



# Boort District P - 12 School

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June 3rd 2020

Issue 11

## VISION STATEMENT

**Our vision is to empower our students and staff to work together to become active and valued community members. We provide a safe and supportive learning environment, which fosters independent, resilient lifelong learners.**

**BDS Motto: 'Achieving Excellence Together'**

**BDS Beliefs and Values: Acting with Integrity and Honesty**

# HONESTY

We ask that students are not on the school grounds before 8.40am each day as supervision is not provided before this time.

### DIARY DATES

#### **June**

**8<sup>th</sup> Queen's birthday holiday**

10<sup>th</sup> Finance Meeting

17<sup>th</sup> School Council Meeting

25<sup>th</sup> Last Day Term 2 3.30pm finish

26<sup>th</sup> Report writing day. Student free day.

**Term 3 starts 13<sup>th</sup> July**

### **Principal's Report**

#### Exams

Year 11 exams will be held within class time during Week 10 of this term. Students will be notified of exam times and dates once they have been finalised.

#### Year 12 Parent/Teacher Interviews

Information for parent teacher interviews was sent home last week, via post. It outlines that teachers will email all parents of students in their Unit 3 classes and offer webex or phone interviews during Week 9 of this term. We ask that parents respond to the teachers emails and indicate how they would like

this interview to be conducted and to select a time/date from those presented.

#### Short Survey regarding Remote learning

There is a hyperlink attached just below for families to complete a short, 9 question survey regarding remote learning. If you could please complete this survey by the end of Week 9 (12<sup>th</sup> June) we can collate the results for discussion. Students and staff will also have a survey of their own to complete via survey monkey.

<https://www.surveymonkey.com/r/C6QH2NZ>

#### End of Term

School will conclude for students on Thursday, 25<sup>th</sup> June at 3.30pm. The following day will be a correction/report writing day for all staff who will be on-site. Xuno feedback will be available to all families and students as of 4pm on Friday 26<sup>th</sup> June.

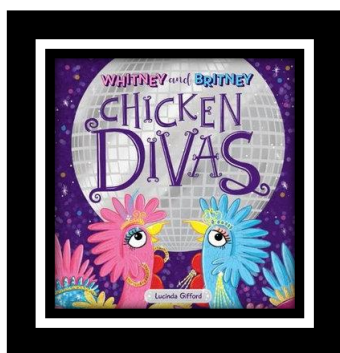
Lee-Anne Sherwell

Principal

### **Principal's Availability over the Next Week**

| Thursday  | Friday    | Monday                            | Tuesday   | Wednesday |
|-----------|-----------|-----------------------------------|-----------|-----------|
| At School | At School | Public Holiday – Queen's Birthday | At School | At School |

## National Simultaneous Reading Year 1 & 2



### Scholastic Book Club

Issue 4 of Scholastic Book Club is now available. Orders for Issue 4 of Scholastic Book Club need to be completed by Friday, 12<sup>th</sup> June. Please note that all orders need to be completed and paid for online. Payment cannot be accepted at Boort District School.

### Trait of the week- Voice

Voice is the least concrete of the Writing Traits. It is the 'golden thread' that runs through our writing. Voice allows a reader to feel a connection to the writer, to sense the person behind the words. It makes the writing sing. Do you have a favourite author? When you read their work do you feel a familiarity, even if the characters, stories and even genres are different? That's the author's voice shining through. Consider the examples below. They are all responses to the short animated film 'The Present', by Jacob Frey, completed by students in the Writing class. While all students completed the same task, their different voices are apparent.

I was intrigued, ready to see the gift she had brought me. I went to open the box... A puppy burst out, yapping happily. "Woah!" Its golden fur almost glowed in the daylight. "Cool!" I said in amazement. With a growing smile on my face, I picked the tiny pup up. It was that moment when I noticed another detail. One of its front legs was missing. I tossed the puppy onto the living room carpet in disgust. It reminded me too much of my own predicament. "She's gotta be kidding me," I growled and knocked the box onto the floor. Was it a joke? Did my mum know what effect this would have on me? The elation I had experienced vanished and I resumed my video game. In a way, I felt sorry for the pup, but I didn't understand why my mum didn't buy a normal, unaltered, puppy. Did she think we would have some form of creepy bond?

