

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.

This week our students have been working with Desert Pea media. This is the third music video that Desert Pea has done with our students. It is a fantastic opportunity for our students as they write, record and film a music video. This year the project has been sponsored by NSW Health and the theme of the production is mental health.

As we know mental health is an important issue for those who live and work in regional and rural Australia. The drought is exacerbating the issue for those in rural NSW. There are support available through organisations such as Beyond Blue (1300 224 636) or Life Line 13 11 14. For teenagers Headspace (<https://headspace.org.au/>) can provide support. Anyone seeking support can have their GP develop with them a mental health care plan and make appropriate referrals to other health care practitioners.



This week we celebrated Book Week at Woodenbong Central School. The library is normally a hive of activity. On Tuesday this was especially so as students dressed up as one of their favourite book characters. It is always a fun day and student (maybe parents) put in a lot of effort with their costumes. It highlights the love our students have with reading. I thank the staff especially Mrs Marriott and Mrs Riley for organising this opportunity for our students.



I would ask that parents either call the school on 66351281 or email the school at Woodenbong-c.school@det.nsw.edu.au when



they wish to contact a teacher or to seek information. The office will direct the enquiry to the best person to answer your question. If the teacher, AP, Head Teacher, Deputy Principal or Principal is not available, they will call back or make an appointment for a face-face meeting. Staff can be teaching or otherwise engaged and may not be able to reply immediately. Other means of communication are at best hit and miss. For example the school FaceBook page may only be looked at once a school day.

High School matters are best referred to the Deputy Principal Ms Skerritt. Subject specific inquiries can be referred to the appropriate Head Teacher. Primary matters to the Aps Ms Mason

or Mrs Reid.

The ongoing drought is affecting our Community. Water is becoming an issue for many of our families. At Woodenbong Central School we are always happy to support our students. As we have done in the past we are happy to make our showers available for students who may require them. We offer to wash school uniforms of students. Any family or student who would like to use this facility can speak with me, our Deputy Principal Therese Skerritt, our Assistant Principals Anne-Marie Mason or Christine Reid or any of our Head Teachers. Any matter are treated confidentially.



Please ensure that you contact details are up to date. 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.

Woodenbong Central School 2018 - 2020

Engage in Learning

***High Quality Learning
Environments***

Deep Learning

***Primary
News***

Primary report and sport report will be next week. We are still waiting for full results from District Athletics Carnival.

SECONDARY ATHLETICS CARNIVAL 2019



Terry, Chris,
Mr. Rex & Jennifer



Justin



Emily



Kaitlyn &
Sydney



Amelie, James,
Brydie & Tashia



Murray



Alex



Karsten, Jett, Joe, Jackson & Aidan



Cass, Maden, Kelly, Kimberley, May, Tashia,
Emily, Cheyenne & Amelie



Dylan & Connor



Shelby & Hayley



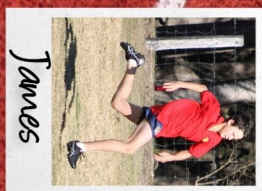
Jack, Sarah, Larayne, Renee, Ashanti & Shaniqua



Cheyenne, Meg & Amelie



Karsten, Jackson, Jett & Aidan



James



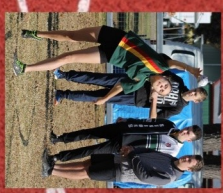
Jett



Michael, Kaitlyn & Taylor



Renee, Sarah, Tamiel, Jack, Ashanti & Shaniqua





AGE CHAMPIONS

12/13—Jhett Wadsworth and Shemaaya Williams

14—Chloe Newman and James Smith

15—Emily Weston and Murray Kelman

16—Jemima Lee and Shaun Hoffman

17+ - Erin Giblin-Lloyd and Clarence Mulcahy



Shemaaya Williams



Athol Hickling



*Clarence
Mulcahy*



*Shawn
Hoffman*



*Chelsea
Wadsworth*

**Secondary
North Coast
Regional Athletics
Carnival
Coffs Harbour**



Congratulations to Clarence
who qualified to compete at
CHS NSW State Athletics Carnival



