DUNEDOO CENTRAL SCHOOL

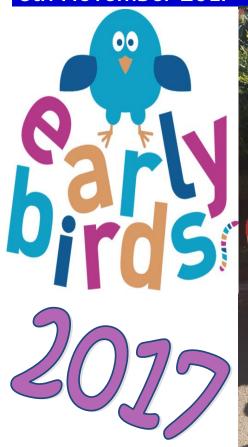
NEWSLETTER

6th November 2017

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We welcome our Kindy class for 2018. Our Earlybirds orientation program is a wonderful opportunity for children, commencing Kindergarten in 2018, to familiarise themselves with big school.

DCS Earlybird program will run on the following dates, for students only:

Thursday, 9th November 2017, 1pm to 3pm, Thursday, 16th November 2017, full day and Thursday, 23rd November 2017, full day.

Pictured above: Teacher, Mr Ben Kline

Back row: Xander Allison, Caden Martin, Lucas Tisdell, Beau Hall, Nicholas Sawyer, Josh Bampton, Paul Murray & Lachlan Batty.

Front row: Isla Currie, Emily Sawyers, Ruby McManus & Harley Carpenter

Absent from photo: Beau Peters

We look forward to welcoming new families to Kindergarten in 2018.

If any parents wish their children to attend Earlybirds, we look forward to hearing from you.



Secondary

Young Leaders Day

Last Sunday 11 Secondary SRC members travelled to Sydney to attend the National Young Leaders Day on Monday.

The guest speakers were
Gladys Berejiklian - Premier of
NSW, John Coutis—
motivational speaker, Adam
Goodes—former ARL player
and Australian of the Year, An-

drew Scipione— former Police Commissioner of NSW and along with hosts Scott Tweedie and Gemma Knight. The speakers provided some very inspiring and insightful information about leadership, team work and responsibility.



PRIMARY TOUCH GALA DAY

On Tuesday 31st October, Primary students were given the opportunity to be involved in a Touch Gala Day in Mudgee. All teams participated in 5 games each and Dunedoo Central School came home with the David Aldridge award for sportsmanship and for lovely manners at the canteen. We would all like do it again next year!

We would like to thank all the staff and the bus drivers for all their help.

Mia and Evie.



Welcome to our Library space where our November theme is 'War and Peace'. The display shelves will feature titles ranging from *The Red Poppy, Memorial* and *Forward March* to *If You're Reading This*. Library classes this week will be reading *Reflection* and learning about the series of wars that will be included as part of the school's Remembrance Day service on Friday. This week's question for students is, "What is a good question?" Suggestions will be noted and used for future writing spaces.

Year 8's Traditional and Contemporary Aboriginal Art is on display. Please come and admire their work. *Mme. Abbott*



TPCOMING Events

Week 5, Term 4

Monday, 6th November

Whole School Merit Assembly, 11.10am, DCS Hall, everyone welcome to attend

Thursday, 9th November

- Earlybirds, 1pm 3pm, students only
- P&C Meeting—7pm in the Library
- ♦ Women's Health Nurse talk to Year 5/6
- ♦ HSC Maths Prep Day @ Cowra
- ♦ St Lawrence's, Coona, Horse Sports → 10/11/17

Friday, 10th November

DCS Remembrance Service, 11am, Hall

Week 6, Term 4

Secondary Exams, Years 7 - 10, all week HSC Minimum Standard Online Tests Monday, 13th November

Tuesday, 14th November

♦ Aspire Workshops → 15/9/17

Thursday, 16th November

♦ Earlybirds, students only, Full Day

Week 7, Term 4

HSC Minimum Standard Online Tests
Tuesday, 21st November

- \Diamond Year 8 "Beyond the Gate" \rightarrow 24/11/2017
- ♦ Year 10 Deportment Day

Thursday, 23rd November

♦ Earlybirds, students only—full day

Week 8, Term 4

Infants Intensive Swimming @ Dunedoo Pool, 11.10am - 12.30pm, \longrightarrow 08/12/2017 Tuesday, 28th November

♦ Year 10 Community Interviews, Skillset

Year 6 into Year 7 2018, 6.30pm, Library -Parent & Student Information Evening & BBQ

Wednesday, 29th November

Year 6 into Year 7 - 2018, 8.50am to
 3.10pm, student orientation day

Friday, 1st December

- Scripture concert, K Yr 10 @ DCS Hall
- PASS Students, "Learn to Lead Day"

Week 9, Term 4

Infants Intensive Swimming @ Dunedoo Pool, 11.10am - 12.30pm, \longrightarrow 08/12/2017

Thursday, 7th December

- CSU University Day
- ♦ DCS Disco

Saturday, 9th December

♦ DOE, Urban Exploration, Sydney → 12/12



Hello everyone. Welcome back to school Mr Honeysett after your Paternity Leave supporting the recent birth of Thomas. I hear that mum and bub are both well.



