

# The Bridge

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL

15<sup>th</sup> October Term 4 Week 2 2021

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## Louisa's Thoughts



I am very grateful that we have had the chance to return to school this term with all our classes on site. You can see from the smiles on the student's faces that they all enjoy being able to learn here at school with their teachers and friends.

Those of you who have driven or walked past the school recently will have noticed the scaffolding around the buildings, this is due to the replacement of the roof on the

Administration Block and Block A and B. So far this has caused minimal disruption to the students and should only result in a few room changes and a nice new roof!

With two weeks of term completed already, I can see we are in for a busy term. In my conversations with staff members I have heard about multiple new ideas they have to keep the students engaged in their learning in a covid safe way. I am continually impressed with the agility of our school community as we adapt to the challenges put in front of us. When you are talking with your child next week, I am sure you will be interested to hear about the new things happening at school.

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Monster painted for the Library by Primary students.

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Relieving Principal: Louisa Frost

## Transition Days

### Secondary:

### Primary

### Preschool Orientation

**Wednesday 27<sup>th</sup> October 2021**

**9:00 am till 11:11am (Recess)**

**Week 4 Term 4**

### Whole day Transition

**Monday 8<sup>th</sup> November 2021**

**All day for**

**Preschool and Year 7 2022**

**Due to Covid restrictions all students attending for Orientation and Transition days must have their enrolment forms submitted to the Front Office.**

## Breakfast Club

Breakfast Club is held each Thursday and Friday in the MPC. This is a free service and is run by the SRC.

Why is breakfast so important for kids?

- It provides their growing bodies with the nutrients they need after a long night of fasting during sleep.
- It fuels them with the energy they need to get them through the day.
- It helps them concentrate better in school.
- It gives them the energy to enjoy physical activities with their friends.

“ Children that don't eat breakfast are more likely to have concentration problems in class ”



thrive <sup>tr@be</sup>  
ACADEMY

## TERM 4

### LIBRARY ACTIVITIES

**Monday: MINECRAFT**

**Tuesday: LOOM BANDS & LEGO**

**Wednesday: CHESS**

**Thursday: Other Activities**

**Friday: Other Activities**



### Up Coming Events TERM 4 2021

#### WEEK 3

Mon 18 Oct

Tue 19 Oct

Thu 20 Oct

Fri 21 Oct

Injection Year 7

Heat Up Lunches

Breakfast Club

Breakfast Club

#### WEEK 4

Tue 26 Oct

Wed 27 Oct

Thu 20 Oct

Fri 21 Oct

Heat Up Lunches

Preschool Orientation – must have completed enrolment form

Breakfast Club

Breakfast Club

## PRIMARY



### Assistant Principal Report

**Andrea Hazlett (Assistant Principal)**

It was wonderful to welcome our students back to TCS last week. Students were obviously glad to see their friends and teachers. The playground during recess and lunch was positively bubbling with happy vibes.

I find it hard to believe we are beginning Term 4. Also, daylight savings has begun recently which can be a challenging time for resetting our body clocks, especially for younger students. Week one may have been a four-day week but it was a long week for some tired little bodies. Especially when they were so active playing with their friends.

Throughout the last two weeks I have been fortunate enough to spend time in most Primary classrooms. This is always a pleasure as I am able to see students growing in so many ways, across the curriculum and in their personal development.

I am looking forward to an exciting term.



### Year One/Two

**Georgia Hislop (Year 1-2 Teacher)**

It is so great to be back into the classroom again. It is hard to believe that we are at the end of week 2 already. Stage 1 have done a beautiful job at settling back into school. I have been so impressed with their resilience following the COVID related disruptions we had to our learning at the end of last term.

This term we have started a music unit called rubbish rap. We have been getting familiar with a rap which is designed to educate people on the importance of recycling. We started by keeping the beat as a class with a few different forms of body percussion. We got so good that we were even able to keep the beat once the music stopped! We also had some really great conversations about the importance of recycling.

This week we formed groups and created our own backing sounds to use as the beat to the rap. The students were all very creative with how they produced their sounds and loved performing in front of the class.



*Charles, Olivia and Mayson producing sounds on boxes.*



*Alfred using rhythm sticks and Jack, Ayden and Liselotte keeping time with their bodies.*



*Charli-Ava, Charlotte and Archie clapping and tapping rhythms.*



Matilda, Max and Cooper danced to the rhythm.



## Library

**Megan Purtill (Library Teacher)**

Primary students painted a monster mural for the Library.



## Remember your water bottle

Water is very important for our health. It is important that students can access water so they are asked to bring their water bottles to school to reduce the disruptions of students leaving class.

## SECONDARY



**Jean Duma (Head Teacher)**

A reminder to all students that Term 4 is 'no hat, no play'. This means that during breaks (before school, recess and lunch), for Sport and PE lessons, you need to be wearing your TCS school bucket hat. With the warmer

weather coming it is also a timely reminder to ensure that you are wearing correct school uniform - shorts should be a minimum of mid-thigh length. Tights/leggings are not part of the school uniform and are not to be worn at school.

Thankyou to all students in Years 8-11 who have returned their 2022 electives acknowledgement letter. If you have not already done so please do so by Wednesday of Week 3.



**Mathematics  
Jackson Wolfe (Mathematics Teacher)**

What's New in the Maths Room:

This term it is going to be like Christmas with all the new resources we're getting in the maths room. The end of last term marked the deadline for spending our annual budgets, so I decided that a healthy portion of what remained in the maths budget should go towards maths games and activities to help make maths even more fun! Some of the games that have arrived so far are:

### Labyrinth:



A marble maze where students must use two knobs to rotate the platform and lead the marble along the path to the finish line. But be careful, you can't let the marble fall into the holes!

### Prime Climb:



A maths game where students roll the dice and must, add, subtract, multiply or divide their way to the 101st space on the board. But it's not that easy, with the roll of a dice you may find that your opponent has bumped you all the way back to the beginning!

There are still many more games and activities to come, so be sure to ask your children if Mr. Wolfe has shown them any fun new resources throughout the term!

## CAREERS



**Kim Morton (Careers Teacher)**

Unfortunately due to departmental rulings and covid regulations Work Experience is not allowed at this stage for Year 10 students. We are still hoping to enable students to complete this later this term. Work Placement for Automotive students is allowed so once students have completed their registrations and put in options with their TAFE teacher these will be getting organised by Compact.

Some industries where vaccinations are mandated may decline to take a placement student unless the student is fully vaccinated. Industries requiring this to date include building and construction and agriculture including veterinary clinics and hospitality.

I am currently negotiating delivery of the white card. The free white card training that was going to be available for Year 10 students has now been cancelled. The school is looking at an alternative option and notes about this will be going out soon. Hopefully the course will be opened up to eligible Year 9 student's and any Year 11's wanting to do it who haven't done it.

