

Bundarra Central School News

Responsibility - Involvement - Success - Excellence

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A small school with big hearts and bigger opportunities

Principal's Message



Term One at Bundarra Central School seems to have flown with the students engaged in their learning. It has been wonderful to be able to be together as a whole school again and welcome families back into the school. We are looking forward to next Wednesday 6 April sharing an Easter BBQ lunch with our families and hosting an Easter Hat Parade. On Friday 8 April we are hoping for a visit from the Easter Bunny so that we can go on an Easter Egg Hunt.

Last week Chloe Hughes and Paige Vickery travelled with Ms Standfield to participate in the Year 12 NSW Parliament House

Day. They were greeted by our local member the Honourable MP Adam Marshall. The trio had the opportunity to meet Her Excellency Margaret Beazley at Government House and enjoyed their day.

Years 10, 11 and 12 conducted themselves very well when they attended the Blues Day in Armidale last week. During this day they got to rub shoulders with some football stars including Brad Fittler and engage in mental health and cyber safety activities. Next Thursday our Year 11 and 12 girls have been selected to run with three other schools at the Rural Café for the NSW Royal Easter Show. They will be chaperoned by Ms Standfield who has made this once in a life time opportunity happen, and Mrs Wagner. The girls will have the great honour of meeting Her Royal Excellency Princess Anne. I wish them all the best in this endeavour and know they will represent us all well.

Congratulations to the recipients of the Principal Awards: Sophie Riley, Clay Henderson, Marcus Azzopardi, Nathan Sisson, Abbey McLennan and Chloe Hughes. We celebrated the Bronze Awards with Riley Kemp, Hannah Palmer and Macey Davis. It was great to see so many students receive recognition for their efforts in their learning. Every student present supported their fellow students and were in full school uniform.

Next week is our last week of Term 1. Wishing you all a happy and peaceful Easter.

Mrs Jennifer Cox Principal



St Patricks day - Vouch for Lismore Fundraiser

We are excited to announce that our 'Vouch for Lismore' fundraiser has raised \$875.00. A huge thank you to all our generous families/staff that donated baked goods, purchased gift vouchers or donated cash.

For a small school we certainly do have big hearts.

The vouchers will be sent to Lismore Network of High Schools who will give to families in need.

Pictured below are our school captains who were instrumental in the organisation of this fundraiser.



Primary News

K-6 students are enjoying the basketball clinic thanks to Sporting Schools Grants. We are fortunate to receive these grants each term enabling school to provide sporting opportunities and skill development in a variety of sports. Mrs Judy Monaghan the coach for the clinic runs *The Den* at Armidale Secondary College the home of basketball and has adapted skills to suit students of all age groups.

Thursday students participated in The Big Vegie crunch for fruit break. They were provided with a small sample of vegies to crunch on. If your children enjoy crunching on vegies they are more than welcome to bring vegies for fruit break time.

Students are looking forward to the end of term and the Easter Egg Hunt along with some fun activities to be completed during class time.

First week Term 2, a note for the 13-Storey Treehouse will be sent home for students. Teachers are looking forward to taking the students to a theatre performance and hope that you see this as a great experience for your children.

Mrs Vicki Light Assistant Principal



Primary News



Secondary News

Health and wellbeing is not simply diet and exercise, taking care of your mind is just as important. Here are some great resources to support secondary, both Smiling Mind and Reach Out are useful supports.

Smiling Mind is an online and app-based program to improve wellbeing of young people through mindfulness meditation. There are a variety of programs and sessions available to help **reduce worry and anxiety**, **create a sense of calm**,

improve concentration and productivity, develop empathy and connectedness and enjoy better sleep.

All programs are free and each session takes less than 10 minutes to complete.

Download on the App Store

Website: https://www.smilingmind.com.au/



REACH

Reachout provides innovative e-mental
health services that enable young people to
take control of their mental health and wellbeing.
Information, advice and tools are available to help with topics such

as mental health issues, bullying, relationships, identity and gender, as well as everyday issues such as school and study, stress, isolation, healthy

eating, sleep and exercise. Information is also available to help think about issues such as racism, climate change, discrimination, and reconciliation.

Website: https://au.reachout.com

Richard Sowden Head Teacher Teaching and Learning







Secondary News

As the term comes to an end there have been many successes to celebrate with students being able to attend extracurricular activities again this term. We have also had students attend leadership groups across the state. Next week there will be a BBQ lunch on Wednesday the 6th for students, there will be further details to come. I would like to wish Ms Standfield, Mrs Wagner and the senior girls the best of luck for their Hospitality trip to Sydney next week for the Royal Easter Show.

