

4 July 2025

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### **AROUND THE SCHOOL**





# **UPCOMING EVENTS**

MON JUL 21 Staff Development Day

**TUE JUL 22** First Day of Term 3 for All Students

WED JUL 23 Secondary Parent Teacher Interviews

**THU JUL 24** Unserious Careers Roadshow Years 7-12

**FRI JUL 25** Primary zone Athletics Trials - Inverell

MON JUL 28 U/14s League 7s and Opens Netball

**TUE JUL 29** 16s Rugby League 7s & 16s Netball

WED JUL 30 P&C Meeting

FRI AUG 1 Secondary NW Athletics Trials

MON AUG 4 - FRI AUG 8 Year 10 Work Experience

MON AUG 4 - FRI AUG 8 ACS Book Fair

O2 6725 4101
 Ashford Central School
 51 Martyn Street, Ashford NSW 2361
 ashford-c.school@det.nsw.edu.au
 https://ashford-c.schools.nsw.gov.au/



### FROM THE PRINCIPAL

As we wrap up Term 2, we have a number of great student achievements and activities to report on, but firstly I would like to start with a huge thank you to our school staff. At this time of year we usually face a number of staff and student absences due to illness and I am so proud of the efforts they have put in to keep our school functioning to a high standard, even when we have had minimal staff onboard for the day. Thank you, thank you.

Recently, we have had a number of our students entering different Creative Arts competitions, including the K-6 Sapphire Community of Schools NAIDOC Week Art competition at the Inverell Library, and the Secondary student NAIDOC Week Street Flag competition. We have had a number of our students being successful in winning prizes in these competitions and we are really proud of all who entered. A big thank you goes to Mrs McIntyre who takes the time to curate entries and drop them to their required locations outside of school hours.

On Monday 23<sup>rd</sup> June, successful Primary students entered our school Spelling Bee finals with students who qualify being able to enter the regional Spelling Bee finals. Congratulations to all of the students who made it into the school finals. Thank you to the K-6 teachers for their organisation and especially to Mrs Thibault who has been the coordinator of this program for a number of years.

On Wednesday 25<sup>th</sup> June our fabulous STUDEC team held a pyjama day and roller skating disco. It was great to see our student leaders spring into action and lead from the front. It was a fun day with everyone wearing their pyjamas and even greater evening with all of the students roller skating in the hall with some great music, fun games, tasty treats and a lot of smiles. Thank you to our STUDEC Leaders for their organisation. Thank you to our STUDEC advisors Mrs Grabham, Mrs Blake, Mrs Foelz and Mr Cowley. Thank you to Mr Simpson and Mrs Thibault for helping out on the evening. A large thank you to Miss MacKay for taking the time out of her evening to share her skating knowledge and teach the students some fun skating games.

Last Friday and Saturday our students who are participating in the Duke of Edinburgh program went on their Adventurous Journey with Mr Hollands. The students travelled to Maroon Outdoor Education Centre and completed an overnight hike. In talking to students on their return, they all enjoyed the experience, but all commented on the difficulty of the hike and the perseverance required to complete it. Well done to all of the students. This is a great initiative that we are able to offer our







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# SCHOOL UPDATE

students this year. Thank you to Mr Hollands who has taken these students and dedicated his time over the weekend to support their learning. These excursions take a large amount of organisation and we are extremely thankful. Thank you to Mr Zac Wright for volunteering to accompany Mr Hollands and our students on this trip, we are very thankful for your support.

On Monday, our Year 9 students had the opportunity to travel to Inverell TAFE and experience their Open Day. The day was provided to give our students a taste of the facilities and courses that are offered here locally, as they progress into their later years of school. Thank you to Mrs Sargeant, our Careers Advisor for organising this visit and accompanying the students on the day.

On Wednesday, we celebrated student achievement at our Term 2 Principal's Assembly. We are so proud of the achievements of our students and it was great to see the pride on their faces as they come up on stage to receive their awards. It was so lovely to see so many family and community members at the assembly and lunch afterwards, despite the freezing weather. Our students love sharing their success with with family and friends, so we are so appreciative to those who were able to come along and celebrate with us.

