



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL 3rd November 2017 Term 4 Week 4

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Melanie's Thoughts



Melanie Wait
Principal

Roll Over

Just a reminder that our secondary students will roll over to their new curriculum on the 13th of November as we start our 2018 teaching programs. There will be a number of activities next week to help support our Stage 6 students in their transition to senior study.

BYOD

All students from Years 9-12 are strongly encouraged to bring a BYOD (Bring Your Own Device) laptop to school to support them in their learning. These devices are very useful for researching and publishing documents. They might be a nice Christmas present!

School Planning

Thank you to all the families who completed the Tell Them From Me Survey. It provided some interesting data that we will be able to use as we work towards writing our 2018-2020 School Plan.

Student Support

At Tooleybuc Central School our vision is to support every child to achieve their personal best. To do this we have a range of programs operating in our school to help students with their learning and their emotional and social wellbeing. Some of our programs include: STLA support, the BOOST reading program, our school chaplain, school counsellors, teachers aides etc. If you feel your child needs support or you would like to discuss the support your child has been given then please feel free to contact the school.



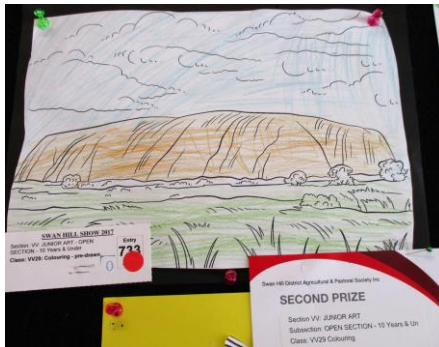
Year 12 students celebrate the completion of their studies at Tooleybuc.

Show Winners

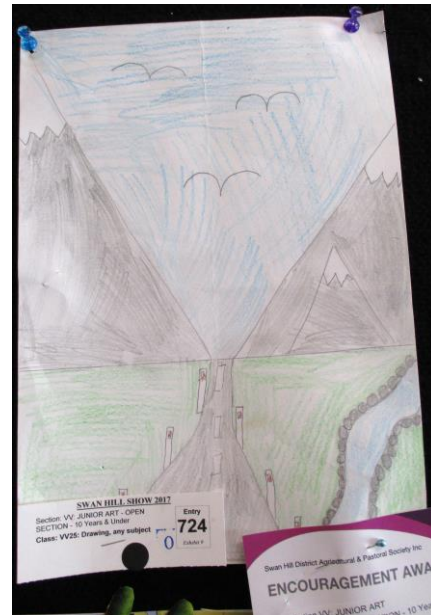
More winners from the recent Swan Hill Show



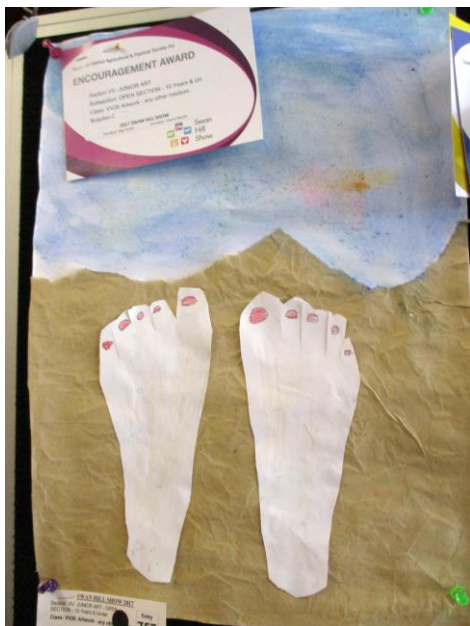
By Emily Hickey in Year 6



By Felicity K in Year 4



By Montana in Year 4



By Brayden in Year 4



By Hannah in Year 4



By Will in Year 6



By Murdoch in Year 4

ACTIVITY: Planning homework
 This big-picture approach to a history task can easily be adapted for other homework.