L-R: Sophie Kline, Will Kline, Georgia Lane, Hollie Copeland, Fletcher Hogden & Mr Peter Campbell

Congratulations to the following outstanding students for achieving exceptional results in the International Competitions and Assessment Schedule (ICAS) Awards for Mathematics: Sophie Kline, William Kline, Fletcher Hogden, Hollie Copeland and Georgia Lane. Two Merits, one Credit, one Distinction and one High Distinction is a brilliant achievement in any school. To have such outstanding students achieving such wonderful results attests to the ability of the students and the quality of the programs with which our teachers utilise and support our students.

Our November P&C Meeting will take place this Thursday and I invite all parents to join us. It is an opportunity for parents to learn about our plans and aspirations as well as ask questions about our policies and procedures for assisting parents and students. This week will involve a consultation of parents as part of the planning process for the next three years. If you want to know what our staff plans are and you want to have some say in the strategic directions then this week's meeting is a good one to attend.

Our School Education Director, Mr Young, will be visiting our school on Thursday evening and all Friday to experience the operation of a Central School and the day to day roles of the Principal, as part of a direction by Secretary of Education, Mark Scott. One of the roles for the day will be to interview Year 11 students after the completion of their final assessment tasks for the year. This is always very productive and is designed to encourage and support our students in their endeavour to secure the highest HSC results as

possible next year.

Today was my last Merit Assembly at Dunedoo Central School as I will be retiring at the end of this year and it was as good as the first 11 years ago. Our Captains have always performed their roles with distinction and today's Captains, Emma Bennetts and Emma Gallagher have continued the legacy. Well done Captains!

The Captains will again perform their duties at Remembrance Day Ceremonies on Friday in the School Hall at 10.40am and Saturday at the Cenotaph in the main street at 10.40am, this time accompanied by the Primary Captains, where wreaths on behalf of students and staff will be laid.

Next week Years 7-10 students will sit their Yearly Exams and I hope all students are taking these seriously and are prepared to work hard to achieve excellent results.

I now present to you part of my speech from today's Merit Assembly: From memory, it was just over 20 years ago when the first affordable mobile phones became available and they were just a phone, nothing else.

Just over 30 years ago I remember seeing my first small computer at school. It was an Apple 11e. The Maths faculty, being progressive, were the first to have one. We didn't really know what to do with it. It cost \$2000 and was beautifully made. The first Holden Commodore came out the same year and cost about \$4500. We played some simple games – ping pong, cannon fire, donkey kong and used a book to work out some programs. But other than that it just sat there for a year. On the Apple 11 E's, the screens were dark and the writing was green. It wasn't until the MS DOS Personal Computers came out a few years later that we experienced colour.

It took about 3 years before we taught Word processing, Databases and Spreadsheets to students. We stored our data on floppy disks. There was no internet or google used in schools in those days. We all know now that it was the internet and programs like google that created an acceleration in computer use and changed schooling and life forever.

They also said to us about 20 odd years ago, that one day personal computers would be the size of a calculator and you would be able to ring someone on them, play games and take photos etc., but we didn't believe them – that just seemed impossible to believe. Things have certainly changed.

I want you to know that when I was in primary school, over fifty years ago, we had to become very good at calculating things on paper and in your head. We had to be really good at converting things too. You are so lucky to be using the metric system, have calculators and be able to use google. In year 5, we had to know lots of facts like:

12 pennies made 1 shilling; 20 shillings made 1 pound; 1 guinea equalled 1 pound 1 shilling and we had to be able to calculate how to share 5 pound 14 shillings and 3 pence between 3 people – it was hard. We also had to know things like 12inches = 1feet; 3 feet = 1 yard; 1760 yards = 1 mile or 63360 inches = 1 mile and 22 Yards = 1 chain, which is the length of a cricket pitch. Also 16 ounces = 1lb; 14lb = 1stone and 2240lbs = 1 ton. There were many more and I still remember a lot of them, because we did so much practice with them.

