I think I am getting old. This morning I had to have a blood test and I swear the clinical technician was a twelve year old, mind you, a very skilful twelve year old as I didn’t feel a thing and I have definite ‘wuss’ tendencies. I then scoffed a fabulous coffee made by a tiny lass who could barely reach the dials on the espresso machine, this follows hot on the heels of running into a former Year 4 student who was just dropping his two children off at school. Prior to that event I was randomly breathalysed by what appeared to be an adolescent policewomen and the customer serviceperson who upgraded my licence in order that I might drive a bus squeaked in his warbly still-breaking tenor voice that he wished his Grandma was energetic and motivated to do the same. Yep, I am definitely getting old!

Despite my advancing years I am still enjoying my work here with our young people, which is lucky really as I spend at least a third of my life with them. School is settled and everything appears to be running smoothly. The junior classes are all settled and our Kindergarten students appear to be thoroughly enjoying their first year of big school. The senior students are working towards the completion of their Preliminary courses and that seems to be travelling smoothly also.

One of my professional roles as an experienced Principal is to contribute to the work of Principals in a broader sense. To this end I am currently the elected President of the Lismore District Primary Principal’s Council which means that three times a year I will travel to Sydney to engage in State Council which runs for two days. While I do not envisage that this will affect the school or my work at all, it may from time to time cause you as parent/carers a mild inconvenience as you may not be able to get in touch with me as quickly as you normally can. If this happens our Deputy Principal Cath Marshall is always available when I am away and of course the executive staff are in constant communication via mobile phone.

A thought:
“When the Japanese mend a broken object they would traditionally fill it with gold. They believe that when something’s suffered damage and has a history it becomes more beautiful” Zen to Zany

And I thoroughly agree with this thought

Cheers
Mary-Jane Pell
FROM THE DEPUTY MARSHALL

Here we are half way through the term already and although the time has flown by (as always at school) it also feels half way through – both staff and students are starting to get tired and hit the wall with the feeling that a holiday break is still a long way off.

So it was timely that I was sent an article about happiness in the workplace and what a huge difference it makes not only to people’s emotional state but also to their relationships, satisfaction and productivity.

The school can be considered a workplace not just for staff but students as well and with this in mind I have made my goal for the next fortnight to make the school a happier place starting with myself.

I have included the quote that I have printed out and put on my noticeboard to remind me of the importance of happiness and how we can decide to be happy or unhappy.

Have a great fortnight and remember to SMILE!

“It is time that we stopped putting up with unhappy workplaces and energy draining people. Unhappiness at work is not a minor annoyance. It makes us tired, stressed and negative. Worst case, it makes us sick or in the long term kills us. Being happy at work makes you more energetic, productive, motivated, creative and successful. That is what we need more of. That is how we will work from now on. WITH HAPPINESS.

BECAUSE THE FUTURE BELONGS TO THE HAPPY”

Cath Marshall

WALL OF FAME STUDENT
NONI HOPKINS

Current position and other relevant positions of employment: Customer Service Manager at New Horizons. I manage Mental Health and Disability Services. Three Team Leaders report to me, and approximately twenty staff report to those Team Leaders. Prior to this I worked as a Team Leader and Rehabilitation Consultant for ON-Q Human Resources—a disability employment provider. Current services I manage—Community Justice Program, ABI, HASI, PHaMS, RRSP, Gumargai.

Years attending Nimbin Central School: K-10 (1998)


Memories of Nimbin Central School: I always performed in musical events usually organised and directed by my mum (Val Mace). My most inspiring teachers were Christine Grieves and Margaret Paddon. I still love reading/writing and cooking.
K - 6 News

Welcome to this week’s edition of the K-6 newsletter and we have already passed the halfway mark for this term. The expression “time flies” is certainly applicable here.

A huge thank you to the fantastic support from the crowd of family and friends who attended our first special assembly. There wasn’t a spare seat to be had in the house. It was a wonderful opportunity for students to be congratulated for their wonderful efforts and receive a Principal’s Commendation. The percussion performance by Class 2/3 was very enjoyable to watch. Their focus and musical precision delighted the audience and you could see many hips swinging to the music “Baby Elephant Walk.” The assembly was a great success and the students certainly appreciated their “Family time” moment. Next assembly will be held on Friday 18th March.

Years 5/6 attended “Unibound” A two-hour course specifically designed to provide students with an in-depth understanding of the variety of educational pathways available to students for when they leave high school, specifically university. The activities were engaging and informative and certainly created, for the students, a lot of personal thinking about planning for their future careers and pathways. The facilitators of the program complimented the students on their excellent co-operative behaviour and said it was a pleasure to work with them.

Ms Christensen was very proud to be manager for the Terania District Zone Swimming team. Four Nimbin Central School students made it to the zone carnival. It can be a daunting experience as there were lots of contestants in attendance and Elijah, Jett, Sara and Livio competed in the carnival enthusiastically and were great ambassadors for the school.

