**Coming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday 17th June</td>
<td>Yr11 Legal Studies Excursion</td>
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<td></td>
<td>ICAS Writing Test</td>
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<tr>
<td>Tuesday 18th June</td>
<td>ICAS Spelling Test</td>
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<td></td>
<td>Drama Night 6pm</td>
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<tr>
<td>Wednesday 19th June</td>
<td>P&amp;C Meeting 7pm</td>
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<tr>
<td>Thursday 20th June</td>
<td>Primary Assembly 11.30am</td>
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<tr>
<td>Friday 21st June</td>
<td>Trial HSC</td>
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<td></td>
<td>Secondary Zone Athletics</td>
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</tbody>
</table>

**Principal’s News**

**Hand Foot and Mouth Disease**
I would ask that all parents and caregivers please read the sheet attached from the Department of Health concerning Hand, Foot and Mouth Disease. There have been instances of this virus in schools and preschools around town. Methods to combat the spread of this illness are listed on the sheet. Your cooperation in this area is valued and appreciated.

**Pink Cricket Day**
I would like to congratulate everyone involved in the Pink Cricket Day last Friday. Approximately $2000 was raised for the McGrath Foundation. All participating had a great day.

**Year 11 Go To Court**
On Monday June 17th Year 11 Legal Studies students attended Queanbeyan Courthouse. This is an excellent opportunity for students to gain a feeling for the workings of the justice system. They are also fortunate that a magistrate has made the time to speak with them. It should be an invaluable support to their studies.

**ICAS Writing and Spelling Tests**
Writing is the next subject to be tested in the ICAS series of national tests on Monday June 17th. Conducted by a university the tests give students an idea of where they rank across the nation. Spelling will be held on Tuesday June 18th.

**ALARM Training**
ALARM is a learning matrix that assists teachers to teach and students to learn. Tuesday June 18th will be a little disrupted as seven teachers will be attending training in the use of this technique. It is part of the school plan that as many as 75% of our teachers have received this training by year’s end. I have undergone this training and regard it as an invaluable learning tool.

**Drama Night**
Miss Elisa Bryant will present a series of dramatic performances by her drama students on Tuesday June 18th at 6:00 PM in the small hall. The students have worked hard and have produced some outstanding material. I am sure that all attending will be impressed.

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Please note: the deadline for newsletter submissions is 3.10pm Friday. Submissions received during the school week will go in the following week’s newsletter.

All submissions should be submitted electronically to the email address below.

If you would like to receive the Braidwood Central School newsletter by email, please contact us at braidwood-c.school@det.nsw.edu.au

The newsletter is also available to download each week from our school website.

**Front Office Phone**
4842 2249

**Canteen Phone**
4842 2251

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**KINDERGARTEN and YEAR 7 INFORMATION NIGHT**

Braidwood Central School is accepting enrolments for: 2014 – Kinder and Year 7.

The advertised 2014 Enrolment Information night that was on the Term Calendar for Term 2 has been re-scheduled to:

**Wednesday 31st July (Week 3 Term 3)**
**from 6pm to 7pm in the School Library.**

This will coincide with Education Week.
PBS Silver Rewards
Students who have achieved the silver level for following the PBS rules of the school will be rewarded with a shopping trip to Canberra (Secondary) and a trip to the bakery (Primary) on Wednesday June 19th. I would like to personally congratulate all of the students who have supported the PBS Principles and earned their reward in return.

P&C Meeting
The Braidwood Central P&C will meet in the library on Wednesday June 19th at 7:00 PM. All parents and caregivers are welcome to attend.

Primary Assembly
Our Primary students will hold their assembly on Thursday June 20th at 11.30am in the small hall. Parents and caregivers are invited to attend and watch the class performance and the distribution of certificates for achievement and behaviour.

BCS Hosts Debating
Years 9 and 10 will be hosting a debating day on Thursday June 20th that will be attended by students from Bomaderry and Nowra. This will be an excellent opportunity for students to hone their skills and meet students from other schools.

