

Week 11 Term 1

11th April 2024

# WOODENBONG CENTRAL SCHOOL AND COMMUNITY

# NEWSLETTER

**Principal:**  
Miss A-M Mason

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# April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	2	3	4	5	6	7	
				11	12	13	14
				<b>Last Day Term 1</b>			
15	16	17	18	19	20	21	
YOUTH WEEK - 11TH TO 21ST APRIL							
SCHOOL HOLIDAYS							
22	23	24	25			28	
				SCHOOL HOLIDAYS			
29	30						
<b>Staff Return for Term 2 SDD</b>	<b>Students Return For Term 2 WGS ANZAC Day Assembly</b>						

# May 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
		<b>Whole School Cross Country</b>				
6	7	8	9	10	11	12
					URBENVILLE CAMPDRAFT	
13	14	15	16	17	18	19
CHS NSW STATE SWIMMING CHAMPIONSHIPS				<b>Primary GRIP Leadership Conference</b>	<b>Secondary NR Zone Cross Country</b>	<b>Australia's Biggest Morning Tea Woodenborg</b>
					WOODENBONG CAMPDRAFT	
20	21	22	23	24	25	26
<b>World Bee Day</b>		<b>National Simultaneous Storytime</b> <b>7/8 Touch Football at Ballina</b>	<b>Years 7 &amp; 10 Immunisations</b> <b>9/10 Touch Football at Ballina</b>		<b>Yowie Autumn Country Market</b>	
	28	29	30	31		
				<b>NR PSSA Zone Cross Country</b>		
U15, U16, U19 FUTSAL AT COFFS HARBOUR						



# Principal's Message

*Always was, always will be:  
Githabul Country*

**WELCOME TO WEEK 11  
TERM 1 2024**

DAYLIGHT SAVINGS HAS ENDED!!!

**STAFF DEVELOPMENT DAY**

**TERM 2 – 29.4.24**

Next term all our staff will be very busy on the first day engaged with professional learning and so if there is a need to communicate with them an appointment may need to be made after this date.



## ANZAC DAY

Day one Term 2 for all students is Tuesday 30.4.2. During roll call and Period 1 Roll Patrons will take students through lessons about ANZAC Day before the commencement of the ANZAC ceremony. Community are welcome to attend. The invite is elsewhere in the newsletter.

## RIGHT TO DISCONNECT

I would like to thank parents and community for using our school's front office phone number (0266351281) or

school email [woodebong-c.school@det.nsw.edu.au](mailto:woodebong-c.school@det.nsw.edu.au) to direct all their communication. Contacting staff directly by their personal numbers and emails impacts their ability to disconnect from work after hours. Even though we are a small community it is also worth considering that talking about 'school' is still work talk and it can be a further stressor when staff are being engaged in 'school' talk at the shop/gym/restaurant/café/football.

## SOUND SYSTEMS

In last week's LST meeting (minutes on central) the results of the most recent hearing testing (K-12 Aboriginal students) were discussed and compared to the last few testings. This is great data to inform practice. Thank you, Sue (LaST). What is clear is that both primary and secondary students in equal measure experience the effects of intermittent hearing loss. The impact of hearing loss (intermittent and sometime permanent) on language development, learning and consequently behaviour is critical and underestimated. One thing we do as a school is make evidence-based decisions to support our students. We have purchased several amplification systems and will continue to add to them.





## CROSS COUNTRY

The school's cross country event is a K-12 experience! Please ensure your child is ready to support the event, yes, even seniors who can support younger students. Ms Kezia Mulcahy will get arrangements to us shortly, so we are prepped. If you believe your child needs support to participate, including eg. Taking an EpiPen, having asthma inhaler before/during event ensure you have conveyed this to our front office.



## THE NEW HATS

Thanks to the staff who have contributed to getting our school a fantastic addition to available sun safe options beyond the broad-brimmed primary hat. I know many teachers have also bought hats out of their own monies for many years.

I have had a question raised as to whether the school community was formally consulted about its design.

As it stands currently:

*The WCS school uniform policy states: 'broad brimmed sunhats must be worn during sport and play all year round.'*

*The NSW Department of Education Policy guidelines checklist states among 'wellbeing factors to be considered':*

*The diversity of the school population (options are available within the agreed school uniform).*

*Woodenbong Central School is currently 48% Aboriginal.*

*When replenishing the school's pool of hats available for purchase (which were only being purchased and used by primary students), an option for a sun safe hat that protects the head, neck and ears was offered by our uniform supplier as a reversible bucket hat using existing crest and design from sporting wear previously purchased.*

*Another reason for the reversible option is for use when running sport lessons where students can wear either side depending on which team they are on.*

*If a particular hat were to be written into the WCS School Uniform Policy we can do this through formal consultation. However I would need to conduct consultation of students, teachers, other staff, parents/carers, AECG, and the P&C (as agenda items with a meeting).*

*This is a process I am happy to facilitate although implementation can be up to 3 years.*

*For now the hats remain one of many sunsafe options.*

*What we hope is that by providing options we prevent our students from sun damage.*







## TEXTILES TECHNOLOGY

Year 9/10 Textiles Technology students have been recycling denim to create their own projects.

Briannah, used the denim to make this patch work throw pillow.



## SCHOOL COMMUNITY CHARTER

[school-community-charter \(nsw.gov.au\)](http://school-community-charter.nsw.gov.au)

Elsewhere in the newsletter is the School Community Charter. *Here is an excerpt:*

*Respectful communication is a right. In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities. To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.*

*Unacceptable behaviour may include but is not limited to:*

- *Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.*
- *Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.*
- *Treating members of the school community differently due to aspects such as their religion or disability.*
- *Inappropriate and time-wasting communication*

Woodenbong Central School is not a faceless organisation. It is composed of hard-working individuals doing their best. If you want to get involved in supporting your local Public School please volunteer, join a committee or give us feedback that what you see us doing is benefitting young people – our future!

## Have a great break!!

*Anne-Marie Mason,  
Principal*



Morning calls from the Magpies in the front garden of the school.



Leilani used her own jeans and inserted some patchwork denim to make these pair flare jeans.



Bianca used a top of a denim shirt, added some green and white checked material to make this retro skirt.