*Tom
Smith*



Thett Wadsworth



Chloe Newman



SCIENCE NEWS WEEK 5 TERM 3

UNSW ICAS Science Competition Approaches



UNSW Global

Awards and Recognition

In addition to a Student Report, each student that participates receives a Certificate which is awarded on the following basis:

Award	For each year level in each state or country
High Distinction Certificate	the top 1% of participants
Distinction Certificate	the next 10% of participants
Credit Certificate	the next 25% of participants
Merit Certificate	the next 10% of participants
Participation Certificate	for all remaining participants

The highly regarded ICAS Science quiz is on again, with entries for students due in by Monday 26th August for a 2nd-4th September sitting date;

The multiple choice quiz-competition will cover science areas of skills and content including;

Observing and measuring - Noting and measuring features of items and phenomena

Interpreting data - Interpreting diagrams, tables and graphs

Applying data - Including inferring, predicting and concluding

Investigating - Experimental design, use of controls and notion of 'fair test'

Higher-order skills - Including reasoning and problem solving

Earth and Beyond (incorporating the Earth Sciences and Astronomy).

Energy and Change (incorporating Physics).

Life and Living (incorporating Biology and Ecology).

Natural and Processed Materials (incorporating Chemistry)

The cost of \$14.50 has been subsidised down to just \$6.00 for students, so could those who indicated they had committed to enter please ensure they have paid their \$6.00 to the front office before Monday 26th August!

For the first time, the ICAS Science Competition is being run as an ONLINE test (not on paper!) using computers!

VALID SCIENCE ASSESSMENTS FOR YEAR 6 AND 10

The date also approaching is the **VALID Science assessment for Year 6 and 10 (Year 8 is later in the year)**, conducted online between Mon 2nd and Fri 13th of September. The Year 6 test is 60 mins and the Year 10 test is 70 mins, with earphones required to hear questions being read out and video material. Letters to parents can be found in this week's newsletter.

Dear Year 10 Parent or Carer

The *Validation of Assessment for Learning & Individual Development (VALID)* test for Year 10 students will be held between **Monday 2 September** and **Friday 13 September 2019**. The test takes approximately 70 minutes. The *VALID Science 10* test is an interactive, multimedia test completed entirely on a computer.

VALID Science 10 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 5 outcomes and essential content in the *NSW Science Years K–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science.

Since students complete *VALID Science 10* on a computer, each student needs to bring **headphones or earbuds** that plug into a school computer. Earbuds for an iPod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 4 2019. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test.

The principal of your child's school is able to provide you with more details about the *VALID* program if you require additional information.

Yours sincerely

Jenny Donovan
Executive Director, Centre for Education Statistics and Evaluation
Department of Education

Dear Year 6 Parent or Carer

The *Validation of Assessment for Learning & Individual Development (VALID)* test for Year 6 students will be held between **Monday 2 September** and **Friday 13 September 2019**. The test takes approximately 60 minutes. The *VALID Science & Technology 6* test is an interactive, multimedia test completed entirely on a computer.

VALID Science & Technology 6 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations and design problems. This is a diagnostic test, with tasks framed on Stage 3 outcomes and essential content in the *NSW Science Years K–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science and technology
- understanding and skills in the process of scientific investigation and design processes
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes and values about science and technology.

Since students complete *VALID Science & Technology 6* on a computer, each student needs to bring **headphones or earbuds** that plug into a school computer. Earbuds for an iPod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 4 2019. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test across NSW.

The principal of your child's school is able to provide you with more details about the *VALID* program if you require additional information.

Yours sincerely

Jenny Donovan
Executive Director, Centre for Education Statistics and Evaluation
Department of Education

Woodenbong 'Yowie Country' 'Winter' MARKET

31st August 2019. 8am-2pm.

