

Week 7 Term 1

14th March 2024

WOODENBONG CENTRAL SCHOOL AND COMMUNITY

NEWSLETTER

Principal:
Miss A-M Mason

Unumgar Street
Woodenbong NSW 2476

Phone:
02 6635 1281


Fax:
02 6635 1488

E-Mail:
woodenbong-
c.school@det.nsw.edu.au




Readers: This newsletter is supplied free with the help of the advertisers. Please support them.

March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div>VEGETABLE WEEK</div> <div></div> <div>Big Veggie Crunch 21st March Veggie Week 18th to 22nd March</div>				1	<div>NAPLAN TESTING WINDOW</div> <div>Year 3, 5, 7 and 9</div> <div>13th to 25th March</div>	

April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 	2	3	4	5	6	7
8	9	10	11	12 Last Day Term 1	13	14
15	16	17	18	19	20	21
SCHOOL HOLIDAYS						
22	23	24	25	26	27	28
SCHOOL HOLIDAYS						
29 Staff Return for Term 2 SDD	30 Students Return For Term 2	1st May Whole School Cross Country				

Principal's Message

*Always was, always will be:
Githabul Country*

**WELCOME TO WEEK 1
TERM 1 2024**



direct message) but this can also create unnecessary complications when the concern or question finally lands with whom should be responding to or handling it.

Our school phone number is: 0266351281, the school's email is: woodenbong-c.school@det.nsw.edu.au

STUDENT WELLBEING OFFICER – NATIONAL WELLBEING PROGRAM

Congratulations to Jolie Britton – our new Wellbeing Officer (Mondays).

This role will be approximately a day a week (more possibly) and works with our Learning and Support Team as a resource to work individuals, siblings and groups delivering programs and connecting students and families to services where appropriate. Jolie is a fantastic addition to our staff in this role!

WHY WE COMMUNICATE VIA FRONT OFFICE

It is important that communication is directed through the front office so the right protocols are followed. This looks after everyone. It is tempting to contact staff directly or by their personal contacts (phone,



Elijah Berger's "A Wild Day At the Beach"

LANGUAGE TO DESCRIBE BEHAVIOUR

Humans are pretty unique – we get to observe and think about our own behaviour as well as develop and use language to describe it.

Recently in Learning and Support Meetings we have re-visited the importance of using non-judgmental and non-value-laden



vocabulary to describe behaviour (usually on negative Sentral records). This is difficult to do in writing let alone in person. However, it is important that we avoid colloquial terms and sayings like 'girls being girls' or 'boys being boys' to describe peer relational-aggression. And certainly, if that's a mouthful, we must ask if it is simply bullying?



We have a tendency to re-name and gender behaviours when both parties are 'involved' in keeping the issue going.

Young people are learning about themselves, the world and people around them. They make mistakes and missteps socially all the time (so do adults!). It is our role to support them developmentally. This doesn't look like minimising or abandoning issues (eg. Just ignore her/him, He or she will never be your friend, etc). Young people need for us to support them to approach their own solutions provided it is respectful and restorative and avoids further harm (fall out).

For our students that come from trauma-background (past and continuing) this is crucial for security. Peer issues take away from the safe place school can be for them. When one's friendships are off-centre it can lead to high levels of anxiety and helplessness.

As educators and carers it is important that rather than doling out 'advice' or labels we offer consolation and curiosity. This looks like acknowledging the difficulty of navigating social interactions (eg. I can see this must be hard for you) and asking questions about what next (eg. What are you thinking about in terms of moving forward from this? Who could help you with this?).

Thank you to everyone for all the fantastic work you do in this space every day. Its hard work worth the effort!

PARENT & CITIZENS

If you are interested in joining the school's P&C please make contact with Tanya Fleming via our front office who can put you in contact. Our school needs to have a growing P&C and at the moment it is very small and likely to end without new membership. It is a great way to keep informed, get involved in public education and give back to the wider community!

*Anne-Marie Mason,
Principal*



SECONDARY NORTHERN RIVERS ZONE SWIMMING



On Tuesday 27th February, Stella, Clay, Isla, Charlie J, Tyrone P, Lachlan, Elke and Indi, travelled to Casino to compete at the Northern Rivers Zone Swimming Carnival

The results were...

