

Mungindi Central School

SEMESTER 1 TERM 2 2014

WEEK 9 - 24 June 2014

Year 1/2 Rockets



Year 1/2 have had an amazing week. We were lucky enough to be able to consolidate our understanding of space travel with a trip to the Science Laboratory to create our own rockets. A big thank you to Miss Smith.

This week we celebrated Ruby's birthday. Ruby was lucky enough to have her family come in to celebrate & bring yummy cupcakes!!

Year 1/2 were also very excited to receive our new maths equipment for our maths groups!!!

Miss Abby White
Year 1/2 Teacher



QUOTE OF THE WEEK

"What you get by achieving your goals is not as important as what you become by achieving your goals."

Henry David Thoreau

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UP & COMING EVENTS

NAIDOC CELEBRATIONS

26 - 27 June 2014

SPECIAL ASSEMBLY - 1:40 PM

26 June 2014

SCHOOL HOLIDAYS

30 June - 15 July 2014

STUDENTS RETURN

15 July 2014



**MUNGINDI
CENTRAL
SCHOOL**

**Thursday 26 June
2014**

**MUNGINDI CENTRAL
SCHOOL**

59 - 67 Wirrah Street
Mungindi NSW 2406

Phone: 02 6753 2207
Fax: 02 6753 2346
E-mail: mungindi-c.school@det.nsw.edu.au

NAIDOC Celebrations

Dear Parents, Caregivers and Community Members,

NAIDOC Celebrations will be held on Thursday 26 June, 2014. Mungindi Central School would like to extend an invitation for you to attend events. Please see the timetable below.

Time	What	Where
10:00 am - 11:00 am	Opening Ceremony	Yaama Garden
11:00 am - 11:40 am	Lunch	Secondary Grassed Area
11:40 am - 1:20 pm	Indigenous Games	
1:20 pm - 1:40 pm	Late Break	Secondary Grassed Area
1:40 pm - 2:30 pm	Special Assembly	Hall
2:30 pm	Afternoon Tea Student Reports Issued	Hall

If you would like any more information, please do not hesitate to phone the School Administration Office.



Year 5/6 Plant Growth Update

Our experiment was to test Plant Growth with different types of water. In the last update, our normal water and acid water plants were growing really well, sugar water were stunted, and salt water had barely germinated. Three weeks later, our normal water plants are thriving, sugar and acid are yellow but still alive, and still no germination for our salt water plants. We came to the conclusion that while plants are able to grow with different water types, they grow better with clean rain water.

Last week we made Grassheads out of some fluoro tie dyed stockings found at the Preschool! These are our holiday projects which look at meeting the different requirements for Plant Growth. Let's hope we can keep them going until Term 3!

Miss Kimberly Smith

Year 5/6 Science Teacher



Preschool Science with Miss Smith

We have been fascinated by insects for the last month in Preschool, regularly exploring the outdoor environment to add to our growing bug collection. To extend on this current interest Miss Smith invited Preschool to come and look at her huge selection of preserved specimens. She also surprised us with an explosive volcano experiment! We were even lucky enough to get up close and personal with Bob the stuffed cane toad.