On Monday afternoon our K-6 reports were sent home to all families and Year 7-12 reports were sent home on Thursday. Our K-6 families had the opportunity to meet with their child's teacher on Wednesday afternoon for parent teacher interviews. Secondary parent teacher interviews will occur on Wednesday 23<sup>rd</sup> July (Week 1, Term 3), please book your appointments via the Sentral App or calling the office.

Today we finished off the term with our Rewards Day at school for our students who have maintained positive behaviour and great attendance. It is so important to ensure students attend school regularly. If they miss too much school they will find it difficult to do well in assessment tasks and missed valuable learning opportunities.

As always, if you would like to arrange a time to meet with your child's teacher, please feel free to contact the front office to make a suitable time to meet with them. We always value your input into your child's learning and share the same goal of seeing them succeed.

Mr Wrobel









Page 3 **PRINCIPAL'S SPOTLIGHT** 

## PRINCIPAL'S SPOTLIGHT

Each fortnight teachers have been asked to send students with great learning growth or an exceptional piece of learning to my office for positive reinforcement. When students arrive, we discuss what they were learning, why they think they were chosen by their teacher and how good it makes them feel to have this honour. I then offer them a sticker and call their parents to reinforce that they are doing a great job in the classroom. This fortnights students are:





### PRIMARY SPELLING BEE

On Monday morning, years 1-6 attended the Ashford Central School NSW Premier's Spelling Bee. The NSW Premier's Spelling Bee is held annually and is open to any NSW public school student. There were 5 junior entrants (Ethan Elphick, Samayha Lazar-Brown, Bryce Irwin, Bonnie Sara, Terry Stevens-Drew) and 4 senior entrants (Thomas Grabham, Mae Doney, Arya Green and Indigo Batty). As the contestants progressed through the competition, the words became more and more difficult. The crowd was on the edge of their seat watching their classmates battle it out and eventually Samayha and Indigo were crowned the winners of their respective division. The girls will now compete in the regional finals (via zoom) to be held in Term 3.





### YEAR 10 HISTORY STUDENTS EXPERIENCE LIFE ON THE WESTERN FRONT

W W W W W

Mrs McIntyre's Year 10 History class recently took part in an immersive two-lesson experience titled "Suit Up, Soldier! – Surviving the Western Front." Students were transported to 1916 France with the booming introduction: "Welcome recruits! You've just landed in France. This is the Western Front. Your mission is to survive the next 50 minutes in the trenches. Are you up to it"

Students created their own soldier identity cards and rotated through six interactive stations simulating trench life. Highlights included dipping hands into icy water then tie bootlaces while wearing wet socks – mimicking the effects of trench foot and eating stale crackers while viewing images of lice and rat-infested trenches, prompting reflection on the realities of war.

Dressed in army attire, students embraced the challenge and engaged deeply with the historical context. The experience brought history to life and offered valuable insights into the hardships faced by Australian soldiers.



## STUDEC ROLLER SKATING DISCO NIGHT

 $\mathbf{\Gamma}$ 

Students enjoyed a great afternoon of roller skating in their PJ's, on Wednesday, 25<sup>th</sup> June.





# SEWING FOR CHARITY

## AFTER SCHOOL SEWING

The ACS After School Sewing for Charity Group had a massive achievement in week 10 We made 80 Chemo Port Pillows. Awesome work, team!



# YEARS 9/10 FOOD TECHNOLOGY FREE CHOICE MEAL

Students made delicious foods as part of their Food Technology Free Choice Meal. Duke - Fruit Salad Lillie - Birra Tacos Ellie - Sweet and Savoury Roasted Sweet Potatoes Mahalia - Chicken and Broccoli stir fry Mia - vanilla slice Bailey - Chicken stir fry Hunter - Chilli Beans Stuart - Jam Drops













### **DUKE OF EDINBURGH AWARD ADVENTUROUS JOURNEY 1**

What do you get when you combine 5 Ashford students, 2 adults, 5:30am start, 10:30pm finish, 9 hrs of Bus travel, 6 hrs lugging a pack, a track the goes up & up & up camping overnight halfway up a mountain, having to use a rope to climb a cliff, bagging a 787m summit, 4 changes of direction because the navigator wont read the map, a melting moment in a gully (not mentioning any names!), almost starting a landslide on the 'safe' track, no bush toilet stops and finishing it off with a celebratory jump into a waterfall?

