

Woodenbong Central School

& Community Newsletter

Principal: Dr Greg Wilson
Unumgar St, Woodenbong

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4th July, 2019

Week 10 Term 2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5 NAIDOC Week Dreamworld Excursion	6	7
NAIDOC Week						
8	9	10 Urbenville St Marks Anglican Guild Christmas in July Luncheon	11	12	13	14
School Holidays						
15	16	17	18	19	20	21 Year 10 and 11 Snow Trip
School Holidays						
22	23	24 Woodenbong Village Emergency Evacuation Response Meeting	25	26 State Cross Country	27	28
Year 10 and 11 Snow Trip						
29	30 Byron Bay Writers Festival	31				

Principal's Report



Opportunities allow our students to find out what they like and what might constitute future employment and career path. We also assist our students develop their talents through persistence, hard work and the development of a growth mindset. We believe that our students deserve to live empowered lives with passion.

Term 2 has been a very busy term. Our students, especially those in high school, has had the opportunity to participate in a variety of activities. Term 3 is shaping up to also be very busy with Year 10 snow excursion and Dubbo just 2 of the activities in the first half of the term. I hope everyone has a safe, relaxing and enjoyable holiday. Students return to school on Tuesday 23rd July. Staff return on the Monday.

This week we celebrated NAIDOC for 2019. NAIDOC Week falls in the upcoming holidays and we traditionally hold our school events on the week before the holidays. This year the theme of NAIDOC Week is *Voice, Treaty, Truth: Lets work together for a shared future*. The themes of Voice, Treaty and Truth come from the Uluru Statement from the Heart. The following link is a link to the Uluru Statement from the Heart <https://www.1voiceuluru.org/the-statement>



This year's NAIDOC theme Voice, treaty, truth: Lets work together for our shared future resonates with what we have been doing at Woodenbong Central School. For many years, we have been working together to make thing better for our students. We have seen tremendous improvements and we know that the future survival of our remote and rural communities depend on our ongoing collaboration.



On Monday is our Flag Raising. The wet weather forced the assembly inside. Our students ran the assembly. Maddison was the MC. Renae and Shonriqua explained the significance of NAIDOC and the 2019 NAIDOC theme. Jemimah's Welcome to Country was partially done in language. A Welcome to Country in Language is powerful. Amos, Hezakiah and Memphis handled the flag with aplomb. All of our students on stage did a fantastic job.

Our Racial Harmony Assembly on Tuesday highlights how well we work together for our shared future. It shows how well our students get on and work together. It is heartening to know that so many of our students are nominated by their peers as someone who actively works to promote racial harmony at Woodenbong Central School and within their communities.

This week our Year 10 students will receive a Year 10 into Year 11 subject selection booklet. This booklet will provide information to both parents and students on 2020 Year 11 subjects. We will hold our parent afternoon on 7th August, Wednesday week 3, at 4pm. By providing the booklet by the end of the Term parents and students have time to examine the subjects on offer in 2020 as well as time to speak with teachers



and Head Teachers before the parent afternoon. Time becomes tight with our Year 10 students going to the Snow in week 1 and many will go to Dubbo in week 6 of next Term. Early subject selection provides time for us to help meet the needs of our students with their subject selections.

It is important that our office has up to date contact numbers for parents. These numbers are crucial especially in times of an emergency. We understand that from time to time parents need to change their phone numbers we would ask that you let the school know of any changes to contact details.

I wish all our communities a safe, happy and enjoyable holiday. I am sure that our Year 10 and 11 students will enjoy their week at Canberra and the snow week 1 next term



Woodenbong Central School 2018 - 2020

Engage in Learning

High Quality Learning Environments

Deep Learning

Thank you for all of you who have supported Earn and learn. If you have any stickers could you please bring them to the school so they can be sent off.

Thank You



NAIDOC WEEK

1st to 5th July

Dreamworld Excursion Friday 4th July

Coming up Next Term....