Secondary Zone Athletics
BCS will be represented by 28 students at the zone athletics carnival to be held at Moruya on Friday June 21st. This is a large contingent for a small school but we have some very talented athletes. I am sure that they will give their personal best in their individual and team performances.

Trial HSC
Year 12 students will commence their Trial HSC on Friday June 21st. These are important exams and I wish all Year 12 students every success in their efforts.

Deputy News

Hand, Foot and Mouth Disease
The school has been notified by the Department of Health that there have been some cases of Hand, Foot and Mouth Disease in the local area.

Hand, Foot and Mouth Disease is a common viral infection which is easily passed from person to person. It usually causes a mild illness. Good hygiene helps prevent infection.

Hand, Foot and Mouth Disease is not notifiable. Children with symptoms of Hand, Foot and Mouth Disease should be excluded from school until their blisters have dried.

To help prevent the spread of the disease parents should report the illness to the school.

Please find attached to this newsletter a fact sheet to assist parents.

Tri HSC
Year 12 students will commence their Trial HSC on Friday June 21st until Friday 28th June. This will allow students Term 3 to complete any work, undertake revision, complete major works and for practical subjects to undergo HSC performances without the truncation of the term with exams.

Students will receive their Trial HSC Timetable this week.

Peter Neilsen
Deputy Principal

Ro Richardson is retiring

Ro has been an educator since 1970 (43 years). She has been a Teacher, Head Teacher and Deputy Principal at Braidwood Central School since 1982.

Staff past & present, parents, ex-students & community members are invited to join us to celebrate Ro’s retirement at Torpeas Restaurant on Friday 21st June 2013 at 6:30 pm.

Cost will be $40.00 per head.

This includes canapes throughout the evening and a contribution towards a gift.

Bookings and payment please at BCS front office – 48422420
RSVP: 19th June
Primary News

Student of the Week
Congratulations to the following:

Each week the Primary classroom and Support teachers choose one student who has been consistently displaying the school's values to receive the very special Student of the Week award. These awards count towards bronze and silver awards. Last week's awards went to:

Swans: Keira Elliott
Diamantinas: Tully Wild
Alligators: Millie Potter
Daintrees: Jallamara Gardner
Daintrees: Louise Story
Parramattas: Gus Munnings
Cotters: Callaum Doyle
Franklins: Olyssa Cuevas

Assembly
This week's assembly will be on Thursday at 11.30am. Ms Appleby's class, the Alligators will be performing. Everyone is welcome to come along.

Pink Cricket Day
Although Friday's weather was unsuitable for some of the planned cricket games, Primary students still enjoyed a range of Pink Cricket Day activities. The sausage sizzle and fairy floss were very popular. Many thanks to Mr Creenaune and Miss Bryant and the Year 11 English Studies students for organising such a fun day and inviting the Primary students to take part.

PBS Awards
All Primary students should now have received their PBS awards folder. These folders will provide a safe place to keep all of the awards together. Primary students need 5 PBS merit card awards to reach Bronze, 10 to reach silver and 20 to reach the gold award. Please ensure that your child brings their awards to school when they have the right amount for one of the levels.

Toys at school
We have had a number of incidents recently where toys have been lost, given away, swapped or broken at school. To avoid this problem we are asking that children don't bring valuable/breakable toys to school unless they are showing them for news. Items brought in for news will be kept in the classrooms for safe-keeping. If you are happy for your child to bring toys such as footballs, matchbox cars, skipping ropes etc to play with at recess and lunch, please let your child's classroom teacher know.

Primary Raffle
Our raffle will be drawn this Thursday 20th June at the Primary assembly. First prize is a trailer load of wood donated by Claire and Stephen Shea. Second prizes include a Brumbies jumper donated by Ravin Reddy, a basket of Nutrimetics skin care products donated by
Claire Shea, a felt scarf donated by Lis Mertens and a sterling silver pendant and chain donated by Rick Davis. Tickets are available at the office until Thursday morning. Don’t forget that the family which sells the most tickets will win a family pass to the movies and there’s still a few days to sell some more tickets!