LIVE MUSIC
The Woodenbong
YOWIE will visit
during the day.



**ALL WEATHER
MARKET:** Inside
Hall in wet weather.

FEATURE: ALL TOWN GARAGE SALE

**Call at Market to get map and directions to
locations. Stalls and car boot spaces at market**

Woodenbong Public Hall grounds, Unumgar St (Mt. Lindesay H'way)
which has Amenities & Wheel Chair Access & Children's Playground onsite.

Variety of Stalls... Food ... Espresso Coffee...

Guaranteed Stall Site. Insured stall sites \$15

Stall Holders need to comply with regulations set by Kyogle Council or Health and Government Departments. Please ask if you are unsure.

All Enquiries Please Contact:- Marian 0487635558

Email: yowiecountrymarket@gmail.com Web: www.woodenbong.org

Routine: LAST SATURDAY OF MONTH END OF EACH SEASONS.

February, May, August, November.

Beauresort 70km, Rathdowney 40km, Killarney 50km, Warwick 88km, Kyogle 60km



Get ready for the All Town Garage sale
and End of Winter Yowie Country Markets

Start cleaning out those cupboards and
sheds now.

Make some money from items you no
longer need.

- Book a garage sale at your own home in Woodenbong or Surrounds. Why not join in with a neighbour. Cost \$5
- Have a car boot site at the hall-Cost \$10. Car and mat on ground only- no stands, tables or gazebos.
- Market stall \$15. Inside or outside hall

Contact Marian Newman 0487635558
or Chris Reid 0429351215 to book in or
for more details.

So start decluttering now and make
some money

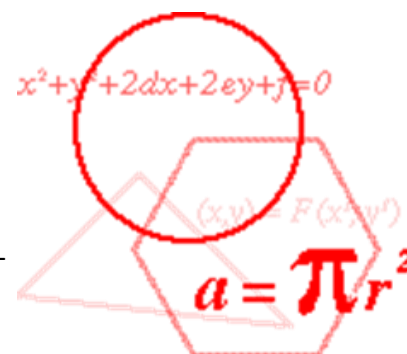
2019 UNSW MATHEMATICS COMPETITION

Students from Years 3 -12 are invited to participate in this competition. Cost is \$10 to be paid to the front office by.....

Friday 6th September (Week 7)

This is a challenge in which some of our students have been able to achieve High Distinctions in an international competition.

Each participating student receives a certificate and if you have participated in this competition before you will be able to see how you have progressed.



Good Morning,



Service NSW is pleased to announce, we have partnered with Kyogle Council and will now be conducting driving tests in Kyogle.

We will be testing fortnightly Tuesday from the Kyogle Council Chambers.

Kyogle Council, 1 Stratheden Street, Kyogle NSW 2474

Bookings are essential and can be made by the following options

1. Calling 13 77 88
2. Dropping into a Service NSW centre (Lismore, Casino, Ballina, Grafton, Murwillumbah or Tweed heads)
3. Or online at www.service.nsw.gov.au

Tests will be conducted between 10:00 am to 3:00 pm

Kyogle Council also have a Service NSW Self-Serve kiosk



Services

Self-serve kiosks are not staffed and offer online transactions only.

- Renew your vehicle and vessel registration
- Order a replacement for a lost, stolen or damaged driver licence (driver licence applications or renewals cannot be completed at a self-serve kiosk)
- Apply for an E-Toll Account
- Order personalised number plates
- Make changes to your RMS personal contact information
- Renew an individual contractor's licence
- Check a builder or tradesperson's licence
- Apply for a NSW Seniors Card
- National Park annual passes
- Fishing licences
- Pay a penalty notice

We would like to thank the Kyogle Council Chambers for Supporting the community in assisting to introduce the driver testing service to Kyogle.



2020 Captain Speeches

18TH SEPTEMBER, 2019



FOR RENT

2 Bedroom house
for rent in
Woodenbong, suit
couple or couple with 1 or 2 children.

Can be furnished or unfurnished.