# School Community Charter

**Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



**We treat each other with respect**

**We prioritise the wellbeing of all students and staff**

**Unsafe behaviour is not acceptable in our schools**

**We work together with the school**

## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**

© NSW Department of Education



**We create collaborative learning environments**

**We work in partnership to promote student learning**

**We all play our part**

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

## Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



School Community Charter

[education.nsw.gov.au](http://education.nsw.gov.au)



# Primary

Week 11,  
Term 1

## Important Dates

- 12 April - Last day Term 1
- 25th April - ANZAC Day
- 29th April - Staff Return to School SDD
- 30th April - First Day Term 2 for all students
- 30th April - Woodenbong Central School ANZAC Day Assembly
- 1st May - Whole School Cross Country
- 16th May - Grip Leadership Conference
- 22nd May - NR PSSA Zone Touch Football Trials
- 22nd May - National Simultaneous Storytime
- 31st May - NR PSSA Zone Cross Country
- 12 June - Life Education Van
- 1st to 5th July - NAIDOC Week
- 4th July - School Photo Day

## WEEK 11 IN PRIMARY!

### Home Reading

While enjoying the holidays, please remember to continue home reading with your child. It will help students to maintain their reading levels and makes returning to school easier. If you require books for the holidays please see the school library.

### Year 6 Art Work

Examples of year 6 Artwork. Still Lifes using the concept of value.



## NEWS



Every day matters



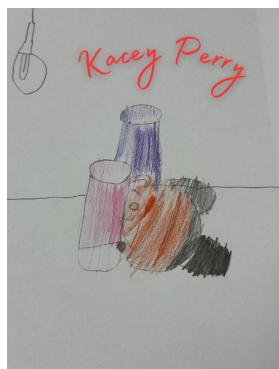
When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

#EveryDayMatters

What to pack for **Crunch&Sip**  
**It's simple!**  
Crunch&Sip means vegetables, fruit and water only.

Sometimes

[www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx)



RESPECTFUL

RESPONSIBLE

Learner

SAFE



# Primary

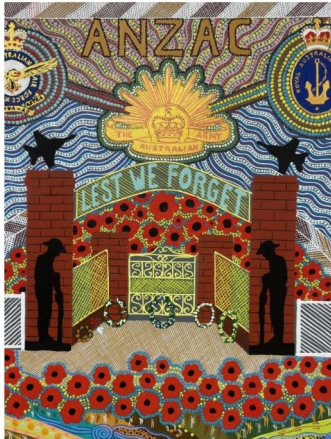
Week 11,  
Term 1



Woodenborg Central School

## ANZAC Day

Tuesday, 30th April



10:00 to 10:20 am Ceremony, held at Memorial gates, Unungar Street  
10:20 am Community morning tea, Community Room

## ANZAC DAY 2024

WOODENBORG CENTRAL SCHOOL

9:55 AM

Students, staff, and guests assemble at the Memorial Gates, Unungar Street

10:00 AM

Service commences.

Welcome to Country (Miss Shemaaya Williams)

Commemorative address and readings (Madison Fleming,

Korban Newton, Katelyn Fletcher, Lachlan Hannant,

Kacey Perry, Ada Shaw)

Wreath laying

Ode of Remembrance

The Last Post

Minutes silence

The Rouse

10:20 AM

Closing of assembly

10:20 AM

Community Morning tea

*Lest We Forget*



## Rugby League

Well done to Carter McMahon, who travelled to Bellingen on Monday, to represent Woodenborg Central School and the Northern Rivers Zone at the North Coast PSSA Regional Under 11's Rugby League Trials. Carter played extraordinary well, but unfortunately was not selected.

**WELL DONE CARTER!!**



## School Cross Country

Wednesday, week 1 we will hold our whole school cross country carnival.

It will be fabulous to see families there to cheer on our students as they take off and return.



Woodenborg Central School



WHOLE SCHOOL CROSS  
COUNTRY

1st May 2024 (week 1 Term 2)

10:00 am start

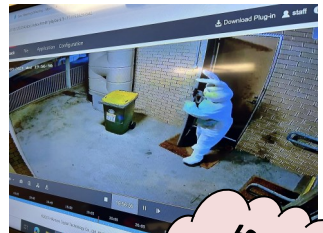
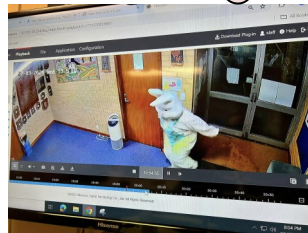
As the school term comes to an end, we wish everyone a safe and enjoyable holiday. We look forward to seeing all students, on the very first day back at school, in Term 2, 30th April, 2024.

**#EveryDayMatters**

HAPPY HOLIDAYS



# Easter Celebrations...



Love it

Certainly a sneaky little bunny.

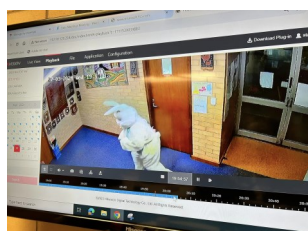
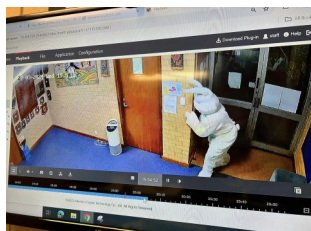
I think that bunny had to much fun on the slide!

It was the night before our Easter Celebrations...  
 And Easter Bunny was caught on camera.  
 Miss Mason came over to check the school cameras after hearing the doors opening and closing around 8:00 pm and look what she found!  
 The Easter Bunning is town! Hurray!

That cheeky Easter bunny has been spotted at

Love Love Love

My goodness! Than pesky bunny!



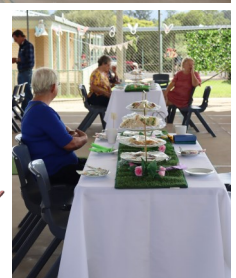
## & Grandparent/Senior Citizens Day



A beautiful morning tea was prepared for the grandparents/senior citizens. Thank you the Year 11 and 12 Hospitality students and their teacher, Mr Harper, for catering for this event. Also, thank you to Susan Grimmert and Mila Hoffman, for setting up and decorating our venue.



28th  
 March  
 2024



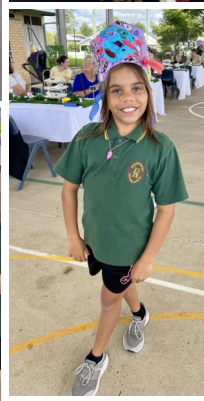
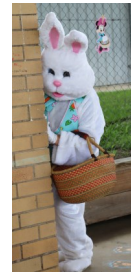


# EASTER HAT PARADE

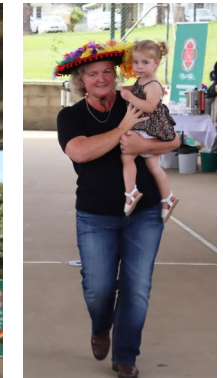
All students from Kinder to Year 6 designed and create their very own Easter hats. Year 4/5's Easter hats were inspired by two artist they have been studying in the CAPA lessons - Piet Mondrian (Dutch painter) and Wassily Kandinsky (Russian painter). All students did a fantastic job!!

