



THE CENTRAL CHRONICLE

RIVERINA X COUNTRY @ GUNDAGAI



Secondary Competitor Brayden Martin finished 21st in his event



Bailey Thurston-Jackson and Nicholas Sandral competed at Gundagai in the Primary Riverina Cross Country on Thursday 14th June. Nicholas was placed 22nd and Bailey 41st, well done boys

EVENTS

21st June

Secondary Zone Athletics Carnival @
Lockhart

25th June & 2nd July
Breakfast Club

29th June

Whole School Jump Rope for Heart
Red Nose Day



THE CENTRAL CHRONICLE

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Principal: Peter Craft

Volume 38 No.8

Wednesday 20th June 2018

SCHOOL NEWS

PRINCIPAL'S PERSPECTIVE

Dear Parents and Caregivers,

As part of our school curriculum we explicitly teach students about their health and what humans need to stay healthy. In our modern society this is an extremely important part of our school teaching program. Recent data shows that fewer young people are participating in sport. At the same time our youth are spending increasing amounts of time in front of TV or electronic devices. And, as has been widely reported, childhood obesity is becoming an increasing issue for Australia. So it is important for students to learn about healthy lifestyles and healthy living.

Last week I had a visit from a representative of Live Life Well @ School. This is a joint initiative of the NSW Department of Education and NSW Health that is designed to promote good nutrition and good attitudes about physical activity amongst students. They encourage students to

- *Spend less than two hours a day of screen time*
- *To pack a "great Lunchbox". (There will be*

more information about how to do this in the newsletter)

- *Enjoy some physical activity everyday*
- *Follow "the Healthy Eating for Children Guide" (See Flyer in Newsletter)*
- *You can find more information about Healthy Eating for Children at the www.eatforhealth.gov.au website.*

During most breaks during the day a great many of our students have been enjoying practicing their skipping skills. Students from K - 10 have been showing me fancy skips and how many jumps they can do in a row. It is really exciting to see our students so involved with their skipping. The skipping isn't simply one of those crazes that go through schools. On Friday 29th June the whole school will be participating in Jump Rope for Heart. Established in Australia in 1983, Heart Foundation Jump Rope for Heart is renowned for being Australia's most popular physical activity in schools. More than 90 per cent of all Australian schools, involving 8 million children, have participated in this fun and active program. The program is designed to encourage a positive attitude towards exercise, healthy eating and heart health. With more than 25 per cent of children considered overweight, there is still much to be done and

skipping is a great start to developing life-long healthy habits. Watch for more information about this event soon.

At Oaklands Central School we have a positive behaviour program (PBL), where we teach our students about our core values of being responsible, resilient, respectful and safe. We know that classrooms, where students know how to engage in positive behaviour and are encouraged to do so, are places where more learning takes place. Last year we launched our Oaklands Central School Merit System as part of PBL. At the end of this term, students who have earned 70 merits or more will qualify for the Gold Level and will be invited to attend our Rewards Day. One of the great aspects of working in Oaklands is our students. The overwhelming majority of our students work hard to do the right thing all the time. This results in lots of merits being given out to recognise that good behaviour, as our students shine their lights. So many of our students will have the opportunity to travel to Albury on the last Friday of term to watch the movie *Incredibles 2*. Information will be sent home to participating students at the end of week.

Many of our community will be aware that there will be a power outage on Thursday 28th June. This will affect the whole community for most of the day. We are anticipating that Oaklands Central School will operate normally on that day. Working with Asset Management we have

arranged for the installation of an electrical generator that should maintain power supply for all the school's needs. However, it is possible that if it is a very cold day there will be power shortages in the school. If it is a cold day please make sure your child comes to school with adequate warm clothing. If you have any questions about this please feel free to contact the school.

Peter Craft

Principal



PRIMARY NEWS

The term is quickly slipping away and will be over before we know it. It is important that we all look after our health over the next few weeks as the cooler weather has set in and we all become a bit tired. It is vital that we all put in our best efforts right to the end of the term to ensure we achieve our best learning result possible.

Assessments have been completed and all staff have been and will be very busy over the next few weeks writing students reports ready for distribution in week ten. When you read your child's report please ensure you sit down and talk to them about it. A vital part of learning is reflecting on learning and setting goals for the future.

Last Thursday, Bailey and Nicholas headed to Gundagai along with Miss Elith to represent OCS as a part of the Finley PSSA Cross Country squad. We are very proud of the boys for making it to Riverina level and they should both be extremely proud of their achievement.