What you guys can look up on google now, we had to find in books called encyclopaedias – they were beautifully designed, giant books and there would be 20 volumes in a set.

I remember, we had to spend all of term 1 in year 10 learning how to do difficult computations with logarithms by looking up a book of tables. What took us 3 minutes to do, takes you about 20 seconds now on a calculator. The first calculator I ever saw was the one my mate, Mac picked up in Hong Kong just before we went to Uni, for around \$80 - about the price of a good surfboard then, and very basic, but cost around \$400 in Australia, which was a lot of money.

I bought my first Casio Calculator at Gloucester HS, my very first school, with my first pay. It cost \$21 and it could do amazing things – I still have it somewhere.

The world of electronics is amazing and has progressed at an amazing rate. Please don't take it for granted. The number of things you can do on your mobile phone (mini computer) is absolutely unbelievable and would have been so far beyond anyone's comprehension forty years ago. Can you imagine what will be around in 10 years' time or even forty years' time?

They say the basics of artificial intelligence which will al-

low an array of different types of robots to think for themselves will be taught in schools through coding & robotics programs etc. Driverless cars, making decisions, based on an array of cameras connected to a CPU will be everywhere. Australia already has driverless cars, the most in the world, in fact, mainly in the mining and farming industries, many of these are driven remotely, others are tractors which drive themselves and are based on Global Satellite Navigation. I've told you before about mining machines in Western Australia being driven by someone 2000km away in Singapore, there are also drones spying in the Middle East being driven by Australian and American soldiers in Hawaii etc. With the new technology of today there are already doctors in Sydney performing major surgery remotely through robotic machines in places like Dubbo or Tamworth. And the Australian government is about to set up our very own Space Agency in anticipation of the next space race towards Mars and beyond. All of these developments need highly trained people and it will be the role of schools to train students appropriately in these areas in order for them to develop the appropriate skills at University. This is why the NSW Department of Education is developing a Digital Technology Curriculum to be implemented in 2019 and this is why our school is embarking on a pilot program over the next two years to implement it.

In the next six years Australia will need an extra 100 000 employees in the digital technology industry. The USA at present cannot fill over 1 million jobs in the DT industry, using local people. Anyone who has an interest in Digital Technology and is prepared to work hard to learn and develop their knowledge is guaranteed a very well paid job.

So, from a person who was around when the very first black & white TV's arrived in homes over 60 years ago, changing the world of home-entertainment for ever – I was in Year 1 – and coloured movies could only be seen at the cinema, good luck students in your development. I encourage you to really think deeply about what I have just said. Farming and Mining are leading the way and they will need highly trained young people to maintain Australia's edge in those industries. I hope you take up the call.

I wonder what will be around for you guys to play or work with in 10 years, 20 years even 60 years time, because you're the ones who are going to be using it? Life can be very exciting at times!

Mr Peter Campbell, Principal



Infants & Primary Weekly Awards



STUDENT OF THE WEEK

MERITS

K/1	Robbie Johnstone — Being a great help Greaves		o for the Assembly	K	Henry Brougham	Always willing to have a go		
						1	Jozelle Green	Always trying hard in class
2/3 Shelley Cox		A fantastic help throughout Week 4		2	Kobi Lovegrove Carpenter	Great application to "Reading Box" activities		
					3	Taneesha Spicer	Great participation and enjoyment during the Touch Gala Day	
3/4	3/4 Erica Stuart		Positive attitude in School		3	Will Kline	Effort in persuasive writing	
					4	Maddison Godfrey	Effort in persuasive writing	
5/6	5/6 Kiera Turnbull		Showing k thing alwa		and doing the right	5	Nick Stoddart	Improved attitude and behaviour
					6	Karly Green	Beautiful manners and behaviour	
Mrs I	Mrs Gallagher's Tiara		cManus 1 Dedicated and hard w		licated and hard work in Reading Recovery		Citizen of the Week - Kinder/Year 1	
	Merits		Binks 3 Consistent effort in Sc		ienc	е	Callum Smith	
			Hall 4 Consistent effort in M		aths		Always willing to try new things and eager to please	
Evie Ha		jden -		Showing positive beha	viou	r in Science		