Even the staff paraded their Easter hat creations, as well!!

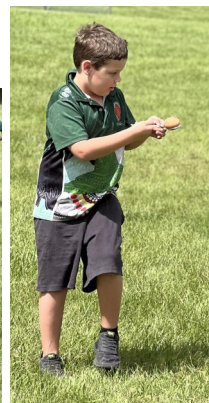
And the Easter Bunny made an appearance, danced around with student during the parade... and then handed out Easter eggs to all students.







Students finished off the day playing the Egg and Spoon race.





# Secondary

Week 11,  
Term 1

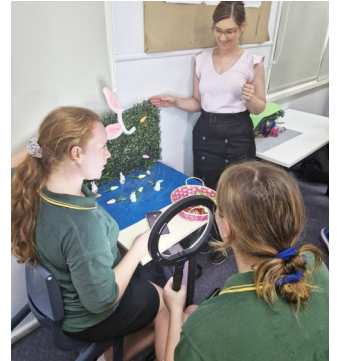
## Important Dates

- 12th April - Last Day Term 1
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- 29th April - Staff Return to School SDD
- 30th April - First Day Term 2 for all students
- 30th April - Woodenbong Central School ANZAC Day Assembly
- 1st May - Whole School Cross Country
- 17th May - NR Zone Cross Country at Evans Head
- 22nd May - 7/8 Touch Football at Ballina
- 23rd May - 9/10 Touch Football at Ballina
- 30th & 31st May - U15, U16, U19 Futsal at Coff's Harbour
- 21st June - NC Regional Cross Country
- 13th to 15th May - CHS NSW State Swimming Championships
- 23rd May - Year 7 and 10 Immunisations
- 28th June - NR Zone Athletics Carnival
- 1st to 5th July - NAIDOC Week
- 4th July - School Photo Day

## NEWS

### YEAR 10 CAREERS

Recently, the Year 10 Careers class had a great time participating in a workshop run by Steph from Media for Millennials. Students enjoyed working in teams to experiment with camera angles, setting, product positioning and lighting as they navigated the challenges of designing an ad for social media.



Safe

Learner

Responsible

RESPECTFUL



# GIVEAWAY!



The school ag farm is wanting to give away wool, to any interested wool spinners. If interested, please call the school on 6635 1281.





# Secondary

Week 11,  
Term 1

## YEAR 8 HISTORY

Year 8 History students are currently completing a topic on Vikings. Here they bring a model longship into the classroom to support their learning. Stay tuned for where the winds take us on our learning journeys in the North.



## YEAR 7 HISTORY

Year Seven students are underway with their studies of the Ancient Past. Here they practice introductory hypothesis and source skills as they deduce information from The Narmer Palette.



# WANTED

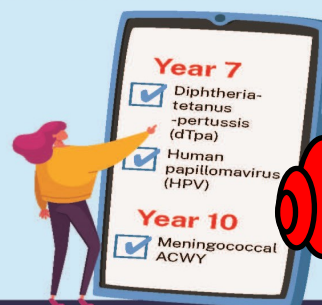
Our Mosaics Interest Electives group is looking for donations of any unwanted costume jewellery for their mosaic projects. Please drop off at the front office if you have any.



Is your child  
in year 7  
or year 10?



Provide your consent for routine  
school vaccinations online



**Year 7**

- Diphtheria-tetanus-pertussis (dTpa)
- Human papillomavirus (HPV)

**Year 10**

- Meningococcal ACWY

Scan the QR code to  
give your consent now



To provide online consent visit:  
<https://engage.health.nsw.gov.au/engage>

For more information visit:  
[health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)

November 2023 © NSW Health  
SHPN (HP NSW) 220990

NSW Health

**A reminder,  
Year 7 and 10  
Immunisations  
are scheduled  
for 23rd May  
2023.  
Parents, need  
to go online  
to provide  
your child's  
consent for  
their  
vaccinations.**



# BBO FOR THE LAMBROS ARMY

**Location:** School Cross Country

**When:** 1st of May

**PRICE LIST:**

**SAUSAGE SANDWICH: \$2.50**

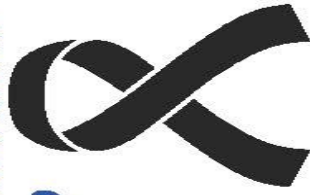
**CAKE/SLICES: \$1.50**

**CANS: \$2.50**

**ICEBLOCK: 50C**

**LOLLY BAG \$1.00**

**POWERADE: \$4**



**About the Lambros:**

They are two young brothers who are embarking on a trek from Perth to Melbourne over 100 days entirely on foot. All proceeds that they make go towards the Australian Cancer Research Foundation



# BBO FOR THE LAMBROS ARMY

*Fundraiser for Australian*

*Cancer Research Foundation*

## ORDER FORM

Student: ..... Class: .....

Item	Cost	Quantity Ordered	Total Cost
Sausage Sandwich	\$2.50		
Cake/Slices	\$1.50		
Cans	\$2.50		
Ice-blocks	50 cents		
Lolly Bag	\$1.00		
Powerade	\$4.00		
<b>Total Amount Paid</b>			

Profits from the day will be donated



*More info about Lambros*





# Getting On Track In Time (Got It!)



We would like to thank all of the parents and carers who took the time to complete and return the Strengths and Difficulties Questionnaire that was distributed to all Kindergarten-Year 2 students earlier this term. The results of the questionnaires have helped identify children who would benefit from being included in the Got It! Group Program, running in our school in Term 3, 2024. By completing the questionnaire, you have also helped us gain a better understanding of the needs of the children and their families at Woodenbong Central School.

The Got It! team will be coming to Woodenbong Central School during Term 2, 2024 to meet with the K – 2 parents about the group program. The Got It! team will be contacting parents during Week 1 of Term 2, to arrange a time to catch up at the school on the following dates:

- Wednesday 8<sup>th</sup> May
- Wednesday 15<sup>th</sup> May
- Wednesday 29<sup>th</sup> May
- Wednesday 5<sup>th</sup> June

So please save a date on your calendar! We hope that this will provide the opportunity for families to be able to make one of these dates around both your family and work schedules. Please let us know if you require something specific to your needs.

We look forward to meeting with you next term! If you have any questions, please do not hesitate to contact the Got It! team on 0266 399 140.

NSW Health

## Impetigo (school sores)



### Updated 28 March 2024

Impetigo is a common skin infection that mostly affects children. It is treated with antibiotics. Practising good hygiene can help to stop the spread of impetigo.

