinson, Valerie	4	Heritage, Tane	3
Bercasio, Krystianne	10	Hickey, Thomas	10
Blachford, Summer	1	Kelly, Elektra	K
Bolger, Richard	11	Main, Jack	5
Bentley, Billy	8	Mammone, Joseph	3
Bolger, Andrew	7	McClelland, Cody	8
Bolger, Richard	11	McClelland, Sean	5
Carter, Indianna	2	Nimo, Manu	5
Chapman, Asiri	1	Ogle, Murray	5
Chapman, Kusi	K	Pitlo, Skye	9
Dastey, Amber	5	Rogers, Mackinnon	2
Dastey, Tamra-Jade	4	Smales, Shaharla	11
Davey, Beau	7	Smales, Trazz	7
Domaille, Ryan	3	Sonsie, Kristyn	11
Domaille, Will	1	Squires, Tyler	4
Edelsten, Ben	5	Steinmann, Liam	9
Everitt, Campbell	3	Steinmann, Ricky	10
Everitt, Noah	1	Stubbs, Caleb	9
Forster, Aaron	10	Watson-Heritage, Conner	7
Funnell, Jett	K	Wilkins, Leighton	7
		Zanker, Eden	7

Mural

The school will be completing a mural in Term 4 and we will require CDs and old LP records. If you have any that you no longer require could you please donate them to the front office.

Up Coming Events Term 4 2012

Week 1 Term 4

Mon 8 Oct Staff and Students return
Stage 6 Revision all week

Week 2

Tue 16 Oct Injections
Wed 17 Oct Halls Gap 7/8
PSSA State Athletics @ Sydney
Disco
Thu 18 Oct Halls Gap 7/8
PSSA State Athletics @ Sydney
Fri 19 Oct Halls Gap 7/8

Primary News

Simon Dunn (Assistant Principal)

I can't believe that we are at the end of Term 3 already. It has been another very busy term with lots of varied opportunities for our students to participated in. Thank you again to all of the parents that have continued to support their children, whether it is reading with your children each night or driving them to sporting and cultural events.

Footy Colours Day

On Monday the 10th of September the Junior SRC organised the Footy Colours Day. This gave the representatives from Year 5 and 6 an opportunity to coordinate and run a canteen to help raise funds for the Fight Cancer Foundation. The day was very successful and the Junior SRC would like to thank everyone for supporting the day.

Performance Night

It was fantastic to see everyone enjoying themselves and the joy on the students faces as they performed in their classes routines. The variety of performances demonstrates that we have some very talented students in our school. I am sure that like me, everyone is looking forward to next year's performance night already.

Term 4

Please remember that as the weather is starting to warm up again the potential for students to get sun burnt is also rising. Term 4 is another compulsory hat wearing term and as such your child will need to have a hat to be able to participate in PE and sport sessions as well as play on the ovals at recess and lunch times.

Excursions

Next term the students from Stage 2 and 3 will be participating in their major excursions for the year. The students from Stage 3 that are going to Canberra should have given you some notes including medical, personal indemnity and a list of items that are required for the trip. If you do not have these notes already please contact the school in the first week back so that we can arrange to give you copies of the notes.

Holidays

On behalf of the staff at Tooleybuc Central School I would like to wish everyone a safe and happy holiday and we look forward to seeing everyone back at school next term.

Year 2-3-4

A big thank you to Leeta Rutherford and Carmen Woods who ably filled in for me whilst I was on Long Service Leave.

In English, students have again been practising to use the comprehension strategies by participating in different Focus on Reading, activities which highlight them. Over many sessions, students have been developing their visualising and summarising skills by participating in "sketch to stretch" activities. In this activity, students are required to read a text or a selected part of a text. While they are reading they make diagrams and label them. These reflect their understanding of what they have just read. At the end of this part of the activity students then write a summary by only using their diagrams and labels. Usually the two parts of this activity are done within a required timeframe.



Jenae and Sam drawing their sketch to stretch.



Taylen and Tara drawing their sketch to stretch.

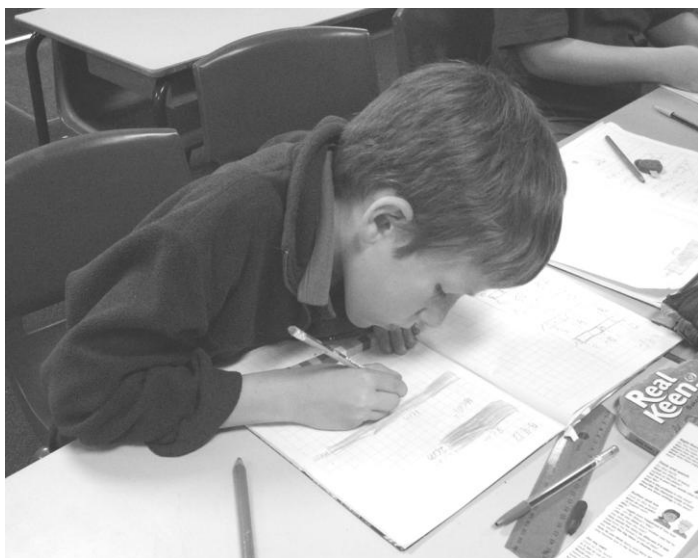
Hands on activities in Mathematics can help students master many different concepts. Last week students were exploring area in square centimetres by using centicubes. They were given a set number of centicubes to use and had to make a rectangle or square, draw the shape on their grid page and then equate that with numerical value in square centimetres.



Emma manipulating centicubes.



Ryan manipulating centicubes.



Cooper drawing and colouring a completed rectangle.



Year 2/3/4 reciting 'The Owl and the Pussy Cat'



The Year 4/5/6 Starwars play.



