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Week 11 Term 1 - 2024



Nimbin Central School

Term 2, 2024

Key Dates

Tuesday 30 Apr	Students return for Term 2 School ANZAC Ceremony
Friday 3 May	Terania Primary Cross Country Caniaba
Wednesday 8 May	Love Bites Year 10 Life Education Healthy Harold - Primary
Thursday 9 May	Life Education Healthy Harold - Primary
Thursday 16 May	GRIP Group Leadership Conference—Lismore



Congratulations

Eden, Year 11 received an academic award from Sydney University for overall achievement and participation in extra curricular activities.

Great work!!



EASTER HAT PARADE





Student works are on display in the Nimbin Arts Fair 30th March - 21st April





Stage 5 Drama and Visual Arts classes had a great time at the Fairytale exhibition in Brisbane last week. It has sparked lots of interesting discussions.



Congratulations to our
Primary Assembly Award
recipients this week!

Stage 6 Science Field Trip

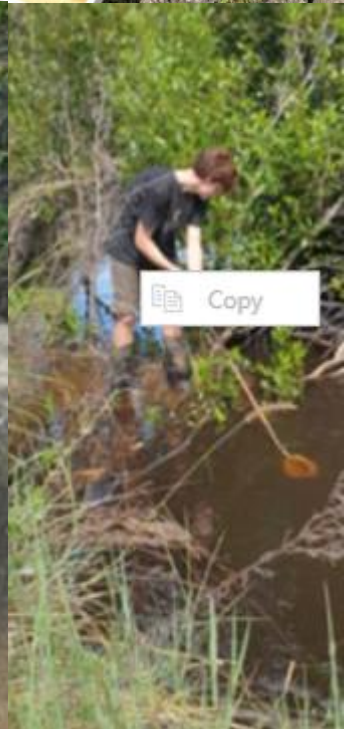
Tuckean Nature Reserve

On the 28th of March Stage 6 Biology and Stage 6 Earth and Environmental Science embarked on a combined Field Trip excursion to the Tuckean Nature Reserve to conduct a depth study into our changing local ecosystems, examining energy transformations, human impact and sustainability. It had been raining for several weeks, so it was a lovely surprise to have the sun shining for our adventure, even if it did prove to be quite warm in our "wet weather" gear. As much of the wetland was inaccessible, Dorrroughby Environmental Education Centre, John from iFish and a local landowner guided us to two locations – North Fisheries Creek and the Bagotville Barrage - where we gathered and compared data on biotic (living) and abiotic (non-living) factors, land structure and hydrologic (water) and agricultural (farming) practices. Data analysis and some further research enabled students to examine the overall health of the Tuckean Nature Reserve ecosystem and make recommendations for future management.

The Field Trip was a lovely way to end a very busy preliminary course in both subjects. There was good company, lots of laughs and a whole lot of learning.

Kellie Cockburn





JARJUM MIRR'S PLAYGROUP
NIMBIN CENTRAL SCHOOL

EVERY MONDAY TERM 2
COMMENCING 6 MAY '24

9.30am - 11.30am

CAREGIVERS & CHILDREN
(Babies to 5 years old) WELCOME

Please park in town car park & sign in @ Front Office on arrival

Why go to Playgroup?

- Brain development, young children need a stimulating environment to play and learn. Playgroups offer babies, toddlers and young children a wide variety of early learning experiences.
- A great way for your child(ren) to learn about the world, make friends and develop social skills.
- Gives mums, dads, grandparents and caregivers a chance to share ideas and experiences.
- Develops physical skills, teaches problem solving, communication and social interaction and, of course it's great fun!

AFTER SCHOOL ARTS & CRAFTS GROUP

\$25

Every Wednesday
3:30-5:00 Nimbin Community Centre

7-12 years old

- ✓ Drawing
- ✓ Craft
- ✓ Painting

Please contact Maddie: 0491667607 or Grace: 0428302462 If you are interested!

is it stress, worry or anxiety?

Key: YES → NO →

Do you feel it physically/in your body (but don't really think about it)?