- Stella Dau - 4th 100 m Freestyle, 2nd 50 m Freestyle
- Clay Shaw - 2nd 100 m Freestyle, 3rd 100 m Breaststroke, 4th 50 m Freestyle
- Isla Shaw - 2nd in 100 m Breaststroke, 6th 50 m Freestyle
- Charlie Jung - 6th 100 m Breaststroke, 9th 50 m Freestyle, 3rd 100 m Butterfly
- Elke Johnston - 6th 100 m Freestyle, 9th 50 m Freestyle
- Indi Semmler - 11th 50 m Freestyle
- Tyrone Pitcher (Multi-Class) - 4th 50 m Breaststroke, 2nd 50 m Backstroke, 3rd 50 m Freestyle
- Central School's Relay Team - Isla Shaw, Stella Dau, Clay Shaw, Lachlan Hannant - 1st
- Girls 15 Relay Team - Isla Shaw, Stella Dau, Elke Johnston and Indi Semmler - 2nd



CONGRATULATIONS!! To Stella Dau, Clay Shaw, Isla Shaw and Tyrone Pitcher, who qualified for the North Coast Regional Swimming Carnival in Casino on the 19th March. AND the CENTRAL SCHOOL'S RELAY TEAM AND GIRLS 15 RELAY TEAM, who also qualified.

Northern Rivers Zone Rugby League Trials

On 5th March, Jahdon Worth, Joseph Fisher, Solomon Williams, Errol Brown, Jaylei Brown, Charlie Jung, Shemaaya Williams, Kezia Hickling and Jennayah Vincent travelled to Lismore to represent Woodenbong Central School at the Northern Rivers Zone Rugby League Trials.

CONGRATULATIONS!! To Jaylei, Joe, Shemaaya, Keiza and Jennayah for being selected in the Northern Rivers teams in the Far North Trials in Ballina.



**GO
TEAM
WCS!!!**

PRIMARY SPORT

Ada Shaw will be competing at the North Coast Regional PSSA Swimming Carnival on 20th March.

On the 27th March students will be travelling to Kyogle to compete in the Northern Rivers Zone Rugby League Trials.

We wish these students all the best!!

Primary

Week 7,
Term 1

Important Dates

13th to 25th March - NAPLAN Testing Window Year 3 and 5
 20th March - NC PSSA Regional Swimming Carnival
 26th March - PSSA NR Zone Rugby League Trials
 27th March - Year 1 to 12 Bounce Excursion
 27th March - Whole School Activities Day
 28th March - Easter Celebrations and Grandparents Day
 29th March to 1st April - Easter Weekend
 12 April - Last day Term 1
 29th April - Staff Return to School SDD
 30th April - First Day Term 2 for all students
 1st May - Whole School Cross Country



WEEK 7 IN PRIMARY!



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.healthkids.nsw.gov.au/campaigns-programs/crunchsip.aspx

Bounce Excursion

This excursion is now full. If you would like for your child to go, you can still bring in the note and money and they will go on the waiting list, in case someone pulls out due to sickness, etc.

ACTIVITIES DAY

Wednesday March 27
\$55 per student

For students in
Years 1 to 12

Notes to come home soon!

Returning signed permission note and money (together) reserves your seat on the bus!

Activities Day

Wednesday, Week 9, 27th March, students will participate in our Term 1 Activities Day. Students who have returned their notes and money early enough will be going to bounce. A waiting list has started for any additional students wanting to go. Kinder/Year 1 students have also been invited to Woodenbong Preschool for an Easter Party on this day.



Selections for other activities will be given to students in the next week.

Assembly Award

Congratulations to our award recipients

K/1 - Serenity and Katiah

2/3 - Skylar and Terek

4/5 - Carter, Thane

6 - Millie

Kindness is cool award - Carter

Win Bin Winners - Makayla and Carter

RESPECTFUL

RESPONSIBLE

LEARNER

SAFE

Primary

Week 7,
Term 1

Senior Citizens Day and Easter Celebration

Thursday Week 9, 28th March, at 10.15am, Primary will host our annual Senior Citizens/Grand Parents Day and Easter Celebration.