The Village People came alive with K/1's rendition of YMCA.

Secondary News

Bruce Nield (Head Teacher)

Term 3 Reflections

It has been great to see this term students engage in activities that have extended their learning beyond the classroom. From the detailed preparations for Fairfax to the ASX stockbroking group to Work Experience and a range of curriculum excursions, students have demonstrated a solid commitment to improving their knowledge and skills in a range of settings beyond the classroom. It also needs to be said that this could not happen without considerable extra time and effort by the Secondary staff, for which I thank all of them for their dedication this term.

This term has also seen the completion of the first cycle of our new Focus HSC classes. It has been encouraging to see students working diligently in classes I have covered over the last couple of weeks to prepare for their HSC examinations in October – this needs to continue throughout these holidays and into the first week of next term.

Mathematics

David Giles (Year 7 & 9/10 Mathematics Teacher)

Year 7 have been working on area and volume and doing a lot of practise on metric units on IXL Maths.

Year 9/10 are starting Data Analysis and will be working on surveys and analysing the results. This will involve learning how to interpret graphs of all types. Students in Years 7, 9 and 10 can always get on to IXL Maths on the internet and practise any area of Mathematics where they have a weakness.

Anna Martin (Year 8 Mathematics Teacher)

Year 8 Mathematics students have been applying themselves diligently all term learning how to calculate volume, capacity, surface area and area of circles. Ask one of them to recite Pi to you! They also have a deeper understanding of Pythagoras' Theorem and can explain how useful it is in everyday functions. Just a reminder Year 8 Mathsmates are due every Tuesday.

Hospitality

Students in Hospitality were lucky enough to have Alison Legudi teach them some valuable skills in cake decorating. Students learnt skills in using fondant and butter icing, creating simple designs and cake decorations such as roses and other flowers, mushrooms and hearts. A big thank you to Alison who gave up her time to pass on these valuable skills. Next term Alison is returning to work with Year 9/10 Food Technology Students.

The Hospitality class also travelled to Swan Hill to dine at La Mangia's Café to celebrate the success of the TBuc's Café and the forthcoming conclusion to the course. Once again we thank all those who supported the café and hopefully in 2013 it shall run again.



Alison Legudi demonstrates the art of cake decorating.



Richard and Teake prepare their icing for decorating their cakes.



Alison explains to Shaharla and Kristyn how to make an iced flower.



Kristyn puts the final decorating touches on her cakes.

Career News

Kim Morton (Careers Teacher)

This term has been an extremely busy one with a diverse range of activities for many students. We have attended a Grow Your Career Day (Suni TAFE), TIS Tour, Army/Uni experience in addition to students in Year 10 Careers and Year 11 Work studies undertaking Mock Interviews and Work Experience. A big thank you to all employers and community members who have so willingly assisted our students and helped them develop skills relating to workplace learning.

Next term all Year 11 students undertaking VET Hospitality and Metals shall be completing their final work placement. All students should be organising their paperwork for this placement over the holidays and getting details on start / finish times, dress requirements etc. This paper work needs to be handed to Mrs Morton by the end of Week 1, Term 4.

Over the holidays students should update their resumes and consider their future pathways – a little research now will make things much easier for when they leave school.



Darcy at Nyah West Butchery



Thomas at Pumpa Engineering



Aaron at Harvey Norman



Aaron explores the army equipment



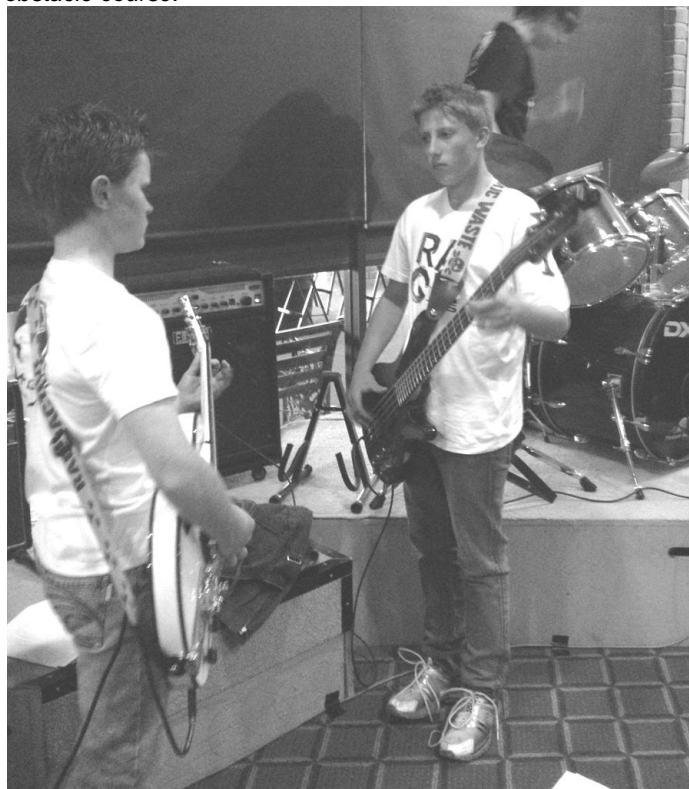
Teake is instructed on the use of a soldering iron.



Ricky, Thomas and Darcy challenge themselves on the Army obstacle course.



Guitarist Tanner and Brett



Guitarists Callum and Jason



Drummer Jayson



Vocalist Krystyanne and Georgia



Guitarist Prudence

VOLUNTARY CONTRIBUTIONS 2012

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.

