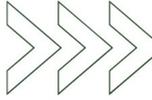


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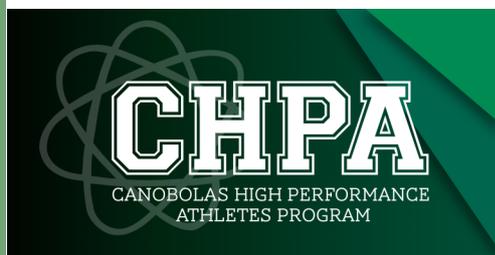


YEARS 11 & 12

24th May 2023
4:30pm - 7:00pm

YEARS 7-10

28th June 2023
4:30pm - 7:00pm



Acknowledgement of Country

CRTHS acknowledges and pays respect to the Traditional Owners and Custodians of country throughout Australia, specifically the Wiradjuri peoples of whom land we learn on each day.

We honour and respect the cultural heritage, customs and beliefs of all Aboriginal and Torres Strait Islander people.



Canobolas Rural Technology High School

Principal: Mr Brett Blaker

Deputy Principals: Mr Baden Curran, Mr Tristan Goodwin, Mrs Melisa Kerr and Mrs Lucinda Macdonald.

PO Box 8100 | 142 Icely Road Orange NSW 2800 | 02 6362 1677 | canobolas-h.school@det.nsw.edu.au



PRINCIPAL REPORT

Greetings Parents/Carers,

First and foremost, I would like to welcome everyone back for Term 2. As we begin a new term it's important that students think about what they want to achieve. Our expectation is that every student places effort into their studies, attends school everyday and strives to achieve their personal best.

We had a great turnout at both the ANZAC Day Dawn Service and March and our students looked immaculate. I would like to thank Tim Francey and Yvette Rodwell for coordinating our students for these significant events. Furthermore, thanks to Sharlene Anderson for organising the uniform and all CRTHS staff who participated with our students. It was a great turn out and hopefully, we can continue to build on these numbers next year.

Mid-year reports will soon be issued, and this information will provide parents with an indication of how their child is progressing. During the term, we have several parent/carer evenings that you are invited to attend. Parent engagement is a significant focus area of the school, and we hope to have a large proportion of our parents/carers attend. Please see more information below.

Year 11 and 12 Parent Teacher Evening (Wednesday 24/5/23 - Week 5)

- This evening will run from 4:30 pm to 7:00 pm. Parent/carer information notes and booking instructions have already been sent out. Student reports will be issued on the night, and it is a great opportunity to discuss the learning progress of your child. If you need any further clarification, please contact the front office on (02) 6362-1677.

Year 7-10 Parent Teacher Evenings (Wednesday 28/6/23 - Week 10)

- This evening will run from 4:30 pm to 7:00 pm. Parent/carer information notes and booking instructions will be sent out later this term. Student reports will also be issued on the night.

During the term, we will also host a **Subject Selection Evening for our Year 10 students**. The purpose of this evening is to provide our parents/carers and students with information about the HSC course, NESA requirements, subject availability, and future pathway options. We want to ensure everyone is well-equipped and supported to make important decisions about their senior school pathway. This evening will be held on **Wednesday 21/6/23 (Week 9)** and information will be distributed shortly.

Could I please reiterate to all parents/carers that we want you to attend these evenings and help support us as we work closely with your children to maximise their potential as they strive to achieve their personal best.

The school has recently been identified to participate in a School Climate Survey. A school climate survey will be conducted for all our staff, students, and parents/carers involved. This information will be used by School Infrastructure NSW to create an Executive Summary and look at potential whole school improvement areas across the school. More information will be provided about this, and we encourage your honest and transparent feedback during this process.

Thanks,
Mr Blaker



DEPUTY PRINCIPAL REPORT

UNIFORM

This term we have already had some chilly autumn days and it is only going to get colder. With this turn in cold weather, students have started wearing hoodies, oodies and other items that are not their uniform. We have very warm fleecy hoodies as part of our uniform and great water resistant anoraks. We encourage all of our students to layer up underneath their Canobolas uniforms.

