Preparations are almost finalised for our huge Touch Football/Netball carnival. While poor weather earlier in the week threatened to put a dampener on arrangements, hopefully we will all have a fantastic day down at the showground with all our visitors. The day promises to be bigger and better than ever before. We hope to see lots of parents at the carnival and thank all of you who are able to help in any way to make the day a success.

Last week was Mental Health Week. The ABC broadcast many wonderful programs trying to raise awareness of mental health and trying to lay to rest the stigma around mental illness. Many of these illnesses have their beginnings in adolescence, have a genetic basis and are triggered by a significant stress or change of some kind. While there has been a great deal of change in people’s attitudes to mental illnesses, there is still a long way to go. There is a lot of help out there, and much of it can be accessed online:

www.youthbeyondblue.com 1800 551 800) and Life Line You can also access Headspace at Cowra: 6342 6186, 1300 224636 and RUOK? 1800 786 529.

Still on the subject of health, I reminded secondary boys this week about their need to be mindful of checking themselves for changes to their genitals. I was prompted to do so by the recent death of a young man (20 years old) in Yass, as a result of cancer which began with undiagnosed and untreated testicular cancer. This is predominantly a young man’s disease: this case was one of three cases in Yass in the last three or so years. I hope that I never again have cause to go to a funeral for a young man who has died as a result of this disease, so I will continue to raise awareness of this condition whenever I can.

Parenting is not always easy or fun. As the parent of three now adult children, I am aware of many of the struggles that parents have to work through as they help their children negotiate their way to independence and adulthood. I enclose at the end of this newsletter an article on parenting I read during the holidays. While you may not agree with all of it, the article certainly gives food for thought.
Primary Nominations for School Captain 2015

Final nominations for Year 6 School Captain 2015 are being called by Ms Mahoney and need to be returned by Friday 31st October. Students are required to meet the criteria that all students should have received in term 3. Students will need to prepare their speeches and have them approved by Ms Mahoney or Mrs Harpley by the end of week 5 the 7th November. All nominating students will be interviewed by Ms Green and Ms Mahoney to determine their suitability and commitment to the position. The criteria and nomination form has been distributed to interested Year 5 students. We look forward to receiving many nominations from Year 5 students.

Year 6 Transition

Students in Year 6 are excited about their upcoming preparation days to high school next Thursday 23rd and Friday 24th October. Students are required to wear their full school uniform. Students can meet at the BBQ area on Thursday morning and be ready for roll call at 8.55am. We wish them a wonderful and exciting experience.

Kindy Start

Students and staff are looking forward to having two full days with our Kindy Start children next Thursday and Friday 23rd & 24th October

Assembly

A primary assembly will be held next Friday 24th October. The new Kindergarten students 2015 are also invited to the assembly. It will commence at 1.30pm in the school hall. All parent and community members are invited to attend.

Touch/Netball Carnival

Students in Years 2-6 will attend the touch football/netball carnival tomorrow Friday 17th October. Students who travel on buses to school will be taken directly to the showground on Friday morning and will be picked up at 3.30pm from the showground. Students in Kindergarten and Year 1 will be taken to school for their normal school day and will be collected from the school as per normal by their bus.

The first games begin at 9.00 am so it is essential that students are at the showground by 8.30am. We need to find students amongst the thousands that are arriving to do roll call, organize students into their teams with their manager and coach, find the field/court they are playing on and organize positions all before 9 am. Remember there is a great deal of traffic and it may take you 20 minutes to get from the main street to the showground.

We understand that students travelling on buses will get there when they can.

Canteens will be operational or you can pack food. Please ensure your child/ren have a school bucket hat, 2-3 bottles of water and sunscreen. The weather forecast at this stage is warm with the temperature around 20 degrees. Students are to meet at the Boorowa Central red shade shelter, which will be located midway between the touch fields and netball courts. Please see attached map.

Students are reminded to wear full sport uniform including their red and white sport shirt, navy shorts and school bucket hat.

State Library of NSW

The State Library of NSW visited the school yesterday and presented some treasured collection items to students in Year 3-6. These objects told the story of our nation and provided a glimpse of the extraordinary collections that are held at the State Library of NSW.

Some collection items included:

- Shoe buckles used by Captain Cook for court wear
- Newton Fowell letter to his father, 12 July 1788
- An Indigenous word list from the South Coast area
- Mary Reibey letter to her aunt Penelope Hope, 8th October 1792
- Drawings by an Indigenous man, 1855

Country Rugby League Clinic

Country Rugby League will visit the primary for the next 3 consecutive Tuesday’s to run half hour clinics including drills and skills. Sessions will take place after lunch.