## Open Days & Info Sessions

### Fed Uni | Advance to University Program Webinar

Wednesday 20 October 2021, 5:30 pm - 6:00 pm

Online

Advance to University is an extension studies program designed to help you reach your full potential. Choose from a range of unit pairs and study university-level subjects as part of your VCE. Join this information session to learn more about the program and how to apply for 2022.

Find out more:

[https://events.federation.edu.au/event/sessions?id=Study\\_uni\\_subjects\\_during\\_your\\_VCE\\_The\\_Advance\\_to\\_University\\_program4079192893](https://events.federation.edu.au/event/sessions?id=Study_uni_subjects_during_your_VCE_The_Advance_to_University_program4079192893)

### La Trobe | Parents Information Session Webinar

Wednesday 20 October 2021, 6:00 pm - 7:00 pm

Online

Choosing a university is one of the biggest decisions your child will have made so far and they'll need your support. We'll guide you through the VTAC application process and the opportunities available like SEAS, scholarships, pathways and more.

In this webinar we'll demystify the university application process and explain options like SEAS, scholarships and pathways. You'll learn about the difference between terminology, for example the minimum ATAR and minimum selection rank. Or how change of preference works and whether there are alternative options to their dream course. Find out more:

<https://www.latrobe.edu.au/events/all/parents-information-session-webinar2>

### CQUni | Aviation Information Session

Wednesday 20 October 2021, 7:00 pm - 8:00 pm

Online If you are interested in a rewarding career in aviation, register for our upcoming Aviation Information Evening.

Join Aviation Head of Course, Professor Doug Drury to hear more about: -

- How our Bachelor of Aviation combined with Graduate Diploma of Aviation (Flight Operations) will provide you with the theoretical knowledge and flight training to become a pilot
- The career opportunities our new Airline and Airport Management major in the Bachelor of Aviation offers
- Our strong relationship with our flight partners and how many flight hours you will achieve
- Course entry requirements including medical
- What the future of aviation looks like and the strong demand for newly qualified pilots Find out more: <https://www.cqu.edu.au/events/event-items/information-session/virtual-aviation-information-session>

### University of Melbourne | Ask An Undergrad

Saturday 23 October 2021, 7:00 pm - 8:15 pm

Online

Meet the Melbourne students that have come before you, learn about their experiences studying on campus and online, and take up the opportunity to get answers to your burning questions from your peers. Find out more:

<https://study.unimelb.edu.au/connect-with-us/events-for-future-students/all-events-listing/ask-an-undergrad>

### Mental Health Foundation Australia | Future Leaders' Forum

Wednesday 27 October 2021, 6:30 pm - 7:00 pm

Online

Young people are the future of our nation. Join us as the MHFA's Australian Future Leaders explore how mental health is important and what young people really want to talk about. Find out more:

<https://mhfa.org.au/cms/future-leaders-forum>

## University of Melbourne | Hansen Scholarship Program Information Session

Thursday 28 October 2021, 6:00 pm - 7:00 pm

Online The Hansen Scholarship Program is our most generous scholarship, offering 20 exceptional students from around Australia free accommodation at Little Hall, a living allowance, financial support, and personal and academic mentoring throughout your undergraduate degree at Melbourne.

Applications for the Hansen Scholarship Program open in term one of Year 12.

Current Year 11 students and their families are invited to join us at this online information session to learn more about this scholarship program about how to start preparing a competitive application. Find out about the eligibility criteria, full benefits, and how this program will support you to unleash your ambition.

Eligible applicants will be:

- Australian citizens, permanent residents, or asylum seekers
- Studying an Australian Year 12 qualification or the International Baccalaureate
- Aged 16-20 in the year of application
- Be on track to achieve an ATAR of 90.00 or higher (or IB equivalent)
- Able to demonstrate financial need. Find out more: <https://study.unimelb.edu.au/connect-with-us/events-for-future-students/all-events-listing/hansen-scholarship-program-information-session>

### AIE | Open Day

Saturday 20 November 2021, 10:00 am - 3:00 pm

Academy of Interactive Entertainment, Melbourne

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 20 November, 2021. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer – from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career. Find out more: [https://aie.edu.au/aie\\_event/open-day/](https://aie.edu.au/aie_event/open-day/)

Workshops and Courses Student Group Coaching Session

Wednesday 27 October 2021, 4:00 pm - 5:00 pm

Online

Are you a student tired of being in lockdown and wanting to discuss your questions about careers, next steps and dealing with life in general? Join us for this group coaching session where you can share and hear from other students on their journey and take away tips and new connections. The agenda is open and driven by the group so this is a safe place for you to join others and discuss whatever is on your mind.

These run on a monthly basis so if you miss this month, just enrol for next month.

Study Work Grow members can access the workshop for free; just use the code SWG2021. Find out more:

<https://www.eventbrite.com.au/e/international-oyster-program-group-coaching-tickets-151339080263>

### Monash | Architecture Experience Day

Saturday 20 November 2021, 10:30 am - 12:30 pm

Monash University, Caulfield Campus

Attention all VCE students interested in studying Architecture. This is the on-campus experience day you've been waiting for all year!

Join staff and students at Monash Art, Design and Architecture at Monash University's Caulfield campus for a two-hour on-campus interactive session that places you in the architecture studios.

This workshop will introduce you to architectural design through a small-scale project in an interactive design studio setting. Working to a brief, (the way architects work in the industry) you will explore and develop your ideas through drawings and physical models, further developing your design in response to feedback from the group. Find out more:

<https://www.monash.edu/y12hub/events-calendar/articles/monash-architecture-experience-day> Monash | Fine Art Experience Day

Saturday 20 November 2021, 10:30 am - 12:30 pm

Monash University, Caulfield Campus Join our staff and students at Monash Art, Design and Architecture at Monash University's Caulfield campus to get a taste of what it's like to be a contemporary artist or a museum or gallery professional.

This two-hour session puts you in the art studio to experience a selection of the art mediums that Monash has on offer. Take part in interactive sessions including drawing, sculpture and printing, and learn about installing and curating your own exhibitions. You'll complete the session at Monash University Museum of Art (MUMA) – one of Australia's top contemporary art galleries.

This workshop is run by Monash staff who are professional artists and curators, with assistance from our Fine Art and Art History and Curating students. Find out more:

<https://www.eventbrite.com.au/e/monash-fine-art-experience-day-tickets-160915960971> Monash | Design Experience Day

Saturday 20 November 2021, 10:30 am - 12:30 pm

Monash University, Caulfield Campus

Attention all VCE students interested in studying Design. This is the on-campus experience day you've been waiting for all year! Join staff and students at Monash Art, Design and Architecture at Monash University's Caulfield campus to

experience first-hand what it's like to think and make like a designer.