- 29th July—Secondary Zone Athletics Carnival
- 1st August—Australian Mathematics Competition
- 2nd August—Primary Athletics Carnival
- 1st to 9th August —Trial HSC
- 7th August—Year 10 into 11 Transition 4:00 pm in Library
- 5th and 6th August—Hospitality/Food Technology Excursion to Sea World
- 8th August—Secondary North Coast Regional Athletics Carnival Coffs Harbour
- 22nd August—Primary PSSA Northern Rivers Zone Athletics Carnival
- 27th and 28th August—Central School State Touch Football Carnival at Dubbo
- 9th to 13th September—Year 11 Yearly Examinations
- 13th September—PSSA Primary Regional Athletics Carnival

EAT WELL... NOURISHING WINTER WARMERS

Colourful and nourishing, these vitamin-rich fresh veggie meals are sure to please hungry kids on cold winter days.

This vibrant Mexican-style soup is brimming with fresh carrots and beans perfectly with creamy avocado, coriander and lime.

Kumara (orange sweet potato) takes centre stage with apple in this easy tray bake with chipolata sausages. The natural sweetness of the tender roasted kumara and Granny Smith apples complements the chipolatas. Fresh green beans add a dash of colour and crunch.



ROASTED KUMARA, APPLE & CHIPOLATA TRAY BAKE

Prep 15 mins | Cooking 40 mins | Serves 4

- 600g kumara (orange sweet potato), peeled and cut into bite-sized pieces
- 1 medium Granny Smith apple, cored and cut into thin wedges
- 12 chipolata sausages
- ½ cup cranberry sauce
- 1 garlic clove, crushed
- 2 tbs olive oil
- 175g green beans, trimmed
- ¼ cup flat-leaf parsley, chopped

Step 1 Preheat oven to 200°C fan-forced. Toss kumara, apple and sausages in a large baking pan lined with baking paper.

Step 2 Warm cranberry sauce in an oven-proof bowl in the microwave for 10-20 seconds until runny. Stir in garlic and oil. Brush cranberry mixture over sausages and vegetables to coat. Roast, tossing occasionally, for 35-40 minutes or until vegetables are tender and chipolatas are golden and cooked through.

Step 3 In the last few minutes of cooking, plunge beans into a medium saucepan of boiling water and cook for 2-3 minutes until just crisp. Drain. Toss beans and parsley through the bake. Serve with crusty bread if liked.



MEXICAN CARROT, JALAPENO & BLACK BEAN SOUP

Prep 20 mins | Cooking 45 mins | Serves 4-6

- 1 tbs olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 red capsicum, deseeded and chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 jalapeno chillies, deseeded and chopped
- 400g can chopped tomatoes
- 6 cups chicken or vegetable stock
- 800g carrots, chopped
- 400g can black beans, drained and rinsed
- 2 tbs lime juice
- ½ cup coriander leaves, finely chopped (+ extra leaves to serve)
- ¼ cup reduced fat sour cream
- ½ ripe avocado, flesh diced
- pan-fried tortillas and lime wedges, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion, garlic, chili and capsicum and cook, stirring often, for 4-5 minutes until softened.

Step 2 Stir in ground cumin and coriander and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes. Stir in stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove from heat and set aside to cool slightly.

Step 3 Using a hand-held blender, blend soup until smooth. Stir in black beans, lime juice and chopped coriander. Season with salt and pepper to taste.

Step 4 Ladle soup into serving bowls. Top with sour cream, avocado and coriander leaves. Serve with pan-fried tortillas and lime wedges.



GREAT IDEAS...

Using Oranges

✓ Toss chopped oranges into fresh winter fruit salads with dates and pomegranate.

✓ Decorate crepes with warmed orange segments and a dusting of icing sugar.

✓ Squeeze fresh oranges for a super vitamin C breakfast juice.

✓ Pop chilled quartered oranges into the school lunch box.

KNOW YOUR... Winter Oranges

Citrus season is here and there's a plentiful supply of freshly-picked Aussie oranges at your local greengrocer. Boasting almost 2 day's supply of vitamin C, the juicy orange blasts away the winter chills.