Suppose your child has to read a passage from a book about Australian Aboriginals, then answer questions and draw an annotated cross-section of an eel trap. Before reading for information, they need to get the 'big picture' by following the four steps below.

- 1 Read the task to check they have everything they need:** the textbook opened at the right pages, a workbook or some paper, coloured pens and pencils
- 2 Make sure they understand the task:** Use a dictionary or get them to ask a family member if they don't know what 'annotated' or 'cross-section' means
- 3 Read the questions quickly:** This will help them to focus on what is important when they come to check the text for detail.
- 4 'Scan' the text to get the general meaning:** to scan the text look at titles, subheadings and the first few sentences of each paragraph.

Goal-setting
 When your child has finished planning, help them to set targets and think about what success will feel like. In the activity above, their goals might be:
 'I'll take 15 minutes to read the passage, then answer the first five questions, then take a break. I'll try and write at least three sentences for each answer. I'll finish this by 7.00 p.m. and then do another 40 minutes tomorrow.'

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Up Coming Events Term 4 2017

Week 5

Year 7 to 10 Yearly Exams

Mon 6 Nov Heat Up Lunches
 All My Own Work
 Choir

Wed 25 Breakfast Club
 Thu 9 Nov Yr 10-11 Careers Melb Excursion
 Fri 10 Nov Yr 10-11 Careers Melb Excursion
 Primary Assembly 2:00 pm Including
 Junior Leader Speeches & Year 3-4 Item

Week 6

Mon 13 Nov Heat Up Lunches
 Choir
 Wed 15 Nov Secondary Formal

Week 7

Mon 20 Nov Heat Up Lunches
 Choir
 Tue 21 Nov Anna Conlan Speech
 Wed 22 Nov

Primary News

David Tallon (Assistant Principal)

Year 5 students are continuing to sell ice blocks at lunch for 50c each Wednesday. This is to raise money for their Year 6 shirts.

The Year 5 students are preparing and practising their nomination speeches for next week's assembly!

The disco was a big success with our students having lots of fun dancing and playing games.

Congratulations to our students on making the disco a fantastic time. Thanks to our staff who supervised the event.

The school choir for the Tooleybuc Christmas Carol night is sounding great. Keep practicing!

Just a reminder to keep reading with your child and filling in your child's log book. A special Morning Tea will be held for those students who reach 200 Nights 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.



Fun at the Disco.



Ready to dance, let's get the party started.



When you have face paint you just have to pull a face at the Disco.

Up and Coming Events

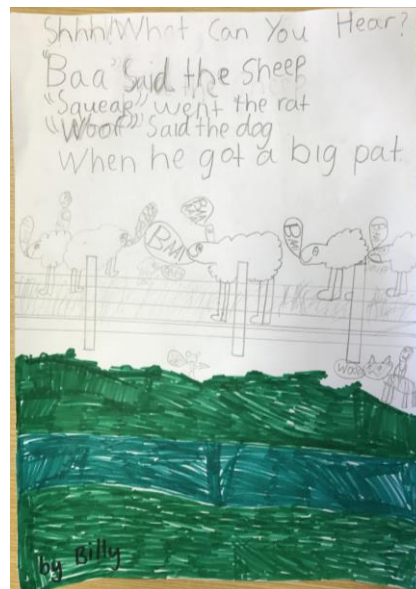
Week 5

Fri 10 th Nov	Primary Assembly	2:00 pm
	Year 3-4 Item	
	Junior Leader Speeches	
Nov 22 nd	Whole School Transition day	
	Foundation Transition day	
Dec 3 rd	Christmas Carols	

Year One/Two

Emma Gentle (Class Teacher)