#### What is impetigo?

Impetigo is a bacterial skin infection caused by Streptococcus and/or Staphylococcus bacteria. It is also called 'school sores'. It mostly affects pre-school and primary school-aged children, however people of all ages can get impetigo.

#### What are the symptoms of impetigo?

Impetigo causes sores on the skin.

The sores are usually red and itchy. They often start as blisters that break open and leak a clear fluid or pus for a few days. At the beginning they may be red, moist and weepy. After this, a flat, crusty yellow or "honey-coloured" scab can appear.

These sores can occur anywhere on the body but usually appear on the skin around the nose and mouth, arms and legs.

People who have a lot of sores may also have a fever and/or swollen lymph nodes.

Very rarely, impetigo can lead to more serious illnesses such as [sepsis](#), or complications affecting the heart ([rheumatic fever](#) and [rheumatic heart disease](#)) or kidneys (post-streptococcal glomerulonephritis).

#### How is it spread?

Impetigo is highly infectious.

Impetigo spreads when people directly touch impetigo sores or the fluid from sores, and spread the infection via their hands to other parts of their body. It also spreads by touching surfaces or objects which have been contaminated by the sores, including clothing, sheets and towels.

The bacteria can cause infection by entering broken skin such as cuts, bites or scratches.

---

## Who is at most risk?

Impetigo is dangerous for babies. This is because a baby's immune system is not fully developed. It is important for people with impetigo to keep away from newborns and young babies.

People with skin conditions or a cut, scratch or bite may also be at risk. This could include:

- eczema
- scabies
- insect bites
- head lice.

---

## How is it diagnosed?

Doctors usually diagnose impetigo by looking at the sores. Sometimes they may test for the bacteria with a swab.

---

## How is it treated?

Impetigo is treated with antibiotic ointment or, in some cases, oral antibiotics.

Antibiotic ointment should be applied until the sores have completely healed.

If oral antibiotics are given it is important to finish the whole course of treatment as prescribed by your doctor even if the impetigo has started to clear.

To take care of sores:

- clean them every 8–12 hours with soap
- soak visible crusts and gently wipe them away with a wet disposable cloth
- pat them dry, using a clean towel each time
- if antibiotic ointment is recommended, apply ointment according to your doctor's or pharmacist's instructions
- cover sores with a waterproof dressing.

Avoid scratching the sores to prevent further spread of infection.

Speak to your doctor if you or your child become unwell, including if:

- sores spread past the nose, mouth, arms and legs
- a fever develops
- a new rash starts despite treatment.

If your doctor is not available, call healthdirect on 1800 022 222 (24-hour helpline).

---

## How can people avoid spreading impetigo?

To avoid spreading impetigo:

- keep sores clean and covered with a waterproof dressing until they have healed. This stops people from touching or scratching them
- discard used dressings as soon as they are taken off
- wash your hands with soap and running water for 20 seconds after touching or cleaning sores and after handling contaminated objects such as dressings, sheets and towels
- avoid sharing clothes, towels or bed sheets with anyone who has impetigo

- avoid bathing children in the same bathwater if any child has impetigo
- wash clothes, sheets and towels used by someone with impetigo every day, ideally in hot water
- keep your child home from school, childcare and other group settings until at least 24 hours of antibiotic treatment has started. All sores on exposed skin should be covered when returning to usual activities such as school.

---

## Information for schools and childcare centres

To stop the spread, schools and childcare centres can:

- educate teachers, children and families on the importance of hand washing, covering sores with a waterproof dressing and staying home if sick
- provide hand washing products including soap dispensers, running water, and paper towels
- encourage and allow time for children and staff to wash their hands between activities, including before eating and after going to the toilet
- clean commonly used surfaces and objects frequently with detergent, including counters, desks, sheets, towels and toys. This is important if they have been used by a child with impetigo or are visibly dirty
- Encourage children to not share towels, drink bottles, cups, clothes and utensils.

Schools and childcare centres are encouraged to contact their local Public Health Unit (PHU) on 1300 066 055 if advice on outbreak control is required.

Resources on preventing infectious diseases in childcare settings can be found in the 5th Edition of **Staying Healthy: Preventing infectious diseases in early childhood education and care services**.

---

## Further information

For further information speak to your doctor, call healthdirect on 1800 022 222 for free 24-hour health advice or call your local Public Health Unit on 13000 066 055.



*Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.*

# Hand, foot and mouth disease

Last updated: 26 April 2021

## What is hand, foot and mouth disease?

Hand, foot and mouth disease is a common but highly contagious infection in children caused by enteroviruses, including coxsackieviruses. While generally a mild illness, some children will have fever, sore throat and tiredness and blisters which can be uncomfortable. It mainly occurs in children under 10 years of age but can also occur in older children and adults. It is not related to the foot and mouth disease that affects animals.

## What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots that later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days.
- Children can sometimes have a low fever, sore throat, tiredness and feel off colour, and may be off their food for a day or two.
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain and spinal cord (meningitis), lungs, or eyes.

## How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system (often through sneezing and coughing), by direct contact with the fluid from blisters, and via objects or surfaces with the virus on them.
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

## Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Hand foot and mouth disease can spread easily and quickly within households, particularly among children.
- Many adults, including pregnant women, are often exposed to these viruses without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers (and siblings) can pass the infection onto newborn babies, who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

## How is it prevented?

Good hygiene is the best protection:

- Wash hands with soap and water and thoroughly dry them after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.

Hand, foot and mouth disease

- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks).
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.
  - Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
  - Dispose of used tissues in the bin straight away.
  - Wash your hands afterwards with soap and water and thoroughly dry them;
    - if handwashing facilities are not available use an alcohol-based sanitiser or antibacterial wipe to clean hands.
- Keep sick children at home while unwell.

## How is it diagnosed?

Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

## How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough, as painful mouth sores can make some children reluctant to swallow liquids.

## What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more),
- abnormal movements / jerking movements,
- rapid breathing,
- excessive tiredness / drowsiness,
- excessive irritability,
- difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

Blisters in the mouth may also make it painful for children to swallow fluids. If a child continues to refuse fluids by mouth, they should also be seen by a doctor.

## How long should children stay away from childcare and school?

- Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried up, and any fever has settled.
- During this exclusion period they should also avoid activities and places where they will be in contact with others, such as swimming lessons and playgrounds/centres, to avoid spreading this very contagious disease.

## What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread, parents should report the illness to the director of the childcare centre or the school principal.

## Further information

For further information please call your local public health unit on 1300 066 055.