Miss Bec & Miss Katie

Preschool

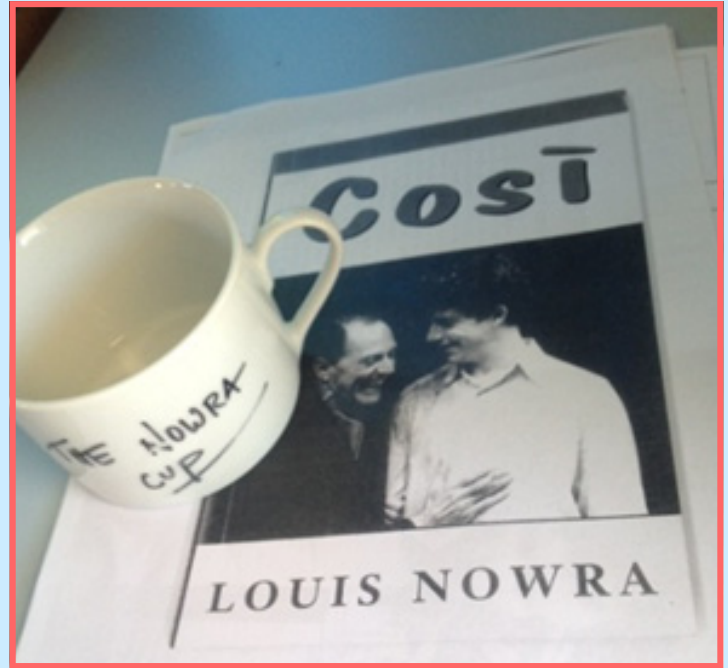


Preliminary Standard English

Preliminary Standard English students across the Northern Border Senior Access Schools have begun their final unit of work for the year; their Area of Study based on the Australian play *Cosi*. As part of their introduction to this unit, students competed in the inaugural *Cosi Cup* which saw students battle an information scavenger hunt to locate biographical information on the play's author, Mr Louis Nowra. The Cup was valiantly fought, and gallantly won by Mr Jack Mathew with Miss Aliesha Prince running a close second. The Cup was presented by Master Geoffrey Prince. I am sure that Mr Mathew is very happy with his trophy which is still on display in the Northern Border Senior Access room.

Ms Tanya Ogg

Secondary English Teacher



MUNGINDI NAIDOC FAMILY FUN DAY

BRING THE FAMILY ALONG!

BBQ - TOUCH FOOTY SOFTBALL
KIDS CORNER ELDERS MORNING TEA
AND MUCH MORE



TUESDAY 8TH July
10am
Mungindi Oval



This event will be moved to the Hall should it rain on the day

Proudly brought to you by the Mungindi Youth Council, EACH Youth Connections, Miyay Birray, Moree Family Support, Pius X, Moree Plains Shire Council

Careers Information

TAFE NSW Trade Readiness Program

The program gives people the opportunity to discover the skills and competencies needed to excel in an apprenticeship. It comprises four days of intensive hands-on training and assessment, with a fifth day involving literacy and numeracy screening, exit interviews, career advice and counseling. The program is available at TAFE campuses across NSW up until the end of June 2014. <https://www.tafensw.edu.au/trade-readiness/>

3 Fat Carrots

3 Fat Carrots is a new website that features articles relating to studying, higher education, relationships, lifestyle and entertainment. This site has some tips on how to manage Facebook and study time. <http://3fatcarrots.com/>

Employers believe the poor attitude of young Australians is severely impacting on their job prospects.

Assistant Minister for Employment Luke Hartsuyker on 2nd June released the results of the Survey of Employers' Recruitment Experiences which was conducted by the Department of Employment.

40 percent of employers believe the poor attitude of young jobless Australians is severely impacting on their job prospects.

About half the employers said the best action many young people could take was to improve their attitude and physical appearance.

The Department of Employment, improving the job prospects of young Australians, found that attitude was the biggest complaint by employers. The next big issue was reliability and responsibility and then presentation.

Employers reported that the lack of commitment to work displayed resulted in them not having the necessary enthusiasm, reliability or initiative required to make an effective contribution.

In terms of physical appearance, employers commented on the clothing worn by young people and the importance of being well presented at interviews.

In summary, it's not hard to make a good impression and perhaps get that job provided young people improved their attitude, presented themselves neatly, were reliable, communicated well and had realistic expectations.



DO YOU LOVE CREATING THINGS? COMBINE ARTS AND CRAFTS WITH MORE TRADITIONAL AND FUN CAMP ACTIVITIES. LET'S SEE HOW CREATIVE YOU REALLY ARE THESE SCHOOL HOLIDAYS!



Our kids' camps at Lake Keepit Sport and Recreation Centre are designed and delivered by qualified instructors and focus on giving kids a taste of valuable life skills.

Through a range of fun and exciting activities, the kids are encouraged to grow and develop socially, make new friends and try new things.

