



# Mungindi Central School Newsletter

Term 1 Week 8 • 2024

## IN THIS ISSUE



*Preschool Capers*  
• 2 •



*Industry  
Immersion Day*  
• 4 •

Free workshop for  
parents and supervisors  
of learner drivers



*Community  
Announcements*  
• 8 •



## Teach the Teacher

**There are opportunities for everyone at school, to keep learning.**

On Wednesday 20th March, several teachers from Mungindi Central School visited a local cotton farm to learn about the role many local farms play in the Australian cotton industry. We were fortunate enough to meet many locals who work on the farms, while they shared their wealth of knowledge about all aspects of cotton farming.

On the next stop of the tour, we visited Mungindi Ginning and learnt about the process that turns the modules of cotton we see driving past on trucks into bales that are distributed worldwide to produce items such as jeans, t-shirts, sheets and towels.

The Teach the Teacher program provides our teachers with knowledge about the cotton industry around us. This can be incorporated into classroom lessons to teach students to become responsible consumers, value farmers who produce the crops, discover the range of careers in the industry and learn how growers are environmental stewards credited with producing some of the most sustainable cotton globally.

Mrs Kristie Black  
**Primary Teacher**





# Preschool Capers

## Preschool students have been learning lots about how their bodies work.

Preschool has looked at what our brain needs to learn. We have discovered that our body needs to be healthy for our brain to work. We need to: do exercise every day; eat everyday foods to give us the fuel we need; rest/sleep so that our brain can organise the information of the day and for our body to heal ourselves; and do the things that we need to do so we don't get sick, like wash our hands, clean our teeth and clean our bodies. This information created preschool routines like doing the obstacle course each day, the Nose Blowing Program, having quiet time in the afternoon for a rest, washing our hands before and after we eat and play, as well as, talking about our everyday foods in our lunch boxes and making sure we eat them first.



Evidence of our preschool Philosophy.	
<p><b>As Children:</b></p> <ul style="list-style-type: none"> <li>• We bring our own unique and individual identity that is open to growth and development; as we gain confidence and independence while at Mungindi Central School Preschool.</li> <li>• We take ownership of our health, hygiene and emotional and physical wellbeing by practising healthy eating habits, developing our fundamental movement skills and acquiring self-regulation.</li> </ul>	<p><b>As Educators:</b></p> <ul style="list-style-type: none"> <li>• We facilitate a welcoming environment where children feel safe, secure and supported to engage with all aspects of the Preschool on a physical, emotional, cognitive, mental and spiritual level.</li> <li>• We promote healthy eating, nutrition, emotional wellbeing and regulation, and exercise by highlighting each component in a variety of modes within the daily program. We encourage and model healthy lifestyle practices as a staff, to educate and influence the children, families and wider community.</li> </ul>

## Harmony Day celebrations with Preschool.

On Friday 22nd March, the children celebrated Harmony day by wearing orange, researching to find out why Harmony day is important, and learning that people come from different countries with different languages and cultures. We created a poster showing that we are the "Same, Same but different" and played working together games.



Evidence of our preschool Philosophy.	
<p><b>As Children:</b></p> <ul style="list-style-type: none"> <li>• We explore and engage with our surroundings, which help us: develop an understanding of our place in the world, become active members within the community, grow an appreciation for the natural environment and respect diversity.</li> </ul>	<p><b>As Educators:</b></p> <ul style="list-style-type: none"> <li>• We value an inclusive practice that encompasses a respect for diversity, fairness, and the natural environment. We guide the children, families and community to embrace sustainable practices, adopt an empathetic nature and show respect for diversity. We explore and facilitate a range of opportunities to extend networking by collaborating with the wider community, especially external support and Early Childhood services.</li> </ul>

## Sustainability Practices at Preschool.

Last week, we learnt that there are the 7 R's to look after our planet. The pre-schoolers brainstormed what we think we can do at preschool so that we are doing our part to look after our planet.