INFANTS PRIMARY ACE

Congratulations to the following Infants/Primary students on reaching:

Level 3

Kinder/Year 1: Tyson Wadley

Year 5/6: Shaun Large & Jayden Martin

Level 4

Kinder/Year 1: Kyeisha Butfield & Kailan James

Year 2/3: Chloe Brown, Mya Clisby, Shelley Cox, Domineeq Milsom, Charlie Stuart & Jackson Green

Year 3/4: Ashton Murphy, Simone Roach, Chloe Woodward, April Dominey & Imogen Murphy

Level 5

Kinder/Year 1: Annalise Stanford & Callum Smith

Year 2/3: Chelsea Gallagher & Robert Watton

Year 3/4: Asha Russell

Year 5/6: Hollie Copeland, Sophie Kensit

& Hallie Hogden



INFANTS IN FOCUS Kinder - Year 2

Infants Important Dates:

- Infants Intensive Swimming 27th November to 8th December
- Award Night Tuesday 12th December

It was lovely to see the 2018 Kindy class at 'big school' last Thursday as well as the warm welcome they received from our Infants children. I look forward to working with these Earlybirds over the next three Thursdays.

Congratulations to K/1 on hosting a fabulous Primary Assembly last Friday and well done to Miss Cheetham for her hard work in preparing the students. Last week's K/1 assembly marks the end of the Primary Assemblies for 2017. There will be a Year 6 farewell assembly at the end of the term.

ACE has finished for the year and many students should be very proud of what they have achieved. ACE stands for Attitude, Conduct and Excellence. Nine Infants students successfully attained the highest level, Level 5 and they will receive a medal on Award Night. Well done to Maddison Bull, Timmy Sweeney, Henry Brougham, Jozelle Green, Annalise Stanford, Callum Smith, Chelsea Gallagher, Sophie Kline and Robert Watton. The Infants Level 4 trip to the town park will happen next week.

Mrs Armstong will be conducting Running Records on the Infants children this week. Results will be placed in each child's portfolio to be sent home at the end of the term. Please see your classroom teacher if you would like to discuss these results earlier. **Mr Ben Kline, Assistant Principal Infants**

Kindergarten / Year 1: Welcome to week five! I would like to start off by saying a big CON-

GRATULATIONS to all the students of K/1 for their effort and involvement in the primary assembly last Friday, it was my first assembly and I loved seeing the end result! You are all fantastic! I would also like to take the time to congratulate all the award recipients from today's merit assembly.

Students in K/1 and I have been working together to create a positive mood within our classroom with "Nice November" where we are trying our hardest to be positive and kind friends to one another. We will have positive affirmations every day until the 17th of November which will be my last day of placement sadly. Our quote for today is "Be somebody who makes everybody feel like a somebody."

In class this week students will be focussing on equal sharing in maths, and in English we will be concentrating on our creative writing skills. The K/1 students have been enjoying their time in science learning all about movement! In fitness students will be practising throwing and catching. We have another exciting and busy week coming up, with early birds continuing this Thursday. **Miss Cheetham**

Year 2/3: Welcome to week 5! We are halfway through the term!

I am back and feeling very refreshed from my holiday in Fiji! A big thank you to Mrs Yeo for having 2/3 while I was away. The kids had an amazing time with you as they have missed you so much!

This week we will be looking some more at information reports where the students will be completing their own report about an animal. The red and blue group's sound for spelling this week is 'ei' for the 'a' sound and the green group is looking at 'gn'. In year 2 maths, our focus this week is division. In art we will be completing some more spring themed art using different seeds and rocks.

Please remember to send water with your child as it is getting hotter! Miss Lucy Besgrove

Primary News Years 3 - 6

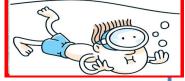
Can you believe we are almost half way through Term 4? Welcome back to Mr Honeysett, returning from parental leave after the birth of Thomas! I'm sure the students of 3-4 will be glad to have him back, although it was great having Ms Sedgers fill in during his absence. Ms Sedgers was very impressed with DCS, stating that for a little school, we have a lot to offer our students. She particularly liked how welcome she was made to feel during her time here. We wish Ms Sedgers all the best, and thank her for the time she gave us.