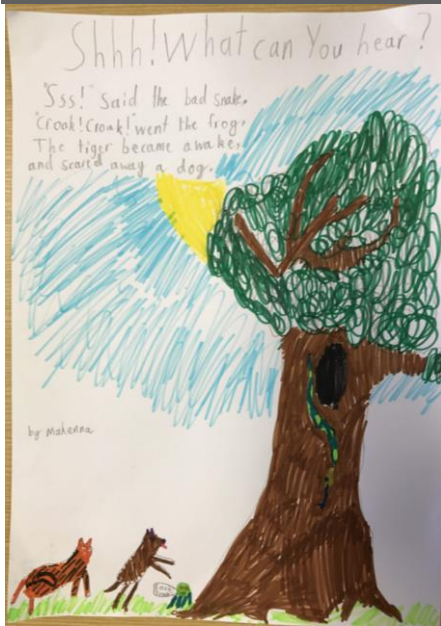
Over the past two weeks students have been studying poetry. Students have created poems around the 5 senses to create imagery. They have played around with alliteration and written onomatopoeia poems. Onomatopoeia are words that imitate sound. The students have enjoyed reading creating these sorts of texts.



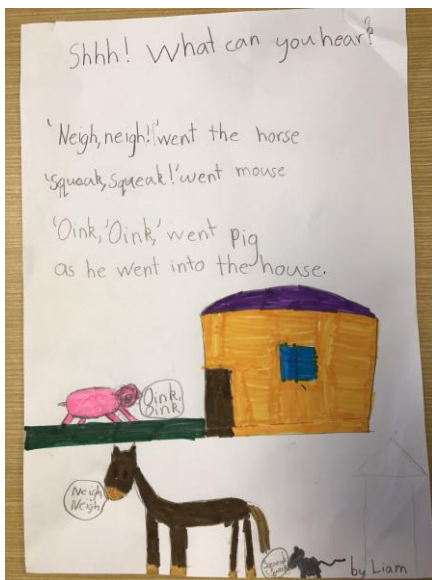
By Billy



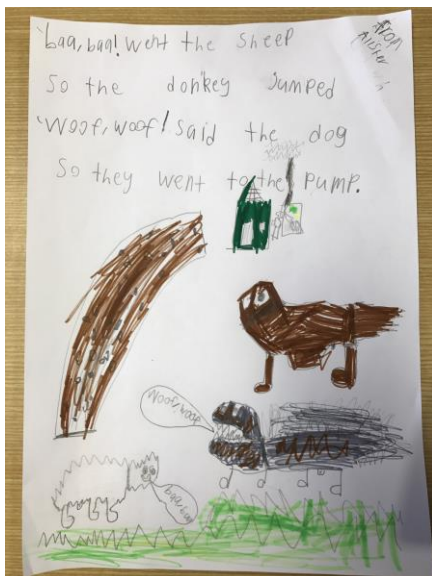
By Felicity M



By Makenna



By Liam



By Alister

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. 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.

Gold Bronze Awards

Name	Yr	Name	Yr	Name	Yr
Keisha	5	Emily	6	Summer	6

Gold Awards

Name	Yr	Name	Yr	Name	Yr
Keisha	5	Josie	6	Saoirse	6

Silver Awards

Name	Yr	Name	Yr	Name	Yr
Accacia	F	Tayce	1	Imogen	3
Brydie	F	Trinity	1	Jordan	3
Deegan	F	Alister	2	Alex	4
Lacey	F	Alyssa	2	Emily	4
Lucas	F	Billy	2	Hannah	4
Maya	F	Campbell	2	Jayla	4
Natalie	F	Isabel	2	Jett	5
Oliver B	F	Liam	2		
Oliver S	F	Lucy	2	Jordan	6
Savannah	F	Makenna	2	Lochlan	6
Sophie	F	Rebekah	2	Quinlan	6
Taylor	F	Felicity	3	Will	6

Bronze Awards

Name	Yr	Name	Yr	Name	Yr
Adison	F	Myah	3	Rhys	5
Aidan	1	Alexander	4	Emmy	6
Angus	1	Ashby	4	Noah	6
Anton	1	Brayden	4	Amy	7
Beau	1	Elijah	4	Emma	7
Cooper	1	Emily	4	Mitchell	7
Felicity	1	Felicity	4	Tara	7
Jade	1	Jed	4	Taylen	7
Lachlan	1	Jessica	4	Ryan D	8
Mason	1	Kayla	4	Brees	9
Jakson	2	Montana	4	Kate	9
Riley	2	Murdoch	4	Phoebe N	9
Shakeah	2	Nancy	4	Phoebe S	9