Technology Fee	All Years K to 12	\$10.00
Current voluntary contributions	Infants and Primary	\$40.00
	Years 7 + 8	\$85.00
	Years 9 + 10	\$45.00
	Years 11 + 12	\$45.00
Design and Technology/Technics:	Year 9 + 10	\$30.00 plus materials
	Year 11 + 12	\$30.00 plus materials
Design and Technology Food:	Year 9 + 10 elective	\$60.00
Hospitality	Year 11 & 12	\$7.00 per practical lesson

Wanted

Second hand uniforms in good condition. If your child has outgrown their uniform please consider donating it to the school.

LOST UNIFORMS

Please name your uniforms so we can return items that are misplaced.

Helping kids beat the blues

Did you know that one in four children over 12 has significant depressive symptoms? Sometimes it's hard to know if your child has a real mental problem or is just suffering from teenage 'moodiness'.

Listen to Professor Ian Hickie, from the Brain and Mind Institute at the University of Sydney, talking about depression in school age kids, how to recognise it and what you can do to help. Go to: www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children

Tooleybuc Central School Uniforms

TCS dark green bucket school hats \$15, are available for purchase from the front office

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 Girls	Green school pants/ Green Knee Length Shorts
Secondary Girls	Black school pants/ Green Knee Length Shorts

Sport

Primary & Secondary	Yellow polo shirt
	Green basketball shorts
	Green tracksuit pants
	Sneakers

Shoes

Primary & Secondary Boys & Girls	Black Leather Shoes
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Stockists of School Uniform

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

PSW

Bootleg Pants – Polyester 465 Bottle can be purchased online at <http://www.psw.com.au/>



Stuck?

Need a hand with
**Maths,
Science,
English,
Assignment Research or
Study Skills?**

Don't forget the Swan Hill Regional Library offers students in Years 4-12 & TAFE **Free Online Tutoring.** Expert tutors are online and waiting to help Monday through to Friday from 4pm – 8pm!

Connect from your library or from home at:
<http://www.swanhill.vic.gov.au/quicklinks/libraries>
See you online!

Questions?
Call the Swan Hill Regional Library on (03) 50 362480

STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

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

Canteen Menu 2012

Term 4

Lunch (all hot food must be ordered)

Pie	\$3.00
Sausage Roll	\$2.00
Party Pie	\$1.00
Mini Pizza (Ham & Pineapple or Ham & Cheese)	\$2.00
Spaghetti Bolognese	\$3.00
Lasagne	\$3.00
Dim Sims (soy sauce – no extra charge)	\$0.50
Chicken Nuggets	\$0.50
Tomato Sauce	\$0.20

Snacks (do not include in lunch order, students to purchase at lunch time)

Muffins (Double Choc)	\$1.60
Bulla Frozen Yogurt (Apricot, Strawberry and Fruit Salad)	\$1.60
Billabong Triple Swirl	\$1.50
Chips (Honey Soy)	\$1.00
Raspberry Twists	\$0.20

Drinks

Big M (Chocolate, Strawberry & Iced Coffee)	\$2.00
Playwater - 350ml (purple, orange, lemonade, red)	\$2.00
Prima (as drink or frozen) (apple/blackcurrant and tropical)	\$1.20

Lunch orders are to be written on a paper bag including students name and year (with money inside). Orders are then to be taken to front office by students or sent with the rolls.

Please remember to include only hot food and drinks on student's lunch orders. All snacks are to be purchased from the canteen at lunchtime.

Please note Raspberry Twists are now **.20c** each

CANTEEN ROSTER

Term 4

12th Oct	Leisa Lyons	Brenda McClelland
19th Oct	Jolene McKenzie	Roxy Chapman
26th Oct	Sue Domaille	Linda Gordon
2nd Nov	Jenny Arblaster	Lauresa Grace
9th Nov	Kellie Edelsten	Sharon Rogers
16th Nov	Annette Blachford	Melissa Thompson
23rd Nov	Tracey Domaille	Michelle Lightbody
30th Nov	Peta Hickey	Michelle Berg
7th Dec	Kaylene Gleeson	Larissa Andrews
14th Dec	Leisa Lyons	Jenny Arblaster
21st Dec	NO CANTEEN	

If you are unable to do duty on your rostered day please contact someone else on the roster and arrange a swap.

Contact Leisa Lyons on 0488 305071 if you have any queries.

Canteen duty is from
10:30 am until 2.30pm.

NEW BELL TIMES
Commencing Monday 13th August

Secondary	
8.55	DEAR
9.09	Period One
10.00	Period Two
10.51	RECESS
11.11	Period Three
12.02	Period Four
12.53	LUNCH – Sitting and eating
1.03	1 st Half Lunch
1.13	2 nd Half Lunch
1.33	Period Five
2.24	Period Six
3.15	End of Day

Primary	
8.55	Morning Session
9.09	
10.00	
10.51	RECESS
11.11	Middle Session
12.02	
12.53	LUNCH – Sitting and eating
1.03	1 st Half Lunch
1.13	2 nd Half Lunch
1.33	Afternoon Session
2.24	
3.00	End of Primary Day
3.15	Catch buses



Whooping cough

Whooping cough is a respiratory infection (infection of the lungs) which causes long bursts of coughing. The infection is caused by a bacteria called *Bordetella pertussis*. *Pertussis* is another name for whooping cough.

Whooping cough infection is widespread in the community and in some years can occur at an epidemic rate. Since late 2008 the number of notifications and hospitalisations of infants with whooping cough has continued to rise.

Whooping cough is very easy to catch. It is spread by tiny drops of fluid when coughing and sneezing. It can also be spread on hands to the nose if the hands have come in contact with the bacteria.

Seventy percent to 100% of people living in the same house as a person with whooping cough are usually infected. It is particularly serious in babies under 6 months of age. They will usually need to be admitted to hospital. Children and adults can also get it. Most children and adults do not need to be hospitalised with whooping cough, but may cough for many weeks.

