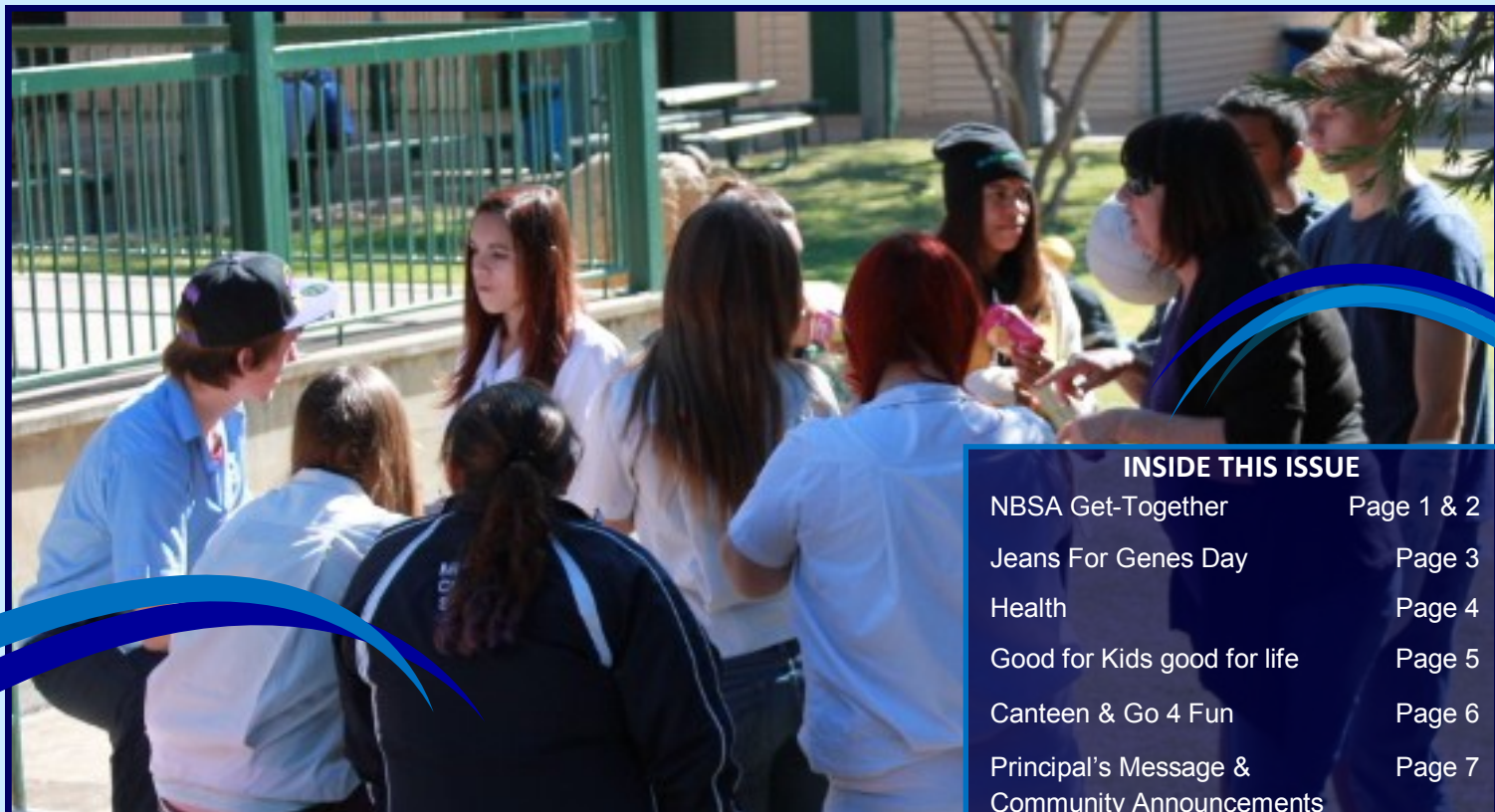


# Mungindi Central School

SEMESTER 2 TERM 3 2014

WEEK 4 - 5 August 2014

## NBSA Get-Together



### INSIDE THIS ISSUE

NBSA Get-Together	Page 1 & 2
Jeans For Genes Day	Page 3
Health	Page 4
Good for Kids good for life	Page 5
Canteen & Go 4 Fun	Page 6
Principal's Message & Community Announcements	Page 7
Calendar	Page 8


Sixty-Two students in Years 9 to 12 from Boggabilla Central School, Collarenebri Central School and Goodooga Central School joined Mungindi Central School for three days of activities to strengthen the relationship that is the Northern Border Senior Access Program. It was such a success that all students indicated that there should be more opportunities to interact with their class mates and teachers from all schools.

Please turn to page 2 to read more about the activities that were held over the three days.

Ms Michele Riddell  
**NBSA Coordinator**

### UP & COMING EVENTS

#### GOODOOGA INDIGENOUS GAMES

 7 August 2014


#### MUNGINDI SHOW

 9-10 August 2014


#### WALGETT FOOTBALL & NETBALL

 13 August 2014

#### P & C MEETING - 5:30 PM

 13 August 2014

#### GO 4 FUN

 14 August 2014

### QUOTE OF THE WEEK

*"The way I see it, if you want the rainbow, you gotta put up with the rain."*

Dolly Parton

# Fun & Friendly Get-Together

Heart felt gratitude is extended to the **Mungindi Campdraft Association** for cooking breakfasts, **Home And Community Care's Katherine McMillan** for running the Bingo on Wednesday night, the **Jolly Swagman** for catering for all meals under such difficult circumstances, **Sherry Gieseler** for presenting a session on Hair and Beauty as a career and also instructing lucky students on some hair styling techniques, the **Staff** at Mungindi Central School for hosting the event and the **Students** for being wonderful ambassadors for their school.

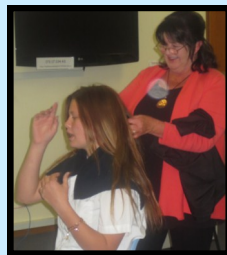
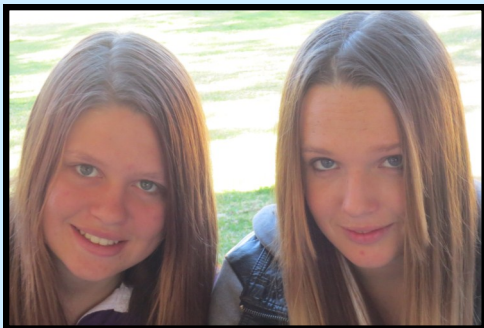
The students participated in sessions that will allow informed:

- subject selection choices for identified career path,
- life choices with respect to drug use and mis-use,
- sexual and mental health,
- physical health and well being
- of the requirements of the Board of Studies in acquiring a *Record of School Achievement* and the *Higher School Certificate*,
- directions on referencing others work in assignments and ways to confidently present information.

The Northern Border Senior Access Program provides quality educational opportunities for students who elect to remain in their local community by utilising technology to source delivery of a broad and relevant curriculum. Following its inception in 1991, 203 students have graduated with their Higher School Certificate which would otherwise not had the opportunity. The opportunities for success listed below is unparalleled;

- small classes,
- individualised learning plans,
- identified quality deliverers,
- access to TAFE, larger High Schools and Universities,
- state of the art interactive technologies and
- staff with a passion for guiding students to achieve their personal best.

Ms Michele Riddell  
**NBSA Coordinator**





# Jeans For Genes Day

Friday 1 August 2014 saw Mungindi Central School Students and Staff participate in the Annual Jeans for Genes Day. This event was run by the Mungindi Youth Council. The money raised by Jeans for Genes Day will be used to help unravel cures for future generations of children by funding the work of the scientists at Children's Medical Research Institute (CMRI) which has a single aim - to improve and extend the lives of children everywhere.

One in twenty children is born with a congenital abnormality or genetic disease. That's over 12,000 children born in Australia each year. CMRI is dedicated to changing this. Since its inception in 1958, CMRI have made many achievements including increasing survival rates of premature babies, establishing Australia's first research unit for newborns, developing life saving microsurgery techniques, and introducing vaccines that protect against a number of potentially fatal or disabling childhood diseases.

Mungindi Central School Youth Council raised a total of approximately \$100 through kind donations and sausage sizzle. The students also played a game of fly during lunch which involved all students from Primary and Secondary.

Miss Kimberly Smith

**Science Teacher**





# Health



Dear Parents and Guardians,

With winter just around the corner, so too is the season of coughs, colds and sniffles! This year our class will be learning about a simple public health program that promotes the prevention of colds and flu viruses.

Many absences are caused by viruses that are spread in classrooms where children are in close contact with one another. Good hygiene and tissue use can help protect your children from germs, preventing illness and therefore avoid missing valuable school time. It can also stop the spread of colds and flu to other members of the family.

**Sneezesafe** is a tissue training program for schools, designed for children aged four to seven. Devised by **Kleenex**® Tissues and teachers, this resource enables schools to encourage children to practise correct respiratory hygiene and tissue use to help reduce the spread of colds, flu and other viruses.

It has been reviewed for Australian classrooms and supports Early Years programs across Australia, meeting curriculum guidelines for teaching children 'how to take increasing responsibility for their own health and physical wellbeing'.\*

You can help your child stay healthy and prevent the spread of germs by reminding them at home of this simple 1-2-3 message.

**CATCH IT** - Always use a tissue when you cough and sneeze

**BIN IT** - Throw the tissue away immediately after use

**KILL IT** - Wash your hands

All materials are free and include a number of fun and exciting educational stories and games, featuring Suki Sneeze and Nathan Noseblow, to teach children about colds, cold germs and how tissues can help keep them at bay.

You can help reinforce their learning at school by visiting [www.sneezesafe.com.au](http://www.sneezesafe.com.au) and clicking on "games" in the menu bar, where you can read the stories and play the games together. There is also a useful information page for parents.

As a home reminder to help keep our class Sneezesafe free this Winter, there is a colour-in activity on the back of this letter – perfect for a quiet home time activity.



\***BELONGING, BEING AND BECOMING** the Early Years Learning Framework for Australia  
We encourage you to visit [www.sneezesafe.com.au](http://www.sneezesafe.com.au) where you will find more detailed information on the classroom activities, as well as posters and stickers to download, interactive stories that you can read together and games to play with your child.



# Good for Kids good for life

## Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it's the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:

- Offer water when children are thirsty

- Have a jug of water on the table at mealtimes

- Keep water in the fridge so it's cold

- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox

- Send a water bottle to school for Crunch&Sip®

Milk is also a nutritious drink that children should consume, as it's important for strong bones and teeth.

### Reference:

Adapted from Healthy Kids: "Choose water as a drink" fact sheet accessed from [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)





# CANTEEN MENU 2014 WEEK 4

## STANDARD MENU

Pie \$ 4.00

Sausage Roll \$ 3.50

Pizza \$ 3.50

Sandwiches \$ 3.00

Chicken + Cheese

Ham + Cheese

Ham + Cheese + Tomato

## FIXED PRICE PACK

**\$ 8.00**

Potato Skins, Savoury  
Mince & Cheese



OR



## DRINKS

LOL \$ 2.00

Juice Popper \$ 2.00

Milk \$ 2.00

# 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.**



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA



**Health**

# Principal's Message

As we enter the fourth week of term the volume of activities has not lessened in any way. This week sees a group of students travel to Goodooga Central School for their Indigenous Games Day. From memory this is a huge highlight on the calendar for all schools that have the opportunity to take part. For many years Goodooga Central School has hosted this outstanding event. In the past I had been given this opportunity.

I hope that by now you would have had the chance to debrief with any of our secondary students who participated in the NBSA "Get Together" with our three partner schools. Boggabilla Central School, Collarenebri Central School and Goodooga Central School staff and students spent three days on workshops with invited presenters and a really diverse program of information and fun activities that included subject selections for our Year 10 students as they plan and contemplate the future directions of their study. For most students these are quite challenging decisions to make and require very sound sources of advice from both teachers and parents.

Since my arrival at the school I have had the chance to make a number of observations and gather quite a deal of feedback from staff. One of the most significant areas of concern raised has been the state of the whole school technology network. This week will see a visit from one of the team members from the Technology for Learning group. They will do some work on our Local Area Network in preparation for some much needed remediation across the whole school site. My vision is for students and staff to be able to access technology in all classrooms via both hard wire or wireless. With the capacity to use Interactive White boards as a teaching resource and for students to have access to computers in their classrooms either with desktops or laptops. While this may seem quite ambitious many schools have this as a basic platform. I do not see why our students and staff don't deserve the same access. Part of this process will also involve the school taking up the eT4L server program. This will enable teachers and technology support staff to reimage computers and laptops to suit our schools specific needs here on site. Our planning will include the NBSA facilities and their resources to ensure that we are able to offer the best balance of provision for our all our students.

All the best.

Mr Erich Riesinger

Principal

## Community Announcements



### 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

**"The Tree Of Life"**  
**2014 MUNGINDI SHOW**  
*9th - 10th August*

Program - Friday 8th August 2014: 8.00am Campdraft (Novice, Open, Maiden if time)  
Program - Saturday 9th August 2014: 7.30am Horse Ring Events commence 8.00am Campdraft (Maiden, Junior, Juvenile & Ladies) 8.00am  
Yard Dog Trials 10.00am Webber Cook off 10.30am Cooking Demonstration - Naked Chef Murrat Hartle 11.00am Woodchop commences  
11.00am U Beaut Uta competition 11.00am Mungindi Aerial Lolly Drop 12 noon Official Opening of the 2014 Mungindi Show -  
Mark Coulton MP in front of the grandstand includes awarding Honorary Life Membership to Anna Farey and presentations of Producer  
Awards 12.30pm Presidents Lunch 1.30pm High Velocity Trick Riding Performance 2.30pm Mick Napier in the Trueline Desert Buggy Demo  
2.45pm Mungindi Aerial Lolly Drop 4.00pm High Velocity Trick Riding Performance 4.30pm Mick Napier in the Trueline Desert Buggy Demo  
6.30pm Fireworks by Mr Fireworks 7pm Jesse Holland  
Program - Sunday 10th August 2014  
8.15am Pool's Breakfast Registration  
8.30am Pool's Breakfast  
8.30am Horse Sporting Events  
9am Show Jumping  
9am Yard Dog Trials  
9.30am Woodchop commences  
10.30am Dog Competition  
followed by Pet parade  
12 noon Dog High Jump

**BLUE RIBBON SPONSORS**  
Max Buchanan B&W Rural Cleveland Agriculture CN & PM Greentree  
Greenlee Farming JA Livingston & Partners Moore Plains Shire Council  
Prosser Hutton Richie Bros Auctioneers D & A Smith Western Rivers Ag  
South Bunarba Agriculture

**RED RIBBON SPONSORS**  
Bullamon Plains Past Buck Tennins Transport CSD Farmos R & L Doran C M Hickson & Co  
Chemistova Australia JFS Machinery Spares GE & BM Locke Jolly Swagman Hotel  
Johnstone Concrete & Quarries Kenway & Clark Landmark Mungindi WJ Matthews Mile  
10 Moore Mungindi Aerial Mungindi Tyre & Battery Ray White Rural S & A Murphy Pacific  
Seeds Pioneer Seeds Spar Supermarket Reardon Farms S Aguire Pty Ltd Tonkin Farming  
Thom Ag Wyndham Road Co Yara House Rabbolink

**GREEN RIBBON SPONSORS**  
Aghware Beyer Cropscience Royce & Co Gindilli Grain Clearing  
Community Mutual Chris McCookes Dwyer Dwyer Creek Greenlee Farming Strathford Garrawilla  
Farming P/ship Hamilton Farming Haynes Spraying Lowrey's Small Motors Naimoi Cotton Mufum  
Rabbolink Red's Quality Meats Sutherland Field & Foster Syngenta Thomas Lee Motorcycles Webb &  
Roland Wessmiller Pty Ltd Waco Agri Services Mungindi Mechanical Region Mungindi Servis

**GENERAL DONATIONS**  
Karl's Chemist Fletcher International Pitman Dealers P.J. & Countrywares Moore Car Spas Moore  
Discount Drug Store Moore Family North West Petrol & Paint K. Martin & S Dunlop Leonie Livingston  
M & B Brogan



# CALENDAR

MONDAY

**TERM 3 - AUG 4**  
HOMEWORK CENTRE

TUESDAY

5

WEDNESDAY

6

THURSDAY

7

GOODOOGA  
INDIGENOUS GAMES  
GO 4 FUN

FRIDAY

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

25

HOMEWORK CENTRE

26

27

28

GO 4 FUN

29

THURSDAY

7

AUGUST 2014 - GOODOOGA INDIGENOUS

SAT-SUN

9-10

AUGUST 2014 - MUNGINDI SHOW

WEDNESDAY

13

AUGUST 2014 - WALGETT FOOTBALL & NETBALL

WEDNESDAY

13

AUGUST 2014 - P & C MEETING 5:30 PM

THURSDAY

14

AUGUST 2014 - GO 4 FUN



*Motivation, Commitment, Success*

Mungindi Central School

59-67 Wirrah Street

MUNGINDI NSW 2406

Mr Erich Riesinger

Principal

Phone 0267 532 207

Fax 0267 532 346

Email [mungindi-c.school@det.nsw.edu.au](mailto:mungindi-c.school@det.nsw.edu.au)

Website [www.mungindi-c.schools.nsw.edu.au](http://www.mungindi-c.schools.nsw.edu.au)