30 June to 4 July
1st week of the
Winter school holidays

7-12 years

\$265.00

Private Transport on this program only.

Participants can arrive at the centre from 11:00am on Monday and be picked up from the centre before 1:00pm on the Friday.

Lake Keepit Sport and Recreation Centre

For more information

Phone: (02) 6769 7603 or Fax: (02) 6769 7585

Email: lake.keepit@communities.nsw.gov.au

Web: www.dsr.nsw.gov.au



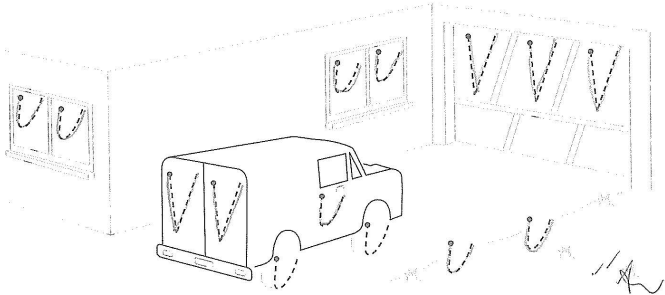
Office of
Communities
Sport & Recreation

Crazy Hair and Hat Day!





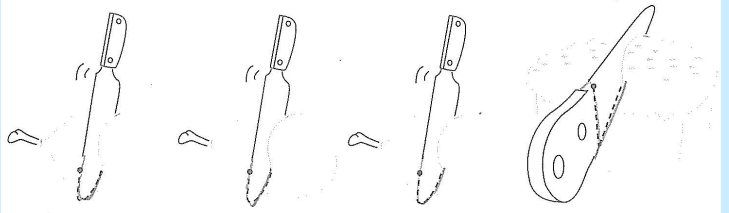
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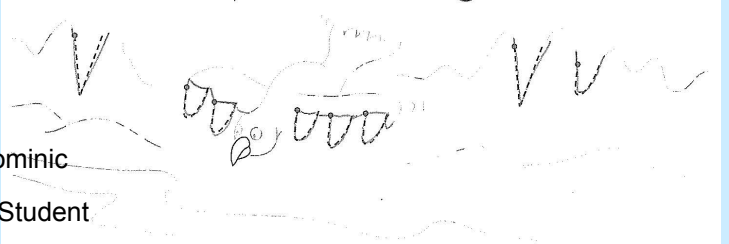
Vivien drove his van.
Viulendrove his van
up the villa's driveway.
up the villa's driveway

By Dominic
Year 2 Student

silver, knives, carving.
silver, knives, carving.



Vovo the dove hovered
Vovo-th dove hovered
above the lovely river.
above the lovely river.



Certificate II in Beauty Therapy

Last week we participated in another block delivery at Moree TAFE Campus where the girls learnt eye brow waxing and eyelash tinting. They are keen learners and had long days learning the theory and practising on each other. They have also started a new topic Exploring Product where they will be researching a product of their choice which is used by beauticians.

Mrs Belinda Brosnan
Careers Advisor



Skill Trades Workshop in Boggabilla

Last Friday a group of eleven girls visited Boggabilla Central School to participate in a Trade Skills Expo. The presenters were from Sydney and they were qualified in Painting and Decorating, Carpentry and Design. It was a hands on day where the students had an induction on using wood work machinery and set out to build their own cutlery tray. Our students worked as a team and showed determination to complete their tray. I was very proud of their dedication and motivation, you can see the enjoyment from the photos below.

Mrs Belinda Brosnan
Careers Advisor



The Seven Habits of Highly Self-Confident People

Self-confidence is all about believing in yourself, your own worth, your power and abilities, regardless of the situation you are in. Let's look at the habits of highly confident people and how you can do what they do.

Habit 1: Keep your word – to yourself and others

This sounds very simple – but often it isn't. For example, how often do you tell yourself you're going to do something and then you don't? How often do you NOT keep your promise to others?

Whenever this happens, not only is there an underlying feeling of dissatisfaction within yourself but also you are providing your subconscious mind with evidence that you don't do what you say you will... that you are someone who can not be trusted.