Photographs and Permission Needed

It is important to remember that photographs taken of children require parental consent prior to publication in the newspaper or on social media.

We have had some instances where parents have proudly uploaded photos of their own children together with photos of other children without first gaining the consent from the parents of those children. This has caused significant distress to some of the parents whose children were involved. We ask that all parents be mindful of this request in the future.

Active After Schools is on once again at Boorowa Central this term!

Come along and join this free student activity every Monday, Tuesday and Wednesday afternoon from 3:30 - 4:30pm at the BCS hall. This term’s sports are:

- Monday - Fitness games
- Tuesday - Ball and net games
- Wednesday - Co-operative games

Please return your permission notes (found in this newsletter) as soon as possible!

Mr. Rhett Eldred
Active After Schools Co-ordinator
NATIONAL BILBY DAY CROSSWORD COMPETITION
Well done to our Year 4/5 students who helped raise money in the Save the Bilby Fund by participating in the National Bilby Day crossword competition. Congratulations to Riley Eccles who won the Large Toy Bilby and to Jack McMahon who has won a DVD.

TERM 4 - WEEK 2 PRIMARY/INFANTS AWARDS

FIRST STAR CARD
Amber Buckmaster

SECOND STAR CARD
Ronan Eccles
Harvey Gay
Tristen Pye
Lucas Cayfe

THIRD STAR CARD
James Farrell

75 NIGHTS READING
Logan Mears
Destiny Hardefeldt
Tyler Sullivan
Angus Carney

100 NIGHTS READING
Belle Riles
Max Galvin
Hayden Croker
Breah Polsen
Natasha Hagar

125 NIGHTS READING
Breah Polsen
Finlay Shore
Natasha Hagar

150 NIGHTS READING
Natasha Hagar

MERIT/Achievement AWARDS
Jacob Piper
all tables in 30 seconds!

CHAMPION OF THE WEEK
Congratulations to Luke Dean who was our schools highest point scorer in Week 1 gaining 1357 points. Well done Luke!

State Library Visit
The presenters brought history alive for Primary students. The children dressed up as convict characters and enjoyed role playing. A wonderful morning

Order No.7 Scholastic Book Club
Orders due back to the school office no later than Monday, 27th October, 2014.

Catalogues have been given out last week to all Primary classes. There are some wonderful books in the catalogues and at times they have great prices as well. If you would like to order books as a gift for a child for Christmas and do not want your child to collect your order please attach a note to your order and we will contact you when the books arrive.

Scholastic Rewards
Rewards that we earn from your purchases enable us to obtain resources for our school.

THANK YOU to all supporters in 2014!
Bringing Valuables to School—The Department of Education and Communities’ policy is that valuables of any kind are brought to school at the owner’s own risk.

ST PATRICK’S PARISH FUNDRAISER:

Our second Cake/Street Stall for the year will be held on Saturday the 8th November outside IGA. We are looking for cooks, green thumbs, craft items and volunteers to main the stall, if you are able to assist please leave a message at the Presbytery, PH 63853030. Thank you in anticipation.

BOOROWA TOUCH/NETBALL CARNIVAL
FRIDAY 17th OCTOBER, 2014

CANTEEN PRICE LIST

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg &amp; Bacon Rolls</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken &amp; Gravy Rolls</td>
<td>$4.50</td>
</tr>
<tr>
<td>Steak &amp; Onion Sandwiches</td>
<td>$4.50</td>
</tr>
<tr>
<td>Sausage Sandwiches</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fresh Sandwiches (Netball Canteen Only)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fruit boxes</td>
<td>$2.00</td>
</tr>
<tr>
<td>Soft Drinks</td>
<td>$2.50</td>
</tr>
<tr>
<td>Gatorade</td>
<td>$4.00</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tea/Coffee/Milo</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>$4.00</td>
</tr>
<tr>
<td>Also Assorted Cakes/Biscuits</td>
<td>from $1.00</td>
</tr>
<tr>
<td>Chips</td>
<td>$1.50</td>
</tr>
<tr>
<td>Zooper Dooper Iceblocks</td>
<td>.50c</td>
</tr>
</tbody>
</table>

A variety of lollies are also available.