For the next three weeks Years 2 through to 6 will be designing, creating and completing their entries for the Nimbin Arts Gallery Spring Arts Festival. We are entering in the Margaret McLaren Award with students having the opportunity to win prize money in three age categories. Wish them luck.

Certainly the last fortnight has had some very proud moments for all.

Take care.

Dian Plesko
Assistant Principal
ROBOTICS CLUB

Last Friday was the first official outing for the Nimbin Central School Robotics Club. Eight members of the club travelled to Southern Cross University in Lismore to participate in the first Lego League Robotics Workshop for 2016. It was a steep learning curve; accessing new software, building the robots and then coding their movement. One of our teams managed to get their robot on the competition track and following the path...sometimes.

A big thank you to Tyrone, Rio, Jaiden, Kai, Caleb, Tau, Declan, Tahkey and Mr Zsigmond for a wonderful day.

Kellie Cockburn

HSC MUSIC SHINES AT NIMBIN CENTRAL SCHOOL

Our first senior music course proved very successful with Logan Freeborn being recognised as an exemplary musicologist according to HSC music markers. His research and demonstration of blues piano improvisation has earned him a place in the honour roll of 2015 HSC music candidates state-wide. Logan’s passion for jamming on piano, Tayla’s love of gaming, Tai’s bass playing and the love of rock by our twins Jakob and Isaak meant that they could all pursue their interests as well as gain good school results …. Win,win. Congratulations to all students in the HSC Music class of 2015.

Mazz Webb
What’s happening in Term 1 in the Workshop?

Year 7 is beginning to mark out and make their challenging timber puzzle project. Their biggest challenge though will be putting the puzzle together once they have made the 6 individual pieces! Luckily we have instructions for those (including their teacher) who find this task confusing.

Year 8 will be marking out, cutting, filing, bending and spot welding sheet metal on their way to making a sturdy carry tray that will last for years.

5.2 Automotive have stripped and learned about small 2 and 4 stroke motors this year and are preparing to learn about the ‘new’ car that we have just had delivered to the workshop. They will learn how to service and assess the mechanical components of the Magna.

5.1 D & T students have been busy planning and beginning work on their individual projects as well as practicing different joint construction techniques applicable to their projects. These photos show both timber and metal work underway.

Dougall Thom
FROM THE COMMUNITY LIAISON OFFICER


Children have small stomachs and prefer to graze all day rather than eat fewer, bigger meals.

Here is a lunch box suggestion:

**Tropical Energy Balls—Mango, Date and Sunflower Seeds**

1/2 cup 60g raw cashews  
1/2 cup 60g raw sunflower seeds  
2/3 cup 100g date  
2/3 cup 100g dried mangoes  
1/2 teaspoon vanilla  
Pinch salt  
2-3 teaspoon water if needed

Combined all ingredients except the water in a food processor pulse until mixture comes together. Add water if needed. Roll into balls. Balls can be rolled in coconut, toasted coconut, ground nuts, cacao powder or sesame seeds or whatever you like.

Lots of lunchbox suggestions to be found at: http://www.schoolatoz.nsw.edu.au/wellbeing/food/power-foods-for-kids

**In the mood for food**

Learning, concentration and memory: eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

Happiness and sleep: almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkin seeds; and turkey.

Pleasure, motivation and concentration: chicken; dairy such as milk, yoghurt and cheese; fish such as wild salmon; oats; and chicken.

Energy and memory: chicken; dairy such as milk and yoghurt; lima beans; peanuts; and sesame seeds.

Calmness: avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

Longevity: think Mediterranean diet such as olive oil and tomatoes.

Movement and exercise are also very important life activities. By learning these skills early in life kids will be less self conscious when asked to join in. Families can help kids develop these skills at home.

**Skills for young kids**

Balancing  
Running  
Jumping  
Catching

**Skills for older kids**

Hopping  
Side galloping  
Skipping  
Over-arm throwing  
Leaping  
Kicking  
Two-hand striking  
Dodging

Whatever you do for and with your kids, make sure you all enjoy it.

Anne Bowden
CAREERS

Information on the following areas are available from your Careers Advisor:

- Working as an Au Pair in the USA
- Overseas Gapbreak Program for Year 12 students
- Bedford College application forms for students interested in Early Education and Management
- HSC and Careers Expo Sydney

Regards

Mark Chaseling

From the Office

All Year 7 students have been handed their vaccination packages this week. Please check with your child if they haven't passed it on to you. The first vaccinations will be held at the school on Tuesday 15th March. Please have the signed forms back to the school as soon as possible.

School photo day will be held on Tuesday 5th April. Order envelopes will be sent home as soon as they become available.
LIBRARY NEWS

Magazines in our Library

*Popular Science* is packed with the latest inventions and scientific innovations that will shape our lives into the future. Older copies are available for short term loan. The 2016 Science Week theme is ‘Drones, Androids and Robots’ so we are looking for ways of exploring this theme in August if you have any suggestions.