Secondary News

Jean Duma (Head Teacher)

This week we said our Farewell to Year 12 at their Formal Dinner. They have bright futures ahead of them and we wish them every success for the future. Week 5 is the end of the 2016/2017 Curriculum Year. Students in Years 7-10 have their Yearly Exams in Week 5, with Year 10 also completing *All My Own Work* and attending the Careers Excursion in Melbourne. A reminder to all students that if they are away for any of their Yearly Exams they need to arrange with their teachers to catch up on their exam as soon as possible. Week 6 is the Rollover to start the 2017/2018 Curriculum Year and it will make it more difficult to catch up exams at that point. New timetables starting Week 6 will be given to students early in Week 5.

Years 7-10 students also had the opportunity last week to attend the Secondary Surf Camp at Angelsea. I'm very proud of all the students for having a go and challenging themselves with the different activities. From Paddle Boarding, to Sea/River Kayaking, Surfing, Mountain Biking, and the YMCA activities of Leap of Faith and Crate stacking. Much fun was had by all, and the students were supportive of each other as they learnt new skills and tried new activities. Thank you to Mr Miller for his organisation of the camp and to the Parent Volunteer and Staff (Mr Foley, Mr Nelson, Miss McEvevey and myself) that supervised the students and organised our breakfast, lunch and dinner whilst at Angelsea.

Surf Camp







YES Program

The boys in Year 9/10 have been making barbecues as part of the YES Program (Youth Engagement Strategy Program). While the Year 9 girls decorated cakes with Loreto Kennedy.



Bailey and Tim preparing their barbecue components.



Sam is shown how to cut the metal for the barbecue.



Loreto Kennedy showed the girls how to decorate cakes.



Kiara and Gemma used a variety of decorating ideas.



Toby's barbecue frame.



Jake preparing the grill of his barbecue.



Kate and Phoebe enjoyed decorating cupcakes.

IST

Mark Nelson (IST Teacher)

The students this term have been finishing off their website. The students initially selected the subject matter for their website and have been refining their skills using a computer program by Adobe called Muse. Muse allows them to create a dynamic and interactive website using widgets. These widgets are a piece of computer coding that adds something or allows something to happen. The widgets we needed were a video player, photo viewer and a background sound track player. All the students have produced very good functional website with varying degrees of sophistication. The websites while not intended for publishing on the internet due to copyright and intellectual property laws, they are all of a standard to do so.



Visual Art

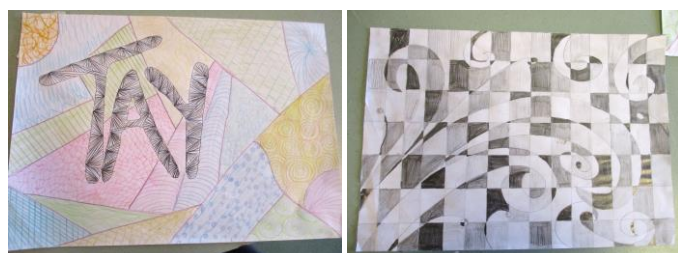
Abbie McEveley (Visual Art Teacher)

Semester Two has seen our artist create their very own collection of artworks. These artwork were based on the seven elements of art: Line, colour, Shape, Space, Texture, Form, Value. Each artwork required the students to use a different set of skills and materials to create something that was creative and interesting. Our Line Artwork focused on patterns using our name as a starting point.



- Colour -used the different sections of the colour wheel to paint a picture of the forearm and hand.
- Space - used chalk pastels to create a landscape. Shape was a still life jigsaw.
- Texture - we created different textures and applied different materials to a drawing of a building.
- Value – used different shading of pencils to create a patterned picture and
- Form -students created their own 3D sculpture out of different materials.