Beginning in week six, students from K-10 have had the opportunity to develop their athletics skills by attending sessions with Clive, a skilled athletics coach. Students have enjoyed playing games and developing their skills. We thank Clive for providing our students with this opportunity that will help prepare them for Zone Athletics next term.

Over the last term our primary dance squad have been working hard choreographing and learning their dance in preparation for the Albury Eisteddfod. Chelsea and Elise have put in a lot of time choreographing the dance and teaching it to the others students. It is fantastic to see the level of commitment from all the students, giving up their lunch times to rehearse.

I hope everyone enjoyed and made the most of their long weekend.

Kind Regards,

Sally McRorie

Assistant Principal

Paul Kelly Cup 2018

On Wednesday June 6th, Nicholas, Bailey and Deklan went to Deniliquin Memorial Ground and we played in the Paul Kelly Cup as part of the JeriBerriOs team.

First we played Hay, Xavier kicked four goals and we won that game.

Then we played Blighty and a kid squashed Deklan's leg and Bailey kicked a goal, Xavier kicked two more goals and Dan kicked a goal so did Angus and we won.

After that we played St Edwards, Angus kicked another goal and Lachie kicked a goal but we lost that game.

Deklan Fenton



HEAD TEACHER NEWS

Students in Years 7-10 have now completed their half yearly examinations. It was great to see students displaying a positive mindset going into exams. Over the next week teachers will discuss with students any areas for further improvement.

Students have been participating in reading and writing throughout the term. This has been put into place to encourage students to be regularly reading and developing their ability to think and write. Over the next couple of weeks students will be undergoing testing by our LaST team and regular teachers to further pinpoint any areas in decoding or comprehension that may need further development. If you have any questions regarding this, please don't hesitate to contact me at the school.

Last week I attended the 'Resilience Project' talk in Wodonga. The founder Hugh spoke about the importance of us being happy within our lives. He said to achieve this there are three things we all need to practice each day - gratitude, empathy and mindfulness. I have spoken to secondary students about the importance of each of these. In the talk Hugh raised some important statistics that we should all be aware of;

- 1 in 4 adolescents have a mental illness
- 1 in 7 primary schools kids have a mental illness

- 1 in 5 adults will experience mental ill-health throughout the year
- 65% of adolescents do not seek help for mental illness

We have our school counsellor who visits school once a fortnight on a Tuesday. If you feel your child would benefit from having access to this service, please don't hesitate to contact the school.

Our Stage 6 reports were issued last week. These reports share students' progress against the outcomes that have been covered in each course so far. The comments reflect what students are able to do and what they know. They also suggest areas for improvement. Remember that an effective learner is always learning and looking for ways to further develop.

Wishing all a happy and productive fortnight.

Melinda Elith

HTSS

SPORTS

Primary Riverina Cross Country

Congratulations to Nicholas and Bailey who represented our school at the Primary Regional Cross Country last Thursday in Gundagai. Nicholas came 22nd in his age group, while Bailey came 41st. A top effort from both boys, who ran their hardest. Out of the Finley Zone we had 4 students who have made it to the next level in Sydney.

Secondary Riverina Cross Country

Congratulations to Brayden who represented our school at the Secondary Regional Cross Country last Friday in Gundagai. He came 21st out of his age group. Well done to Brayden, who I am sure will be back even more prepared next year.

Sporting School Funding

This term we were lucky enough to obtain funding through the Sporting Schools Funding which has assisted us to get students access to skills session in Athletics and Hockey. Athletics has been running for the last two weeks on a Thursday and will finish this week. A big thank you to Clive Vogel who has been travelling out from Albury to run these sessions with our students.

This week we started Hockey skills sessions. These are being conducted through Hockey Australia, with the coach travelling from Wagga Wagga.

SRC

The SRC have been meeting weekly to raise and discuss student issues and concerns about their education. It is great to see students represented across all stages. Recently students have discussed purchasing new sports equipment and mixers for the cooking room.

Things in the pipeline include the Bullying No Way Mural and the Mental Health awareness challenge to be run in education week.

The SRC are also looking forward to organising a leadership day with the other RAP schools in

the near future.



Friday 29th June
Jump Rope for Heart and Red Nose Day.

Wear red to school and pay the price (Gold Coin Donation to Red Nose Day).

