



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL

18th November 2016 Term 4 Week 6

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Melanie's Thoughts



Melanie Wait
Principal

2017 Class Structures

This week we have 'rolled over' to our 2017 curriculum in our secondary department. This transition has occurred very smoothly. As part of this transition we have welcomed Ms Kristen Fitzgibbon to our staff, Kristen will be teaching part of our science curriculum. I have been so pleased to see the excitement of our Year 9 and 10 students as they have started their new electives.

We have also organised our primary structure for 2017. Miss Emma Gentle has been appointed to teach the Year 1/2 as next year Mrs Jenvey begins her retirement. Mrs Jenvey has made a huge commitment to our school, teaching a wide number of students from our local community. We value her dedication shown to our students and our school.

Just a reminder that if you know of any families who may be considering

Tooleybuc Central School as an option for their children's schooling, get them to come along and have a look at what our wonderful school has on offer.

2017 Leaders

Next week our 2017 school leadership candidates will present their speeches to our school as part of the election process for leaders. Potential School Captains will present their speeches to the whole school as part of our Morning Lines and our 2017 Junior Leader candidates will present their speeches at their Primary Assembly next Thursday.

Swim School

During Week 9 we will be holding our annual swimming program. Notes will go out shortly providing more information regarding prices etc.

Gold Merit Excursion

Our Gold Merit Excursion will be held on the last Wednesday of the school year. Students who have achieved 'Gold' Level as part of our Merit Scheme will be invited to attend our reward excursions. The last date for merits to be submitted is Monday 5th December 2016.

Blue Casual Dress Day

This Monday is a 'Blue' casual dress day to raise money to support men's cancers.



Year 3 / 4 had a wonderful time on their excursion to Sovereign Hill.

Tooleybuc Central School,
Murray Street, Tooleybuc,
NSW 2736

Ph (03) 50305422
Fax (03) 50305408

Email:
tooleybuc-c.school@det.nsw.edu.au

Web:
www.tooleybuc-c.schools.nsw.edu.au/

Bullying

Our school has an extremely strong stance on bullying. We would like to encourage all students to make sure they are able to tell someone if they are feeling uncomfortable or unsafe in our school. Parents, please call and let your child's teacher or myself know if you have any concerns or your child is worried about something at school. Tooleybuc Central School has an Anti Bullying Plan that we are committed to.

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 an extra 20 Merits
Gold Level Silver plus an extra 30 Merits.

Primary students are given a 'Lucky Dip' at the achievement of each level. Then they are presented with a certificate at our Whole School Assembly. Secondary students with the highest GEM score in each class receive the Student Of The Fortnight on Assembly. Those students who achieve Gold Level or the correct GEM average are invited to attend our End of Year Merit Excursion.

Gold Bronze Awards

Name	Year	Name	Year	Name	Year
Alyssa	1	Lucy	1	Hannah	3
Billy	1	Alesha	3	Jayla	3
Campbell	1	Alex	3	Jed	4
		Emily	3	Keisha	4

Gold Awards

Name	Year	Name	Year	Name	Year
Tayce	F	Finn	3	Emmy	5
Alister	1	Murdoch	3	Josie	5
Makenna	1	Kayla	3	Amy	6
Rebekah	1	Montana	3	Angela	6
Jordan	2	Nancy	3	Emma	6
Alexander	3	Elijah	3	Tara	6
Ashby	3	Jett	4		

Silver Awards

Name	Year	Name	Year	Name	Year
Aidan	F	Trinity	F	Emily	5
Angus	F	Isabel	1	Noah	5
Anton	F	Jakson	1	Saoirse	5
Beau	F	Felicity	2	Summer	5
Felicity	F	Imogen	2	Dallas	6
Jade	F	Jude	2	Mitchell	6
Lachlan	F	Myah	2	Taylen	6
Mason	F	Skye	2		

Bronze Awards

Name	Year	Name	Year	Name	Year
Liam	1	Quinlan	5	Brees	8
Riley	1	Will	5	Phoebe N	8
Sebastian	1	Jack	6	Phoebe S	8
Rhys	4	Mackinnon	6	Cody	10
Lochlan	5	Ryan	7	Laura	10

Did you know that you can



make payments to your child's school online?