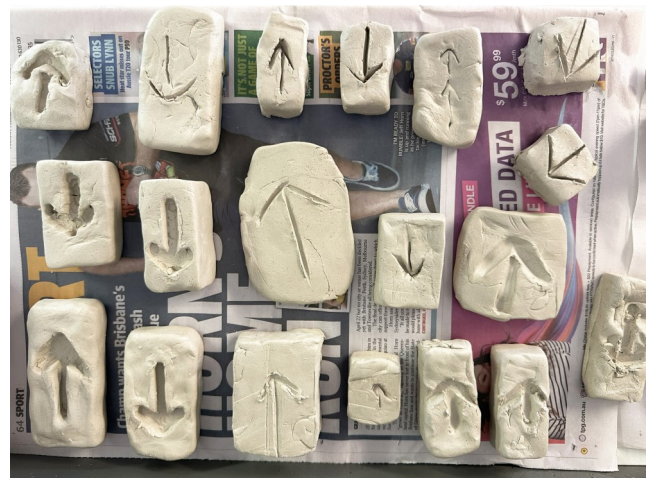
We will host a morning tea picnic (weather permitting) on our playground green (with tables and chairs). During this celebration we will draw the winners of our Easter Raffle and hold an Easter Hat parade.

We invite family and community members to attend and enjoy a morning of celebrations.



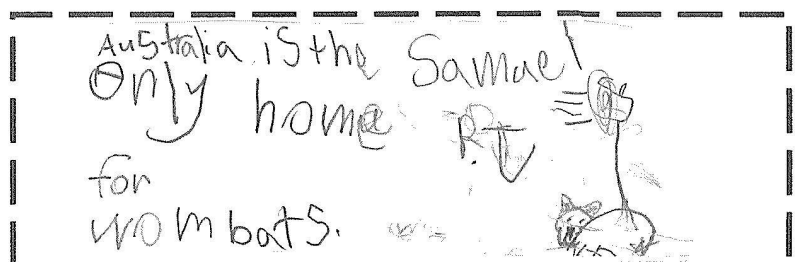
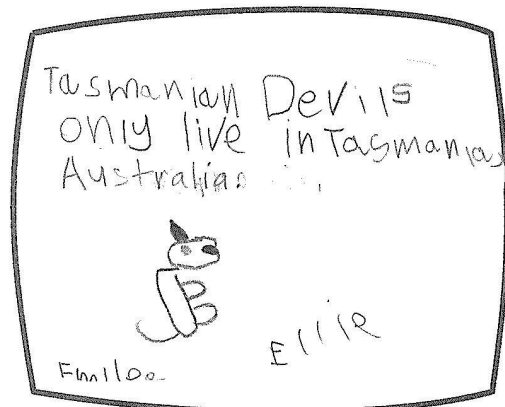
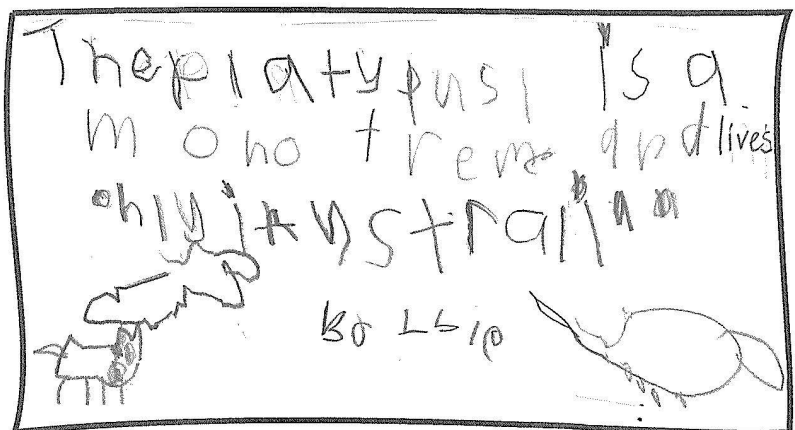
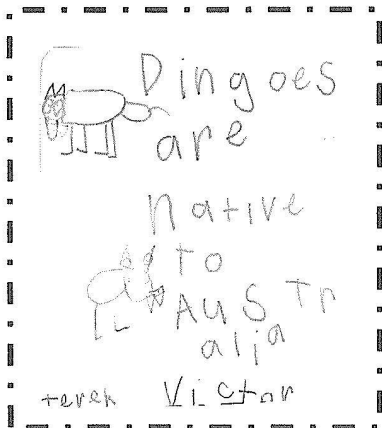
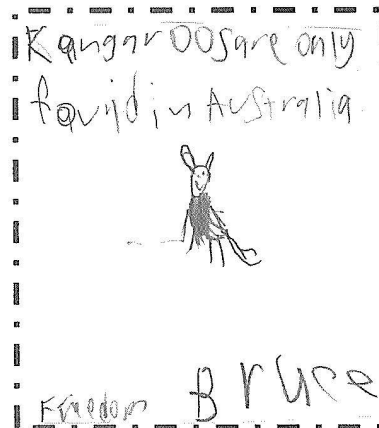
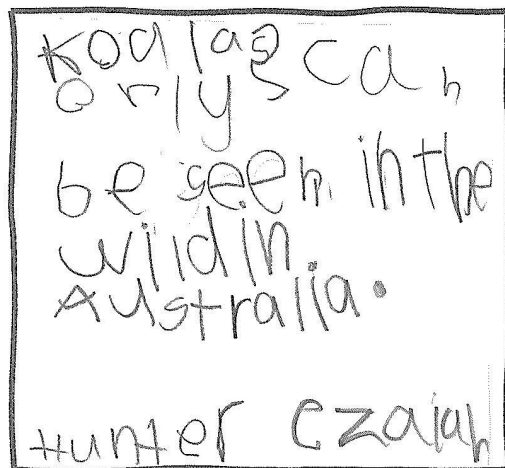
Year 4/5 History