Sport and Recreation’s Swim and Survive starting soon

For more information or to make a booking, visit www.dsr.nsw.gov.au/swimandsurvive or phone 13 13 02

ST PATRICK’S PARISH FUNDRAISER:

Our second Cake/Street Stall for the year will be held on Saturday the 8th November outside IGA. We are looking for cooks, green thumbs, craft items and volunteers to main the stall, if you are able to assist please leave a message at the Presbytery, PH 63853030. Thank you in anticipation.
9 Things We Should Get Rid of to Help Our Kids

March 16, 2014 by Kristen

She borrowed something from me. And then she lost it.

Accidents happen.

But it was the whole “It only cost ten bucks—you can get another one” attitude that I couldn’t let happen a moment longer.

So, I gave her a job that required hard work and gave her the $10 she earned and then I made her pay me for what she lost.

Listen, when I realized I was more than half the problem in this whole entitlement parenting challenge, it was a wake up call. Kids naturally want what they haven’t earned, especially if we are handing it out for free.

But what we have is an entire generation of young adults who got everything they ever wanted with little or no work; we have a cultural norm and it’s a problem.

Because reality is, life doesn’t give us everything we want. We don’t always get the best jobs or a job at all. We don’t always have someone rescue us when we have a bad day or replace our boss just because we don’t like them. We can’t always have what we want when we want it. We aren’t always rewarded in life.

Here are 9 things we can get rid of to begin eliminating entitlement in our children:

1. Guilt: Often we give into our kid’s requests out of guilt. We need to stop feeling guilty for not giving our kids everything they want. It’s hard to swallow, but we foster the attitude of entitlement in our homes when we are ruled by a guilty conscience. It’s okay to ask kids to be responsible for what they lose and to require consequences for actions.

2. Overspending: I think it’s good for our kids to hear us say, “We can’t afford that” Or “We will have to save for it.” Because that’s real life. We don’t have All The Money to Buy All The Things. I’ve known families before who are working multiple jobs to keep kids in extracurricular activities, when honestly, the kids would probably be happier with more family time.

3. Birthday Party Goody Bag (Mentality)- I’ve been guilty of this like most of us. But, really? We take our kids to parties so they can give a gift, but they take a small one home so they won’t feel bad? It’s not their birthday. This concept of spoiling kids (which usually goes far beyond goody bags) is temporary fun. It’s okay for them not to be the centre of attention.

4. Making our day-week-month, our world about our kids - Child-centered homes don’t help children in the long-run.

5. The desire to make our children happy (all the time). If you visited my house, you’d find out pretty quickly that someone’s always unhappy. It’s not our job to keep our kids happy. Don’t carry that impossible burden. Typically when our kids are unhappy, it’s because we are standing our ground. And that makes for much healthier kids in the future.

6. Made Up Awards: You know what I’m talking about. Rewarding everyone who participates in every area only fosters an inflated self esteem. Kids don’t need rewards for every little thing. It’s okay to lose, they learn through failure as much as success.

7. Fixing all their problems: I don’t like to see my kids struggling. There’s a part of every parent that longs to make things right in their child’s world. But it’s not healthy to create a false reality. You won’t always be there to do so and not only that, if you’re doing it all for your child, why would they need to learn to do it themselves? Fixing all their problems is really only creating more challenges in the future.

8. Stuff: We could all probably fill a half dozen trash bags with just stuff. Excess. Try it. Bag it up and get your kids to help you and give it to someone who needs it.

9. Unrealistic Expectations: My girls are always asking for manicures. I didn’t have one until I was married, pregnant and 27 years old. I’m not opposed to the occasional treat, but it’s the attitude of expecting it because you as a parent or others have it. Just because I have an iPhone, doesn’t mean my children will get one. We don’t have to give our kids everything we have. It’s okay to make them wait for things in life.

It’s okay to toss out these things. Go ahead, give it a try.

http://wearthatfamily.com/2014/03/9-things-we-should-get-rid-of-to-help-our-kids/
Attention all schools & Child care providers;

The Southern Cross Cinema has been lucky enough to be offered the kids movie ‘Paddington Bear’ from the 11th of November for closed screenings. ‘Paddington Bear’ Does not open nationally until the 11th December so for a small regional cinema to be offered this opportunity is something to be taken advantage of. Because these are closed screenings they are only being offered to schools and child care providers for private viewing, so we are offering school a movie package deal if they are interested in rewarding their students at the end of year.

For $12 per person we are offering a movie ticket + 1 small popcorn & 1 small drink.