NAVEL ORANGES

In season from May to November, Australian-grown Navel oranges are characterised by their rich orange colour and 'navel'-like indentation on the base. A very popular orange, Navels are seedless and have a deliciously sweet citrus flavour.

SEVILLE ORANGES

Large rough-skinned Seville oranges look vibrant and flavoursome. However, the flesh is in fact quite bitter and tangy so is best reserved for marmalade and preserves. Seville oranges are only available in late winter.

BLOOD ORANGES

Arriving in greengrocers in July for a short season, blood oranges are prized for their ruby flesh and tangy raspberry-citrus flavour. Deep ruby red skin generally indicates a more intense coloured flesh.

CARA CARA NAVEL ORANGES

These stunning oranges have deep rosy-orange juicy flesh. Naturally sweet, Cara Cara navels are low in acidity and have a refreshing yet tart citrus taste with a hint of cranberry. They're in season from mid-June through to July.



URBENVILLE - WOODENBONG SENIORS DAY CARE

Seniors Day Care was founded in 1982, 37 years ago. It was established to be a day out for seniors. Many activities were available to the members.

Over the years the administration of the group has changed hands. Currently it is being administered by Hammond Care.

A month ago the group was informed that they no longer fitted the eligible criteria to remain with Hammond Care. A representative came up to Urbenville to make the announcement. Wages for the co-ordinator, the running of the bus and the payment of rent will cease. Seniors Day Care is self sufficient and does not receive outside funding or grants.

Currently the group has not closed and investigations are being made to keep the organisation open including keeping the bus in the local community and catering. It is an opportunity for communities in the local area to come together, co-operate with each other and freshen up an existing, established organisation. Day Care is waiting for the annual costing of the bus from Hammond Care.

Many seniors have benefitted from this day care. Once a week seniors gather to spend time with their peers, laugh, be comforted and find new friends and a support network. They play cards, had a craft group, play board games and learn new activities. They teach each other new skills, go on bus trips.

Over the years the numbers have dwindled however, the people who attend still enjoy their one day out. There is an existing book swap library and the venue of the bowling club has been an ideal location. It is air conditioned and the kitchen has always been available.

For those who would like to see an existing local organisation survive please show your support. All you need to do is attend, share your skills, join in, have fun and protect something local that has provided companionship and support to many seniors.

Seniors Day Care meet every Thursday at the Urbenville & District Bowling Club 9.30 am to 2.00pm. Everyone welcome.

A further update will be available once there is more information to hand.

For correct information please contact Patricia Small, President (02) 66351331.

Did you know??? That what you learn in Early Childhood is the most important part of your education



*Our centre now offers extended hours- 8.30am-4pm

*VERY LOW FEES

Very Experienced and Fully trained Educators and teachers

Very high staff to child Ratios-lots of individual attention

An amazing new purpose build outdoor space and sand area

*Children can be enrolled at any time throughout the year

* Casual enrolments available for children who are only here for a short time

* Children can start at 2 ½ years of age and do not need to be toilet trained

Fully accredited* Individual programs developed for each child* well-resourced* Stimulating

*Playgroup operates on Thursday mornings for younger children

CONTACT Chris Reid @ WOODENBONG PRE-SCHOOL on 0266351372 -Tuesdays/Wednesdays

KYOGLE FAMILY & DOMESTIC VIOLENCE WORKING GROUP PRESENTS

@ RSL HALL LINDSAY ST
WOODENBONG
OPP. WOODENBONG
CENTRAL SCHOOL
25TH JULY 2019
10AM TO 1:30PM

BYSTANDER INTERVENTION TRAINING



BYSTANDER INTERVENTION TRAINING:
THIS TRAINING EXPLORES HOW BYSTANDERS CAN INTERVENE IN GENDER-BASED (AND OTHER FORMS OF) VIOLENCE. IN EVERYDAY CONVERSATIONS AND SITUATIONS. IT SHOWS HOW GENDERED SOCIAL NORMS AND SUBTLE SEXIST ATTITUDES ARE LINKED TO DISRESPECTFUL AND ABUSIVE BEHAVIOURS. THE TRAINING INVITES REFLECTION AND SUPPORTS PARTICIPANTS TO DEVELOP PRACTICAL, ACTIVE BYSTANDER INTERVENTION SKILLS.

