

IN THIS EDITION

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AROUND THE SCHOOL







UPCOMING EVENTS

TUE 21 NOV

STUDEC Water Fun Day at the pool.

Primary - 11:00am - 1:20pm

Secondary - 12:40pm - 3:00pm

Shared BBQ Lunch time

WED NOV 22

P & C Meeting, 4.30 pm at the club

FRI NOV 24

Principal's Assembly. 11:50am in the hall followed by wraps and bread rolls for lunch.

MON NOV 27 - FRI DEC 1

Book Fair at the School library.

WED NOV 29

Presentation Night, 5:30pm BBQ Dinner followed by Presentation at 6:30pm.

THU NOV 30

Year 8 TAFE open day at the Inverell Campus.

TUE DEC 5

Rewards Excursion - Green Valley Farm

THU DEC 7

K-1-2 Darling Downs Zoo Day Trip

MON DEC 11 - FRI 15 DEC

Year 5-6 Great Aussie Bush Camp Excursion

MON DEC 11 - THU 14 DEC

Year 7-11 Coffs Coast Excursion



Ashford Central School

51 Martyn Street, Ashford NSW 2361

ashford-c.school@det.nsw.edu.au

https://ashford-c.schools.nsw.gov.au/



SCHOOL UPDATE

FROM THE PRINCIPAL

Welcome to Week 6, Term 4. It has been a big couple of weeks of learning for our students, with minimal interruptions allowing for more time in class. Our teachers are preparing our K-12 students for final assessments as they begin to write final reports for 2023. To ensure that your child is prepared for these assessments please ensure that they are attending everyday and arriving on time, getting a good nights sleep, eating a healthy breakfast and asking their teacher for support prior to the assessment to ensure they are studying the correct content.

The highlight of this fortnight was the Year 12 Formal. Our students dressed up and looked fabulous for their final celebration of their time here at Ashford Central School. Our school hall was beautifully decorated with dazzling fairy lights, flowing table runners and glamorous back drops thanks to Mrs Alexander and Mrs Peters.

Our staff and student volunteers began the evening with mocktails and finger food which was followed by formal introductions and seating allocations. There was an exceptional menu offered on the evening under the guidance of Miss MacKay along with her exceptional team of helpers, including Ms Burton, Ms Kippax and a number of other valuable helpers.

After dinner was served, it led to the formal speeches offered by staff, parents and students. The speeches included some heart felt words of advice, recital of some hilarious moments from our students and staff and the offer of thanks for the time and support that our school and staff have offered our students to help them leap into the world of adulthood.

Once the speeches were held dessert was served, and once again the team who organised and prepared the meals excelled themselves with everyone being completely satisfied with their meals. Our Year 12 students then gathered around for the cutting of the cake and final photos for the evening.

The formal was an exceptional event underpinned by what our school is able to offer our students a personal approach where all students are known. Community spirit was strong with our school staff happily volunteering their time to create, support and attend the event. Family support was plentiful with happy smiling families attending to support their child's final chapter on their learning journey.









SCHOOL UPDATE

On Friday the 10th November, we held our annual Ashford Central School Remembrance Day service in our school hall. Our student leaders did an exceptional job of leading our assembly and order of service. They are to be commended for their respectful professionalism when completing their respective speeches. It was great to see a number of community members in attendance for the commemorations. Our students in the audience are to be commended for being respectful participants.

On Friday 17th of November, students who have nominated to be members of STUDEC in 2024 will complete their policy speeches prior to students and staff voting for their preferred candidates. We wish all students the best of luck and look forward to announcing our 2024 STUDEC leaders at our presentation night on Wednesday 29th November.

The ACS P&C are compiling a recipe book in the lead up to Christmas as a fundraiser. If you or a family member has an outstanding recipe that you would like to share with the community for a great cause, please email it to ashfordpc3@gmail.com . These would make a great Christmas gift for family and friends, with 100% of the funds raised going straight back into our school community. We all look forward to trialling some of the recipes over the Christmas period.

If you would like to say hello or have a discussion about your child's education, please feel free to contact their teacher and make an appointment. We love discussing your child's learning and their future goals. I am also happy to hear from anyone who has ideas and solutions that will make our school a better place.











