Woodenbong Central School & Community Newsletter

Principal: Dr Greg Wilson
Unumgar St, Woodenbong
Phone: 02 66 351 281 - Fax: 02 66 351 488
E-Mail: woodenbong-c.school@det.nsw.edu.au

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5th September, 2019

Week 7 Term 3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5 NOVASKILL Visit Year 10 to 12	6 Year 11 Yearly Exams Start	7	8
9 Regioal Spelling Bee	10 Show Society AGM P&C Meeting	11	12 Primary PSSA Regional Athletics Carnival	13	14	15
Year 11 Yearly Exams						
16	17 U14 & U16 Boys Futsal at Goonellabah	18 2020 Secondary Captain Speeches	19 7/8 Touch Football at Ballina UNSW Mathematics Competition	20 U14 & U16 Girls Fustal at Goonellabah	21	22
23	24	25 Activities Day Excursion to QLD Museum	26	27 Year 12 Farewell Breakfast and Assembly Last Day Term 3	28	29
30						
School Holidays						

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.

Congratulations to our U16 girls touch football team on their silver medal at the Central Schools knockout competition in Dubbo last week. All our students should be congratulated on the way they all competed at Dubbo in the variety of events they competed in at Dubbo. Our student compete to the best of their abilities, always try and don't give up until the final bell. It is always a big week for our students when they compete at Dubbo. They leave very early on Monday morning and normally do not return until the early hours of Saturday morning. We must thank our teachers and parents for their dedication and the efforts they go to, to provide our students with these opportunities.

Not giving up, persistence, struggling to the end is not just something we should do on the sporting field. Struggle and perseverance is also important for learning. Learning is a struggle. Learning is rarely easy. Learning requires effort. When it is something that we are interested in or curious about, we don't always notice the struggle. We can see a purpose to the time we are committing to understand or learn a new skills. Our brain is rewarded when we reach a small goal, solve a puzzle or have new levels of understanding. The more opportunities we have to struggle with learning, the better we are at struggling with the learning process, the better the chance of us persisting.

The canteen at Woodenbong Central School provides healthy options for our students. The school canteen is compliant with NSW DoE and Department of Health Heathy Food guidelines. Our canteen will operate whilst it is supported by parents and students. We have a school operated canteen at Woodenbong. That is the school runs the canteen. We keep the prices in the canteen as low as possible. This means it runs on very tight margins. We try to run the canteen so it breaks even. Sometime it has a small profit, sometimes it runs at a small loss. We can not continue to operate the canteen if it makes large losses for several years in a row. Fortunately, the losses we have made recently have only been relatively small. However, into the future we will relie on the support of our students and parents.Tight margins is the main reason why we will only allow small amounts to be booked up in exceptional circumstances.

The staff, students and wider community of Woodenbong Central School continues towards making Woodenbong Central School a safe place for all. Woodenbong Central School has anti-bullying policy and procedures. A copy of these are available on the school website or via the front office upon request. The policy outlines how we define bullying and how we school responds to incidents of bullying. The policy is also on the school website http://www.woodenbong-c.schools.nsw.edu.au/our-school/rules-policies . There are many forms of bullying. However, bullying involves the inappropriate use of

power, an intention to harm and it is repeated. Bullying is not acceptable behaviour at Woodenbong Central School. By working together we can minimise such incidents at the school. If as a parent you are concerned about incidents at school you should contact Ms Skerritt for incidents in high school and Ms Mason or Mrs Reid for incidents in primary

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.

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**

Coming up next term....

6th October—Daylight Savings Starts
14th October—First Day of Term 4 (students and staff)
16th October—White Card
17th October to 11th November – HSC Exams
12st October—Kinder 2020 Orientation 9:00 to 11:30
28th October—Kinder Orientation Full Day
29th October—Year 7 Immunisation
29th October—Griffith Uni Job Seeker Workshop for all Year 11 students
4th November—Kinder Orientation Full Day and Parent Information Session
4th to 8th November—Year 5/6 Lake Ainsworth Camp
4th to 8th November—Year 9/10 Exams
18th to 22nd November—Year 7/8 Exams
27th November—Year 12 Formal
3rd December—Variety Night
13th December—Presentation Day
18th December—Last Day of Term 4 for students

Primary NEWS

Week 7, Term 3

>>> Important Dates <<<

9th September – Regional Spelling Bee – BANGALOW!!
13th September – Regional Athletics - Lismore
17th September – Touch Football Gala Day – Kyogle
27th September – Cricket Gala Day - Kyogle

What's happening?