Our Mudgee Touch Gala Day was once again a huge success. See their report in this edition of the school news. Thanks to Brianna, Lisa, Mrs Gallagher and Ms Sedgers for supporting students on the day, and a big thanks to our bus drivers—who often go above and beyond for DCS students.

PRIMARY SPORT

Primary students will be going to the Pool for Sport, commencing this Friday, week 5, 10/11/2017.

Please ensure you have returned your Swimming Permission Note.
NO NOTE - NO POOL



Thanks to everyone who came along to our whole school Merit Assembly today. It's always good to see visitors in our school to help us celebrate the success of our students. Well done to all who received awards today.

Swimming commences this week for Friday sport, and students with season passes are asked to notify us of their number by Friday. Swimmers, towel, sunscreen and hat are required for Friday sport, along with either your season pass number or \$3 entry fee.

Happy Week 5 everyone! Mrs Georgia Shephard, Assistant Principal Primary

Year 3/4: Welcome to Week 5, Term 4. Thank you to everyone for the kind words and gifts on the arrival of our baby boy "Thomas". Melissa and I were chuffed with the Newsletter announcement.

I would like to also thank Ms Sedgers who took the class during my leave. I met Ms Sedgers last week at the Touch Gala Day in Mudgee and she told me all about the interesting things she had been doing with Year 3/4, and how much she enjoyed being out in the country.

This week is all about getting back into a routine (mostly for me) and continuing some of the greater ideas that Ms Sedgers has implemented with the class. **Cheers, Mr Honeysett**

Year 5/6: Presentations, presentations and more presentations!! Students are presenting the re-

sults of the last two weeks' group research task. Throughout the year we have looked at strategies advertisers, authors, publishers, retailers and service providers use to attract and inform customers. We have also worked on identifying our own personal strengths and areas for further development, and attempted to develop independent learning skills. This term our learning culminates in two major projects—the group research task and the independent research task. This week students are being asked to identify the topic of their independent research task, and begin preparing this. As it takes up a significant proportion of learning time as well as home time, it is important for parents to discuss the goals for the research task to ensure they are SMART—Sensible, Measureable, Achievable, Realistic, and able to be completed in the set Time frame.

Homework this week wraps up the group research task, and is due in on Friday or Monday. If you have any questions or concerns about the individual research task, please contact me at school. **Mrs Shephard**



YEAR 6 STUDENTS & PARENTS

COMMENCING YEAR 7 - 2018

Parent and student information for Year 6 students commencing Year 7 - 2018, at Dunedoo Central School.

- Parent and Student Information Evening and Barbeque: Will be held on Tuesday, 28th November 2017, at 6.30pm in the DCS Library. Parents and students are requested to attend.
- **Student Orientation Day:** Will be held on Wednesday, 29th November 2017, from 8.50am 3.10pm. Students are to wear Sports Uniform. Please meet in the DCS Library at 8.50am.
- **School Disco Thursday, 7th December 2017:** Year 6 students are invited to attend both the Infants/Primary Disco (6.30pm 8.00pm) and the Secondary Disco (8.00pm 10.00pm), in the School Hall.

Please do not hesitate to contact the front office, should you have any questions.

SECONDARY MEEK 2 Secondary: What's Due?

	НОМЕ	WORK DUE	ASSESSMENT TASKS ISSUED		
Year 7	Maths	Homework—Due Thursday	History	China Task—Due 7th Nov	
Year 8	Maths	Homework sheet—Due Thursday			
Year 9	Maths	Homework—Due Wednesday			
Year 9/10			Food Technology	Practical Assessment Task	
Year 10	Maths	Homework—Due Wednesday			
Year 11	Maths Biology Chemistry	Homework sheet—Due Tuesday Homework—Due Monday Homework—Due Friday			

SECONDARY NEWS

7-10 Exams: Most Year 7- 10 exams will be conducted next week, timetable below. Students should be completing assessment tasks and start to revise content.