ATTENDANCE

Also, with the change in weather, attendance can drop off. Please remember that everyday counts and is critical for students to learn, develop strong social connections and to achieve their best outcomes. Missing 1 day per fortnight for the year equates to a whopping 4 weeks of learning missed in the school year, and if this is repeated annually it can equate to a whole year lost of the student's schooling.

TERM 2 EVENTS

This term we have several events being held for parents to engage in their students learning.

Parent Teacher Interviews

We have Year 11 and 12 Parent Teacher Interviews are being held on Wednesday 24th May from 4.30pm to 7.00pm.

Year 7 – 10 Parent Teacher Interviews are being held on Wednesday 28th June from 4.30pm to 7.00pm.

Bookings can be made with teachers via the Sentral Parent Portal and all parents are encouraged to attend and collect their student's Half Yearly Report. If any parents need assistance to make a booking, please contact our friendly administration staff.

Year 10 into Year 11 Subject Selection Evening

On Wednesday June 21st, we have our Subject Selection Evening for Year 10 students entering Year 11 in 2024. Parents are encouraged to attend the evening with their students, where they can receive valuable information to help guide students in their subject choices and pattern of study for their senior years. Head Teachers, TAFE NSW and representatives of CSU will also be present to answer questions that may arise. We will have refreshments from 5.30pm for a 6pm start.

Deputy Principal (Support)
Mrs L Macdonald

ANZAC DAY 2023



In the early hours of the 25th of April representatives of the Student Leadership Team, Prefects and Student Representative Council attended the Anzac Day dawn service to pay their respect to our serving men and women both past and present. Later they were joined by a wonderful group of students and staff on the Anzac March. The values of our school were clearly on display with all students in full school uniform.

All the students experienced a sense of pride gained from how warmly they were received by the large crowd lining the march. Thank you to Ms Rodwell, Mrs Anderson, Mr Francey and the attending staff for supporting our respectful, thoughtful students.



ALEC

Aboriginal Learning and Engagement Centre (ALEC)

Term two has kicked off in a big way for the school with the visit and talk by Professor Marcia Langton at the Staff Development Day. Prof. Langton is a long-term Aboriginal activist and academic, who is a voice for Aboriginal and Torres Strait Islander rights and has been working in the field of Aboriginal education. She presented an online resource for teachers and students to use, developed by her and the team at the University of Melbourne. Also present were a number of members and elders from the local community. These resources can be really useful for teachers across the school including the work we do here at the ALEC.

We are happy to announce the committee members for this year's Jr AECG! Congratulations to Jayanna Dixon, Tulliarah Cullen, Kiah Sullivan, Tyler Gow and Lylah Maunder. As well as a big thanks to all the students who signed up to the Jr AECG and voted.

What is the Jr AECG? The Jr AECG is for Aboriginal and Torres Strait Islander students who want to have a say in what the school does regarding issues and events that affect Aboriginal students. The Jr AECG gets involved in cultural events such as NAIDOC and Reconciliation Week and is run with the support of the local AECG (Aboriginal Education Consultative Group) and the ALEC.

ALEC Teacher
Mr Wade



Mary Croaker (president of the local AECG) and Professor Marcia Langton AO

BIG PICTURE

At the end of Term 1, the academy was privileged to have Viv White, CEO and Co-Founder of Big Picture Learning Australia, visiting the advisories to offer some ideas to the students for their Learning Plans and feedback for the development of the Big Picture design at Canobolas.

Some of the Big Picture Students pictured with Viv White, CEO and Co-Founder of Big Picture Learning Australia.



We are always grateful for the supportive nature of the Big Picture Network and Mrs Rose, Miss Penberthy and Ms Kerr will benefit from further networking opportunities at the National Conference late in Week 3. Here they will collaborate with Big Picture staff from across the country, Murat Dizdar – Acting Secretary of Education, Dr Elliot Washer - Co-Founder of Big Picture in the USA, a range of University Alumni and International Big Picture Learning Credential graduates to continue to build on the work in our school and across the country.