This Monday, the 9th of September, we have 4 students who will be representing our little school at the Regional Premier's Spelling Bee in Bangalow. We Wish: Hank, Georgia, Jack and Isla the best of luck!

Below is Year 2 Presenting work from their 'Under the Sea' unit:

Kindness is Cool

Award recipient:

Tagnyon Musicka

Our Kindness is Cool Award for week 6 went to Tagnyon! Congratulations Tagnyon, the captains have recognised that you are always a kind and considerate friend. Go You!

CARING fun THOUGHTFUL

Week 4 Term 3 Fortnightly Class Awards

K/1: Ada, Brooklyn, Tagnyon
Year 2: Hezakiah, Armoni, Elsie
Year 3/4: Erika, Jaylei, Dyllan, Natalie
Year 5/6: Aleisha, Tyrone, Gus, Dylan
Win-bin winners: Dylan P, Arliya
Best working Class: Kindy/One
Last Fortnight's Social Skill: *Picking up rubbish* – **Winner** – Year 2
This Fortnight's Social Skill: *Respecting School Property*

Classroom Bronze Award Recipients:

Primary

Week 7, Term 3

Zone Athletics - Riverview Park 2019

Congratulations again to the 24 students who competed at the Northern Rivers Zone Athletics on Thursday the 22nd of August. In the words of Mr Clarke, "It makes you realise when you take a group of WCS kids away, really just how amazing our kids here at Woodenbong Central are!" Pretty cool compliment! Our kids were so supportive and so well behaved that it was a pleasure to hang with them for the day! The level of effort our kids put in and their level of determination was second to none! Check out how well we did!...

Hunter – *Mr Speedy* down the 100m track! **Olivia:** *Miss Determination* – she was not well but wouldn't let that stop her! **Arliya:** *Miss "Watch out for me next time!"*. Arliya came 7th as an 8 year old in the junior girls 1500m!! WOW! **Marlaya:** *Miss Zippy* – Off to Regional in the 100m (3rd)! **Jahdon:** *Mr "Where did you come from?"* Jahdon is off to Regionals in the 100m (3rd) and the 200m (2nd)!! **Beau:** *Mr "I can do it all"* – Off to Regionals in 800m (4th) and 100m (4th)! **Cassidy:** *Miss Long Legs* – Off to Regionals in the 800m (2nd)! **Hugh:** *Mr Good Attitude* - gave the 100m a mighty crack!! **Stella:** *Miss Gymnastics* – gave the high jump a mighty go and flew in the relay!

Sports Award

Award recipient:
Dylan Paget

Well done Dylan for receiving the Captain's Sports Award for Week 6. The Captains appreciate how you always take it when you are out in a game. ☺

Archie: *Mr Eager* – gave the relay a red hot shot! **Nic:** *Mr Everything* - put amazing effort into a all his running events! **Fletch:** *Mr Calm* – gave his races everything he had. **Natalie:** *Miss Rocket* – Ran an amazing 100m – just shy of making it to Regionals (6th). **Isla:** *Miss "See how I go"* – Off to Regionals in the 1500m (2nd)! **Charlie N:** *Mr Flash* – super quick down the 100m track!

Charlie J: *Mr Lightning* – Zipped down the 100m track. **Gus:** *Mr Power* – threw the discus like nothing else and off to Regionals (1st). **Marshall** – *Mr "Give it Everything"!* Marshall was not well but tried so hard. **Clay:** *Mr "What's in Reserve?"* He was disappointed in his 800m but dug deep for the 1500m. Off to Regionals in 1500m (1st and broke the record!)

Tyrone: *Mr "For the Team"*. Also not well but ran the relay so he didn't let his team down. **Aleisha:** *Miss "Have-a-Go"* Leish ran a fabulous relay. **Georgia:** *Miss Positive* – Georgia also ran an impressive run in the relay. **Kezia:** Miss Reliable – Kez is there when we need her most for a relay team. **Solomon:** *Mr "Send it"* – Sent the discus flying in some fabulous throws.

