

## Good for Kids good for life

### HEALTHY LUNCHBOXES

### Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



A Healthy Lunch Box

Source: Northern Sydney Local Health District



PHONE 4924 6499

## Good for Kids good for life

### CRUNCH&SIP

Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat salad vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh fruit and vegetables
- Dried fruit or tinned fruit in juice but only sometimes
- Plain water

Items that are not considered fruit and vegetables for Crunch&Sip® include:

- Fruit products (e.g. fruit leathers, fruit roll-ups)
- Fruit jams or jellies, fruit pies or cakes
- Tinned fruit in syrup
- Vegetable or potato chips, hot potato chips, popcorn
- Vegetable pastries (pies, pasties)
- Vegetable cakes, fritter, quiches or similar
- Fruit or vegetable juices or any drink other than plain water



PHONE 4924 6499

# Newsletter



Term 4  
Week 2 2017

email: barraba-c.school@det.nsw.edu.au

Web: www.barraba-c.schools.nsw.edu.au

## What's Happening

### WEEK 2

Wednesday 18 October

P&C Meeting 5.30pm  
at the primary site  
'Fundraising Focus'

### WEEK 3

Wednesday 25 October

2/3 Excursion  
Shed of Knowledge

Friday 27 October

Boulder Freestyle  
Rock Climbing  
Tamworth

### ATTENTION PARENTS CHANGES TO TRANSITION TERM 4

Transition will take the following form in 2017 - PLEASE NOTE.

\*Transition for Year 6 to Year 7 will be on Fridays ONLY beginning with afternoon sport, week 2 to week 5. From Friday week 6 to week 10 Year 6 will attend a full day every Friday to complete the transition programme to secondary.

\*Transition for Pre-school to Kindergarten (early starters) - each Friday beginning Friday 13 October to Friday 1 December.

Secondary: 67821104  
Primary: 67821266  
Address: PO Box 123  
Barraba NSW 2347



**BARRABA BOWLS**

Queen Street  
Barraba  
NSW 2347

**0267821325**

Email: barrababowls@bigpond.com

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102 Owen Street BARRABA NSW 2347  
02 67821 454

Find us on Facebook

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Ph: 0267 821029 72 Queen St Barraba NSW 2347  
simon@stockandcrop.com.au

**C.W. Jeffery Bus Service & Charter**

Servicing Barraba & District

**0267821767 0427254385**

14 Alice Street  
Barraba NSW 2347  
02 6782 1123

**BARRABA MOTORS**

ABN 17 491 346 549  
Mark & Rachel Sawyer

barrabamotors@bigpond.com  
Licence No MVR139050

**Commercial Hotel & Brasserie**

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73 Queen Street Accounts: Ally Denyer  
Barraba NSW 2347  
E-mail: philipdenyer@outlook.com



## PRINCIPAL'S MESSAGE



Welcome back to yet another busy Term. Let's face it they are all very busy!

The first issue for Term 4 gives a good pictorial display of what's going on at the school.

In terms of what I would class as definite school appearance improvements.

The front page of the newsletter highlights the Susette Taylor Memorial Garden. You will notice the lovely water feature to the forefront of the main picture. The Secondary SRC used some of their funds to contribute to the setting up of this feature as a memorial for Susette Taylor. Susette was a much valued member of the office staff and was greatly admired and respected.

The secondary gardens are looking a picture and it's really good to go to the front office via walking near attractive gardens.

You will also see in the newsletter (page 5) that the infants play area (sandpit) has got a wonderful new fence around the area and a brand new blue shade covering for the sand pit. There is also a large shade covering on poles to be erected at the far end of this play area near the classroom, hopefully before the end of this term.

Beautification of the school is one thing that is an ongoing process but without doubt we have embarked on this journey and I am very happy with what has transpired so far. May the journey continue and we end up with campuses for which the community can be increasingly proud.

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### DON'T SKIP BREAKFAST KIDS

There are concerns too many Australian teenagers are not eating the most important meal of the day - breakfast. The research in the Australian and New Zealand Journal of Public Health has found up to 1 in 5 adolescents commonly skip breakfast.