If your school or provider is interested in taking advantage of this offer the dates available are as follows;

<table>
<thead>
<tr>
<th>Monday</th>
<th>Dec 1st 9am-3pm</th>
<th>Monday</th>
<th>Dec 8th 9am-3pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Dec 2nd 9am-3pm</td>
<td>Tuesday</td>
<td>Dec 9th 9am-3pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dec 3rd 9am-3pm</td>
<td>Wednesday</td>
<td>Dec 10th 9am-3pm</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>Friday</td>
<td>Dec 12th 9am-3pm</td>
</tr>
</tbody>
</table>

To make a booking or for any further enquiries please call 02 6382 1000 or email manager@southerncrosscinema.org
Lauren Frith
Cinema and Arts Centre Manager  (02) 6382 1000

Southern Cross Cinema is a project of the Young District Arts Council.

---

**Bootsforkids**

What is the #bootsforkids campaign?

A campaign, being run by Fairfax media in partnership with Coles and Linfox, aiming to raise 10,000 pairs of footy boots for Aboriginal children living in rural and remote communities across Australia.

All boots will be washed and paired with some socks before being trucked to the communities and given to the kids.

**How you can get involved with #bootsforkids**

If you are hanging up your footy boots or even likely to buy a new pair before you play again think about donating them.

You can donate any new or used footy boots by getting in contact with me to arrange a pick up.

**Want more information?**

Watch the video (here) or have a look at the info online [http://www.smh.com.au/national/bootsforkids](http://www.smh.com.au/national/bootsforkids)

**Contact**

You can get in contact with me via email jesica.bloomfield@industry.gov.au or 0416 315 240.

---

**Bringing Valuables to School**—The Department of Education and Communities’ policy is that valuables of any kind are brought to school at the owner’s own risk.
Dear Parents,
The Active After-School Communities program is a national initiative that provides primary school children with access to free sport and other structured physical activity programs in the after-school time slot of 3.30pm to 4.30pm.

The program aims to engage traditionally inactive children in sport and other structured physical activities and through a positive and fun experience, develop a love of sport that inspires them to join a local sporting club.

**WHAT IS OFFERED:**
Primary aged children are invited to participate in one hour of physical activity at Boorowa Central School Hall on Monday, Tuesdays and Wednesdays commencing

**Week 3 Term 4 Monday 20th October, 2014,** continuing until **Week 9.**
Free afternoon tea for all children who participate in this structured physical activity
Registered and highly trained coaches
Fully Supervised by a Teacher from Boorowa Central School

**COST:** $0 no cost involved

**ACTIVITIES AVAILABLE:**

<table>
<thead>
<tr>
<th>Term 4 Sports</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Games</td>
<td>Monday</td>
</tr>
<tr>
<td>Ball &amp; Net Games</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Co-Operative Games</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>

If you are interested in your child/children participating in such a fantastic opportunity please fill out the permission slip below and return to Boorowa Central School A.S.A.P.

*Please note that children are to be picked up promptly at 4.30pm from the Boorowa Central School Hall. In addition please indicate any medical issues that need to be forwarded to supervising staff on permission note below*

**Active After Schools Community**

I, .................................... give permission for my child/children, ........................................................ to participate in the Active After Schools Community to be held weekly at Boorowa Central School Hall.

**CHOOSE ONE**
I will pick-up my child at 4.30pm  OR  My child has permission to walk home after

My child/children will attend (Please Circle):

Monday session  Tuesday session  Wednesday session

Please indicate any medical issues that staff need to know in the space provided:

Signed ………………………………………………………   Date ……………………………………...
VOLUNTEERS ROSTER
FOR THE TOUCH /NETBALL CARNIVAL
FRIDAY 17TH OCTOBER, 2014

Thank you to all our volunteers. Without your continued support we would be unable to host this yearly event. The funds raised at the carnival will go towards providing much needed resources for our two schools.

We would also like to remind parents that even if your name is not on the roster your help would be most welcome at any of our venues during the day.

