



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL 9th November 2018 Term 4 Week 4

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Melanie's Thoughts



Wellbeing Week

This week we have hosted a Wellbeing Week, which has been a wonderful opportunity to provide a range of different activities to support students' health and wellbeing. It was wonderful to see so many 'Special People' in our school on Monday. Wellbeing Week is good opportunity for students to talk about their wellbeing and their feelings. We also demonstrated a 'Fun Friends' and 'Friends' for our primary. This is another of our initiatives designed to support the development of our student's social and emotional wellbeing.

2019 Rollover

At the beginning of Week 6 our secondary students 'rollover' to their 2019 curriculum.

Whole School Transition Day

On Monday the 19th of November we are holding our Whole School Transition Day for 2019. All students will experience their new class and teacher to help make a smooth transition.

Secondary Exams

Next week our students from Year 7 - 10 will undertake their Semester Two exams. Hopefully they have been busy studying and are well prepared!

2019 Preparation

Over the next few weeks there are a number of activities that our Year 10 and 11 students will participate in to help prepare them for next year and their future. These are all important activities directly linked to supporting their learning and transition after school. These activities are:

- Year 10 & 11 Careers Excursion - on this excursion students will visit TAFE's and University around Ballarat and Bendigo. This is a wonderful opportunity for students to gain an insight to something they may be interested in, in the future.



Liam, Kenny and Makenna took a step back in time at Sovereign Hill, Ballarat.

- AMOW - All My Own Work - all students undertaking any Stage 6 courses must complete the All My Own Work modules. These modules are: Scholarship Principles and Practices, Acknowledging Sources, Copyright, Plagiarism and Working with Others.
- VET Induction - All students undertaking studies in Vocational Education and Training (VET) courses must participate in a VET Induction prior to beginning their studies.
- White Card Training - There is an opportunity for students to obtain a White Card (WHS Construction qualification - necessary for a large number of worksites). As part of this, students must have a USI (Unique Student Identifier).



**Well Being Week
Special Person Day**



Yoga



Up Coming Events Term 4 2018

Week 5

Year 7 – 10 Exams

- Mon 12 Nov NO TAFE
- Tue 13 Nov Heat Up Lunches
Year 12 Farewell Dinner 6:00 pm TSC
- Thu 15 Nov Breakfast Club
Careers Excursion Year 10 & 11
Scripture
Blue Earth
- Fri 15 Nov Careers Excursion Year 10 & 11

Week 6

Roll Over Secondary Classes start new year.

- Mon 19 Nov Formal Year Year 9 – 12
VET Induction
Stage 6 Induction
Whole School Transition
Foundation Orientation
Year 6 into 7
NO TAFE
- Tue 20 Nov Heat Up Lunches
Michelle White in
- Thu 22 Nov Breakfast Club
- Fri 23 Nov Blue Casual Dress

Primary News

Mrs Frost (Assistant Principal)

It has been great to see so many people from our school community joining in our Wellbeing Week activities this week. Mr Nelson and his helpers did a fantastic job of assisting everyone to make their own pizza. The performances in the afternoon from the secondary students showcased the vast amount of talent we have at our school and I really enjoyed having some parents and special people in my 'Friends' lesson as well.

All the reports I have heard from the Yoga on Tuesday have been extremely positive and I would like to take this opportunity to thank Nicole Cutri for coming out and including us in her busy week. I would also like to thank everyone who attended an event, I am sure your students appreciated the effort you made as well.

I have been very fortunate over the last two weeks to attend several professional learning courses. This has given me a chance to not only reflect on my own practise and the things that I can look to improve in the future but also recognise all the fantastic learning programs we already have running at Tooleybuc Central School.

The next fortnight sees us reach the half way point of this term and as always it will be a very busy time. I am particularly looking forward to our Whole School Transition Day in addition to all the other fantastic learning we need to fit in.

Foundation

Mrs Hazlett (Class Teacher)

Mathematics

We have continued to explore various aspects of Mathematics which has included counting forwards and backwards by 1s, 2s, 5s and 10s; exploring various measurements and making halves of groups and objects. The students have also been reinforcing and applying their skills in other situations such as playing various card games and board games. For this term we have also been focusing on being able to explain to others how we solved sums.

Science

The module we are undertaking in Term 4 is called 'On the Move' the students explore the idea that the way objects move depends on a variety of factors, including their size and shape.

Technology

The students have continued building their coding skills through the use of Colby the robotic mouse and they will shortly begin learning to use the desktop computers.

Geography

This term we have so far investigated maps and how we can use them to locate places. We will also be looking into Aboriginal and Torres Strait Islander sites, Country or places.

Year 3-4 Ballarat Excursion



Finding out about Indigenous Ancestors.









Makenna was shocked by the olden days underwear.



Fun Friends

‘Fun Friends’ program from Foundation to Year 2 and ‘Friends’ from Year 3-6. These programs focus on developing student wellbeing, resilience and social skills.