This two-hour on-campus, interactive session puts you in the Monash design studios and making spaces. You'll discover how a career in design can open up endless possibilities for you.

This session is for students interested in communication design, industrial design, spatial design, co-design, digital design, web design, interior design, product design, user experience design, service design, or any field of design or creative practice. Find out more:

<https://www.eventbrite.com.au/e/monash-design-experience-day-tickets-162511140195>

### **Scholarships Deakin University Vice-Chancellor's Academic Excellence Scholarship**

Value: \$35,000 - \$80,000 AUD

Open/Closing Dates: September 6, 2021 – January 7, 2022

Deakin's prestigious Vice-Chancellor's Academic Excellence Scholarship is awarded each year to 26 eligible undergraduate students whose exceptional academic achievements and extra-curricular activities truly set them apart. Find out more

### **Competitions Westpac Youth Impact Challenge**

The Westpac Youth Impact Challenge is a nationwide initiative open to all young people around Australia aged 7 to 21 years. The Challenge aims to help young Australians solve problems in their local communities.

To take part in the Challenge, participants must identify a local problem and brainstorm an innovative business or social change idea to solve it. Participants can choose to work individually, or in a group of up to 3.

All participants who complete the Challenge will receive a Certificate of Completion. Winners will receive an Exclusive Prize Pack which will include a Microsoft Surface laptop from our partner Microsoft, The Academy Membership, a Spill the Beans Pitch Opportunity, financial education mentoring support for your business idea from

Westpac's Davidson Institute and a pitch opportunity at the final Challenge event.

Registrations are due by 1:00pm on 10 December 2021 AEST. Find out more and register here: <https://youthimpactchallenge.com.au/>

Careers & Jobs 7 cool science jobs you might not know about

We all know about the standard jobs out there in science – biologist, researcher, chemist... But what if you're looking for a career that's a bit different?

Well, there are plenty of weird and wonderful jobs in STEM as well. How does designing and building rollercoasters sound? Or driving vehicles on another planet? What about 3D printing body parts? Check out this infographic we've made with 7 interesting jobs in science you might not have heard of before. Want to find out more about careers in STEM? Explore our website here.

### Interested in a career as a Veterinary Practitioner?

In the latest interview from Braintree's International Oyster Program, Christine Fernandes talks about her life as a Vet to support students as they navigate career options. Here is a glimpse of what was discussed! The full 15-minute interview is available here: <https://lnkd.in/grNtDdMX>

Find out more about the International Oyster Program here: <https://internationaloysterprogram.com/>

**Careers in Pharmacy** When you think of a career in the Pharmaceutical Industry, you wouldn't be alone if the only job you can think of is a Pharmacist. But did you know that even Pharmacists have a huge variety of professional paths available to them?

Within the pharmaceutical industry itself, there's also a huge scope of jobs available across many different organisations.

Pharmacists are qualified healthcare professionals

A Pharmacy degree doesn't just mean that you'll be dispensing medications all day every day.

You could also be providing a range of services, from health and medication advice, giving vaccinations, diabetes education, to providing medication management advice to patients in nursing homes.

Perhaps you'd rather work in a hospital or remote health setting where you'd also be at the cutting edge of practice working in multi-disciplinary teams delivering care in low-resource environments. In these environments you find a greater variety of tasks, more travel opportunities, and greater levels of professional autonomy (not to mention a great lifestyle).

A pharmacy degree provides options With plenty of careers to consider, a pharmacy degree could provide more career opportunities than you might expect.

"Share of recent university pharmacy graduates employed full-time in Australia 96.4%" (Source: Statista Feb 2021)

You could become a:

- Community Pharmacist
- Hospital Pharmacist
- Defence Force Pharmacist
- Industrial Pharmacist
- Consultant Pharmacist carrying out home medication reviews or working with doctors and residents of nursing homes to maximise their medicines
- Work in research or drug development
- Specialised cancer and palliative care pharmacist
- Health service manager
- Pharmacist who works in government policy or project development roles PLUS much more

A career as a pharmacist could take you from working directly with patients in communities and hospitals, all the way through to lab-based research and development, clinical trials, regulatory affairs, manufacturing, engineering, quality assurance, quality control and validation.

Real life stories You can find out more about some of the roles you could pursue with a pharmacy degree in the real-life stories below.

Dr Stephen Perks is a Hospital Pharmacist working in Research, Cardiac care and in the Emergency Department. Read his story here or

have a look at this short video to find out a bit more about what he does:

Tegan Stark is the Pharmacy Team Leader in a Cancer Centre. Learn about her pathway and her career in this article or in this video clip:

Kate Gill is a pharmacist embedded in an Aboriginal health service, where she works with her patients at home once they've been discharged from hospitals and clinics. Read more about Kate's role here or check out this video:

Pharmacist Selina Taylor who works in the Centre for Rural and Remote Health (CRRH) in Mount Isa says working as a pharmacist is a rewarding career, read her story about how she's making a difference.

Claire Wade is a Community Pharmacist who's provided a typical day in the life write up, so you can get a real feel for what a 'traditional' pharmacy career could look like.

Business owner Farnaz Famouri now combines her business and clinical skills running her own Pharmacy. Her career in Pharmacy has been diverse, flexible and allowed her to travel. You can read more about the opportunities Farnaz has explored in this blog.

Vince Pappalardo also owns his own Community Pharmacy Group. Read his story to hear about what life on the front line servicing the community is like.

Caitlin Davies works as a Remote Area Pharmacist flying in and out of remote communities to provide health advice and medications.

From beauty therapist to pharmacy assistant, Melissa Gibson loved her job so much she completed a bridging course in maths and chemistry which allowed her to enrol in a Bachelor of Pharmacy degree and pursue her true passion to become a pharmacist.

As a Defence Force Pharmacist not only will you get to help people here and overseas, but you'll also have logistics duties as well as your usual clinical roles to carry out. You could even study with ADFA and get your tuition fees paid and earn while you study, plus there's the benefits of a guaranteed job once you graduate.

James Cook University (JCU) offers a Bachelor of Pharmacy degree in Cairns, Mackay and Townsville. To find out more about becoming a pharmacist and studying at JCU, visit [jcu.edu.au/studypharmacy](http://jcu.edu.au/studypharmacy)

### Pathways into Pharmacy

If you're in high school and you'd love to be a Pharmacist, you'll need to complete a Bachelor's degree in Pharmacy, so make sure that you check the prerequisites that you'll need for entry.

For example, at JCU they stipulate that you'll need an ATAR of 79.3 and you'll need English (Units 3/4,C), Chemistry (3/4,C), Mathematical Methods (3/4,C).