This is incredibly destructive to your self-confidence, because you don't get to trust and know who you say you are and do. You say one thing, but don't deliver, and this costs you your trust in yourself and your self-confidence.

Highly self-confident people understand the importance of keeping their word. They understand that coming from this space of integrity, where their word is law, IS the key to accessing their own power and self-confidence, and in my opinion, is also the most important habit that leads to success in life.

Habit 2: Choose positive self talk

The primary keyword here is CHOOSE. No matter how many successes we have or how many things we do well, we continually doubt ourselves and our abilities.

It might have something to do with the fact that over 75% of what we think is negative, which is completely counterproductive. With these kinds of statistics, it's no wonder we struggle to feel good about ourselves.

One of the most important changes we can make in our life is choosing our self-talk.

Highly self-confident people have learned the habit of catching negative thoughts before they can have an effect on their moods, feelings and performance. They consciously choose to cancel these thoughts and replace them with positive empowering thoughts instead.

Habit 3: Focus on your strengths

Lack of self-confidence is a result of losing sight of our great qualities, and exaggerating our flaws instead.

High self-confident people know their strength and focus on what they can do, rather than what they can't. When you think you are not good at something, try to consciously focus on the qualities that you have that are important to carry out that task.

For example, if you are doing public speaking and are not confident at delivering a speech, but you are a great researcher, writer and organiser... focus on these attributes instead, and know that you can be confident and proud of the content of that speech. Focusing on the great content will make the delivery of the speech less significant.

Habit 4: Be Courageous

Get out of your head and just do it! Low self-confident people tend to procrastinate and worry. They end up being hung up over negative outcomes and failures of the past, and they can't seem to find the courage to move forward.

Highly self-confident people have learned that in order to succeed, they can create the possibility of being courageous anytime they want... this way, even if they are afraid, they can choose to take action... in spite of fear!

You see COURAGE is not acting without fear; courage is acting in spite of fear.

When you make it a habit of being courageous you will increase self-confidence, because you are more likely to give the things you want a go, and when you are more focused on the doing rather than the thinking and worrying, you've overcome half the battle.

Habit 5: Act and feel important

Do you see many self-confident people who walk around with slumped shoulders and are dressed badly? No one is more conscious of your physical appearance than you are, so make it a priority to look good and feel important.

Here are some basic things you can do at the physical level to improve self-confidence... by modeling the image

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that highly self-confident people portray:

1. Good posture – walk confidently, stand up straight and tall with shoulders back and head up, and make eye contact.
2. Dress sharp – look presentable and smart. When you are dressed well, doesn't that instantly make you feel great and important?
3. Get your energy up – listen to upbeat music to instantly get energy up, and exercise regularly. Not only will exercise give you energy, but also the side effect is... great physical appearance... which will also help to improve self-confidence.

Habit 6: Be Grateful

This is the secret habit that highly self-confidence people rely on to get access to this amazing positive mental attitude that they have.

To improve self-confidence start the habit of being grateful. An exercise you can do everyday is to spend 5 minutes acknowledging the small things you like about yourself, things that make you feel self-confident and successful right now. Another powerful thing to do is find an unsuspecting or unlikely target to unleash your gratitude upon.

Gratitude often works best where you would least expect it to. Perhaps you can show appreciation or be grateful to a friend or family member, or you have seen a beautiful tree or flower that brightens your day, perhaps appreciate your favourite song, or a really good hug... you will be surprised how many things you will find that you can appreciate and be grateful for everyday!

Habit 7: Focus on contributing to others

People with low self-confidence tend to focus too much time on their own problems and flaws; they undervalue what they are capable of, and spend too much time being critical of themselves. They get caught up in this kind of thinking and as a result feel low in self-confidence.

Highly self-confident people focus on the needs of other people, they take the attention away from themselves and focus on how they can be of service and contribute to others. The more they contribute to the world, the more they are rewarded with personal recognition and success.