Jump Rope for Heart activities in the afternoon.
WHOLE SCHOOL ACTIVITY

**RED
NOSE
DAY**

FUN FACT

Do you know how many parents/carers can transport our children to events?

Currently 7 parents/carers out of 42 families, but we need more to share the load.

Please help by submitting completed forms to the School Office. Some of our families are almost there, it may be that there are only 1 or 2 more items left to submit. Call the school office to check, we have a full list ready and can provide you with details and support to complete the process.

All we need is ...

- Working With Children Check VOLUNTEER (no cost applicable) - online, see below for instructions
- Copy of Drivers Licence
- Copy of motor vehicle registration
- Copy of motor vehicle insurance
- 100 points of identification, (ie, Birth Certificate or Passport, Drivers Licence and Medicare card)
- DoE Working with Children Declaration - Appendix 11 (available at school or on OCS website).

Without more eligible volunteers, we may need to hire buses to transport students, which unfortunately will be more costly.

(WWCC instructions: visit www.kidsguardian.nsw.gov.au to complete the online application form for your WWCC. Once completed, you will be emailed an Application number (APP). Take this Application number and ID to a Road and Maritime Service centre to complete the process. Once your application has been processed, you will receive your Working With Children Check number by email.)

2018 Calendar

Available from Front Office \$8

Created by Years 4-7 in 2017



EVERY TUESDAY

Banking books to be left in the blue basket
in the school office.

**New Bankers - application forms available
from the school office.*

Happy Banking!

**OAKLANDS CENTRAL SCHOOL
ABSENCE NOTE**

Name: _____

Class: _____ Teacher: _____

This student was absent from ____/____/____ to ____/____/____

Due to the following:

- ☐ Illness
- ☐ Injury
- ☐ Medical/Dental Appointment
- ☐ Family Commitments (please specify below)
- ☐ Other _____

Additional comments _____

Signed: _____

**OAKLANDS CENTRAL SCHOOL
P & C AGENDA ITEM**

Name: _____

Item: _____

Agenda submissions MUST be received 7 days prior to the P&C Meeting to be included as an agenda item. Late submissions will held until the following P&C Meeting.

OFFICE USE ONLY
DATE RECEIVED: ____/____/____



**OAKLANDS CENTRAL SCHOOL
SCHOOL CONTRIBUTIONS
AND
NEWSLETTER SUBSCRIPTION**

**School Contributions
for 2018:**

Primary Student: **\$35.00**

Secondary Student: **\$35.00**

Maximum per Family:
\$60.00

**Now payable to the
School Office**

***Remember** these contributions
benefit YOUR children and
YOUR community.*

NEWSLETTER SUBSCRIPTION:

Paper copy **\$13.00** (incl. GST)
(email free)

P & C SUBSCRIPTION:
\$5.00

(This covers parents when working for the
P & C— e.g. working bees, catering etc.).

NEWSLETTER ADVERTISING FEES:

Whole Year:	\$49.50	(inc GST)
Single Ad: Half Column	\$3.30	(inc GST)
Full Column	\$6.60	(inc GST)
Sporting Bodies and Committees:	\$33.00	(inc GST)

ENCOURAGING HEALTHY HABITS

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.



The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing.

For more information visit:

www.eatforhealth.gov.au

or contact:

National Health and Medical Research Council
GPO Box 1421
Canberra ACT 2601
13 000 NHMRC (13 000 64672)

To order print copies contact:

National Mailing and Marketing
Email: health@nationalmailing.com.au
Phone: 02 6269 1080