YEAR 12 METAL INDUSTRIAL TECHNOLOGY MAJOR WORKS

ERIN GIBLIN-LLOYD

TIM ARTHURSON

MICHAEL VAN DE SANDE

COREY WEIR

FUTUREKIDZ Kyogle

brought to you by
'Future Kids Zone Incorporated INC1900653'

SCIENCE - TECHNOLOGY - ENGINEERING - ARTS - MATHS - INNOVATION - COMMUNITY - LEADERSHIP

Ages 6-15 years

Monday	16/9/19	Memorial Hall	3.45pm-6pm
Saturday	21/9/19	Supper Room	9am-2pm
Monday	23/9/19	Memorial Hall	3.45pm-6pm
Saturday	28/9/19	Kyogle Show	9am-2pm
Monday	30/9/19	Memorial Hall	3.45pm-6pm
Saturday	12/10/19	Memorial Hall	9am-2pm
Monday	14/10/19	Memorial Hall	3.45pm-6pm
Saturday	19/10/19	Memorial Hall	9am-2pm
Monday	21/10/19	Memorial Hall	3.45pm-6pm
Saturday	26/10/19	Memorial Hall	9am-2pm
Monday	28/10/19	Memorial Hall	3.45pm-6pm

Cost: Gold coin donation per session
Contact: Louise Roy 0408 166 216

@futurekidzkyogle

Email: futurekidzkyogle@outlook.com

https://futurekidzkyogle.weebly.com/

{code club} AUSTRALIA

Tiger Designz & Business Consulting

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ndis Social Futures

Delivering the NDIS in your community

Meet Your Local Area Coordinator

We invite you to this FREE event to meet our team and learn about the role of a Local Area Coordinator.

Come along to share in a morning tea where you can network with other key services and have the opportunity to:

- Understand our role as the NDIS Partner in Community.
- Have your LAC questions answered by our team.
- Meet Social Futures new Executive Manager of Disability Inclusion.

Session details

Venue: Grafton Library
Date: Tuesday 24th September 2019
Time: 10am to 11.30am
Address: 126-144 Pound St, Grafton 2460

Book your place now

RSVP by 19/09/2019. Via Event Bright link https://www.eventbrite.com.au/e/meet-your-local-area-coordinator-grafton-tickets-69267764749 or telephone 1800 522 679.
Please provide notification of any accessibility requirements.

ndis.gov.au

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- Understand our role as the NDIS Partner in Community.
- Have your LAC questions answered by our team.
- Meet Social Futures new Executive Manager of Disability Inclusion.

Session details

Venue: Ballina RSL Club
Date: Monday 23rd September 2019
Time: 2pm to 3.30pm
Address: 1 Grant St, Ballina NSW 2478

Book your place now

RSVP by 19/09/2019. Via Event Bright link https://www.eventbrite.com.au/e/meet-your-local-area-coordinator-ballina-tickets-69267511993
or telephone 1800 522 679.
Please provide notification of any accessibility requirements.

ndis.gov.au

Billie Black-O'Neill's Visual Arts Major Project

"Intimate Snapshots"

SCIENCE NEWS WEEK 7 TERM 3

Spring Has Arrived

While some may say that September 21st (the Spring equinox) is when Spring really starts, in Australia September 1st is regarded as the start of Spring and just so happened to be Father's Day as well. Warmer weather has heated up (26-27C maximums) this week, but the danger of frost is not quite over, with a cold wind and chilly mornings forecast for Sat, Sun, Mon and Tuesday. I have dared to plant out 6 advanced Rouge de Marmande tomato plants already, but am prepared to cover them if I must. Magpie swooping season is on too, from egg-laying to the chicks leaving the nest, lasting about 6 weeks.

Birding into Spring

Spring is a time of intense bird activity, and species not seen all year sometimes move in, pass through, and become active establishing territories and nesting. The drought conditions have also caused some birds to forage for insects and flowers in towns more than usual, with "Silver eyes" and "Striated Pardalotes" seen in backyards and trees in Woodenbong. While my year bird count had stalled on 122 for 6 weeks, 2 more were added on Sunday, a "Yellow Thornbill" and the aforementioned "Striated Pardalote" to reach 124! An observant community member sighted and phone-photographed a Scarlet Honeyeater on a Grass Tree flowering stalk, and I've seen Silver-eyes and Rainbow Lorikeets feasting on them in town too. Bottle-brush flowers attract a few nectar-feeding species, including the Brown Honeyeater and Eastern Spinebill. Ace birder Murray Kelman has reached 172 on his year list, and he describes a spot in Upper Tooloom as having a "plethora" (yes his elegant and mellifluous choice of word) of species in a small section of open woodland/forest. Around Wyaralong Dam and Killarney, Qld, there may be opportunities to find more species well within day-trip radius.