There is an immunisation for whooping cough. Children who have been immunised can still get whooping cough but it is usually not so serious.

Signs and symptoms

Whooping cough usually starts with symptoms like a cold, such as a runny nose and dry cough, which last for about one week.

After that, a more definite cough develops, which may last for many weeks. The cough comes in long spells and often ends with a high pitched 'whoop' sound when they breathe in.

Some children cough so much they vomit afterwards. Children are usually well between coughing spells. In more severe cases, babies and children may have problems catching their breath after a coughing spasm.

Other infections such as pneumonia (chest infection) and middle ear infections are common.

Very young babies under six months of age may have pauses in breathing (called apnoeas) instead of a cough.

How is it diagnosed?

Your doctor will often decide if your child has whooping cough by asking you questions about their cough or by actually seeing one of the coughing spasms.

Treatment

The type of treatment depends on many things including:

- the age of your child
- how severe the symptoms are
- how long your child has had the symptoms

As whooping cough is most severe in young babies, they are more likely to be admitted to hospital to be watched closely. Older children who are quite unwell also usually need to stay in hospital. The time it takes to get better is different for each child.

Antibiotics

Your doctor may prescribe antibiotics for your child, but these are not always necessary. Treatment with antibiotics reduces the amount of time your child is infectious (to 5 days or less). If your child has been coughing for more than 3 weeks, they are no longer infectious. In these cases, antibiotics are not usually needed.

Going to school

Your child should not attend school or day-care:

- for 3 weeks from the start of the cough, if no antibiotics are given
- until they have had at least five days of their course of antibiotics.

If there is an outbreak of whooping cough and your child is not immunised, then they will have to stay away from kindergarten or school for three weeks or until the outbreak settles.

Treatment of contacts

Whooping cough is easily spread. Often other family members or close contacts also have the infection.

- Whooping cough is infectious just before and for three weeks after the start of the cough. If your child is given antibiotics, they can still spread the infection until they have had five days of antibiotics.
- Antibiotics should be given to anyone living in the same house or who has had very close contact with your child while your child was infectious.
- These include women in the last month of pregnancy and babies less than a month of age.

Prevention

- Previous infection with whooping cough does not provide lifelong immunity.
- Immunisation is the best way to control whooping cough. Whooping cough vaccine is recommended to all children at 2, 4, 6 months and at 4 years. An adult pertussis booster dose is then given at 15-16 years (Year 10 at high school).
- All infants less than 6 months are at-risk of catching life threatening pertussis because they have not

completed the 3 dose primary vaccine course. This risk period is prolonged if the 6 month vaccines are not given on time or the child is not immunised.

- Vaccination is effective after the primary schedule but the protection stops five years after the booster doses.
- A booster dose of adult whooping cough vaccine is funded in Victoria for all parents of infants born since June 30th 2009. But grandparents and other carers in contact with children less than 6 months old should also have and buy an adult pertussis booster. Every adult is susceptible to whooping cough infection unless they have had a recent pertussis booster or proven pertussis infection. They are also the ones most likely to spread infection to the vulnerable population under 6 months who are not yet fully vaccinated.
- Mothers should have an adult pertussis booster very soon after their baby is born. It is safe to have it while breastfeeding.
- To further protect young babies, the 2 month vaccines can be given from 6 weeks and the 4 year old booster can be given from 3 ½ years.
- All parents with children aged under 8 years should check their child's immunisations are up to date and ask their doctor to catch up on any missed doses.
- If your child has been in contact with whooping cough they may need an antibiotic to protect them. You should talk to your doctor about this.
- By law, doctors treating patients with suspected or confirmed whooping cough must notify the Department of Human Services (The Health Department). The Health Department keeps a record of how many children have the infection each year.

Care at Home

Give your child small frequent meals and fluids often (such as sips of water or smaller feeds but more often).

- Taking care of a child with whooping cough can be stressful. Ask for help from family and friends so that you can catch up with sleep.
- Try to keep your home free of irritants such as cigarette smoke.

Key points to remember

Whooping cough is especially dangerous in babies under 6 months of age. If a child aged under six months gets whooping cough, they will usually need to be admitted to hospital.

- Whooping cough is easily spread and often other family members or close contacts are infected.
- Whooping cough can be prevented by the routine childhood vaccination course and by vaccinating adults who are in contact with young babies.

Sexual Health Week – 17-23 September

Young people across Murrumbidgee Local Health District (MLHD) are being reminded of the risks associated with unsafe sex and to check out their sexual health by being tested for sexually transmissible infections, in particular Chlamydia.

Check it Out is the theme of this year's Sexual Health Week with the campaign targeting chlamydia in young people.

Since 2006, chlamydia infections in NSW and MLHD have risen, with about 730 notified cases in MLHD last year. About 60 per cent of chlamydia infections occur in young people aged 15 – 25 years.

MLHD, HIV and Related Programs Manager Alison Nikitas said: "In most cases, young people will not realise they have Chlamydia. If you have ever had sex without a condom, a simple sexual health test may stop the possible spread of chlamydia to others and prevent complications through early identification and treatment".

She also pointed out that sexual health testing is usually as simple as collecting a urine specimen and does not usually involve an invasive swab.

"STI testing and treatment is especially important if you change your regular sexual partner and is an essential tool in the prevention of HIV," Ms Nikitas said.

The advice for young people who are sexually active is to engage in safe sex practice by using condoms and water-based lubricant. The three key messages in Sexual Health Week are simple:

- Check Out: Safe sex with lube and condoms
- Check Out: Websites and phone lines for more information
- Check Out: Testing and treatment

Sexual Health Week resources, including condoms and lubricant, are available free in safe-sex packs at Sexual Health Services located at Wagga, Albury and Griffith Community Health Centres.