FUN FRIENDS PROGRAM UPDATE...

FOR STUDENTS IN KINDER TO YEAR 2, THIS WEEKS FUN FRIENDS SESSION IS ALL ABOUT...

SESSION 5: RED AND GREEN THOUGHTS

- Feelings vs. thoughts
- Unhelpful RED thoughts = STOP (make us feel scared, worried or angry inside)
- Helpful GREEN thoughts = GO (make us feel brave and good)

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



FUN FRIENDS PROGRAM UPDATE...

FOR STUDENTS IN KINDER TO YEAR 2, THIS WEEKS FUN FRIENDS SESSION IS ALL ABOUT...

SESSION 6: CHANGING RED THOUGHTS INTO GREEN THOUGHTS

- Changing ‘red’ thoughts into ‘green’ thoughts
- Throwing away ‘red’ thoughts can be easy

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN

Secondary News

Head Teachers Report

Jean Duma (Head Teacher)

All of our Stage 6 students have now finished their HSC exams for 2018. We will officially farewell our Year 12 students next week at their Formal Dinner, but I would like to take this opportunity to once again congratulate our Year 12 students on completing their Secondary School Education and wish them all the best for their future endeavours.

Years 7-10 students have their Yearly Exams in Week 5, please refer to the exam timetables sent home earlier this week for more details. All students in Years 7-11 will commence their 2019 Academic year of study in Week 6. Students will receive their new individual timetables on the Wednesday of Week 6. We will start the timetable on a Monday B.

A reminder to all secondary students that during Term 4 you are required to have a hat for when you are outside during breaks (before school, at Recess and Lunch), as well as for any Practical PDHPE/PASS lessons and for Sport.

Mathematics

Darren Rose (Mathematics Teacher)

It's a very busy time in secondary Mathematics. It only seems like yesterday Years 7-10 were completing their Term 3 tests but will already sit their end of year exams next week (Week 5). Year Ten will complete their exam on Monday, Year Eight is scheduled for Tuesday and Year Seven and Nine are on Wednesday. Get studying and be ready, but don't panic. Just do your best and tackle the challenge of exams with a growth mindset to improve your performance and learn from the experience.

Year Six students Keisha, Rhys, Josh, Isabella, Jett, Ella and Anthony completed their Secondary Transition Day on Monday 29th of October. This was a great experience for me to teach such enthusiastic students their first high-school mathematics lesson. We let the games begin with Snail-Race and Greedy-Pig activities to demonstrate practical use of mathematics in probability. Luckily no digital snails broke their shells getting from the barrier to the finish line and I look forward to getting to know them better in 2019 classes.

This term Year Seven have completed the algebra topic and are currently extending these skills by solving equations. Year Eight are in the early stages of the probability topic where hopefully we get time to give the snails another lap along the probability paddock. Year Nine has completed the indices topic and are powering through geometrical properties.

Year Ten are working through geometrical properties (Stage 5.1 and 5.3) and trigonometry in right-angle triangles (Stage 5.2) as they approach their senior studies which start in 2019 for maths undertaken in 'traditional-mode.' The Year Eleven boys have made the transition into their final year of studies and are making great progress with simultaneous equations and developing their study skills in preparation for their farewell year at TCS in 2019.

Child Studies

Kim Morton (Child Studies Teacher)



Reading to Foundation students.



Reading to Foundation students



Child Studies made books suitable for Foundation



Making Play Doh.

STEM excursion Bendigo

On Thursday 1st November the Year 7 to 10 students were invited to attend a hands on Careers Excursion using School To Work funds to promote S.T.E.M (Science Technology Engineering Mathematics) careers. On the excursion to Bendigo the students explored the Discovery Science and Technology Centre for an hour, getting the opportunity to go down the vertical slide, explore the many exhibits and the planets and stars in the planetarium. The students then went to Latrobe University and participated in two Outreach program workshops.

In one workshop the students got to solder and make a self contained laser tag remote which used infra red and LEDs, they then had the opportunity to play laser tag on an oval at the university. In the other workshop students were stepped through the making of wearable technology which included them hand-sowing using conductive thread an Eiffel Tower made out of felt that had LED lights flashing according to the program the students coded for the lights. The students were able to take everything they made home and were encouraged by those running the workshops to keep playing with the code for the lights and laser tag with one another.

I would like to say a big thank-you to the staff that joined me on the excursion with the students (Mr McCarron, Miss Duma and Miss Purtill) and especially the students as they behaved so fantastically no matter where we were or what we were doing.

Year 7 STEM Quotes

'The positive thing was the hands on learning.'

'The things I like about the STEM excursion was making the laser tag thing and coding the lights.'

'I enjoyed the STEM and Science Excursion because it was very educating and a great time to get to know your class mates better.'

Year 8 STEM Quotes

'Liked how we got to do the coding on the computer.'

'What I liked – good food, activities were very enjoyable.'