I play for a while until a shuffle on the table awakens me from my trance. I lean forward, and slowly move to peep into the box in front of me when something jumps out and attacks me. My heart stops as I jump back in fright; I regain my composure and pull back the lid to see a ball of beige fur, rolling around the bottom of the box. A puppy! Despite my lack of enthusiasm towards anything lately I feel a flicker of joy as I lift up the tiny puppy, he wiggles around in my hands and I am in awe of the creature before me. He rolls around and that is when I notice, he is missing a leg. This realisation fills me with hatred, the nerve of my mother. I look down at my own leg, the place where my other should be is simply an empty pant leg, I toss the mutt aside, the yelp it lets out not bothering me at all and get back to my game. "Who would want a stupid dog anyway!" I think to myself.

The door opens and Mum walks in, dumping something in front of me. I glance down to see a cardboard box, before turning back to my game. She draws the curtains and my eyes hurt. I shrug her off but then I hear her say "It's for you", which sparks my interest. Sitting my controller next to the box, I inspect it before lifting my arm to open one of the flaps. Up jumps a small, golden puppy. I bring him into my arms and exclaim "Cool!" It jumps up, licking my face and then I see it. One of the puppy's legs stops halfway. 'Gross' I think, as I toss the weird animal onto the floor. Going back to my video game, I think 'Seriously Mum? What is she trying to do? Embarrass me? Make me feel worse? UGH!'

Then I saw a small head pop out, IT WAS A DOG. My mind was filled with excitement, as a young kid I'd always wanted one. Then suddenly my heart sank, it was filled with dread and sorrow, then my blood started to boil and anger filled my veins. He was missing a leg. I was disgusted, I threw the box with 'it' inside. However, to my surprise he got straight up. He wanted to play, but I kicked him off.

She rolled up the blinds and told me what a beautiful day it was. My eyes had to quickly adjust to the light. She walked away as the phone started ringing and told me to open the present, she walked upstairs still on the phone. I was definitely curious now. The game seemed inferior to the box. I opened it cautiously until the box opened itself. A puppy jumped around barking. I picked it up out of the box and it seemed cute but I wasn't sure why my Mum had bought it, until I realised it had three legs. I threw it on the ground in disgust. I was furious at my Mum; she always did things like this. Why couldn't she buy me a normal dog?

I opened the box feeling excited to see what was in it. Inside of the box was a puppy. I picked it up and looked at it. It was squirming around in my hands, wagging its tail. I then noticed it was missing a leg. I then dropped it on the floor and kicked it away. My mum wants me to forget about my leg. But the puppy that my mum bought me is missing one leg, so I did not like it because it reminded me of my own leg.

# **WINTER MENU**



## **Terms 2 & 3**

### **Available everyday**

|                            |        |
|----------------------------|--------|
| Hot Cheese Rolls           | \$3.50 |
| Hot Ham Rolls              | \$3.50 |
| Hot Chicken Rolls          | \$3.50 |
| Hot Ham & Cheese           | \$4.50 |
| Hot Chicken & Cheese       | \$4.50 |
| Nachos (year 5 to 12 only) | \$3.50 |

**Rolls, sandwiches & wraps as per Term 1 & 4 menu**

### **Monday & Thursday**

|                       |        |
|-----------------------|--------|
| Pies and Pasties      | \$4.50 |
| Sausage Rolls....11cm | \$3.00 |
| Party Pies            | \$1.20 |

### **Tuesday & Friday**

|                  |             |
|------------------|-------------|
| Steamed Dim Sims | \$1.00 each |
|------------------|-------------|