Young people are encouraged to see their General Practitioner and get tested.

For confidential and free sexual health information::

NSW Sexual Health Information Line (SHIL) 1800 451 624 or
Family Planning NSW Health line on 1300 658 886

Tooleybuc Sporting Club Ltd.

Poker

Monday Nights
@ 7.30
Friday Nights
@ 8pm

Phone: 03) 5030 5476

Bingo

Tuesday Nights
@ 7.30
Thursday Mornings
@ 11.30

Open Daily from 10.00am till late



RIVER RETREAT VILLAS

6 fully self contained villa's
available
Phone now on 03 5030 5341

Friday Fortune

Jackpots \$50.00
if not claimed
LTPS/10/02378

Wed/Sun Snowball

Jackpots \$50.00
Each Wed & Fri
If not claimed
LTPS/11/0018

Murray Muster
15th to 18th November
Enjoy a great weekend of country music
\$10.00 per day
or
\$25.00 weekend pass

Rob Johns

Friday September 21st



MEDIA RELEASE

Thursday, 20 September 2012

CHANGE OF DAY FOR TOOLEYBUC CLINIC

Following feedback from the community, Tristar Medical Group will now be opening the Tooleybuc clinic on **Wednesdays** instead of Thursdays.

The clinic will be open from 9.00am until 1.00pm, with hours to be extended into the afternoon if required. The change of days commenced this week and will be trialled for four weeks, after which it will be evaluated to decide whether the service will permanently switch to Wednesdays.

Tristar Medical Group Practice Manager Jackie Forster said feedback from patients attending the clinic and scheduling appointments, demonstrated that having the doctors' service available on a Wednesday would be more convenient for the community.

"We want to ensure we work with the Tooleybuc community to provide a service that is accessible to our patients, so following the feedback we decided that we would trial a change to Wednesdays, to see if it suits our patients better," Ms Forster said.

Ms Forster said the change of day was already proving to be popular, with a number of appointments booked on Wednesday morning of this week. "We're already seeing a change in the demand for Wednesday's service, and have a number of patients booked in."

Community Health Nurse Georgina Douglas said the clinic was a valuable service within Tooleybuc and encouraged community members to utilise the facilities. "It's particularly convenient for our older patients to be able to attend the medical service in Tooleybuc rather than having to travel into town for appointments," she said.

Tristar will continue to work with the Community Health Nurse for ongoing care of patients, including dressing changes, dietician services, occupational therapy, Maternal Child and Health, immunisations, podiatry and the Women's Health Nurse. Wakool Shire Council Home and Community Care (HACC) Outreach Coordinator Michelle Lightbody added that community transport to the clinic is also available.

"Tristar are working with community HACC for transport requirements for patients, to make it easier for our clients to be able to access the service," Ms Lightbody said. "By working with the Community Health Nurse and HACC it means community members have a range of medical and health services that they are able to access locally, which is very important, particularly for our older

residents." Wakool Shire Council General Manager Bruce Graham also encouraged the Tooleybuc community to support the doctors' service.

"The Tristar Medical Group's Tooleybuc clinic is an important service that we have in the area and we encourage community members to use the clinic and ensure the doctors' service can continue to help the health of our community," Mr Graham said. Patients who would like to book an appointment for the Tooleybuc clinic can contact Tristar Medical Group on 03 5032 2133.

FOR FURTHER INFORMATION PLEASE CONTACT
Jackie Forster
Practice Supervisor, Tristar Medical Group
03 5032 2133
Bruce Graham
General Manager, Wakool Shire Council
Phone: 03 5887 5007

SWAN HILL REGIONAL  GALLERY

School Holiday Program September 2012

Week One – Primary Students Gr3-6

Tuesday, September 25,
10.30am- 12noon
Thursday, September 27,
10.30am- 12noon



LEARN TO DRAW FACES

Use colour, silhouettes, mirrors and other tricks to draw your friends, family and yourself.

Week Two – Secondary Students Yrs7-12

Tuesday, October 2 10.30am - 12noon
Thursday, October 4 10.30am - 12noon

PRINTMAKING

Monoprints are a great way of making unique images that can be made at home or at school with a minimum of equipment.

Drypoint etching is another exciting aspect of printmaking. Learn to use an etching press as we process both mono and drypoints.

Cost per student: \$10.00 per session

For further information or bookings please contact:
Swan Hill Regional Art Gallery
Telephone: 5036 2430
Horseshoe Bend Swan Hill 3585
Email: artgal@swanhill.vic.gov.au

www.swanhill.vic.gov.au/gallery

Nyah West Tennis Club September School Holidays Coaching Clinic 2012

Our Club will be hosting a Coaching Clinic On
Mon Oct 2nd; Tues Oct 2nd + Wed Oct 3rd.

We will again have Registered TCA Professional Coach
David Starling, travel from Echuca to run these clinics.
All children should wear suitable clothing and footwear and
bring their own drink and racquet.

(David will have some spare racquets available).



Times are as follows but may change depending on numbers.

- ✦ **Beginners** start at 9.00am for 1.5hrs. \$20 per day or \$55 for all 3.
- ✦ **Intermediate** (can play or rally a ball over net) start at 10.30 am for 2 hrs. \$25 per day or \$70 for all 3.
- ✦ **Experienced** start at 12.30am. \$25 per day or \$70 for all 3.
- ✦ **Private/adult lessons** from 3.00pm can be arranged if requested.

NB: Nyah West Club members will receive a discount of \$5.00 per child.
The last day will incorporate a Tournament just for the participants of the Clinic, inc Sausage sizzle lunch.