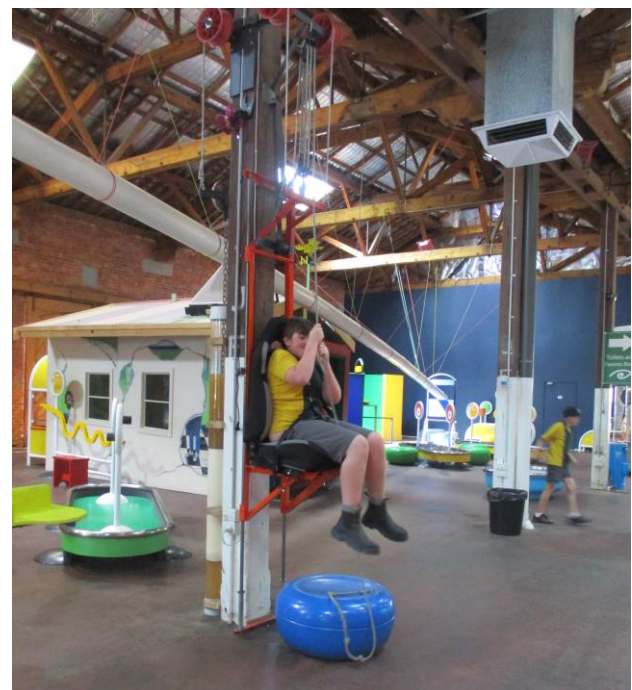
Year 9/10 STEM Quotes

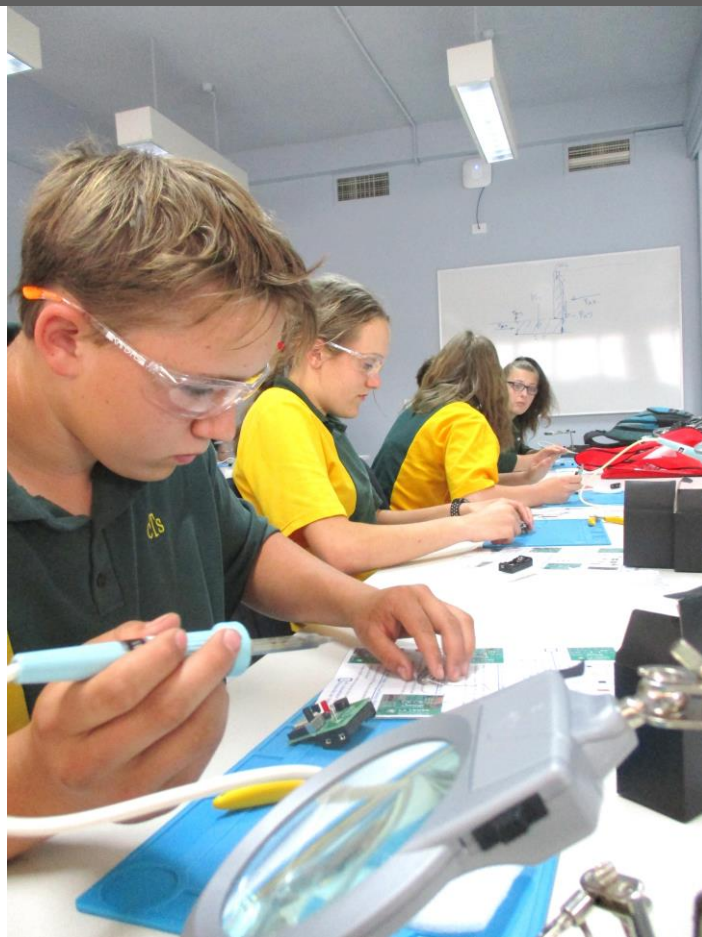
'I liked how we programed the lights to flicker, it was really interesting.'

'The workshops were good. The students were highly approachable and engaged us. The workshops were practical and enjoyable. Had fun and could bring home something to show for it.'

'I really enjoyed the workshops. It was something I would never get the opportunity to do. I loved how in each workshop the presenters connected with the students. The food was great.'

'The STEM Excursion was fun to do with the teachers and other year level students from our school. It was an amazing and great experience. Thanks to the teachers who took us and the people who did the activities with us.'





Careers

Kim Morton (Careers Teacher)

Well done to Brees, Jake, Sam, Tim and Rhys who completed their first week of Work Placement in Automotive or Electro technology last week. Very favourable reports have come back about your week of work from both the employers and your TAFE teachers.

Year 10/11 Career Excursion

Next week (Week 5) senior students have a chance to attend an excursion to Ballarat and Bendigo to help with their exploration of career pathways. They will visit Federation Uni, ACU Ballarat, Latrobe Uni and BRIT where they will gain heaps of ideas and contacts to help with their future pathway planning. In addition Mr McCarron is looking forward to beating all the students in tenpin bowling!

Please return your notes ASAP.