YEAR 8 OUTLEARNING

Year 8 Big Picture Students enjoyed a day in the sunshine at Gosling Creek in Week 2, engaging in a range of field work activities to collate a range of information to support the development of a Field Study Report on the importance and benefits of sustainable management practices in the Gosling Creek Reserve.

Students reflected on the experience, appreciating how valuable it is to learn by engaging in activities beyond the classroom rather than sitting at desks. These “Outlearning” experiences are heavily encouraged through the Big Picture learning design, and many of the Year 9 and 10 students are currently exploring opportunities to engage in real-world work with experts in the community to support their interest, exploration and the development of skills that will support them in future employment.



HSIE

HSIE has continued to explore the world and the history of its people in Term 2.

Year 10 Elective History students went for a historical walking excursion today. We visited the Orange Regional Museum, Holy Trinity Anglican Church and the Returned and Services League Memorial Hall and explored their historical collections. We then went to various historical sites, including past the old Orange gaol, Cook and Robertson Parks and their war memorials. It was great to see students making connections between these locations and how they record Orange's involvement in global events such as the world wars.

Students were able to make clear connections to their family history from what they saw.

The year 9 HSIE excursion to Sydney has been cancelled due to low numbers. For those who brought in their notes and paid, refunds will be organised.

There are a number of assessments coming up, please speak to your child about any tasks that are due and reach out if you need require assistance.

Head Teacher HSIE

Mr Adcock

CAPA

Welcome back to Term 2 and we are off to a flying start with our Visual Art Senior students continuing to work on their Bodies of Work for the HSC in their new Senior Year 12 art work space (New CAPA building) and our Music students working through their core and elective options with enthusiasm and gusto.

In other news our band and choir programs continue to grow and Ms Crouch, Mr Logan and Ms Somers are planning another whole school end of Term concert featuring our amazing and very talented Performing arts students. If last years concert is anything to go by it should be an amazing show so keep an eye out for that.

Head Teacher CAPA

Ms Lindsay



TAS

The students were able to watch our new chicks hatch in the incubator this week. As they learn about chicken production throughout the term, Year 8 will be responsible for caring for the chicks.



After studying Beef Cattle for the last few months, Year 9 finished off the topic with a visit to the butcher followed by a taste test of different cuts of steak. Thank you to Farmgate Butcher's for once again supporting our school.



Year 7 Textiles have not only learnt how to sew this year, but with a focus on sustainability, have made tie-dyed bags to be used for storing vegetables in the fridges to cut down on plastic use.



CAREERS

FACTS DAY

On the 5th of May all of Year 12 traveled down to Bathurst to attend the annual FACTS Day for all Year 12 students in the Central West. Close to a 1000 students attended the day which provided information for students and their pathways after school, whether that be to Employment, TAFE or University. Our students had a great day and found the day very informative.



WHITE CARD

The school will be running its termly white card course on May 31 (Wednesday, Week 6). If you are interested, please come and see me in my office during Recess or Lunch. Maximum of 20 spots available.

WEEKLY JOBS BEING EMAILED

Parents/Carers and Students from years 10,11 and 12 are being sent an email weekly providing all the current local opportunities for apprenticeships/traineeships. This will go out weekly to ensure that students can be supported at home and at school. Links to casual jobs are also on the email.

WORK EXPERIENCE

A friendly reminder that there will be limited work experience to begin the school year. It is important to be in the classroom and get established routines to begin the term. There will be ample opportunity to go on work experience throughout the year. A friendly reminder that local employers want to hear from you, not a careers adviser. Students doing the research and making the phone call is a vital part of going on work experience and builds great life skills. I can always help where required.

If you have any questions relating to University, TAFE, Employment, leaving school, subject selections and anything careers related, please contact the school and ask for Mr Coote or shoot me an email on samuel.coote@det.nsw.edu.au

Cheers,

Careers Advisor
Mr S Coote



ENGLISH & LOTE

Welcome to Week 3! The majority of classes have completed their first assessment tasks for the year and have been awarded merits for their effort.