For more information and registration please
contact Melissa ASAP on 5030 5591 or via
email to tudor_lo@bigpond.com
or Vicki on 5030 2228 avflahagan@bigpond.com



SWAN HILL THEATRE GROUP'S production of
Disney's

CINDERELLA KIDS
Memorial Theatre McCrae St

Sep 13th 14th at 6.30pm and 8pm
Sun 16th at 1.30pm and 3pm

Tickets \$6,

Bookings at Theatre weekdays 1pm – 4pm
Saturdays 10am – Noon
Ph B.H 0438 006 274 A.H 50329405

Annual General Meeting

Tooleybuc Manangatang Football Netball Club Inc.

Wednesday, October 10, 2012

7.30pm

Tooleybuc Sporting Club



Community Hydro Exercise

We are running Community Transport to Swan Hill
for swimming exercise every 2nd week on a Friday

If you are interested – you are welcome to join us.

We leave from the Tooleybuc Post Office at
8.30am returning approx. 11.15am

Exercise is \$8.00 or concession \$7.00

Transport is \$5.00 per person

Please contact:

Michelle Lightbody

5030 5252

HACC Outreach Co-Ordinator - Tooleybuc

Swan Hill LITTLE ATHLETICS Centre

Season Begins
Friday 12th October
from 5pm
*Registration, Coaching
& Sausage Sizzle*

What Happens!!!

- 3-4 Events each Friday Night
- 1 - 2 Track Events
- 1 - 2 Field Events
- Coaching & Competitions
- Carnivals
- Regular BBQ's on Friday Nights
- A Family Friendly Atmosphere

Venue:
KEN HARRISON
SPORTING COMPLEX
Back Oval, Yana Street, Swan Hill

For More Information:

Melissa Burge - 0429 302 779 or
Debbie White - 5032 1691
Email swanhill@lavic.com.au

Register Online:
www.lavic.com.au



**FAMILY
FUN &
FITNESS**

Swan Hill Little Ath's offers coaching, weekly competitions & lots of fun for children from ages 5-16.
New families are invited to join us for the 2012-13 Track & Field Season.

COME & TRY NIGHTS October 12th & 19th



Austswim Course

An Austswim Professional Development course will be held at Swan Hill on Sunday 18th November for those requiring hours towards reaccreditation.

Those wishing to do the course are asked to contact Brian Safe, phone 50324357. Applications are to be in by 8th November 2012.

Tooleybuc Italian Pasta Day

Slices/cakes required for the Italian Pasta Day, if anyone can help with a slice please deliver to Tooleybuc Football Sheds on Sunday 30th September.

All Welcome.



Up Coming Courses

Standard MHFA: November 14th & 15th (9 am - 4.30 pm).

Youth MHFA: Monday & Tuesday 19th & 20th November, 6 - 9.30 pm

Monday & Tuesday 26th & 27th November, 6- 9.30 pm

Cost for each course is \$80. Registrations are essential. Please phone SHDH 5032 9755 for details.

Standard Mental Health First Aid (MHFA)

Just as physical first aid can save the life of an injured person, Mental Health First Aid (MHFA) can be life saving for a person suffering a mental illness. MHFA is the help provided to a person developing a mental health problem or in a mental health crisis. Mental Health problems covered include:

- Depression
- Anxiety disorders
- Psychotic disorders
- Substance Use disorder
- Eating Disorders(YMHFA)
- Non suicidal Self Injury (Self Harm).

Participants learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Youth Mental Health First Aid (YMHFA)

Participants will learn about adolescent's development and the signs and symptoms of mental health problems, where to get help and what sort of help is shown by research to be effective. The mental health problems addressed include depression, anxiety, eating disorders, and psychosis and substance misuse.

Three rivers, two days, too much fun.

Three Rivers Run is a fundraising tinny trip from Moulamein to Tooleybuc along the Edward, Wakool and Murray Rivers. This is not a race, but a 'meander' along three great rivers. Only 'tinnys' will be allowed to participate. Personal watercraft such as jet skis and non aluminium vessels will not be allowed to enter. Entry fee to be \$250 per person.

Teams of 4 people work well between road crew and boat crew. Participants will receive an event t-shirt and stubbie holder along with other periferal giveaways and promotion material. Dinners, breakfast & lunches supplied along the duration of the event and camping fees will also be included in entry cost.

Proceeds from the event will go to breast and prostate cancer support services with the main beneficiaries being The Otis Foundation and Prostate Cancer Foundation of Australia.

Friday 2nd November 2012.

Camp at Moulamein Recreational Reserve. Reserve available from noon Friday. Male and female facilities via Moulamein Football Netball Club. 7pm dinner provided at ground, full bar will be operational. 9pm Official event announcements, presentation, welcome, briefing etc.

Saturday 3rd November 2012.

6.30am breakfast at Moulamein Recreational Reserve. Break camp, all boats to be on the water and underway by 8.30am. Head downstream on The Edward. BBQ lunch provided on the river bank between 12 and 1.30pm, then onto Kyalite. (Lunch spot and course length will be determined by river height at that particular time.)

Day finishes at Kyalite Hotel and camping ground. All boats to be in by 5pm. Dinner and entertainment at Kyalite Hotel from 7pm. Full bar available.

Sunday 4th November 2012.

6.30am Breakfast at Kyalite Camping Grounds. Break camp, all boats to be on the water and underway by 8am. Road crews head towards Tooleybuc Sporting Club for late lunch. Boats to head downstream on the Wakool, turn left at the Murray Junction and head upstream through The Bitch and Pups and onto Tooleybuc. Lunch at the Tooleybuc Sporting Club from 1.30pm. Official event announcements. Event ends 3pm.

For those wishing to camp at Tooleybuc Sunday night, arrangements may be made for facilities to be available at Tooleybuc Sporting Club.