Students in Year 10 who miss this excursion shall be encouraged to attend a day excursion in Mildura later this term to explore the options available there.

White Card training

On Thursday 22nd November students in Year 9 and 10 have an opportunity to attend this training to then

be issued with a White Card (a valuable card for any student wishing to work in the trade field) This course is necessary for all TAFE students to attend and the training shall take place in Balranald. Please return your notes ASAP.

Finally with exams on next week a useful site to visit to help with stress includes

3 Effective Things You Can Do To Keep From Stressin'

If exam stress and job stress and the ever present 'what am I supposed to do with my life?' stress is fogging your thoughts and making it difficult for you to get stuff done, read on.

This article contains content about stress and anxiety. If you are feeling like you might need a bit of support with managing stress, you can always call Lifeline on 13 11 14 or chat to someone online at [eHeadspace](#).

Stress is a super common experience for young people whose lives are increasingly becoming busier. The nature of technology in our lives also means it can be really difficult to get precious down time and switch off.

If you want to find out a bit more about the ins and outs of stress, you can check out [this awesome resource](#) by ReachOut.com.

The one thing I can say is that over the past few years I learned some things about myself and my experience of stress that have been absolute GAME-CHANGERS. I've come to accept that, although stress might be a part of my life, there are some really simple and practical things I can do to support myself and be kind to myself when sh*t is getting rough.

So here are three things I would tell my younger self about stress and how to manage it. (Obvi everyone is different but here are some tips that work for me).

1. Work out the factors that lead to stress

There are certain things that I know contribute to a stressful period or make stress much more difficult to manage. Things like; being too busy, not getting enough sleep, having a night on the tins (I'm over 18 it's allowed you guys), eating rubbish food too often or not getting my precious introvert time all might tip me into the stressed zone.

To combat busy periods where I think stress might lead to anxiety I make sure I plan ahead and lock in my down time. I really have to be conscious of not

hitting the disco too often and need to get proper sleep.

Knowing these factors has enabled me to plan my life in a way that will keep me as healthy as possible.

2. Work out what stress looks and feels like and notice when it's approaching

My stressed thinking follows a few similar lines. My worries remain pretty consistent and they bounce about my head to a kind of familiar rhythm. The sort of thoughts I have are 'everything is going to be terrible', 'this is impossible' and 'I am incapable of doing this'.

When I notice myself beginning to catastrophise like this I know that my stress is tipping from helpful, motivating stress into paralysing and unhelpful stress. I know it's time for me to take a breath and a break and try and get some perspective.

3. Work out some activities that help you when you're stressed, and have them on standby for when you're feeling rubbish

When you're feeling stressed, and you're trying to think of things to do to ease your stress, it is actually the pits.

So I now have some activities listed in the notes on my phone that I know will make me feel good if I feel rubbish. Some of mine include

- Going to my parents house and patting their dogs for at least 45 minutes
 - Watching Elton John's ['I'm Still Standing' video clip at least 3 times](#)
 - Going for a sauna and steam at my local pool
 - Taking myself out for a date and ordering my fav meal (a bowl of pasta, obv)
 - Going for a walk around the block
 - Venting to a friend who gets it
 - Writing
 - Watching something very mind numbing (Dawson's Creek, Keeping Up With the Kimmy's or Grey's Anatomy are all recommended)
- So have your own [self-care](#) list on standby and activate when needed. There are also some really great relaxation techniques [here](#).

Hopefully these hot tips have been helpful but again, if you need any additional support with managing stress you can always call Lifeline on 13 11 14 or chat to someone online at [eHeadspace](#).

<https://www.fya.org.au/2016/09/12/3-effective-af-things-you-can-do-to-keep-from-stressin/>

Secondary Exam Timetable



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 5

TIME	MONDAY 12/11/18	TUESDAY 13/11/18	WEDNESDAY 14/11/18	THURSDAY 15/11/18	FRIDAY 16/11/18
1	Science Class	Literacy Class	English Class	TAS Class	English Class
2	PDHPE Class	Geography Exam Rm 9	History Exam Rm 9	TAS Class	Maths Class
Recess					
3	Welfare Class	LOTE Class	Science Class	PDHPE Class	PDHPE Class
4	English Exam Rm 15	History Class	Music Class	Art Exam Rm 8	Music Exam Library
Lunch					
5	Sport	Tech Skills Class	PDHPE Class	Science Exam Rm 11	Science Class
6	Sport	TAS Class	Maths Exam Rm 10	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 8

Week 5

TIME	MONDAY 12/11/18	TUESDAY 13/11/18	WEDNESDAY 14/11/18	THURSDAY 15/11/18	FRIDAY 16/11/18
1	Science Class	Maths Exam Rm 10	Maths Class	TAS Class	Welfare Class
2	PDHPE Class	Geography Exam Rm 9	History Exam Rm 9	TAS Class	English Class
Recess					
3	English Exam Rm 15	LOTE Class	Science Class	PDHPE Class	PDHPE Class
4	Maths Class	History Class	Music Class	Art Exam Rm 8	Music Exam Library
Lunch					
5	Sport	English Class	PDHPE Class	Science Exam Rm 11	LOTE Exam Rm 12
6	Sport	TAS Class	English Class	Tech Skills Class	Science 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 9

Please note that Classes on Thursday and Friday may be different due to the Year 10/11 Careers Excursion.