- Do you feel so overwhelmed that you can't get anything done?
 - Do physical coping strategies, like sleep or going for a run help a lot?
 - This sounds like stress
 - Do you have obsessive thoughts and nothing seems to help?
 - Is your 'worry' about one particular problem you are trying to solve?
 - Do you worry about lots of things, including things that happened a long time ago or might happen in the future?
 - Do you ever feel panicked, even when you are physically safe/ok?
 - This sounds like anxiety
 - This sounds like worry

KYOGLE YOUTH FEST

LASER TAG | NINJA OBSTACLE COURSE | ROCK CLIMBING

LIVE MUSIC & ART | FREE YOUTH CAFE | STALLS

MEMORIAL PARK
SUMMERLAND WAY, KYOGLE

THU 18 APRIL
11AM-3PM

kidshelpline.com.au | 1800 55 1800 kids helpline

NCS Newsletter Team
Design & Editing: Julie Wone
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MORE INFO: 0484 141 526
SUPPORTED BY KYOGLE YOUTH COLLECTIVE

DRUG & ALCOHOL FREE EVENT
UNDER 12'S MUST BE ACCOMPANIED BY AN ADULT

ARTWORK BY GORDON LANSEEN MCFINDIE, THE BALARAMI COLLECTION



The school canteen is looking for volunteers. If you can spare some time to help out, it would be greatly appreciated. Even just an hour or two can make a big difference. Call Simone on 66891355 or drop in to see her.



P & C meets Thursday afternoons

Week 3 and Week 7 of term.

3.30 pm in the Library.

All welcome!!!

Love to see you there.



TRADING HOURS

OPEN DAYS

10 AM—3 PM

2nd and 3rd Wednesday
Of the Month

OP SHOP DAYS

10 AM—3 PM

1st and 4th Wednesday
Of the Month

MARKET DAYS

9.30 AM—3 PM

4th and 5th Sunday
Of the Month

NIMBIN CWA BRANCH

NIMBIN CENTRAL SCHOOL HATS

AVAILABLE AT THE OFFICE



100% COTTON

\$15.65

MESSAGE FROM THE OFFICE:

Are your contact details up to date?

If you have changed residential or postal address and/or changed telephone numbers recently, please contact the school office to update.

To provide for the safety and well-being of your child, we need the most current information available.

NIMBIN CENTRAL SCHOOL IS NOW ON FACEBOOK. PLEASE FIND US AND LIKE US:

www.facebook.com/nimbincentralschool



NIMBIN CENTRAL SCHOOL CANTEEN MENU Term 1, 2024

HOT FOODS	COST	SNACKS	COST
Garlic Bread	\$1.00	Fresh Fruit - seasonal	\$2.00
Cheesy Garlic Bread (needs to be ordered)	\$1.50	Air popped popcorn	from \$1.00
Dim Sims steamed chicken 3 for	\$4.00	Custard Cup / Yogurt cup 2 sizes	\$1.00 OR \$2.00
Hash Browns each	\$1.00	Tinned Fruit Cup Plain	\$1.00 With Custard \$1.50
Spinach & Cheese Roll HALF only	\$2.50	Chips – Sea salt/ Grain waves s/c chives/Pretzels	\$1.50
Sausage Roll	\$4.50	Pikelets x 3 with maple syrup	\$2.00
Bag of 4 Chicken Fingers or Dino Nuggets	\$2.50	NEW FRESH YOGURT BERRY GRANOLA CUPS	\$3.00 OR \$4.00
Stir Fried Rice VEG \$4.50 Chicken	\$5.00	(Gluten free/nut free)	LARGE
Pasta Bolognese * Meat OR Veg	\$5.00	COLD MEALS	
Mexi Beans & Rice *	\$5.00	Pesto Pasta Plain	\$3.00 OR with cheese \$3.50
Mac Cheese	\$5.00	With lettuce, tomato, red onion	\$5.00
Nachos Bean	\$5.00	With lettuce, tom, red onion, flame grilled chicken	\$6.50
Teriyaki Chicken or Butter Chicken n Rice	\$5.00	WARM versions also available by request	
		GLUTEN FREE PASTA AVAILABLE BY ORDER FOR AN EXTRA	
			0.50
* WANT CHEESE WITH YOUR MEAL? THEN PLEASE ADD AN EXTRA 50c TO THE PRICE *		0.50	
		Basic Salad Box Lettuce Tom Cuc Sprouts Red Onion	\$5.00
		With Ham OR Cheese OR Egg	\$6.50
TOASTIES		SNACK PACKS	
Just Cheese	\$3.00	½ sandwich of choice + juice popper + small custard or yogurt cup	\$5.00 EACH
Ham Cheese / Salami Cheese / Tomato Cheese	\$3.50		
Ham Cheese Tomato	\$4.00	Or switch the custard/yogurt to cup of tinned fruit	
Chicken & Cheese	\$4.50	SALAD BOXES & SNACK PACKS MUST BE ORDERED	
½ Round Roll Toasted with Tomato Cheese / Ham Cheese	\$3.00	STAFF SALADS AVAILABLE BY ORDER FROM \$6.00	