Geography and History exams will occur this week:

Year 7 History	Monday 6 th Nov period 4
Year 8 Geography	Monday 6 th Nov period 2
Year 9 Geography	Wednesday 8thNov period 1
Year 9 History	Tuesday 7 th Nov period 1
Year 10 Geography	Monday 6th Nov period 1

7 - 10 Yearly Exam Timetable - Week 6

YEAR 7	Monday 13/11/17	Tuesday 14/11/17	Wednesday 15/11/17	Thursday 16/11/17	Friday 17/11/17
Period 1	7 Music	7 LOTE		7 Maths	
Period 2			Science		
Period 3	7/8 English				7 PD
Period 4					
Period 5					
Period 6					

YEAR 8	Monday 13/11/17	Tuesday 14/11/17	Wednesday 15/11/17	Thursday 16/11/17	Friday 17/11/17
Period 1				8 Science	
Period 2		8 Maths			
	8 Art				
Period 3	7/8 English			8 PD	
Period 4					
Period 5					
Period 6					

YEAR 9	Monday 13/11/17	Tuesday 14/11/17	Wednesday 15/11/17	Thursday 16/11/17	Friday 17/11/17
Period 1					
Period 2	9 FT 9/10 Music 9/10 PASS 9/10 DT	9/10 Science	9 FT 9/10 AG 9/10 Textiles 9/10 GT	9/10 Maths	9/10 English
Period 3					
Period 4				9 PD	
Period 5					
Period 6					

YEAR 10	Monday 13/11/17	Tuesday 14/11/17	Wednesday 15/11/17	Thursday 16/11/17	Friday 17/11/17
Period 1			10 History		
Period 2		9/10 Science		9/10 Maths	9/10 English
Period 3	10 Work Ed		9/10 PASS 9/10 DT 9/10 FT		
Period 4					10 PD
Period 5					
Period 6					

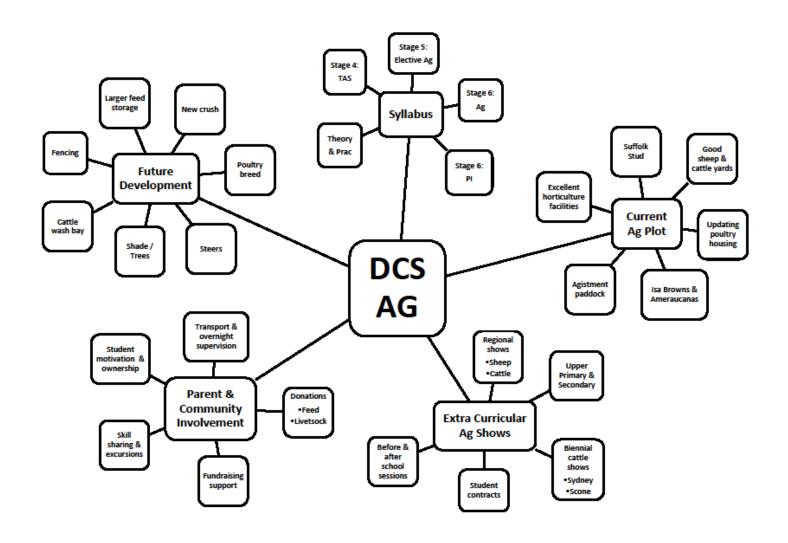


Paige Thomson 7 November Year 11
Zak Kelly 7 November Year 10
Tameka Martin 9 November Year 6
Chloe Woodward 9 November Year 4
Shyloh Watton Hogden 12 November Year 3

Wishing you a great day!

Agriculture a DCS

A huge THANK YOU to all who attended the Ag Meeting last Thursday night. We have a very generous community and are pleased to say we will soon be getting some cattle to kick off our show team. Attached is the mind map that was discussed on the night. Many people contributed to a contact list to ensure we draw upon our local area as a resource for learning. Please feel free to contact Ali Mayes at the school if you have any further questions or suggestions for our school Ag program.



Attention: DCS Students Years 4 - 11 Nominations for 2018 Student Representative Council Are you interested in being a SRC leader at DCS?

What's involved in being a SRC leader:

- Organise school discos: decorate, help at the Canteen, design posters, clean up, etc.,
- Participate in SRC Leadership Days,
 Whole School Staffing Days & National
 Young Leaders Day,
- Attend Weekly Meetings,
- Serve at special morning teas,
- Show Leadership in any activity,
- Fundraisers,
- Public Speaking,
- Wear school uniform with pride, and
- Abide and respect school rules.

Show "our best always"

Who Can Nominate?

Any student that will be in Years 5 to Year 11, 2018.

e.g. students in year 4, 2017 are able to nominate

What is a SRC?

A Student Representative Council (SRC) is a group of students elected by their fellow students to represent all students in the school. SRCs work democratically to represent the student body in school decision-making and organise ways for students to participate in school life.