If you don't have all the necessary subject knowledge, or your ATAR isn't predicted to be as high, don't give up on your dream just yet. Universities like JCU also offer alternative pathways that will allow you to build a plan B. From bridging and tertiary preparation courses, you should also look at early entry programs, co-op scholarships and programs that are designed to help if you need an extra boost to your ATAR – from adjustment factors to special pathway programs.

If you really want to do Pharmacy at uni, it's always worth speaking with the future students team or the schools directly, they'll be able to explain all your options and help you to decide what the best path for you will be.

Careers with Pharmaceutical Science degrees  
Pharmaceutical science is another degree option to consider which could lead to some interesting careers in the pharma sector including:

- Forensic Scientist analysing illicit substances and drugs and in fire and explosive cases
- Clinical Science Specialists working to develop new medicines and increase efficacy of existing drugs
- Regulatory Affairs workers and Pharmaceutical Evaluators ensure that drug companies and their products meet standards and legal requirements before they can go to market
- Sales and marketing roles may require a degree background in order for professionals to provide product support to retailers and consumers

- Product developers in this industry can work in many fields from food, biotechnology, drugs, or medical devices to cosmetics, or even mining explosive

### Alternatives to University

Perhaps you're not convinced that becoming a Pharmacist is your future. Or perhaps you're interested in a future career within the Pharmaceutical Industry but you're not sure what options are out there, that's OK. There are plenty of other options to explore. You could complete a VET qualification such as a Certificate II, III or IV in Community Pharmacy which may even be possible as part of an Apprenticeship. Then find work as a Pharmacy Assistant, gain some hands-on work experience and decide if you'd like to go on to qualify as a Pharmacist.

You could apply for entry level jobs within pharmacy settings or elsewhere in the pharmaceutical industry that will also provide you with workplace experience, industry insight, and the ability to chat with other professionals about their job and pathways.

### Other roles in the Pharma Industry

If you love the idea of helping people but you're not the most STEM-centred learner or you have a science background but not a degree in Pharmacy, a job in the pharmaceutical industry could still be an option.

From working in the retail section of a community pharmacy to patenting, this is a great resource (UK based) to explore some of the diverse roles available in research and development, manufacturing and supply, commercial and support functions; all the way through to marketing, sales and distribution.

Examples of some of the roles include:

- Pharmacy Assistant
- IT systems pharmacist
- Compounder / Blender
- Pharmaceutical Sales Representative
- Safety Officers
- Quality Assurance
- Wholesale and Logistics Co-ordinators
- Patenting
- Medical Science Liaison
- Medicines Advisors
- Science writers

- Researchers
- Education

If you love chemistry, biology, law, engineering, software developing, sales and marketing or even IT, perhaps you should take a closer look at some of the ways you could get involved with the Pharmaceutical industry.

You could contribute to the health and wellbeing of individuals and communities everywhere

### Thoroughbred Explorer Cadetship 2022

Are you passionate about horses? And wonder what it's like to work in an industry where horses are everything?

The Explorer Cadetship is the ultimate 12-month entry pathway into the Thoroughbred Breeding and Racing Industry. This program is the only one of its kind in Australia, and it gives you the best opportunity to build a successful career.

The 2022 intake of the Explorer Cadetship commences on the 14th of February and is open to those between 18 and 24 years.

Resources Look after yourself and prevent burnout – 7 tips

Life can be tough and it can be busy.

If you're feeling exhausted, demotivated, or just plain down in the dumps, then you might need to make some changes.

When you feel like you can't go on Burnout can be experienced by anyone at any time.

"Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands."

Term 4 after a long year of school, and work, can be the tipping point for lots of students and teachers. Add in the impacts of lockdowns and remote learning and your mental load may feel increasingly difficult to handle. Finding a balance with school, study, work, extracurriculars, as well as the extra effort needed to maintain social connections right now could explain why you're feeling fatigued, emotionally and mentally

drained, or like you're living at the limit of your capabilities.

## Find your mojo again

If you feel like you're reaching the end of your tether, there are lots of things you can do to help yourself bounce back and feel much better.

Try making little changes to your daily habits and routines. Find yourself a cheerleader or motivator, get them to check in with you.

## 7 tips to reduce or prevent burnout:

### 1. Remember to take breaks

Whether you're online learning, revising, or your life is just busy, taking breaks throughout your days, or before bedtime could help you to feel more in control. Incorporating rest periods or days into your schedule could help to give you back some energy and keep your motivation up.

### 2. Get some balance back

Think about what stresses you out. Then figure out ways you can remove them or reduce their impact. Setting boundaries (and sticking to them) or learning to say "no" are often effective methods to start with. 3. Manage your time

Making a plan or schedule can help you to visualise what time you've got available or help you to see where you need to make changes.

Decide what your priorities and go from there. Getting organised could help you remember important commitments and spend less time on things that don't make you happy or add value to your life.

### 4. Get some stress relief

- Walking
- Swimming
- Hot bath or shower
- Yoga or meditation
- Reading
- Watching a movie
- Cooking
- Massage
- Hanging out with friends

## What makes you feel good?

Plan to do whatever it is in your breaks and down time. Make the effort even if you're feeling low or too tired, because once you've done it, the chances are you'll feel a hundred times better.

## 5. Give your body what it needs

You wouldn't expect a car to run on empty or if you filled it up with water. So don't expect your body perform at its best if you don't look after it. You know what comes next...make sure you get enough sleep, stay hydrated, make good food choices (but treat yourself sometimes too), and exercise. Doing all of these things could help you to focus better on what you need to or want to get done.

## 6. Be Creative

Engaging the creative side of your brain can be a great distraction but it can also help to boost your mood. You could try some creative writing, make some art, listen to music, or making a video to share with friends and family.

If your regular de-stressing options aren't an option right now, e.g. you can't get to the gym or catch up with your bestie in person – try alternatives that might work for you instead.

You could sign up for online workouts, schedule a Facetime get together with your friends each evening after you've finished up with study, work and chores; or just spend some time with your family. Enjoy coming up with new rituals.

## 7. Ask for help

If you're in a really bad headspace or struggling physically and you're not managing to help yourself, then it's time to reach out. There are lots of people who'll be there for you. Friends, family, teachers, your GP, digital and online support services, all you have to do is let them know that you need a bit of extra help or support.

## It's OK to not feel OK

Whatever you do, don't brush your feelings under the carpet or keep struggling on.

Taking action when you recognise the signs could help you to get back on track and feel like your old self again soon

## Job Spotlight How to become a Mechanic

Repair vehicles to keep us moving

### What do Mechanics do?

Mechanics use their skills and tools to repair and maintain vehicle engines and other related mechanical components. They can specialise to work on a variety of different vehicles, including cars, motorbikes, trucks, boats, and farm machinery.