Tomato/BBQ/Sweet Chilli Sauce 30c

Salad dressing 50c

Extra Forks/Spoons 10c

SANDWICHES	COST	DRINKS	COST
Jam OR Vegemite	\$2.00	Berri pop top juices 250ml 3 flavours	\$2.50
Cheese OR Tomato	\$3.00	100% Just Juice Poppers 5 flavours	\$2.00
Tomato & cheese OR Cheese & cucumber	\$3.50	Water 600ml	\$1.50
Ham & Cheese	\$3.50	Water 1 litre	\$2.50
Salami Cheese Lettuce OR Ham Cheese Tomato	\$4.00	Juice bomb can 8 flavours	\$2.50
Salad (lettuce, cucumber, tom, carrot, sprouts)	\$4.50	Cup of cold milo 12oz please order	\$3.00
Egg Mayo Lettuce OR Curried Egg Mayo Lettuce	\$4.50	Cup of WARM milo 12oz (winter months only)	\$3.00
Tuna Mayo Lettuce with Red Onion & Tomato	\$5.00	M2GO milk poppers Choc/S'Berry	\$2.50
Chicken Lettuce Mayo/Chicken Avo/Cheese Avo tomato	\$4.50	Nippys 500ml Iced Choc/Coffee H/S ONLY	\$4.50
Salad with Cheese	\$5.00	Nippys 375ml iced choc/coffee	\$3.50
Ham Cheese Salad OR Chicken Salad	\$5.50	(coffee is for high school only)	
ALL SANDWICHES ARE MADE ON JUMBO WHOLEMEAL BREAD FROM LOCAL BAKERY USING DAIRY FREE SPREAD		FROZEN	
WRAPS		Juice Cups (canteen made) Apple	\$1.00
Salad with Dairy Free Mayo	\$5.00	Sips 4 flavours Half/Whole	50/100
Chicken lettuce mayo	\$5.00	TNT Δ	\$1.00
Egg, lettuce n mayo/curried egg lettuce n mayo	\$5.00	Snap juice ice blocks 6 flavours Half/Whole	50/100
Flame grilled chicken with mayo, lettuce & sweet chilli sauce	\$5.50	Chocolate moosie	\$2.00
(WRAPS AVAILABLE DURING SUMMER MONTHS. BY ORDER ONLY)		Juicies 2 flavours	\$2.00
BURGERS CHICKEN OR BEEF		CANTEEN MADE custard cubes/yogurt cubes	
*Flame Grilled Chicken, lettuce & special burger sauce	\$5.50		\$1.00 EACH
*Cheeseburger - Beef patty, cheese and choice of sauce	\$5.50	ICE CREAM CUPS VEGAN OR DAIRY GF	\$2.00 EACH
(Please add 50c extra per ingredient if you want salad items)		(Vegan = Coconut /Dairy = Vanilla)	-----

PLEASE REMEMBER IT IS PREFERRED THAT ALL HOT FOOD ITEMS FOR 2ND AND 3RD BREAKS BE ORDERED