Term 2 is already looking very exciting with the school Calendar filling very quickly. In the first 5 weeks we have NAPLAN, Anzac Assembly, BATYR Project, a careers day and Wingham Beef Week. There will be more information regarding this activities to go home to parents in the near future. Notes and information for Wingham Beef Week will be provided in the following days. As this is the last newsletter for the term I hope everyone has a safe and enjoyable break.

Careers education is providing several pathways for Stage 5 & 6 students. Bundarra Central School has recently engaged with the Educational Pathways Program to further refine how pathways to employment builds momentum within the student body. Several traineeships have been established within the Bundarra community enriching human services, hospitality, and early childhood education workforce participation within our community.

What are SBATs and how do they work?

School Based Apprenticeships and Traineeships (SBATs) are a great way for you to get a head start on your career while still at school. SBATs are available to all Year 10, 11 and 12 high school students in NSW.

By choosing to do an SBAT you can gain a nationally recognised qualification as part of your Higher School Certificate (HSC). This is achieved by combining part-time work with formal training at school, TAFE NSW or another Registered Training Organisation. There are a range of industry opportunities available, with over 200 SBAT qualifications to choose from!

Secondary Assessment

Assessment schedules' have been distributed to students enrolled in Stages 5 and 6 to guide learning goals. Minimum standards information is included in this newsletter and is recommended reading for everyone involved with students completing HSC requirements. Year 12 half yearly reports are being written at the moment, parents might expect a phone call to discuss the progress being made.

Sport is happening!

Sporting activities recently attended by students have provided proud moments including students selected into further levels. Soccer, netball, touch football and rugby league trial events were proudly represented by many students from year 7 to 12. So much work by our sports coordinator to ensure safety at the events deserves recognition.

Copeton is leading the house points on 526 and

Gwydir is not far behind on 516.

Mr Hayden Sims Head Teacher, Learning and Wellbeing

Mr Shaun Taylor Head Teacher, Secondary Studies







The Knight

The knight in shining armour
Had very bad karma
There was very bad drama,
So he had very bad karma,
But he never felt calmer.
The little, lively, lovely knight,
Went to bed every night,
Even when it was very bright.

Lucas Palmer

Snow poem.

I think soon it might snow School is going so slow As the light may glow I want to watch my favourite show But I just stubbed my toe I just saw a crow I just found out my name is Joe My car is so low I just wanna go.

Asha Bradberry

The Sun

The sun is **bright**,
Until it goes **night**,
As time goes **by**,
The sun flies **high**,
A yellow **dot**,
Gets so **hot**,
Swim and splash in a **pool**,
But don't be **fooled**,
The sun can **kill**,
It will make you **ill**,
It will make you **bend**,
But it's the **end!**

Katie McLean



The night

Nights are black, Night is black. You can't see your back, Hoping it ends in time for me to be home in time.

Daniel Sisson

Sports News

We had teams attend zone trials for 15's touch, Open's touch, Rugby League, Soccer and Netball.

Kadie O'Grady, Jemma Azzopardi, Andrew Fox, Hayden Hanshaw, and John Cameron were all selected to take part in the possibles & probables for 15's Touch.

Paige Vickery and Abbey McLennan were selected for Possibles & Probables and went on to gain selection in the Open's Zone Touch team.

Hayden Hanshaw and Daniel Sisson were selected for Possibles and Probables for 15's Rugby League, with Daniel being selected to represent the zone.

Earlier in the term, our opens teams competed at the CHS Knockout Gala day in Inverell. Our Boys played valiantly, losing to Macintyre in the first round. Our girls also lost to Macintyre in a close game and then defeated Tenterfield convincingly.

Upcoming events include our School athletics and cross-country events and the Central Schools tournaments for 7's Rugby League, Touch Football and Netball, with dates to be confirmed.

Mr Brayden Vickery Secondary Teacher

NSW Education Standards Authority



and numeracy —
skills for everyday life

The HSC minimum standard has been introduced to ensure students have the reading, writing and numeracy skills needed for everyday life, work and further study.

What this means for students

Students need to meet the HSC minimum standard to receive the HSC. To show they meet this standard, students need to achieve Level 3 in short online reading, writing and numeracy tests. Schools will help students to decide when they are ready to take each test. Students get four chances a year to sit each test, from Year 10 up to five years after starting their first HSC course.