The unhealthy habit increased with age from 5% of boys and 11% of girls aged 2 - 3 years to 25% of boys and 36% of girls aged 14 - 17 years.

Of those who did report eating breakfast some consumed only a beverage for breakfast on one day of the week.

Experts say wholegrain toast, eggs, avocado or fruit - based smoothies are good brekkie options. FOOTNOTE: KING'S COLLEGE, LONDON Scientists found that those kids skipping breakfast had lower levels of several key nutrients-fibre folate, important for making red blood cells and iodine;- many also lacked calcium (good for bones) and lacked iron (increasing risk of anaemia).

Until next time.....

*Robert Johnston  
Relieving Principal*



**Platinum Level:**  
**Paige Phillips and Mirrilee Coghlan**

*Consistent outstanding achievement across all areas of the curriculum at Barraba Central School.*



**Level 5: Aden O'Dell**  
*Outstanding achievement across all areas of the curriculum at Barraba Central School.*

**Congratulations Level 4 students**  
**Michael Walker & Amelia Walker.**

Level 4: Consistently working hard; having pride in the school and following the School Rules.

## SCHOOL NEWS



### Wellbeing Levels Update - Secondary



With Term 4 underway it is time to look ahead to the end of year Levels Rewards Activity. This year those students on Level 5 or Platinum Level will be invited to travel to Lake Keepit for a 3 day camp in Week 10. The camp at the Sport and Recreation Facility will be from Wednesday 13 December to Friday 15 December.

Activities will include water sports such as sailing and swimming along with Archery, rock wall climbing and other outdoor activities organised by the camp staff. It will be a great way for the students to wrap up a great year and gives us the opportunity to recognise the efforts made throughout the year.

A note will be heading home soon to finalise numbers and give parents and carers more information about this activity. I encourage students to continue to work hard over coming weeks to work towards Level 5 or Platinum to be a part of it.

*Scott Good  
Relieving Deputy*



### 2018 NIAS Program Applications Closing Soon

The Northern Inland Academy of Sport (NIAS) is calling for applications for their 2018 sporting programs. Some sport applications will close shortly. See below or check out your sport on the NIAS website [www.nias.org.au](http://www.nias.org.au)

NIAS is seeking athletes throughout the North West and New England regions who are passionate about developing their potential both on and off the field and looking for opportunities on the pre-elite sporting pathway.

Sports for 2018 include (age of applicants turning in 2018):

- AFL (boys and girls) - 13 to 17 years - CLOSE 27/10
- Athletics (boys and girls) - 13 to 17 years
- Basketball (boys and girls) - 14 & 15 years
- Football (boys and girls) - 16 years
- Golf (boys and girls) - 12 to 18 years - CLOSE 31/10
- Hockey (boys and girls) - 16 to 18 years - CLOSE 20/10
- Lonestar (Individual sports) - 14 to 18 years - CLOSE 31/10
- Mountain Biking (boys and girls) - 12 to 15 years
- Netball - 14 to 16 years - CLOSE 20/10
- Rugby League - 15 years
- Rugby 7's (boys and girls) 15 & 17 years - CLOSE 3/11
- Tennis (boys and girls) - 13 to 16 years

Sporting programs will consist of skill development sessions

and camps, which will be held within the region from November 2017, with most programs running approximately six months depending on the individual sport.

The skills program follows a structured approach concentrating on a range of individual skills and development.

Fitness sessions focusing on the importance of building core strength to improve balance and technique, tailored specifically for each sport. Guest coaches ensure that the program remains fresh and motivating where athletes are presented with new ideas and different perspectives to encourage their development.

In February 2018, athletes will attend the NIAS Induction/ GROWTH Day in Armidale. This program covers education sessions on Goal Setting, Resilience, Opportunities beyond sport, Wellness and Nutrition management, Testing catered for each sport and Healthy mind/healthy body.

On Saturday 4th August 2018, all athletes will attend the NIAS Academy Awards night in Tamworth which is a celebration of all athletes, managers, coaches' and volunteer's achievements throughout the program year.

For more information on NIAS 2018 sporting programs, please visit [www.nias.org.au](http://www.nias.org.au) or phone 6766 2526.