It equals a nice neat package of hard work, laughs, scratches, bumps, bruises, adrenalin, heart pounding moments, new friends and the accomplishment of the first Adventurous Journey of the 2025 Ashford Duke of Edinburgh program.

Some Personal learnings -

Ø "Steak and eggs make for an awesome meal but carrying half the farm up a mountain is more work than its worth".

- Ø "Maybe we should check the whole tent is there before packing it nice starry night though".
- ${\it 0}$  "I look & feel like a beetle with this backpack but I love walking sticks".
- Ø "We are we? Are we there yet?"
- Ø "Don't look down don't look down don't look down"
- Ø "When is the next one?!"

Well done Narah, Michael, Cody, Alex and Clay for your commitment, perseverance and safe return from the weekend Adventurous Journey. 1 down, 1 to go and don't forget to continue logging your Skills, Service and Physical Recreation hours on your Log books.

Special thanks to Zac Wright for volunteering and Maroon Outdoor Education Centre, QLD for hosting.







# By DUKE OF EDINBURGH



# MAROON OUTDOOR EDUCATION CENTRE









# FFL PRESCHOOL VISIT

# FFL PRESCHOOL VISIT

The FFL - Service group have been working with the preschool this term. The students have visited the preschool to interact and play with the pre-schoolers.

The pre-schoolers came over to the ASC kitchen to cook cupcakes. It was so much fun. We sang lots of nursery rhymes and the cupcakes were delicious.













PRINCIPAL'S ASSEMBLY

## TERM 2 PRINCIPAL'S ASSEMBLY

Term 2 Principal's Assembly was held on Wednesday, 2<sup>nd</sup> July, in the school hall. Congratulations to all those students who received an award. It was fantastic to see so many family members attending the assembly and supporting their children. A big thank you goes to the staff who organised the delicious lunch that followed the assembly.

# GREEN AWARDS

Izayah Allen Mahalia Allen Sam Baker Savarnah Batty Duke Beveridge Theo Boyd **Beau Ceely** Kurt Charles Zane Charles Deacon Collison Jaidean Connors Gloria Crafar Ayla Davis Joel Dehn Lillie-Anne Dell Adam Doney Ethan Elphick **Bailey Foelz Ellie Foley** Ella Grabham Arya Green Scarlett Halloran Makeely Hancock Jacob Hillhouse Johnathan Hillhouse Bryce Irwin Hunter Irwin Charlie Larfield Ada-Blu Lavender Mahalia Lavender Samayha Lazar-Brown

# GREEN AWARDS

Jack Mackay Lexi Martinez Codie Morley Amelia Murphy Colt Murphy Jack Murphy Mia Murphy Xavier Rollinson Axel Ryan Hunter Ryan Noah Ryan **Ryley Ryan** Brendon Schneider Michayla Schneider Kyson Short Annah Smith Dridan Stanley Leighton Stevens Tayla Stevens Terry Stevens-Drew Harriette Thomas Sophiee Whalley Kash Wilde **Esther Wright** Narah Wright

# **RED AWARDS**

Kymarni Allen Mahalia Allen Lincoln Archer Sam Baker **Tiarnie Batty** Duke Beveridge Joe Beveridge Stuart Bradley Gloria Crafar Lillie-Anne Dell Adam Doney Joy Doney Mae Doney **Bailey Foelz** Ellie Foley Thomas Grabham Arya Green Hunter Irwin Samayha Lazar-Brown Kaleia MacDonald **Emmily Morley** Bonnie Sara Nina Sunderland Kash Wilde

# BLUE AWARDS

Joy Doney Bailey Foelz



# PRINCIPAL'S ASSEMBLY

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# MIDDLE SCHOOL

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### MIDDLE SCHOOL EXPLORING ASHFORD HISTORY - TERM 2

Middle school students have been very busy this term, exploring, learning and enjoying beautiful Ashford, the history and beautiful sites.