In this last term students are working on research for their own artist study. They have had to choose an artist find out about them, pick three artworks and describe them and make a judgement on them, the last part of the task is for the student to get a little creative and make an artwork which is inspired by their chosen artist. I am really looking forward to the results.



2 Encourage planning and goal-setting
 Start with the big picture. Before diving into any activity – a maths problem or finding out about something in history, for example – take time to get the overview. With young children, show how this helps by, for example, looking at the lid of a jigsaw puzzle or the instructions that go with a game.

Picture what success will be like before starting a task. How will children know they have achieved it? Take time to talk about this with your child.

Tips for looking ahead and setting goals

- Encourage your child to close their eyes and picture the task in their head. You may also want to suggest they think of people they know who can do whatever it is they are planning.
- Ask questions that encourage looking ahead, such as: 'How long do you think this will take you?' and 'How will you know if you have learned these spellings?'
- Make a simple chart with your child that shows when they will do their homework and put it on their bedroom wall.

HOMEWORK					
	MON	TUES	WED	THUR	FRI
4:00	HOME-WORK	FOOT-BALL	CUBS	HOME-WORK	HOME-WORK
6:00	EAT	EAT	EAT	EAT	EAT
7:00	TV	HOME-WORK	HOME-WORK	TV	FOOT-BALL
8:30	BED	BED	BED	BED	BED

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Tooleybuc Central School Yearly Examination Timetable

Examination Considerations

- Please provide all your own equipment
- Do not bring electronic equipment into the exams, including mobile phones
- Do not talk or communicate with any other student during the examination
- Make sure you are on time to each examination
- ALWAYS DO YOUR BEST!

Year 7

Week 4

Due to History Presentations being presented in Week 5, the Stage 4 History Exam is being held in Week 4.

Year 7/8 History Exam

Tuesday 31/10/17 Period 4 Room 9

Week 5

TIME	MONDAY 6/11/17	TUESDAY 7/11/17	WEDNESDAY 8/11/17	THURSDAY 9/11/17	FRIDAY 10/11/17
1	English Exam Rm 15	English Class	PDH Exam Rm 12	Science Theory Room 11	<i>History Assessment</i>
2	Maths Class	<i>History Assessment</i>	PDH Exam Rm 12 followed by PE Class	Maths Class	Music Class
Recess					
3	Geography Exam Rm 12	LOTE Exam Rm 9	TAS Class	Music Exam Rm 9	Maths Exam Rm 12
4	Art Class	TAS Class	Science Class	<i>History Assessment</i>	English Class
Lunch					
5	Sport	TAS Class	English Class	TAS Class	Science Prac Room 6
6	Sport	Geography Class	Maths Class	English Class	Maths Class



Tooleybuc Central School Yearly Examination Timetable

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- Make sure you are on time to each examination
- ALWAYS DO YOUR BEST!

Year 8

Week 4

Due to History Presentations being presented in Week 5, the Stage 4 History Exam is being held in Week 4.

Year 7/8 History Exam

Tuesday 31/10/17 Period 4 Room 9

Week 5

TIME	MONDAY 6/11/17	TUESDAY 7/11/17	WEDNESDAY 8/11/17	THURSDAY 9/11/17	FRIDAY 10/11/17
1	Science Class	Maths Class	PDH Exam Rm 12	TAS Class	<i>History Assessment</i>
2	English Class	<i>History Assessment</i>	PDH Exam Rm 12 followed by PE Class	TAS Class	Music Class
Recess					
3	Geography Exam Rm 12	LOTE Exam Rm 9	Maths Class	Music Exam Rm 9	Maths Exam Rm 12
4	Art Class	English Class	Science Exam Rm 6	<i>History Assessment</i>	Maths Class
Lunch					
5	Sport	TAS Class	English Exam Room 10	Science Class	English Class
6	Sport	Geography Class	TAS Class	Maths Class	Science Class



Tooleybuc Central School Yearly Examination Timetable

Examination Considerations

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- Do not talk or communicate with any other student during the examination
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- ALWAYS DO YOUR BEST!