TO REGISTER YOUR PLACE, PLEASE CONTACT

JENELLE BOWEN M) 0420997329

PH) 6684 4299

LUNCH WILL BE PROVIDED

Men & Family Centre
Building safe respectful relationships



Make friends, have fun and get active with Netball!

WHAT	Kyogle Netball School Holiday Clinic		Net/Set (5-7yrs) and GO (8-10yrs)
DATE	Wednesday 17 th July 2019	TIME	2pm-4pm (5-7yrs); 2pm-4pm (8-10yrs)
WHERE	Kyogle Netball Association – Anzac Park, Anzac Dr, Kyogle		
DETAILS	\$20.30 per participant, with registrations online via the trybooking website: https://www.trybooking.com/BDGTV		
	Please bring a hat, sunscreen, water bottle and healthy snacks!		
CONTACT	Kirsten Clarke	M: 0497 443 991	E: kclarke@netballnsw.com

netball@netballnsw.com
(02) 9951 5000
netballnsw.com.au



TAFEI
Community Partner



Woodenbong Village Emergency Evacuation Response Meeting

Woodenbong Hall

24th July, 2019

Commencing at 5:15 pm

Light refreshments will be available.

RSVP 02 6632 0221



New Woodenbong Central
School Bottle Green Fleecy
lined jumpers (not in all
sizes) \$11.00

Bootle Green Beanies \$5.00

DEBUTANTE BALL

28th September, 2019

Deb practice will start on Wednesday
31st July at 4:30 pm in the public hall.

All deb's, partners, maids and flower girls
are asked to attend.

Thank you

Glenda Compton

6635 1373/0428 560 084



Year 12 Trial HSC Exam Timetable 2019

2019 Year 12 Trial HSC Exams Bill's Block Thursday 1st August - Friday 9th August 2019 English Paper 1 & Paper 2 & Standard Mathematics 2 have 10 minutes reading time All other Exam lengths have 5 minutes reading time						
Students Must: a) Follow the day to day rules of the school b) Follow the supervisor's instructions at all times c) Behave in a polite and courteous manner towards the supervisors and other students d) Make a serious attempt at answering all questions in the examination Students Must Not: a) Eat in the exam room unless as approved by the supervisor. b) Speak to any persons other than the supervisor during an exam. c) Behave in any way likely to disturb the work of any other student d) Take a mobile phone or any other electrical device into the examination room e) Leave the exam room until one hour of the exam has elapsed (except in emergencies, and then only with their permission of the supervisor) f) Leave the exam room during the last 15 minutes of the exam g) Remove any part of the exam paper from the exam room.						
Thursday 1st August	Friday 2nd August	Monday 5th August	Tuesday 6th August	Wednesday 7th August	Thursday 8th August	Friday 9th August
Standard English Paper 1 Advanced English Paper 1 9:10 to 10:50	Standard English Paper 2 Advanced English Paper 2 9:10 to 11:20	Mathematics Standard 2 9:10 to 11:50	Biology 9:10 to 12:15	Ancient History 9:10 to 12:15 Investigating Science 9:10 to 12:15		
Primary Industries 1:20 to 3:25			Industrial Technology Metal 1:50 to 3:25 Visual Arts 1:50 to 3:25		Agriculture 12:20 to 3:25 Society & Culture 12:20 to 2:25 Hospitality 12:20 to 2:25	Geography 12:20 to 3:25 Textiles 12:20 to 2:55

Reflection For The Week

BORIS "BOOM-BOOM" HAD THIS TO SAY ABOUT "SUCCESS"