Please phone: Karen Spencer
0429 351 494

THE MAGIC LUNCHBOX



Health
Central Coast
Local Health District

Chaplain's

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I reckon that the biggest and most important role anyone can fill is that of being a parent or care giver. I know it's a big job and a constant one, taking at least 18 years of intense hard labour! It will be a costly task requiring much self-sacrifice. Tell me about it, I hear you say!

Parents & caregivers of our students, be encouraged to keep up the great work of raising your children to be responsible, caring adults. The good news is that one day your kids will thank you for the times you disciplined them and put up those boundaries, and they will live healthier, happier lives because you put in the hard yards.

Be encouraged and take care.

Gail Watson

NOT JUST SCRAPBOOKING

Thursdays 3:45 to 5:30 pm
Crossroad Ministries Church

**Bring your own
project of your
choice, none at all or
just come for a chat!!**

All Welcome!!

English News.....

This semester both year 8 and 9 English have been busy learning vital critical thinking and analysis skills through the composition of an extended response (essay) on a selected text.

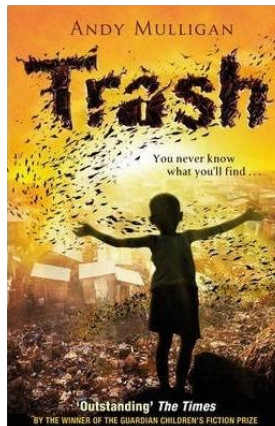
Year 8 studied Andy Mulligan's 2010 young adult fiction, *Trash* and composed an extended response that focused on the statement: The stories we tell are an expression of who we are and the world we live in. The students were required to discuss this statement with reference to the themes of poverty, corruption and friendship in the novel which involved: identifying and discussing the representation of these themes; an explanation of how character, plot and setting have been used to communicate the themes and finally, an evaluation of how well the themes in *Trash* help us to understand ourselves and the world we live in.

Year 9 studied William Shakespeare's, *Romeo & Juliet* and composed an extended response that focused on the statement: Discuss HOW the key themes of Shakespeare's 16th century play, *Romeo and Juliet* may or may not be relevant to a modern audience. In their response students were required to: identify and discuss the key themes present in *Romeo and Juliet*; explain how Shakespeare expresses these themes in the play and discuss how these themes are still relevant to today's audience.

In true form our students rose to the occasion and produced some outstanding work. I hope you enjoy reading the following exemplary responses from Jean Wilson in year 8 and Jemimah Williams in year 9.

TRASH

By Jean Wilson



Storytelling is a reflection on who we are and the world we live in. It allows us to give and gain insight on the lifestyles experienced by others. This statement rings true in Andy Mulligan's, 2010 Young Adult novel 'Trash', where a group of young boys find a discarded bag amongst mountains of garbage and uncover a secret which changes their lives forever.

'Trash' explores themes such as how the challenges created by poverty leaves you in a position where you become more vulnerable to mistreatment from those in power. The novel dives head first into the lives of those who have been silenced in an attempt to speak out against the corrupt. Finally, the novel delivers the message that true riches lie in the friendships you develop with others.

The theme of the mistreatment of those in poverty can be seen throughout 'Trash' as the boys interact with the world they live in. They are constantly bombarded with the harassment of the police because the boys have been stereotypically judged as greedy, manipulative "piece(s) of garbage," simply for being poor. For example, during Raphael's arrest,

Gardo was trying to stop the police from wrongly arresting his friend, however "a policeman grabbed him by the neck and threw him off," (pg. 61-62). This plot point shows the lack of regard the policeman has for Gardo as he resorted to violence, characterizing Gardo as worthless since he is poor. Another incident involving the misuse of power happens during the same event as Raphael gets physically assaulted during his interrogation, stated in the policeman's dialogue, "'that's a lie' said the policeman, and he came at me from the side. I don't know where he hit me or what with, but I was knocked to the floor," (pg.66). Raphael is left physically and emotionally scarred for the remainder of the book in this quote "you can't stay here, Raphael. You'll always be thinking they're coming back for you'," (pg. 127) early stages of PTSD are reflected in his character. The fact that the police continue to use their power to disrespect and intimidate others make you wonder if the title relates to the dumpsite or the integrity of people themselves.