Week 5

TIME	MONDAY 12/11/18	TUESDAY 13/11/18	WEDNESDAY 14/11/18	THURSDAY 15/11/18	FRIDAY 16/11/18
1	Maths Class	Science Exam Science Lab	Ag / Drama Class	English Class	Geography Class
2	English Exam Rm 15	English Class	IT Timber / Child Studies Class	Maths Class	PDHPE Class
Recess					
3	Careers Class	Ag Exam Rm 12 Drama Exam Library	Hospitality Prac PASS Rm 12	History Class	Maths Class
4	IT Timber Exam Rm 11 Child Studies Class	PASS / Food Tech Class	Hospitality Prac PASS Rm 12	PDHPE Class	English Class
Lunch					
5	History Exam Rm 12	IT Timber / Child Studies Class	Maths Exam Rm 10	Science Class	Science Class
6	Geography Exam Rm 12	Maths Class	Geography Class	Ag / Drama Class	History 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

In Week 5, Year 10 have All My Own Work on Wednesday and Careers excursion Thursday & Friday.

Week 5

TIME	MONDAY 12/11/18	TUESDAY 13/11/18	WEDNESDAY 14/11/18	THURSDAY 15/11/18	FRIDAY 16/11/18
1	English Class	Science Exam Science Lab	All My Own Work Room 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>
2	Maths Exam Rm 10	Careers Class	All My Own Work Room 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>
Recess					
3	Maths Exam Rm 10	Ag Exam Rm 12 Drama Exam Library	Hospitality Prac PASS Rm 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>
4	IT Timber Exam Rm 11 Child Studies Class	PASS / Food Tech Class	Hospitality Prac PASS Rm 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>
Lunch					
5	History Exam Rm 12	IT Timber / Child Studies Class	All My Own Work Room 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>
6	Geography Exam Rm 12	English Exam Rm 15	All My Own Work Room 12	<i>Careers Excursion</i>	<i>Careers Excursion</i>

VOLUNTARY CONTRIBUTIONS 2018

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	\$75.00
Industrial Technology	Year 9 + 10	\$55.00 plus materials
VET Hospitality	Stage 6	\$200 (\$25 Uniforms/ \$175 Pracs)
Industrial Technology	Stage 6	\$80.00 (plus materials)

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
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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 2018

Recess Canteen not open
Lunch (all hot food must be ordered)

Pie	\$3.00
Sausage Roll	\$2.00
Party Pie	\$1.50
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)	\$2.00
Chips (Honey Soy)	\$1.00
Raspberry Twists	\$0.20

Drinks

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

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

**Wanted:**

Ice Cream containers with lids for the Science lab.

Egg containers for the Ag Plot

**CANTEEN ROSTER**

Fri 16 Nov	Peta Hickey	Mereeka Andrews
Fri 23 Nov	NO CANTEEN	
Fri 30 Nov	Sharon Rogers	Jolene McKenzie
Fri 7 Dec	Amanda Clarke	Paula Pyatt
Fri 14 Dec	NO CANTEEN (Swim School)	

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.

HEAT UP LUNCHES

Tuesday is 'Heat Up Lunch' day
Please send in food to be heated only.

Not food to be cooked.

Noodles should be a cup type or cooked at home and put into a container to reheat. Please take the clear plastic off the container and label with a permanent marker so it is easy to see.

Balranald Motorcycle Club Inc

On behalf of the Balranald Motorcycle Club I would like to thank all the volunteers of the Tooleybuc School community for their time and efforts in flagging for the Balranald Club this year. Without your help events like ours can't run smoothly.

We truly do appreciate each and everyone of you that gave up part of your weekends to brave the cold and help us to ensure the safety of both riders and spectators around the track.

We hope you all have a great summer and hopefully we get to see all your smiling faces again next season for another great year of racing. Until then as I always say stay safe and upright.

Regards
Cindy Funnell
Balranald Motorcycle Club Secretary

Bullying



46.8% school students have been bullied

Bullying can take place just about anywhere. Some common places are schools, workplaces, home and online; basically any environment where people interact with each other. Bullying is also common, with up to 46.8% of Australian secondary school students reporting they have been bullied in some form over the past 12 months¹.

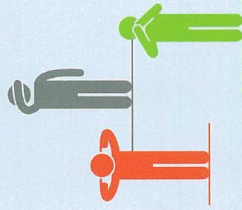
What is bullying?

Bullying is intentional and repeated negative behaviour directed towards another person by one or more people over time. It can be related to just about anything and can come in many forms. For example, bullying can include physical, verbal, social (like spreading rumours, excluding people, etc.) or sexual aggression, and it can be either online or face-to-face.