In Year 4/5 History, students looked at how quickly the township of Sydney was established after 1788. Brickmaking was an important labouring job for convicts. Although we haven't made our bricks using the exact method convicts did, we have ensured that we marked them in a similar fashion. Our bricks will be dried out before being fired in the kiln. We cannot wait to see our finished bricks.



WOODENBONG WEEKLY

BY YEAR 2/3



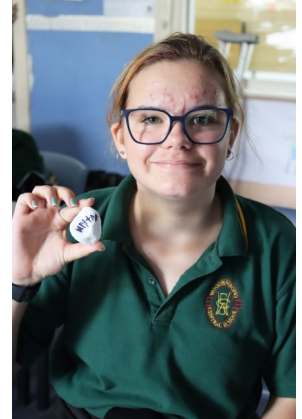
Secondary

Week 7,
Term 1

Important Dates

13th to 25th March – NAPLAN Test Window. Years 7 & 9.
19th March – North Coast Regional Swimming Carnival
21st March – INR Zone Open Touch Football Trials
21st March – Captains Leadership Excursion to Sydney
21st March – Sydney Royal Easter Show Paraders Competition
25th March – Sydney Royal Easter Show Cattle Junior Judging
27th March – Whole School Activities Day
27th March – Year 1 to 12 Bounce Excursion
28th March – Great Northern Rugby League Trials
29th March to 1st April – Easter Weekend
12th April – Last Day Term 1
26th April – ANZAC Day
29th April – Staff Return to School SDD
30th April – First Day Term 2 for all students
1st May – Whole School Cross Country

NEWS



Year 8 History

To begin their new study on Vikings, Year 8 students brainstormed what they already knew on the topic before turning their hands to writing their name on pebbles using ancient runic alphabet. These pebbles were then put into a Viking helmet and drawn out to determine who would be: chief (what I surprise that Ms Ogg's stone was chosen), form a the jarl council, and act as thrall. The photos shows us trying to loosely form a social hierarchic pyramid. Many thanks to Odin's representative, Freya; AKA Ms Mason for drawing the stones out.



V
X
J
M

Safe

Learner

Responsible

RESPECTFUL

Secondary

Week 7,
Term 1

Students have also discovered a partial skull in the mystery mound. Record keeping and sketching of the site has begun. Stay tuned for more details as the excavation continues.