If you like working with your hands, are analytical and a great problem-solver, and want a job that will keep you on your feet, you might want to consider becoming a Mechanic.

About you:

- Fit and healthy
- Works well with their hands
- Analytical and thorough
- Good communicator
- Trustworthy and reliable
- Great problem-solver
- Can work independently and as part of a team
- Strong mathematic skills

The job:

- Detecting and diagnosing problems and faults
- Repairing and replacing missing or broken parts
- Disassembling and reassembling complex parts, such as engines, transmissions, steering mechanisms, and more
- Performing routine maintenance on vehicles
- Communicating to clients about issues, costs and solutions
- Testing parts to make sure they work correctly
- Working with a variety of tools and machinery

Lifestyle Impact: High

- Part Time opportunities: Very low – only 10% of Mechanics work part-time (source: [joboutlook.gov.au](http://joboutlook.gov.au)).

- Average hours for full-time workers: 44 hours a week, which is average (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Mechanics' salary (average) \$60,000\* per year (source: [com.au](http://com.au)). \*Salaries vary depending on your skills and experience.
- Future career growth: Stable (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- You will be doing a lot of physical work and spend most of the day on your feet. Being fit and healthy is a huge advantage. You might also expect to work overtime on urgent jobs and on weekends

### Mechanics are most in demand in these locations:

This is a very large occupation, with around 107,300 people working as Mechanics in 2019 (source: [joboutlook.gov.au](http://joboutlook.gov.au)). Demand is spread evenly across Australia. Most work in the trades and transport industries.

There are jobs available around Australia and globally. You'll need to be on site to do most of your work, so there are few opportunities to work remotely or from home.

### How to become a Mechanic in Australia

To work as a Mechanic, you will need to complete a relevant VET qualification. These are usually done as apprenticeships, giving you the opportunity to gain valuable experience while you learn.

Step 1 – Complete Year 10 at the least, focusing on Maths and Sciences.

Step 2 – See if you can get work experience as a mechanic or working with machines.

Step 3 – Completing a relevant VET-level qualification, depending on the particular field you'd like to work in. Some options include: · Certificate III in Heavy Commercial Vehicle Mechanical Technology · Certificate III in Light Vehicle Mechanical Technology · Certificate III in Marine Mechanical Technology · Certificate III in Motorcycle Mechanical Technology · Certificate III in Agricultural Mechanical Technology

Most of these qualifications can be undertaken as an apprenticeship, so you can earn while you learn.

Step 4 – Make sure you have all the relevant licensing and other requirements necessary to start working.

Step 5 – Consider starting up your own business and employing other apprentices and workers.

Find out more here – <https://www.mtaa.com.au/>

### Similar Careers to Mechanic

Plumber Electrician Mechanical Engineer Joiner  
Builder Tiler Technician

Find out more about alternative careers.

Frequently Asked Questions (FAQs)

### What do Mechanics do?

Mechanics repair and maintain a variety of vehicles by detecting any faults and replacing or repairing defective parts or components. They may also perform other routine maintenance work on vehicles.

### Which industries employ Mechanics?

Most Mechanics work in the trades and transport industries.

### What options are there for career progression?

You can start out as an apprentice, and once you graduate work as a fully qualified Mechanic. Once you have lots of experience, you could consider starting up your own business or working freelance.

### Do I need to go to university to become a Mechanic?

No. To become a Mechanic you only need to complete a relevant VET-level qualification.

### Where do Mechanics work?

Mechanics are employed all across Australia. Most of your work will be done in garages and workshops, though on some occasions you may also have to travel to a specific site to repair broken down vehicles that can't be moved.

### What are 3 things I can do right now to help me become a Mechanic?

If you're in high school and you'd like to find out if a career as a Mechanic is right for you, here's a few things you could do right now:

1. Start tinkering with broken objects around the home and see if you can repair them. Ask friends and family if they have anything they might like you to try and fix.
2. Try and get work experience as a Mechanic. This is a great way to start building your skills and can help you decide whether or not it's the right career choice for you.
3. Consider taking short courses and workshops to build on your skills and knowledge, or talk to a Mechanic and find out what the job is like.

## Protect yourself from viruses



**Clean** your hands with soap and water, or hand sanitiser.



**Cover** your nose and mouth when you cough or sneeze.



**Avoid** close contact with anyone with cold or flu-like symptoms.



**Stay home** if you are sick.



**Find the facts**

[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)

School Chaplin *Liz Hindle*

# small steps can make a big difference

We have included a  
few of our own to get  
you started.

## 1. Get into life

- Get outdoors - head to the park with your family or friends.
- Embrace the small things in your day - try and get up at the same time.



## 2. Learn skills for tough times

- Try art as a way to express what you are feeling.
- Build a routine... plan your approach to study.



## 3. create connections

- Find someone you trust that you can talk to about your feelings.
- Join a group - drama, music, sport - it doesn't matter what as long as you enjoy it.



## 4. Eat well

- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.



## 5. Stay active

- Add some physical activity to your daily commute or routine.
- Turn the music up and dance around your room.



## 6. Get enough sleep

- Take a break from screen before bed.
- Set an alarm and try to get up at the same time each day.



## 7. Cutting back on alcohol and other drugs

- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.