When Joshua became leader of Israel in place of Moses, God told him: 'This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.' (Joshua 1:8 NKJV)

There are two kinds of success: success that fulfils God's will for your life; and success that is temporal, can leave you feeling empty, and dies when you die. Boris Becker, the world championship tennis player, reportedly contemplated suicide because of the sheer emptiness he experienced in life. Even though he appeared to be successful, he knew his life wasn't all that it was cracked up to be. 'I had won Wimbledon twice before, once as the youngest player,' he said. 'I was rich. I had all the material possessions I needed: money, cars, women, everything... I know this is a cliché. It is the old song of the movie and pop stars who commit suicide. They have everything and yet they are so unhappy... I had no inner peace. I was a puppet on a string.'

George MacDonald once said, 'In whatever man does without God, he must fail miserably or succeed more miserably.' Do you know why that statement is true? Because without God all success ends in failure—meaning it simply doesn't satisfy. Jesus' definition of a fool was this: 'Every man is a fool who gets rich on earth but not in Heaven.' (Luke 12:21 TLB)

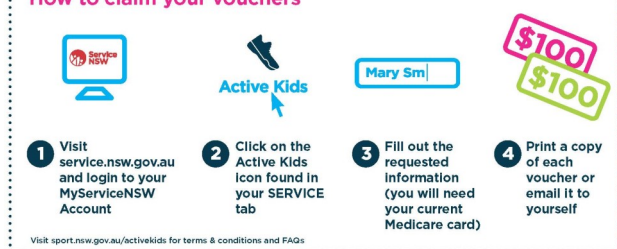
'Good success' is putting God in first place, and allowing Him to put everything together for you.

"Provided for you by the local Catholic, Seventh Day Adventist, Presbyterian, Uniting, Anglican, Crossroads Ministries & Muli Muli Full Gospel Outreach Churches".



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers**. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

How to claim your vouchers



How to use your vouchers

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



WOODENBONG CENTRAL SCHOOL

ATHLETICS SINGLETs

\$25.50 EACH FROM FRONT OFFICE

PRIMARY AND SECONDARY



CRAFT NEWS:

Craft will continue over the school holiday period

*Monday 8th July we are visiting the Urbenville Hospital and MPS to spend time with the residents. Please arrive at the MOPS at 9.30am. Bring some craft, show and tell and a plate for morning tea.

The following Monday will be craft as usual at Woodenbong Golf Club-all welcome

ST MARKS ANGLICAN GUILD

Cordially Invites You to Our

CHRISTMAS IN JULY LUNCHEON

Wednesday 10th July
11:30 for 12:30pm
at Urbenville Hall

\$20 (payment due with booking)

Everyone is welcome!

Serving a deliciously Traditional Baked "Christmas" Dinner & Dessert including all the trimmings

Please R.S.V.P. by 8/7/2019 to
Eliza- 66341 208
Lorraine- 66341 229
Jan- 66341 322



Can all school blazers be returned to the front office please

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thewoodenbonghotel@gmail.com Tel: 02-6635 1275



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Golf Links Road, Woodenbong 2476

Visitors Welcome

Kitchen Open: Friday 5.30pm

Sunday 12-2pm

'Best Little Golf Club on the North Coast'

Phone/Fax 66 351 278

Opening Times

Wed - 4pm

Fri - 4pm

Sat - 3pm

Sun - 11am

Fri Night Raffles & Members Draw



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www.rodwatson.com.au

woodenbongdriveway@gmail.com

ALL CALLS 02 6635 1300

SERVICE STATION • NRMA SERVICE • NEWSAGENCY



Woodenbong Progress Association

Meetings held the first Tuesday of the month

Woodenbong Golf Club

WINTER: 7.00PM - SUMMER: 7.30PM

Everyone Welcome



FOODWORKS



Ph: 6635 1310

*Groceries * Fresh Fruit & Veg * Fresh Bread

Weekly Specials

*EFTPOS *Open Mon-Fri 8am - 6pm Sat. 8am - 5pm

Sun 8am - 4pm