Hand, foot and mouth disease



# Woodenbong Central School Uniform Price List

Item	Price (Inc GST)
Kindergarten to Year 10 Shirts-Bottle Green	\$15.00
Indigenous Polo Shirts	\$35.00
Sports Shirts	\$15.00
Senior Shirts (Year 11 and 12)	\$22.00
ALL Jumpers/Polar Fleece Jackets	\$22.00
Indigenous Hoody	\$70.00
Black Shorts	\$13.00
Wide Brim Hats	10.00
Scarves	5.00
Beanie	5.00

**Other black bottom such as tracksuit pants and skorts are available to order through the front office.**

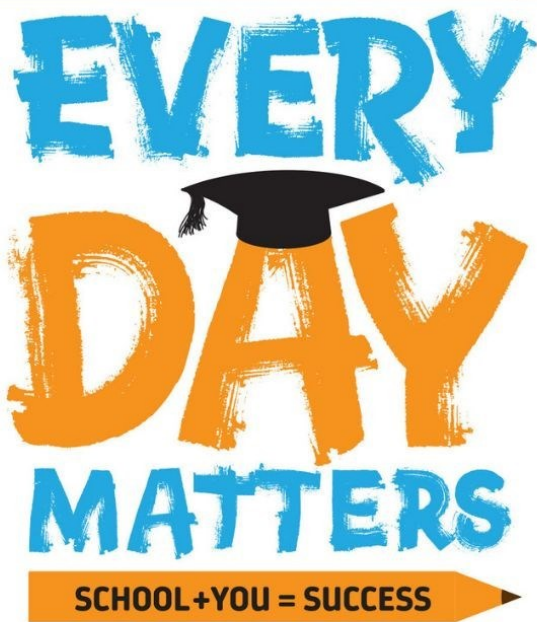
# Stationery Price List

Item	Price (Inc GST)
Calculators	\$33.00
64 page A4 exercise book	\$0.60
96 page A4 exercise book	\$0.70
128 page A4 exercise book	\$0.80
Mathematics Grid Book	\$2.75
20 plastic sleeve display book	\$1.20
A4 Art Diary	\$5.00
A3 Art Diary	\$9.90
USB – 16gb	\$10.00
Earphones	\$10.00
Headphones	\$11.00

# Woodenbong Central School Subject Contribution

General			
Single Student		\$35.00	
Family (2 or more)		\$55.00	
Subject (Per Student)			
Year 7 (All Year 7 Students)	Visual Arts	\$10.00	
	Design and Technology	\$30.00	
Year 8 (All Year 8 Students)	Visual Arts	\$10.00	
	Design and Technology	\$30.00	
Year 9	Visual Arts	\$10.00	
	Metal Technology	\$40.00	
	Wood Technology	\$40.00	
	Textiles Technology	\$40.00	
	Food Technology	\$40.00	
	Visual Arts	\$10.00	
Year 10	Metal Technology	\$40.00	
	Wood Technology	\$40.00	
	Textiles Technology	\$40.00	
	Food Technology	\$40.00	
Year 11	Visual Arts	\$15.00	
	Visual Design	\$15.00	
	Industrial Technology	\$40.00	
	Textile and Design	\$40.00	
	Hospitality	\$40.00	
Year 12	Food Technology	\$40.00	
	Visual Arts	\$15.00	
	Visual Design	\$15.00	
	Industrial Technology	\$40.00	
	Textile and Design	\$40.00	
	Hospitality	\$40.00	
Food Technology	\$40.00		





Boost in confidence, friendships and getting the best out of their education is what happens when students attend school every day.

### #EveryDayMatters

even the days leading up to end of term. Please remember to only plan travel during school holidays so students can get the most out of their learning.

Days missed equals years lost. When your child misses one day a week, that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning. We are here to support you in making sure students are attending school every day and get the most out of their learning.

## #EveryDayMatters

Each morning before 9:30 am parents/carers will receive a SMS message notifying them that their child is absent from school. Can parents/cares please respond to the SMS message, letting Woodenbong Central School know why your child is away, so the correct absent reason can be marked against their name.

### Attendance matters means explaining all absences



If your child is:



- Sick
- Has a medical appointment
- Has to travel for family business
- Involved in Sorry Business



#### Let us know

So we can plan continued support for your child's learning and wellbeing

Every day matters





# SWIMMING CLUB NEWS

## WOODENBONG AMATEUR SWIMMING CLUB PRESIDENT'S REPORT 2023/2024 SEASON

As the 2023-24 swimming season closes, I would like to take this opportunity to thank our committee and other parents for attending meetings and for their dedication and hard work to make this season so successful. This season has seen our swimmers achieving many PBs. A special thank you to those who worked in and organised the canteen, did timekeeping each week, marshalled the swimmers, started the events, our lifeguards and everyone else who helped in any way. We would not be able to function without you all. This season we introduced a free weekly chook raffle for families who help on the night plus a free chocolate bar raffle for swimmers and timekeepers. These appeared to be popular.

Numerous PBs have also been swum at school carnivals and again this year we had a number of swimmers qualify for Northern Rivers Zone CHS and PSSA carnivals at Casino. Isla, Stella, Lachlan and Clay are part of a Woodenbong Central Schools relay team that has qualified for State CHS and we wish them all the best.

WASC has been well represented by Aleisha Riley and Jennie Riley who have worked at numerous Swimming North Coast carnivals this season as technical officials.

It was an honour for our club to be nominated for and receive The Australia Day Community Organisation Award at the Australia Day Awards in January.

We also thank the Woodenbong Progress Association for their support in subsidising registration fees for our members, the Woodenbong Australia Day Committee for financial support and the Kyogle Council for their Community Assistance Grant. Thank you to Lynne Parker for successfully applying for this grant on our behalf.

Our club Championships were held on 14<sup>th</sup> March with all swimmers trying hard to do their best times. A big thank you to everyone who helped on that night.

We congratulate all of our members for their great achievements this season.

Our **AGE CHAMPIONS** for 2023/2024 are:

**6yrs & Under Girls** - Emersyn  
**7yrs Girls** - Emilee **Boys** - Curtis  
**8yrs Girls** - Hayley **Boys** - Samuel  
**9yrs Girls** - Zarah **Boys** - Zackery  
**10yrs Girls** - Ebony  
**11yrs Girls** - Ada **Boys** - Chayden  
**12yrs Girls** - Gabriella **Boys** - Kailyn and Tyrone  
**13yrs Girls** - Isla  
**14yrs Girls** - Bianca **Boys** - Clay

Our **GRADE POINT SCORE CHAMPIONS** for the 2023/2024 season are as follows:

**AA grade** - Clay  
**B grade** - Ada  
**D grade** - Zarah and Tyrone  
**E grade** - Zackery  
**E grade beginners** - Emilee and Curtis

Our other **TROPHY WINNERS** are as follows:

**Most improved** - Ethan  
**Encouragement** - Amelia  
**Shirley McLennan and Ken McLennan Perpetual Trophies** - Clay and Isla

Our AGM will be on 13<sup>th</sup> May at WCS at 4.30pm. Please attend as our committee needs new members. If you are interested in any of the positions but you are unsure of what is involved, then please don't hesitate to ask me.