Tanya Ogg. History



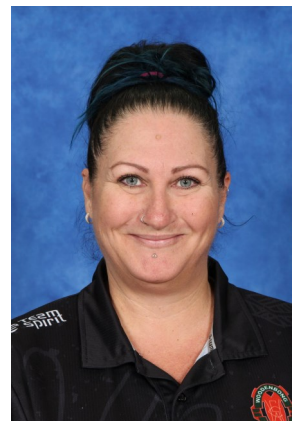
Student Wellbeing Officer Role:

Hello, My name is Jolie also affectionately known around school as 'MummaJ'. I have been an SLSO at WCS since 2021 and have recently been given the opportunity to step into the role of Student Wellbeing Officer one day per week. My role will include, but not limited to; mentoring students, check-ins, family & community support, social and emotional wellbeing and promote and strengthen cultural values. I will be facilitating different programs throughout the course of the year, so please keep an eye out for upcoming newsletter articles and permission notes. I am excited to see where this new path takes us, as a whole school as I work collaboratively with our amazing staff, students and the broader community. Please feel free to reach out to me for a chat at any time.

Thank You.

Jolie Britton.

*WCS Student
Wellbeing Officer*



Secondary

Week 7,
Term 1

CAREER News



Current opportunities with University of Melbourne for Aboriginal and Torres Strait Islander students:

Yagilaith (Year 11 & Year 12)

WHO: Opportunity for Year 11 and Year 12 Aboriginal students on an ATAR/IB pathway

WHY: [To experience what studying at the University of Melbourne is like.](#)

WHAT: We welcome applications from students with interests in all fields who are decided or undecided about their after school plans. Yagilaith aims to expose students to the university experience so they can make informed choices about their future.

COST: **FREE.** There is no cost to participate. **All expenses are covered including accommodation, food, and flights.**

APPLY NOW. Applications close on Thursday 18 April 2024. Learn more: go.unimelb.edu.au/f8hs

Victorian Indigenous Engineering Winter School (Year 10, Year 11 & Year 12)

WHO: Year 10, 11 & 12 Aboriginal students

WHY: [The Victorian Indigenous Engineering Winter School \(VIEWS\)](#) is a great opportunity for students in any state/territory who are interested in engineering and information technology.

COST: **FREE.** There is no cost to participate. **All expenses are covered including accommodation, food, and flights.**

Learn more: go.unimelb.edu.au/8f7s

Residential Indigenous Science Experience (Year 9 & Year 10)

WHO: Years 9 & 10 Aboriginal students

WHY: [The Residential Indigenous Science Experience \(RISE\)](#) is a deadly opportunity for Aboriginal students in any state/territory who are interested in Science, Technology, Engineering, and Maths (STEM).

COST: **FREE.** There is no cost to participate. **All expenses are covered including accommodation, food, and flights.**

Learn more: go.unimelb.edu.au/t8hi



**EXPRESSIONS OF
INTEREST
BEST OFFER
ROOSTERS FOR SALE
6635 1281**



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.	

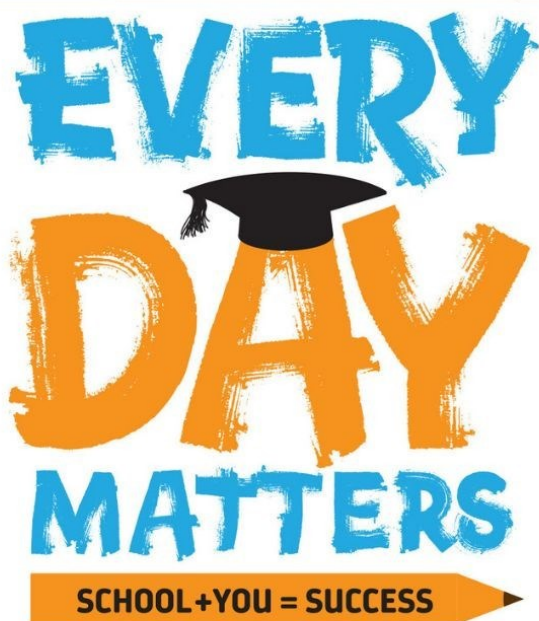
Stationery Price List

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
Year 10	Visual Arts	\$10.00
	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