### **Wednesday**

**Every Wednesday will be an alternate menu- please refer to attached sheet for timeline of Wednesday options.**

# Wednesday Menu

**Hot Potato** - potato, coleslaw, cheese & sour cream \$4.50

**Chicken wrap** - wrap, 2 chicken tenders, lettuce, tomato & cheese plus mayo or Sweet Chilli sauce \$4.50

**Hot Dog**- bun, saveloy & sauce/mustard \$3.50

**Hamburger** - bun, meat , lettuce, tomato, beetroot & cheese \$4.50

## Term 2

15.4.20 Hot Potato

22.4.20 Chicken wrap

29.4.20 Hamburger

6.5.20 Pasta-Bolognese

13.5.20 Hot Dog

20.5.20 Hot Potato

27.5.20 Hot Potato

3.6.20 Chicken wrap

10.6.20 Hamburger

17.6.20 Hot Dog

24.6.20 Hot Potato

## Term 3

15.7.20 Chicken Wrap

22.7.20 Hamburger

29.7.20 Hot Dog

5.8.20 Hot Potato

12.8.20 Chicken wrap

19.8.20 Hamburger

26.8.20 No hot lunches-Aths

2.9.20 Hot Dog

9.9.20 Hot Potato

16.9.20 Chicken wrap

## HOW AND WHEN DO I APPLY FOR UNIVERSITY/TAFE COURSES and APPRENTICESHIPS?



**University Courses** - For all University courses in Victoria, Year 12 students must apply through the Victorian Tertiary Admissions Centre (VTAC), and not directly to the Universities. You are able to list up to 8 different courses (they can be from different Universities) in your preference list. The no. 1 course being your preferred course right down to no. 8 - which is a course you are still happy to study but not as much as the first 7 listed (you don't have to list 8 preferences, but it's a good idea to have a few back up options). Even if you plan to have a gap year in 2021 you will still need to apply for courses this year. Applications for 2021 courses open in August 2020. [www.vtac.edu.au](http://www.vtac.edu.au)

**TAFE Courses** - For most TAFE courses you will need to apply directly via individual TAFE website, however some TAFE courses require you to apply through the VTAC system: (Listed as one of your 8 course preferences). Visit individual TAFE websites for further information.

**Private Institutes** - Similar to TAFE institutes you are required to apply for some Private institutes via the VTAC system, whereas some others you are required to apply directly - see institute websites for further information. Please keep in mind that Private institute fees are usually a lot higher than TAFE and University Fees.

**Apprenticeships/Traineeships** - Apprenticeships can be found in a number of different ways. The main ways are through: someone you know; via an advertisement on-line (Seek, Jora, Australian Job Search etc); via the local papers; or via an employment agency. Utilise the following websites to view their current advertised vacancies: MEGT, Skill Invest, and CVGT.

[www.megt.com.au/job-board](http://www.megt.com.au/job-board)  
[www.skillinvest.com.au/jobs/](http://www.skillinvest.com.au/jobs/)  
[www.cvgt.com.au/](http://www.cvgt.com.au/)

Also consider undertaking a Pre-apprenticeship in 2021. Most TAFE institutes offer Pre-apprenticeships in a variety of trades. e.g. Federation Uni TAFE, Bendigo TAFE, SunTAFE etc.

**Studying Interstate** - Each state has their own version of a VTAC system e.g. NSW/Canberra - UAC, South Australia - SATAC, Queensland - QTAC, and West Australia - TISC. If you are considering studying Interstate you will need to apply through the appropriate Admissions Centre.

**Studying Overseas** - Most Universities offer a chance to study a part of your course at one of their partnering overseas Universities - see individual University websites for overseas exchange opportunities. You can usually apply for these exchanges once you have commenced your studies. There are also direct overseas study options (which is usually a more expensive way of studying). Visit: [www.studyoverseas.gov.au/](http://www.studyoverseas.gov.au/) for further information.

## HOW CAN I FINANCE MY UNIVERSITY OR TAFE STUDIES?



### Study Assist

Study Assist is an Australian Government website which provides information for students about Government assistance for funding Tertiary (TAFE and University) study. [www.studyassist.gov.au](http://www.studyassist.gov.au)

### Centrelink Services

Information regarding Youth Allowance, Rent Assistance etc.

[www.servicesaustralia.gov.au/individuals/subjects/leaving-school](http://www.servicesaustralia.gov.au/individuals/subjects/leaving-school)

### VTAC Scholarships

Most of the Victorian Universities (excluding ACU and Federation University) use the VTAC system for their Merit and Equity Scholarship applications. You only have to fill out one application and it will be sent out to all of the Universities on your course preference list. Scholarship applications via VTAC are open from August 4<sup>th</sup>. ACU use the UAC (NSW) system for their Scholarship applications - it is a similar process to the VTAC Scholarship process. [www.uac.edu.au/future-applicants/scholarships-and-schemes/equity-scholarships](http://www.uac.edu.au/future-applicants/scholarships-and-schemes/equity-scholarships). Federation University Scholarship applications are all submitted directly via their website <https://federation.edu.au/current-students/starting-at-federation/scholarships>

**External Scholarships**  
 To investigate some other External Scholarship opportunities, visit:  
[www.gooduniversitiesguide.com.au/scholarships#.VpldxILNs4](http://www.gooduniversitiesguide.com.au/scholarships#.VpldxILNs4)  
[www.vtac.edu.au/scholarships/other/list.html](http://www.vtac.edu.au/scholarships/other/list.html)

It is also a good idea to research scholarship opportunities listed on individual institutes/organisations websites. I will also forward through any scholarship opportunities that I come across.