*Jennie Riley*  
WASC President





AED locations in Woodenbong are as follows:

- 1) Woodenbong Community Hall
- 2) Woodenbong Hotel
- 3) Woodenbong Fays - Thrifty T.

External Access 24 hrs

## WOODENBONG POST OFFICE NEWS



Did you know you can exchange your used Sodastream Gas Cylinders for a new one here at Woodenbong LPO?

Instead of paying full price for a new cylinder you can exchange your old one and save \$16!



### EVANGELICAL COMMUNITY CHURCH SERVICE

Come along to a non-denominational combined Church Service

Sunday 28th April, 2024  
at 3pm  
Woodenbong RSL Hall

Followed by shared afternoon tea.  
Please bring a plate to share.

All welcome

Using a bus?  
Use a seatbelt.

Buckle up and ride safer together

## ANZAC Day

APRIL 25  
BONALBO

5.30am - Dawn Service Patrick McNamee Anzac Memorial Park followed by Gunfire Breakfast at the Bonalbo Bowling and Recreation Club.

11:00 am - Service at Bonalbo Community Hall.

OLD BONALBO

9.30am - Service at Old Bonalbo Soldiers' Memorial Hall

*Lest We Forget*

How much **sugar** do you drink?



Choose **water** Free Good for teeth ZERO sugar





# Coming up in... Urbenville



**Save the Date**  
**URBENVILLE CAMPDRAFT**  
**11TH & 12TH**  
**MAY**  
**2024**

**Computer Use**  
**FREE** 

**Free WiFi** 

**PRINTING: BLACK N WHITE 10c PER PAGE    COLOUR 20c PER PAGE**

**URBENVILLE LIBRARY & BOOK SWAP OPEN TIMES**  
 Wednesday mornings: 9am till 12 midday



**25 APRIL**  
**ANZAC DAY**  
**Urbenville Service**


**10:45 am** ANZAC Day  
 March, Urbenville  
 Memorial Hall

**11:00 am** ANZAC Day  
 Service, Memorial  
 Gates

*Lest We Forget*

**Urbenville Progress Association**  
**Free Urbenville Bus to Woodenbong for Shopping - Post - Chemist etc. Also stops at Urbenville businesses - Post - General Store etc.**

**for SENIOR CITIZENS**




Every 2nd Wednesday (except public holidays)  
 NEXT DATE FOR THE SENIOR CITIZENS BUS 20th March  
 Driver will pick up from your door & drop you back home  
 Phone Sharyn Russ for bookings 0428 666 398  
 (if no answer leave a message for call back)  
 NOTE: USE IT OR LOSE IT

**HEADS UP:** Unfortunately we have not had any bookings for the Seniors Bus for quite a while. We have been informed that funding we were receiving for the on-road costs have now ceased. UPA are now currently funding on-road costs for the benefit of the community, however if the bus is not needed we will have no choice but to sell it.

Where Art, Nature & Technology Meet


**bioluminescence**  
**@ Tabulam**



Are you a young person who is creative or love nature or want to learn new skills in the creative industries?  
 Be a part of a free 3 day workshop in Tabulam to learn video making skills, event management and video projection mapping in a hands on and fun way.



**Thurs 23 - Sat 25 May 2024**

Find out more info and register here:  
<https://bioluminescence.au>



This free opportunity for digitally creative kids for children 12 to 18 years, coming up in Tabulam in May.

**Days missed = years lost**  
 A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight 	= 4 weeks	= Over 1 year missed
1 day per week 	= 8 weeks	= Over 2.5 years missed

education.nsw.gov.au

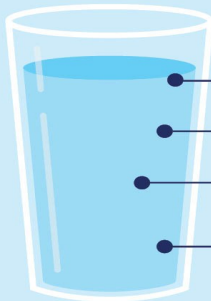


**Woodenbong Poet's Breakfast**  
**11am – 1pm Saturday 25<sup>th</sup> MAY**  
**PITSTOP CAFE 34 Unumgar St**  
**Enquiries myjam@hotmail.com**



**Share poetry, stories & Yowie tales**  
**Last Saturday Feb, May, Aug, Nov**  
**Part of Yowie Country Market**

Water has lots of benefits



- Zero sugar
- No kilojoules
- Doesn't damage your teeth
- Available from the tap

Healthy Eating  
Active Living



**IT IS ILLEGAL TO  
SELL VAPES TO**

**ANYONE UNDER  
18 YEARS OLD**



North Coast Youth Vaping Taskforce



ABCRA Affiliated Full Points Woodenbong Showgrounds

# Woodenbong CAMPDRAFT

**Saturday 18th & Sunday 19th May 2024**

*Saturday 6:30am*

**\$1,200 Maiden Draft**

Entry Fee: \$35, Round & Final, 17 years and over

**\$2,000 Open Draft**

Entry Fee: \$55, Round & Final, 17 years and over, Novice/Open horses only

**Maiden Final**

**\$600 Open for Open Draft**

Entry Fee: \$40, 17 years and over

*Sunday 6:30am*

**\$1,500 Geoff Passfield Memorial Novice Draft**

Entry Fee: \$45, Round & Final, 17 years and over

**Open Final**

**Novice Final**

**\$150 Junior 8-U13 Draft**

Entry Fee: \$10, 1 Run Limit

**\$200 Juvenile 13-U17 Draft**

Entry Fee: \$15, 2 Run Limit

**ENTRIES OPEN: TUESDAY 23RD APRIL 2024 VIA ICOMPETE**

Bar, Food & Entertainment Available

8 First Round Runs. Stallions must be collared and yarded. No glass. Dogs must be leashed. Committee not registered for GST. All prizemoney inclusive of GST. All prizemoney inclusive of GST where applicable. Riders under the age of 18 must wear a helmet at all times whilst mounted. Encouragement riders must wear a helmet whilst competing. Paid out 1st to 6th excluding the restricted open. Head Office payouts. The Committee reserves the right to refuse any nomination for any event or to alter the programme. Failure to notify of scratching's 7 days prior to event commencement will forfeit entire entry fee. Entry fee includes \$20 stock levy, \$2 trophy levy, \$2.50 first aid levy & \$1.10 cattle reserve fund levy.