Brown Thornbill (Acanthiza nana)

Striated Pardalote (Pardalotus striatus ss. melanocephalus)

Scarlet Honeyeater

VALID Science assessment for Year 6 and 10 (Year 8 is later in the year), is being conducted online between Mon 2nd and Fri 13th of September (Year 10 planned for Thursday 5th)

Influenza A

There have been some student who have been diagnosed with Influenza A. If your child is showing signs of have a cold/flu please keep them at home and take them to the doctor to get medical treatment.

NSW GOVERNMENT | Health

Communicable Diseases Factsheet

Influenza

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

Last updated: 1 May 2019

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans – types A and B – and many sub-types or strains. Flu can occur throughout the year but flu activity usually peaks in winter.

Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also spread after touching surfaces where infected droplets have landed.

Influenza can be spread to someone by an infected person even before their symptoms begin. Adults with influenza are infectious from the day before their symptoms start until 5-7 days later. Young children and people with weakened immune systems may be infectious for longer.

Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include:

- children aged 6 months to 5 years
- people aged 65 years and older

- Aboriginal and Torres Strait islander people aged aged 6 months and over
- Pregnant women

Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and who also eligible for free annual influenza vaccine). These conditions include:

- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
    - cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
    - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
    - other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
    - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
    - impaired immunity, including HIV, malignancy and chronic corticosteroid use
    - children aged 6 months to 10 years on long term aspirin therapy.

How is flu prevented?

Get a flu shot

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

- Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines.
- People at higher risk of influenza complications (see "Who is at risk") are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program (available at http://www.health.nsw.gov.au/immunisation/Pages/seasonal_flu_vaccination.aspx).
- In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers and family members), to help protect vulnerable people from infection.

For more information on general influenza vaccine recommendations refer to The Australian Immunisation Handbook (9th edition, 2008) available at: http://immunise.health.gov.au

Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

Clean your hands

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.

How is flu diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is flu treated?

The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration

Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.

What is the public health response?

Laboratories must notify cases of influenza to their local public health unit. Individual cases are managed by their health care provider.

Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

Further information

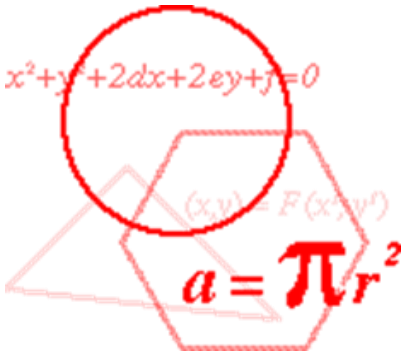
- NSW Health Influenza - http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx
- NSW Health Influenza surveillance reports - http://www.health.nsw.gov.au/Infectious/Influenza/Pages/reports.aspx
- NSW Health Influenza in travel groups fact sheet - http://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_outbreaks_in_travel_groups.aspx

For further information please call your local Public Health Unit on **1300 066 055** or visit the New South Wales Health website www.health.nsw.gov.au

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.

Year 11 Preliminary Exam Timetable 2019

2019 Prelim Yearly Exams
Bill's Block
Friday 6th September – 13th September 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.

Friday 6th September	Monday 9thSeptember	Tuesday 10thSeptember	Wednesday 11th September	Thursday 12th September	Friday 13th September
Standard English 2hrs **Advanced English** 2hrs	**Standard Mathematics** $1\frac{1}{2}$ hrs	**Physics** $1\frac{1}{2}$ hrs **Society and Culture** $1\frac{1}{2}$ hrs **PD/H/PE** 2hrs **Industrial Tech Timber** $1\frac{1}{2}$ hrs	**Legal Studies** $1\frac{1}{2}$ hrs **Agriculture** $2\frac{1}{2}$ hrs **Ancient History** 2 hrs	**Biology** 2 hrs **Visual Arts** 1 hr **Food Technology** $2\frac{1}{2}$ hrs	**Chemistry** $1\frac{1}{2}$ hrs **Textiles & Design** $1\frac{1}{2}$ hrs **Geography** 2 hrs
Primary Industries 2hrs		**Industrial Tech Metal** $1\frac{1}{2}$ hrs			

Parents must contact the office on the morning of the exam if students are absent during the examination period. On return to school, students must apply for consideration for sickness or misadventure. Forms are available from Deputy Principal, Ms Skerritt and evidence of the reason for absence (eg doctor certificate or signed note from parent) must be provided. Students will be required to sit the examination at an alternate time arranged by the teacher.