If you are considering taking a GAP year in 2021 visit the following websites for some GAP year ideas:

[www.defencejobs.gov.au/gapyear](http://www.defencejobs.gov.au/gapyear)  
[www.year13.com.au/gapyear](http://www.year13.com.au/gapyear)  
[www.careershut.vtac.edu.au/?page=gap-year-volunteering](http://www.careershut.vtac.edu.au/?page=gap-year-volunteering)

## DEAKIN EXPLORE



"Deakin isn't just about courses - we focus on careers and experience too".

Visit: <https://explore.deakin.edu.au/> to kickstart course and career exploration at Deakin. With more than 600 paired courses and careers, it's the best way to explore future careers.



### On-line information Sessions

The Gordon (TAFE) Geelong are holding a series of Online information sessions in a variety of course areas on May 18<sup>th</sup> 2020.

For further information or to register visit:

[www.thegordon.edu.au/courses/open-information-sessions](http://www.thegordon.edu.au/courses/open-information-sessions)

### Latrobe University Online event: Scholarships and grants at Latrobe



La Trobe awards scholarships each year for different circumstances including academic performance, sporting achievement, location, financial circumstances, area of study and more. Learn about the types of scholarships available and how to apply. Attend the webinar for your chance to win a \$1000 techpack.

**When:** Tuesday 5<sup>th</sup> May – 6:00pm – 7:00pm online

[www.latrobe.edu.au/events/all/scholarships-and-grants-at-la-trobe](http://www.latrobe.edu.au/events/all/scholarships-and-grants-at-la-trobe)

### VICTORIAN POLICE RECRUITMENT



Attend a free online information session to find out more about the police role, the recruitment process and what a day in the life of a Police Officer looks like.

For further information and to register visit:

[www.police.vic.gov.au/police-information-sessions](http://www.police.vic.gov.au/police-information-sessions)

### VICTORIAN POLICE Protective Services Officer (PSO) Online Event



If you are seeking a stimulating, challenging and rewarding career and have values aligned to those of Victoria Police, we encourage you to consider a career as a Protective Services Officer.

Please join us on Monday 4 May in an online information session to learn about the PSO role, the recruitment process and training at the Academy.

To register Visit:

[www.police.vic.gov.au/psa-information-sessions](http://www.police.vic.gov.au/psa-information-sessions)

To find out more about the role of a PSO, visit

[www.police.vic.gov.au/psa](http://www.police.vic.gov.au/psa)

### BENDIGO TAFE ON-LINE INFORMATION SESSIONS



Bendigo TAFE have a number of upcoming on-line information sessions in the following areas: Agriculture, Horticulture, Disability, Education Support and Child Care. Many of these current information sessions are designed for people considering studying in June/July this year, however it is a great chance for you to find out information about a course you may be considering studying in 2021.

Keep an eye on their website for further information sessions

[www.eventbrite.com.au/o/bendigo-tafe-information-sessions-3346265028](http://www.eventbrite.com.au/o/bendigo-tafe-information-sessions-3346265028)



**ONLINE OPEN DAY – Saturday May 16<sup>th</sup>**

[https://aie.edu.au/aie\\_event/open-day/](https://aie.edu.au/aie_event/open-day/)

**ONLINE INFORMATION SESSION – Saturday May 23<sup>rd</sup>**

[https://aie.edu.au/aie\\_event/online-experience-day/](https://aie.edu.au/aie_event/online-experience-day/)



### VIRTUAL CAMPUS TOURS

Due to current social distancing protocols enacted by the Federal Government, campus tours at all our campuses have been temporarily suspended. In the meantime check out our [campus videos](#) or take a virtual tour below.

