

Caragabal Public School Newsletter

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Success Through Learning

8th November, 2010

Parents and friends of Caragabal Public School

World Kindness Week

The NSW Department of Education and Training has included World Kindness Week on its Calendar of Events for November, 2010. The World Kindness Week initiative is a major campaign celebrating students, teachers, parents and citizens, as a community in action, acknowledging that it's "Cool to be Kind". The World Kindness Australian website is:

http://www.worldkindness.com.au/

As a part of this we will be looking at Promoting positive the role of the bystander behaviour.

Who are bystanders?

In any bullying situation there is commonly the person being bullied, the person bullying and 'bystanders' (other students who watch or are in the area at the time the bullying takes place). Bystanders are people who may cheer the person bullying, stand by and silently watch, walk away from the situation or intervene safely to stop the bullying behaviour.

Why are bystanders important?

Bullying is a difficult problem that only gets worse when it is ignored. Research has demonstrated that bystanders play a significant role in bullying. Research tells us that in bullying situations:

- bystanders are present most of the time (85%)
- most young people feel uncomfortable watching bullying, but very few know what to do to stop the bullying happening
- bullying behaviour is reinforced where people watch but do nothing
- when bystanders do intervene, the bullying is more likely to stop quickly most of the time.

Overseas research has shown that when a child bystander acts in some way to discourage bullying when they see it, there is a 50% chance it will stop (Ken Rigby).

Assembly Awards

Student of the Month: Polly Napier - Always trying to do her very best in all her work.

Merit Awards: Tom Ray - Excellent effort in spelling, Rachel Brown - Improved effort in completing her Math and Gage Durham - Improvement doing his reading. The Playground Award: Bailie Pursehouse - Getting along with others in the playground.

The Attendance Awards: Sophie, Jack, Tom and Polly. 120 Nights Reading Awards: Layne Andrews, Polly Napier, Hamish Napier Jack Ray and Angus Troth. 100 Night Reading Awards: Tom Ray and Rori Durham.

Playgroup Weekly Events

Tuesday 1.30 – 3.00 Bears Bush Bus

Friday Mobile Preschool 9.15 – 3.15

Tuesday 9th Music 9-11

2011 Kindergarten Orientation Cooking and Garden Activities Library - Mrs Hetherington

Wednesday 10th Mrs Forde on class. Yr 6 THLHS

orientation

Thursday 11th Mrs Armstrong on class.

Remembrance Day

P&C 2pm

Friday 12th

Monday 15th Tuckshop – Melissa

Active After School

School Mobile

The school has a new mobile phone number. The number is 0428257475.

Kitchen Garden

This week the students cooked pineapple and carrot cake with vanilla icing. In the garden the students planted pumpkins. They harvested carrots, peas, strawberries. Their fruit plates each day for "Crunch and Sip" are very colourful.



Have a great week, Regards, Judy, Lyn, John, Hollie, Jenny, Sue and Carol

2010 Excursion - Jenolan Caves

At Jenolan Caves we visited the Lucas Cave. We saw the broken column, ET's finger, horses head, bride and the groom and the tooth fairy cave.



The students were allowed to touch the stalagmite here. In touching the rocks we leave oil from our hands that cannot be removed



Early Friday morning Miss Gorton, Bailie, Rachel and Sophie went for a walk to explore. We walked along the edge of Blue Lake and were fortunate enough to see a platypus playing in the water.





There were some amazing sites to see. We had to drive through a cave to get to where we had to stay. Before heading for home we all walked to a cave where we could see through the roof and along the lake to find the elusive platypus.









Quality Sports Day

The students had a great day at Barmedman doing archery, cricket, netball and touch football. The pictures tell the story.

























Caragabal Community News

Thought For the Week:

"In matters of style, swim with the current; in matters of principle, stand like a rock." Thomas Jefferson.

Caragabal Country Golf Club:



DIRECTOR'S MEETING:

The next Director's Meeting will be held on Wednesday 10th November 2010 commencing at 8.00pm at the Club House.

MEMBERSHIP FEES:

Membership fees for the 2010/2011 season are now due and payable.

