NAIDOC Week

Ashford Central School will be celebrating NAIDOC Week between July 21 and July 25, 2014. NAIDOC stands for National Aboriginal and Islanders’ Day Observance Committee. The NAIDOC theme for 2014 is "Serving Country: Centenary and Beyond".

On Monday, 21st July our secondary Aboriginal students will be travelling to Tamworth to participate in an Aboriginal careers display.

Ashford’s celebration starts at 10.30 on Tuesday, July 22nd, 2014 when the school raises the National Aboriginal and Torres Straight Islander flags at the school flag pole. The whole school will attend this ceremony and community members and parents are invited to join us.

Prominent Aboriginal Elder, Wendy Nageleca will speak to the students about her life growing up in northern NSW and southern Queensland and how her education changed her life.

On Wednesday, 23rd July all our students, K-12, will visit the Ashford Lands Council office to view the display of artworks and films regarding the frontier works and Aboriginal involvement in WW1 and WW2.

On Thursday, 24th July our K-6 students will be painting Aboriginal art work on the paving in the school quadrangle under the guidance of visiting Aboriginal artist Denis Pitt.

Friday, 25th July the school will hold a free barbecue lunch for all students, parents and community members who would like to join us. This will commence at 1.15pm. At about 2.00pm, staff and students of non Aboriginal descent will play touch football against staff, students and community members of Aboriginal descent. This game will finish at about 3.00pm or when all the players are exhausted.

Everyone is invited to attend our week of celebration and we particularly encourage the Aboriginal community to get involved in celebrating NAIDOC Week.
Healthy Eating For Students

The school has become increasingly concerned about the number of children coming to school without breakfast. A survey conducted in Term 2 this year indicated that over 40% of our students come to school without eating breakfast. Teachers are also seeing what some children are eating for recess and lunch and, in many cases, the food is of the wrong type and lacking in nutrition.

Over the next few weeks, the School Newsletter will feature a series of articles about suitable food for students. It is hoped some of these articles may change the eating habits of our students.

Children need a wide variety of foods for a well balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. When children are busy and active, snacking is important to keep energy levels high. A healthy morning snack at recess and after school are usually needed each day.

Breakfast is important
It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.

School lunches
Many schools have a canteen that offers a range of food choices. Most schools follow government guidelines to encourage healthy food choices. The food your child chooses might be high in cost and energy, but low in nutrients. An alternative is a packed lunch from home which is a great way for your child to learn about healthy food and to help with preparation.

Lunch box suggestions include:
- Sandwiches or pita bread with cheese, lean meat, hummus and salad
- Cheese slices, crackers with spread, and fresh or dried fruits
- Washed and cut up raw vegetables or fresh fruits
- Frozen water bottle or tetra pack of milk, particularly in hot weather.

School lunches - foods to limit
Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in everyday school lunches include:
- Processed meats such as salami, ham, pressed chicken and Strasbourg
- Chips, sweet biscuits, muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials, juices and soft drinks.

Treats and peer pressure
Peer pressure to eat particular 'trendy' foods at this age is strong. Let your child eat these kinds of foods occasionally, such as at parties, special events or when the rest of the family enjoys them. It's best to limit the amount of money children are given to spend at school or on the way home.

The occasional lolly, bag of chips or takeaway food doesn't do any harm. If they are eaten too often, however, you might find that:
- Not enough nourishing foods are eaten
- Children become overweight or obese
- You're spending a lot of money - it's much cheaper to provide homemade snacks and lunches
- You're missing a chance to teach your child about healthy eating.
**After-school snacks**

Children of this age may have swings in appetite depending on activity levels, so allow them to choose how much they need to eat while offering a wide variety of healthy foods. Some children only eat small amounts at the evening meal, so make sure that the afternoon snack is nutritious, not just high in energy.

Snack suggestions include:
- A sandwich with a glass of milk
- Cereal and fruit
- A bowl of soup and toast.