## Study Tips

### 2 Encourage planning and goal-setting

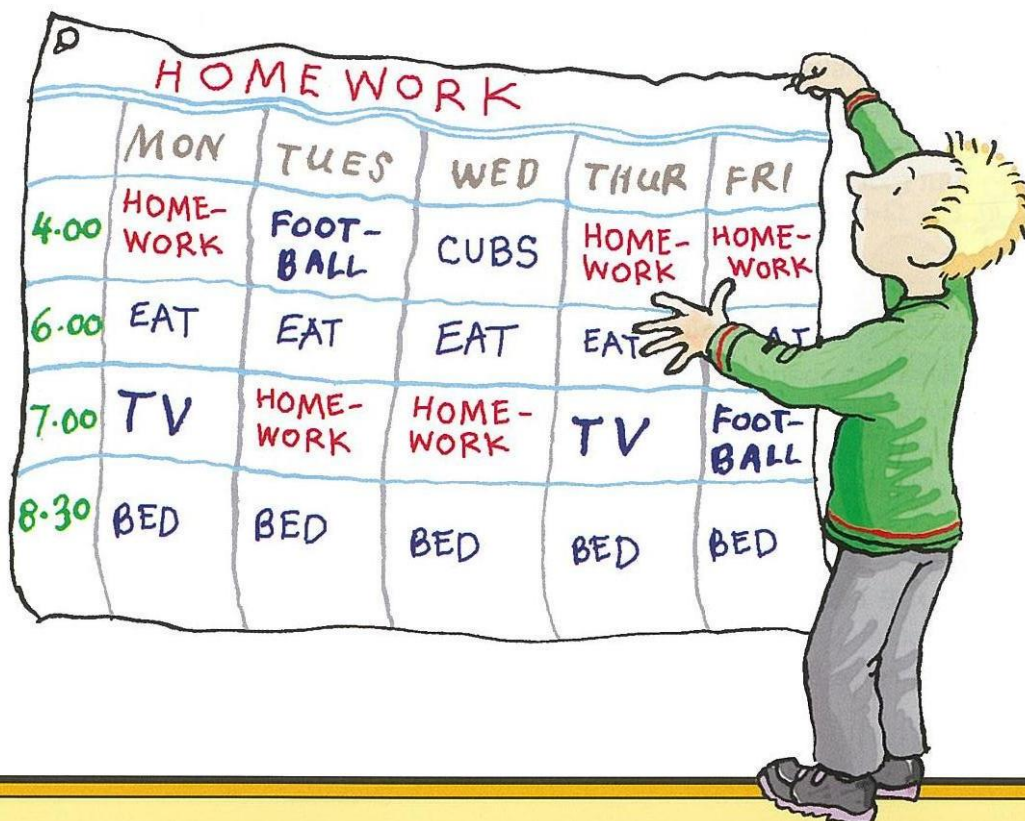
Start with the big picture. Before diving into any activity – a maths problem or finding out about something in history, for example – take time to get the overview. With young children, show how this helps by, for example, looking at the lid of a jigsaw puzzle or the instructions that go with a game.

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.





## 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:

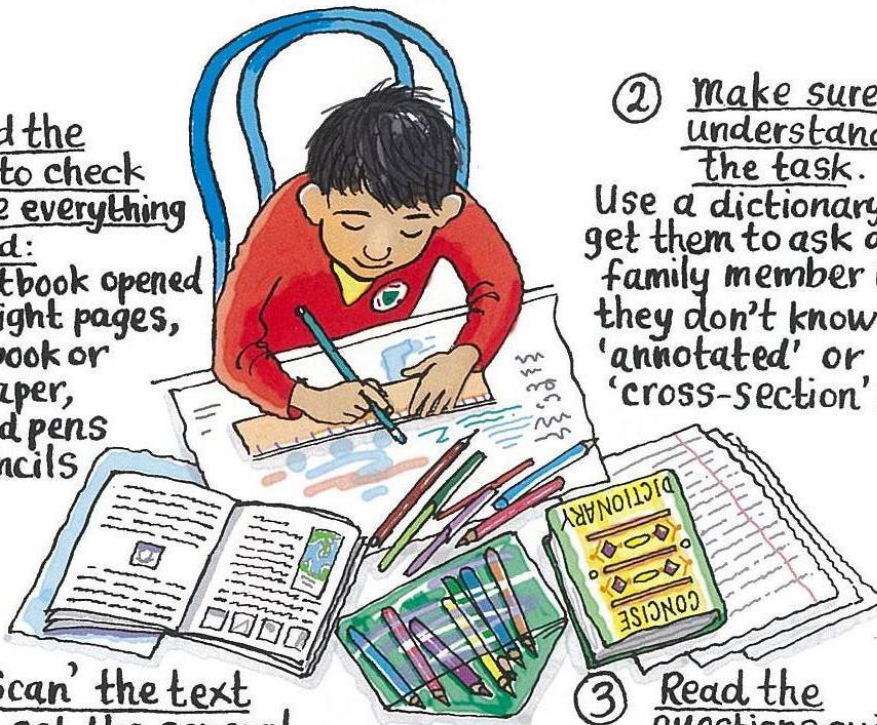
the textbook opened at the right pages, a workbook or some paper, coloured pens and pencils

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

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.

③ Read the questions quickly. This will help them to focus on what is important when they come to check the text for detail.



### 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.'

## Tooleybuc Central School Uniforms

### 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

### Jacket

Secondary Boys & Girls	Embroidered black jacket from Blue Sky.
------------------------	---

### Shoes

Primary & Secondary Boys & Girls	Black Leather Shoes
----------------------------------	---------------------

### Stockists of School Uniform

#### Blue Sky

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/>

### 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.

One size only Large \$60.00



### Hats

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



### Beanies

TCS green and yellow beanies \$15, are available for purchase from the front office.



### Wanted

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

## Tooleybuc Central School Canteen Menu Term 4 2021

### HOT FOOD

Pie	\$3.50
Sausage roll	\$2
Dim sim (add soy sauce)	0.50c
Tomato sauce	0.20c
Inghams Lasagne 200g	\$4
Ham & cheese toasted sandwich	\$2
Cheese and Mac Pasta	\$3.00 NEW

### OTHER

Red Rock Sea Salt Chips	\$1
SPC Peaches fruit cup	\$1.20
Crackers & cheese pack	\$1.50

### DRINKS and FROZEN

Mt Franklin sparkling 250ml can (natural or flavoured)	\$2
Breaka flavoured milk 200ml (chocolate, strawberry)	\$2
99% Juice 250ml	\$1.20
Bottle of water	\$1
Berri Quelch frozen juice stick	0.50c
Bulla party cup ice-cream	\$1.50
	NEW PRICE

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.



### Volunteers

**THE Canteen is in need of more volunteers. If you are able to help in the Canteen on a Friday please let the school know.**

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 ARE BACK



Heat up lunches are back on a Tuesday!

Reminder to only send food that can be quick heated in the microwave for 1 or 2 minutes in your own container or boiled water added eg: cup of noodles. Please precook meals if they require and we will reheat.

(We don't have enough Microwaves if meals need to be cooked)

Lunches need to be taken to the front office on the Tuesday morning with the plastic taken off and name written on the lid and side.

### P & C News

The black basketball shorts are now in stock at Clarke's in Swan Hill.





# SIGN UP TODAY



**YOU COULD PLAY FOR FREE!**

**CLUB CRICKET REGISTRATIONS NOW OPEN:**

- Local Cricket Clubs are currently taking registrations for the upcoming cricket season.
- There is something suitable for boys and girls aged 5 and up.
- Cricket is a great way to be active and make new friends

Head to <https://play.cricket.com.au/> to find your local club.

Announcing a final call for entries for the Nextwave Youth Short Film Competition!

If you're a young person between the ages of 10-25 living anywhere in Australia, the Nextwave team wants to see what you can do.

Make a film under 5 minutes, include this year's signature item (a pineapple), and enter your film before the **EXTENDED submission deadline of NOVEMBER 12<sup>th</sup>, 2021** for your chance to win some amazing awards and prizes, as well as have your film premiere at the Screenwave International Film Festival on the beautiful Coffs Coast next April!