Only students who meet the HSC minimum standard will receive an HSC testamur.

Provisions and exemptions

Students do not need to meet the HSC minimum standard to:

- study HSC courses
- · sit HSC exams
- receive HSC assessment and exam results
- · receive an ATAR
- · receive a Record of School Achievement.

Provisions are available for some students with disability. Some students with a disability studying Life Skills courses may also be exempt from meeting the minimum standard to receive their HSC testamur.

Find out more at

educationstandards.nsw.edu.au/HSCminimumstandard



GUYRA PSYCHOLOGY CLINIC

HSC MENTAL SKILLS & PREPARATION

Open to all Year 11 and 12 students



MAY 8TH 2022 9AM - 4PM @ PLC ARMIDALE

To register, or for more information, please email guyrapsychologyclinic@gmail.com before 30/4/22

DON'T MISS THIS OPPORTUNITY!

- -Run by two experienced psychologists, you will learn strategies to help manage stress and anxiety, and skills to improve time management, focus, communication, and wellbeing.
- Feel prepared and confident to handle your final year at school.
 - Only \$195 per student. Includes morning tea. BYO lunch.

SATURDAY 2ND APRIL 2022



AND SURROUNDING TOWN

CAMPBELL STREET PARK

3pm to 8pm

An afternoon for the whole family that includes: entertainment, workshops, presentations, competitions, registrations ... the works!

Hosted by internationally renowned MC Justin Karcher Kelvin Brown Welcome to Country & Smoking Ceremony Craze Dance School Performances Summer Swing Dance Studio Performances Nick King Lifestyle Centre Demonstrations Live Music by Terra Firma



proud



































































SUPPORTED BY COMMUNITY GRANTS FUNDING THROUGH THE NSW GOVERNMENT

Keeping Kids Active

OUTDOOR ACTIVITIES FOR PRIMARY SCHOOL AGE CHILDREN

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important! These activities can be done in a safe outdoor area and adapted for different ages and spaces.

Rubbles

TIPS

- See who can pop the most or blow the biggest.
- Work out which way the wind blows.

RESOURCES

Bubble mixture and bubble blower.



SKILLS DEVELOPED
PDHPE- Fundamental
Movement Skills (FMS),
Science & Technology

Build a cubby house

TIPS

• Use your imagination.

RESOURCES

Sticks, old sheets, blankets, cardboard, etc.



SKILLS DEVELOPED STEM, Creative Arts

Dance

TIPS

- Try to dance like a robot, basketball player, superhero, grasshopper, football or soccer try dance, tiptoe dance, high energy dance.
- Wear headphones to create a silent disco.



SKILLS DEVELOPEDPDHPE- FMS,
Creative Arts- dance

REFERENCES

Youtube 'Exercise, dance and movement videos'.

Chalk art

TIPS

- Create pavement art such as fun images or a nice message for your family, neighbours or community.
- Share a photo.



SKILLS DEVELOPEDPDHPE-fine motor skills,
Creative Arts

REFERENCES

Search 'sidewalk chalk activities'.

Chalk challenges

TIPS

- Draw hop scotch, obstacle course, challenge course.
- Encourage kids to jump, hop, stand on one foot, spin etc.



SKILLS DEVELOPED PDHPE- FMS, Maths

REFERENCES

Search 'kids chalk challenges'.



Health Northern Sydney Local Health District

Keeping Kids Active

OUTDOOR ACTIVITIES FOR PRIMARY SCHOOL AGE CHILDREN

Gardening - fairy

TIPS

- Create a fairy garden by choosing a pot plant or spot in the garden to decorate.
- Use your imagination!



SKILLS DEVELOPED

PDHPE- fine motor skills, Science & Technology.

REFERENCES

Search fairy garden ideas.

Gardening - food

TIPS

 Plant fruit, veg or herbs.

RESOURCES

Garden pot/spot, soil, seeds/seedlings, coconut fibre brick, compost.



SKILLS DEVELOPED

PDHPE-fine motor skills, nutrition education.

REFERENCES

Search 'munch and crunch garden'.
See composting and worm farming videos and fact sheets at www.northernbeaches.
nsw.gov.au

Gardening - bees

TIPS

- Create a bee highway stop (native bees need to rest every 500m) by planting pollinator plants e.g. lavender and rosemary, pansy, nasturtium.
- Put out a shallow dish of water with a rock in it.
- Build a bee hotel https://www.abc.net.au /life/how-to-make-abee-hotel/11492162
- Watch the bees and butterflies come!