\$100 – registered players of golf and bowls

\$50 - social members

\$10 - junior members

Please pay at the Club or send to the Treasurer – Peter Toole.

Thank you to those people who have already paid.

DUTY ROSTER:

Sunday: 14/11/10: M Pollock, G Brain, R Clapham

BOWLS:

Rob Maslin, Peter Toole and Larry McDonald travelled to Woodstock on Sunday 7th to compete in their Triples Tournament. By all reports they all played terrific bowls and were announced the winners at the end of the day. Congratulations and thank you for travelling and supporting our surrounding clubs.

Social Bowls will commence at 3.00pm each Sunday. . We look forward to your company again next week.

drum muster

Apologies for the postponement. A new date is yet to be arranged.

Watch this space!!



Caragabal Post Agency:

Hours: Monday, Wednesday and Friday 10.00 -1.00 and 2.090 - 5.00.



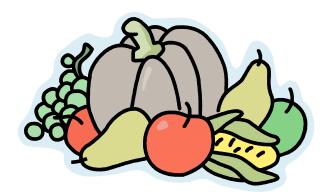
Stamps, post packs and parcel posting is available at the P O Agency Caragabal.

Mail must be posted before 10.30am Monday, Wednesday and Friday for it to leave on the same day.

Recipe for the Week:

This week the recipe is for "Pumpkin Scones".

The children made them last week with John and I believe they were very good.



Quandialla Health Centre:



Visits by Pr McGee -2010

Wødnøsday 10/11/2010 Wødnøsday 08/12/2010

Royal Hotel News:

- ** Wednesday night meat tray raffle: winner: Ian Eastaway
- ** <u>Counter meals</u> are available Saturday night from 6 to 9pm in conjunction with normal takeaways.

** Café Hours: 7.00pm - 8.00pm - Wednesday 6.30pm - 9.00pm - Friday & Saturday



** **Coffee Shop:** NOW OPEN and serving freshly ground and brewed coffee to drink in or take away.



- ** <u>Harvest Hours:</u> During the harvest period the Hotel will be open for lunches, morning and afternoon tea, cool drinks etc. Melissa will be only to pleased to provide your food needs for the day.
- ** <u>Second hand Books:</u> A selection of secondhand books are available for borrowing at the hotel. If you choose to make a gold coin donation on borrowing, the proceeds would go to the next fund raising activity in the local district. There are both children's and adult books to browse.

We look forward to seeing you at the Pub

Grant & Melissa

MELBOURNE CUP @ THE ROYAL HOTEL



Thank you to all those people who supported our day and congratulations to all the winners.

Prizes were awarded to:
Best Dressed Lady: Glenda Cooper
Best Dressed Gentleman: Geoff Prior
Best Shoes: Deb Prior
Best Hat: Lyn Toole
Best Dressed Little Lady: Bridie Forde
Best Dressed Little Gentleman: Ryan Toole
Raffle winner: Merrilyn Butler

Crop Competition:



The 2010 crop competition judging will take place on Thursday 11th November.

If you would like to enter a crop for judging then please contact Larry on 63 475 334 or Chook on 63 475 252 before Monday 8th November.

Do You Need Your Fridge/Freezer Seals Replaced?



John Hobson comes from Young and will be making a trip to Caragabal/Quandialla area to replace seals on fridges and freezers when he has enough jobs in the area.

If you would like your seals replaced or need your air conditioner serviced please phone John with the details, ie; the brand name of your appliance and the measurement around the door for fridges and freezers.

John Hobson Air Conditioning & Refrigeration
63 824 806

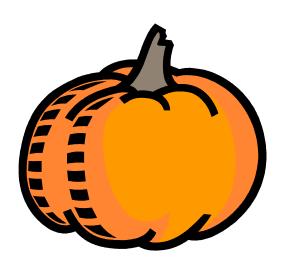
PUMEKIN SCONES: (as made by the children last week)

Ingredients:

21/2 cups self raising flour 1 cup mashed cooked pumpkin 55g butter 1 egg ½ cup sugar ½ cup milk

Method:

Beat butter until soft, then add sugar.
Mix in pumpkin and egg.
Add milk, then slowly add flour.
Turn dough onto a floured board and knead lightly.
Roll out and cut dough into small circles.
Place onto a greased tray.
Bake at 200 degrees C for 15 minutes.