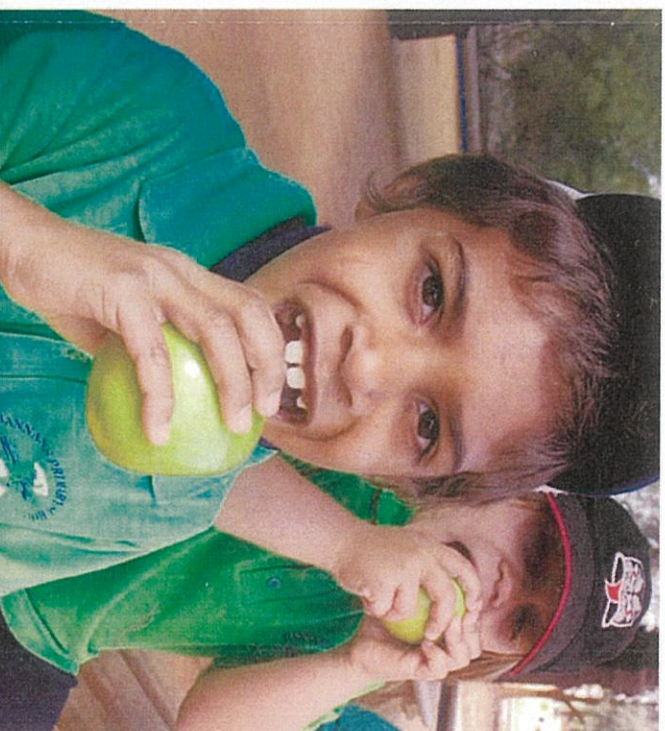
Publication Reference: 11044



Australian Government
National Health and Medical Research Council
Department of Health

All information in this publication is correct as at February 2015

Cover photo courtesy of the Department of Families, Housing, Community Services and Indigenous Affairs



Healthy eating for children

TEACH YOUR CHILD HEALTHY
HABITS FOR A HEALTHY LIFE

www.eatforhealth.gov.au

www.eatforhealth.gov.au

WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to children are included below:

GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.

GUIDELINE 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
 - Fruit
 - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
 - Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)
- And drink plenty of water.



GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- b. Low fat diets are not suitable for children under the age of 2 years.
- b. Limit intake of foods and drinks containing added salt.
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- c. Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

GUIDELINE 4:

Encourage, support and promote breastfeeding.

GUIDELINE 5:

Care for your food; prepare and store it safely.

FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionary or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.



SERVE SIZES



Vegetables and legumes/beans

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

*preferably with no added salt



Fruit

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally:
- 125ml (½ cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

*weekly limit of 455g



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 4-5g per day for children 2-3 years of age, 7-10g per day for children 3-12 years of age, 11-15g per day for children 12-13 years of age and 14-20g per day for adolescents 14-18 years of age.

- For meal ideas and advice on how to apply the serve sizes go to:

www.eatforhealth.gov.au

FOR FURTHER INFORMATION GO TO www.eatforhealth.gov.au



WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your child with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development. They may have a reduced risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. Your child may also feel better, look better, enjoy life more and live longer!

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3-year-old boy requires 1 serve of fruit a day, but an 11-year-old boy needs 2 serves of fruit a day. A 9-year-old girl needs 4 serves of grain (cereal) foods a day, and a 14-year-old girl needs 7 serves a day. Children who are taller, more physically active or in the higher end of their age band (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to www.eatforhealth.gov.au.

HOW MUCH IS A SERVE?

It's helpful to get to know the recommended serving sizes and serves per day so that your child eats and drinks the right amount of the nutritious foods they need for health – as shown in the tables above. We've given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount your child actually eats and this will depend on what their energy needs are. Some children's portion sizes are smaller than the 'serve size' and some are larger. Children may eat smaller amounts more often if they choose.

HOW MANY SERVES A DAY?

Children rarely eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of their portion sizes should end up being similar to the number of serves they need each day.

If your child eats portions that are smaller than the 'serve size' they will need to eat from the Food Groups more often. If your child's portion size is larger than the 'serve size', then they will need to eat from the Food Groups less often.



COMMUNITY NEWS

OAKLANDS RSL BOWLING CLUB LTD

for the Information of Members and Guests



RIVERINA SUPER DRAW

THURSDAYS (7:00pm to 9:00pm)

\$15,000 Unclaimed
(Club Whitton -
Katherine Kefford #304)

Thursday 21st June

\$17,400

SUNDAY NIGHT
MEMBERS DRAW
\$1,200 Unclaimed
Shane Fealy #225
This Sunday \$1,300
Meat Tray: Gavin Day