[www.acu.edu.au/student-life/experience-uni-before-you-start/explore-your-local-campus/campus-tours](http://www.acu.edu.au/student-life/experience-uni-before-you-start/explore-your-local-campus/campus-tours)

### ARE YOU INTERESTED IN A CAREER IN STEM (Science, Technology, Engineering or Maths)?



The team at Careers in STEM has made a number of their STEM Magazines free to read online. These Magazines cover a wide range of STEM related Careers, student profiles and study pathway ideas.

<https://careerswithstem.com.au/read-it-here/>

Angela Poxon  
Careers and Pathways – North Central LLEN  
[a.poxon@ncllen.org.au](mailto:a.poxon@ncllen.org.au)

## Careers and Pathways



Due to the current government restrictions, Defence Force Recruiting is unable to host or participate in all current and upcoming foreseeable events which involve physical or face-to-face contact. Defence Force Recruiting has begun recording a variety of information sessions that are able to be watched on demand virtually. These information sessions are almost identical to the presentations that would have been given face-to-face by military members.

Please see the links below:

**ADF Careers Information Session** (This is our generic presentation):

[www.youtube.com/watch?v=Okuy-qmFPX4](http://www.youtube.com/watch?v=Okuy-qmFPX4)

**RMC (Royal Military College) Careers Information Session:**

[www.youtube.com/watch?v=RRV2jmvITIE&feature=emb\\_title](http://www.youtube.com/watch?v=RRV2jmvITIE&feature=emb_title)

Another great resource is the ADF Australian YouTube Channel:

[www.youtube.com/user/DefenceJobsAustralia/videos](http://www.youtube.com/user/DefenceJobsAustralia/videos)



The Australian Apprenticeships & Traineeships Information Service provides information for people considering career options, employers looking at recruitment and those providing support and advice.

Visit:

[www.aapathways.com.au/students](http://www.aapathways.com.au/students)

## VICTORIAN POLICE RECRUITMENT



Attend a free online information session to find out more about the role of the Police, the recruitment process and what a day in the life of a Police Officer looks like.

For further information and to register visit:

[www.police.vic.gov.au/police-information-sessions](http://www.police.vic.gov.au/police-information-sessions)



After extensive consultation with High School Students, it was determined there was a lack of useful resources available to help them understand Career choices. My Big Tomorrow was created to fill that void with inspiration, information and education. My Big Tomorrow is a fantastic resource to research different careers:

[www.mybigtomorrow.com.au](http://www.mybigtomorrow.com.au)

## JOB PROFILE

### Health Promotion Practitioner



Health promotion practitioners plan projects to improve the health of individuals and the community.

#### Duties and Tasks:

- plan and coordinate health promotion programs for community groups
- provide health education and teach skills to help people make informed health decisions
- plan and advocate for environmental changes to support healthy lifestyle choices
- support organisations to develop policies that build healthier communities, workplaces and environments
- supervise and coordinate community workers and volunteers
- develop local and national campaigns covering issues such as nutrition, exercise, drugs and sexual health, and implement these within the community
- evaluate projects and initiatives to measure their success and potential for improvement.

#### Related Courses

Diploma of Health Science (Uni-link), Bachelor of Arts/Bachelor of Health Science, Bachelor of Health Sciences, Bachelor of Nutrition Science, Bachelor of Biomedical Science, Bachelor of Public Health and Health Promotion, Bachelor of Exercise and Sport Science

#### Related Careers

Training Officer, Veterinarian, Dietician, Nutritionist, Environmental Health Officer, Midwife, Nurse – Registered, Nurse – Enrolled, Psychologist, Social Worker, Welfare Worker, Community Worker.

#### Future Growth

Very Strong

#### For further information visit

[www.gooduniversitiesguide.com.au/careers-guide/browse/health-promotion-practitioner](http://www.gooduniversitiesguide.com.au/careers-guide/browse/health-promotion-practitioner)

Angela Poxon 

**Careers and Pathways**

Email: [a.poxon@ncllen.org.au](mailto:a.poxon@ncllen.org.au)

# Careers and Pathways from NCLLEN

## WHAT MATHS SKILLS DO YOU NEED TO BECOME A TRADIE?



Think that if you're a budding tradesperson, dropping maths is no big deal? In actual fact, hands-on construction gigs use numbers a lot more than you'd think. Trade gigs are often associated with tools, trucks, and loads of physical labour, but there's a stack of basic maths skills involved in almost every type of maintenance, repair, and construction role. From calculating quantities and determining floorspace ratios to ordering materials and converting measurements, most tradespeople rely on an advanced knowledge of numbers – something that sticking with high school maths can seriously help solidify.