*Frankie* subscription has been suspended for the moment since interest in the high quality artwork and arts related articles has waned. Let our Library staff know if there is an arts/lifestyle magazine that you would be interested in reading.

*Slam* is our skateboarding magazine that has now changed to a quarterly publication instead of bi-monthly so keen skaters need to wait longer between issues. Again older copies are available for loan to high school students. If you have other age-appropriate magazines at home that may be of interest to students and you are willing to donate them to us, please bring them down to the Library.

*Mazz Webb*
NIMBIN CENTRAL SCHOOL

“Be Safe, Be Respectful and Be Responsible”

TEEN NIGHT:

Trivia

Thursday 10 March
5.00pm - 6.30pm
Lismore Library

CERES DELI & BULK FOODS

For a range of healthy un-packaged bulk foods, tasty cheeses, olives and continental deli delights.

Come and have a browse and see for yourself!

59 Bridge Street North Lismore
(opp. 20,000 cows) Phone: 6622-8352

ALSTONVILLE HOCKEY CLUB 2016

Family friendly, Everyone welcome!
Minkeys, juniors, women & mens
All ages and skill levels welcome!
All training and most games on Goonellabah turf
U15 players needed for 2016

FAMILY FUN AFTERNOON
SUNDAY 13th MARCH 3PM
GAP Road Hockey Fields Alstonville
Come along for games, meet new people and BBQ
RSVP at numbers below.

Enquiries:
Glen Hunter, President  0402 674 525
Maria Martin, Secretary  0476 267 949
alstonvillehockeyclub@hotmail.com

School Shirts
Primary Polo Shirt
Sizes 6-16
$23.10
Secondary Polo Shirt
Sizes 10-18
$22.65

NIMBIN CENTRAL SCHOOL 04/03/16
Web Address: www.nimbin-c.schools.nsw.edu.au
# CENTRAL ROX CAFE

## NIMBIN CENTRAL SCHOOL CANTEEN

### Price list

#### TERM 1. 2016

## SANDWICHES
- Vegemite/Jam/Nutella: $2.00
- Cheese/tomato/ham/chicken/salami: $2.50
- Cheese & cucumber or cheese & tomato: $3.00
- Salad: $3.50
- Egg & lettuce: $3.20
- Chicken, lettuce & mayo/ham, cheese & tomato: $3.50
- Ham/chicken/salami & cheese & salad: $4.00

Sandwiches are made on wholemeal/brown bread.

## HOT MEAT
- Chilli Chicken Tenders: $1.80
- Chicken Chippies: $1.20
- Sausage rolls: $3.50
- Potato Top Pies: $4.50
- Crumbed Fish Pieces: $3.50
- Party pies or Party sausage rolls: $1.00
- Byron Gourmet Pies: $4.60
- Thai Chicken, Chick Mornay, Satay Chicken, Chicken pesto, Steak, Pepper Steak, Bolognese, Steak Bacon & Cheese, Mexi Beef: $2.50

## HOT VEGETARIAN
- Spinach & ricotta rolls: $4.00
- Hash Browns and Vego spring rolls: $1.00
- Veggie Patties: $2.00
- Noodle cups: $2.50
- Byron Gourmet Pies: $4.60

## FRUIT
- Depending on season & availability
- Mandarins, Apples, pears, oranges, bananas: from $1.00

## DRINKS
- Cup of milk: small plain 80: $1.50
- large plain: $1.50
- small flavoured: $1.00
- med flavoured: $1.50
- Ige flavoured: $2.00
- Lipton Iced Tea: $3.50
- Up n Go/Express, choc/van flavour: $2.60
- Juice—Poppers: 250ml: $1.50
- 600ml: $1.50
- 750ml: $2.00
- 1 litre: $2.50
- Quench mineral water drinks: $2.00
- Wild brand juices, asstd flavours: $2.50
- Small crazy lemon juice: $1.60
- Juice Cups: $1.00

## FROZEN FOODS/SWEETS/MISC
- Assorted cake: when available: from $1.50
- Packet of Chips: $1.10
- Frozen Yoghurts or Splice: $2.20
- Paddlepops: $1.50
- Golden Gaytimes: $3.00
- Mini Calypsoes: $0.90
- Sip/jucys 95% juice and Ice Momy: $0.60
- Ice cream cups: when available: $1.50

## TO PLACE A LUNCH ORDER:
- Write your order on a paper bag along with:
  - Name, Class, & which meal break.
  - Enclose payment. Hand to friendly canteen staff.
- Menus and paper bags are available from the canteen.

TO ASSIST THE CANTEEN STAFF IN PROVIDING YOU WITH YOUR FOOD, PLEASE BE SURE TO ORDER ALL HOT FOODS REQUIRED AT 2ND/3RD BREAKS.

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HELPERS ALWAYS NEEDED!!!!!!! Phone Simone on 66891 355 or drop in at the canteen