HOW DO I NOMINATE & WHAT'S THE ELECTION PROCESS:

- 2018 Primary & Secondary Nomination forms are available from Mme Abbott or Mr Kline.
- Please return completed and signed 2018 SRC
 Nomination Form to the Front Office by 3pm,
 Tuesday, 7th November, 2017.
- Once all the SRC nominees are received, secondary students will then vote at roll call.
- The 2018 Primary Captains Speeches will be held on Monday 13th November, with voting to follow.
- SRC representatives will be announced at Award Night.

news

- * Hello and welcome to Week 5, Term 4.
- Sports Uniform order has arrived and is ready for collection.
- * Don't forget to order your Summer School Uniform.
- * LOL cans have been discontinued. They have been replaced with Natural Mineral Water in four flavours. Same cost \$2.50.

CA	CANTEEN SPECIALS					
Tuesdays	Hotdog, Bottle of Water & 2 Yoghurt sticks	\$4.50				
Wednesdays	Hamburger & Bottle of Water	\$6.00				
Thursdays	Chicken OR Beef - Gravy Roll & 1 Popper	\$5.50				

LUNCH ORDERS NECESSARY

"TACOS"

DAILY SPECIAL - UNTIL SOLD OUT



TACOS

\$3.50

Must have lunch order







Local Produce & Artisan Products

EIONS MILLING PARK, DUNEDOO 8.30am - 1pm Saturday 11thNovember

These markets are organised to create an opportunity for locals (150 klms) to sell/purchase local produce and home-made items and now, quality second hand goods.

Ask how we can help! Small amounts welcome! Bookings please! Volunteers welcome!

Learn more about Bees and Honey Markets 11.45.am. At the Honey Stall AFTER Remembrance Day Service 11am at the Cenotaph

Also – You can sell from your Boot (\$10) or Suitcase (\$6) at this market!

Please let us know if you wish to sell from your boot or suitcase -

Bookings 0458 52 4445 or Enquiries Dunedoo Coolah Landcare

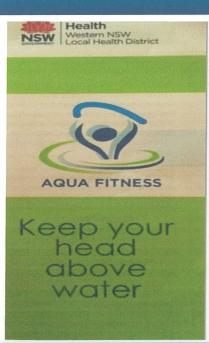


Round 3	8 th November	Referees
6:00 pm (F1)	DRH V TooOld4This	Brett Sawyer, Hayley Cox, Jai Allison
6:00 pm (F2)	Kiss My Pass V Run4Fun	Sandy Cox, Adam Chapman, Lleyton Allison
6:45 pm (F1)	Ankle Breakers v Sneaky Snakes	Jake Potbury, Darron Lane, Lucy Guan
6:45 pm (F2)	Valley Villians V Delta	Joey Currall, Nathan O'Malley, Elle Lane

BBQ DUTY: JUNIORS (5pm—6:15pm) CHANTEL GREAVES/JESS EWIN

SENIORS: (6:15pm-8pm) TEENA BESGROVE/ ADELE STODDART

DUNEDOO AQUA FITNESS



What is Aqua Fitness?

Aqua Fitness is a combination of fun, aerobic activities performed as a group in a pool and lead by a trained Aqua Fitness Leader.

Exercises can involve equipment, such as pool noodles and floating or resistance devices, but you don't need to have experience at the gym. Just bring yourself and your enthusiasm to meet new friends and improve your fitness.

Benefits:

Aqua Fitness is:

~Local~Friendly~Fun~
And can help with:
Fitness &
Rejuvenation~Balance~Strength~
Flexibility~Coordination~Mood~
Energy Levels~Falls Prevention.

Entry Cost is the price of pool admission and a gold coin donation for the purchase of new equipment.

In addition to improved fitness, strength and coordination, regular exercise like Aqua Fitness has also been shown to be of great benefit to maintaining good mental health.

Classes commence 13/11/2017 at the Dunedoo Pool 5-6pm

Contacts:

For information and expressions of interest about joining a class in the Dunedoo area contact:

Ann Humphrey 0428741023

or, Sharon Martin 0450635759

Sharon Nott 0428859509

"Come and try Aqua, have some fun, make some friends and together we will get Aqua fit!"

Participants must be 16 or older and fill in Registration forms before taking part. These can be found at the Dunedoo Swimming Pool.