CREATIVE ARTS NEWS

YEAR 7 - DIGITAL ART - TONAL LANDSCAPES



Tayla Stevens



Sarah Strohfeldt



Lilly Taylor



Kayla Henriksen



Natasha Burton



Elizabeth Ngatamariki



Charlee-Rae Johnson-Nguyen



Cameron Dehn

YEAR 7 - HAND SHADOW - TEXTURAL BEINGS



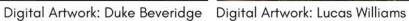






FUTURE FOCUSED LEARNING









Digital Artwork: Mackenna Ozanne-Sharwood

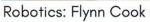


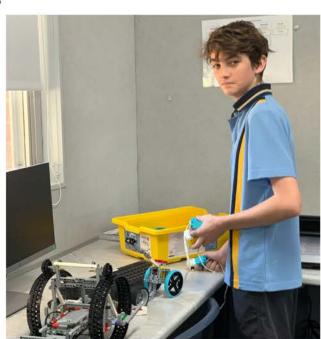
The Sew Creative Group have entered the Inverell Community Sewing for Charity Group's recycling challenge. Check out their work at the Inverell Library from the 24th November.



FUTURE FOCUSED LEARNING







Robotics: Stuart Bradley











Boys at Work: Jasper Lavender, Darcy Thompson, Kruz West, Nathan West and Ashton Wieczorek. Thank You to Mr Luckett, Shane Edmonds and Tony Borg for their support in this Garden Project.



KINDY TRANSITION















YEAR 12 FORMAL

YEAR 12 FORMAL

On Thursday November 9th, we celebrated the achievement of Year 12 completing 13 years of schooling, and farewelled them from Ashford Central School. Miss Alison MacKay, together with numerous helpers from around the school including our Year 11 Hospitality class, produced a beautiful meal which was enjoyed by everyone. The evening was run by Mrs Peters, with Mr Wrobel giving an address, featuring photos of himself finishing school, and Mrs Alexander spoke on behalf of the staff. Mrs Hayley Hartley spoke on behalf of the parents, giving some very thoughtful advice and heartfelt wishes, and Ethan delivered a speech on behalf of Year 12. The students all looked amazing, and we hope they had a lovely evening celebrating this achievement. We wish Rachael, Hamish, Ethan, Kyasia and Joe all the best with their future endeavours. Congratulations Year 12, 2023!











YEAR 12 FORMAL













YEAR 12 FORMAL















REMEMBRANCE DAY

REMEMBRANCE DAY SERVICE

Remembrance Day is such a special occasion on the calendar to remember those who have served in our armed forces. We held our annual Remembrance Day Assembly on Friday 10th November in the Ashford Central School Hall. It was great to see a number of community members present. Thank you to our wonderful student leaders who did a great job of running our service.







TOP SCHOOL ATTENDERS

Congratulations to the following students for achieving above the state average of 92% attendance.



Sam Baker	Bryce Irwin	Rubin Stewart
Duke Beveridge	Hunter Irwin	Lilly Taylor
Joe Beveridge	Blake Jones	Nathan West
Stuart Bradley	Clay Lavender	Emma Yang
Kurt Charles	Codie Morley	Samantha Yang
Flynn Cook	Emmily Morley	
Kane Coombes	Amelia Murphy	
Leroy Dedula	Brooklyn Muscat	
Peter Dedula	Declan Muscat	
Chloe Drysdale	Sam Muscat	
Chrostie Fleming-Leek	Elizabeth Ngatamariki	
Jorjah Foelz	Aidan Ryan	
Ella Grabham	Axel Ryan	
Thomas Grabham	Hunter Ryan	
Jacob Hillhouse	Ryley Ryan	

INVITATION - KINDERGARTEN TRANSITION 2024

Ashford Central School invites all children intending to begin Kindergarten in 2024 to attend the Kindergarten Transition Program. The Transition Program started on Monday 16th October 2023.

Each transition session begins at 9:00am and finishs at 2:45pm.

Transition is an important part of getting ready for school. During the transition program students will be participating in a range of Literacy and Numeracy activities including, counting, writing their name and learning the behavioral expectations of school. Students will need to bring their hat, fruit, morning tea and lunch to every session.

Department of Education policy requires all students wishing to attend the transition program to have completed their enrollment forms prior to attending.

If you have any questions or concerns, please contact the school on 02 6725 4101.



DATES:

Week 2 - Manday 16/10/23

Week 3 - Monday 23/10/23

Week 4 - Monday 30/10/23

Week 5 - Manday 6/11/23

Week 6 - Manday 13/11/23

Week 7 - Monday 20/11/23

Week 8 - Monday 27/11/23





STAR TICKET CANTEEN VOUCHER WINNERS

CONGRATULATIONS

K/1/2	Kytiana Irving	Emmily Morley
3/4/5	Thomas Grabham	Blake Jones
5/6	Sam Baker	Esmae Ozanne-Sharwood
Secondary	Duke Beveridge	Cameron Deh <mark>n</mark>

Star tickets are token rewards that are handed to students displaying positive behaviour in any setting to reinforce expectation. It is the students responsibility for placing the completed star ticket into their allocated star ticket box, which is located in the Ashford Central School Library. Tickets are drawn out of the star ticket box by the teacher at fortnightly assembly.

TOP MERIT AWARD RECIPIENTS

PRIMARY

Thomas Grabham
Mae Doney
Arya Green
Jacob Hillhouse
Declan Muscat
Kash Wilde
Blake Jones
Indigo Batty
Ryley Ryan
Hunter Ryan
Ayla Davis
Izayah Allen
Letti Irving
Leighton Stevens
Jason Whalley

Codie Morley

SECONDARY

Ashton Weiczorek
Kruz West
Jack Baker
Darcy Thompson
Michayla Schneider
Chloe Drysdale
Makeely Hancock
Bailey Foelz
Duncan Crafar
Ellie Foley
Isabelle Williams
Tiarnie Batty
Lexi Martinez
Hannah Foley
Christie Fleming-Leek

Bayley Platt



Happy Birthday to our students who celebrated their birthday recently:

Kaleia MacDonald Kurt Charles Tyrus Charles Ada-Blu Lavender Lanaya Whalley Aiesha Irving



SAFETY | TEAMWORK | ACHIEVEMENT | RESPECT

ACS STUDEC

HATER FUNDAY

21st November, 2023 Ashford Pool

K-6 - 11.00am-12.40pm Lunch - 12.40-1.20pm Secondary 1.20-3.00pm

Sausage Sizzle Lunch and Ice Cream Sundae provided - free of charge

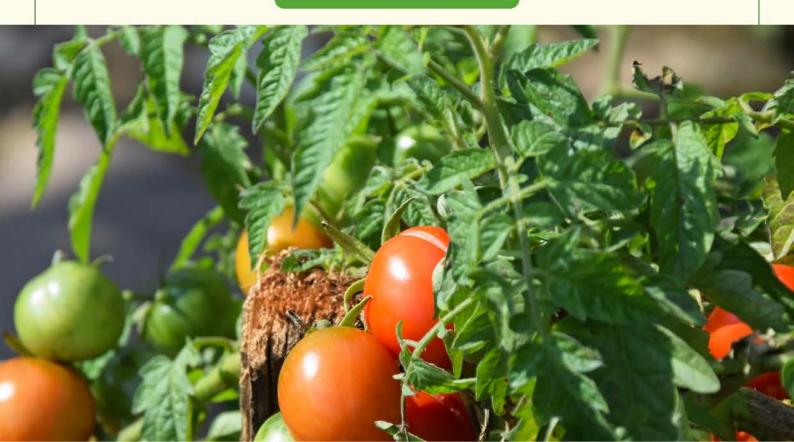
*Secondary students will not require a permission note as this activity is during secondary sport time



TOMATO SEDLINGS FOR SALE

Different varieties of tomato seedlings for sale at the Ag Plot on Monday, Wednesday & Thursday

\$1 Per Seedling





We will be holding a Book Fair during Week 8- a great opportunity to purchase Christmas gifts. There will be no parade, only a Book Fair

Week 8 Date

27/11/23-1/12/23

books and more at the Fair!

Time

Open during lunchtimes

Place

Ashford Central School Library

EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL





COMMUNITY NEWS

P&C COOKBOOK

The Ashford Central School P&C is gathering recipes to compile a recipe book full of your favorite recipes and handy hints.

We are hoping to have the book ready before Christmas. If you have recipes that you would like to share to help create this cookbook, please email them to – ashfordpc3egmail.com



SANTA PHOTOS

Bring your phone or camera along and have your photo traken with Santa on Thursday, 23rd November 2023, from 9:30am, at SUNHAVEN.

Gold Coin Donation



RIDDLE Of the Week

It belongs to you, but your friends use it more. What is it?

Answer on the back page

UPCOMING COMMUNITY EVENTS

SATURDAY NOV 18

Bundarra Car Boot Sale & Swapmeet, Bundarra.

SUNDAY NOV 19

Sapphire City Markets, Inverell.

THURSDAY NOV 23

Santa Photos at SUNHAVEN, Ashford.

SATURDAY NOV 25

Dreams - Fleetwood Mac and Stevie Nicks Tribute Show, Inverell Town Hall.

SATURDAY NOV 25

Inverell Picnic Race Day Marquee Event, Inverell.

SATURDAY NOV 25

Margarita and Taco Festival, Glen Innes.

SUNDAY NOV 26

Christmas Tree Lighting, Inverell Information Centre.

FRIDAY DEC 1

Christmas in The Highlands Markets, Glen Innes main street.

SUNDAY DEC 3

Sapphire City Markets, Inverell.

SATURDAY DEC 9

The Sapphire City Concert Band presents - Carols in The Park. Food Drinks and entertainment provided. Campbell Park Inverell.

To have your community event or news listed on this page, please contact the school.



02 6725 4101



ashford-c.school@det.nsw.edu.au



MEMBERSHIP

\$50 Adults - \$20 School Children

SOCIAL TENNIS

\$5 Key Deposit
(Refundable on Key Return)

\$5 Adults - \$3 Kids

Social tennis will start on Sunday 17th September at 4pm, and will operate every fortnight.

HIRE OF COURTS

Contact Maree for arrangements.

President:	Gilbert Fitzhannim	0428 195 501
Vice President:	Mark Thorn	
Secretary:	Maree Akhurst	0438 294 646
Treasurer:	Leza Luckett	0458 404 765



Anyone wishing to book Ashford
Showgrounds for an event or simply wanting
to contact The Showground Land Managers
Trust, please contact the Secretary.

Secretary/Treasurer: Trevor Tindall
Ashford Show Grounds Statutory Land Manager
1276 Wallangra Road, Ashford NSW 2361
Email: rusty-tinebigpond.com
Mobile: 0448 811 813

If the secretary can not be reached, please try David Thompson (President) on 0488 507 824.



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mattematthewandsons.com.au

Website:

matthewandsons.com.au

ABN: 28 157 677 391



ASHFORD BACK IN TIME

ASHFORD POST OFFICE AND BANK



View of the Post Office and Bank of N.S.W. - Early 1930's

Ashford Post Office.

Mr. L. L. Cunningham, M.H.R., is in receipt of the following letter from the Postmaster-General:-"I have to intimate that the Ashford Semi-official post office has been converted into official status as from the 10th May, 1922. The office will, as hitherto, be open for the transaction of official business from 9 a.m. to 6 p.m. daily (Sundays excepted)."



Ashford Post Office.

: Cr. F. E. Body, president of Ashford Shire Council, reported at last meeting of that body that he had interviewed the Postmaster-General at Armidale on August 3 in connection with the erection of a new post office at Ashford. As a result of the interwiew Mr. Gibson promised to have an extension made of the present office, to permit of more privacy in the despatch of telegraphic business. Al vote of thanks was accorded the president for his services, and it was also decided to write and thank the P.M.G. for the manner in which he had treated the council's request.



ASHFORD BACK IN TIME



1989

Images showing the manual telephone exchange being used for the last time before being cut over to an automatic exchange.

Telephonists are Val Gainey, Shirley Sunderland and Pansy Jurd.

ASHFORD.

Ashford still stands where it stood geographically, but not progressively. It has thrown off its Rip Van Winkle guise of the old years, and bloomed into a busy little business town. New buildings are in course of erection, and all completed ones are occupied the most eloquent sign of the standing of a town, big or little. And with its other advances along the high road of progress it has taken unto itself a Mayor of the Manor, to wit, Mr. E. Naughton, who is now entitled to the dignity of Your Worship. Mr. Naughton, by the way, has been our local postmaster for a quarter of a century, and has never once been absent from his post, and for this faithful and exacting service receives the princely pay of £125 per annum ! And this is called the holiday era of the civil servant! Which reminds me that Ashford has been shamefully treated also in the matter of its telephonic s-rvice. To put it bluntly, the present is a rotten one. If we want to communicate with Inverell, we have to call up through Graman and Cherry Tree Hill-an idiotically round-about muta. As mattacal fact, however. we should have a direct telegraph line to Inverell, for, without doubt, the ever-growing traffic fully warrants the connection.





ASHFORD BACK IN TIME

STEALING A LETTER

MAILMAN'S LAPSE.

At Ashford Police Court on Wednesday, before Mr. W. I. Perry, P.M., Daniel John Carroll was charged with stealing on October 3, a letter containing £3 in notes. The notes were the property of Mrs. Brooks,

Defendant pleaded guilty.

Sergeant Lucas said the defendant carried the mail from Ashford to Bonshaw, and was given a letter to post by a Mrs. Brooks, containing £3. Defendant took the letter and on the following day took the money and destroyed the letter. The money had been spent by defendant. Until this lapse he had been looked upon as a decent lad.

As defendant was a first offender he was fined £10, ordered to pay £3 to Mrs. Brooks, and 12/6 costs, in default four months. A month was allowed to pay.

A Second Charge.

Carroll, was then charged with stealing a letter on October 1st., the property of the P.M.G. and addressed to the postmaster at Ashford.

Constable Lucas stated that on October 28 last he saw Carroll drive up to the Ashford post office with the Wallangra mail. He was then engaged driving several mails, including Ashford to Bonshaw. Witness asked Carroll to come to the police station as he desired to have a talk to him. Witness was then in company with Constable Payne. On arrival at the police station witness said to Carroll, "Did Mrs. Brooks give you a letter to register, addressed to Way and Co?'' Carroll replied, "Yes, Mrs. Brooks handed it to me," Witness said handed it to me," "About three weeks after, that, did

"About three weeks after, that, did you receive any other letter from Mrs. Brooks?" Carroll said "Yes." On about October 3 one of Mrs. Brooks' boys handed me a letter addressed to the post master at Ashfordgoing along the road I opened the letter and read it and found that it was in connection with the registered Witness said, "About a week later did you receive another letter from Mrs. Brooks?" replied, "Yes, one of Mrs. Brooks' boys handed me another letter addressed to the postmaster at Ashford. Witness then showed Carroll three letters (produced) and said, "Do you know anything about these?" Carroll replied, "Yes, I wate them." He added that he had delivered them with the mail to Mrs. Brooks. formally cautioned Carron as embody what he had just told him in writing and Carroll agreed and wrote out a statement himself (produced). The statement admitted that on September 11 Carroll had opened a letter containing £3, given him by one of Mrs. Brooks boys, addressed to Way

and Co., and containing £3. The statement also admitted that Carroll had taken ? letters from Mrs. Brooks' boy, addressed to the postmaster at Ashford, and torn them up.

Mrs. Frances Brooks, Fraser's Creek, said she did not know accused personally and had never seen him-She had sent a letter about October 1 last to the postmaster at Ashford. She gave it to one of her boys to give to the postman (Carroll). She got a reply from the postmaster, and identified the letter in court as the reply. About a week later she wrote another letter to the postmaster at Ashford, and gave it to one of her boys to give to Carit to one of her boys to give to Car-She identified the letter produced as the reply. About October 18 she wrote a third letter to the postmaster at Ashford and received the reply dated October 26. saw the postmaster and police on October 28.

James E. Wilson, acting postmaster at Ashford from June 9 to November 10, said Carroll was driving the Ashford-Bonshaw mail between those He did not remember receiving a letter from Mrs. Brooks about October 2 or 3, or at any other later dates, and he did not write the replies dated October 5, 17 and 22. not his signature on the letters and he had not authorised anyone to write such letters on his behalf. He did not authorise Carroll to open any letters addressed to him (witness) or to reply to them.

The P.M. pointed out that there were really three distinct charges against Carroll; but the police were only proceeding on the charge of Oc-

Defendant pleaded guilty, and said the letter (of October 1) was handed to him by one of Mrs. Brooks' boys.

Defendant was committed for trial at the next Quarter Sessions at In-

Bail was fixed in self of £30 and one surety of £30.

It was stated that defendant's father was willing to go bail for the

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J. Coggan's Royal Mail Coach to Ashford.

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EDUCATIONAL PATHWAYS PROGRAM

School-Based Apprenticeships and Traineeships (SBATs)

SBATs allow students in Years 10, 11 and 12 to commence an apprenticeship, or complete a traineeship, as part of their HSC. A school-based apprenticeship or traineeship combines paid work, training and school; and as well as an industry-recognised national qualification you will also gain credit towards the HSC.

2024/25 SBAT Positions Vacant

There are multiple SBAT positions available in the Inverell area for 2024/25. These are predominantly aimed at current Year 10 students.

If you are interested in doing an SBAT, and your job preference is not on the list, please reach out and we can assist you to secure your own employer in your job of choice.

INDUSTRY	QUALIFICATION	EMPLOYER
Warehousing	Certificate II in Supply Chain Operations	Reece Inverell
Business	Certificate III in Business or Accounts	Borthwick and Butler
Business/Retail	Certificate III in Retail or Business	Hip Pocket Workwear
Business	Certificate III in Business (Identified role)	ANZ
Finance	Certificate III in Accounts Administration	Findex
Library	Certificate III in Library and Information Services	Inverell Shire Council
Tourism	Certificate III in Tourism or Events	Inverell Shire Council
Retail	Certificate III in Retail	McDonalds Inverell
Business	Certificate III in Business	Legacy Inverell
Finance	Certificate III in Accounts Administration	Legacy Inverell
Retail	Certificate III in Retail	KFC Inverell
Business Admin	Certificate III in Business Administration (Medical) (Identified roles)	HNE Health
Business	Certificate II or III in Business (Identified)	Dept Communities and Justice

If you are interested in any of these positions, would like to know more, or would like help finding your own employer, please talk to Mrs Sargeant or Jacinta (details below).

Jacinta Gorton

SBAT Engagement Officer | M: 0460 031 947 | E: jacinta.gorton1@det.nsw.edu.au

https://education.nsw.gov.au/public-schools/career-and-study-pathways/school-based-apprenticeships-and-traineeship





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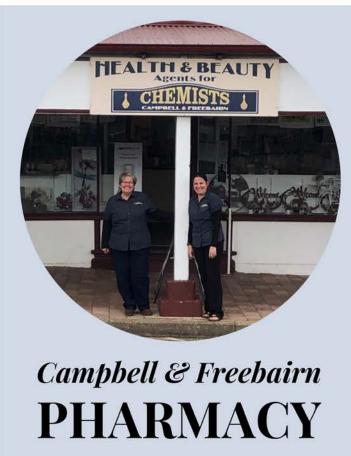
SECOND PLACE: \$300 Visa Gift Card

THIRD PLACE: \$100 Visa Gift Card

TICKETS AVAILABLE
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SUNDAY'S OF EACH MONTH

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P U

ASHFORD POLICE

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ASHFORD DOCTOR Dr Abbas Hussein

Saturday Only 8.00AM: Blood Tests 9.00am - 5.00pm: Appointments

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To make appointments on other days please phone Campbell and Freebairn Ashford on 02 6725 4013.

CHEMIST Campbell & Freebairn Ashford

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Closed for lunch between 12.30pm and 1.00pm daily.

Drop prescriptions in by 11.30am for afternoon collection after 2.30pm.

HELPFUL PHONE NUMBERS Community Health Centre Ashford 02 6726 2030

Texas Doctor: Dr Abbas Hussein 07 4653 1363

HACC - Ashford Home & Community Care 02 6725 4479

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CATERING ON THURSDAY,
FRIDAY AND SATURDAY NIGHTS

FRIDAY NIGHTS | DINNER

5.30PM - 8.00PM

SATURDAY | LUNCH & DINNER

12.00PM - 2.00PM AND 5.00PM - 8.00PM

SUNDAY | LUNCH

12.00PM - 2.00PM

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Donations of household and various items welcomed.

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SATURDAY

10.30AM - 1.30PM

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Looking forward to your support in the future!





SUNHAVEN

GOLD COIN DONATION

ZZZA FUNDRAISING NIGHT



Pizza night fundraiser at the Ashford Bowling Club to raise funds for Leroy Dedula's selection on the Joeys All Star Team team to tour Germany in 2024.

Thursday 23rd November
Supreme
Meat Lovers
Hawiian

\$23 EACH \$25 WITH GARLIC BREAD

6PM - CASH ONLY



RECIPE OF THE WEEK

Honey Soy Baked Chicken Thighs

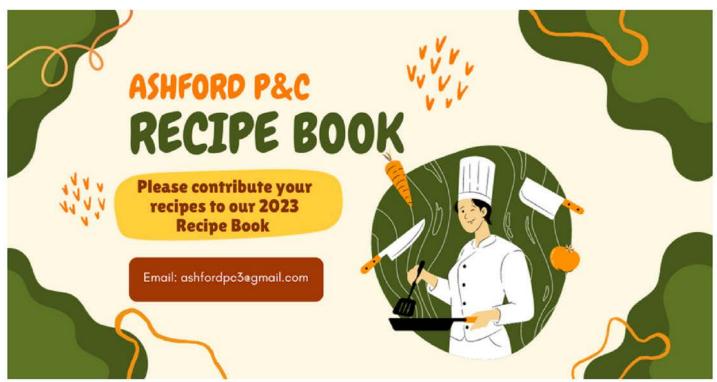
Ingredients

- 1/3 cup honey
- 1/4 cup low sodium soy sauce
- 1/4 cup finely chopped green onions
- 2 tablespoons cooking oil vegetable oil or canola oil
- 11/2 tablespoons garlic minced (or 4 large cloves garlic, minced)
- 1 tablespoon white vinegar (apple cider or rice wine vinegar -- OPTIONAL)
- 1 teaspoon sesame oil OPTIONAL
- 3/4 teaspoon fresh minced ginger
- 2 1/2 pounds (1.2 kg) chicken thighs (skinless, boneless)
- · Salt and pepper to season
- · Fresh chopped parsley to garnish



Method

- In a shallow bowl, combine honey, soy sauce, green onions, cooking oil, garlic, vinegar, sesame oil and ginger. Mix well and set aside.
- Pat chicken dry with paper towel. Trim off any excess fat. Season with salt and pepper then transfer chicken to the bowl with the marinade. Cover and marinade chicken for at least 30 minutes if time allows (or overnight).
- Preheat the oven to 425°F (220°C).
- Transfer chicken along with the marinade to a cast iron skillet or baking dish. Bake for 20-25 minutes, flipping twice while baking to ensure the chicken doesn't dry out on top.
- Broil for 5 minutes at high heat until golden browned and slightly charred on the edges.
 Chicken should have an internal temp of 165°F (or 70°C).
- Garnish with parsley and optional sesame seeds
- Serve chicken with pan juices over steamed rice, cauliflower rice, zucchini noodles, regular noodles or mashed potatoes.



If you or someone else needs immediate help – call 000

Additional Support Services

Life Line – 13 11 14 24/7 confidential crisis support

NSW Mental Health Line – 1800 011 511 24/7 telephone assessment & referral

Beyond Blue 1300 224 636 24/7 mental health counselling, support and referral

Alcohol & Drug Information Service 1800 250 015 (24/7) Information, support referral & counselling on drugs and alcohol

Kids Helpline (24hrs) Young people 5-25 years old

Suicide Call Back Service 1300 659 467 24/7 telephone support & counselling for anyone affected by suicide

Men's Helpline 1300 789 978 24/7 information & referral service for men with family and relationship concerns



Health

Hunter New England Local Health District



(After hour calls welcomed – just leave a message and Farmgate staff will return your call the **next working day**)

Email
HNELHD-FarmgateSupport@health.nsw.gov.au

Your local Farmgate support worker:





Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

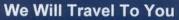
Contract/seasonal workers

The Farmgate Support
Program provides free
emotional and mental health
support to people living and
working in rural & remote
communities



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances





Visits can be arranged on your farm, home or place of business <u>OR</u> any other place of convenience like your favourite coffee shop