Corruption is quite prevalent in 'Trash', as the book examines who we are and how greed can possess a person to make unlawful or inhumane decisions; One of these decisions may include silencing your opposition. This is shown through the character Gabriel Olondriz as he recounts how he was arrested

under false presentences: "... I tried to prove he stole it. It never went to court, because the senator quickly counter sued... I ended up charged and prosecuted." Corruption of the legal system is emphasized through this depiction of the senator as he used his status and wealth to bribe the Judge and jury members. Greed is also seen through the police, as they embody a corrupt system. They use violence to scare others into submission; this can be seen through the character Jose Angelico and his plot line, "'Why did the police take him? Where is he?' 'The police killed him, sir. He was killed when they were questioning him,'" (pg. 118). This piece of dialogue acts as a harsh reminder that the world we live in is not one of benevolence, but one of hatred and spite.

'Trash' explores the importance of friendships forged in the fires of hardships and how they acts as a barrier between a cold unforgiving reality and the comfort of comradeship and connection. This is displayed through the sacrifice the boys make by deciding to throw away their new found fortune shown in Jun-JUN's following statement, "so I said we should take it to Behala and put it in the trash for anyone who finds it," (pg. 216) realising that true riches lie in friendships we develop with others. Hostility lurks

behind each corner of the world they live in, making their youth easy to forget, especially the character Gardo who Raphael describes as, "People say he's too serious, a boy without a smile... he's taken more beatings than me so maybe he's grown up faster," (pg. 9) and while this quote is somewhat reminiscent of 'Lord of the Flies', a novel which touches on subjects like human nature and true wickedness of mankind, 'Trash' takes a less spiteful approach, showing that ,while hate corrodes it, friendship shields the soul from harm since they maintain such a optimistic outlook. 'Trash' encapsulates the very essence of the loyalty and devotedness close friends share with one another, willing to help on command.

Storytelling is a reflection on who we are and the world we live in because it allows us to give and gain insight on the lifestyles experienced by others. The novel trash by Andy Mulligan, shows us a version of the world dominated by poverty and corruption. We learn about the galvanising qualities of friendship between the characters Raphael, Gardo and Jun-Jun and if we keep an open mind there lies a valuable opportunity to gain appreciation for what you are blessed with.

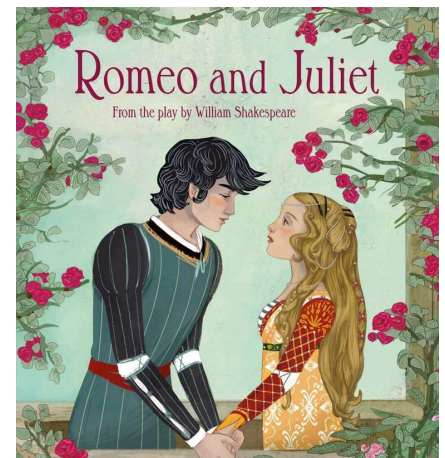
Romeo & Juliet

By Jemimah Williams

William Shakespeare holds a mirror up for the world, revealing our ugliest truths and the most beautiful fragments of reality. He remains not of a time but of all eternity. Romeo and Juliet is no exclusion to his brilliance. Set in the city of Verona, William Shakespeare's 16th century tragedy follows the tale of two young lovers and their forbidden romance. The play conveys love as being the light that defeats the destructive darkness of hate. Shakespeare also unveils the conflicting relationship of parents and children, illustrated by the high expectations placed heavily by the parent's own values and beliefs. Fate is commonly brought across in the play as set in stone, this was common for the Elizabethan era as it was a widely believed that a higher power had already chosen their fate. However, today, most believe that we write our own destinies.