***"The best way for you to gain confidence is to prepare so well on something ... that there can be little chance to fail."* Frank Cummins Lockwood**

(Mycareermatch.com.au)

Crazy Hair and Hat Day!



CANTEEN MENU 2014 WEEK 9

STANDARD MENU

Packet of Chips \$ 2.00

Paddle Pop \$ 2.00

DRINKS

LOL \$ 2.00

Juice Popper \$ 2.00

Milk \$ 2.00

There will only be pre-packaged foods available this week as there will be a BBQ for NAIDOC Celebrations.

NAIDOC DISCO

Thursday 3rd July

At the Mungindi Town Hall

Starts at 5:30pm – 8:30pm

\$2 entry

Canteen is available



Kids under the age of 12 need supervision by someone over the age of 16

The theme is NAIDOC, wear Red, Black and Yellow

This event is being run by the Mungindi Youth Group so come along and support, and have lots of fun

Principal's Message

To the Students, Staff and the Community of Mungindi Central School,

This is my final contribution to our newsletter and it is with a heavy heart that I write my last article. When I was selected to relieve as Principal in Term 4 2013 it was an amazing opportunity both professionally and personally- to be given the responsibility of leading a school which I am so passionate about and the opportunity to return to a community to which I have such a special bond. These last three terms have been some of the most rewarding of my teaching career; the students and staff have achieved outstanding recognition in a vast array of activities, I am constantly proud of the great achievements which can be attained with commitment and effort by our students and staff.

The highlights of my tenure are too innumerable to list, suffice to say that each opportunity presented to our students is grasped with both hands and reflects the true respect our students have for themselves, their peers, the school and their families. I encourage each student of Mungindi Central School to pursue their dream- education is the key to success!

I wish to thank the tireless effort of staff who have supported my leadership of the school; without the willingness of staff the opportunities for our students would certainly be limited and the deserved recognition of staff is often neglected.

Mrs Gail Smith who has been integral to the success of our school over so many years is retiring at the end of term; I wish her and Mark all the very best in their retirement.

I invite the community of Mungindi Central School to share in our celebration of NAIDOC this Thursday commencing at 10.00 with a Formal Ceremony and concluding in the afternoon with our Presentation Assembly.

Again I thank all those who have shared my vision to make Mungindi Central School a great school that celebrates success; without your support what has been achieved would simply be beyond our scope. I hope the future provides continued opportunity for our students to excel.

Wishing you all a safe and enjoyable July Break.

Yours sincerely

Paul Champion

Rel. Principal

Year 1/2 Science



Year 1/2
are
planning a
trip into
Space!

CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TERM 2 - JUNE
23

PRIMARY &
SECONDARY
HOMEWORK CENTRE

24

25

26

NAIDOC
CELEBRATIONS
**SPECIAL
ASSEMBLY-1:40 PM**

27

NAIDOC
CELEBRATIONS

TERM 3 - JULY 14
STAFF DEVELOPMENT
DAY

15

STUDENT'S RETURN

16

POCHE DENTAL

17

18

Border Sports

21

22

23

P & C Meeting-5:30

24

Rural Fire Service
Visit

25

Regional Secondary
Athletics Carnival
Tamworth

28

EDUCATION WEEK

29

EDUCATION WEEK

**NBSA GET-
TOGETHER**

30

EDUCATION WEEK

**POCHE DENTAL
NBSA GET-
TOGETHER**

31

EDUCATION WEEK

**NBSA GET-
TOGETHER**

AUGUST 1

EDUCATION WEEK

THURS-FRI 26-27

JUNE 2014 - NAIDOC CELEBRATIONS

THURSDAY 26

JUNE 2014 - SPECIAL ASSEMBLY - 1:40 pm

MON-FRI 30-14 JUNE-JULY 2014 - SCHOOL HOLIDAYS

TUESDAY 15

JULY 2014 - STUDENT'S RETURN TO SCHOOL

FRIDAY 18

JULY 2014 - BORDER SPORTS



Motivation, Commitment, Success

Mungindi Central School

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MUNGINDI NSW 2406

Mr Paul Champion

Relieving Principal

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