For entry forms and full details contact the event coordinator, Dick Phillips on 0458 802 211 or visit www.murraymeander.com and click other events. Get your team together today.

Please note: Information is subject to change without notice.

Three Rivers Run



Edward Wakool Murray

Take up the challenge

Three rivers, two days, 50 tinnies.

Moulamein, Kyalite & Tooleybuc will host the annual "Three Rivers Run" 2nd, 3rd & 4th November, 2012

Three Rivers Run is a weekend charity event, along the Edward, Wakool & Murray Rivers. 50 boats, 200 people and a heap of fun. You don't have to be crazy, but a sense of humour & need for adventure is a great start. Forget rowing, this event is for tinnies. For entry forms and full details contact the event coordinator on 0458 802 211 or visit www.murraymeander.com and click other events.

2012 Partners



Supporting



Tooleybuc Manangatang Football Netball Club Inc

Presentation Day

The presentation and family day will be held at the Tooleybuc Recreation Reserve (Lockhart Rd)
 Sunday, September 23, 2012
 Commencing at 10.30am
ALL WELCOME
 Senior Families – Please bring a salad
 Junior Families – Please bring a sweet
 (Meat is provided by club)

Note - Junior Football (bring a change of clothes)



Max I Baldwinson
 Administrator
 0428 265 859

SCHOOL HOLIDAY GOLF CLINICS

**THURSDAY OCTOBER 4TH
 &
 FRIDAY OCTOBER 5TH**

**9AM – 1PM
 \$60 FOR 2 DAYS**

TOOLEYBUC SPORTING CLUB

Includes a yummy lunch each day, drinks, prizes and all equipment

BOOKINGS ARE ESSENTIAL
PHONE RICHARD ON 0405135309
AA GOLF PROFESSIONAL
RICHARD ALSOP



WANT TO HELP
 the mental health of your community?

The 2nd edition Mental Health First Aid Course IS NOW AVAILABLE

This 12-hour Mental Health First Aid course teaches members of the public first aid skills for helping people experiencing a mental health crisis, mental health problems or the early stages of a mental illness.

Where: Tooleybuc club.

When: Tuesday October 9th, 16th, 30th & Nov. 13th... 6.30-9.30 pm.

Instructor: Jann Barkman

Cost: \$80.00

Enrolment deadline: Registration essential: Ph: 50329755

If you're interested in attending this 12-hour Standard MHFA course, please see contact details below:

Contact: Swan Hill Counselling Department

Phone: 50329755

Email: counsellingreception@shdh.org.au

For further information on the Mental Health First Aid Training and Research Program, please visit our website at www.mhfa.com.au

www.mhfa.com.au

• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE • SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •

THE COUNCIL OF THE SHIRE OF WAKOOL ELECTION

Held Saturday, 8th September 2012

Declaration of Election

An election was held to elect 2 Councillors. I declare

A Ward

LOCKHART Lois
 DOUGLAS Andrew

elected as Councillors until the next ordinary election of the Council in 2016.

Detailed results are available at www.votensw.info and for inspection at the council's office.

Peter Birnie
 Returning Officer for The Council of the Shire of Wakool
 Friday, 14th September 2012

Information: www.votensw.info or call 1300 135 736

For enquiries in languages other than English call our interpreting service 13 14 50
 For hearing and speech impaired enquiries, call us via the National Relay Service on 13 36 77



Want a chance to win some fantastic prizes???

If you're between 12 and 18 years old, **Youthspective 2** is your chance to submit up to 5 pic's that best represent this years theme, **Water**.

Email your original photographs to shlib@swanhill.vic.gov.au or deliver them to the Library by 4pm Friday, Oct. 12. Voting starts on Monday, Oct. 15.

The pic's will be posted on the Swan Hill Regional Library's Facebook page. To vote simply 'like' the picture. Voting closes at 4 .00pm on Thursday, Oct. 25 .

Winners will be notified on Friday, Oct. 26 and presentations will be made at the Swan Hill Regional Library at 4.30pm on Monday, Oct. 29 .

Winning pic's will be on display at the Library during November.

So get out there and start taking pic's of the many aspects of water!

For more info, please contact the Library on 5036 2480.

GUIDELINES

In 2012 we are excited to announce the second Youthspective Photography Competition and invite young people from across our region to enter their photographs.

Winning images may be selected for use in print or on the Internet for Swan Hill Rural City Council publications.

The theme for the competition is "Water!" This means your photograph can be anything to do with water.

The photographs must be your original work– so think outside the square, surprise us with your ingenuity, and have fun creating!

Thank you to our sponsors: Greg Cruickshank Photography, Wayne Bradbury Photography, Studio Red, Camera House and Harvey Norman.

Please note your age as of the closing date of the competition which is 4pm Thursday, October 25, 2012.

There are two age group categories:

- 12-14 years
- 15-18 years

Conditions of Entry

1. Photographs must be submitted via email to shlib@swanhill.vic.gov.au.
2. Emails must include: photograph/s, the photographers name, age, the title of the entry and a daytime phone number.
3. You may enter up to 5 photographs.
4. Colour or black and white images are acceptable.
5. Your entry must be certified as being original and unaided work and any source imagery must be indicated at the time of entry. Please note that one signature from an Art Teacher will be sufficient to cover all entries from a school.
6. All entries must be submitted by 4pm Friday **October 12, 2012**.
7. All voting will take place on the Swan Hill Regional Library's Facebook page. One "like" will equal one vote. The picture with the most "likes" will win.
8. Swan Hill Rural City Council, the Swan Hill Regional Library and the Go North Arts Festival will not accept liability for loss or damage to any work submitted.
9. Entries may be used in publicity for the Go North Arts Festival. Photographs of the winners together with their names and ages may be used in publicity where the parents or guardians of the winners have given their consent.
10. The rules of the Competition may not be changed or modified and will be strictly applied.
11. All personal information supplied will be used solely for the administration and management of the Swan Hill Regional Library Youthspective Photography Competition.