Shakespeare shows us that love is the only way to triumph over hate. In our society love and hate are two conflicting forces that strongly affect the way we see the world and each other. In Romeo and Juliet we explore these forces, we see the blinding power of hatred and the eye opening beauty of, love. This is shown through the feuding families and the love of Romeo and Juliet. Hatred can be seen in the character Tybalt, as empathised through this piece of dialogue exclaimed by Tybalt himself, "What, drawn, and talk of peace? I hate the word, as I hate all Montagues, and thee. Have at thee, coward!" Through this we can see how hatred has corroded the soul of Tybalt as he no longer accepts peace as an option. This is exaggerated through the repetition of the word "hate" which shows his complete animosity of forgiveness and amity. Furthermore the juxtaposition of the nature of Tybalt and Benvolio, his

opponent who begs for peace, allows us to comprehend the two, realising that hate can not only be blinding but soul crushing. Despite the strength of hatred, love overcomes it. Romeo and Juliet's deaths unite the two families, joining them in the pain and regret of loss. This unison begins with the words of Lord Capulet, "O brother Montague, give me thy hand. This is my daughter's jointure, for no



more can I demand.” This symbolizes the harmony now acquired by the two households. The word “jointure” is a pun in the sense of ‘joining hands’ which represents their unity, they are now free of hate but will forever be captured by the dwelling destruction they have caused. Although this play is from the 16th century it is impossible to discard the fact that it’s portrayal of the theme love and hate is still relevant. Hatred can still consume a person and love can still renew. Today, animosity continues to contaminate our society, framing some of the horrific environments people live in. Examples of this is the hateful views some may possess against the LGBT community, religious groups, and cultures. But people are beginning to speak up against this unacceptable bigotry behaviour because they are beginning to love and accept those who are different.

The play portrays the relationship of selfish parents and their children to be a dangerous one. The Montague and Capulet parents imposing their own beliefs and values without any consideration of Romeo and Juliet is what contaminates the happiness and reputation of the two families. They allowed their legacy of dispute to blind them into making immoral decisions and the hate they gave returned to wreak havoc on their joy. After Juliet refuses to marry Paris against her parents’ wishes because she does not love him, Lord Capulet ignites his anger upon her saying, “Out, you green sickness, carrion! Out, you baggage! You tallow face!” This confirms the failure of Juliet’s parents because their sole concern is a marriage that will improve their wealth and social status rather than the happiness of their daughter. Lord Capulet shouts abusive epithets at his own daughter calling her “baggage” and “carrion” for refusing to marry a man she has never loved. He insults her simply because his desire for power and acceptance has intoxicated him. Through this Shakespeare shows that parents can sometimes be blinded by their own selfish desires, turning them away from their children. Furthermore, Lord Capulet’s complete inability to

produce any guilt for what he is doing to Juliet shows the stubbornness parents can possess. In the play, “Poor sacrifices of our enmity” is declared by Lord Capulet as the parents begin to realise the suffering they have inflicted on their own children after their suicides. The words “poor sacrifices” refers to Romeo and Juliet and is a metaphor for “unfortunate victims”. The star-crossed lovers are perceived as victims of their parent’s sins, paying a price for beliefs that were never theirs. Beliefs that were obtained for generations to generations before them. This shows that not only can a parent be damaging to their children but generations afterwards as well. These words dwell on your mind as they reveal the saddening truth that all of this could have been avoided if only their parents, the ones who are thought to guide you through this world, were not so stubborn and proud. The hate they gave damaged everyone. Shakespeare’s depiction of parents and children is still appropriate to a modern audience. Children continue to be victims of their parents’ inability to push aside their own values and beliefs for the safety and happiness of their child. Examples of this include parents who force their religious, cultural or social beliefs onto their child. Such as white supremacists, Christianity, or high social families.