**Year 5/6 Camp Update**

Thank you to all the families who have paid the deposit for the camp. It is fantastic to have such a large group of students participating.

**A note will be going home early this week to outline the next steps in terms of payments.**

The total cost for your child to attend will be $350.00. This takes into consideration the P&C’s kind donation of $10 per student.

You have already paid a $50.00 deposit per child. The amount now owing is $300.00 per child.

While this represents great value for a 5-day camp, we appreciate it is still a significant amount of money. To offer some flexibility, the money can be paid in full at any time, or in instalments.

Details about instalment dates will be included in the note.

The camp, to be held at the Borambola NSW Sport and Recreation Centre near Wagga, will be held from Monday 11th November to Friday 15th November. Students will travel via Bensley’s Bus and Coach Service.

We are looking forward to a great week. If there are any problems or concerns regarding the camp, please contact us at school.

Mrs Sarah Sweeney and Mr Greg Clarke

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**Zone finals in Public Speaking**

Last Friday four students from Braidwood Central Primary travelled to Jerrabomberra to take part in the finals of the NSW Multicultural Perspectives Public Speaking Competition. The schools that compete in the competition in our zone vary greatly, from Jerrabomberra Public School with eight-hundred pupils to a school like Gunderoo Public, even smaller than BCS Primary, with only ninety students. All the children are required to give both prepared and impromptu speeches, the latter after only five minutes thought – a demanding task that requires imagination and courage. All four Braidwood children, Cate Shea, Jacob Kiff, Aneka Jones and Sophie Cargill spoke even better than expected with Jacob Kiff coming equal second in the Year 3-4 competition and receiving a highly commended award. Public speaking is enthusiastically encouraged in all students in Primary and Secondary, especially between Years 3 and 10. This is an important means of developing personal confidence and critical thinking skills that help in many other aspects of school and life.
Woolworths Earn & Learn 2013
Thank you to all the families who have started to collect the coupons so we can purchase classroom equipment. There is a large green collection box in the foyer of the school’s office, so please if you have some coupons please arrange them to be placed in the green collection box in the foyer of the admin office. This program finished last Sunday 9 June. So far our class has counted 12800 stickers. Thank you for all your support. We will visit the shopping catalogue at Woollies next week to establish a wish list. So far we have requests from the Science Department of the High School for marbles and small plastic hoops to assist their experiments. Other ideas are aerobic ribbons for creative dance, small individual white boards in class sets for reading, spelling and maths activities along with coloured textas and erasers for the Kinder Year 6.

Eurobodalla PSSA Rugby
Last Thursday 13 June, 5 boys from our Stage 3 classes travelled to Goulburn to participate in the South Coast Regional Trials and Selection Day. They were Will Shoemark, Ben Critchlow, Harry and Ned Jeffery and Callaum Doyle. Unfortunately all the boys didn’t make the regional team but they played well and had a great day.

Greg Clarke

Secondary News

- **Zone Athletics** has changed. It will be held at Moruya High School on **FRIDAY 21ST JUNE**.
  Permission notes and Medical Forms (unless already submitted in 2013) are available for those eligible. The Bus will cost $10 and be on a ‘first in, first served’ basis to a maximum of 28 passengers.

- **Central Schools Netball, Rugby League and Touch Football** have been postponed for 2013. Unfortunately all of the Gala Days in these sports in our Southern CS Area will take place in Leeton this year. The travel hours and expense make it impossible for us to compete. This may change next year.

- **NRL Small Schools’ Rugby League K/O** in Cooma on **Wednesday 19th June** if we can get the numbers for a 13’s, 16’s and Opens’ team. More information will be available.