AED locations in Woodenbong are as follows:

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

External Access 24 hrs



Woodenbong NSW Australia Day Council

01 March 2024

Ms. Anne-Marie Mason
Principal Woodenbong Central School
Lindsay Street
Woodenbong NSW 2476

Anne-Marie

On behalf of the Woodenbong Australia Day Committee, I put forward our appreciation and thanks to the School Captains of Woodenbong Central School – Korban Newton, Maddison Fleming, Katelyn Fletcher, and Lachlan Hannant – for their Australia Day Youth Address. All of those present on the day found their presentation to be encouraging and formative.

As with each year, the senior leaders of Woodenbong Central Schools presentation of relevant subject matter for all Australians gives us the chance to Reflect, Respect, support and to praise what changes will follow from Australia's Youth.

Yours truly
Karen Heard, Chair

K Heard
Woodenbong ADC
46 Roseberry Street
Woodenbong NSW 2476
0404870712

WOODENBONG POST OFFICE NEWS



Our Baby Booksheff!!

FOR SALE

2013 Nissan Pulsar - \$8500

Awesome little manual car

141 000 km * Rego to 07/24

2 owners...always serviced and looked after

Only selling due to needing a ute

Ph Tanya Want 0418 762 433



NSW Department of Education



Every Day Matters

Days missed = years lost

If your child misses as little as **1 day per week**, they will miss **8 weeks of school per year**, which adds up to over **2.5 years missed over their school life**.

When your child misses school they miss important opportunities to:

Learn

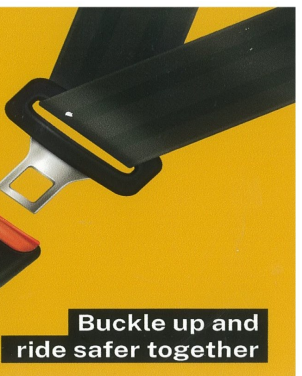
Strengthen friendships

Build skills through fun



Scan the QR code to learn more

Using a bus? Use a seatbelt.



Buckle up and
ride safer together



Coming up in... Urbenville

explore

life
faith
meaning

You're
invited to
Try Alpha

Alpha

Monday nights
at the Urbenville hall

Beginning 6.30pm
19th February - 8th April

Finger food and softdrinks

Free event

All welcome
(rsvp 0458662397
for catering)

clickyoglehelen.com.au

alpha.org.au



Computer Use



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



At the Urbenville Historical Museum
(13 Urban St Urbenville)

SATURDAY

16th

MARCH

9am to 12pm

Come and
explore the
local History

\$5



3 X
HOME-MADE
SAUSAGE ROLLS
With tomato
or BBQ sauce
TAKE AWAY (8)
FOR \$10.00

\$5



2 X Plain or Date scones
With Jam, Butter & Cream



TAKE AWAY (6) FOR \$10.00

all with unlimited tea or coffee

ALL WELCOME:
URBENVILLE HALL!
19TH FEB - 8TH APRIL
6.30PM

THERE'S A SEAT FOR YOU AT THE TABLE

ALPHA IS A SAFE SPACE YOU CAN ASK LIFE'S BIG QUESTIONS

Alpha

Save the Date

URBENVILLE CAMPDRAFT

11TH & 12TH MAY 2024

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

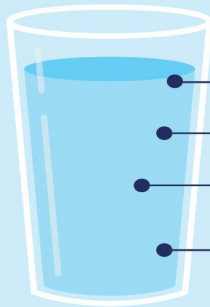
Driver will pick up from your door & drop you back home

Phone Sharyn Russ for bookings 0428 666 398

(if no answer leave a message for call back)

NOTE: USE IT OR LOSE IT

Water has lots of benefits



Zero sugar

No kilojoules

Doesn't damage your teeth

Available from the tap

Healthy Eating
Active Living



What is a Serve?

Vegies

Did you know that less than 5% of people eat enough vegetables each day? Check out this guide to see what different serves of vegies look like.