Helmets Can  
Save Lives

**CONTACT: IAN REID - 0427 351 401 SANDRA REID - 0408 708 715**

## Cross Road Ministries

**20th April**

**Glenda and Steve welcome you to the  
Healing Gathering on the 20th April for a  
10:00 am start.**

**Feel free to join us at anytime through  
the day**

**BYO lunch.**

**Free sausage sizzle for dinner**

**Tea and coffee available**

**Meeting totally lead by Holy Spirit**

**See you soon.**



# Urbenville Bowling Club News

## WE WANT YOU

### Urbenville & District Bowling Club Ltd

17638 Clarence Way Urbenville  
Phone:0266341269

The club practises responsible service of alcohol

The Club is calling for expressions of interest for our catering operations.

Work schedule will include Friday nights and some weekend/weekday based on scheduled events or club necessity.

Awareness of and compliance with statutory obligations (particularly food hygiene, food safety & work health & safety) is required. a food safety supervisors' certificate and a ABN is mandatory.

The kitchen is fully equipped, and all crockery and cutlery are available. All you need to provide is your fresh ideas. To be considered for this opportunity the successful caterer shall:

Be able to provide meals of high quality and wide variety, including specials, at prices comparable to local competition be fully conversant with relevant legislation relating to food hygiene and WH&S compliance.

Start date: 02 June 2024

Applications close: 15th May 2024

Applications should be marked private and confidential an address to:

The Secretary

Urbenville And District Bowling Club

PO Box 50

Urbenville NSW 2475

Or hand deliver to Colleen Scofield @ Scofield's Transport .



#### Tips to help manage your family's screen time



Use a timer to break up and limit screen-time



Make meal times screen-free family time



Enjoy screen-free activities as a family



Keep bedrooms screen-free (including phones)

Healthy Eating  
Active Living



NSW

A 'Save the Date' poster for Australia's Biggest Morning Tea. The background is light yellow with scattered tea-related icons like teapots, teacups, and tea bags. The text 'Save the Date' is written in a large, elegant cursive font at the top. Below it, 'Australia's Biggest Morning Tea' is written in a bold, blue, sans-serif font. To the right, the Cancer Council logo is visible. At the bottom right, the event location and date are listed: 'WOODENBONG SATURDAY 18TH MAY'. There is also an illustration of a blue teapot and a yellow teacup.



# ANZAC DAY Programme

**THURSDAY 25 APRIL 2024**



- **Dawn Service** will be held 5.15 am at Woodenbong's Water Tower located on Hill View Road, Woodenbong.
- MC Katelyn Fletcher and Lachlan Hannant
- Guest speaker will be John Sawtell
- Bagpipes,
- [Team of 6 volley personnel, firing three shots from WW1 and WWII rifles](#)
- Gunfire Breakfast
  - \* Bacon and eggs
  - \* Rum and milk
- **March** opposite Foodworks, MacPherson Street
  - \* 10.40am assembly
  - \* Woodenbong RSL and Trust Members, Police contingent, Fire Brigade contingent, RAAF contingent from Amberley and other defence personnel, Woodenbong Central School representatives, led by School Captain Madison Fleming, and any member of the public.
- Flyover has been **requested** with more details TBA
- **ANZAC Day Service** in **Woodenbong** Public Hall,
  - \* 11am Start
  - \* MC David Hannant
  - \* Guest speaker will be Bob Jeffery and Lindsay Passfield
- March to the Lest We Forget Gates
  - \* 11:45am
  - \* Laying of the wreaths
  - \* Team of 6 volley personnel, firing three shots from WW1 and WWII rifles.
- Luncheon at RSL **Hall** – we must have an RSVP for the luncheon as numbers are limited (Secondary School children only). Please contact Roslyn Johnson on 0428 133 874 or Mekella Hannant on 0407493901 to RSVP by the 20<sup>th</sup> April 2024.
  - \* 12:30pm Start
  - \* \$30 per head
- Two-up Woodenbong Hotel and run by the RSL
  - \* Start at 4:00pm till 8:00 pm
  - \* Dinner provided by hotel (normal menu charges apply)





RICHMOND RIVER BEEF PRODUCERS ASSOCIATION



Present

**Kyogle Beef Bonanza**

**April 27<sup>th</sup>, 2024**

**Venue: Kyogle Showgrounds**

Judging from 10am

Worthwhile experience for competitors!

Great prizes!

- Classes for - pen of Three (3) Vealers Milk Tooth
- Single Class - Milk Tooth Vealers
- Pen of Three (3) Replacement Heifers - Exhibitor Bred
- Class for - Led Steer [Points awarded can be included in the Casino Beef Week Steer Series.]
- Class for - Junior Parader
- Class for - Junior Judging

For more information and entry form please contact [secretary@rrbp.org.au](mailto:secretary@rrbp.org.au)



Providing access to mental health support in Northern NSW

Phone 1300 160 339  
[www.neaminational.org.au/CTWNC](http://www.neaminational.org.au/CTWNC)

**Connect to Wellbeing North Coast** helps people to connect with mental health and alcohol & other drugs (AOD) services across the NSW North Coast region.

A 'no wrong door' approach

Connect to Wellbeing North Coast provides a flexible, responsive, single point of contact for consumers, carers, GPs, allied health professionals, and other agencies who are seeking to access or refer people to mental health and AOD services.

How to refer

To find out more about the service or to make a referral, contact us:  
Phone 1300 160 339  
[www.neaminational.org.au/CTWNC](http://www.neaminational.org.au/CTWNC)

Helplines

Lifeline 13 11 14  
Suicide Call Back Service 1300 659 467  
NSW Mental Health Line 1800 011 511  
Kids Helpline 1800 55 1800  
1800 Respect 1800 737 732  
MensLine 1300 789 978  
Beyond Blue 1300 22 4636

Please note that Connect to Wellbeing is not intended to support people who are at acute and immediate risk, if you or someone you care for needs immediate emergency support, please call 000 or Lifeline 13 11 14.



Connect to Wellbeing is a Neami National service funded by Healthy North Coast through the North Coast PHN program.



**TIDAL**

**ELECTRICAL CO.**

**0466 187 019**

**Tidalelectricalco@gmail.com**

**Dairy Flat, NSW**

**Power Lighting**

**Data Pumps**

**Lic. 36798C CCTV**

**A healthier lunchbox can help your child go, grow and glow**



Healthy Eating  
Active Living



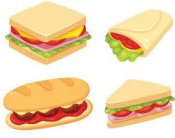
**WAG INC NEWS**

Copies of the WAG newsletters can be picked up from the silver box at the Pit Stop Café.