Footy Tipping Update

Round 13

1st on 81 Goldy

2nd on 79 Leanne Dalitz & Eileen Doyle

5th on 76 John Danaher, Lily Goldsack & Bryon

7th on 73 Jim Beale, Pam Danaher, Roo, Jacob,
Jarry and David Mark

9th on 71 Hobbit, L Day, Greg the Policeman,
and the Wolter Girls

Lucky Last Janelle Day on 61

Club Memberships Now Over Due

Full Membership \$20

Aged/Invalid Pensioner \$10

EFT Details

BSB 082 591

A/c 549 253 611

Reference: Name

Unpaid Memberships are now ineligible for
Sunday & Thursday Night Draws

Thursday 21st June 2018

Menu

ALL MEALS \$20 HALF SERVE \$15

Roast Pork

Flathead Fillets with Tartare Sauce

Lasagne

Penang Chicken with Rice

Cottage pie

Salt & Pepper Squid with Aioli & Salad

Desserts \$7

Kids Meals \$7

Fish * Lasagne * Chicken Nuggets & Chips

Spring Fashion Parade

Save the Date

Sunday 2nd September, 2018

From 2pm

High Tea

Mint Boutique Spring Collection

Raffles and Surprises

Further Details to follow



www.mintboutique.com.au

0357 431720

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Ship Worldwide

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OAKLANDS FIRE BRIGADE *AGM*

FRIDAY, 22nd JUNE 7 PM
AT THE OAKLANDS RSL BOWLING CLUB

PLEASE ALL MEMBERS ATTEND AND
SUPPORT THIS MEETING

FINGER FOOD WILL BE PROVIDED



Oaklands RSL Bowling Club Ltd

21-33 Buller Street OAKLANDS NSW 2646
PO Box 40 OAKLANDS NSW 2646
Email: oaklandsrsl@onestream.com.au
Ph: 02 6035 4314 Fax: 02 6035 4420

Annual General Meeting

THURSDAY 21ST JUNE 2018

8 PM AT THE CLUB

THE COMMITTEE ARE SEEKING A NEW
PRESIDENT AND NEW BOARD MEMBERS
TO KEEP THIS GREAT FACILITY VIABLE

21-33 Buller Street Oaklands
P.O. Box 40 Oaklands NSW 2646
Tel: 02 60354314

NOMINATION FORM RECEIVED / /

Berrigan Community Golf and Bowling Club



*Come Along and Support
Australia's Biggest
Morning Tea. Bringing
people together to help
raise funds and make a
big difference to those
impacted by Cancer*

Come and join us on Monday 25th June from 11am
at the Berrigan Community Golf and Bowling Club.
Champagne on arrival followed by a delicious selection of
High tea treats, all to support Cancer.

Eat in or Take Away.

Pre-Orders welcome for takeaways by Friday 15th June.
For more information call 0358 852788 Woody Motors

SAVE THE DATE

ANNUAL RIVERINA HARVEST BALL

12TH OCTOBER 2018 OAKLANDS

2018 COUNTRY WOMEN'S ASSOCIATION OF AUSTRALIA NATIONAL CONFERENCE



Inspiring women & girls

28 – 31
AUGUST 2018

QT HOTEL
CANBERRA

The Country Women's Association of Australia (CWAA) advances the rights and equity of women, families and communities in Australia through advocacy and empowerment, especially for those living in regional, rural and remote Australia.

The triennial CWAA National Conference is being held at the QT Hotel in Canberra from 28-31 August 2018 and is an important event for all women and girls in Australia.

Its theme is 'Inspiring women and girls' and the program will have a national focus that salutes achievements whilst exploring practical strategies, programs and best practices on issues that affect women – it aims to educate and inspire the leaders of the future.

'Inspiring women and girls' will also highlight the United Nation's 17 Sustainable Development Goals throughout the event.

If you want to join like-minded CWAA members, friends, partners from around Australia as well as representatives from a range of professions such as health, agriculture, environment, telecommunications, education, and government then this is a Conference not to be missed!

All CWAA members are encouraged to attend this Conference.

Come and be inspired!

VISIT www.cwaa.org.au

Contact the Conference team:

Email: conference@ruralhealth.org.au

Phone: 02 6285 4660





SAM RUSH
BEAUTY THERAPY

WAXING * TINTING * TANNING *
MANICURE * PEDICURE * SHELLAC
MAKE UP * FACIALS * RELAXATION
MASSAGE

0423 362 389

Soldiers Memorial Hall,
Cnr of Anna & Osborne Street, Urana

Second-hand Uniforms Items for Sale

- **2 x Girls Winter Pinafore Size 10 \$10 each**
- **2 x Summer Dresses Size 14 \$10 each**
- **1 x Grey Pants Size S \$10**

**All Items in very Good Condition.
Available from School Office**

music lessons

There will be **3** places available in
2018 for either guitar or
piano/keyboard lessons at OCS,
on a private basis,
tutored by Mrs Ann Sloane.

Lessons are taken on a rotating
schedule on Tuesdays.



Please email expressions
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