RESOURCES

Garden spot/plot, garden seeds/seedlings.

SKILLS DEVELOPED

PDHPE- fine motor skills, Science & Technology.

Hula hoop

TIPS

- Create a routine.
- Add music.Search for 'hula hoop
- tricks' online.
 Challenges: Who can hula hoop for the longest time?
 Who can do the most



SKILLS DEVELOPED PDHPE- FMS,

REFERENCES

Creative Arts

Search 'hula hoop activities for physical education'.

Hide and seek

TIPS

• Hide and chase!



SKILLS DEVELOPED PDHPE - FMS , spatial awareness.

Project Wild Thing

Movie to inspire getting outdoors and active https://www.thewildnetwork.com/inspiration/project-wild-thing



Health Northern Sydney Local Health District



RAINBOW VEGETABLE NOODLES



Ingredients

- 1 teaspoon vegetable oil
- · 1 carrot, grated
- 1 zucchini, grated
- 150g brussel sprouts, finely
- 1/4 purple cabbage, finely sliced
- 1 red capsicum, finely sliced
- 440g hokkien noodles, prepared according to the packet instructions
- 1/3 cup reduced salt soy sauce
- 2 shallots, finely sliced
- 1 tablespoon sesame seeds
- 1/4 cup fresh coriander leaves

Method

- 1. Heat the oil in a large fry pan over medium to high heat.
- 2. Add carrot, zucchini, brussel sprouts, capsicum and cabbage to the pan and continually stir for 3 to 4 minutes or until the vegetable have softened.
- 3. Add the noodles and soy sauce and stir to combine. Cook for 2 to 3 minutes or until heated through.
- 4. Add the shallots, sesame seeds and coriander. Stir to combine.
- 5 Transfer the rainbow noodles into containers and store in the fridge until they are ready to be added to the lunchbox.



Learn to Play the Piano

Piano lessons available in your home Would need either a piano, electric keyboard or organ Sydney Conservatorium Accredited Piano Teacher Experienced, Affordable

Beginners and all levels - Classical/Popular music or Musical Theatre

All ages - Children, Teenagers, Adults, Retirees and Grandparents welcome

> Georgena Cooper A.D.M.T., BMus. O434 649 625





For more recipes visit www.goodforkids.nsw.gov.au/primary-schools/swap-it/recipes

MONDAY

TUESDAY

Turn a

regular activity

into a playful

game today

Move as much as possible, even if you're stuck inside

WEDNESDAY

Good for kids good for life

THURSDAY

Get natural

light early in

the day. Dim

the lights in

the evening

Relax your

body & mind

with yoga,

meditation

SATURDAY

Spend as much time as possible outdoors today

your body and be grateful for what it can do

SUNDAY

Listen to

Give your body a boost by laughing or making comeone laugh

Get active

by singing

today (even if

you think you

can't sing!)

FRIDAY

Commit

to being

more active

this month,

starting today

Turn your housework or chores into a fun form of exercise

10 Have a day free from TV or screens and get moving instead

16 Go exploring and notice new things

Be active outside. Dig up weeds or plant some

seeds

Get active

in nature. Feed the birds or go wildlife-



Active April 2022

Try a new online exercise, activity or dance class

today and drink lots of water

Set yourself

an exercise

goal or sign up

to an activity

challenge

Spend less time sitting today. Get up and move more often

'eating a rainbow' of multi-coloured vegetables today

Do a body-

scan meditation

and really notice

how your body

, feels

Make sleep

a priority and

go to bed in

good time

Regularly pause to stretch and breathe during the day

Enjoy moving to your favourite music. Really go for it

Go out and do an errand for a loved one or neighbour

Make time to run, swim, dance, cycle or

stretch today



Have a Take an extra break in no screens night and take your day and walk outside for time to recharge yourself 15 minutes

Find a fun exercise to do while waiting for the kettle to boil

Meet a friend outside

Become an activist for a cause you really believe in



Happier · Kinder · Together

Our program of events is specifically for Uralla Shires' local youth aged 12-24years to assist them express their views, have the potential to act on issues that affect their lives as well as create, participate and enjoy the events and activities of Youth Week.