Year 10

Students in Year 10 completed their Assessment Task 1 for the Close Study topic at the end of Term 1 and have received their marks by now. In this task, students were required to write an imaginative piece based on their studied novel, *Animal Farm* or *Lord of the Flies*.

Below is a selection of students' excerpts with the names removed.

By A.W.

One month later- Squealers betrayal

A month later after Napoleon took over, everyone was still living horribly, all the animals were over worked and ill. Napoleon was still living everyone's dreams rich and happy. Squealer was slowly realising how much he was being used by Napoleon and how cruel he is. Squealer then started to create a plan to take over but he needed help. Squealer was the only one who knew where Snowball was, so he had to be sneaky and waited for Napoleon to be asleep so he can go find and ask for Snowball's help.

By J.E.

Now that Jack was no longer being bullied, he was the bully. Everybody was scared of Jack, and nobody could challenge him. After the first term back at his old school, Jack had been suspended from school multiple times and had gotten detention plenty of times. Jack also got into more fights and won all of them. After the school holidays Jack needed a group that were also bullies but the only group, he was in was the school choir. So Jack decided he would teach them how to be a bully and make them pick on other students. After Jack made the choir boys bullies they became aggressive, violent, mean, and the choir boys were now powerful instead of being a group of shy and scared boys.

By E.N.

While I waited with Snowball, Muriel and Benjamin. Snowball launched his first attack with the pigeons then the geese charged the disgusting things. After a light skirmishing from the valiant Geese the disgusting vile creatures fought them off with their sticks then me and my sheep brethren including the other hoofed animals rushed them and landed a full on assault then Snowball called for a retreat of all of us. Then me and comrade Snowball along with nearly every other animal rushed the creatures but then one of them pulled out a boomstick and let it explode at us, nailing us with pellets in an attempt to kill us but Snowball and I took out all of them. While wounded me and comrade snowball were awarded Animal hero, Top Super Class, along with snowball giving an invigorating speech about how I would be able to lead the farm and everyone would work for me and only ME! A few years passed. With the invention of new technology I made, ME only ME. Thankfully the farm became self-sufficient then we invented a potion to make me immortal so THAT I COULD BE THE ETERNAL LEADER AND GOD OF ANIMAL FARM.

By T.S.

Walking on a path of white stones, Robert marveled at the sight before him. David had invited him round to his place, said his mother told him to. David never really interacted with the other boys so when his mother saw Robert talking to him, she was overjoyed. The

back garden consisted of a neat white path of stones running from the porch to a little sitting area next to a garden filled with various plants such as creepers that wound their way up the back fence which held a rather strange shell. A green parrot squawked from within its cage upon the porch as it watched the boys enter the garden.

“What's that?” Robert watched as David walked over to the wall, lifting the strange shell from upon its place.

“A conch shell, incredibly expensive. Mother says it's worth pounds and pounds.” Taking a deep breath, David lifted the shell up to his lips and a large booming sound encompassed the yard. When it came to an end, he put it back on the fence, his mother coming out from the house to greet her son and Robert.

Year 11

Students in Year 11 English Advanced and Standard completed their Assessment Task 1 for the Reading to Write unit at the end of Term 1 and have received their marks by now. In this task, students were required to complete a discursive or an imaginative piece of writing. Below is a selection of students' excerpts with the names removed.

Extract from 'Secrets In La Forêt' by J.F.

It hurts, my head is in agony, it needs rest, I've got the worst headache but have nothing for it, and these damn trains aren't helping, the constant rattle of the trains is excruciating. My brain is squeezing itself inside my head, my eyes are burning but feel ice cold. After closing the 1024 paged monstrous textbook and getting up from my office chair which squeaks like a mouse, I look around my room. Empty Chinese takeout containers cover the table, clothes are strung across the floor, some with dark stains, a void of darkness while some have no stains at all. I flick off the light, and am finally rid of the light's horrid buzz.