Shakespeare displays fate as being set in stone, ordained by a higher power, however today we believe that we engrave our own destinies through our freedom of choice. During the Elizabethan Era, your story was understood to be out of your command. You lived the life a higher spiritual power chose for you, not one you chose or made for yourself. The prologue of the play, said by the chorus sets the scene for the tragedy, introducing the two young protagonists as unfortunate victims of fate. The words, “From forth the fatal loins of these two foes a pair of star-crossed lovers take their life” said by the chorus shows that Romeo and Juliet’s fates were sealed. “Fatal loins” serves as foreshadowing in the play, showing the young lovers complete inability to prevent their early deaths. The

metaphor star-crossed lovers means lovers destined to an unhappy fate, this brings forth the never changing fate Romeo and Juliet will suffer. The Chorus continues to convey the power of fate in the play through the words, “The fearful passage of their death-marked love and the continuance of their parent’s rage, which, but their children’s end, naught could remove, is now the two hours’ traffic of our stage.” Through this Shakespeare portrays the characters fates as being unchangeable and doomed from the beginning. The foreshadowing of the lovers deaths is shown in the metaphor “Death-marked love”. This presents their love as doomed from the beginning, ruled cruelly by fate, showing that fate can be cruel even towards love. The prologue provides a lack of suspense as to the conclusion of the play, this gives emphasis to the theme of fate, the force that hinders the lives of Romeo and Juliet. In the past we believed a higher power chose our fortune but as time have changed so has most of our perception of fate and freewill. Understanding the power we hold upon our own lives and how our choices can affect others.

Romeo and Juliet is a reflection on our past and our present. Through this play we see how far we have come and the universal truths we continue to carry with us today. Love will forever be the light that triumphs over the destructive darkness of hate and parents will always carry with them the power to change their child’s lives for better or worse. But we now see, unlike in the past, the power of our choices and the change we can make within our lives and others. In conclusion Shakespeare holds a mirror up for the world, revealing our ugliest truths and the most beautiful fragments of reality. He gives us knowledge from the past, understanding of the present and



THE WOODENBONG HOY GROUP...



Fundraises for the Westpac Rescue Helicopter

We run a game of HOY on the first Tuesday afternoon of each month, starting at 1:30 pm and lasting about one and a half hours, with afternoon tea after. This is held at 32 Richmond Street, Woodenbong, Ellen Parker Reid's house. Everyone is welcome to play.

In addition we hold a monthly raffle, a prize to the value of \$30.00, The July raffle won by Linda Jardine, who will be enjoying a \$30.00 credit at Lynda's Pit Stop Café.

Thank you to Woodenbong Drive, Woodenbong Pharmacy and Taylors Mitre 10 for generous prizes for future raffles.

For enquiries: Diana Kee (02) 6635 1419
Lynne Parker (02) 6635 1196

Certificate of Appreciation



Presented to:

**Woodenbong Hoy Group
2019**

Thank you for helping us to ensure that
no one ever pays to be assisted by the
Westpac Life Saver Rescue Helicopter.

Richard Jones OAM
CEO

FOUND

**Key near the Catholic Church.
Please see front office at
Woodenbong Central School**

5 SERVES OF VEGGIES
60 MINUTES OF PHYSICAL ACTIVITY
2 SERVES OF FRUIT
+ WATER AS A DRINK
KEEPS CHILDREN
HEALTHY!

Illawarra Shoalhaven Local Health District

URBEN CONNECT

**Another share lunch at the Urbenville
Hall**

**Sunday 25th August
11:00 am**

**Bring a plate (+\$2.00)
Hopefully there will be a guest speaker
from the Bonalbo Men's Shed**



www.woodenbongcentralschoolcareers.com

Our school has a careers website.

UAC/VTAC/QTAC

It's a "One Stop Shop" for everything you need with Career Planning and help.