- Tuesday 5th April Community Lifesaver Course TAS pool
- Thursday 7th April Mayors combined luncheon and youth forum Uralla Shire Council Chambers
- Saturday 9th April Armidale Sport and Rec Skating and Ten Pin
- Monday 11th April Tamworth Laser Tag
- Tuesday 12th April Smartphone photography workshop with Jaz Taylor
 Library and surrounds
- Wednesday 13th April Barefoot Bowls Uralla Bowling Club

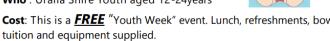


URALLA SHIRE COUNCIL BAREFOOT BOWLS AFTERNOON

When: Wednesday 13th April 12-3.30pm

Where: Uralla Bowling Club

Who: Uralla Shire Youth aged 12-24years



Grab some friends, have some lunch and the wonderful ladies from Uralla Bowling Club will show you how its done. This will be followed by some friendly bowls competition where you can join a team or make a team !!!

BOOKINGS ESSENTIAL by Fri 8th April, limited places available.

Please call Uralla Shire Library on 67786470



URALLA SHIRE COUNCIL

SMARTPHONE PHOTOGRAPHY WORKSHOP

When: Tuesday 12th April 10.00-12.30pm

Where: Uralla Shire Library

Who: Uralla Shire Youth aged 12-24years

Cost: This is a **FREE** "Youth Week" event. Lunch, refreshments, computers and photographic paper supplied.

Join local photographer Jaz Taylor at our workshop.

Jaz will demonstrate and help you learn the tips and tricks of smartphone photography, introduce you to some cool apps and participants will leave with their own favorite pics printed like the

professionals do it.

BYO SMARTPHONE

BOOKINGS ESSENTIAL by Fri 8th April, limited places available.

Please call Uralla Shire Library on 67786470



URALLA SHIRE COUNCIL SPORT & REC ARMIDALE TRIP

When: Saturday 9th April 9.30-1pm

Where: Armidale Sport & Rec

Who: Uralla Shire Youth aged 12-24years

Cost: This is a <u>FREE</u> "Youth Week" event. Lunch, refreshments, bowls Transport: Edwards Coaches—Depart and Return Uralla Shire Library

Cost: This is a **FREE** "Youth Week" event. Lunch, refreshments, ten pin bowling and skating. Equipment supplied !!!!

Grab some friends, have a yummy lunch and enjoy a session of ten pin bowling and skating

BOOKINGS ESSENTIAL by Mon 4th April, limited places available.

Please call Uralla Shire Library on 67786470



URALLA SHIRE COUNCIL LASER TAG KOOTINGAL TRIP

When: Monday 11th April 9.30-2.30pm Where: Tamworth Paintball & Laser Tag

Who: Uralla Shire Youth aged 12-24years

Transport: Edwards Coaches—Depart and Return Uralla Shire Library

Cost: This is a **FREE** "Youth Week" event. BBQ Lunch, refreshments, one and half hours of laser tag. Equipment supplied !!!!

PLEASE BRING A HAT, DRINK BOTTLE AND COVERED SHOES

Come on your own and meet some new friends or get a group together!

BOOKINGS ESSENTIAL by Wed 6th April, limited places available.

BUNDARRA CENTRAL SCHOOL NEWSLETTER

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COUNTRY WOMEN'S ASSOCIATION

COURT STREET, BUNDARRA

PRESIDENT - 6723 7181 SECRETARY - 0412279109 TREASURER - 67233 476

MEETINGS 2ND WEDNESDAY OF THE MONTH AT 1PM ALL WELCOME



Commercial Hotel <u>Bendemeer St, Bundarra</u>

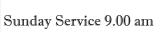
Proprietor: Ruth Deaves Phone 6723 7106 - Fax 6723 7162

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BUNDARRA ANGLICAN CHURCH

PH: 6723 7410

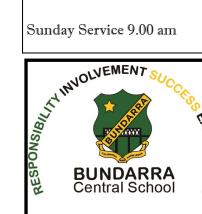




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Advertising available here.

Please contact the school for more information.

0267237102

BUNDARRA LIONS CLUB

Meet every 2nd & 4th Thursday of the month at 7.30pm.

New members always welcome. Bundarra Lions Club supporting the local community **Enquiries:** Gary Richey 67237256





Community College Northern Inland

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BUNDARRA CENTRAL SCHOOL NEWSLETTER



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Email: bundarra@mcgregorgourlay.com.au

Uralla Shire Council

02 6778 6300

council@uralla.nsw.gov.au www.uralla.nsw.gov.au facebook @UrallaShireCouncil



Emergency Contacts

After-Hours & Public Holidays

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