Laying down in my messy bed with all the sheets scrunched up on one side of the bed, I close my eyes, trying to scrape for any sleep possible for myself. I was tossing and turning for what felt like forever but was probably closer to 30 minutes, then, finally I was able to fall asleep.. I think. My room has disappeared and the feeling of the bed has too, but I'm not asleep. I can still move and all my movements feel real, I'm not falling through the void, I'm just here, waiting for something to happen, almost as if I'm in a trance.

Extract from 'Should every book be burned to a crisp?' by M.M.

A hatred for books is nothing more than the uneducated masses recoiling in fear that they cannot wrap their heads around something any more complex than scrolling through social media on their phones and getting their dopamine fix. Books are not bad enough for us to burn all of them beyond salvation. That would be another detrimental mistake for us to have to document, we would not be able to document it without books. If we were to rely on the internet storing all of our information, that would surely be setting ourselves up for disaster at some point. Perhaps for someone to burn all books would be a way to maintain control over our society, for example, Joseph Stalin banned certain books to not allow Russian citizens to educate themselves and liken the chance they revolt, despite the fact that he had read all the books he strove to ban. Maybe books are the only thing differentiating an educated society capable of critical thinking and forming their own opinions to a society whos core values lie in the hands of whatever dictator that managed to restrict what content they can consume.

Extract from 'Hell' by H.E.

Bang.

My little brother's eye tore open, spraying crimson misery over our usually pristine dinner cloth.

Bang. Bang.

My mother's eyes dilate with fear, unable to move at the sight of my brother's limp body.

"RUN!" screams my mother, her voice catching on her tears.

I hesitate for a moment. Another shot rings out. My feet move without my brain's permission, almost stumbling over themselves.

Sprinting into my brother's room - once my own - I fall against the window frame struggling to open the latch I've used so many times before. Footsteps rumble behind me. The latch finally clicks as I swing the window open with all my force, falling out onto the cold concrete below.

I quickly collect myself, and begin sprinting again.

Extract from 'Page' by A.B.

It's an inferior feeling not being able to read. And don't get me wrong, I can read, but I can't read in the sense everybody else does. When I read, I feel the words going through my brain and out my ears. I feel like I retain no information, let alone remember what happened in the previous chapter. My attention span shortens every sentence because I just genuinely feel like reading is labour, can't even recall a moment where I actually enjoyed reading. The next morning hits and the sun shines through my pained window creating a pattern on the floor, waking me up as it reflects brightly in my eyes. Right, I decide. It's finally time to tackle this assessment. I think I was sitting there for maybe an hour before the thoughts started even hitting my head, and even so, the only words I managed to write down were the date, the title, and my name. I just wanted to cry. To some people, the talent of writing comes naturally as they can just approach pen to paper and the thoughts will flow out creating a marvellous piece of writing. Take J.K. Rowling, Stephen King, or Colleen Hoover, for example. They are literary geniuses who can just open their laptop and create a whole novel series. I wish I could be like that.

Extract from 'The Man In The Orange Jumpsuit' by O.K.

After Hours of reading the man would turn off the light and stand next to the window protected by iron bars. He would blankly stare outside as if he was looking into a black void of nothingness until he was grounded back into reality. He stood there for seconds, minutes, or hours. He didn't know, time was irrelevant at this point. He had spent years in this glum concrete box for something he did or didn't do. The only thing that brang a small amount of happiness back into his life was reading his children's books about faraway worlds of fantasy and miraculous adventures. These books were a nostalgia to him. These books were important to someone close to him yet so unreachable. He could hear their whispers, so close yet so far. The whispers reminded him why he read the other books as well. To punish himself. These books helped him remember what happened all those years ago. They remind him what could have been if he was grounded in reality and not roaming his mind in endless thought.

Writing Competition

50-word fiction competition

Earn \$1 for every word written? Yes, you can!

Sharpen your pencils. Hold your erasers.