Dimity Borra

You are all invited to attend the Year 11 Play
The Year 11 Drama students at Braidwood Central School have been working hard to produce their own contemporary reinterpretation of R.B.Sheridan’s A School For Scandal; however, in the process we have murdered the author! Students have been seeking an answer to the question, "How do we define contemporary performance?", through a study of: Realism, Comedy of Manners, Theatre of Death, Melodrama, Grotowski’s "Poor Theatre", Physical Theatre, Pantomime, Commedia Del’Arte, Artaud’s theatre of Cruelty, Tragedy, Brecht’s " Epic Theatre" and Lehmann’s definition of Post Dramatic Theatre. It is our goal through the deconstruction of several styles of theatre to create performance that is 'TOTAL' - VOCAL - PHYSICAL - DYNAMIC - Our performance is akin to a theatrical essay, explored through the lens of intense training & high level theatrical knowledge.

ETHAN CHINNERY as SIR PETER TEAZLE
ISAAC FOREMAN as JOSEPH SURFACE "SNAKE"
MITCHELL SNELLING as CHARLES SURFACE
KRISTINA HOLCMAN as LADY TEAZLE
NATALEE STONE as MARIA
LIAM MCCCLURE as LADY SNEERWELL

DIRECTED by ELISA BRYANT

PERFORMANCES: 27th, 28th and 29th of JUNE, 7pm, BCS SCHOOL HALL
ADULTS $15 CONCESSION $10

Thanks
Elisa Bryant

Uniform Shop News

Hi everyone. Please find an updated price list for the uniform shop. Don’t forget the uniform shop has hats and scarves. There will also be a limited supply of long sleeve polo’s in blue arriving soon, depending on demand, they may stay. The uniform shop is open Wednesday mornings 8.30am - 9.30am and most Wednesday afternoons 3.00pm - 3.30pm. Otherwise
there is a tin at the front office where orders can be dropped off. Look forward to seeing you at the uniform shop.
Sue

### Library News

Sadly students are not borrowing books. We have a wonderful selection of books in the library and it’s disappointing to see them sitting on the shelf. Mrs Bunn has just purchased some exciting new chapter books and is eager for students to borrow. The primary has been studying authors of interest such as Mem Fox, Lynley Dodd, Andy Griffiths and Roald Dahl. We have a large range of these wonderful stories on display and ready for borrowing.

The primary has their library classes on:

**Thursdays**
- KS 3 / 4 Macquaries 5 / 6 Cotters

**Fridays**
- 1 / 2 Alligators 6 Franklins 4 / 5 Parramattas 2 / 3 Daintrees K / 1 Diamantinas

However the students are welcome to return and borrow at lunch times every day. We will be holding a competition for the class who borrows the most books by the end of the term. The reward is a surprise!

If your child has misplaced their library bag, you can purchase new ones from the library for $6.00. Students from Yr 3 upwards do not require a bag to borrow, although we would prefer them to, for book protection. This means if the student does not have an outstanding loan, they can borrow. Please let us know if the library book is missing or damaged so we can organise a replacement book and allow your child to continue borrowing. A donation towards replacing the book would be appreciated. Come and see us if you have any concerns. Together we can get our kids enjoying books daily.

Miss Shelley Scott
(Acting Teacher Librarian)

### P&C News

#### SURVEY ON PARENTAL ENGAGEMENT

In partnership with the school, the P&C is looking at ways that the school can better engage with parents and carers to help educational outcomes for our children. The first stage of this process is to survey parents and carers to capture your views on the way you currently engage with the school. Separate surveys are also being conducted for teachers and students.

The Parent and Carer survey is available online now at this link: [http://www.surveymonkey.com/s/F3RBN95](http://www.surveymonkey.com/s/F3RBN95)

### FUNDRAISING IDEAS NEEDED AT NEXT MEETING

At our next meeting (7pm on Wednesday 19 June in the school library) the P&C will be discussing possible fundraising activities, so if you have any bright ideas to help ensure we can continue to give our school the extra financial support it needs, please come along to the meeting or email your suggestions to the P&C.