We have launched a new online payment portal linked to your school's website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary School Contributions
- Subject Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other

When?

This payment method will go live on 24/10/16.

How?

Log onto School site at www.tooleybuc-c.schools.nsw.edu.au/ Click on 'Make a Payment' and follow the prompts to make a payment via Visa or MasterCard.

Up Coming Events Term 3 2016

Term 4

Week 7

Timetable Week 2

Mon 21 Nov	Casual Dress – Blue Day for Men's Cancer
Tue 22 Nov	Heat up lunches
Wed 23 Nov	Breakfast Club
Thu 24 Nov	Primary Assembly 1:45 pm in MPC P & C Meeting 1:00 pm

Week 8

Rollover Classes into 2017

Timetable Week 1

Tue 29 Nov	Heat up lunches
Wed 30 Nov	Breakfast Club
Thu 1 Dec	Last Foundation Orientation – Full Day Scripture
Fri 2 Dec	Term 4 Presentation Day

Sun 4 Dec	Carols by Candlelight at Tooleybuc Sporting Club
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Week 9

Timetable Week 2

Swim School

Fri 10 Dec	Reports distributed
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STRONGER HSC STANDARDS

MINIMUM LITERACY AND NUMERACY STANDARD

Set for success in day-to-day life

The minimum standard is set at a level of literacy and numeracy needed to do things like:

- ✓ follow simple written workplace procedures
- ✓ interpret routine tables, graphs and charts
- ✓ write a job application

ONLINE LITERACY AND NUMERACY TESTS



Students will need to pass online reading, writing and numeracy tests to demonstrate achievement of the minimum standard.

From 2018, these tests will be available for students to sit at least twice a year in:

- ✓ Year 10
- ✓ Year 11
- ✓ Year 12
- ✓ for up to 5 years after starting the HSC

A demonstration test is available:
hsliteracynumeracy.bostes.nsw.edu.au/

TIMELINE



2017

Courses and support material to improve pathways for Year 9 and 10 students wishing to study maths in Year 11 and 12 published

Consultation on exemption policy

Minimum standard rules and guidelines published

Online reading, writing and numeracy tests piloted

Schools Online and Students Online websites updated

2018

First Year 10 students sit online reading, writing and numeracy tests

2020

First HSC students required to meet minimum standard

WHAT YOU NEED TO KNOW



From 2020, students need to demonstrate a minimum literacy and numeracy standard to be eligible for the HSC



There will be multiple opportunities to pass online reading, writing and numeracy tests before and after the HSC



Early identification and support for students most at risk of not achieving the minimum standard is available under the NSW Literacy and Numeracy Strategy



Students with Band 8 or above Year 9 NAPLAN results in reading, writing and numeracy will not need to sit the online tests. They have demonstrated they meet the minimum standard



Some students, including those studying Life Skills courses, will not need to meet the minimum standard to be awarded the HSC

STAY UP TO DATE



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strongerHSC@bostes.nsw.edu.au



Primary News

David Tallon (Assistant Principal)

Last week I had the privilege to be on camp with our Year 3 & 4 students. We had a great time visiting places in Ballarat. I was so proud of the way our students interacted with the public. I received so many compliments by various staff members on the manners shown and the behaviour exhibited by our girls and boys.

Congratulations our Proud and Deadly Award nominees, Jude in Year 2 and Dallas in Year 6. Also congratulations to Amy who represented our school at the Remembrance Day ceremony in Swan Hill.

Gaze and Graze night was a success, thanks to Julie, Terri and Mark for organising the event. We had over 100 people attend the event. Thank you also for all those who supported this family evening and helped out when needed.

Year 3 / 4 Excursion





Foundation

Andrea Hazlett (Class Teacher)

Foundation students have been looking at the art works by the famous Dutch painter Vincent Van Gogh. These inspired oil pastel pieces are by some of the Foundation students in response to viewing the *Starry Night* series.



By Anton, Beau, Tayce, Mason and Jade.

My top knot pigeon is a king. He is a shiny bird. He is a beautiful colourful bird. My bird he is an old bird. He swims in the water. He swims in the river. He is a good bird. He swims in his pond in the paddock. By Tayce.