50 words is what it takes for you to receive a \$50 stake.

Isn't it easy? Surely. Just don't exceed the limit.

Wisely use one image, write a story and tap into your creative inventory.



Need inspiration on how to write it? Check this site out:

<http://fiftywordstories.com/tag/contest/>

This competition is open to students, parents and staff of the CRTHS community. All submissions are to be received by COB on Friday, 2nd June 2023 (end of Week 6), at the English Faculty office (D13).

Prizes up for grabs:

1st prize: \$50 Collins Book Store voucher

2nd prize: \$25 Collins Book Store voucher

3rd prize: \$10 canteen voucher

Winning entrants will be celebrated in Week 9's Newsletter.

[Please ensure all entries are your own. Entries that are suspect will be automatically disqualified.]

PDHPE

OPENS WSSA TOUCH FOOTBALL TRIALS

It was an early and very cold start to the day for our touch footballers. On Monday, a group of 19 Canobolas students from Years 7-11 travelled to Mudgee to trial for the Western Opens Touch Football team. Both teams endured the freezing 6 degree conditions winning two out of their four games. Unfortunately, neither the girls or boys teams made the finals.

All the students who attended are to be congratulated for their positive representation of the school and strong sportsmanship and respect shown to their teammates, other schools and staff; as well as their drive to work cooperatively and effectively as a team.

A massive congratulations to Jayanna Dixon who was selected to play in the Opens Girls team. And a HUGE thanks to Stu Riles for driving the teams to Mudgee and back home, safely!

PDHPE Teacher
Miss Saran



BOYS

Austin Hurford
Henry Robertson
Noah Warren
Luke Allen
Hayden Griffith
Jack Kent
Seth Holmes



GIRLS

Jayanna Dixon
Miah Naden
Savannah Lucas
Hanna Gross
Sh'Taya Lucas
Jorja Palazzi
Lynette Edwards
Manaia Nixon
Tia Parker
Jemma Jones



PUZZLE PAGE

Term 2 Issue 4

Easier

	7	4		9		5	6	8
	9	6	5		8		7	3
	1	5			6		2	
	5		3	8		7		6
7	2			6	4	8		1
9	6	8			7	4		2
	4	7	8		5	3		9
1		2	4		9	6	8	
		9		1	3	2		7

Harder

		8			6			4
2		5						
				3	2	5		8
1			3	7		6	2	5
6	3		9					
5	2		6	8			3	9
				5	7			
4	7						3	
9		1	4					2

Solutions

Term 1 Issue 3

Easier

1	6	3	8	9	2	4	5	7
9	7	5	1	4	3	6	2	8
4	2	8	5	6	7	3	9	1
5	8	9	3	1	6	2	7	4
2	1	6	7	5	4	9	8	3
3	4	7	2	8	9	1	6	5
7	9	4	6	3	5	8	1	2
6	5	1	4	2	8	7	3	9
8	3	2	9	7	1	5	4	6

Harder

5	8	1	6	4	2	3	7	9
7	3	9	8	1	5	6	2	4
4	6	2	7	9	3	1	8	5
1	7	3	5	6	4	8	9	2
6	5	4	9	2	8	7	1	3
2	9	8	1	3	7	5	4	6
3	2	5	4	7	1	9	6	8
8	1	6	2	5	9	4	3	7
9	4	7	3	8	6	2	5	1

UNIFORM

CLOTHING POOL & DONATIONS

It has been wonderful to see so many, students, particularly Canobolas' senior students start the year showing that they are Respectful, Responsible, Learners by wearing their dress uniform of white shirt/polo and shorts/skirt every day with pride. They are showing that they are becoming great leaders in the school.

Please remember that the sport's uniform should only be worn on the days when it is needed for Active PE, shown by "hall" on each student timetable.

As the weather turns cold, correct school uniform is still expected with several cooler weather uniform options particularly jumpers available.

For those really cold days CRTHS anoraks can be purchased from the font office and the clothing pool has a selection of second-hand school jumpers for sale for students who need them.