Among other things, students viewed the Memorial Hall exhibit of antique/old memorabilia donated for the Back to Ashford Reunion. Students looked at different items from yesteryear which are nowadays relegated to museums and displays. Speakers included Miss Mackay and Mrs Foelz who explained different pieces and fielded questions from curious students.

Students also visited Kookabitta, and Macintyre Falls. Although these visits are local it is surprising how many students have never explored or visited their local natural attractions. A poll was taken of this group and 40-45% had never been to either of these places. And this has been a common feature of many of the groups taken on the middle school visits.



# **TOP ATTENDERS**

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## **TOP SCHOOL ATTENDERS**

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

Alaynah ARCHER	Arya GREEN
Lincoln ARCHER	Jacob HILLHOUSE
Tiarnie BATTY	Johnathan HILLHOUSE
Duke BEVERIDGE	Leonard IRVING
Theo BOYD	Kytiana IRVING
Stuart BRADLEY	Claye LAVENDER
Tyrus CHARLES	Lucas MACKAY
Kurt CHARLES	Jack MACKAY
Duncan CRAFAR	Lexi MARTINEZ
Ruzhel DEGRAN	Hailee-Mae MURPHY
Lillie-Anne DELL	Jack MURPHY
Izaiah DEVER	Colt MURPHY
Adam DONEY	Xavier ROLLINSON
Mae DONEY	Bonnie SARA
Ethan ELPHICK	Tyiler SCHUMANN
Bailey FOELZ	Kyson SHORT
Ella GRABHAM	Nina SUNDERLAND
Thomas GRABHAM	Madeline THOMAS

# CONGRATULATIONS! Harriette THOMAS

# Your Wellbeing Nurse

You can talk to your wellbeing nurse about: ng concerns

- ealth and well healthcare options
- · finding health and community services.

Any student enrolled at a school with a wellbeing nurse and their family members can get support from a wellb eing nurse.

#### Parents

- · Contact the school to ask to see or speak to the
- ellbeing nurse Let a teacher or the school learning and support team know you would like to see the wellbeing nurse.

#### Students 14 years and older

Let a teacher or the school learning and support tea know you would like to see the wellbeing nurse Approach the wellbeing nurse directly to speak
with them privately.

#### ng nurse is at the school on 23/7, 6/8

Contact your wellbeing nurse Rebecca Collyer 0457681867

Visit www.health.nsw.gov.au/whinprogram or scan the QR code for further information about wellbeing nurses.

Wellbeing and Health In-reach Nurse Coordinator program

Your wellbeing nurse is a highly skilled registered nurse from NSW Health.

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students and family get health





NSW



#### Do parents have questions about their child's behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help parents raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support children's social and emotional wellbeing from birth to age 12.





Find out more about Raising Healthy Minds at raisingchildren.net.au/rhm

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# **STAR TICKET CANTEEN VOUCHER WINNERS** CONGRATULATIONS

Kinder	Nina Sunderland	Kyson Short	Star ticket that are h displaying	
1/2	Ruby Taylor	Wyatt Langbein	any setting expectatio	
3/4	Terry Stevens-Drew	Emmily Morley	responsibil co <mark>mple</mark> tec allocated	
5/6	Arya Green	Thomas Grabham	which is lo Central Sc	
Secondary	Stuart Bradley	Joe Beveri <mark>dge</mark>	are drawn box by the fortnightly	

ts are token rewards nanded to students g positive behaviour in g to reinforce on. It is the students ility for placing the d star ticket into their star ticket box. ocated in the Ashford chool Library. Tickets n out of the star ticket e teacher at y assembly.

## **TOP MERIT AWARD** RECIPIENTS PRIMARY

PBL

Amelia Murphy Kash Wilde Leighton Stevens Hunter Ryan Letti Irving **Eve Edwards** Arya Green Thomas Grabham Mae Doney **Emmily Morley** Ada-Blu Lavender Savarnah Batty Mahalia Lavender Samayha Lazar-Brown Nina Sunderland Scarlett Halloran

### SECONDARY

Narah Wright Mia Murphy Mahalia Allen Isabelle Williams Hunter Irwin Ellie Foley **Bailey Foelz** Lillie-Anne Dell Stuart Bradley Duke Beveridge Annah Smith Ryley Ryan Jack Murphy Grace Larfield Hamish Irwin Zarleah Gleeson