This is my chicken. My chicken has feathers. My chicken has glitter. By Angus.

My bird is fluffy. My bird has food. My bird is scratching. My bird's beak is orange. My bird is in the grass. By Jade.



My magnificent bird has green and orange feathers. My bird is beautiful. My bird is doing a poo. My bird is sitting on a log. By Anton.

My good duck was a friend to her mum. She said to her dad I like you with beautiful feathers to go swimming with in the lake. By Felicity.



My magnificent bird was eating wheat and swam to the other side of the river. He went into the paddock and lay in the sun. By Mason.

The nice Ashley was a happy bird. By Adian.



My top knot pigeon has red sparkles. My top knot pigeon was very nice. My bird was happy. By Beau.

My bird is magnificent. My bird is colourful. My bird can fly. By Lachlan.



My gorgeous bird loves to fly and loves her nice good looking feathered hair. She is so sparkly. By Trinity.

Secondary News

Mr Hocking (Head Teacher)

Our new academic year has started. Stage 6 students have begun their lessons in Biology, Sport, Leisure and Recreation, Community and Family Studies, Computing Applications, Work Studies, Primary Industries and, in the case of our Year 12s, English. Our Year 11 students will begin studying Preliminary English and General Mathematics next year.

The lower secondary students have rolled over into their new academic year, too, with the opportunity to get stuck into their new subjects. It's an exciting time for our new Year 9 students, who are beginning to study electives - the first real chance they've had to study subjects of their own choice.

HSIE

Miss Rutherford (Geograph Teacher)

The students planned, organised and undertook a field study of the environment around Tooleybuc. As a part of this they selected the tools they would use to collect data (primary and secondary data). They then collected data for example wind speed, water temperature, how humans use the environment and photographs of Tooleybuc over time. The students then chose how to present their data to the class.

Mr Hocking (History Teacher)

Year 9 and 10 History students are beginning their study of Depth Study 1, examining the key ideas that have shaped the world over the past 400 years or so. These ideas were the seeds of revolutions in France and the USA and had a great influence on the development of Western culture and institutions, including Australia's. This academic year, Stage 5 History will focus on the development of Australia since British colonisation, including the establishment of the institutions of government and Federation, the changes to Australian society through immigration and Australia's role during the World Wars.

CHANGES TO THE SECONDARY SCHOOLS TAX FILE NUMBER PROGRAM FROM 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date.

How students can apply for a TFN from 1 January 2015

The Australian Taxation Office, in partnership with

Australia Post, is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for 'QC27248'.

Students who are unable to visit a participating Australia Post office will need to complete the application form 'Tax File Number - Application or Enquiry for Individuals' form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for 'QC22604'.

The ATO will continue working with teachers to educate students about tax and superannuation. The curriculum resource 'Tax, Super and You' is a free, easy to use, online educational resource aligned to the school curriculum of each state and territory. This resource can be accessed at taxsuperandyou.gov.au.

If you require any further information you can phone 1300 130 282 between 8.00 am and 5.00pm Monday to Friday.



Chloe finishes making her cup cakes.



Jake and Sam in Year 9 clean up after cooking in Food Technology.



Laura scrolls through the photos at Federation University Ballarat



Cody and Mr Hocking scale the wall at LaTrobe University Bendigo.

Vida Tennis Coach David Jonkers will be running a block of 3x 1hr lessons on the following Sunday mornings at the Tooleybuc Tennis Club. It will cost \$45 for the whole block.

If there is interest he will also run another block during the week in school holidays. Please contact David to register or for more information

20 November
4 December
11 December



For Sale:

Guppies \$1.00 each. Approximately 30 in total. Contact the school. Ph: 03 50305422



Come and try!

GROUP	AGE	DATE/TIME	VENUE
TINIERS	7yrs & under	Tuesday 6 th of December 4pm-5pm	Swan Hill Guide Hall
SUB-JUNIORS	10yrs & under	Thursday 8 th of December 4-5pm	Swan Hill Guide Hall
JUNIORS	13yrs & under	Thursday 8 th of December 5-6pm	Swan Hill Guide Hall
INTERMEDIATES	17yrs & under	Tuesday 6 th of December 5pm-7pm	Swan Hill Guide Hall

Contact us on our Facebook page for more info



'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 Central School

Strive to do well



Welcome one and all,

The Librarians at Tooleybuc Central School are inviting community members to join our library. Once joined you will receive a library card and be able to borrow any of the books in our collection.