COUNCIL NEWS 01/11/2010

The Centroc Health Workforce forum titled "Beyond our horizons in health in Central NSW" was held at Young on Wednesday 27 October and Council was represented by Clrs Simpson, N Hughes, Atchison and the Acting General Manager.

Various speakers spoke on a variety of topics which included the following:

- Federal Health Reform
- Challenges of Attracting and Retaining Health Professionals in Rural NSW
- Recruitment challenges and Strategies

While Centroc will continue to advise coastal health professionals that beyond the Great Dividing Range there are a vast range of career opportunities their appears to be further emphasis on developing medical schools to train Doctors and further developing training for nurses in regional areas.

Statistics have proven that if health professionals are trained locally in regional areas there is a very good chance that they will remain in rural areas when they graduate. A retired vet advised the forum that the retention rate for recent graduates of a veterinary science degree in a rural university was 100%. Consequently, if we can train our doctors and continue to train our nurses and vets regionally the number of these health professionals remaining in rural and regional areas such as the Weddin Shire should be drastically increased.

The Weddin Shire Open Day/Market Day was held on Saturday 30 October. From Councils perspective the Open Day was reasonably successful with 16 people registering for the day and approximately 8 attending while the Market Day will require a serious review.

The number of people attending the Open Day is what we now expect as we have deliberately refocussed our campaign to attract business people, tradespeople, retirees and people that are interested in buying a block of land to build a new home. People that expressed an interest in relocating to the Weddin Shire included an:-

- Engineer
- Welder
- Chef
- Truck Driver

While the Market Day will need to be reviewed the 2LF live broadcast was excellent giving our Shire tremendous publicity. The Customer Service Awards and voucher draws also proved very popular.

Thank you to all the people who assisted in organising the event particularly Councils Economic Development Officer Auburn Carr. Also thankyou to the businesses, organisations, individuals and Councillors who participated in the day.

Auburn will now pursue all the people interested in relocating to the Weddin Shire and a full review of the day will be undertaken and presented to Council in early 2011.

The contribution by the Grenfell Rotary Club in constructing the new playground equipment at Rotary Park was formally recognised by Council at its October meeting.

Rotary contributed \$10,000 from its own funds to match a \$10,000 grant as well as providing approximately 250 man-hours of labour which was certainly appreciated by Council.

There are of course many other community groups who make contributions to the construction of or improvement of the towns facilities. These include the Lions Club who in conjunction with Council and the Australian Rail Track Corporation (ARTC) are making real progress in the development of the Railway Station.

The efforts and contributions by all community groups particularly the Rotary and Lions Clubs is certainly much appreciated by Council.

The Henry Lawson Festival held their Annual General Meeting on Tuesday 19 October 2010 with the new executive elected as follows:

President - Gai Lander
Vice President - Maurice Simpson
Secretary - Denise Fennell
Treasurer - Gail MacDonald

The committees auditor Mr Bruce Clifford presented his audit report which revealed the committee made a very good profit for the year and are in a very sound financial position.

Congratulations to the new executive and co-ordinators on your election and all the very best for the 2011 Henry Lawson Festival.

The Quandialla Pool Committee also recently held their Annual General Meeting and advised Council of their new executive which is as follows:

President - Andrew Harris

Vice Presidents - Kim Broomby and Ashley Penfold

Secretary: - Robyn Armitage Treasurer - Jennifer Kelly Apart from a Council subsidy the pool is operated from funds raised solely by the committee. To be able to provide an excellent recreation facility for our Quandialla and Caragabal residents in this manner is a remarkable achievement and the committee should be congratulated particularly as we have been experiencing one of the worst droughts in history.

A reminder that the film "Robin Hood" starring Russell Crowe and Cate Blanchett will be screened this Friday. For further details please see the advertisement in today's Council news.