**REFLECT** on what we can do at preschool (and at home) to look after our planet. The areas to Reflect on are our rubbish, our toys, water usage, electricity usage, transport, and adding to our preschool environment. And we can learn what other community / businesses do to be more sustainable e.g. sustainability practices of the cotton farmers reducing water usage and spraying due to technology.

### **REDUCE** - Children's ideas:

- \* Turn off the tap when adding soap, then rinse off to reduce water usage.
- \* Use one paper towel when drying hands.
- \* Collect rain water in tanks attached to the shed.
- \* Use floats on the animal troughs that use rain water.
- \* Turn off the lights / air conditioners when people are not in the rooms.
- \* Ride our bikes or walk instead of using the car.
- \* Use the bus to collect a number of people instead of lots of cars.
- \* Use white boards to practise our writing instead of paper.



Paper making



Using whiteboards

### **REUSE** - Children's ideas:

- \* Plastic items from our lunch - lids of yogurt, yogurt containers, boxes etc.
- \* Second hand items such as - our stove, mud kitchen, loose part area, wood construction, cupboards, rest area beds, etc.
- \* Use both sides of a peice of paper.

### **RECYCLE** - Children's ideas:

- \* Food waste- chooks, worms and rabbits
- \* Grass waste - compost
- \* Shredded paper - making paper and fire bricks



Chilly (chicken), Honey (chicken) & Snow White



Worm farm



Sooty Rabbit & Rusty Rabbit

### **RESPECT** - Children's ideas:

- \* Look after our environment by not breaking objects, writing on things that shouldn't be written on, etc
- \* Look after our toys by packing away and cleaning up.

### **REPAIR** - Children's ideas:

- \* Using glue or sticky tape to fix things that are broken

### **REFUSE** - Children's ideas:

- \* Refuse to drive - ride instead.
- \* Refuse to buy little packets of food. Buy big packets and put little bits in reusable plastic containers

Mrs Pauline Lawson  
Preschool Educator

<b>Evidence of our preschool Philosophy.</b>	
<p><b>As Children:</b></p> <ul style="list-style-type: none"> <li>• We explore and engage with our surroundings, which help us: develop an understanding of our place in the world, become active members within the community, grow an appreciation for the natural environment and respect diversity.</li> </ul>	<p><b>As Educators:</b></p> <ul style="list-style-type: none"> <li>• We value an inclusive practice that encompasses a respect for diversity, fairness, and the natural environment. We guide the children, families and community to embrace sustainable practices, adopt an empathetic nature and show respect for diversity. We explore and facilitate a range of opportunities to extend networking by collaborating with the wider community, especially external support and Early Childhood services.</li> </ul>
<ul style="list-style-type: none"> <li>• We are learners! We challenge our ideas, knowledge, skills and understandings by engaging in a variety of learning activities, resourcing and designing play experiences indoor and outdoor, and being active participants in our own learning journeys.</li> </ul>	<ul style="list-style-type: none"> <li>• We embrace the understanding that the environment is the third educator, setting up a variety of learning experiences which appeal to current interest, areas of development and child choice. Our program combines planned curriculum (intentional teaching), spontaneous experiences, key learning areas and Aboriginal Education (Gamilaraay).</li> </ul>



# Industry Immersion Day

The Educational Pathways Program (EPP) initiated an excursion for Mungindi Central School to Cleveland Agricultural. The Stage 5 students were hosted by Jenni Seigmeier, Malcolm and Emily Harris, and their wonderful staff. Less than 25kms from Mungindi, the students received firsthand information and practical experiences in a great range of employment opportunities that can lead to long and productive futures in the Agricultural industry that are right on your "doorstep".

## Feedlot

The range of employment opportunities in and around the feedlot are plentiful. Sam Cannington (Feedlot Manager) outlined the jobs available in the feedlot from stock handling, data entry, checking pens, maintenance, feeding, driving tractors and loaders, unloading and loading stock, Nutritionist, Veterinary checks, drenching and vaccination.



Thanks to Sam Cannington and Wylie Harris.