The library will be open for your access during the following times:

Monday	Tuesday	Wednesday
8:30am – 9:00am	8:30am – 9:00am	8:30am – 9:00am
1:00pm – 1:30pm	1:00pm – 1:30pm	1:00pm – 1:30pm
3:15pm – 4:00pm	3:15pm – 4:00pm	

OR by arrangement with the Librarians.

If you would like to discuss anything please contact the Librarians at school.

Thank-you

Leanne Hoare & Leeta Rutherford

Tooleybuc Central School

Strive to do well



Community Member - Library Application Form

Title: Mr Mrs Miss Ms Gender: M F

First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Quality education from Kindergarten to Year 12 in a safe and caring environment

Principal: Melanie Wait

Murray Street Tooleybuc NSW 2736 T 03 5030 5422 F 03 5030 5408 E Tooleybuc-c.school@det.nsw.edu.au

VOLUNTARY CONTRIBUTIONS 2017

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 F to 12	\$10.00
Current voluntary contributions including Technology Fee	Infants and Primary	\$55.00
	Years 7 + 8	\$100.00
	Years 9 + 10	\$60.00
	Years 11 + 12	\$60.00
Design and Technology Food:	Year 9 + 10 elective	\$65.00
Industrial Technology	Year 9 + 10	\$52.00 plus materials
Information & Software Technology	Year 9 + 10	\$52.00 plus materials
VET Hospitality	Stage 6	\$185 (\$25 Uniforms/ \$160 Pracs)
Industrial Technology	Stage 6	\$80.00

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.

School Bags

Tooleybuc Central School has school bags which are available to purchase from the front office.

Large \$58.00



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 turnaround 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/>

Second Hand Uniforms

The school is in need of

- Secondary t-shirts and
- Girls green and black school pants

for our uniform pool.

STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

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

Canteen Menu 2016

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
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 (Strawberry and Mango)	\$1.60
Chips (Honey Soy)	\$1.00

Raspberry Twists \$0.20

Drinks

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

CANTEEN ROSTER

Term 4

25/11/16	Cindy Funnell & Julie Fulton
02/12/16	Sharon Rogers & Ang Spinks
09/12/16	Jolene McKenzie & Sue Domaille
16/12/16	Peta Hickey & Annette Blachford

Thank you to all volunteers who helped in the Canteen this year. More volunteers are always welcome.

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

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

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.



Tooleybuc Christmas Carols 2016
 Sunday 4th of December at 6pm at the
 Tooleybuc Sporting Club
 Performances By:
 Tooleybuc Primary Choir
 Tooleybuc Pre-Schoolers
 Fijian Choir
 Special Appearance from Santa

Complementary Sausage Sizzle
 For the Kids Lolly Bags and Icy Poles

Tooleybuc Sporting Club Ltd.
Phone: 03 5030 5476

Open Daily from 11.00am till late

UPCOMING ENTERTAINMENT FOR 2016

November
Murray Muster
9th to 13th November 2016
A great weekend of Country Music



Please check—Subject to change without notice

WEEKLY ACTIVITIES

Mon: Poker 7.30pm
Tues: Bingo 'eyes down' @ 7.30pm
Wed: Members Draw @ 7.30pm, Raffles between 7pm & 9pm, Wed/Sun Snowball Draw (LTPS/15/03148) Jackpots \$50.00 each Wednesday & Sunday if not claimed, Line Dancing 7.30pm
Thurs: Bingo 'eyes down' @ 11.30am
Fri: Raffles @ 8.30pm (approx), Members Friday Fortune Draw @ 9.30pm (approx) Jackpots \$50 each week if not claimed (LTPS/14/04455)
Sun: Raffle @ 8.00pm (approx), Wed/Sun Snowball Draw (LTPS/15/03148) Jackpots \$50.00 each Wednesday & Friday if not claimed

CHEF'S SUGGESTIONS
Every Friday night the Bistro have a Chef's Suggestions Specials Board. It consists of around 4 different dishes at affordable prices. They are only available until stock runs out. So come along on Friday Nights & enjoy a great meal

Weekday Specials
Dine in Only

Monday	Family Night Kids Meals 1/2 price
Tuesday	Early Bird Roast 6.00 to 7.00pm \$12.00
Wednesday	Parmy Night \$12.00
Thursday	Steak Night \$15.00

Portsea Camp Pira Group

Vacancies are now available for the next camp which is from January 11th to January 17th 2017 (7 days) at a cost of \$327 per child. Children must be between the ages of 9 to 12 years and payments can be made by instalments.