P&C meetings are held every term in Week 3 and 8. Everyone is welcome – the meetings are whatever we make them and we try to keep the boring bits to a minimum.

The general P&C email is [bcsandc@gmail.com](mailto:bcsandc@gmail.com) or you can contact me directly at [bidda@sharewater.net](mailto:bidda@sharewater.net), 4842 7189 or 0422 542175.

Bidda Jones
President, BCS P&C

### Local Area Excursion – Infants and Primary 2013

I give _____________________ Class _____________ permission to leave the school grounds to participate in local area excursions during 2013. I understand I will be provided with details of a particular excursion at the time it is to take place and students will be fully supervised at all times. Transport for these local venues will be by school bus or students will walk to the destination.

Signed: _________________ Date: ___________

Parent/Caregiver

Because different children often have different experiences, you can complete the survey for each child you have at the school. If you don’t want to complete more than one survey, then you need to choose one child to have in mind before you start. Full instructions are given at the beginning of the survey. Please take a few minutes to complete it so your views are heard. The survey will remain open until the end of this term.

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**P&C News**

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General School Contributions are payable by all students and cover Music/Computer Education and Career Education depending on what year the student is in.

Contributions may be paid by instalments during the year.

Student Assistance is available for elective subject contributions.

elective contributions due by Week 8.

- Students cover the cost of their projects/jobs or bring in their ingredients.
Additional copies of this form are available from the Administration Office.

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<tr>
<th>Name of Student</th>
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2013 INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOL (ICAS) REGISTRATION SLIP

Please return to FRONT office.

I give permission for my child ____________________________ of ____________________________

Child's name                                                    Class

To participate in the following 2013 International and Assessments for Schools (ICAS):

- Computer Skills, – enter by 23 April 2013 ($8.80 GST inclusive) Year 3-12 - CLOSED FOR ENTRY

- Science – enter by 8 May ($8.80 GST inclusive) Year 3-12 – CLOSED FOR ENTRY

- Writing – enter by 20 May ($18.70 GST inclusive) Year 3-12

- Spelling – enter by 21 May ($12.10 GST inclusive) Year 3-7 ONLY

- English – enter by 3 July ($8.80 GST inclusive) Year 2-12

- Mathematics – enter by 16 July ($8.80 GST inclusive) Year 2-12

- All of the above ($66.00 GST inclusive)

Please find enclosed _______ Amount

Please make sure your child/ward is eligible for the spelling component

Please note the dates listed above are the cut off dates for registration

Direct Deposit used Date ______________________

Direct Deposit Information
Account Name: Braidwood Central School
BSB: 032-001
Account number: 162198

Please use “ICAS” and your name as the reference with your deposit

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<td>Year 9-12 Design &amp; Tech.</td>
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<td>Year 9-12 Agriculture</td>
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<td>Year 9&amp;10 Photo/Digital Media</td>
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Total Cost for Student Contributions $
**HAND, FOOT AND MOUTH DISEASE**

Hand, foot and mouth disease is a common viral infection which is easily passed from person to person. It usually causes a mild illness. Good hygiene helps prevent infection.

Last updated: 03 April 2013

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by a number of enteroviruses, particularly coxsackieviruses. It is usually not a serious illness, and occurs more commonly 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 cattle.

What are the symptoms?

- Enteroviruses such as coxsackieviruses may cause no symptoms at all or only very mild symptoms.
- When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the tip and sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days.
- Children can sometimes have a low fever, irritability, sore throat, tummy ache, feel off colour and may be off their food for a day or two.
- Very rarely, the enteroviruses can infect the lining of the brain and spinal cord (known as viral meningitis) or other parts of the body.

How is it spread?

- Hand, foot and mouth disease is usually spread from person-to-person through faecal contamination (which can occur when changing a nappy or using the toilet and not properly washing hands afterwards), or spread through respiratory secretions (sneezing, spitum, or nasal mucus) of an infected person. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters.
- With small children, sharing of toys that may have been in another’s mouth can also spread infection.
- It usually takes between three and five days after contact with an infected person before blisters appear. The viruses 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.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in child care settings.