VET

LATEST NEWS AND EVENTS

CHECK IT OUT NOW!

WORK EXPERIENCE

Mr Ian Geyer

Careers Adviser

DO AN INTERESTS TEST

FIND A JOB

CHOOSE A UNIVERSITY

GAP YEAR

CREATE A RESUME

DEFENCE CAREERS

YOUTH ALLOWANCE



THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT



GO4FUN[®]
HEALTHY ACTIVE HAPPY KIDS



Go4Fun - FREE fun program to help kids become fitter, healthier and happier!

Do you have children between 7-13 years old?

The Go4Fun program is a free healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above a healthy weight.

Go4Fun runs for 10 weeks over the school term for children, between the ages of 7-13 years and their parents. Sessions include games, activities, tips on healthy food, label reading, portion sizes plus much more!

Opportunity for Go4Fun in Kyogle!

Register your family's interest. With enough numbers Go4Fun will run in Kyogle in Term 4, 2019. Call 1800 780 900

To find out more visit www.go4fun.com.au



Northern NSW Local Health District

"SHED HAPPENS"

**When Shed Men Meet
All men are champions
All men have a story to tell
ALL MEN AND YOUNG BLOKES
ARE INVITED TO ATTEND A**

"SHED HAPPENS"

Where: Bazz Hart's— #7 Deane Street, Urbenville

When: Saturday 31st August

Time: 10:00 am to

Cost: \$5.00

Morning tea/coffee and lunch provided

RSVP: Phone 02 6634 1204 before Thursday 29th August

Thank You

Reflection For The Week

GET SOME REST!!

Why did Jesus take time out to rest? So that when He worked, He'd be at His best. And today He wants you to know that if you don't *take* a break, you won't *get* one. He wants you to survive the long haul, not just the short sprint.

And the first obstacle you need to overcome is *guilt*. That's what makes us workaholics. We feel guilty and tell ourselves, 'There's just so much to do.' Jesus handled life differently: *"Let's go off by ourselves to a quiet place and rest awhile."* He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat." So they left by boat for a quiet place, where they could be alone.' ([Mark 6:31–32 NIV](#))

No time to eat, too many people coming and going, no time to take care of yourself—does that describe your life right now? Some people say, 'It's better to burn out than rust out.' That's poor advice, plus it's not Scriptural. You don't burn out when you're in the will of God!

Jesus said, 'My yoke is easy and My burden is light.' ([Matthew 11:30 NIV](#)) And the reason He could say that was because people didn't set His agenda, His heavenly Father did. The psalmist said, 'He makes me to lie down.' ([Psalm 23:2 NKJV](#)) Wouldn't you rather go to the park by choice than to the hospital by force? The fact is God won't send you there, but your own lack of wisdom can. Today Jesus is saying to you, 'Get some rest,' and if you're wise you will do it!

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

WOODENBONG GOLF CLUB NEWS

Friday Nights

**THE YOWIE'S
KITCHEN
OPEN 5:00 TO 8:00
PM**

**Meat Tray Raffles
Bingo
Trivia**

What's the **right
balance** for
your child?



For optimal health benefits, children and young people aged 5–17 years should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

You can read about the Australian 24-Hour Movement Guidelines for optimal health at:
<http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#npa05>

P&C Meeting

10th September, 2019

4:00 pm

Woodenbong Central School
Community Room

SHOW NEWS

**Show Society
AGM**

Tuesday, 10th September

7:00 pm

**Woodenbong Central School
Community Room**

ALL WELCOME

Volunteer Native Animal
Carers/Rescuers with Pets, 4
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Woodenbong Central School)
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Fri - 4pm

Sat - 3pm

Sun - 11am

Fri Night Raffles & Members Draw



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Sun 8am - 4pm



Woodenbong Progress Association

Meetings held the first Tuesday of the month

Woodenbong Golf Club

WINTER: 7.00PM - SUMMER: 7.30PM

Everyone Welcome