Year 9

Week 4

In Week 5, Year 10 have All My Own Work on Monday and Careers Excursion Thursday & Friday. Therefore there will be 4 exams in Week 4.

Year 9/10 IT Wood Prac Test

Friday 3/11/17 Period 1 **Room 7**

Week 5

TIME	MONDAY 6/11/17	TUESDAY 7/11/17	WEDNESDAY 8/11/17	THURSDAY 9/11/17	FRIDAY 10/11/17
1	PDH Class	IT Wood Theory Room 11 Drama Class	Math Exam Rm 10 / 14	Geography Class	Maths Class
2	Geography Class	Science Class	Math Exam Rm 10 / 14	Science Exam Rm 6	Science Class
Recess					
3	Maths Class	History Exam Rm 9	PDH Exam Rm 12	English Class	Maths Class
4	Ag/IST Class	Geography Exam Rm 9	PDH Exam Rm 12 followed by Food Tech Class	Ag/IST Class	IndT / Drama Class
Lunch					
5	Sport	Careers Class	Ag Theory Rm 11 IST Class	PDH Class	History Class
6	Sport	English Exam Rm 15	Ag Prac Exam Rm 11 English Class	IndT / Drama Class	English Class



Tooleybuc Central School Yearly Examination Timetable

Examination Considerations

- Please provide all your own equipment
- Do not bring electronic equipment into the exams, including mobile phones
- Do not talk or communicate with any other student during the examination
- Make sure you are on time to each examination
- ALWAYS DO YOUR BEST!

Year 10

Week 4

In Week 5, Year 10 have All My Own Work on Monday and Careers Excursion Thursday & Friday. Therefore there will be 4 exams in Week 4.

Year 9/10 IT Wood Prac Test

Friday 3/11/17 Period 1 **Room 7**

Week 5

TIME	MONDAY 6/11/17	TUESDAY 7/11/17	WEDNESDAY 8/11/17	THURSDAY 9/11/17	FRIDAY 10/11/17
1	All My Own Work Rm 9	IT Wood Theory Room 11 Drama Class	Math Exam Rm 10 / 14	Careers Excursion	Careers Excursion
2	All My Own Work Rm 9	English Exam Rm 15	Math Exam Rm 10 / 14	Careers Excursion	Careers Excursion
Recess				Careers Excursion	Careers Excursion
3	All My Own Work Rm 9	History Exam Rm 9	PDH Exam Rm 12	Careers Excursion	Careers Excursion
4	All My Own Work Rm 9	Geography Exam Rm 9	PDH Exam followed by Food Tech Class	Careers Excursion	Careers Excursion
Lunch				Careers Excursion	Careers Excursion
5	All My Own Work Rm 9	Science Exam Rm 6	Ag Theory Rm 11 IST Class	Careers Excursion	Careers Excursion
6	All My Own Work Rm 9	Careers Class	Ag Prac Exam Rm 11 Science Class	Careers Excursion	Careers Excursion

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. 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

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
----------------------------------	---------------------

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

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
(Strawberry and Mango) \$1.60

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)

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



CANTEEN ROSTER

Fri 10 Nov Mereeka Andrews & Ange Spinks
 Fri 17 Nov Julie Fulton & Paula Pyatt
 Fri 24 Nov No Canteen
 Fri 1 Dec Sharon Rogers & Lisa Pyatt
 Fri 8 Dec Kathryn Foley &

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
- Sales to Students
- Sport
- Other

How?

Log onto the 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.

Tooleybuc Sporting Club – Essay Competition

As you know we have positioned the Big Mallee 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.

Depression



Getting help for depression

Even though it may seem hard, it is important to talk with someone that you trust about how you feel. You could talk with a parent, teacher, school counsellor, family member or friend. A general practitioner (GP) is another good place to start when seeking help and information.