For full terms and conditions, head to the Nextwave website: <http://www.nextwavefilm.com.au>



**Deadline Extended!**  
Enter by  
Nov 12  
and win!

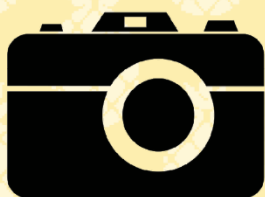
**NEXTWAVE**  
YOUTH · FILM · AUSTRALIA

LEARN IT · FILM IT · SCREEN IT · [NEXTWAVEFILM.COM.AU](http://NEXTWAVEFILM.COM.AU)

# NEXTWAVE

YOUTH · FILM · AUSTRALIA

**Deadline  
Extended!**  
Enter by  
NOV 12



make a short film



include a pineapple



win big!

**YOUTH SHORT FILMMAKING COMP**

**SW  
IFF.**  
PRESENTED BY  
Ashton™  
DESIGNS

**NEXTWAVEFILM.COM.AU**



## State-wide support services and help lines



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

## Help With a Crisis

**Kids Helpline** 1800 55 1800  
[kidshelpline.com.au](http://kidshelpline.com.au)

**Lifeline** 13 11 14  
[lifeline.org.au](http://lifeline.org.au)

**Suicide Call Back Service** 1300 659 467  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**NSW Mental Health Line** 1800 011 511

**NSW Rape & Crisis Line** 1800 424 017

## Help With Your Mental Health

**eHeadspace** 1800 650 890  
[headsapce.org.au](http://headsapce.org.au)

**Beyond Blue** 1300 224 636  
[beyondblue.com](http://beyondblue.com)

**ReachOut Online Forums**  
[au.reachout.com](http://au.reachout.com)

**QLife (LGBTQI+)** 1800 184 527  
[qlife.org.au](http://qlife.org.au)

## Cyber Safety &amp; Bullying

**Bullying No Way**  
[bullyingnoway.gov.au](http://bullyingnoway.gov.au)

**E Safety Commission**  
[esafety.gov.au](http://esafety.gov.au)

## Help seeking and support Apps



Check-in App



Beyond Now

## Aboriginal Services

**Well Mob**  
[wellmob.org.au](http://wellmob.org.au)

**Yarn Safe**  
[headsapce.org.au/yarn-safe](http://headsapce.org.au/yarn-safe)



iBobbly - App

## Mental Health and Wellbeing Apps

Scan this QR code for more tools and apps to help you look after your mental health



SCAN ME

Scan this QR code to find ways to build your mental health, and get help both in and out of school.



SCAN ME

## Local Support Services

## Help With A Crisis

Bendigo Health Triage  
1300 363 788

Headspace – Swan Hill  
(03) 4010 7100

Askkizzy: [askkizzy.org.au](http://askkizzy.org.au)

## Aboriginal Services



Mallee District Aboriginal Services – Swan Hill  
(03) 5032 8600

## Help With Your Mental Health

Tooleybuc Community Health Centre  
(03) 5030 5189

Headspace – Swan Hill  
(03) 4010 7100

Swan Hill District Health  
(03) 5033 9300

Your local Doctor is also a great place to start – they are trained to help with any physical or mental health issue

## Local Youth organisations, spaces and activities

## Grain Shed Youth

- a church-based youth group with fortnightly activities on Fridays

## YouthInc – Swan Hill

- A youth 'hang out' space. They have couches, video games, a pool table and is a place where youth can just walk in and relax.

- <https://youth.swanhill.vic.gov.au>



## News from Community Services

### Karen Buckley—

Team Leader  
Social/Respite  
team.

**0429 991 841**



### Deb Porteous –

Tooleybuc  
Social/Respite

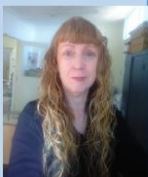
**0437 398 259**



### Kate Gyorf—

Barham  
Social/Respite

**0437 749 789**



### Leanne Orr—

Transport,  
Meals on  
Wheels,  
Home Mods &  
Maintenance.

**0427 991 842**



The **Community Services Home Support Program** offers a range of services designed to support frail older people to remain independent and living in their own home.

The **Community Transport Program** can provide transport for people living remotely, that do not have access to other transport means. This type of transport is not age specific

Our **Community Transport** team are working hard to keep you moving.

**Moulamein—Swan Hill Community Bus**—Thursday weekly Bus will now depart from the Moulamein Business Centre at 0945am. **Wakool Express Bus**— Friday Fortnightly—Bus will depart Wakool Post Office at 09:30am **Bookings essential**— Limited seating on all bus trips.

**Other transport trips in car** across all districts including shopping —we can now travel into the Border Region. **Bookings essential**— Limited seating for all trips.

Call the **Transport Coordinator—Leanne. 0427 991 842**

With all transport queries and for bookings prior to trip.

**These measures are to ensure we adhere to our Covid19 Safe Plan as per government directions.**

While the **Meals on Wheels** program is aimed at the older consumer, it is also available to younger people who have a need for support. We have a great selection of frozen meals that include mains, soup with a bread roll and desserts.

Our meals are home cooked in a small commercial kitchen in Deniliquin and then snap frozen to maintain freshness and quality, before being delivered right to your door. Speak to one of our team if you would like to know more.

Your **Social Support** team are considering ways we can support you with a one on one visit and have a chat while still maintaining social distancing and keeping everyone safe.

One way we are thinking of is a “Letterbox Chat”. If you are interested and would like to receive a visit please contact your local team member for more information.

For those who need a bit more support we are able to provide supported shopping or well being check phone calls.

Contact your local team member for information on any of these services.

Our **Home Maintenance** team have drawn up a short list of repairs that can be attended to through the program. If you are wanting to make use of this service you will need approval for **Home Maintenance from My Aged Care**—a simple process. Call your local team member if you’d like to know more.

- ⇒ House Signage, clear street no. on letters boxes/front gate/fence, for emergency services in called
- ⇒ Broken/unsecure locks on front or back entry/exit doors
- ⇒ Broken windows, as in frames/locks, NOT glass
- ⇒ Anything obstructing footpaths to/from residence, ie overgrown trees
- ⇒ Changing/replacing light globes
- ⇒ Minor floor issues, slips/trips/falls hazards
- ⇒ Flywire on screen doors and windows can be replaced if needed
- ⇒ Minor repairs from a handyman if it is a safety issue



## NEW YEAR NEW JOB?

Are you looking for a fresh start in 2021? Do you want to work for a family owned company that empowers and encourages its staff?