Thank you.



# Canteen Menu 2024



## Sandwiches/Wraps:

- Cheese \$3.00
- Cheese & Tomato \$3.50
- Ham & Cheese \$4.00
- Ham \$3.50
- Ham & Salad \$6.00
- Ham, Cheese & Tomato \$ 4.50
- Egg \$3.50
- Egg & Lettuce \$4.00
- Salad \$5.00
- Chicken \$4.00
- Chicken & Salad \$6.00
- Chicken Lettuce & Mayo \$5.00
- Chicken, Cheese & Onion \$5.00
- Falafel & Salad Wrap \$5.00
- Sweet Chilli Tender Wrap \$6.50  
(2 Sweet chilli chicken tenders, lettuce, cheese, tomato, sour cream & sweet chilli sauce)
- Vegemite \$ 2.50
- Jam/Honey \$2.50

- \*Toasted \$1.00 extra
- \*Bread Roll \$1.00 extra
- \*Gluten Free Bread \$1.50 extra

BLACK= EVERYDAY



## Salad Bowls:

### (All Gluten Free)

**Including:** Lettuce, Tomato, Cucumber, Carrot, Capsicum, Onion, Avocado, Beetroot, Egg & Cheese.

Just Salad  
Sm \$5.00/Lg \$6.00

Meat & Salad  
(Chicken, Ham or Meatballs)  
Sm \$6.50/Lg \$7.50

2 Egg Salad  
Sm \$6.50/Lg \$7.50

Chicken Burrito Bowl  
Sm \$7.00/Lg \$8.00

Salad Dressing/Mayo/Aioli \$0.50

### Gluten Free

6 x Chicken Nuggets \$4.00

Chicken Tenders \$1.50 each

Chick Tender Burger (on GF bread) \$6.00

Mini Banana & Vanilla Muffins  
(Dairy & Egg Free + Vegan) \$2.20

HEALTHY WOODENBONG CENTRAL SCHOOL CANTEEN 75% Everyday 25% Occasional

## Hot Foods:

Chicken Burger  
(Grilled Chick/cheese/lettuce/mayo)  
\$6.50 or with the lot \$7.00

Beef Burger  
(Beef Patty/lettuce/tomato/beetroot/  
onion/cheese/BBQ sauce) \$7.00

Pulled Beef & Gravy Roll \$5.00

Roast Chicken & Gravy Roll  
\$5.00

Chicken Salsa or Meatball Salsa  
& Cheese Roll \$6.00

Cheese Burger  
(Meat/cheese/lettuce/tomato & tom  
sauce) \$5.00

Vegetable filled Pastry/Pie  
\$5.00

Quiche - Pumpkin & Chive, or  
Spinach & Fetta \$4.50

Chicken Nachos \$5.00

**Sweet Chilli Chicken Tenders**  
\$1.50

Hash Browns \$1.00

Beef Traveller pie \$5.00

Hotdog & sauce \$4.00  
+ cheese \$4.50

Lite'n Up Sausage Roll \$4.00

Lite'n Up Party pies \$1.00

6 X Chicken Nuggets \$4.00

Pizza - Ham & Pineapple \$4.00

Chick Nugget & Gravy Roll \$5.00



## Snacks:

Fruit Salad Cups  
Sm \$2.00 Lg \$4.00

Fruit Salad XL \$6.00

Seasonal Fruit \$1.00

Pancakes \$1.50

**Red Rock Sea Salt Chips \$1.00**

**Grainwaves Chips \$1.00**

**Choc or Blueberry Muffin \$3.00**

## Freezer snacks:

Frozen Yogurt - Twisted healthy  
treats: Strawberry/Vanilla,  
Watermelon/Mango or  
Chocolate/Vanilla - 120ml \$2.00ea

Frozen Yogurt Cups -  
Strawberry or Mango - 200ml  
\$2.50

Quelch \$0.50

TNT \$1.00

Calipo \$1.00

Paddle pop \$2.20

Dixie Cup \$1.00

Moosies \$1.20

## Drinks:

Water, 600ml \$2.00

Chill J 100% Aerated fruit juice,  
250ml \$2.50

Popper 100% Apple & Mango,  
Apple & Blackcurrant or Tropical,  
250ml \$2.00

Glee 99%/Juice Bomb Raspberry,  
Watermelon, Grape, Tropical or  
Orange & Passionfruit 250ml  
\$3.00

Pop Tops 99% Apple or  
Apple & Blackcurrant, 250ml  
\$2.50

M2GO Chocolate or Strawberry  
250ml \$2.00

Up & Go, Chocolate, Vanilla, Ba-  
nana or Strawberry 250ml \$3.00

Norco Chocolate or Strawberry  
Milk 300ml \$2.50

Cup of Milo/Milk \$2.00

## Highschool only

Norco Choc Milk, 500ml \$4.50

**Norco Iced Coffee, 500ml \$4.50**

## Condiments - \$0.50 each

Tomato or BBQ Sauce,  
Sweet Chilli, Sour Cream,  
Mayonnaise, Garlic Aioli,  
Guacamole, Italian Dressing, Gravy

RED= OCCASIONAL

# Reflection For The Week

## Having job security

God created the Garden of Eden, then He created Adam, and then He told Adam that his job was to take care of it. Why? Because work gives dignity and meaning to our lives. That's why the Bible says, 'Those who work their land will have abundant food, but those who chase fantasies have no sense' (Proverbs 12:11 NIV). Let's talk about how to have job security.

Negative world events can have a devastating impact on the economy, which in turn affects employment security. Accidents or illnesses can result in unemployment. It's easy to see why so many of us live in fear of becoming unemployed. The fear of losing your job is rooted in the following core fears.

Lack: 'How will I meet my obligations?'

Inadequacy: 'I'm not good enough.'

Helplessness: 'What do I do now?'

Loneliness: 'I'll be isolated from my social network.'

For some, the shame and humiliation of losing a job is as devastating as the loss of income. Fretting about being fired can become a self-fulfilling prophecy because the anxiety makes you less efficient and effective. So if you live with the constant fear of losing your job, it's time to stop worrying and start developing a strategy that will enhance your position on the job or assure you of a soft landing if you get laid off.

Your first and foremost strategy must be to trust in God's faithfulness: 'The LORD your God will make you prosper abundantly in all the work of your hands. Indeed, the LORD will again delight in your prosperity, as he delighted in that of your ancestors.' (Deuteronomy 30:9-10 CSB).

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Winter: 7.00pm

Summer: 7.30pm

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