Happy Birthday to our students who celebrated their birthday recently:

**Grace** Larfield Savarnah Batty Mae Doney **Hamish** Irwin

# SAFETY | TEAMWORK | ACHIEVEMENT | RESPECT

The Kidman Centre



# FREE WORKSHOP CALENDAR 2025

To reigster for a workshop please make sure to sign up:

https://tinyurl.com/ KidmanParentWorkshops





Call us 02 9514 4077

Email us roanna.chan@uts.edu.au

The Kidman Centre UTS Parkes 10 East Prince of Wales Hospital High Street Randwick Sydney 2031

@thekidmancentreuts

#### WORKSHOP 6

#### Tech-Smart Parenting: Creating Healthy Screen Time Habits

WHO IS THIS FOR: Parents and caregivers of children and teens DESCRIPTION: Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.

#### TUES 16 SEPT 2025 (4-5PM)

#### WORKSHOP 7

#### Supporting Teens with Low Mood and Suicide Risk

#### WHO IS THIS FOR: Parents and caregivers of teens

DESCRIPTION: Learn how to support teens experiencing low mood and navigate conversations around suicide safely. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.

#### WED 1 OCT 2025 (6-7PM)

#### WORKSHOP 8

#### Helping Teens with ADHD: Tools to Support Executive Functioning

WHO IS THIS FOR: Parents and caregivers of children and teens with ADHD DESCRIPTION: Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.

#### TUES 11 NOV 2025 (6-7PM)

#### WORKSHOP 9

#### Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child

WHO IS THIS FOR: Parents and caregivers of children and teens DESCRIPTION: Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.

#### TUE 2 DEC 2025 (6-7PM)

The Kidman Centre



# FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To reigster for a workshop please make sure to sign up:

https://tinyurl.com/ KidmanParentWorkshops





Call us 02 9514 4077

Email us roanna.chan@uts.edu.au

The Kidman Centre UTS Parkes 10 East Prince of Wales Hospital High Street Randwick Sydney 2031

#### WORKSHOP 1

#### Raising Resilient Kids: Helping Children Manage Anxiety

WHO IS THIS FOR: Parents and caregivers of children aged 6–12 DESCRIPTION: Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

#### TUES 27 MAY 2025 (6-7PM)

#### WORKSHOP 2

#### Teen Anxiety (Part 1): Understanding Worry and Thinking Traps

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18 DESCRIPTION: Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

#### TUES 10 JUNE 2025 (6-7PM)

#### WORKSHOP 3

#### Teen Anxiety (Part 2): Building Confidence with Exposure Strategies

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18 DESCRIPTION: Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

#### WED 9 JULY 2025 (4-5PM)

#### WORKSHOP 4

#### Making Space for Anxiety: Tools from Acceptance and Commitment Therapy

WHO IS THIS FOR: Parents and caregivers of anxious children or teens DESCRIPTION: This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

#### MON 4 AUG 2025 (6-7PM)

#### WORKSHOP 5

#### Body Calm: Relaxation Skills to Support Emotional Distress

WHO IS THIS FOR: Parents and caregivers of children and teens DESCRIPTION: Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

#### TUES 26 AUG 2025 (6-7PM)



# **COMMUNITY NEWS**

# Service NSW is coming to your community



We're bringing NSW Government services to: Ashford Wednesday, 16 July 2025 10AM - 3PM

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence applications and renewals
   driver licence, mobility parking and
- driver licence, mobility parking al photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.



Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.

Unexpected events like severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

School Tenis Courts 39 Albury Street





What is cut on a table, but is never eaten?