**Family mealtimes**

For school children, family meal times are a chance to share and talk about the day's activities and events. The evening meal together is an important time to do this.

Family meal time suggestions include:
- Allow talk and sharing of daytime activities
- Avoid distractions such as the television, radio or the telephone
- Let your child decide when they are full - don’t argue about food
- Allow children to help with preparing meals and shopping
- Teach some simple nutrition facts such as milk keeps your bones strong.

**Drinks**

Suggestions include:
- Children should be encouraged to drink plain water
- Sweet drinks such as cordials or fruit juice are not needed for a healthy diet and aren’t recommended
- A glass of milk, a tub of yoghurt or a slice of cheese equals a serve of dairy food. Three serves are needed each day for calcium.

**Exercise and activity**

Physical activity is an important part of good health. Try to encourage your child to do something active each day such as a hobby, play a game or be involved in sport. Some parents may also worry about their child’s weight. For primary school children, 60 minutes of activity is recommended each day and no more than two hours of watching TV, DVDS or computer games.

To increase your child’s activity, try to:
- Limit the amount of time spent watching television for the whole family
- Do something physical and active together
- Go and watch your child play sports
- Encourage daily activity, not just exercise
- Use the car less - that means everyone.

**Healthy tips for school-aged children**

Suggestions include:
- Children need a variety of different foods each day
- Snacks are an important part of a healthy diet for active children
- Make snacks nutritious, not just high in energy
- Plan to share meals as a family
- Enjoy talking and sharing the day’s happenings at meal times
- Let children tell you when they’re full
- Give your child lunch to take from home
- Let children help with food preparation and meal planning
- Encourage physical activities for the whole family
- Encourage children to drink plain water.
Primary Sport

School Tree Day

School Tree Day will be held on Friday, 1st August (Week 3, Term 3). Our Infants and Primary students will once again be rallying together to beautify and maintain our school gardens.

Students are requested to bring a bucket, if possible. Garden gloves will be provided for Infants but there will only be a limited supply for Primary students so it would be appreciated if they could bring their own.

Friday Sport

Will parents please ensure that students wear joggers to school on Fridays.

NSW Premier’s Sporting Challenge 2014

As from the start of Term 3, all students at Ashford Central School will be participating in the NSW Premier’s Sporting Challenge which encourages all students to increase their physical activity levels.

The challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles. The Challenge includes a range of initiatives with one common purpose – to have more students, more active, more often!

Students will be required to keep a log of all physical activity done at school and home. Weekly recording sheets will be sent home with each K-6 student to record physical activity done at home (parents please help them!). These sheets will need to be returned to school on the following Monday so that records can be updated. During the first week of the term, the first recording sheet will be sent home as well as an information sheet.

Through participation and the successful completion of the program, the school receives funding grants to purchase sport equipment which benefits the students at our school.
**Year 10 Work Experience**

Year 10 students complete two weeks of work experience, one in Term 3 and one in Term 4. While teachers provide a lot of assistance and support for the Year 10 students in locating and arranging work placement, students are required to make contact themselves with the prospective employer.

This can be a challenge for young people as it could be their first approach to a prospective employer.

Parents can help by discussing with their children where they are up to in their organising of a placement. The paper work that the Department requires is a little detailed but it must be completed by parents and returned to school before work experience can commence.

If there are any concerns, please feel free to contact Mr Mark Lewis or Mrs Ballam at the school.

Work experience is scheduled for Week 4 so we only have two school weeks to get these students settled.