Cyber bullying is a form of bullying that uses technology (e.g. text messages, email and social networking sites such as Facebook, Instagram or YouTube), anonymously or not, to carry out the behaviour.

The bystander

Someone who sees or knows about bullying, but does nothing to stop it, is known as a bystander. A bystander plays a significant role in bullying. If you find yourself in this position, try not to accidentally support the bully by standing by and doing nothing, laughing at the person being bullied,



The effects of bullying

People who have been bullied may feel alone, unsafe, afraid, stressed, ashamed and rejected. Often they will feel that there is no escape and may take measures to 'fit in' by changing their appearance, acting differently, and may even go so far as to hurt themselves or others.


Bullying is not simply "part of growing up". Research shows that being bullied can have serious effects on your physical and mental health, and your performance at school and at work which can affect you even into adulthood². Severe bullying can be traumatic for young people, especially peer-bullying, as peer relationships are important at this stage of life. Experiencing bullying can also increase the risk that someone will develop depression and anxiety in the future.



Who is a bully?

A bully can be an individual or a group of people. A bully is usually a person who does not value or feel good within themselves (has low self-esteem) or has been a victim of violence themselves. Bullying is often a way of making themselves feel more powerful or "look cool" in front of others. Bullies can also be motivated by jealousy, lack of knowledge, fear or misunderstanding. A bully can be anyone, including friends, a boyfriend or girlfriend, brother or sister, or an extended family member. A bully can also be an older person, or someone in a position of power such as a teacher, parent or boss.

Bullying



If you are being bullied

It's important to remember that if you are being bullied it is not your fault. There is nothing wrong with you; it is the result of someone else's behaviour, attitude or beliefs. Everyone is different; we are all individuals and you don't need to change who you are. Dealing with these negative feelings can be hard and seeking help is one way to help you to overcome them. By identifying these feelings you may be able to find ways to get bullying to stop and get the feelings to stop.

Ways you can support a friend who is being bullied

- ▶ **Ask them about their situation.** Remember to be respectful and understanding. They may not necessarily feel like answering and that is okay.
- ▶ **Let them know they are not alone.** It may help them to know that a lot of other young people are going through what they are.
- ▶ **Be prepared to seek help.** Help them decide how to approach the situation. Discuss who they could talk to about the situation, such as a trusted adult, if the bullying is at school, a trusted teacher is a good place to start.
- ▶ **Provide reassurance.** Emphasise that the bullying is not their fault. Remind them that they are not responsible for what is happening to them and that they do not have to handle this on their own.
- ▶ **Look out for their mental health.** Bullying can have a serious effect on someone's mental and physical health, if you feel like your friend is struggling because of bullying they may need professional support. Their local general practitioner (GP) or **headspace** centre is a good place to start.

Other useful websites

- Lifeline – www.lifeline.org.au
- Kids Help Line – www.kidshelp.com.au
- Bullying No Way – www.bullyingnoway.gov.au
- The Alannah and Madeline Foundation – www.amf.org.au/bullying
- Cybersmart – www.cybersmart.gov.au

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



References: Henry, S.A., Tully, M., & Kolvekoff, A. (2012). Pastoral Care in Education, 30(2), 95-112. "Awareness, L., Bowes, L., & Shakoor, S. (2010). Bullying victimization in youths and mental health problems: "Much ado about nothing". Psychological Medicine, 40(5), 717-726. Fact sheets are for general information only. They are not intended to 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 any 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



**15th—18th November
Murray Muster**

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 @ 8.00pm,
Raffles between 7pm & 8pm
Wed/Sun Snowball Draw
(LTPS/16/02848)
Jackpots \$50.00 each Wednesday & Sunday if not claimed
- Thurs:** Bingo 'eyes down' @ 11.30am
- Fri:** Raffles @ 8.30pm (approx)
Members Friday Fortune Draw @ 8.30pm (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 if not claimed

**Wednesday Madness
\$5 Lunch ~ \$3 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

TOOLEYBUC COMMUNITY HEALTH CENTRE

The Health Centre is open

*To make an appointment please contact the Central Intake Service on **1800 654 324***

Balranald Medical Centre- 50201055
 Swan Hill Medical Group- 50331711
 Swan Hill Primary Health Medical Clinic-50339900
 Swan Hill Tristar-50322133
 Or Nurse on Call on 1800 022 222

If an Emergency call 000

There is to be some change to staffing at Tooleybuc Community Health in the next couple of weeks as after 23yr Georgina Douglas will no longer be seeing general Community Health clients but instead just concentrating on the Child and Family Health clients, which she will also be seeing in Moulamein on a regular basis.

Georgina's 3 days/week are currently being advertised and a new nurse will be appointed hopefully in the next couple of weeks.