## Grain Receival/Dry Land Cropping

Dry land farming, grain receival and logistics are a massive component of Cleveland Agriculture. Will Malone (Dry Land Manager) has a big responsibility to provide grain for sales and the feedlot. Emma Moore (Commodity and Logistics) has the huge responsibility of handling all the grain coming in and distributing it to the correct area, both on farm, and off farm. Both areas require a regular work force, with a high demand around the peak times of sowing and harvesting. Regular work can be found in driving machinery, weigh bridge and sampling, grain storage in silos and bunkers, truck driving and loader work.



Thanks to Will Malone and Emma Moore.



## Irrigation

Corn and Cotton farming were the two irrigation crops being grown when we visited. Jason Seigmeier (Irrigation Manager) provided hands-on experiences and invaluable information regarding the responsibilities involved in irrigation farming. Students were keen to try their hand at starting a siphon pipe, but unfortunately none were successful (Jason made it look easy). The busy times are around watering and harvest, but there is regular machinery work and even summer work doing bug counting. The students could also use the technology skills for moisture monitors, watering and even controlling automated machinery.



Thanks to Jason Seigmeier.

## Staff Accommodation and Dining

From paddock to plate – students enjoyed a great morning tea. Emma arranged a display from grain to flour to biscuits. Cleveland Agriculture value their employees - meals and accommodation are provided. The great environment and positive working conditions were very evident in the housing and kitchen set up.



Thanks to Emily Harris.

## Workshop

The workshop was a hive of activity. Matt Moore and his staff repair/service the great range of machinery used on the farm site and many of the other farm locations. In any given week, people are working on massive tractors to trucks to farm utes to a ride-on mower. Mechanics and Store person occupations were on display.



Thanks to Matt Moore.

## Machinery

Before we departed, the students were fortunate to have a great range of machinery on display, that they could climb into, sit in and get a clear understanding of the vast array of the range machines/vehicles that are involved in Cleveland Agriculture.



Thanks to Malcolm Harris.

The Mungindi Central School Stage 5 students had a wonderful day at Cleveland Agriculture. Jenni Seigmeier was incredible in arranging such a tremendous and insightful day for all the students involved. A big thank you goes to owners, Malcolm and Emily Harris, and their very accommodating and obliging staff.

The takeaway for all students involved;


- Cleveland Agriculture is a major employer in your area and has wonderful career opportunities locally and all over Australia.

- A positive attitude and a willingness to work are the main skills you need to get started at Cleveland Agriculture.


Mr Tim Wykes


**Head Teacher Careers  
Educational Pathways Program**


“Don’t forget to brush  
your teeth, gums &  
tongue, after breakfast  
& before bed



More information







**Health**  
Hunter New England  
Local Health District





Mungindi Central  
School

# *Special Assembly*

Join us in celebrating  
our talented students  
Term 1 successes  
followed by a BBQ  
lunch.



**Monday 8th April 2024**



**Mungindi Central School COLA**



**12:40 pm**

**Parent Teacher Interviews to be held from 1:40pm.**

## Nutrition Snippet

### APPLE AND CINNAMON SLICE

Serves: 16 Prep time: 15 mins Cooking time: 25 mins



#### Ingredients

½ cup apple purée  
½ cup caster sugar  
2 eggs  
½ cup reduced-fat natural Greek yoghurt  
1 tsp ground cinnamon  
1 cup wholemeal self-raising flour  
200g tinned apple slices

#### Method

**Step 1:** Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.

**Step 2:** Add the apple purée and sugar to a large bowl and whisk until combined.

**Step 3:** Whisk in the eggs, one at a time until combined.

**Step 4:** Add the yoghurt and cinnamon and whisk to combine. Add the flour and gently fold through until combined.

**Step 5:** Spoon the mixture into the prepared tin. Arrange the apple slices on top. Bake for 20-25 minutes, until a skewer inserted in the center comes out clean.