For further information visit:

[www.careerswithstem.com.au/what-maths-skills-do-you-need-for-a-career-in-trades/](http://www.careerswithstem.com.au/what-maths-skills-do-you-need-for-a-career-in-trades/)

## Online Acting Courses

National Institute of Dramatic Arts  
**NIDA**

Do you have a passion for acting, performance, singing or writing? The National Institute of Dramatic Arts (NIDA) are now offering online classes for kids, teens, and adults.

They have classes in all kinds of topics, from beginners to the more advanced.

To find out more or to enrol in a class visit: [www.open.nida.edu.au/courses/how/online](http://www.open.nida.edu.au/courses/how/online)

## What's the difference between an Exercise Physiologist, Sport Scientist and Exercise Scientist?



**Exercise Physiologist** – an accredited exercise physiologist delivers exercise, lifestyle and behaviour modification programs for the prevention and management of chronic diseases and injuries. Clients may have conditions such as cardiovascular disease, diabetes, mental health problems, cancer, arthritis, chronic obstructive pulmonary disease, and osteoporosis. They hold a 4 year degree (or equivalent). Exercise physiologists may work in a range of settings including private or public hospitals, private practice, or contract to insurance companies.

**Sports Scientist** – a sports scientist specialises in assisting athletes or sporting teams to improve their performance via scientific knowledge including applied physiology, biomechanics, psychology, motor control and motor development. They work in the areas of training, injury prevention, technique analysis, nutrition, performance optimisation and recovery.

**Exercise Scientist** – an exercise scientist designs, implements, and evaluates exercise and physical activity for healthy people, including programs for improving general health, the prevention of chronic diseases, health promotion and enhanced sports performance. They hold an undergraduate degree in exercise & sports science.

For further information visit:

[www.myhealthcareer.com.au/exercise-career/](http://www.myhealthcareer.com.au/exercise-career/) or

to search for relevant University courses, visit:

[www.coursesseeker.edu.au](http://www.coursesseeker.edu.au)

## What are Pre-apprenticeships?



**Pre-apprenticeships** are entry level training which can provide a pathway into the industry of your choice. They are offered in a variety of traditional trades industries, such as Carpentry, Electrical, Plumbing and Automotive. Pre-vocational or Pre-traineeship are terms that may also be used when talking about entry level training in non-traditional trade industries, such as Hospitality, and Animal Care and Management. Pre-apprenticeships/Pre-vocational training can assist in improving literacy and numeracy skills as well as focusing on developing some essential work related skills. These skills can help you be better prepared for work and be a stand-out job candidate.

### Benefits of doing a Pre-apprenticeship/Pre-vocational training

- Find out whether a particular industry is right for you, without committing to a full apprenticeship
- Undertaking a pre-apprenticeship that includes work experience will help with your chances of finding work, by giving you direct experience to put on your resume
- Develop basic on-the-job skills and some industry-specific skills
- The provider you are doing a pre-apprenticeship with may be able to help you find an employer
- Some employers, particularly in the trade industries, have a preference for people who have completed a pre-apprenticeship. They see the initiative as providing a good grounding in basic skills and workplace awareness
- You may receive credit for the study completed, which could shorten the time it takes to complete a full apprenticeship.

[www.aapathways.com.au/about/pre-apprenticeships](http://www.aapathways.com.au/about/pre-apprenticeships)

**\*\*Did you know that you can start Pre-apprenticeship/Pre-vocational training whilst you are still at school? You can study a Certificate II or III in a variety of Industries e.g. Building and Construction, Automotive, Engineering, Agriculture, Hairdressing, Beauty, Hospitality, Health Studies, Community Services, Music, Animal Studies, and Sport and Recreation at the North Central Trade Training Centre as part of your Year 10, 11 or 12 (VCE or VCAL) studies \*\***

Angela Poxon  **Careers and Pathways**  
Email: [a.poxon@ncllen.org.au](mailto:a.poxon@ncllen.org.au)

# COMMUNITY NEWS



1<sup>st</sup> June 2020

To the Boort Community & Surrounds,

Boort Agricultural and Pastoral Society have decided this year to cancel the Boort Show, which would have been held on the 10<sup>th</sup> October.