Going forward Georgina will conduct a Child and Family clinic weekly on a Tuesday (commencing 11th Sept) and another nurse will be available to see general clients 3 days a week (which days that will be will be decided when someone is appointed in the role).

To make an appointment now people are required to call the Central Intake Service on 1800 654 324.

Any other issues you can still call Community Health on 50305189.

NURSE ON CALL

Contact Nurse On Call via Health Direct for any after-hours advice

This number can be used Australia wide.

Ph: 1800 022 222

See web page below.

healthdirect
<https://www.healthdirect.gov.au/>

Tooleybuc Community Health

Parents and children wishing to see the **Child & Family Health Nurse**

No longer need to ring the Central Intake number, unless it is their first ever apt with Georgina. To make an ongoing apt simply ring the Community Health Centre on **ph 50305189**

Georgina is now conducting a Child & Family clinic on a Tuesday only

For all general **Community Health clients** please continue to call the **Central Intake Service on 1800 654 324**

For your initial appointment

Any concerns or issues regarding this service please let the Community Nurse know on 50305189

MCKESSON
 Empowering Healthcare

ACCESSLINE

*Depression Suicide Anxiety Psychosis
 Alcohol & Drugs Sexual Assault*

Help for All Ages Anytime

1800 800 944
 or (02) 9425 3923

**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.

NYAH DISTRICT GOLF CLUB
 Golf Club House can be hired for

**MEETINGS PARTIES
 WEDDINGS etc**

Inquiries Phone 50302087

Tooleybuc Community Health

We thank the Tooleybuc for their understanding in the recruitment process to attain a new Community Nurse for the area.

We hope the process will be completed **very soon** and will be excited to announce.

In the meantime, the Tooleybuc Community Health Centre will be attended;

Wednesday 31st October 09.00-14.00

Monday 12th November 09.00-14.00

Wednesday 14th November 09.00-14.00

For any other matters or if you are a current client and require an appointment, you may contact NUM Kate Pargeter 0436 656 990

Child & Family Health apts are available every Tuesday.

If you are a current client you can call the Centre directly to make an apt. if a new client then please call Central Intake

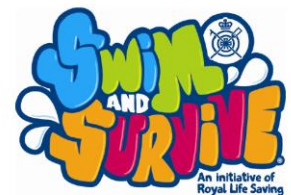
All **new referrals** need to contact Community Care Intake on 1800 654 324 for an appointments please. Please contact **1800 654 324** for appointments during this time & a nurse shall attend.

In case of a medical emergency always phone 000 for an ambulance.



Learn to swim program JANUARY 2019

- Teaches water awareness, stroke development and endurance
- Fun and safe environment
- Eight or nine consecutive week days
- Children aged 18 months to 12 years
- Qualified instructors
- \$74 for school aged children and \$52 for pre-schoolers (excludes pool entry)



Phone: 13 13 02
 Email: swimandsurvive@sport.nsw.gov.au
 Facebook: facebook.com/OOSNSW
sport.nsw.gov.au/swimandsurvive



TOY BOX RUN

Box in the Front Office for donations of preferably new toys for children in need.

Good second hand toys can be given to children who need care at short notice.



Michelle Lightbody
Tooleybuc Hotel

Tennis Players Needed

Tennis Players needed for the Saturday competition.



Contact Stephen Taylor
 Home: 50351463 or School: 50351270

STRIKE A POSE
 DANCE STUDIO
Nyah Dancers
 Presents
WHAT IS BEHIND THAT CURTAIN?
Saturday 17th Nov 2018
 7pm
 Harrison Theatre, Pye St, Swan Hill
 Tickets at the door
 Adults \$22
 Concessions \$18
 Students \$15

St Joseph's 2018

Christmas FETE

5pm - 9pm Saturday 17th November

St Joseph's Primary School, 106 Church Street, Balranald

Bring your family and friends along to enjoy a night of Christmas celebrations, with lots to see and do!

- BBQ
- Hot chips
- Wood fire Pizza
- Pasta
- Cake stall, tea & coffee
- Hot cinnamon donuts
- Popcorn
- Cold drinks & Slushies

FOR THE KIDS

- Colouring competition
- Show bags & Lucky dips
- Activity corner for younger kids
- Bungee tramps Jumping castle
- Large inflatable obstacle course
- Chair-O-Plane
- Giant inflatable slide
- Mini go-carts
- Face painting, temporary tattoos
- Coloured hairspray

- Variety of raffles, including the popular Christmas stocking full of toys and spinning wheel... LOTS OF PRIZES TO BE WON
- Visit from Santa Claus with photos available
- Lots of local and visiting stall holders

Murray River Council Community Services

Community Transport Program

Did you know our Community Services Department offers a range of community transport options to eligible clients?

Transport for older persons

Frail older persons meeting the My Aged Care eligibility criteria who are 65years and older or 50years and over for Aboriginal or Torres Strait Islander.

What's available? Regular trips to access shopping, doctors or other appointment destinations and trips to enable you to remain connected socially.

