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HE BRIDG

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL 22nd September 2017 Term 3 Week 10

Melanie's Thoughts



Melanie Wait **Principal**

Year 12's Last Day

I would like to take this opportunity to wish our Year 12 students all the best from our school community. We are very proud of the young adults that you have become and we wish you all the best in your upcoming exams. I hope that you remember Tooleybuc Central School fondly. Good luck I am sure you will all be extremely successful.

Year 12 2017







Eden







Leighton







Shane

Community Consultation

As part of our community consultation for our 2018 School Plan, we have two surveys we would like completed. A copy of these are included in this edition of The Bridge. If this could be completed and returned to the school by Monday the 16th of October, it would be greatly appreciated. This feedback will be used to support our planning of our future directions for the next three years.

Successful Term

Thank you to everyone for their efforts this term. Term Three has been extremely busy and there have been a range of wonderful activities on offer for our students to achieve their personal best. So, thank you to everyone for their hardwork and dedication to our school.

NOMINATE A SPORTS VOLUNTEER – YOUTH & OPEN CATEGORIES



The Office of Sport Southern Sport Volunteer Award is open for nominations. The winter season is winding down but now is the perfect time to nominate your coach, manager, administrator or a great official. Nomination process is simple, so take the time to help recognise the efforts of the outstanding volunteers who keep sport going in your town.

The Award has separate categories for Open and Youth (25 years and under) to recognise the importance of all aged volunteers in grassroots sport.

All nominees will receive a certificate, with the winner and runner up being awarded \$250 & \$100 (respectively) to spend on approved sports development programs.

In 150 words or less tell us how your volunteer is worthy of being nominated. Nominations can be made online via the Office of Sport website https://sportandrecreation.nsw.gov.au/clubs/souther-n-award

Nominations close Friday 13th October



Cody with the cod he caught fishing during SLR.

Up Coming Events Term 3 2017

Spring Holidays

TERM 4 Week 1

Mon 9 Oct First Day students and staff

Heat Up Lunches

Tue 10 Oct Education Future Forum 12:00 to 2:00pm

Wed 11 Oct Breakfast Club

Year 7 Injections

Thu 12 Oct Year 7 - 10

AFL 9's Coaching at Balranald

Fri 13 Oct YELP Youth Engagement Program

Week 2

Mon 16 Oct Heat Up Lunches

HSC Eng Stand Paper 1 10:20 – 12:30am

Tue 17 Oct HSC VET PI Exam 1:55 – 4:00 pm

HSC Eng Stand Paper 1 9:25 – 11:30am

AFL 9's @ Deni Yrs 7 to 10

Wed 18 Oct Breakfast Club

NSW PSSA Athletics Homebush

Week 3

Mon 23 Surf Camp – Secondary all week

Wed 25 Heat Up Lunches

HSC Biology 9:25 - 12:30 am

Fri 27 Pink Day



Primary News

David Tallon (Assistant Principal)

Performance Night was fantatsic. Our students put in a wonderful effort throughout the term to practice their plays.

Over the last 2 weeks we have had more students complete their 200th night of Home Reading. A fantastic effort by those students! Keep Reading!

"The more that you read, the more things you will know. The more that you learn, the more places you will go." Dr Seuss.

I wish everyone a safe and happy break from learning and see you all next term.

Up and Coming Events

Oct 9th – School resumes for Staff and Students

Year Five/Six David Tallon (Class Teacher)

The Stage 3 students have been completing a lot of tasks this term. We began the term learning about poetry and have since began to plan edit and produce information reports. Our Mathematics focus has been on using different strategies to problem solve.

Since the beginning of the term, the students have been undertaking an engineering project. This project has involved them researching catapults and understanding how they work. They were split into teams where students were required to work together to design, make and appraise the catapults. A very worthwhile experience.



Jordan & Jett.



Summer, Keisha & Emily.



Saoirse, Josie & Emmy



Will, Quinlan & Rhys



The Year 5/6 demonstrated their catapult engineering skills with the Foundation students. They were excited to attempt to send objects in the air with the engineering masterpieces made by Year 5/6.







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.



Name

Yr

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. They are then 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 appropriate GEM average are invited to attend our End of Year Merit Excursion.

Name

Gold Awards

Yr

Name

Jakson

2

Keisha	5	Emily	6	Summer	6
Silver Aw	ards				
Name	Yr	Name	Yr	Name	Yr
Accacia	F	Taylor	F	Alex	4
Brydie	F	Alister	2	Emily	4
Deegan	F	Alyssa	2	Hannah	4
Lacey	F	Campbell	2	Jayla	4
Lucas	F	Lucy	2	Jett	5
Maya	F	Rebekah	2	Josie	6
Natalie	F	Felicity	3	Lochlan	6
Oliver B	F	Imogen	3	Quinlan	6
Oliver S	F	Jordan	3	Saoirse	6
Savannah	ı F	Skye	3	Will	6
Sophie	F				