**Step 6:** Stand in tin for 10 minutes before turning out onto a wire rack to cool. Slice and serve.

For this recipe and more visit:  
[healthylunchbox.com.au](https://healthylunchbox.com.au)



## Nutrition Snippet

### HOW TO PACK A HEALTHY LUNCH BOX



A good lunch gives children energy and nutrients to learn, play and grow.

But what does a healthy lunch box look like? Find out in our [short video](#).

[healthylunchbox.com.au](https://healthylunchbox.com.au) Cancer Council  
Healthy Lunch Box

Transport for NSW

## Free workshop for parents and supervisors of learner drivers



Helping learner drivers become safer drivers

The workshop will offer practical advice about:

- current driving rules and requirements for L and P platers
- how learners benefit from supervised on-road driving
- how you can help make learning to drive a safe and positive experience

Wednesday 10 April 2024  
6.00pm - 7.30pm



<https://bit.ly/YoungDriver10Apr24>



Presented in partnership with the NSW Government



*Lest We Forget*

THURSDAY 25TH APRIL  
HELD AT THE CENOTAPH (COMMUNITY STORE)

**ANZAC DAY**  
COMMEMORATIONS

**DAWN SERVICE**  
5:45 am  
Followed by  
breakfast

**MAIN SERVICE**  
10:30 am  
Front of the  
Community Store



Please be reminded the the front entrance to the school on Wirrah Street is a no stopping / bus zone. There is ample parking on the park side of the street or closer to the corner of Wirrah Street and Campbell Street. Help us keep our students safe.

## PARKING RESTRICTIONS AROUND SCHOOLS

Parking rules are there to help keep our children safe. They protect sight distances, provide safe pick up and drop off opportunities and minimise confusion where children are crossing roads.

**Fines apply for parking illegally and in some situations, demerit points also apply.**



### No Parking

You may only stop in a No Parking zone while you set down or pick up passengers or goods. You must not stop for more than two minutes. You must remain in or within three metres of your vehicle.

**Fines of \$196 2 demerit points apply**



### Bus Zone

You are not permitted to stop in a Bus Zone unless you are driving a public bus.

**Fines of \$352 + 2 demerit points apply**



### Children's Crossing

Proceed at a children's crossing contrary to directions.

**Fines of \$587 + 4 demerit points apply**



### Accessible Parking

Only vehicles transporting a current Mobility Parking Scheme (MPS) permit holder may park in these zones. The MPS permit must be displayed in the parked vehicle.

**Fines of \$587 + 1 demerit point apply**



### No Stopping

You must not stop your vehicle in any area zoned with these signs, unless there is a medical or other emergency. Times of operation may apply if stated on the sign.

**Fines of \$352 + 2 demerits apply**



### Double Parking

A driver must not stop on a road between the centre of the road and another vehicle parked at the side of the road.

**Fines of \$352 + 2 demerits apply**



### Timed Parking

These signs mean that in certain areas you may park at the kerb for the duration of time shown on the sign between certain hours on particular days.

**Fines of \$117 apply for disobeying restrictions**

**CURRENT AS OF 1 December 2021**

The information in this document is intended as a guide only, and is subject to change at any time without notice. It does not replace the relevant legislation.