Transport for people living remotely

This transport type is not age specific, and is available to people requiring transport, who do not have access to any other transport means.

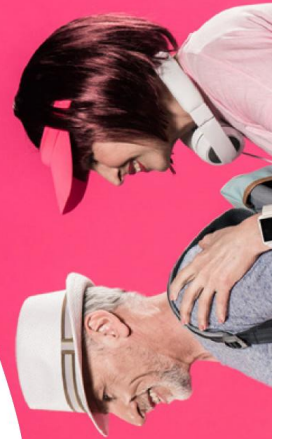
To access any of the transport options or for more information on eligibility contact your local Home Support Co-Ordinator on 1300 087 004.

Interested in being a volunteer driver?

The Community Services Team has an expanding community transport service and are always on the look-out for more volunteer drivers. If this sounds like something you might like to be part of, contact your local Home Support Co-Ordinator on 1300 087 004.



murray river council



Here for you Tooleybuc

<p>If you are or someone you know is feeling mentally distressed and need to contact someone urgently, please call our AccessLine 1800 800 944</p>	<p><small>MEKESSON Empowering Healthcare</small></p> <h2>ACCESSLINE</h2> <p><i>Depression Suicide Anxiety Psychosis Alcohol & Drugs Sexual Assault</i></p> <p>1800 800 944 or (02) 9425 3923</p>
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Your GP is the best starting point when someone needs help with their mental health. A GP can talk about what's happening and the options for treatment and support. Depending on the situation, the GP might provide ongoing care or suggest that another mental health professional or support service. Mental health professionals can be accessed through your GP, community health centre, public mental health services, headspace centres and private health clinics.



Children & Youth Mental Health

<p>School Counselling Service Contact your child's school with your concerns for referral</p>
<p>Strong Minds & Connect Psychological Services for Kids Contact Central Intake PH: 1800 931 603</p>
<p>Headspace Swan Hill PH: 03 4010 7100 Young people 12-25 years</p>
<p>ROAR Program PH: 1300 488 226 Ages 18 & under Low Intensity</p>
<p>Vinnies Youth Services PH: 03 5881 7411</p>
<p>Child Adolescent Mental Health Service (CAMHS) PH: 1800 800 944 High Intensity</p>

Adult Mental Health Services

Other services

<p>Tooleybuc Community Health PH: 03 5030 5189</p>
<p>Ability Links Program PH: 1300 488 226 For people living with disabilities including Mental Health Ages 9 +</p>
<p>Drug and Alcohol Services PH: 1800 800 944</p>
<p>Family Support & Brighter Futures PH: 1300 488 226 For families with children under 12 years</p>

<p>New Access PH: 1300 488 226 Ages 16+ Low Intensity</p>
<p>Strong Minds & Connect Psychological Services Contact Central Intake PH: 1800 931 603</p>
<p>Mindspot www.mindspot.org.au Online or phone assessment, referral & treatment. Ages 16 +</p>
<p>Partners in Recovery Contact Central Intake PH: 1800 931 603</p>
<p>Adult Community Mental Health Service PH: 1800 800 944 High Intensity</p>

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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

TOOLEYBUC COMMUNITY HEALTH CENTRE

Open Three days per week
The days may vary so please check
the recorded message.
8:30 – 4:00 pm

Phone: 1800 800944

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) by appointment

Diabetes Nurse- available by
appointment only

MENTAL HEALTH: Monthly by
Appointment

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

DIETITIAN CLINIC:
No more clinics for 2017
(ph 5033 9390 for apt)

Podiatrist
(ph 50339390 for an apt).
Third Thursday of the month

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.



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,
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Matthew Loats Builder P/L
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(03) 50 305 122

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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: _____

Term 4 2018

WEEK 5 NOVEMBER TERM 4	12 Yearly Exams NO TAFE	13 Year 12 Farewell Dinner – Burgundy room 6:00 pm	14	15 Careers Excursion Melbourne Scripture Blue Earth	16 Careers Excursion Melbourne →
WEEK 6 NOVEMBER TERM 4	19 ROLL OVER Secondary Formal Yr 9 – 12 6:00 pm VET Induction Stage 6 Introduction Whole School Transition Day (including Preschool) Year 6 into 7 Meeting NO TAFE	20 Michelle White in	21	22	23 Blue Casual Dress
WEEK 7 NOVEMBER TERM 4	26 U15 7-9 Cricket @ Finley	27 Michelle White in	28	29 Scripture Anna White Card Training	
WEEK 8 DECEMBER TERM 4	3	4	5	6 Anna	
WEEK 9 DECEMBER TERM 4	10 Swim School	11 Anna Conlan – Speech Pathology	12	13	→
WEEK 10 DECEMBER TERM 4	17 Presentation Night 200 Nights Reading Reports Distributed	18 Reward Excursion Michelle White in	19 End of Term 4 for students (Eastern and Western division)	20 	

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 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.