1 cup leafy greens or raw salad veg



1/2 cup cooked pumpkin or carrot



1 medium tomato



1/2 cup cooked or canned beans, peas or lentils



1 medium cucumber



1/2 cup cooked broccoli



1/2 medium potato



1/2 cup sweet corn

How many serves should you aim for?

Children under 3 years: 2-3 serves.

Children 4-8 years: 4-5 serves,

People 9 years and over: 5 serves.



Woodenbong CAMPDRAFT

Saturday 18th & Sunday 19th May 2024

Saturday 6:30pm

\$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 6:30pm

\$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 7 days prior to event commitment 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.



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

Helmets Can Save Lives

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



IT IS ILLEGAL TO
SELL VAPES TO

ANYONE UNDER
18 YEARS OLD



North Coast Youth Vaping Taskforce



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
M T W T F
M T W T F

= 4 weeks



= Over 1 year missed

1 day per week
M T W T F
M T W T F

= 8 weeks



= Over 2.5 years missed

education.nsw.gov.au



MINIROOS REGISTRATION IS NOW OPEN!



Is your child aged 5 - 11 and wanting to start a team sport?

This is a great way to learn valuable skills and teamwork while being part of a friendly and inclusive local football community.

Training commences week 4th March.

Games on Saturday mornings (to commence after school holidays).

Register now [here](#).

Registration for Juniors (age 12 - 16) and Seniors is also open now.

For more information, please reach out to the Kyogle FC - Soccer Facebook page or via email to kyoglefc@ffnc.net.au



KYOGLE JUNIOR RUGBY LEAGUE 2024 SEASON REGISTRATIONS

Come along and get the kids signed up, all new players welcome. Anyone interested in helping out with coaching, training or first aid come along and find out how easy it is to become a volunteer and help with our kids and club.

Register @ www.playrugbyleague.com

- Registration fee is \$100.
- Active Kids Voucher accepted (please note changes to vouchers, they are now \$50 and conditions apply)
- UNIFORMS can be purchased upon registration or on registration afternoons.

For those needing assistance from our club Registrars Jackie and Tara, come along to Club House on

Thursday 29th February, 4pm
Thursday 7th March, 4pm
Saturday 23rd March, TBA

Any further enquires please email Kjrlturkeys@gmail.com or Kjrlfcregistrar@gmail.com
 Follow Us on Facebook @ Kyogle Turkeys Jr!





WORKING BEE

Saturday 23rd of March

Woodenbong Sport Club
8am
Bar open after cash only



We're coming to your community





Our Mobile Service Centre is coming to Woodenbong
Tuesday, March 26, 2024
10:00 AM - 2:00 PM

Bringing NSW Government services to you.

Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

Find us at:
 Community Hall
 Umungar Street

RICHMOND RIVER BEEF PRODUCERS ASSOCIATION



Present

Kyogle Beef Bonanza

April 27th, 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



Providing access to mental health support in Northern NSW

Phone 1300 160 339
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

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
MenLine 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.

HEALTHY NORTH COAST

phn
NORTH COAST
An Australian Government Initiative

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

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Lic. 36798C CCTV

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



**Healthy Eating
Active Living**

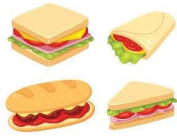


WAG INC NEWS

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
 Chicken \$4.50
 Chicken & Salad \$6.00
 Chicken Lettuce & Mayo \$5.50
 Chicken, Cheese & Onion \$5.50
 Vegemite \$ 2.50
 Jam/Honey \$2.50
 Any other filling combo, please ask for a price.

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



Salad Bowls:

(All Gluten Free)

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

Plain Salad
 Sm \$5.00/ Lg \$6.00
 Meat & Salad
 (Chicken, Ham or Meatballs)
 Sm \$6.50/ Lg \$7.50
 Egg Salad
 Sm \$6.50/ Lg \$7.50
 Egg, Meat & Salad
 Sm \$7.00/ Lg \$8.00
 Chicken Burrito Bowl
 Sm \$7.50/ Lg \$8.50
 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

Hot Foods:

Chicken Burger
 (Chick/cheese/lettuce/mayo) \$7.00

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

Pulled Beef & Gravy Roll \$5.00

Chicken or Meatball Salsa & Cheese Roll \$6.00

Roast Chicken & Gravy Roll \$7.00

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

Vegetable Pies \$5.00

Quiche - Pumpkin & Chive \$5.50

Chicken Nachos \$5.00

Falafel & Salad Wrap \$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

Paddlepop \$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% Raspberry, Watermelon, Grape or Cola 250ml \$3.00

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

M2GO Chocolate 250ml \$2.00

Up & Go, Chocolate, Vanilla, Banana 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

BLACK= EVERYDAY

HEALTHY WOODENBONG CENTRAL SCHOOL CANTEEN 75% Everyday 25% Occasional

RED= OCCASIONAL

Reflection For The Week

Don't Burn Out!!

Burnout is characterised by disengagement and stress by over-engagement. In burnout, your emotions become blunted; stress makes them over-reactive. Burnout causes emotional damage; stress primarily causes physical damage. Burnout affects motivation and drive; stress affects your physical energy. Depression from burnout comes from a loss of hope and ideals; stress-related depression comes from your body's need to conserve energy and protect itself. Burnout triggers helplessness and hopelessness; stress triggers urgency and hyperactivity. Burnout produces detachment; stress produces panic, phobias, and anxiety. Burnout may not kill you, but it makes life feel like it's not worth living. So, what's the answer? God said, 'In returning and rest you shall be saved.' (Isaiah 30:15 NKJV) Author Bev Murrill writes: 'Those of us in leadership roles run on our own very 'important' treadmills. And as the leader goes, so go the followers. That's an awesome responsibility. Those of us whose role is to influence others need to be aware of what we say and do because we'll 'be judged more strictly'(see James 3:1). We're all sick of influential Christians falling into behaviour that disempowers those who trusted their leaders. Whether it be anger, self-righteousness, or dishonesty we need to examine ourselves instead of pointing and accusing. Spend time with the One who has the capacity to strip us down to the bare bones of our heart's cry. It's easy to start believing your own publicity and taking the measurement of who you are from other people's opinions. Only God's opinion counts, and that's hard to discern unless you take time to stop and let him tell you.'

"The Word for Today is published by Vision Christian Media. A free introductory copy of the devotional may be obtained from Vision Christian Media; 1800 007 770 or admin@vision.org.au". Brought to you by the local Catholic, Seventh Day Adventist, Presbyterian, Uniting, Anglican, Crossroads Ministries & Muli Muli Full Gospel Outreach Churches".



WOODENBONG DRIVEWAY

Rod & Kim Watson
PROPRIETORS
02 6635 1300
MOBILE 0427 351 300

Cnr. Macpherson & Unumgar Sts
Woodenbong NSW 2476
www.rodwatson.com.au
woodenbongdriveway@gmail.com

RJ WATSON: LIC NO. MVRL 20224



PITSTOP CAFE

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Woodenbong Progress Association

Meetings held the first Tuesday of the month

WOODENBONG GOLF CLUB

Winter: 7.00pm

Summer: 7.30pm

Everyone Welcome



FOODWORKS



WOODENBONG

Phone: 6635 1310

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FRESH FRUIT & VEG

FRESH BREAD

WEEKLY SPECIALS

EFTPOS

Open - Mon to Fri 8am to 6pm Sat 8am to 5pm Sun 8am to 4pm



MIGHTY HELPFUL MITRE 10



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HARDWARE & ELECTRICAL RETAILERS

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Woodenbong NSW 2476

Phone: (02) 6635 1294
Fax: (02) 6635 1448



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FRIDAY 8:00 am to 10:30 am

SUNDAY 9:00 am to 3:00 pm

WOODENBONG PHARMACY - Phone 6635 1220/Fax 6635 1221
39 MACPHERSON STREET, WOODENBONG NSW 2476



Killarney Vets

David Thomson BVSc & Associates

Consulting at 36 MacPherson St, Woodenbong
Wednesdays (except the 1st Wednesday of the month) - by appointment only
Bonaldi runs - The first Wednesday of every month

Phone - 07 4664 1344

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Woodenbong LPO

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Open 9:00 am to 5:00 pm

Monday to Friday



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