Answer on the back page

# UPCOMING COMMUNITY EVENTS

#### FRI JUL 4 - FRI JUL 11

NAIDOC WEEK EVENTS - INVERELL and TINGHA: Friday 4<sup>th</sup> - Inverell Street March and Opening Ceremony Sunday 6<sup>th</sup> - Inverell Combined Churches Service Monday 7<sup>th</sup> - Inverell Art Exhibition Opening Tuesday 8<sup>th</sup> - Tingha Street March and Community

Fun day Wednesday, 9<sup>th</sup> - Danthonia Elders Luncheon Thursday, 10<sup>th</sup> - Inverell Health Service Flag Raising Friday , 11<sup>th</sup> - 3 on 3 Basketball Tournament

**SAT JUL 5** Orange Festival 2025 Maitland Street, Bingara

WED JUL 16 Service NSW visit to Ashford 10:00am-3:00pm

**SAT JUL 26** - **SUN JUL 27** Texas Show 2025

WED JUL 30 P&C Meeting at the Ashford Bowling Club, starting at 4:30pm

**SAT AUG 16** Annual Bingara Races Bingara Showground and Racecourse

**SAT SEP 13** Warialda Honey Festival

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

O2 6725 4101 ashford-c.school@det.nsw.edu.au



TINGHA STREET MARCH AND COMMUNITY FUN DAY Assemble at Tingha Armajun Access Point, Cnr Ruby and Amethyst Street. Proceed to Anaiwan LALC for Smoking Ceremony and Welcome. Community Fun Day to follow at Tingha Town Centre

BALL

COMP

REGIONA

NORTH WEST

GUE

Bingara, Now and Then

FOLLOW US

Inverell & Tingha NAIDOC For Updates Page

SATURDAY 5 JULY 2025 10am | Street Parade 2pm

MEMPHIS MOOVERS I SWING KATZ I VINTAGE CAR DISPLAY I MARKET STALLS **Rodeo** | CHILDREN'S ENTERTAINMENT | FOOD TRUCKS TOURS OF THE ROXY THEATRE AND **Happy Days Theme** 

Join the North West Regional Coloured Ball Leaguel All North West clubs and coaches with a Tennis Australia Hot Shots program are invited to join this exciting event, culminating in a regional competition in Tamworth during Term 4. Each club will host qualifying events with red, orange, and green ball divisions, focusing on fun and fostering a love for tennis. Our goal is to create a positive, pressure-free atmosphere where juniors can play with their friends, enjoy music and their first competitive experience. This league is designed for players with a UTR between 0 - 2.

North West Regional Coloured Ball League

Date: 6TH JULY 2025
Time: 8AM START
Venue: INVERELL TENNIS CLUB
Contact: GREG VEN DER WOUDE - 0455 023 612

### INVERELL LIBRARY SCHOOL HOLIDAYS PROGRAM

2025	MON	TUES	WED	THURS	FRI
J	7th - INVERELL	8 <sup>th</sup> - INVERELL	9th - INVERELL	10th - INVERELL	11th - INVERELL
JULY		MOVIE: Dragonkeeper RATED PG: Mild fantasy themes, animated violence TIME: 2.30 – 4.10 pm AGE: kinder & above. COST: FREE BYO SNACKS	MOVIE: A Minecraft movie RATED PG: mild fantasy violence, coarse language, some scenes may scare young children. TIME: 10.00 – 11.50 am AGE: Kinder & above. COST: FREE	SAND ART TIME: 11. 00- 11.30am AGE: Kinder – Year 6 COST: \$3 Child - \$7.50 Family	Gemstones Reading Challenge Invitation Only TIME: 11. 00- 11.45am AGE: Kinder – Year 3 Reading challenge participants only.
		2	BYO SNACKS		Invitation only event
		Bookings essential Bookings open 9.30am 01/0725	Bookings essential Bookings open 9.30am 01/07/25	Bookings essential Bookings open 9.30am 01/07/25	Bookings essential Bookings open 9.30am 01/07/25
2025	MON	TUES	WED	THURS	FRI
JULY	14 <sup>th</sup> – INVERELL Velvet & Scratch Board Art TIME: 10.30 – 11.10 am AGE: kinder – Year 6 COST: \$3 Child - \$7.50 Family	15 <sup>th</sup> – INVERELL	16 <sup>th</sup> – INVERELL Wooden Flower Bouquet TIME: 11.00 - 11.30am AGE: Kinder - Year 6 COST: \$3 Child - \$7.50 Family	17 <sup>th</sup> – INVERELL MOVIE: Looney Tunes: The day the Earth blew up. RATED PG: mild science fiction themes, action violence and coarse language TIME: 10.00 – 11.45 am AGE: 3yr & above COST: FREE BYO SNACKS	18 <sup>th</sup> – INVERELL MOVIE: Dog Man RATED PG: mild fantasy themes, animated violence. TIME: 10.00 – 11.30 am AGE: 3 yrs. & above. COST: FREE BYO SNACKS
	Bookings essential Bookings open 9.30am 01/0725		Bookings essential Bookings open 9.30am 01/0725	Bookings essential Bookings open 9.30am 01/07/25	Bookings essential Bookings open 9.30am 01/0725