How can it be prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.
- 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 or toys that may have been contaminated.
- Teach children about cough and sneeze etiquette.
- Cough and sneeze into your elbow (rather than your hands) or cover with a tissue.
- If you use a tissue to cover your nose and mouth, put the tissue in the bin straight away.
- Wash your hands afterwards with soap and water.

How is it diagnosed?

The 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.
- If the headache is severe, if fever persists, or if you are worried about other symptoms, consult a doctor.

What is the public health response?

Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.

To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

Further information - Public Health Units in NSW

For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages.

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<thead>
<tr>
<th>Metropolitan Areas</th>
<th>Location</th>
<th>Number</th>
<th>Rural Areas</th>
<th>Location</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Northern Sydney</td>
<td>Hornsby</td>
<td>02 9477 5400</td>
<td>Greater Southern</td>
<td>Goulburn</td>
<td>02 4834 1837</td>
</tr>
<tr>
<td>Central Coast</td>
<td>Gosford</td>
<td>02 4349 4646</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>South Eastern Sydney</td>
<td>Randwick</td>
<td>02 9382 6333</td>
<td>Greater Western</td>
<td>Broken Hill</td>
<td>08 9080 1499</td>
</tr>
<tr>
<td>Illawarra Shoalhaven</td>
<td>Wollongong</td>
<td>02 4221 6700</td>
<td></td>
<td>Dubbo</td>
<td>02 6841 5569</td>
</tr>
<tr>
<td>Sydney South West</td>
<td>Camperdown</td>
<td>02 9515 9420</td>
<td></td>
<td>Bathurst</td>
<td>02 6330 9601</td>
</tr>
<tr>
<td>Sydney West</td>
<td>Penrith</td>
<td>02 4734 2022</td>
<td>Hunter/New England</td>
<td>Newcastle</td>
<td>02 4924 6477</td>
</tr>
<tr>
<td></td>
<td>Parramatta</td>
<td>02 9640 3603</td>
<td></td>
<td>Tamworth</td>
<td>02 5754 8000</td>
</tr>
<tr>
<td>Justice Health Service</td>
<td>Matraville</td>
<td>02 9311 2707</td>
<td>North Coast</td>
<td>Port Macquarie</td>
<td>02 8588 2750</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lithgow</td>
<td>02 8620 7585</td>
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</tbody>
</table>

Week 8 Term 2  http://www.braidwood-c.schools.nsw.edu.au  17th June 2013
P&C Canteen news

The B.C.S. P&C Canteen is a non-profit organization; the profits from the canteen go back into the school. At the moment some products are not profitable, these items haven't had a price rise in at least few years, so due to the rise in cost from our suppliers the cost of some items on the menu will go up next term and all prices will be reviewed at this time every year. We will notify all parents/guardians of the price changes early next term in the newsletter along with the term 3 menu and roster.

We have been making some extra hot food and salad rolls for lunch for the students that forget to place an order. Everything has been selling well, but it is still a good idea to place an order to ensure no-one misses out.

I would like to thank all of our hard working volunteer's, without you all the canteen wouldn't be able to run.

We are still in need of volunteer's. If you can do a 3 ½ hour day, one day this term please fill out the form below. It's not a hard job and you can see how much the children enjoy seeing a familiar face on the other side of the counter. You also receive a $3.00 voucher for your child to use at the canteen; this is just a little thank you for giving up your precious time.

If you are unable to volunteer we would appreciate donations of freshly baked cakes or slices that we can sell at recess and lunch. If you even have some fresh eggs or a pumpkin from your veggie patch we would appreciate any donations.