**School Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16th July</td>
<td>English competition closes</td>
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<tr>
<td>21-25 July</td>
<td>NAIDOC week</td>
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<tr>
<td>21st July</td>
<td>Tamworth Careers Expo</td>
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<tr>
<td>22nd July</td>
<td>Flag Raising Ceremony</td>
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<tr>
<td>23rd July</td>
<td>Lands Council visit</td>
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<tr>
<td>24th July</td>
<td>Aboriginal painting</td>
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<tr>
<td>25th July</td>
<td>Free BBQ lunch for students, staff, parents and community members</td>
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<tr>
<td>29th July</td>
<td>English Competition</td>
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**Macksville Netball Trip**

Last term, some of the girls from Years 8-12 travelled to Macksville for the central schools’ netball competition. On behalf of the netball girls, we would like to thank the P&C for their contribution and the members of the community who purchased 100s club tickets. Your generous support allowed us to take the trip and we and the girls are very grateful for the opportunity.

Miss Macdonald, Mrs Ballam and Mrs Alexander

**Changes to Food Technology, Middle School and Hospitality Cooking Fees for 2014**

Due to administration and purchasing requirements in Food Technology, Middle School, Technology and Hospitality, cooking fees will be required to be paid in advance, each term.

A discount will be offered if this fee is paid by Week 2 of each term. Fees must be set at a fixed rate as ingredients need to be purchased in advance.

With changes in the purchasing requirements of DEC, it will be necessary to bulk buy ingredients. These subjects are elective subjects and students are required to pay for the ingredients that are used. The fees for next year will be as follows:

**Middle School**

<table>
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<tr>
<th>Fee: $20.00</th>
<th>Discount if paid by Week 2: $18.00</th>
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Students in Years 5, 6, 7 and 8 will only have one payment for the year.

**Technology**

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<tr>
<th>Fee: $20.00</th>
<th>Discount if paid by Week 2: $18.00</th>
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Students in Year 7 Technology will be cooking in their Healthy Snack Unit.

**Year 9/10 Food Technology**

<table>
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<tr>
<th>Fee: $25.00 per term</th>
<th>Discount if paid by Week 2 of each term: $22.50</th>
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**Year 11/12 Hospitality**

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<tr>
<th>Fee: $30.00 per term</th>
<th>Discount if paid by Week 2 of each term: $27.00</th>
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Uniform hire: $30.00

**Students not paying the Cooking Fee will have to bring their own ingredients.**
NSW School Vaccination Program for 2014

School vaccination clinics continue into Terms 3 & 4.

WHAT IF MY CHILD HAS MISSED A VACCINE?

If your child has missed any vaccinations, they will be offered any missed doses at the next clinics at their school.

WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2014?

Any Year 7 student will be caught up for HPV only in 2015. Any Year 9 boy who has not received all 3 doses of HPV can attend their local doctor to receive any missed doses.

Additionally, any Year 8 student who commenced HPV vaccination while in Year 7 and is yet to finish all 3 doses and who has not received any from their local doctor, can still receive these at the next clinic at their school.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

Measles Catch-up Campaign

You may have heard through a media campaign about the school-based measles catch-up program due to the recent measles outbreaks in NSW. Details are at: http://www.health.nsw.gov.au/immunisation/Pages/measles-catchup.aspx

Due to high measles coverage rates in the Hunter New England Local Health District, not all schools will be participating in this school catch-up campaign. However, if your child's school is not participating in the measles program and your child needs vaccination, you can take your child to their doctor to receive free MMR vaccine. You may be charged for the consultation.

To check if your child has received two doses of MMR:

- Look in your child’s Blue Book for a record of two doses of MMR vaccine or Priorix vaccine
- OR
- Check with your child's doctor.

Second Hand Clothing

Two navy hoodies embroidered with Ashford Central School logo.

Size XS suitable for Year 7 student.

$10.00 each.

Please contact the school.
Thought For The Week

Some mistakes are too much fun to only make once.

Ashford Bushfire Brigade
Next meeting will be held on Wednesday, 13th August, 2014, 7.30pm at the fire station.
All members are asked to attend.

Bun Bun Playgroup
Ashford Bun Bun Playgroup is a supported playgroup for parents/ grandparents/ carers with children age 0-5 years. It is held every Wednesday (except school holidays) between 10am and 12.30pm at the Ashford Memorial Hall.
It is free to attend and brunch is provided. For further details call Ashley on 67224351 or like us on Facebook. All welcome.