Students in some of the correct Uniform options available.



LABELLING SCHOOL ITEMS

Uniform items cannot be returned if they do not have a name on them. Please check uniform items for students' names and that they are readable so they can be returned if found. The lost property box is in the courier's space in A block.



CLOTHING POOL

A big thank you to all the families who have donated clothes to the clothing pool over the course term one it is very much appreciated by the families who have accessed it.

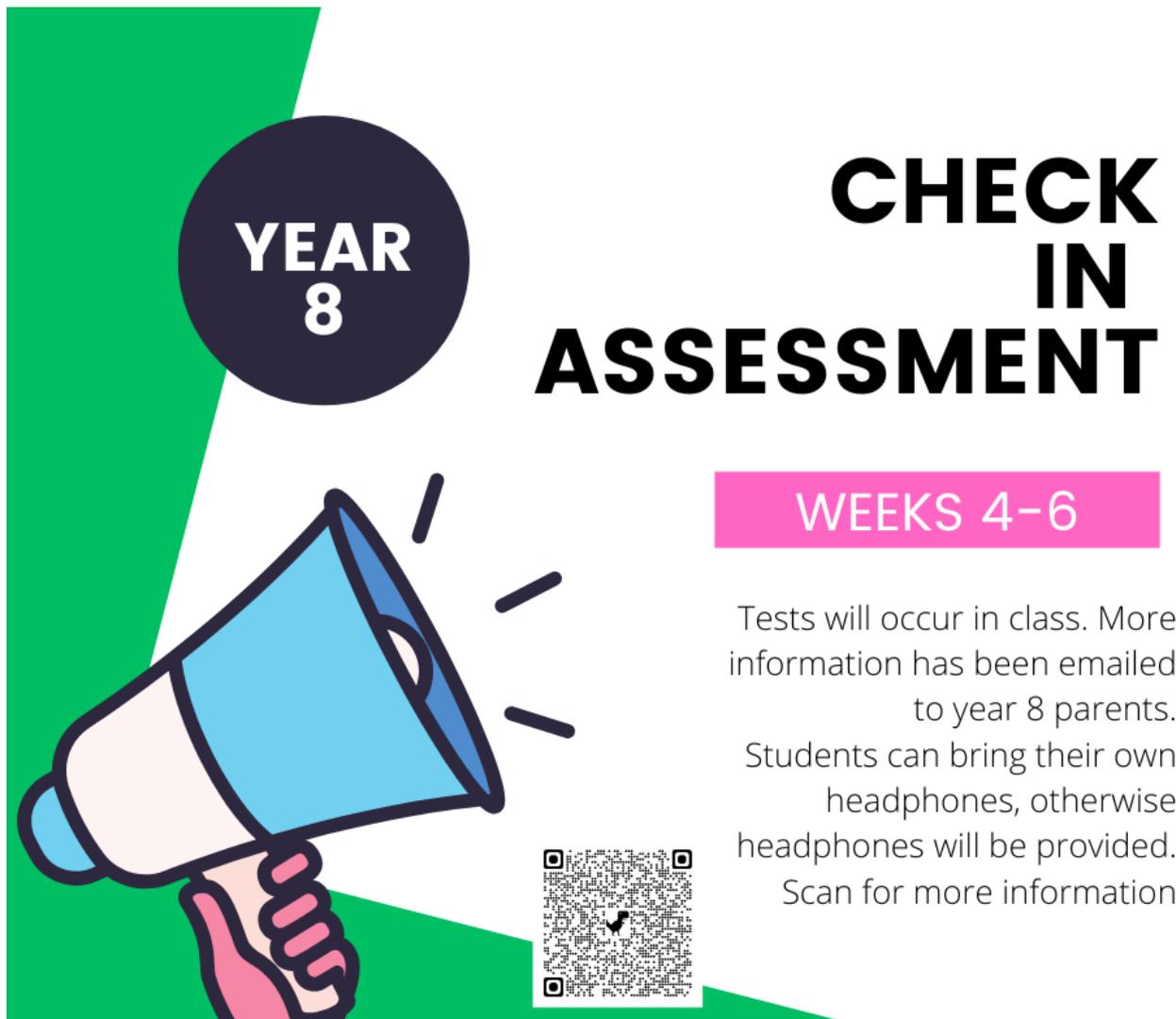
Donations for the clothing pool can be left in the front office at any time during the term and any winter uniform students have outgrown would be greatly appreciated.