Also a reminder that landowners who identify any locust activity on their properties are requested to report it immediately to their local LHPA. Further information is available on the LHPA website www.lhpa.org.au

Meeting Dates

12 November - Recycling Collection (eastern run)
 15 November - Recycling Collection (western run)
 18 November - Ordinary Council Meeting, 5.00 pm

26 November - Sale of Land for unpaid rates, Community Hub, 10.30 am.

Street Stall

Thursday 4 November	Netwaste Recycling Stall
5/6 November	Grenfell RSL

Advertisements

GRENFELL CINEMA

Residents are hereby advised that the next film at the Grenfell Cinema will be shown as below:

"Robin Hood" - Friday 5 November 2010 at 2.00 pm

Tickets are available from Louisa's Locker with prices detailed below:-

\$20 Family \$8 Single \$5 Pensioners \$5 Children (12 yrs)

As there are limited tickets available residents are encouraged to book early.

AUTHORISATION

All notices in this authorised by

GLENN
CARROLL
ACTING
GENERAL
MANAGER
For Sale

insert

Off Road Camping Trailer

Has full annexe, new tyres, rego til May 2011.

Sleeps 4 - Beds drop down off the side of trailer. Central wardrobe up front with bed either side. Kitchen swings out on tailgate with plenty of pantry space above kitchen & under floor. 2 burner bas stove needs attention or replacement.

2x 20L water storage – plus under floor water tank, 2 x 4.5kg gas bottles, 3 lockable storage boxes with one set up for a 12v battery to run lighting. Quick & easy to set up.

\$3600 neg

Contact: Ian & Wanda Taylor 63475254

Also For Sale

2 x Room Air conditioners on wheels. NOT water coolers

\$200each

1 x Waffle Maker (New)

1 x Deep Fryer (New) \$50

\$40

1 x Fan Heater \$20

3 x Fans \$15 each

1 x Humidifier \$40

Most of the above appliances have European plugs however adapters will be supplied.

Contact: Ian & Wanda Taylor 63475254

"HEALTHY LIFESTYLE FITNESS & NUTRITION FORUM", at Caragabal



Date: Friday, 26th November 2010

Venue: Caragabal Golf Club

Time: 9.30am - 11.30am

Speakers Include: Dietitian, Community Nurse & Exercise

Physiologist

Come along and learn about healthy food choices, your fitness level, how to get kids to eat vegetables, how to lose weight, healthy lunch box ideas and much more.

Free give aways, lucky door prizes, recipes and handouts.



Please RSVP to: Grenfell Community Health by 15/11/2010 on

6349 1777

An initiative of The Rural Primary Health Programme.



Caragabal Public School

CARAGABAL COUNTRY GOLF CLUB

MIDWESTERN HIGHWAY CARAGABAL NSW 2810

PHONE 0263475270





CONTRACT HARVESTING WANTED PHONE BRUCE: mobile 0458 563 624 or phone/fax 03 55 977 507

JD 9750 30 foot Front and Canola p/up Autosteer
Truck available NSW & VIC
OWNER OPERATOR

ROYAL HOTEL CARAGABAL



Phone: 63 475 336 Hosts: Grant & Melíssa Davey









Growing the Business of farming.

Farmers ASSOCIATION

Member Service Centre: 1300 794 000

Regional Service Manager: Hannah Williams: 68523569

Peter Toole: Chairman 63475252

James Clifton: Secretary/Treasurer 63476254





Craft Group meets @ Caragabal on the 1st & 3rd Thursday of each month from 9.15am – 3pm.

Other times by arrangement. BYO lunch & machine.

We can work on samples & techniques or you can bring your own project.

Workshops are available and will be advertised in the School Newsletter when dates are available. Quilts can be made to order - a great gift idea.

<u>Quilting Service Available:</u> Stippling \$3.50 per sq foot; Freehand Meandering \$3.75 per sq foot; Edge to Edge Pattern \$4.00 per sq foot; Binding Service \$15 minimum; Can-Quilt hire \$15 per hour (min \$50 per Quilt)

Printable fabric now available. Fabrics, Threads, Wadding & Backing available

Contact Wanda Taylor 63475254 iwejtn@webshield.net.au