The camp has a vast assortment of activities for the children including fishing, canoeing, art and crafts, cooking, abseiling, giant swing, flying fox, swimming, a camp-out in a Tipi, a disco plus many more finishing with a concert. All activities are supervised.

All leaders and staff are Police checked and have Working with Children accreditation and the children are monitored at all times.

Full time Medical staff are on duty at all times as well, and a variety of meals are provided by chefs and specific diets are catered for. Children with special needs, with or without a carer, and ethnic, religious and cultural diversities are most welcome.

For more information please contact Mrs. Noella Cook as soon as possible on mob 0477017754 and if necessary, please leave a message.
Or
Online at www.Theportseacamp.com.au



EYE CLINIC

An Optometrist from the Brien Holden Vision Institute will be conducting an eye clinic in your community on:

WHEN: TUESDAY, 22nd NOV FROM 9.30AM – 4.00PM

**WHERE: Tooleybuc Community Health Centre
Unit 1, 76 Cadell St Tooleybuc NSW 2736**

CONTACT / PHONE: 50305189

Eligible patients on a current Centrelink pension card will receive their spectacles through Vision Australia at no cost. Those not eligible can access spectacles through our low cost spectacle scheme.

Eye examinations will be Medicare Bulk Billed.



Brien Holden Eye Clinic- Tuesday 22nd November (booked out but will take names on a waiting list)

**Tooleybuc Home Support Happenings
Murray River Council**

Location: 2/74 Cadell Street, Tooleybuc
Co-ordinator Deb Porteous Ph/Fax: 03 5030 5252 Mobile : 0437 398 259

Cuppa'n' Chat

Thursday 17th November

Drop in and have morning tea with Deb & Shirley (Murray River Council Home Support) and Kate (Community Health Nurse)

**Time: 10.30 am – 12 noon
Where: 1/74 Cadell Street (Community Health Centre)**

Balranald Discovery Centre

Thursday 24th November

The Balranald Discovery Centre is a state-of-the-art tourist complex and is a rare gem and surprise to find in an outback town. The Centre has gained rave reviews from visitors and recently won a Silver Award at the 2015 NSW Tourism Award and Bronze at the Inland Tourism Awards

Depart Tooleybuc 10.30am
Lunch available at the Discovery Centre Cafe
Transport Available \$10
Bookings essential

Aqua Fitness

Are you interested in attending a session at the Swan Hill Leisure Centre? Aqua Aerobics is a low impact exercise routine to music in the comfort of the heated pool.

Transport can be provided one day per week (for up to 6 people), to attend a class on Wednesdays 10.00 am or Friday's 9.30 am start. Each class runs for 1 hr.

Suitable for all, including those with joint/ muscular ailments.

\$17 per person - Includes Transport
Phone to discuss a preferred day and make a booking



Goodnight Express

This vital service is available to any community member wishing to access services in Swan Hill.
EVERY FRIDAY

Departs: Goodnight: 9.30 Post Office
Tooleybuc: 9.45 Post Office
Koraleigh: 10.00 Post Office
Nyah: 10.10 Post Office

Drop Off: 10.50 Clock Tower Bus Stop
Departs Swan Hill 1.30pm Woolworths Car Park – Campbell Street Side

1st time passengers are required to complete a registration form
AVAILABLE ON THE BUS

Please phone 3030 5252 or 0437 398 259 for any enquiries or transport bookings

EYES ON DIABETES THIS WORLD DIABETES DAY

World Diabetes Day this Monday 14 November focuses on the importance of screening to ensure early diagnosis of diabetes and its complications.