In 2021 Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW. At Joss we value our diverse and committed workforce and we are regularly recruiting for cleaning positions across NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on [careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)



Golf • Accommodation  
Bowls • Gaming and more

**TOOLEYBUC SPORTING CLUB**

Open Daily 11:00am Ph: 03 50305476

You could win a

# HARLEY-DAVIDSON

## 'Lowrider'

Commences Soon!

Permit....TP/01229

**Open 7 Days  
Lunch & Dinner**



**THE CHEEKY CHOPSTICK**

Due to the current restrictions in NSW and Victoria a number of scheduled events are postponed including poker, bingo, raffles and the golf cart draw. We will advise a new draw date when restrictions are lifted. In the meantime we are open each day from 11:00am and the bistro is open for lunch and dinner.

meetings, & all functions!



**The Australian ABBA Tribute Show**

**Friday October 15<sup>th</sup>**

Adults \$35 Kids < 12 yrs \$20 Bookings at Club

**2021 Melbourne  
Cup Calcutta**

Monday November 1<sup>st</sup>



Family Xmas  
Party &  
Raffle

**SATURDAY DEC 11<sup>TH</sup>**

**'Drowning Sorrows'**

**SANTA** will be here

**'Seniors  
Christmas  
Lunch'**

Tuesday  
December 14<sup>th</sup>

**\$25pp**

2 course lunch  
11:30 for 12 noon

w/- 'John Doyle'

Win a bike for the kids!

Honda 110cc bike



Kawasaki Quad 90cc



**Starts Soon!**

Drawn Dec 18<sup>th</sup>

**Every Monday**

**P O K E R**

**- 7:30pm -**

**TUESDAY 7:00PM**

**B I N G O**

**THURSDAY - 11:30AM**

**BRM ELECTRICAL****BRAD MORRIS**

e. [brad@brmelectrical.com.au](mailto:brad@brmelectrical.com.au)  
 a. PO Box 91, Tooleybuc 2736  
 m. 0400 067004

domestic // commercial // industrial  
 all general electrical installations & repairs  
 solar systems // air conditioning // split systems  
 switchboard installation & upgrades

ABN-43 890 881 505  
 VIC rec-22741 NSW rec-318397c

See web page below.

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



**LEN McPHERSON**  
 REGISTERED ELECTRICAL CONTRACTOR  
 Vic. R.E.C 2553 NSW 144714C  
 122 Monash Ave  
 NYAH WEST 3595  
 A.H. (03) 5030 2725  
 EMAIL [phantastic2000@hotmail.com](mailto:phantastic2000@hotmail.com)  
**MOBILE: 0418 582 855**  
 Box 209, Nyah West, 3595

We value your contribution to our community

**Justice of the Peace**  
 At Koraleigh

Kanny Miller  
 0421 759095  
 Leave a message

**CRAIG DOMAILLE PLUMBING**

For Honest Reliable Service call Craig  
 on 50305382  
 50305594 Fax  
 NOW AVAILABLE  
 1.8 Tonne Mini Excavator  
 Septic Tank Cleaning/Installation  
 Hot & Cold Water Installation  
 Gas Works  
 Roofing  
 Gas & Wood Heater Installation  
 Ducted Air Conditioner  
 Services/Installation  
 Agent for Lowara Pumps

Free no obligation quotes  
 Plumbing since 1985



**ACCESSLINE**  
*Depression Suicide Anxiety Psychosis  
 Alcohol & Drugs Sexual Assault*  
 Help for All Ages Anytime  
**1800 800 944**  
 or (02) 9425 3923

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

**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**



Adam & Kellie  
**Willis Family Building**  
**0437 347 918**  
[willisfamilybuilding@gmail.com](mailto:willisfamilybuilding@gmail.com)  
 Servicing Tooleybuc & surrounds. VIC lic no. DB-U 20839 NSW lic no. 330921C  
 New homes - Renovations - Bathrooms - Kitchens - Extensions - Verandahs - Decks

**LUCKY PHIL'S**  
*The One Stop Shop*  
**Budget Rite & Take-Away Food Store**  
**OPEN 7 DAYS A WEEK 6.30am - 7:00pm**  
 Large Range of Groceries,  
 Take-away Foods,  
 Pizzas, Rotisserie Chickens,  
 Fruit & Vegetables, Eftpos Available  
**Murray St, Tooleybuc • (03) 5030 5090**

**healthdirect**  
**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*

**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**

**Interested in being a volunteer driving?**

Murray River Council's Community Services Team has an expanding community transport service and are now on the look-out for more volunteer drivers.

All volunteers are provided with training, ongoing support and mentoring. The amount of time someone may volunteer is completely up to the individual; every little bit counts!

If this sounds like something you'd like to get involved in, contact your local Community Services Co-Ordinator via 1300 087 004.

### 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: \_\_\_\_\_

### Student Absence Note

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

This student was absent from

\_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

Due to the following:

- ☐ Illness  
☐ injury  
☐ Medical/Dental Appointment  
☐ Family Commitments (ie: Funeral etc)  
☐ Other give reason

\_\_\_\_\_  
\_\_\_\_\_

Additional comments:

\_\_\_\_\_  
\_\_\_\_\_

☐ Medical Certificate supplied.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Tooleybuc Central School**  
**Bus Variation to Routine**



Child/Children

.....

Will be travelling on the .....  
bus

on (day) .....date:

...../...../.....

Time: am / pm

Signed: .....

Date: .....

## Calendar 2021 Term 4

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>All dates are subject to change due to COVID restrictions</b>					
<b>W3</b>	Oct 18 Injection Year 7	Oct 19	Oct 20	Oct 21	Oct 22
<b>W4</b>	Oct 25	Oct 26	Oct 27 Preschool Orientation 9:00am - Recess	Oct 28	Oct 29
<b>W5</b>	Nov 1 Year 7 - 10 Exam Week	Nov 2 Year 7 - 10 Exam Week	Nov 3 Year 7 - 10 Exam Week	Nov 4 Year 7 - 10 Exam Week	Nov 5 Year 7 - 10 Exam Week
<b>W6</b>	Nov 8 WHS Week <b>ROLLOVER</b> Whole School Transition Day	Nov 9 09:50am - 11:30am HSC English Standard Paper 1	Nov 10 09:25am - 11:30am HSC English Paper 2	Nov 11	Nov 12 )
<b>W7</b>	Nov 15 09:20am - 12pm HSC Mathematics Standard 2	Nov 16 2pm - 5pm HSC Japanese	Nov 17	Nov 18	Nov 19 09:25am - 12:30pm HSC CAFS
<b>W8</b>	Nov 22	Nov 23 1:55pm - 5pm HSC Business Studies	Nov 24	Nov 25	Nov 26 1:55pm - 3:30pm HSC Visual Arts