This has not been an easy decision for the committee to make, but in the light of the Covid-19 restrictions, this was the only option, at this time.

The committee felt it best to make a decision now, rather than later, as we rely heavily on the amazing support of our local community and loyal sponsors, and realise that, during this time, there may be some strain on both.

The Agricultural and Pastoral society are looking forward to organising and bringing you the 2021 show.

To all our wonderful community, please stay safe.

For more information, please don't hesitate to contact us.

Regards,

Madeleine Scott

President

Boort A&P Society

0425 791 869

Kelly Hird

Secretary

Boort A&P Society

0438 552 133




## Embark on one of the most exciting and rewarding adventures of your life!

- ✓ Travel, study and live overseas
- ✓ Over 25 destinations worldwide
- ✓ Your country of choice is guaranteed
- ✓ Exchange programs from 2-12 mths
- ✓ Scholarships and Discounts available, over \$100,000 a year\*
- ✓ Gain valuable life experience
- ✓ Visit amazing places, make lifelong friends
- ✓ Become a local, immersed in the culture
- ✓ Learn the language

**FREE LIVE ONLINE INFORMATION EVENING**  
Meet our staff - Ask questions

**WHEN:**  
Thursday 11th June,  
7.30pm (AEST / Sydney time) /  
5.30pm (Perth time)

**REGISTER ONLINE:**  
[studentexchange.org.au/info-sessions](http://studentexchange.org.au/info-sessions)

**Early Bird Discount**  
**Deadline: 30th June 2020**  
For October - March programs



Don't miss the experience of a lifetime. Register online today and come along to one of our free information sessions to find out more. Scan the QR code for information session details.

[studentexchange.org.au](http://studentexchange.org.au)  
[info@studentexchange.org.au](mailto:info@studentexchange.org.au) | 1300 135 331

**experience is everything**

We are the first and only student exchange organisation in Australia to be certified to ISO 9001 Quality Management Systems. Our quality, care and support is second to none.

View our online video library of past students.

\*Scholarships/Discounts Deadline: 30th June, 5pm AEST. 13th Oct. Age 18+ only.




NDCH  
Northern District Community Health  
NDCH-your first port of call in the pursuit of good health!

### Healthy Lunchbox Tips & Recipes



**APPROVED BY NDCH DIETITIAN – LEESA VAN RUISWYK**

**Winter Fruit & Veggies**  
Apples, avocado, bananas, kiwifruit, grapefruit, mandarin, strawberries, Broccoli, cauliflower, kale, potatoes, pumpkin, sweet potato.

**5 Food Groups**  
Pick at least one item from each food group to create a nutritious lunchbox. These include fruit, dairy, vegetables, grains, lean meats & poultry.

**Snack Ideas**  
Carrot & zucchini muffins, popcorn, fruit salad, breakfast muffin cups, no bake cookies, zucchini slice, banana bread, baked veggie chips.

**Veggie Pita**  
**Ingredients:**

- 1 wholemeal pita, sliced in half
- 1/4 cup hummus
- 1/4 cup grated carrot
- 1 handful baby spinach
- 2 tbsp crumbled feta cheese
- 3 sliced sun-dried tomatoes

**Method:**  
1. Spread the dip inside each pita pocket. Place the rest of the ingredients inside the pocket!



**Mediterranean Scrolls**  
**Ingredients:**

- 1 1/2 cups self-raising flour
- 1/2 cup mozzarella, grated
- 1 1/2 cups wholemeal self-raising flour
- 1 cup baby spinach, chopped
- 2 cups reduced-fat natural yoghurt
- 1/2 cup basil leaves, chopped
- 1/2 cup no added salt tomato paste
- 1/2 red capsicum, diced

**Method:**  
1. Pre-heat oven to 180°C. Spray baking tray with olive oil & baking paper.  
2. Mix flours & yoghurt in a bowl. Knead on a floured surface for a few minutes. Add yoghurt if mix is too dry or flour if mix is too wet.  
3. Roll out dough with rolling pin to 0.5cm. Spread dough with tomato paste and sprinkle ingredients on top.  
4. Roll dough into a log. Cut into 12 pieces and place on baking tray. Bake for 20 minutes or until golden. Allow to cool.



<https://thehealthylunchbox.com.au/blog/winter-fruit-and-vegetables-recipes-tips>

**www.ndch.org.au**