Classes are as normal if you do not have an examination and following the completion of your examination each day.

Abbie Giblin-Lloyd with her Textiles Technology finish project Patchwork Quilt

2020 Captain Speeches

18th September, 2019

GIRLS WALLET

A wallet was found on one of the stall at the Yowie Country Marks last Saturday.

Please contact Chris Reid on 0429 351 2165

Attention!!

YEAR 12 CLASS OF 2019

For all the Beauty need to get ready for the Formal.

- ⇒ Make up
- ⇒ Hairstyling
- ⇒ Spray Tans
- ⇒ Nails

For enquires and price please message Larissa Scarlett on either Facebook or 0458 521 329.

YEAR 10 TIMBER TECHNOLOGY PROJECTS

MiSS MORTY'S HAiR STUDiO

0458 677 084

Wash the winter blues away with these fresh spring deals!

Package 1- 10 foils, treatment, style finish and optional eyebrow wax or tint.
$65

Package 2- half head foils, treatment, Style cut and finish
$99

Package 3- Optional Balayage, root stretch colour or root smudge, treatment and style finish
$120

Package 4- Wash, treatment, Head massage, cut and style finish
$25

Package 5- eyebrow wax and tint
$15

Package 6- Perm, treatment, cut and style finish
$85

Salon Open Tuesday, Wednesday, Thursday, Friday and Saturday by appointment. Mobile Services available Monday, Tuesday and week-ends.

35, Macpherson Street, Woodenbong
Appointment can be made via Phone, text message, Facebook message

Check out Miss Morty's Hair Studio Facebook page for services and salon price list.

MISS MORTY'S HAIR STUDIO

0458 677 084

I wanted to take this moment to thank all my customers for supporting me these past five years. Your loyalty and patronage is appreciated. I want to reassure everyone that I will not be leaving the salon in the near future. When the time comes for me to go I am dedicated in finding someone to take over the Salon who is not only experienced and talented but also a hairdresser that is keen to keep the salon as a shop front business in town.

As a side note I also wanted to inform my current and future clients that I have recently undergone many refresher courses to broaden my expertise so I can continue to offer the best services to my clientele. Hairdressing is an amazing career that is always changing there for the opportunity to constantly learn and grow is always a must!

These past few months the salon invested in a portable basin so I can now extend my services out to client's private residences.
I have also undergone extensive training with natural hair dyes and Henna dyes that are vegan friendly and packed with organic ingredients. A great alternate from traditional high allegiant hair dyes.

Please see in store, message or call for more information and to make an appointment. Appointments can also be made via the Miss Morty's Facebook page. Open Tuesday, Wednesday, Thursday and Friday. Saturday's by appointment only. Mobile service's available Monday, Tuesday and weekends.

Thank you again for your ongoing support from both Chelsea (currently working as a school based trainee) and myself. Many regards. Jodie.

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

NSW GOVERNMENT

Northern NSW Local Health District

WOODENBONG GOLF CLUB NEWS

Friday Nights

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

Meat Tray Raffles
Bingo
Trivia

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!!

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 kids (all attending Woodenbong Central School) seeking long term rental in Woodenbong Area

Call 6635 1503

Lynda's Pit Stop Café

PIAZZA DORO COFFEE

34 Unumgar St, Woodenbong

Open Wednesday to Sunday, 8am-3.30pm

Divine range of home made foods including pies, cheese cakes, cakes & other delights.

Fish & Chips, Hamburgers, Hot Chips & More

All food & drink available to take away or eat in

Phone Orders: 02 66 351 104

The Stop for The Three Day Weekend

Temporary Australians

Motorbike Friendly Pubs & Places Australia

Creek to Coast

Open 7 Days

Specialist in Group Catering

Genuine Hospitality by your Hosts Tony & Melissa

*House-made Pizzas' *Country Style Accommodation

*Bistro (Full Menu, International Cuisine)

Woodenbong Hotel

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