<table>
<thead>
<tr>
<th>Day I would like to help:</th>
<th>MONDAY (A second Volunteer is need on Mondays)</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Phone Number:</td>
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</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>June</th>
<th>HELP NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>24</td>
<td>Manager</td>
</tr>
<tr>
<td>Tuesday</td>
<td>25</td>
<td>Penny Sheenmark</td>
</tr>
<tr>
<td>Wednesday</td>
<td>26</td>
<td>Manager</td>
</tr>
<tr>
<td>Thursday</td>
<td>27</td>
<td>Lyn Rainford</td>
</tr>
<tr>
<td>Friday</td>
<td>28</td>
<td>Laura Malley</td>
</tr>
</tbody>
</table>

Canteen Roster Term 2 - 2013

<table>
<thead>
<tr>
<th>Week 8</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>17</td>
</tr>
<tr>
<td>Tuesday</td>
<td>18</td>
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<tr>
<td>Wednesday</td>
<td>19</td>
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<tr>
<td>Thursday</td>
<td>20</td>
</tr>
<tr>
<td>Friday</td>
<td>21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<td>26</td>
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<tr>
<td>Thursday</td>
<td>27</td>
</tr>
<tr>
<td>Friday</td>
<td>28</td>
</tr>
</tbody>
</table>
The Braidwood Men’s Shed would like to thank Damian Roberts and his Year 11 Construction students for their help during the week.

ASTROLOGY
A one-day workshop with Jane Ahlquist

This workshop taps into the key periods when we are asked to develop our intuition, our heart and our will so that we can live more fully as human beings and in co-operation with our unique spiritual destiny. It is an original, illuminating and immensely practical workshop.

Jane has been a practicing astrologer for 37 years and brings her own unusual approach to teaching the stories behind the planets.

Numbers are limited and bookings must be finalized by June 17th.

WHEN: Sunday 23rd June at 9.30am
WHERE: CWA Building in Wallace Street (next to Council)
CONTRIBUTION: $60

BOOKINGS: Jane Ahlquist, telephone: (02) 48461041
Email: jane.ahlquist@bigpond.com

Any further enquiries – contact Jane (8am-8pm)
BCS DRAMA NIGHT
18th of June,
6pm, in the School Hall.
$5 entry - all refreshments provided

Performances Include:
A letter to Romeo
Human Puppetry
Jeckyll and Hyde
Rapunzel
Little Red Riding Hood
King Grisly-Beard
Hansel and Gretel
Rumpolestiltskin
A perspective on life

Tips for Talking Smoking at Home #4
Communication between parents and children is critical in helping to arm kids to make healthy choices. Parents who begin early — and keep renewing the conversation with their kids about the dangers of tobacco and the ads their kids see every day — are more likely to arm their kids against the dangers of tobacco later. Each week, we’ll bring you a tip to help you talk about smoking with your children.

Read, watch TV, and go to the movies with your kids.
Compare media images of smoking with what happens in reality.

For support to quit smoking, call the Quitline on 13 78 48.
For more information about Tobacco Control in Southern NSW LHD, visit http://www.snswhd.health.nsw.gov.au/keeping-healthy

NSW Health
Southern NSW Local Health District

17th June 2013
THE NEATE SWIM SCHOOL

The Neate Swim School offers:
- Group lessons - groups are of no more than 4 people.
- Individual Lessons for children or adults
- Infants program for babies from 8 weeks
- Squad Training for all levels
- First aid training
- Hydrotherapy sessions
- Police college tests
- Lifesaving and instructor training

15 Dewhirst Street, Goulburn
02 4821 2553  www.neateswimschool.com.au

ZUMBA®
fitness
Ditch The Work Out, Join The Party!

ZUMBA CLASSES ARE BACK IN BRAIDWOOD
Every Tuesday and Thursday,
6pm - 7pm
At The Service Men's Club, Coronation St, Braidwood.
Fun, easy to follow dance moves set to hypnotic Latin rhythms, which will get your heart pumping and tone you up in no time. No experience necessary all you need is comfy shoes, water and a smile!

Just $13 a class
Discounts Available.
Contact Emma on 0451819859
For more information
emmacampbellsdancefitness@hotmail.com