ADVERTISEMENTS

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,
 Take-away Foods,
 Pizzas, Rotisserie Chickens,
 Fruit & Vegetables, Eftpos Available
Murray St, Tooleybuc • (03) 5030 5090



"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.

Remedial Massage
 & Manipulation
 Reflexology Reiki Master
 Jenny Arblaster
 Wood Wood Vic
 Ph: 03 50305126 0428 305126

'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

Tooleybuc and District Carpet Cleaning Service
 For domestic and commercial steam cleaning at competitive rates.
 Ring David Thompson on 0447 000348 for a free, no-obligation quote.



TOOLEYBUC GARAGE
 Roadworthy
 Spare parts Insurance
 Repairs fuel
 Recommended service
PH 50305459



TOOLEYBUC COMMUNITY HEALTH CENTRE
 Now open Mon-Fri 9.00am-4.00pm
Phone: 03 50305189
CLINIC HOURS ARE:
 9.00-10.00am & 1.00-3.30pm
EARLY CHILDHOOD CLINIC:
 Mondays-Wednesdays -1.00-3.30pm
IMMUNISATIONS CLINIC:
 (appointment necessary) 16th October
DIETITIAN CLINIC: October
 Appointments available.
MENTAL HEALTH: Mon 8th October
 Names being taken for list
 Visiting once per month or contact ACCESSLINE (1800 800 944)
WOMEN'S HEALTH SERVICE:
 Names being taken for list
 Every 2nd Month 23rd October
Podiatrist Fri 28th September
 Appointment phone: 50339390
 Fees are; \$8.80 for concession (pension and health care card holders) OR \$13.50 for all other clients
 In an emergency contact your G.P.
 Manangatang- 50351215
 Balranald- 50201055
 Nyah West- 50302456
 Swan Hill- 50331711 Or call '000'

SHEDS
Industrial, rural & domestic
 Agents for Tru-Built & McDonald Steel
Real Sheds – Real Steel
 Matthew Loats Builder P/L
 Phone: 0427 240 376 Fax: (03) 50 305 122

CRAIG DOMAILLE PLUMBING
 For Honest Reliable Service call Craig on 50305382 50305594 Fax
 NOW AVAILABLE
 1.8 Tonne Mini Excavator
 Septic Tank
 Cleaning/Installation
 Hot & Cold Water Installation
 Gas Works
 Roofing
 Gas & Wood Heater Installation
 Ducted Air Conditioner
 Services/Installation
 Agent for Lowara Pumps
 Free no obligation quotes
 Plumbina since 1985

"Goodnight Express"
Passenger Service
Goodnight – Tooleybuc – Koraleigh – Swan Hill
Weekly on Fridays

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

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
 50 305 252
 "Helping others to keep small communities strong."

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

CALENDAR
TERM 4 2012

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September Holidays	23	24 Spring Holidays	25 Spring Holidays	26 Spring Holidays	27 Spring Holidays	28 Spring Holidays	29
October Holidays	30	1 Spring Holidays Labour Day - Public Holiday	2 Spring Holidays	3 Spring Holidays	4 Spring Holidays	5 Spring Holidays	6
Term 4 October Week 1	7	8 Start of Term 4 for students Start of Term 4 for teachers Stage 6 Revision	9 Stage 6 Revision	10 Stage 6 Revision	11 Stage 6 Revision	12 Stage 6 Revision	13
Term 4 October Week 2	14 Anti-Poverty Week	15 Anti-Poverty Week	16 Anti-Poverty Week Injections	17 Anti-Poverty Week Halls Gap 7/8 PSSA State Athletics @ Sydney Disco	18 Anti-Poverty Week Halls Gap 7/8 PSSA State Athletics @ Sydney	19 Anti-Poverty Week Halls Gap 7/8	20
Term 4 October Week 3	21	22 Canberra 5/6 Pink Breakfast	23 Canberra 5/6 HSC General Maths Exam	24 Canberra 5/6 HSC VET Hospitality Exam Leanne Bibby Parent meeting 10:30	25 Canberra 5/6	26 Canberra 5/6	27
Term 4 October/ November Week 4	28	29 HSC Ag Exam	30	31 HSC PDHPE Exam	1	2 PSSA Tennis Trials Dist @ Moulamein	3

Student Absences Note

Name: _____
 Class: _____
 Teacher: _____

This student was absent from _____ / _____ / _____ to _____ / _____ / _____
 due to the following:

- Illness
- Injury
- Medical/Dental Appointment
- Family Commitments
- Other give reason

Additional comments: _____

Signed: _____
 Date: _____

Student Absences Note

Name: _____
 Class: _____
 Teacher: _____

This student was absent from _____ / _____ / _____ to _____ / _____ / _____
 due to the following:

- Illness
- Injury
- Medical/Dental Appointment
- Family Commitments
- Other give reason

Additional comments: _____

Signed: _____
 Date: _____



Tooleybuc Central School Bus Variation to Routine

My child/children _____ will not be
 travelling on the _____
 bus on _____.
 (Date)

- I will be collecting them
- They will be travelling on _____ bus.
- Other (Please explain)
 : _____

Note: Some buses do not allow other students to travel on their buses. Please contact the bus driver to ensure approval.

Parent Signature: _____

Date: _____



Tooleybuc Central School Bus Variation to Routine

My child/children _____ will not be
 travelling on the _____
 bus on _____.
 (Date)

- I will be collecting them
- They will be travelling on _____ bus.
- Other (Please explain)
 : _____

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Parent Signature: _____

Date: _____