### NSW PSSA Athletics Carnival

Charlie, Aaron, Jack, Jeordy, Austin and their parents met at Sydney Olympic Park, Homebush, under a hazy brown sky on the morning of Thursday 17 October. This was the day the boys had spent hours training for, the state finals of the Neil & Elizabeth Austen PP6 4 x 100m relay.

Mrs Ridley was waiting high in the grandstand; we had fantastic views of the athletes participating in the stadium. After settling in, Mrs Ridley was quick to take the team to the warm-up tracks to shake out some nerves and begin preparation for the day; also discussing the program and re-enforcing the rules.

In the first heat, the Corinella team ran in Lane 4. Jack was the first runner, Jeordy second, Aaron third and Charlie fourth; they ran a time of 1.03.93, four hundredths of a second slower than their best time at the region carnival. This time qualified the team for the finals, but the boys were determined to achieve a better result.

Four hours later, the team approached the track for their final race. It was a VERY close race; 2nd 1.01.10, 3rd 1.01.60 and Corinella 4th with their best time ever of 1.01.72! Boys, we congratulate you not only on the achievement of your best time, but for accepting the results graciously! We are proud of you!

### Byron Bay Marine Study Excursion

Thank you to our parents and community and to Mal Carnegie from the Lake Cowal Conservation Centre who partners and mentors us, providing extension to our environmental studies. Students experienced a contrasting tropical environment of farming practices; they studied the processing practices at a sugar cane farm; they studied the mangrove varieties and their benefits; compared intensive farming practices to more familiar broad acre farming practices in the local area. Students visited and spoke with farmers involved in selling their produce to the local farmers market which is a major co-operative. Students met the General Manager of the Market Gardening Association in NSW and enjoyed a cooked breakfast from a chef from Chile, all made from fresh organic produce from the markets.

Visiting the Marine Discovery Centre, a program managed by Ballina High School, students learned a lot about marine life through snorkelling activities from their guide and coach Denis, from Ballina High School. The Centre opened in 1999. It is very well resourced with a venue for visiting school groups for primary and secondary students. The program uses a “hands on” and “feet in” approach when teaching the scientific principles underlying good coastal management. The aim is to instil positive attitudes in students towards the value and importance of marine and river environments.
We kayaked up the river and enjoyed being amongst the mangroves; discussing the significance of the mangrove in the food chain and comparing the native bush landscape to ours. Mick from the Byron Bay Marine Discovery Centre told us that without the mangrove we would survive as a planet for only about another five years.

Students visited Tropical Fruit World, where they viewed many varieties of tropical fruits brought in from overseas over 30 years ago and planted at Tropical Fruit World by the then owner whose dream it was to showcase the variety of fruits available for us. We learned that Australia only has three varieties of tropical fruits; all other species were brought in to Australia. Students were able to taste a large variety of tropical fruits such as pineapple, mango, blood orange, passionfruit, persimmon, star apple, tree grape, black quaver, yellow dragonfruit, strawberries, Chinese gooseberry, sapote (chocolate pudding fruit), egg sapota, valencia orange (and many others) plated beautifully on banana leaves. We enjoyed eating vine ripened bananas, macadamia nuts and viewed the enormous range of tree varieties growing on the steep hillsides.

David Wood, General Manager from the Sugar Mill, explained the milling process with students and then took them through the Sugar Mill. Students were able to compare and contrast the Sugar Mill with the Cotton Gin Mill they visited at Bourke. At the end of the sugar mill processing, students were met with tonnes of piled sugar! Students were allowed to taste the product; some managed to fill their pockets! Students met Mark the Agronomist and sugar cane owner who talked about the ideal soil types and growing conditions, how the cane was grown, all the processes involved. They saw the sugar cane burn on properties - a very controlled process. Farmers are advised by the mill when the burning is required.

We visited the Byron Bay Light house built in 1901, set on the most eastern point of Australia. Mr Carnegie took students to the lookout point. Students studied the marine life on the rocks, identified and recorded two different anemones, puppies, barnacles, crabs, sea lettuce, cunjevoi, sea slugs and an octopus. Oh… and a folder belonging to a Corinella student was found in the ocean, then, two blue hats buried in the sand!

Probably the most favoured part of the excursion was the surfing lessons. Students learned basic techniques of surfing, how to stand on the board, how to identify a rip, how to conserve their energy in the water.

Thank you Mrs Ridley and Mr Carnegie for giving up their weekends and evenings, for cooking and cooking and cooking and washing and washing!

Thank you to our school parents and community for providing support, through your hard work fundraising, to help provide these learning opportunities for our students.

Weekly Assembly

STUDENT OF THE WEEK

Jeordy Carty - Trying hard in writing
Teddy Bears Needed!

Forbes Women’s Refuge is a crisis accommodation and support service working with women escaping domestic violence or homelessness. The majority of these women arrive with babies and children who live in our local area.

The first thing given to a child upon arrival to the Women’s Refuge is a TEDDY BEAR or STUFFED TOY (anything huggable).

Everyone knows a teddy bear can be a child’s best friend, but for a child who has had to leave their home, it also offers companionship and security during a very scary time.

The Forbes Toy Library would like to ensure that this tradition continues. We would like the children of Forbes to search through their collections of ‘huggable toys’, select a couple of barely hugged toys, wash them and donate them to children in need.

TEDDY BEARS AND STUFFED TOYS can be dropped off at the Forbes Toy Library or Forbes Preschool

Forbes Toy Library