Most people are able to recover from depression with the right help. The sooner you get help, the sooner you can recover.



An important part of professional support is often psychological therapy. Psychological ('talking') therapy focuses on helping you to build skills to deal with the stresses in your life and change negative thinking patterns. Antidepressant medications can also be added if they are needed. Depending on the type of treatment most people start to feel better or notice an improvement after about two to six weeks.

Apart from seeking professional help there are a number of things you can do to maintain good mental health. Regular physical exercise, eating well, practising relaxation, expressing your feelings, and doing things that you enjoy are just some of the things that can help. For more tips on looking after yourself, visit headspace.org.au to download the 'Tips for a healthy headspace' fact sheet.

IMPORTANT!



If you have thoughts of suicide or plans to harm yourself, it's really important to seek immediate help. Talk to someone you trust, such as a family member, friend or teacher. There are health professionals at **headspace** centres and **eheadspace** (online and phone support) who can help you to work out a plan to keep you safe.

Depression – suicide and self harm



Depression is one of the main risks for suicide and self harm.

If someone you know is self harming or talking about suicide try to arrange some support from close, trusted friends or family. Help the person be safe and remove dangerous things like tablets, guns or other weapons and try to encourage them to see a health professional. If in doubt, don't be afraid to **call 000**.



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

References: ¹ Australian Institute of Health and Welfare. Young Australians: their health and wellbeing. Canberra, 2007.

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.

Depression

Normal feelings vs. depression

We all feel sad or 'down' from time to time – it's part of being human.

For young people, it's normal to have occasional mood swings, feel irritable sometimes, and to be sensitive to rejection and criticism.

This can make it harder to tell whether you're experiencing "normal" feelings or whether you are becoming depressed.



What is depression?

Depression is one of the most common health issues for young people in Australia!

Depression ("major depression") is a mental illness characterised by feelings of sadness that lasts longer than usual, affect most parts of your life and stop you enjoying the things that you used to.

Symptoms of depression

You may be experiencing depression if, for more than two weeks, you've felt sad, depressed or irritable most of the time, or you've lost interest or pleasure in your usual activities. Other symptoms may include:



Loss of interest in food or eating too much, leading to weight loss or gain



Having trouble sleeping (getting to sleep and/or staying asleep), or oversleeping and staying in bed most of the day



Feeling tired most of the time, or lacking energy and motivation



Difficulty concentrating and making decisions



Feeling worthless or guilty a lot of the time



Feeling everything has become 'too hard'



Having thoughts of death or suicide

People with depression might have other mental or physical health problems as well, such as anxiety, or using cigarettes, alcohol or illegal drugs excessively.





Tooleybuc Sporting Club Ltd.

Phone: 03 5030 5476

Open Daily from 11.00am till late

Murray Muster Country Music

**16th—19th
November
2017**



**Lily and the Drum
(Free Band)
10th November**

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 Friends.

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/16/02848)
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/16/02848)
Jackpots \$50.00 each Wednesday & Friday

Wednesday Madness Lunch

12.00 till 2.00pm
\$5.00 Mains
\$3.00 Sweets



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

COMMUNITY AWARENESS



Dementia Australia's Memory Van is visiting Tooleybuc

Dementia Australia's Memory Van is a mobile information service packed with helpful resources about memory concerns, dementia and information including the simple steps you can take to maintain brain health. Drop by for a chat and collect some brochures and information sheets. Material is provided free of charge.



MEMORY VAN LOCATION	
Date	Fri 10th November 2017
Cost	Free
Time	2pm-5pm
Venue	Mensforth Park in front of Bridgekeeper's Cottage Tooleybuc
No BOOKINGS required	

MAIN TOPICS INCLUDE:

- Dementia Australia's services
- Memory changes
- Memory concerns
- What is Dementia?
- Information for carers
- Dementia Risk Reduction including 5 Simple Steps to maximise brain health

Information sheets will be available for all visitors

This visit is supported by Local Health Advisory Committee & Community Health



NATIONAL DEMENTIA HELPLINE
1800 100 500

CONTACT
Building 21, 120 Cox's Road, North Ryde, NSW 2113
P O Box 6042 North Ryde 2113
T: (02) 8875 2609
F: (02) 8875 4665
E: NSW.education@dementia.org.au



STRIKE A POSE
DANCE STUDIO

If
The
Shoe
Fits...



Dance!

Saturday 25th Nov 2017

@ Swan Hill Town Hall

Nyah Dancers 2pm show
Swan Hill Dancers 7pm show

Tickets at door Refreshments for sale
More Info: natasha@strikeposedancestudio.com

Connect with Your Neighbours



Street by Street
— BRINGING NEIGHBOURS TOGETHER —

If you are fortunate enough to live with a sense of community, where you know the people who live near you, share experiences and help one another, then you'll probably agree, your life is richer for it. The Street by Street Project is seeking community minded people to turn streets into communities in your area, through simple social activities. We'll support you to do this. Contact Irene Opper at irene@streetbystreet.org.au or 0413 706 233 and see www.streetbystreet.org.au for more info.

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



EYE CLINIC

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

WHEN: MONDAY, 4th December 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.



Nyah West Pharmacy

Would like to welcome our new

Owner and Pharmacist

Engshen Tan

Please call in and make him welcome!

OPEN

Monday to Friday 9 am – 5.30pm

Saturday 9am – 12 noon

We welcome your feedback

Please call in and talk to us about what you would like to see stocked in store, and any suggestions to improve the pharmacy.

PH: 50302427

Fax: 50302379

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

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

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

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

Budweld Nursery

Glenn & Julie Fulton

Specialising in
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Free no obligation quotes
Plumbing since 1985

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 21st november

Diabetes Nurse- available by
appointment only

MENTAL HEALTH: Monthly by
Appointment

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

DIETITIAN CLINIC:
Tuesday 28th November
(ph 5033 9390 for apt)

Podiatrist
(ph 50339390 for an apt).
Thursday 6th November

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'

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.



LEN MCPHERSON

REGISTERED ELECTRICAL CONTRACTOR
Vic. R.E.C 2553 NSW 144714C

PO Box 209
Nyah West 3595
A.H. (03) 50302725

EMAIL phantastic2000@hotmail.com

MOBILE: 0418 582 855

Box 209, Nyah West, 3595



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
FRI : 6am – 10pm
(cooking 'til 8pm)
SAT - SUN : 8am – 2pm

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Agents for Tru-Built &

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Matthew Loats Builder P/L
Phone: 0427 240 376 Fax:
(03) 50 305 122

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Murray St, Tooleybuc • (03) 5030 5090

Willis Family Building
0437 347 918

Adam Willis
willisfamilybuilding@gmail.com

- Renovations
- Pergolas
- Bathrooms
- Verandahs
- Extensions



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 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
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 3-4 Item & Junior Leader Speeches.
WEEK 6 NOVEMBER TERM 4 2018 Rollover	13	14 Michelle White in	15 Sec Formal	16	17
WEEK 7 NOVEMBER TERM 4	20	21 Anna Conlan Speech	22 Whole School Transition Foundation Orientation Whole Day Year 6 into Year 7 Transition Day	23	24 Blue day Casual Dress Michelle White in
WEEK 8 NOVEMBER/ DECEMBER TERM 4	27	28	29	30	1 Whole School Assembly 1:45 pm Carols by Candlelight Sunday 3 rd 6:00 pm Sausage Sizzle
WEEK 9 DECEMBER TERM 4 Sunday 3 rd 6:00 pm Sausage Sizzle	4 Swim School	5 Swim School	6 Swim School	7 Swim School	8 Swim School
WEEK 10 DECEMBER TERM 4	11 Presentation Night Reports Distributed Michelle White in	12 200 Nights Morning Tea	13 Gold Reward Excursion	14 HSC Results in	15 End of Term 4 for students (Eastern and Western division)