# SBAT OPPORTUNITY

LAWRENCE & HANSON AND MRAEL

- · Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Certificate III in Business, Certificate III in Retail or Certificate II in Supply Chain Operations as well as your HSC.
- Thinking about a trade? You could use your connections gained through this SBAT to begin an apprenticeship.
- Combines paid work, training and school.

INTERESTED - SPEAK TO YOUR CAREERS ADVISER TO ORGANISE WORK EXPERIENCE



# SBAT OPPORTUNITY

#### COMMBANK AND AES

- Available for Aboriginal and Torres Strait Islander students.
- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Certificate II in Workplace Skills or Certificate III in Business as well as your HSC.
- Combines paid work, training and school.

HTERESTED - BREAK TO YOUR CAREERS ADVISER TO LODGE YOUR EQI WITH AES



## **OPENING HOURS**

The Villiage Table is open at the Ashford Rural Transaction Centre every Wednesday between 8.00am and 5.00pm. Fresh produce available in the afternoon from 2pm.

# LOW COST GROCERIES

With the ever increasing cost of living, why not give your household budget a helping hand and utilise some of the low cost groceries available every week.

## FREE FRESH FOODS

In addition, a selection of fresh food such as fruit, vegetables, breads and baked treats are available each Wednesday. Whilst the selection of fresh foods varies from week to week, there is always a good variety. Fresh foods are free if you purchase a low cost grocery item, or available for a gold coin donation otherwise. You can fill a bag for \$5!

# HOMEMADE PRE-COOKED MEALS

The Villiage Table also cooks meals using fresh produce. Enjoy a night off cooking and support this community service by purchasing a ready-made home cooked meal.



Page



\$1.50



\$2.00

TIGUETT Drifters. 1800 227 MG2





SOCIAL TENNIS \$5 Key Deposit (Refundable on Key Return) \$5 Adults - \$3 Kids Social tennis starting soon HIRE OF COURTS

Contact Maree for arrangements.





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.



OPEN 7.00AM - 7.00PM 7 DAYS

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Hot Food ~ Coffee ~ Groceries Meat & Veges ~ Lotto ~ Bait Phone Credit ~ Bottle Shop

## NUMEROUS SPECIALS ON SNACKS AND DRINKS

CALL 02 6725 4070 FOR FOOD ORDERS OR ENQUIRIES

27 DUFF STREET, ASHFORD

# Matthew & Sons Drilling Services

Matt has been drilling water bores since he was 10 years old. With 40 years experience and a NSW class 6 licence, he can handle most water bore drilling jobs.

We have 3 drill rigs and are experienced in rotary air, rotary mud, casing advance, cable tool (percussion) for gravels and artesian.

Located in Graman and Inverell

Call or text Matt 0418 362 968

Email: matt@matthewandsons.com.au

Website: matthewandsons.com.au

ABN: 28 157 677 391





# Campbell & Freebairn PHARMACY

ALBURY STREET, ASHFORD PHONE 02 6725 4013

ALL HEALTH CARE NEEDS DISTANCE DISPENSING SERVICE BABY CARE & NUTRITION WOUND CARE SUNGLASSES HEALTH AND BEAUTY PRODUCTS

## ASHFORD COMMUNITY CHURCH

Presbyterian Parish Office 02 6721 0511 Anglican Office Inverell 02 6722 3179

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#### CHURCH SERVICES:

ALTERNATE SUNDAYS AT 9AM AT THE PRESBYTERIAN OR ANGLICAN CHURCH

Service held bi-monthly in the Sunhaven Activity Room

Jesus is moving, Jesus is present. Jesus is Lord.