Bronze Awa	rds				
Name	Yr	Name	Yr	Name	Yr
Adison	F	Liam	2	Murdoch	4
Aidan	1	Makenna	2	Nancy	4
Angus	1	Riley	2	Rhys	5
Anton	1	Shakeah	2	Emmy	6
Beau	1	Myah	3	Jordan	6
Cooper	1	Alexander	4	Noah	6
Felicity	1	Ashby	4	Amy	7
Jade	1	Brayden	4	Emma	7
Lachlan	1	Elijah	4	Mitchell	7
Mason	1	Emily	4	Tara	7
Tayce	1	Finn	4	Taylen	7
Trinity	1	Jed	4	Ryan D	8
Billy	2	Jessica	4	Brees	9
Isabel	2	Kayla	4	Kate	9

Montana



Phoebe N

Secondary News

Jean Duma (Head Teacher)

Farewell Year 12

This week we say Farewell to our Year 12 students as they graduate from High School. We wish them every success and happiness for the future as they embark on the next chapter of their life journey. We will still see them throughout Term 4, as they sit for their HSC exams.

HSIE

History

Leeta Rutherford (Year 7/8 History Teacher)

This students presented the Egyptian artefacts they researched and made. We are now half way through our final unit which is about Ancient China. The students are exploring various aspects about life and society in Ancient China including people and inventions that still have an impact on our lives today.



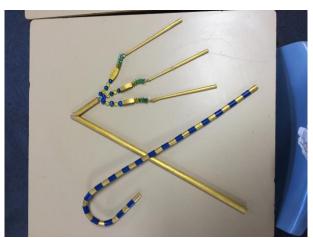
Year 7/8 with their artefacts.



Tara's wall hanging.



Joseph's sarcophagus which has been broken into (raided).



Emma's crook and fail

Geography

Jean Duma (Geography Teacher)

Stage 4 Geography have almost completed their study of *Landscapes & Landforms* and in particular for the last 6 weeks we have been investigating particular environments such as Desert landscapes, Mountain Landscapes and Rainforest Landscapes. Stage 5 Geography have almost completed their study of *Changing Places* and in particular for the last 6 weeks we have been investigating increasing urban populations and sustainable living practises. Stage 5 History are almost finished their study on *Australians at War* and for the last 6 weeks we have been focussing on World War II.

Stage 5 HSIE

Jean Duma (Stage 5 HSIE Teacher)

Students in Years 9-10 have received their Assessment Task for Geography and History, with both tasks due Friday 20th October (Week 2 Term 4).

Students in Years 7-8 have received their Assessment Task for Geography and LOTE, with both tasks due Tuesday 31st October (Week 4 Term 4).





Careers Kim Morton (Careers Teacher)

Work Experience/Work Placement

Some students in Year 10 have completed further Work Experience in a variety of fields. Once again very positive comments by employers have been made about our students and their ability to follow instructions and work effectively on any tasks given. Year 10 students completing Metals and Engineering will be out on Work Placement during Term 4, Week 4.

Students in Year 9-11 have registered with www.jobjump.com.au to gain further advice and assistance with career planning. This is also a valuable website for parents and carers to access to help students with their career pathway planning. Any parent requiring assistance with using this great resource can contact me at school.

Reminders:

- VTAC Applications are open for Year 12; timely applications close 28 September
- SEAS applications close for Year 12's on 10 October (5pm)
- Dookie Open Day 18 October
- VCE HHD and Psychology Revision Lectures at Monash – When: HHD, Tues 26 Sept; Psychology: Wed 27 Sept; See: www.monash.edu.au/medicine/news/events/events/vce-revision-lectures
- VU LAW AND JUSTICE OPEN DAY Sun 17 Sept; Info: www.discoverlaw.vu.edu.au.
- WILLIAM ANGLISS workshops in the holidays. Hospitality - 25 Sept; Tourism & Travel - 27 Sept; Cookery - 28 Sept. Info: visit www.angliss.edu.au/schoolholidays.

NAO ROBOT CODING MASTERCLASS – Victoria Polytechnic one-day workshop; Term 3 holidays; Register/Information: For more details of this September-October holiday program see: https://www.vu.edu.au/victoriapolytechnic/events/nao-robot-coding-day; or email: rachna.prasad@vu.edu.au

ARE YOU APPLYING FOR A TEACHER EDUCATION COURSE FOR 2018? Remember that most universities require you to take the CASPer assessment. CASPer can only be taken online on specific dates between **September and January**, however for guaranteed consideration for courses commencing in 2018, tests must be sat **prior to**:

 10 November 2017 for international Year 12 undergraduate offers • 30 November 2017 for undergraduate and graduate-entry teaching Round 1 offers.

Results from tests taken after these dates may be considered in subsequent rounds, depending on course availability. See www.takecasper.com for details and technical requirements.

LA TROBE UNIVERSITY OFFERS ONE-ON-ONE CONSULTATIONS – If you would like to discuss your options at La Trobe, you can book a one-on-one consultation. Consultations are available: 9am-5pm, Monday to Friday, from Monday 25 Sept to Friday 8 October (school holidays). To book see: http://www.latrobe.edu.au/events/forms/2017-undergraduate-one-on-one-consultations.

DEAKIN UNIVERSITY UPDATE – More news regarding **opportunities at Deakin:**

- STEP ON CAMPUS Take a personalised tour with a current Deakin student and learn more about Deakin' study areas, campus life and how to make the best transition into university; When: 10.00am, 12.00 noon and 3.00pm of every Monday and Thursday of the coming school holidays (tours are 45 minutes); Where: Burwood, Geelong Waurn Ponds, Geelong Waterfront, and Warrnambool campuses; Register: www.deakin.edu.au/steponcampus.
- The Bachelor of Business replaces the Bachelor of Management in 2018. This course is designed to encourage students to learn through real experiences, which help integrate knowledge, consolidate skills, tackle real problems, and reflect on the experience to develop a professional identity. Specialisations include: event management, film and television, people management, property and real estate, retail management. See: www.deakin.edu.au/course/bachelor-business
- In 2018 the Bachelor of Food and Nutrition Sciences will be known as the Bachelor of Nutrition Science. Enrolled students and graduates of this course can apply for membership of the Nutrition Society of Australia.

 See: www.deakin.edu.au/courses/find-acourse/food-nutrition-and-dietetics
- From 2018 students enrolled in the Bachelor of Cyber Security or the Bachelor of Criminology/ Bachelor of Cyber Security will benefit from a compulsory industry-based placement. Students complete a minimum 100-hour placement with an approved organisation, ensuring that graduates have relevant industry experience.

www.deakin.edu.au/courses/find-a-course/information-technology



- students will now be required to complete a minimum of 60 days with an approved organisation so as to provide them with increased opportunities to apply and consolidate their knowledge and build professional networks prior to graduation. See: www.deakin.edu.au/course/bachelor-software-engineering-honours.
- The Bachelor of Computer Science will from 2018 have 17 core units including a compulsory industry-based placement unit and six general electives. Students will be equipped with the skills and competencies needed to design and develop data-driven computing solutions to existing and emerging problems in areas like data analytics, robotics, intelligent systems, and so on. See: www.deakin.edu.au/courses/find-acourse/information-technology
- From 2018, the Bachelor of Exercise and Sport Science will have a new structure and redeveloped subjects to meet the new Exercise and Sport Science Australia (ESSA) national standards. All graduates will be eligible for accreditation with ESSA as an Accredited Exercise Scientist (AES). All students will be able to choose at least one of five majors to complement their degree - applied sport science, exercise physiology, physical activity and exercise for health, sport coaching, and strength and conditioning. Other majors are available such as sports nutrition and psychology. See: www.deakin.edu.au/courses/find-acourse/sport/exercise-and-sport-science

RMIT NEWS -

- The Diploma of Justice will not be offered by RMIT in 2018, partly due to the funding changes imposed by the government at the end of last year impacting on the accessibility of the course for students. The course requires students to pay the full tuition fee. Alternative pathways into the Bachelor of Criminal Justice include the Diploma of Youth Work, the Diploma of Alcohol and Other Drugs, and the Diploma of Community Services.
- RMIT is taking scholarship applications for students wanting to commence study at RMIT in 2018. Information about how to apply can be found here: https://www.rmit.edu.au/students/life-and-work-opportunities/scholarships. For more information email scholarships@rmit.edu.au.
- Indigenous Access Program Did you know that RMIT has an Indigenous Access Program for Aboriginal and Torres Strait Islander students

- that is not based on a study score? RMIT provides support to students with applying for courses and also assist with tutoring, scholarships, accommodation and orientation. Explore pathway options into Higher Education and VET with the Ngarara William Centre, www.rmit.edu.au/students/support-and-facilities/student-support/aboriginal-and-torres-strait-islander-students or call 9925 4885.
- Science in the City Lab Tour you are invited visit RMIT's state-of-the-art learning laboratories to learn more about the science courses on offer and the research and facilities available. training You are encouraged to attend if you are interested in biotechnology, biology. chemistry. environmental science. food science. nanotechnology or physics. When: 11am-2pm, 28 Sept; see: www.rmit.edu.au/events/allevents/tours/2017/september/science-in-thecity-lab-tour.
- Spring Science Lectures RMIT is holding a series of talks from leading experts to address some current topics about how science can positively impact the problems in industry and everyday life. Still to come: The Precision Revolution in Satellite **Navigation Technology** (6.30-7.30pm, 18 Sept) Migrating to the Digital World, are you ready? (6.30pm-7.30pm, 25 Sept). Lectures are free and there is no need to book. More Info: www.rmit.edu.au/about/oureducation/academicschools/science/research/school-of-sciencespring-lectures

LOOKING **FOR** AN **AUTOMOTIVE** APPRENTICESHIP? Vantage Automotive P/L is a major provider of Government funded vocational learning and outsourced services to major vehicle manufacturers (e.g. Jaguar, VW, and Volvo). Applications are being sought from students interested in a career in the automotive industry Automotive **Technician** as an or Interpreter. Those selected will be offered full time employment at a dealer close to their home and flown to Sydney for block training. Find out more: www.vantageautomotive.com orreception@vantageautomotive.com. If interested, look at the manufacturers and dealerships listed on the website under the 'Apply Now' area and choose the manufacturer and dealership to which you wish to apply. NOTE: Group Training Companies are located throughout the State. Search Group Training if you are looking for an apprenticeship.





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	Infants and Primary	\$55.00
contributions	Years 7 + 8	\$100.00
including Technology Fee	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. Lost property is currently overflowing with items, so if your child is missing anything please encourage them to have a look.

School Bags

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

Large \$58.00





Tooleybuc Central School Uniforms

Hats

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

Tops

. opc	
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

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

Shoes

Primary &	Black Leather Shoes
Secondary Boys	
& Girls	

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 2017

CANTEEN ROSTER

Recess Canteen not open

Lunch (all hot food must be ordered)

Pie \$3.00

Sausage Roll \$2.00

Party Pie \$1.00

Mini Pizza \$2.00

(Ham & Pineapple or Ham & Cheese)

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 \$1.60

(Strawberry and Mango)

Chips (Honey Soy) \$1.00

Raspberry Twists \$0.20

Drinks

Big M \$2.00

(Chocolate, Strawberry & Iced Coffee)

Play water - 500ml \$2.50

(purple, lemonade, red, fruit tingle)

Prima (as drink or frozen) \$1.20

(apple/blackcurrant and tropical)

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.

Did you know that you can make payments to your child's school online?

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

What most expenses can be paid online?

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

How?

Log onto the School site a www.tooleybuc-c.schools.nsw.edu.au/

Click on 'Make a Payment' and follow the prompts to make a payment via Visa or MasterCard.

Tooleybuc Sporting Club – Essay CompetitionAs you know we have positioned the Big Mallee

As you know we have positioned the Big Ma Stump at the corner of the club grounds.

We would like to invite the students to become interested in the history of the Mallee. The Tooleybuc Sporting Club are offering a prize for an essay on the 'Clearing of the Mallee' in our district. This could include not only the history, but information about Mallee Trees and the connection of Dinosaur Ants with Mallee Trees.

These essays will be judged and a prize awarded, then the essays can be displayed at the club.

Woolworths Earn and Learn



Don't forget to get your Earn and Learn stickers in.

School Desks

There are still some old school desks available to purchase from the school at \$5.00 each. Contact the school office on 50305422





Reading At Home...

Can Make A HUGE Difference!



Choose Books That Are At An Appropriate Reading Level For Your Child

Use the five finger rule.

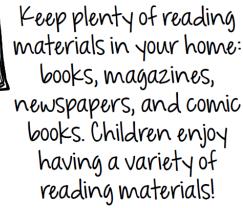
Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you have put up more than five fingers before the end of the page. this book is too hard for your child.

Choose books that match your child's likes and interests.

Make Reading A Part Of Your Family Time!

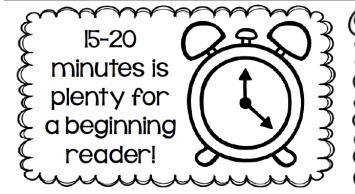
Family time is so important... Why not make reading part of this valuable time with your kids? Here are some tips for integrating reading into our daily family activities:

- Read bedtime stories
- Play a board game
- Visit your local library
- Read a recipe and cook something yummy together!
- Create a comfy reading space in your home.
- Put your child in charge of reading the grocery list at the store.



@ All Students Can SHINE 2014



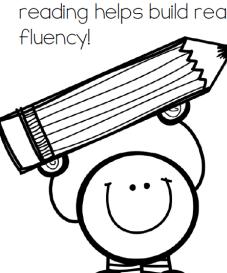


How To Read With A Beginning Reader:

- Encourage your child to use his/her finger to point to each word.
- Read a sentence and have your child repeat it.
- Take turns reading a sentence each or a page each.
- Talk about the story as you read it. What do you think will happen next? What does this story remind you of? How do you think this character feels?
- Don't be afraid to read the same book again! Repeated reading helps build reading

Check For Understanding

- ✓ Start the book by making predictions. What do you think will happen in this story?
- ✓ Ask questions and make comments <u>during</u> the reading process.
- ✓ After reading a book, have your child tell you the events from the story in the correct order.
- ✓ What was the problem in this story?
- ✓ How did the character feel when...?
- ✓ Encourage your child to make connections. Does this story remind you of another book you read, an event in your life, a movie?



Read Books Online!

There are many fun and interactive websites for literacy.

Here are a few FREE online resources:

www.starfall.com

www.speakaboos.com

www.spellingcity.com

www.wegivebooks.org

http://interactivesites.weebly.com



All Students Can SHI





What is anxiety?

Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert.



Anxiety can become a problem when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.



What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:



- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situationsBeing socially isolated

or withdrawn

- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.







Anxiety



Types of anxiety disorder

Anxiety problems are classified into different types, referred to as disorders. Here are descriptions of some common anxiety disorders:

- Generalised anxiety disorder: Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries seem out of control and you feel tense and nervous most of the time.
- Social anxiety disorder: Experiencing intense anxiety in social situations because you're terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties, being the centre of attention, meeting new people.
- Panic disorder: Having repeated panic attacks and worrying about having another panic attack.
- Specific phobias: Intense fear of a particular situation or object (like small spaces or spiders) that leads you to avoid the situation or object.

Helping someone with anxiety

A person with anxiety problems needs understanding and support. Anxiety problems can interfere with a person's ability to live a full life so the earlier they seek help the better. Do your best to encourage the person to seek professional help.

Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down'— it's not that easy.





Many young people with anxiety problems may also have symptoms of depression. Some people with anxiety may also drink alcohol or take drugs to ease the discomfort or make them feel more confident. Relying on alcohol or drugs however can make things much worse in the long run and cause long-term physical and mental health problems.

Getting help for anxiety problems

- If you're experiencing anxiety it's a good idea to talk to someone
 that you trust about how you are feeling. You might choose to
 talk with your family or friends. They can help you to work out
 what is going on and what support or help you might need.
- It is also useful to take care of yourself as best you can; eat well, exercise and find ways to relax by listening to music, meditating, doing yoga and doing activities that you enjoy.
- If your anxiety continues without any improvement you can get help from your general practitioner (GP), a psychologist or a counsellor.
- There are health professionals at headspace centres and eheadspace (online and phone support) who can help.
 Treatment might involve counselling sessions to help you learn anxiety management skills, practice relaxation techniques and gain confidence to cope in stressful situations.
- For some people medication is helpful as well. The good news is that most young people with anxiety disorders respond well to treatment. With support you can continue to achieve your work, study, professional or personal goals.



For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.







Tooleybuc Sporting Club Ltd.

Phone: 03 5030 5476

Open Daily from 11.00am till late

Summer Golf Special



\$60.00
For 2 people
Includes
9 Holes of Golf
Golf Cart
Six Pack

Main Course Madness

Wednesday Lunch for \$3 Your Choice of Six Mains

Starts February 1st ~ Dine in Only

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.

Only available while stock lasts! Come along on Friday Night & enjoy a great meal, Stay for the Raffles and catch up with

Happy Hour 5.30 to 6.30 Friday Nights

Pots of Beer or Cider Glass of House Wine \$3.00

Tooley Jazz 21st to 23rd April 2017

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)

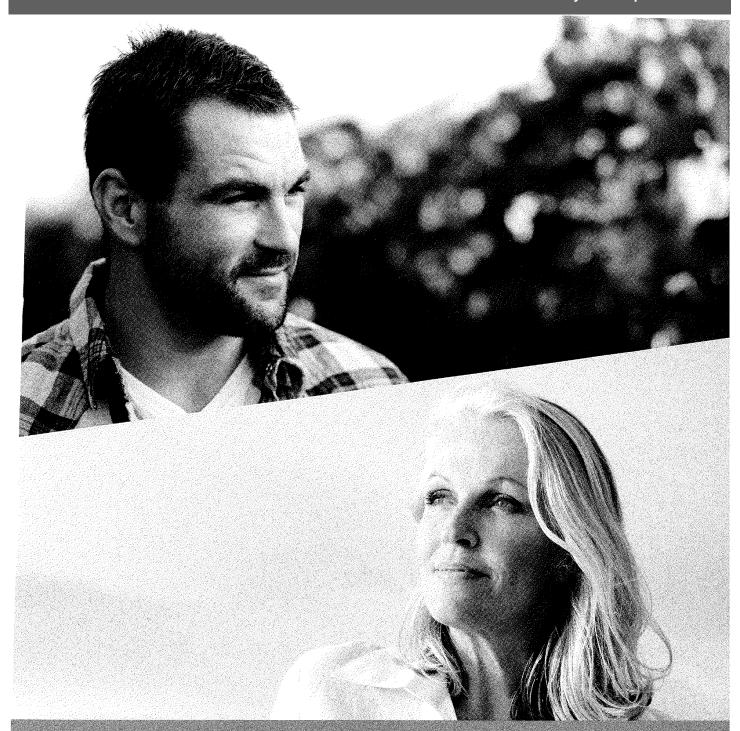
Sun: Raffle @ 8.00pm (approx)

Wed/Sun Snowball Draw (LTPS/15/03148) Jackpots \$50.00 each Wednesday & Friday



Tooleybuc River Retreat Villas
6 x 6 Berth Self Contained Villas overlooking the Mighty Murray River
Just a short walk to the Tooleybuc Sporting Club
Bookings on 5030 5476





TAKE ACTION. CHANGE THINGS.

When life pressures are causing you stress, you can take action. NewAccess is a FREE coaching program to help improve the way you think about things and get you back on track.

Call 02 6923 3195 or go to intereach.com.au If you are a service enquiring about the program, call 1300 488 226.

No ap referral required







Join us at the upcoming Footy Frenzy program these school holidays!

A new football program is coming to Melbourne's western suburbs these school holidays, with the return of AFL Victoria's Footy Frenzy program!

Footy Frenzy is an alternative football engagement opportunity for both boys and girls aged 5-12.

The activities are designed to suit both children with high to no level of football experience and provides an opportunity for children to be active with friends during the Term 2 school holidays.

Have fun on multiple inflatable stations and test your skills for 60 minutes of non-stop interactive fun!

Footy Frenzy is EXCITING, EXHILARATING, ENTERTAINING!

DETAILS:

- WHEN: Wednesday, October 4
- WHERE: VU Community Sports Stadium (417 Barkly St, Footscray- Whitten Oval)
- **TIME:** 60min timeslots (from 10am-3pm)
- COST: \$10.00 Entry per x 1 hour timeslot

For more information on the Footy Frenzy Program, http://www.aflvicholidayprograms.com.au/footyfrenzy/

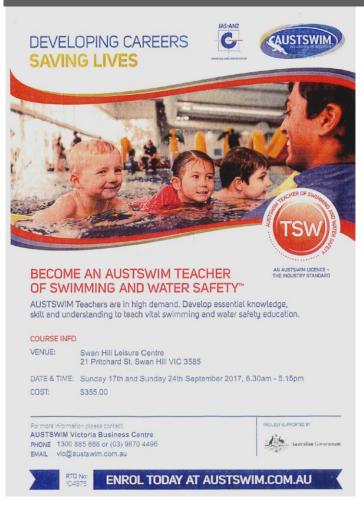
AFLVIC.COM.AU

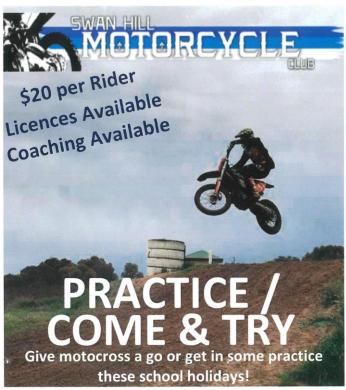
Ikon Park, Gate 3 Royal Parade, CARLTON NORTH, VIC, 3054 Postal Address:

GPO 4337 Ph: (03) 8341 6000 MELBOURNE VIC 3001 Fax: (03) 9380 1076









Tuesday 26th September & Tuesday 3rd October From 4pm

Chisholm Reserve, Sea Lake Rd BBQ to follow: Sausage in Bread \$2 & Drinks \$2.50 swanhillmcc@gmail.com or 0408 120 384 for more info

Term 4 Art Classes timetable:

Term 4 Children's Art Classes at Neighbourhood House

Mondays: 4:30 to 5:30pm Tuesdays: 4:30 to 5:30pm Thursdays: 4:30 to 5:30pm

Wednesday Mystic Park Children's:

4:45 to 5:45pm

Adults Classes Mystic Park

Wednesdays: 1:30pm to 3:30pm.

Books essential inquiries welcome Caroline Ellis PH: 0408 500 451

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

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

Nyah: 10.10 Post Office 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

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 header and 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.

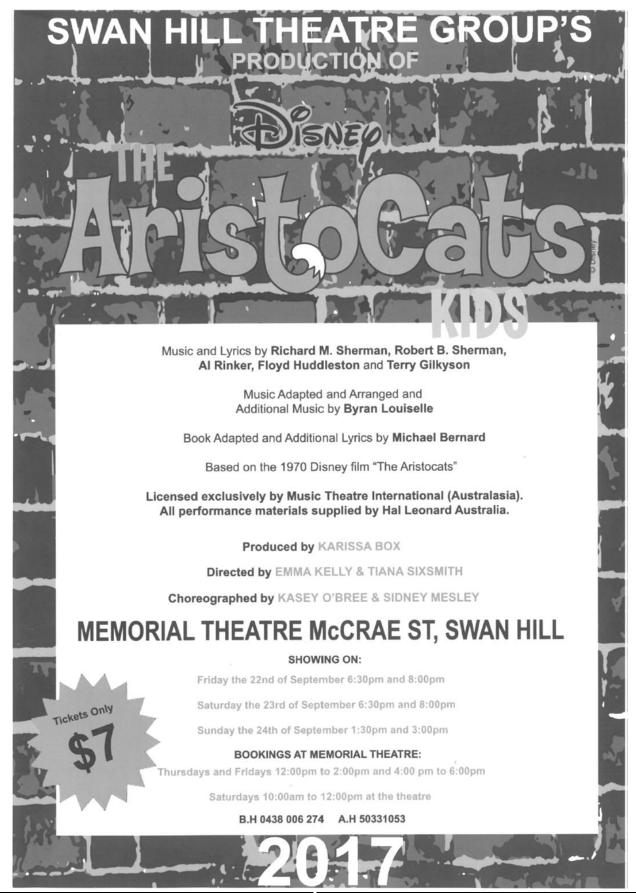
Suitable for all, including those with joint/ muscular ailments.

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

Please phone 50305252 or 0437 398 259 for any enquiries or transport bookings.







NYAH DISTRICT GOLF CLUB Golf Club House can be hired for MEETINGS PARTIES WEDDINGS etc Inquiries Phone 50302087 Manangatang
Mini Relay for Live and
Art and Craft Exhibition
8th October 2017



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

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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





DINE IN OR TAKE AWAY IN OUR **FULLY LICENSED PREMISES**

TRY ONE OF ROSIES HOMEMADE PIES OR HAMBURGER PATTIES! PHONE ORDERS WELCOME ANYTIME!

MENUS AVAILABLE AT SHOP TEL: (03) 50305444

MON - THURS: 6am - 6pm 6am - 10pm FRI:

(cooking 'til 8pm)

SAT - SUN: 8am - 2pm

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 Wednesday 13th September

Diabetes Nurse- available by appointment only

MENTAL HEALTH: Monthly by Appointment

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

DIETITIAN CLINIC:

Tuesday 22nd September (ph 5033 9390 for apt)

Podiatrist

(ph 50339390 for an apt). Thursday 21st September.

Speech Pathologist

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

Pathology collection by apt.

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

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

Tooleybuc Post Office

Newsagency

Gift Shop

Open

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

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.









Student Absences Note Name: Class: Teacher: This student was absent from / / / to / / due to the following: Illness	Tooleybuc Central School Bus Variation to Routine child/children travelling on the bus on
Injury Medical/Dental Appointment Family Commitments	☐ I will be collecting them ☐ They will be travelling onbus.
	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: DATE:
Personal Details Student's Name:	Class/Year:
Home Address: Parent/Guardian Name: Family Support Reason Support is N	- Needed
Support Details Assistance can be provided Details of Request:	d with uniform/books/excursions Amount
The information provided will be treated in conf Principal. There is a limit to the amount each c	
Signature of parent/guardian:	Date:
Approved/Principal Signature:	Date:



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Information provided by NSW Health.

• Covered by State of Natrough the lapartment of paperment of paperment of distributed for non-commercial educational purposes only Permission financial from the department for all other uses.



www.schoolatoz.com.au

Too sick for school?

This chart and the information it contains is not intended to take the place of a consultation Generally if your child feels unwell, keep them home from school and consult your doctor. with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild lever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	until all blisters have dried.
Hayfever [Atlergic rhinitis] caused by atlergy to potlen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* [Pediculosis]	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	while continuing to treat head lice each night. Tell the school.

- B	
lice may be found on the scalp.	
(Pediculosis)	

... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic. ... until antibiotic treatment starts. Sores should be covered with watertight for 9 days after onset of swelling. . as it is most infectious before the for 2 weeks after first symptoms first outbreak) and . unless there are other symptoms ... for 2 weeks after first symptoms for 1 week after onset of jaundicel.
Contact your doctor before returning to school. ... unless there are other symptom such as fever, sore throat, cough, rash or headache. Check with school. . for at least 4 days after the rash until there has not been a loose infection (not the bowel motion for 24 hours. Antibiotics Seek medical attention immediately. ... until 24 hours after treatment Patient will need hospital treatment. .. if they have a chronic no symptoms. mand tell the school as other parents will need to know to check Close contacts receive antibiotics. ... for 24 hours after fungal treatment has begun. symptoms. Contact returning to school. your doctor before ... if they have until well. may be needed. ... as it is m rash appears. ... until 3 has begun. dressings. their kids. appears. • The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night. few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days. Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp. Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools. Sudden onset of fever and a combination of headache, neck, Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine. Sudden onset fever, runny nose, sore throat, cough, muscle Fever, tiredness, runny nose, cough and sore red eyes for a Diarrhoea (which may contain blood, mucus and pus), fever, mostly on the face, trunk, upper arms and legs. Symptoms Itchy skin, worse at night. Worse around wrists, armpits, Small scaly patch on the skin surrounded by a pink ring. Slapped Cheek Syndrome Mild fever, red cheeks, itchy lace-like rash, and possibly Fever, swollen and tender glands around the jaw. stiffness, nausea, vomiting, drowsiness or rash. buttocks, groin and between fingers and toes. whooping sound as the child gasps for air. stomach cramps, nausea and vomiting. cough, sore throat or runny nose. can last 6 months to 2 years. aches and headaches. **Molluscum Contagiosum** Meningococcal Disease (Threadworms, pinworms) (Parvovirus B19 infection, fifth disease, erythema Whooping Cough Runny nose or Impetigo (School sores) (tinea corporis) common cold Hepatitis B Hepatitis A Ringworm* infectiosum) Influenza (Pertussis) Scabies* Measles Shigella Mumps Worms

*It is important that the rest of the family is checked for head lice, scabies and ringworm





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Information provided by NSW Health.