Ashford Roosters’ RLFC General Meeting
The next meeting of the Ashford Roosters’ Rugby League Football Club will be held on Monday, 4th August, 2014 at 6.30pm.
The meeting will be held at the Ashford Memorial Bowling Club.

ASHFORD GOLF CLUB
20th July - 4somes Championships (note date change)
27th July - 1st round Matchplay
3rd August - Stroke Texas Open $20 per player
Tee off between 8.00 - 9.30
10th August - Stroke Glen Innes 4BBB
Sat 16th August - State of Origin Ashford
17th August - Stroke
24th August - 2nd round Matchplay

Ashford Presbyterian Church
Pastor: Trevor Ewart
Sunday Service - 9.00am
Bible Study - 9.30am Wednesday at the Manse.
All welcome. Stay for a cuppa and a chat.
Email: trevorewart@activ8.net.au
Phone 67258761
mobile 0448876161.
ASHFORD MEMORIAL BOWLING CLUB
FRIDAY, 18th July, 2014.
Lucky Member’s Draw $360 drawn 8:30pm
Progressive Members’ Draw starts 7.15pm @ $20. If not won increases by $10.00 every 15 minutes till 8.00pm.

Meat tray raffles starting at 6.30pm.
Saturday, 19th July, Euchre 2.00pm start

Social Bowls: Wednesday & Sunday, 2.00pm start
Happy Hour: Fridays 8.30 - 9.30pm

CATERING ON FRIDAY NIGHT
6.00–8.00pm • Bookings desirable.

Phone 67254202
Catering available on alternative days for private functions. Minimum 20 people. Bookings essential.

THE LIONS’ CORNER
Our Lions’ meetings are held the 1st Tuesday of the month at the Bowling Club 6.30pm for 7.00pm start. Our next meeting is the AGM to be held in August, 2014.
Please don’t forget we are still collecting stamps and ring pulls. You can leave them at the RTC for collection.

LEOS
Our meeting will be held on Wednesday, 16th June, 2014 in the Science Room at lunch time.
Please try to attend. Leos please remind each other to come to the meeting.

BINGO
Held at the Bowling Club, on the first Wednesday of the month. STARTING TIME: 1.00 pm.
Our next day is Wednesday, 6th August, 2014. Come along and have FUN with us as we all had a funtastic time last month. Cost of the books is $5.00 each and jackpot tickets are $2.00 each.
Our jackpot is up to $75.00. Starting time eyes down at 1.00 pm. Hope to see you there. Try and bring a friend along if you can.

MINI - LOTTO
Winning numbers for the 11/7/2014 are: 1, 4, 6, 8, 12, 18.
JACKPOT is $7,000.00. Lucky dollars. Be nice to take it home wouldn't it?

LIONS’ CHANGE OVER
The Lions’ Changeover is now going to be held on the 2nd August, 2014 due to unforeseen circumstances. It is still being held at the Ashford Bowling Club. If you are interested in coming along for the night, please leave your name at the club for catering numbers. We will be awarding our Senior Citizen of the Year. You can nominate a deserving person by sending a letter to: The Lions Club, PO BOX 79, Ashford.

DRIVER REVIVER
We are done for another holiday. Thank you to my volunteers for giving up their time and helping me run this great facility.

That is all from The DEN
Lion Helen Hilton
Lions’ Citizen Of The Year

Ashford Lions are calling for nominations for Citizen of the Year to be presented at the Annual Changeover dinner. Ashford has some very good citizens who do a lot for this community so let’s recognise them. Nominations to be in writing and posted to PO Box 79 or given to a Lions’ member.

FOR SALE

One full shedding ram. Produces a high frequency of twins. $250.00 ONO. Phone 02 6725 4154 or mobile 0428 254 154.