The school's clothing pool is available by appointment through the front office during school term. Items of clothing range in cost from \$5-\$20 but sizes will vary depending on donations.



OTHER NEWS

NOTICES



YEAR 8

CHECK IN ASSESSMENT

WEEKS 4-6

Tests will occur in class. More information has been emailed to year 8 parents. Students can bring their own headphones, otherwise headphones will be provided. Scan for more information



COME AND JOIN OUR P&C

The Canobolas Rural Technology High School Parents and Citizens (P&C) Association needs your help.

Being involved in the P & C helps to build a supportive community around the students of our school.

By attending the P & C meetings:

- you get an opportunity to have your say on decisions affecting your child at school
- learn about the school's policies and programs
- participate in fundraising activities that help improve our school.

There is a yearly membership of \$2.

We meet on the first Wednesday of each month during the school term, in the Big Picture Building (1st building on the left) at 6.30pm.

Unable to attend meetings and would still like to help?

Volunteers are greatly appreciated.

Assistance is required with our fundraising events and school canteen.

For more information contact Sharlene Anderson or Liz Crossman at the school on ph 63621677 or via our email canobolas.r.techhighschool@pandcaffiliate.org.au



Keep up to date with P&C activities via the school's newsletter and Facebook page

***We warmly welcome new members.
Our next meeting is Wed 7/6/2023.***



FOODCARE
FOOD RELIEF. FOOD RESCUE.

GROW FRUIT & VEGGIES FOR FOODCARE COMMUNITY PROJECT



Can you help?

FoodCare is a local Orange charity that provides free and low-cost food and groceries to members of the community who are on low incomes or may be homeless or disadvantaged. FoodCare is run and operated by more than 60 local volunteers. FoodCare receives no recurrent government funding.

We believe it's very important for families to have access to free or affordable fruit and veggies. We 'rescue' food that is nearing its best before or use-by date from supermarkets to redistribute for free to FoodCare customers, but like most good businesses they are focusing on waste reduction, resulting in less food for us to collect.

We are looking for home gardeners, schools and growers who are prepared to grow fruit & veggies throughout the year, for FoodCare or to donate any extra produce you might grow for your family.

Whether it's a little or a lot, it all helps to keep local families healthy and happy.

If you think this is something you would like to do to assist your community, please call us on 0447 577 884 or send an email to info@foodcareorange.org.au

More information about FoodCare Orange can be found on our website www.foodcareorange.org.au or, like us on Facebook.

Thank You from the FoodCare Team – we look forward to hearing from you soon.

TEENS & VAPING ONLINE FORUM

WHAT PARENTS SHOULD KNOW

Western NSW Local Health District invites parents, carers and professionals who work with teens to attend our ONLINE forum.

Hear from experts in the field on:

- The latest research findings
- Signs your teen may be vaping
- Health concerns
- Laws and regulations in Australia
- How to have conversations with your kids about vaping

[Click Here to Register or using QR code below](#)



Date: May 23rd 2023



Time: 7:30 - 9pm

Pannelists:

Paediatrician and Adolescent Medicine Specialist |
Sydney Children's Hospital Network

Generation Vape Research | NSW Cancer Council

Environmental Health | Western NSW Local Health District

NSW Police Force | Parkes Local Area Command

School-Link Coordinator | Western NSW Local Health District



Attend the forum and complete the evaluation for a chance to receive 1 of 5 **\$100 petrol vouchers**

*Terms and conditions apply



Email enquiries:

WNSWLHD-HealthPromotion@health.nsw.gov.au