Commercial educations proposite by Parimen of the commercial communities 2012. This work may be freel non-commercial equations to proper pariment of the recovered from the department for all other uses.

NSW WSW



CALENDAR 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER Holidays	26 Spring Holidays	26 Spring Holidays	28 <u>7</u> Spring Holidays	298 Spring Holidays Time VTAC app close	29 Spring Holidays
OCTOBER Holidays	2 PUBLIC HOLIDAY Spring Holidays	3 Spring Holidays	4 Spring Holidays	5 Spring Holidays	6 Spring Holidays
WEEK 1 OCTOBER TERM 4	9 Start of Term 4 for students	10	11	12	13 Barham YELP Youth Engagement Program @ 10:00am
WEEK 2 OCTOBER TERM 4	16 HSC Eng Standard Paper 1 Assembly School Captain Speeches	17 VET PI Exams 1:55 – 4:00 pm HSC Eng Standard Paper 2 Anna Conlan Speech AFL 9's @ Deni Yrs 7 to 10	18 NSW PSSA Athletics Homebush	19	20
WEEK 3 OCTOBER TERM 4	23 Work Placement — Surf Camp	24	25 HSC Biology 9:25 – 12:30 am	26	27 Pink Day
WEEK 4 OCTOBER/N OVEMBER TERM 4	30 Work Experience Work Placement	31 HSC CAFS 1:55 – 5:00 pm Yes Programs	1 Year 12 Farewell Dinner	2	3
WEEK 5 NOVEMBER TERM 4	6 All My Own Work 7-10 Yearly Exams	7	8 All My Own Work	9 Yr 10-11 Careers Excursion Melbourne	10 Primary Assembly Year 3-≱ Item & Junior Leader Speeches.



At the end of my child's primary schooling, I would hope my child had the following qualities.....

(Please tick the 6 most important qualities)

- Proficiency in Reading
- Proficiency in Writing
- Proficiency in Numeracy
- Social intelligence
- Emotional Well being
- Creative thinking skills
- Life long learning skills
- Sporting skills
- Responsibility
- o ICT skills
- Leadership skills
- o Resilience
- Adaptability
- o Critical Thinking skills
- Positive work ethic
- Commitment to seeing things through
- o Creative and Performing Arts skills

At the end of my child's secondary schooling, I would hope my child had the following qualities......

(Please tick the 6 most important qualities)

- o Proficiency in Reading
- o Proficiency in Writing
- Proficiency in Numeracy
- Social intelligence
- Emotional Well being
- Creative thinking skills
- Life long learning skills
- Sporting skills
- Responsibility
- o ICT skills
- Leadership skills
- Resilience
- Adaptability
- Work Readiness skills
- University entry
- o Critical Thinking skills
- Positive work ethic
- Commitment to seeing things through
- o Creative and Performing Arts skills

Term 3 – Week 10 Friday 22nd Septembe



TOOLEYBUC CENTRAL SCHOOL Parent Survey – School Plan

Three years ago, the community of Tooleybuc Central School worked together to develop a plan to continue to provide a quality education to our students.

The School Plan 2015 – 2017 focused on three main areas for improvement: Culture of Learning, Excellence in Teaching and Connections.

The time has come to reflect upon what we have achieved, evaluate it and move forward to develop our next three year plan. To do this, we need your help.

Over the past three years, we have implemented several initiatives. These have included:

Across the whole school

- Using the literacy continuum to map and track student learning
- The implementation of teaching strategies and criteria to help support the use of explicit feedback
- Employing extra staff to support secondary curriculum and to maintain smaller class sizes in primary
- Targeted reading and comprehension programs to focus on supporting the 'middle students'.

In the staff

- All staff have developed professional learning plans
- All teachers have lessons observed by peers or supervisors twice per year and give and receive feedback
- All teachers are evaluating data from students to plan for future teaching and learning.
- Primary teachers are collaborating to share practice in classrooms.
- Participated in a range of professional learning to develop and refine teacher practice

We now are seeking your feedback on what you feel we do well, what we don't do so well and in which areas you would like to see the school develop in the next three years.

This simple and open survey is confidential.

We simply ask that you let us know what you think we are doing well and what you think we could do better. As many details as you can give will be appreciated. We will use your ideas and suggestions to form our new school plan. If you would like to join the planning team, or talk to me more about your thoughts, please write your name at the bottom of this survey.

Strengths of Tooleybuc Central School

Please jot down one or two things that you think work well at TCS (and why if possible)
Areas for improvement at Tooleybuc Central School
Please jot down one or two things that you think should improve at TCS
Future direction for Tooleybuc Central School (Wish)