Half of people living with diabetes don't know they have it and many people with diabetes are not adequately screened for complications.

In Murrumbidgee Local Health District (MLHD) in 2016, 20 per cent of people over 16 years were found to be overweight, obese, have diabetes or high blood glucose levels.

“Despite the increasing rates of diabetes, many people still find the numbers of Australians diagnosed hard to believe” said Clinical Nurse Consultant for Diabetes Education for MLHD, Debbie Scadden.

“Diabetes does not discriminate and diagnoses can be made at any age along the life cycle. It could be a toddler, child, teenager, young adult, pregnant woman, middle-aged or senior.

“High risk groups are Aboriginal, Torres Strait Islander, Pacific Islanders, Indian sub-continent and people with Chinese heritage,” Ms Scadden added.

Credentialed Diabetes Educators (Registered Nurses) and Dietitians are pivotal health care specialist in the public and private health sectors to assist people in self-care management to understand their condition, keep up with changes in medication and develop management plans to lead a healthy lifestyle.

More than 1.8 million Australians have been diagnosed with diabetes and it is estimated at least another 2 million people over the age of 25 have what is known as “impaired glucose tolerance” or “pre-diabetes” putting them at increased risk of diabetes.

Check your risk of diabetes with your local General Practitioner or at the Australian Diabetes Council website: www.australiandiabetescouncil.com

Tooleybuc Community Health Centre
Ph 50305189

BREAKING DOWN THE STIGMA OF POST NATAL DEPRESSION

The arrival of a new baby is usually a happy event but can also be a stressful time when many adjustments have to be made.

Up to 1 in 10 expecting mums and 1 in 20 expecting dads struggle with antenatal depression and more than 1 in 7 new mums and up to 1 in 10 new dads are diagnosed with postnatal depression each year. Even more are thought to suffer with anxiety.

Post Natal Depression Awareness Week from 13 to 19 November 2016 aims to promote antenatal and postnatal mental health and wellbeing and encourage new and expectant parents to seek help early and break down stigma.

Murrumbidgee Local Health District (MLHD) Clinical Leader Perinatal Infant Mental Health Keryl de Haan said heightened anxiety is also common after the birth of a baby and can occur alone or with depression. Fathers and partners can also experience mental health problems around this time.

“Women with depression may describe feeling sad, down, numb and empty, lacking interest in their baby, other people or things they used to enjoy. Anxiety symptoms can include feelings of worry, panic, or fears that are difficult to control,” Ms de Haan said.

“A first step to getting help is by talking to your local GP or other health professional- midwife, child and family health nurse. If symptoms are more severe and involve thoughts of harm to oneself or the baby then immediate help is required by contacting Accessline 1800 800 944.”

“It should not be confused with the ‘baby blues’, which usually passes within a few days,” Ms de Haan added.

Local mental health services have access to a Perinatal Psychiatrist through the state-wide Outreach Perinatal Service and MLHD can access the newly-formed Mums and Kids Matter program based in Western Sydney for mothers with severe mental illness and their children aged under five.

People concerned about perinatal mental health can learn more by visiting www.panda.org.au or www.healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents. Learn more about Postnatal Depression Awareness Week by visiting www.pnda.wayahead.org.au

Tooleybuc Community Health Centre
Ph 50305189

Budweld Nursery

Glenn & Julie Fulton

Specialising in

Mop Tops – Lily Pillys – Roses
Citrus and more

67 Hobson Road, Nyah 3594

Budweld5@bigpond.com.au

www.budweldnursery.com.au

Direct Sales by appointment only
0409 967 086

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
Plumbing since 1985

Remedial Massage

& Manipulation

Reflexology Reiki Master
Jenny Arblaster
Wood Wood Vic

Ph: 03 50305126 0428 305126

LEN McPHERSON

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122 Monash Ave
NYAH WEST 3595
A.H. (03) 5030 2725

EMAIL phantastic2000@hotmail.com

MOBILE: 0418 582 855

Box 209, Nyah West, 3595

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

TOOLEYBUC COMMUNITY HEALTH CENTRE

Open

Mon - Wed 9.00am-4.00pm
Thur 9:00 am – 3:00 pm
Fri 9:00 am – 12:00 pm

Phone: 03 50305189

CLINIC HOURS ARE:

9.00-10.00am & 1.00-3.30pm

All Clinics are free

EARLY CHILDHOOD CLINIC:

Mondays-Wednesdays -1.00-3.30pm

IMMUNISATIONS CLINIC:

(appointment necessary) Third Tue in month
Tuesday 20th December

Diabetes Nurse- available by
appointment only

MENTAL HEALTH: Monthly by
Appointment

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

DIETITIAN CLINIC:

4th Tuesday of each Month, 22nd
Nov

Appointments avail
(ph 5033 9390 for apt)

Podiatrist

(ph 50339390 for an apt).

3rd Thursday of each Month. Thurs 17th Nov &
15th Dec.

Speech Pathologist

(1st Thursday of the month)
Telephone Swan Hill District Health
for appointments and enquires **5033 9390**

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

Tooleybuc Post Office

Newsagency

Gift Shop

Open

Monday to Friday 7:00 to 5:00
Saturday 9:00 to 12:00
Sunday 8:00 to 11:00

Phone: 03 50305303

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.



LUCKY PHIL'S

The One Stop Shop

Budget Rite & Take-Away Food Store

OPEN 7 DAYS A WEEK 6.30am - 7:00pm

Large Range of Groceries,

Take-away Foods,

Pizzas, Rotisserie Chickens,

Fruit & Vegetables, Eftpos Available

Murray St, Tooleybuc • (03) 5030 5090

Have you got
a spare room?
Become a
host family!



Not-for-profit, WEP Australia, is looking for volunteer host families to welcome overseas exchange students arriving in Australia in February 2017! WEP host families come from all over; the city, the bush and everywhere in between! We ask families to feed the student, but above all to share their family and local life. Students have their own spending money and are fully insured.

"We had to share our home and then we shared our hearts."
Nikita (9yo) and Madison (8yo), host siblings of Pauline from Belgium.

How does it work?

1. Request a free information pack
2. Choose your student
3. Get excited for their arrival. (WEP will take care of school enrolment, Working with Children Checks, visas etc.)
4. Student's arrival
5. Experience a different culture from the comfort of your own home, be a part of the WEP community and so much more!



Diletta (17) Italy I always look on the bright side of life. I love to cook and I can bake delicious cakes!



Danielle (17) USA I am very active and enjoy outdoor activities like camping and bike riding.



Tomas (17) Brazil My favourite sport is indoor rock climbing and I enjoy skateboarding too.

This sounds great! How do I find out more?

Request a free information pack to receive detailed program information and profiles to help you make this important decision.
W: wep.org.au E: sylvia.kelly@wep.org.au P: 1300 884 733

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

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

_____ 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: _____

STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

Personal Details

Student's Name: _____ Class/Year: _____
 Home Address: _____

 Parent/Guardian Name: _____
 Family Support Reason Support is Needed

Support Details Assistance can be provided with uniform/books/excursions

Details of Request:	Amount
_____	_____
_____	_____
_____	_____

The information provided will be treated in confidence. Please forward this application to the Principal. There is a limit to the amount each child can access.

Signature of parent/guardian: _____ Date: _____
 Approved/Principal Signature: _____ Date: _____

CALENDAR 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 7 NOVEMBER TERM 4	21 Casual Dress Blue Day Men's Cancer	22 Anna Conlan – Speech Path in Army Talk Yrs 9, 10 & 11 Pd 5 & 6.	23	24 P & C Meeting 1:00 pm Primary Assembly 1:45 pm MPC	25
WEEK 8 NOVEMBER/ DECEMBER TERM 4	28	29	30 Last Foundation Orientation Full Day	1 Scripture	2 Presentation Day
WEEK 9 DECEMBER Sunday 4th Carols by Candlelight 6:00 pm TERM 4	5 Swim School	6 Swim School Anna Conlan – Speech Path in	7 Swim School	8 Swim School	9 Swim School RIVERINA BLUES LUNCH Reports Distributed
WEEK 10 DECEMBER TERM 4	12 Presentation Night	13 Primary Ten Pin Bowling	14	15 HSC results released HSC results inquiry centre opens	16 Students last day.