**FANNY LUMSDEN'S**

**COUNTRY HALLS TOUR**

**10 year\* anniversary**

**PART II**

**ACTUALLY 13 YEARS**

**FRIDAY 3RD MAY**

**GARAH HALL**

**SCAN TO BOOK!**

**FANNYLUMSDEN.NET**

Sponsored by  
Moree Plains



# CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
9	<b>1 APRIL</b> - EASTER MONDAY	<b>2</b>	<b>3</b>	<b>4</b> - Homework Centre @ 3:00 pm	<b>5</b>	<b>6/7</b> 7 - Daylight Savings Finishes
10	<b>8</b> - Term 1 Special Assembly @ 12:40 pm	<b>9</b> - 2024 Cultural Camp	<b>10</b> - 2024 Cultural Camp	<b>11</b> - 2024 Cultural Camp	<b>12</b> - Final Day of Term 1	<b>13/14</b>
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20/21</b>
SCHOOL HOLIDAYS - SCHOOL RESUMES TUESDAY 30TH APRIL						
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> - ANZAC Day	<b>26</b>	<b>27/28</b>
SCHOOL HOLIDAYS - SCHOOL RESUMES TUESDAY 30TH APRIL						
1	<b>29</b> - Staff Development Day	<b>30</b> - First Day of Term 2	<b>1 MAY</b>	<b>2</b>	<b>3</b>	<b>4/5</b> 4 - Mungindi's Little Sprouts Fundraiser
	SCHOOL HOLIDAYS					

**MUNGINDI CENTRAL  
SCHOOL NEWSLETTER IS  
PUBLISHED FORTNIGHTLY  
BY**

Mungindi Central School  
59-67 Wirrah Street  
Mungindi NSW 2406  
0267 532 207  
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edu.au

## SCHOOL VISION

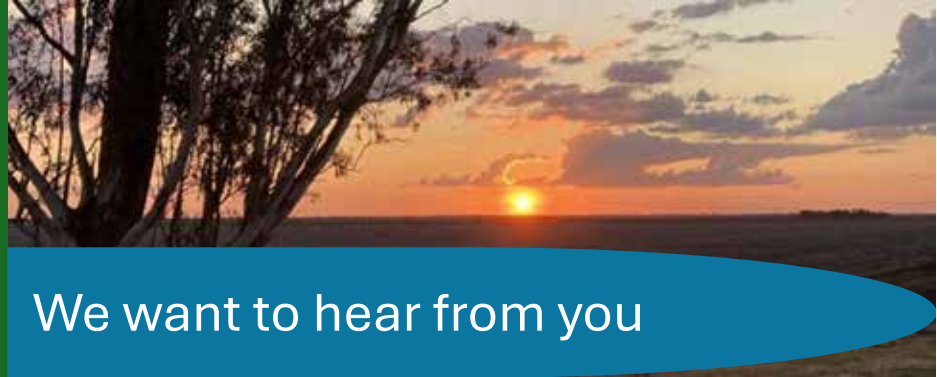
Mungindi Central School is committed to delivering an innovative, collaborative and engaging education promoting growth within an inclusive environment.

All members of the school community are committed to promoting excellence whilst remaining focused on the needs of each and every individual child and work together to achieve our school motto of Motivation, Commitment and Success to produce proud, respectful, responsible learners who are active, productive and informed citizens.



# Community Events

**Take note of these events happening within our community.**



## We want to hear from you

JOIN US FOR OPEN DISCUSSION AND TO HAVE YOUR SAY ON THE MOREE PLAINS DROUGHT RESILIENCE PLAN, IN PARTNERSHIP WITH NARRABRI SHIRE. WE VALUE YOUR INSIGHTS AND IDEAS TO PREPARE THE REGION FOR DROUGHT



By forward-thinking about our opportunities to mitigate, our Drought Resilience Plan can help identify the steps to minimize drought impacts and maximise our options for better outcomes.



A series of local drop-in sessions and workshops will be held across both Shires in early April., including the Moree and Narrabri markets.



The plan will focus on the role of local government in enhancing drought resilience and your thoughts and ideas are critical. RSVP is not necessary, simply come along and contribute!



**SATURDAY 7 April**

- Moree Markets
- Drop in Pallamawalla Pub
- MONDAY 8 April**
- 7:30 – 9.00 Mallowa School Drop-in Breakfast
- 11:30 – 1pm Flock Café Mungindi
- 5 – 7pm Jolly Swagman, Mungindi

**TUESDAY 9 April**

- 9am – 10am Garah Post Office
- 11am – 2pm – Coles Moree
- 6pm – 8pm Ashley Community Hall

**WEDNESDAY 10 April**

- Gurley breakfast 7.30-9.30 17.00-19.00



Can't make it?  
Complete the drought survey here: