

# Mungindi Central School

SEMESTER 1 TERM 3 2014

WEEK 3 - 29 July 2014

## Regional Secondary Athletics Trials



On Friday 25 July 2014 Edith and Aliesha travelled to Tamworth to compete in the Regional Secondary Athletics Trials.

Edith competed in the 17 years Girls High Jump. She finished 1st with a jump of 1.48 metres. Edith now has the opportunity to compete in the State Trials in Sydney at the start of September.

Aliesha competed in the 17 years Girls Discus. She threw a distance of 19.34 metres. This placed her 4th overall and puts her in a reserve position to compete at State Trials.

Everyone enjoyed the day. Mungindi Central School staff are all very proud of their achievements.

Best of luck girls at the State Trials!

Ms Heather Jamieson  
Secondary PDHPE Teacher

### INSIDE THIS ISSUE

Regional Secondary Athletics Trials	Page 1
Preschool Happenings	Page 2
Secondary Science	Page 3
Go 4 Fun & NBSA Get-Together	Page 4
Heferen Shield & Health	Page 5
Good for Kids good for life	Page 6
Canteen & Jeans for Genes Day	Page 7
Principal's Message & Community Announcements	Page 8
Mungindi Blue Light Disco	Page 9
Calendar	Page 10

### UP & COMING EVENTS

#### EDUCATION WEEK

28 July - 1 August 2014

#### NBSA GET-TOGETHER

29 - 31 July 2014

#### GOODOOGA INDIGENOUS GAMES

7 August 2014

#### MUNGINDI SHOW

9-10 August 2014

#### WALGETT FOOTBALL & NETBALL

13 August 2014

### QUOTE OF THE WEEK

"The final forming of a person's character lies in their own hands."

Anne Frank



# Preschool Happenings

To start Term 3 off, the children were very excited to explore their freshly painted classroom. This week we are also having our veranda and railing area revamped which we are all looking forward to seeing the finished product!

We have currently been very interested in playing various board games together and broadening our cooperative skills. Recently our classroom focus has been towards developing strong, respectful and reciprocal relationships.

Miss Bec & Miss Nat

**Preschool**





# Secondary Science

Stage 5 continue to look at Health and Disease. This weeks focus is the Circulatory System and how the organs work together to keep our bodies functioning normally. This involved looking at the heart and identifying how the blood moves through it and out into the body. The dissection, using sheep hearts, was a good way for students to explore this amazing organ for themselves.



Stage 4 are looking at cells and have been busy creating a wide variety of microscope slides to observe and record. They have also made edible plant cells which were fantastic replicas of real cells that we have observed under magnification.



Miss Kimberly Smith  
Science Teacher

# Go 4 Fun Program



Mungindi Town Oval  
2:45 pm – 4:00 pm

**Go4Fun is coming to your area**

Go4Fun is a **FREE** fun and healthy living program for 7-13 year old kids, run over 10 weeks.

Go4Fun supports kids above healthy weight and their families to become fitter, healthier and happier through hands on activities, information and games.

Go4Fun is run by trained local Aboriginal Go4Fun facilitators. A parent or carer also needs to attend.

Participating children with parent or carer receive:

- Nutrition talks for the family
- Activities – Oztag, Touch, Basketball, ect...

**To register Free call 1800 780 900 or contact Bec Browning on 0403 521 824 for more information.**



## NBSA Get-Together

**THE NBSA**

**fun and friendly**

**GET-TOGETHER**

**WHO:** ALL YEAR 9 – 12

**WHERE:** MUNGINDI

**WHEN:** WEEK 3  
TUE– THURS  
29 -31 July 2014

What is a School Based Traineeship?

Are you clever at finding the treasure?

Activities and events for all stages.....

Discover what subjects you can study?

Mandatory Requirements

What is a School Based Traineeship?  
How good are your Netball skills?  
Are you clever at finding the treasure?  
Activities and events for all stages!  
So you thought your League skills were sharp?  
Discover what subjects you can study.  
Mandatory Requirements.  
How to train your brain.

HOW GOOD ARE YOUR NETBALL SKILLS?

How to train your brain?

So you thought your League skills were sharp?



# Heferen Shield

On Monday 28 July 2014 some worthy athletes from Mungindi Central School were given the opportunity to compete in the Regional Athletics Carnival. All students gave it their best and displayed fantastic sportsmanship throughout the whole day.

The students competed against many different schools including Moree West Public School, Moree East Public School, Yetman Public School and North Star Public School.

Well done Mungindi Central School Representatives.

Miss Abby White  
Excursion Supervisor



## HEALTH

Conditions	Time from exposure to illness	Exclusion of cases
Chickenpox	2-3 Weeks	Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children
Conjunctivitis	1-3 days	Exclude until discharge from eyes has ceased
Glandular Fever	4-6 weeks	Exclude until well
Hand, Foot and Mouth Disease	3-7 days	Exclude until all blisters have dried
Head Lice	Time from infestation to eggs hatching usually 5-7 days	Exclude until all live lice and eggs have been removed
Herpes (cold sores)	varies	Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing, where possible
Impetigo (school sores)	1-3 days	Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing
Influenza and Influenza like illnesses	1-3 days	Exclude until well (sneezing, coughing ceases)
Measles (including Rubella)	2-3 weeks	Exclude for at least 4 days after onset of rash
Mumps*	14-25 days	Exclude for 9 days or until swelling goes down (whichever is sooner)
Ringworm	varies	Exclude until the day after appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing

# Good for Kids good for life

## Tips to sneak fruit and vegetables into your child's lunchbox

56% of NSW primary school students do not eat the recommended daily amount of vegetables<sup>1</sup>.

Fruits and vegetables provide an array of colour, taste and texture in a child's diet. They are also an excellent source of fibre, vitamins and minerals.

Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese<sup>2</sup>. It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

Fruit	Vegetables
Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit	Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.
Bite size fruit e.g. grapes, orange segments, melon etc.	Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels
Raisin or fruit bread	Corn on the cob
Fruit muffin	Vegetable muffins
Fresh fruit and yoghurt	Salad vegetables on sandwiches

### Reference:

<sup>1</sup> SPANS 2010 Short report

<sup>2</sup> NHMRC – Australian Dietary Guidelines Summary





# CANTEEN MENU 2014 WEEK 3

## STANDARD MENU

Mini Pie \$ 2.00

Sausage Roll \$ 3.50

Pizza \$ 3.50

Sandwiches \$ 3.00

Chicken + Cheese

Ham + Cheese

Ham + Cheese + Tomato

## FIXED PRICE PACK

**\$ 8.00**

**Toasted Sandwich**



OR



## DRINKS

LOL

\$ 2.00

Juice Popper

\$ 2.00

Milk

\$ 2.00



**Jeans for Genes®**

Finding cures for childhood diseases

**Friday 1st August**

Please give generously and remember to wear your jeans!



jeansforgenes.org.au

Proudly supporting Children's Medical Research Institute  
Celebrating 21 years of Jeans for Genes

Student Representative Council is running Jeans for Genes day Friday 1 August, 2014. Students are encouraged to wear jeans for a **gold coin donation**. All students that donate will receive a small gift of appreciation.

There will also be a sausage sizzle and fun games and competitions held at lunch time. A sausage on bread will cost **\$3.00** plus you will get a free gift.

Please support this great cause. Below are some examples of where your donations will be spent.

### What Your Support Will Achieve

Your support on Jeans for Genes Day helps the scientists at Children's Medical Research Institute create a healthier future for all children.

**Every \$ 2**

#### Fight cancer

A gold coin will buy enough of the crucial enzyme needed to test the blood of one patient for aggressive types of cancers.

**Every \$ 5**

#### Treat epilepsy

Buy a badge and CMRI scientists can buy a plastic 96-in-one 'test tube' to screen 96 potential epilepsy drugs at once.

**Every \$ 10**

#### Crack the causes of blindness

Our eye genetics group has already discovered 12 genes that cause blindness in children. Ten dollars gives our scientists 200 mini test tubes to help discover more.

The more you raise the closer we get to finding vital cures and treatments that will save children's lives.

**Every \$500**

#### \$500 - Cure liver disease

Gather a team of volunteers and help sell merchandise on the streets across Australia and you could raise enough money to prepare a sample of cells needed to develop a treatment for liver disease. Currently the only hope for infants born with this disease is a liver transplant, but CMRI scientists have made a major breakthrough and are on their way to clinical trials in seriously ill patients.

**Every \$1K**

#### Make a new discovery

Hold your own Jeans for Genes event and you'll help our scientists test a new drug that could treat cancer, epilepsy or other neurological conditions. A drug we developed to treat epilepsy may also cure kidney disease - an unexpected discovery that has the potential to save millions of people from the need for transplants and dialysis.