# **ST PATRICKS CATHOLIC CHURCH**

MASS TIMES: EVERY 3RD SATURDAY 3:00PM

ENQUIRIES: SACRED HEART PARISH INVERELL 6722 1103 FR PAUL CHANDLER ADM LOCAL CONTACT: CATHY FOELZ 0427 879 595

## ASHFORD POLICE

ASHFORD POLICE STATION PH 6721 8320 INVERELL POLICE STATION (24 HRS) PH 67220599 EMERGENCY 000 POLICE ASSISTANCE LINE 131 444

# ACCESSING MEDICAL SERVICES IN ASHFORD

#### ASHFORD DOCTOR Dr Abbas Hussein

Saturday Only 8.00AM : Blood Tests 8.30am - 3.00pm : Appointments Phone (SAT): 02 6726 2000

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

#### CHEMIST Campbell & Freebairn Ashford

Open Monday to Friday 9am - 5pm

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

**BLOOD TESTS** Blood tests are conducted every 2nd Thursday at Community Health. Phone 02 6726 2030





# ASHFORD MEMORIAL BOWLING CLUB

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

EFTPOS AVAILABLE BOOKINGS FOR LARGE GROUPS DESIRABLE

### PHONE 6725 4441 OR 6725 4202

WWW.ASHFORDBOWLING.CLUB OFFICE@ASHFORDBOWLINGCLUB



# 7 X 4 BOX TRAILER SPLIT IRONBARK STACKED LOAD

Includes a free bag of pine kindling



## PHONE 0400 141 548 FOR ENQUIRIES

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\$150 PER LOAD

# **DELIVERED TO ASHFORD**

ALANA'S TRASH &TREASURE ashford



All money raised will be distributed back into the community. Donations of household and various items welcomed.

OPEN TUESDAY & THURSDAY 10.30AM - 3.30PM SATURDAY 10.30AM - 1.00PM

Enquiries: 0423 348 419

Looking forward to your support in the future!



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# WINTER DINNER IDEAS

### **ONE-PAN CHICKEN AND GARLIC RICE**

#### Ingredient list:

- 1 tsp sea salt flakes
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sweet paprika
- 1 tsp dried thyme
- 1/2 tsp cracked black pepper
- ¼ cup (60 ml) extra-virgin olive oil
- 5 boneless chicken thighs (skin on or off, skin-on pictured) (see note 1)
- ¼ cup (60 ml) water
- 1 onion, finely diced
- 1 tsp freshly minced garlic
- 1 cup (200 g) jasmine rice
- 1½ cups (375 ml) chicken stock
- Fresh thyme sprigs, to garnish (optional)



https://simplehomeedit.com/recipe/one-panchicken-and-garlic-rice/

#### Method:

- Combine the sea salt flakes, onion powder, garlic powder, paprika, thyme, pepper and olive oil in a shallow bowl. Add the chicken and use <u>tongs</u> or your hands to ensure it is evenly coated in the marinade.
- Heat a large, deep, <u>heavy-based pan</u> over medium-high heat. Cook the chicken for 6-8 minutes, turning once halfway through, until golden. Remove the chicken from the pan and set aside on a plate. Spoon out any excess fat from the pan (especially if you used skin-on chicken), if desired – although this is not essential, as the fat = extra flavour!
- Add the water to deglaze the pan and use a spoon to scrape up any bits stuck to the bottom of the pan.
- To the same pan, add the onion and garlic. Cook, stirring, for 1-2 minutes until fragrant.
- Add the rice and stock to the pan, stir and bring to a simmer. Once simmering, reduce the heat to low and return the chicken to the pan (skin-side up if using skin-on chicken thighs).
- Cover and cook for 15 minutes.
- Once the chicken and rice are cooked, remove the pan from the heat and allow it to stand for 10 minutes, covered.
- Serve sprinkled with fresh thyme, if using, and a side of mixed leaf salad.



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

### Referral

It's Easy....

You just phone or email yourself (If you are phoning for someone else, just check it is O.K first)

### 0477 322 851

Monday to Friday 8.00am - 4.30pm

(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:

#### Who Can Get Help



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 Farmgate Support Program



Free We Travel To You Confidential





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