<table>
<thead>
<tr>
<th>Time</th>
<th>Netball</th>
<th>Touch</th>
<th>Touch/Netball B.B.Q.</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.00am-9.00am</td>
<td>Setting up &amp; Serving</td>
<td>Sam Pye Kim Blomfield Gail Grimson Kim Grimson Cameron Johnston Ange Summerfield</td>
<td>Gary Martin Anthony Anderson Paul McGee Danny Cassells Bill Stanley</td>
</tr>
<tr>
<td>8.00 am-10.00am</td>
<td>Serving</td>
<td>Lynelle Warren Helen Pye Vicki Wright Val Coble</td>
<td>Gary Martin Anthony Anderson Paul McGee Danny Cassells Bill Stanley</td>
</tr>
<tr>
<td>10.00am-12.00noon</td>
<td>Serving</td>
<td>Jennifer Grey Linda Taylor Helen Pye Vicki Wright Val Coble</td>
<td>Gary Martin Anthony Anderson Paul McGee Danny Cassells Bill Stanley</td>
</tr>
<tr>
<td>12.00noon-2.00pm</td>
<td>Serving</td>
<td>Megan Moorby Jennifer Grey Linda Taylor Helen Pye Vicki Wright Jennifer Cayfe Val Coble Marg Bowles</td>
<td>Stuart Gay Gary Martin Anthony Anderson Paul McGee Danny Cassells Bill Stanley Michelle Farrell</td>
</tr>
<tr>
<td>2.00pm- 4.00pm</td>
<td>Packing Up</td>
<td>Helen Pye Vicki Wright Sam Pye Kim Blomfield Gail Grimson Ange Summerfield</td>
<td>Stuart Gay Gary Martin Anthony Anderson Paul McGee Danny Cassells Bill Stanley</td>
</tr>
</tbody>
</table>

BOOROWA JUNIOR CRICKET NEWS
MILO CRICKET. (5-8yrs)
Milo Cricket introduces the basic skills of cricket in a fun, positive environment.
Run by qualified cricket coaches and Boorowa Senior Cricket players, this year’s Milo program promises to be a great experience for all our kids.
COST: $60 (which includes backpack, bat, ball, hat, shirt and drink bottle.)
WHEN: Tuesdays 4:15 - 5pm. (starting 28/10)
WHERE: St Joseph's School Oval
Please register your child’s interest by calling Ange Canellis (0417744615) before Friday 17th October.

For Sale - All in working order
$20 each or $100 for the lot.
Please see Mrs Lochrin if interested.
1x CD Player, compact and portable size
1x Radio Controlled Mini Helicopter (new in box)
1x Dell LCD flat screen computer monitor
1x Samsung LCD flat screen computer monitor
1x Guitar Hero guitar with DVD for use with PC
2x White Pedestal Fans ($20 for both)
Hey guys. Do you play bass guitar, have photography skills and want to be involved in a music video? Call James Green on 0498655676 for further information.

### JUNIOR TOUCH REGISTRATION
Junior Touch mixed teams sign up day - Thursday 23/10/14 - 4.00pm at the Rec Ground
Registration is $10.00 per player ages 6 –12yrs
Parent helpers and referees needed
For enquiries contact Donna Halls 63853 598 or 0429853594

### JUNIOR GOLF STARTS SUN-DAY 19TH OCTOBER, 2014

### Free autism workshop for Families in Cowra and Surrounding Areas
Research suggests that almost one per cent of the entire population of Australia is now being diagnosed with autism spectrum disorder (ASD). The prevalence of this lifelong condition means there is greater awareness across our community than ever before. However, we can still improve our understanding of the challenges autism presents during the school years. These challenges – impacting students’ behaviour, social experiences and learning – can be addressed with practical up-to-date, evidence-based strategies like those introduced at Positive Partnerships workshops for parents and family carers.

Registration opens on 14th October 2014

### Details for the upcoming two day workshop
**Dates:** 25th & 26th November 2014
**Venue:** Cowra Bowling & Recreation Club
**Cost:** free, including resources & lunch

Full details and online registration at www.positivepartnerships.com.au

---

**October 2014**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Canteen Roster**

**TERM 3 WEEK 10 2014**

- **Monday** 20/10/14 Janine Hagar
- **Tuesday** 21/10/14 Lynelle Warren
- **Wednesday** 22/10/14 Jill Ferry
- **Thursday** 23/10/14 Michelle Sargent
- **Friday** 24/10/14 Angela Summerfield

---

**Rally your Glass**

**PLEASE JOIN THE PRESCHOOL AND COMMUNITY TO CELEBRATE PAT NICOLLS’ RETIREMENT**

- **FRIDAY, NOVEMBER 21st 2014**
- **6-8PM**
- **TOP PUB BOOROWA**
- **Ceegels provided**
- **Resg by November 4th**
- **to Sarah Kelly on 0408 656 589**