# Principal's Message

As we enter the third week of term the sheer volume of activities that our students are involved in becomes increasingly apparent. I believe in no small way this reflects the diversity of the education that happens in schools everywhere and especially at our school. Learning takes place in all manner of ways and locations. It is really vital for all our students to take on as many of these opportunities as they can.

Our students have indeed made a truly great impression right across the sporting spectrum. Both secondary and primary students have had some outstanding successes at Tamworth and Moree as you will see in this newsletter.

Our school is hosting the NBSA schools get together for staff and students from our team of schools. This week we welcome Boggabilla Central School, Collarenebri Central School and Goodooga Central School staff and students to the school for a three day educational odyssey for all concerned. The program is extremely comprehensive and beneficial for students in Stage 6 as they manage their senior curriculum as well as for Stage 5 as they plan and select their subject choices for the next two years. The opportunity to share some face to face time with class peers that are usually only seen via a Video Conference screen in a critical part of their learning and sharing and this needs to be taken up with enthusiasm. I do realise that for many this may well be a little intimidating but they are really in a very supported environment. We wish everyone a very successful and worthwhile experience.

I would like to thank parents and carers for their understanding with our restructure of primary classes. As explained in the letter that was sent home, as leader of the school I am tasked to ensure that we meet the working conditions of all our staff. This was the only way to ensure the learning and working conditions were being met for staff and students. I will be monitoring how our students manage these changes and will be keeping in touch as this evolves.

This week is Education Week which is another significant milestone for the Department of Education and Communities and schools everywhere. While most of our energy has been involved in the NBSA get together, I would like to remind parents and carers that you are always welcome to visit the school and take an active role in classrooms.

All the best.

Mr Erich Riesinger  
**Principal**

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## Community Announcements

### **NSW RSA (Responsible Service of Alcohol)**

Previous RSA certificates (that used to be current for life), are now deemed void without new training and a photo identification Competency Card. It is now illegal to serve behind any bar in New South Wales without it.

There will be a 6 hour course held at the Mungindi Golf Club on Wednesday 30 July 2014.

Cost is \$165pp.

There is a maximum of 30 spots and 11 already committed.

Please RSVP to:

Michael Brosnan 0428532143 or

Brian Lawson 0437191673

Mungindi Show Society is happy to pay if people are happy to verbally commit to 3 or more hours at the Mungindi Show 8, 9 or 10 August 2014. If you do not wish to commit to this you are still very welcome to do the course and pay individually.





## Mungindi Blue Light



**Come down to the Mungindi Memorial Hall for a fun night!**

**Date- Friday 22<sup>nd</sup> August**

**Time- 6pm- 8pm**

**Entry Fee - \$4**

**Hotdogs and Canteen Facilities available**



# CALENDAR

**MONDAY**

**TERM 3 - JULY 28**  
EDUCATION WEEK  
**HEFEREN SHIELD**  
HOMEWORK CENTRE

**TUESDAY**

**29**  
EDUCATION WEEK  
**NBSA GET-TOGETHER**

**WEDNESDAY**

**30**  
EDUCATION WEEK  
**NBSA GET-TOGETHER**

**THURSDAY**

**31**  
EDUCATION WEEK  
**NBSA GET-TOGETHER**

**FRIDAY**

**AUGUST 1**  
EDUCATION WEEK  
**JEANS 4 GENES DAY**

**4**

HOMEWORK CENTRE

**5**

**6**

**7**

GOODOOGA  
INDIGENOUS GAMES  
**GO 4 FUN**

**8**

**11**

HOMEWORK CENTRE

**12**

**13**

RICKY WALFORD,  
GEORGE ROSE &  
JENNY WRIGHT SHIELD  
**P & C Meeting - 5:30 pm**

**14**

**GO 4 FUN**

**15**

**18**

HOMEWORK CENTRE

**19**

**20**

**21**

**GO 4 FUN**

**22**

**MON-FRI 28-1 JULY-AUGUST 2014 - EDUCATION WEEK**

**TUE-THURS 29-31 JULY 2014 - NBSA GET-TOGETHER**

**THURSDAY 7 AUGUST 2014 - GOODOOGA INDIGENOUS**

**SAT-SUN 9-10 AUGUST 2014 - MUNGINDI SHOW**

**WEDNESDAY 13 AUGUST 2014 - WALGETT FOOTBALL & NETBALL**



*Motivation, Commitment, Success*

Mungindi Central School

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