Rural Fire Brigade News

This is just an update on what is happening in your local RFS Brigade. Captain/Permit Officer - Les Knight. Permit Officer Vince Thompson. Permits begin on 1-8-14 and are required for all burns bigger than a campfire. In the case of a major bush fire emergency, there is an emergency assembly area at the town oval opposite the Shire depot. Notice of this emergency will be by radio, phone, Police and SES. If you are unsure or would like any other information, ask any local RFS brigade member. They will gladly help out. The weather forecast for spring/summer is not so good with hot dry conditions predicted so please take care. Les Knight

ASHFORD RURAL TRANSACTION CENTRE

30-32 Albury Street Ashford NSW 2361
Phone 67254455
Fax 67254445
Email ashfordrtc@ashfordonline.com.au

WHAT’S ON!

Joblink plus
#Vet
Accountant
Ashford Business Council meeting

Wednesday 30th July
TBA
Thursday 24th July
Wednesday 13th August
Ashford Bowling Club 6pm

*Please contact the RTC on 67254455 for bookings and/or information.
#Please contact the Inverell Vet Clinic for bookings on 67210266
**Roosters’ Update**

The Ashford Roosters travelled to Glen Innes to take on the high flying Glen Innes Magpies on Saturday, July 12. In one of the more disappointing results of the 2014 season, the Roosters’ first grade team was beaten 58-10. It was extremely disappointing that seven (7) players named in the first grade side on Thursday night did not turn up on Saturday.

The Roosters’ first grade team has the potential to be very competitive in this competition when they field their strongest team. Unfortunately, a number of the players are not particularly reliable.

The 12 fresh first graders who played were supplemented by five reserve grade players who played two games on the day. It was a very brave effort by these players but they are being let down by their team mates who don’t turn up or let the coaches know for tougher away games.

Best for Ashford first grade were Mark Lewis, Mathew Lewis and Sam Hewat.

The reserve grade team was defeated 44-14. The reserve grade team was also weakened by players not wishing to travel to Glen Innes on a cold day and first grade had to take a few players to make up for those missing.

Best for Ashford were Brad Withers, Todd Cleal and Jake Harris.

The highlight of the day for the Roosters was the Ladies’ League Tag team which defeated Glen Innes 16-14. Glen Innes are running second in the competition and Ashford is fourth. To defeat Glen Innes on their home ground was an outstanding achievement.

Best for Ashford were Sasha Harrington, Vannessa Alexander and Kirsty O’Brien. Well done to all the girls. You are champions!

Ashford has the bye this weekend and then play Uralla at Ashford on the 1st August. If Ashford can field their best 17, first grade are a good chance of recording their first win of 2014. Come along and support the Roosters on our Sponsors Day.

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**Junior Mixed League Tag**

The Ashford Rugby League Club has bought new jumpers for the junior league tag teams, Kentuckies and Raging Roosters. This was funded by the Sport and Recreation Grant received earlier in the year. The kids wore their jumpers for the first time at the last home game. Next home game is on the 26th July. There is no charge for the kids to play. Teams are organised on the day depending on how many kids turn up and we try to make them as even as possible.

Darryl Morgan has refereed these games for the last two seasons and we thank him for his time.

Any other 14 year olds are welcome to participate.
YOUTH FOR JESUS & JESUS KIDS

DATE: FRIDAY 18th JULY
YOUTH GROUP [FOR SECONDARY STUDENTS ONLY] PRESBYTERIAN CHURCH JUBILEE ST
TIME: 6.30PM TIL 8.30PM
JESUS KIDS [FOR PRIMARY STUDENTS ONLY] AT ANGLICAN HALL JUBILEE ST
TIME: 4.00PM TIL 5.30PM
LIVE GOSPEL, MUSIC, GOSPEL, READING, GAMES AND SUPPER.
GOLD COIN FOR SUPPER APPRECIATED.