**NIAS; 'Developing potential on and off the field'**



# Welcome to Kindergarten

Early Starters has commenced every Friday Term 4



## FOR YOUR FRIDGE

### Primary Canteen Volunteer Roster Term 4, 2017

Week 1		Wednesday 11 October NO CANTEEN	Friday 13 October Nicki Cabot & Meaghan McCarthy
Week 2	Monday 16 October Bec Russell	Wednesday 18 October <b>MEAL DEAL</b> Bobby Coombes & Tammy Wade	Friday 20 October Sarah Madden & Amanda Madden
Week 3	Monday 23 October Beck Groth	Wednesday 25 October NO CANTEEN	Friday 27 October Dale White & Tracey Thomson
Week 4	Monday 30 October Meghan McCarthy & Nicki Cabot	Wednesday 1 November <b>MEAL DEAL</b> Bec Russell	Friday 3 November Sarah Madden & Amanda Madden
Week 5	Monday 6 November Bobby Coombes & Tammy Wade	Wednesday 8 November NO CANTEEN	Friday 10 November Beck Groth
Week 6	Monday 13 November Tracy Thomson & Dale White	Wednesday 15 November <b>MEAL DEAL</b> Meghan McCarthy & Nicki Cabot	Friday 17 November Bec Russell
Week 7	Monday 20 November Bobby Coombes & Tammy Wade	Wednesday 22 November NO CANTEEN	Friday 24 November Sarah Madden & Amanda Madden
Week 8	Monday 27 November Beck Groth	Wednesday 29 November <b>MEAL DEAL</b> Dale White & Tracey Thomson	Friday 1 December Meghan McCarthy & Nicki Cabot
Week 9	Monday 4 December Bec Russell	Wednesday 6 December NO CANTEEN	Friday 8 December Sarah Madden & Amanda Madden
Week 10	Monday 11 December Beck Groth	Wednesday 13 December <b>MEAL DEAL</b> Bobby Coombes & Tammy Wade	Friday 15 December Dale White & Tracey Thomson

## Helpers Needed

If you would like to help out in the primary canteen please contact the Canteen Manager **Kelly Phillips 0427915094**

## SCHOOL NEWS

# Skate & Play Achievement Day





## SCHOOL NEWS



P&C Meeting  
TOMORROW  
Wednesday  
18 October 2017  
5.30pm at primary site  
'Fundraising Focus'

**TODAY**  
is the day to  
learn something  
**NEW**

Please  
and  
Thank You  
are still  
magic words

You can  
**LEARN**,  
something new  
**EVERYDAY**  
If you  
**LISTEN**



The simplest way  
to improve the health of your  
family and save money

### Come to our FREE Healthy Eating Workshop

Date: Friday, 20th October 2017  
Time: 9 - 10am  
Venue: Barraba Central School



Did you know that eating the right amount of fruits and vegetables will help protect children against many diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

- 🕒 Save time and money making healthy meals.
- 👨‍🍳 Learn clever ways to entice fussy eaters.
- 📖 Get a free recipe book simply by attending.
- 🍱 Pack a healthy lunch box your kids will love.
- 📅 Plan menus, modify recipes and more.



Don't miss out - registration is essential. To book your place please register by returning this slip to the office with your name below or visiting [eatittobeatit.com](http://eatittobeatit.com).  
Your Name: \_\_\_\_\_ Your Email: \_\_\_\_\_

RSVP: to the primary office by  
Thursday 19 October on 0267821266.

Visit <https://www.facebook.com/NSWRFSTAMWORTHDISTRICT/>

### Featuring

- Fire Demonstrations
- Emergency Response
- Equipment Demonstrations
- Crime Reduction Advice
- Home Safety Advice
- Jumping Castle for the kids
- And much much more.....

Fun for the Family!

All Welcome  
Free entry

## Emergency Services at ANZAC Park, Barraba Open Day

**Saturday 21st October 2017**  
**10:00am to 3:00pm**



## SCHOOL NEWS

# New Fence for Primary Site



## Meet the 2018 Secondary Leadership Team



Matthew Thompson  
School Captain



Amy Sawyer  
School Captain



Pippita Crocket-Maher  
Leadership Team Members



Zac McDouall  
Leadership Team Members