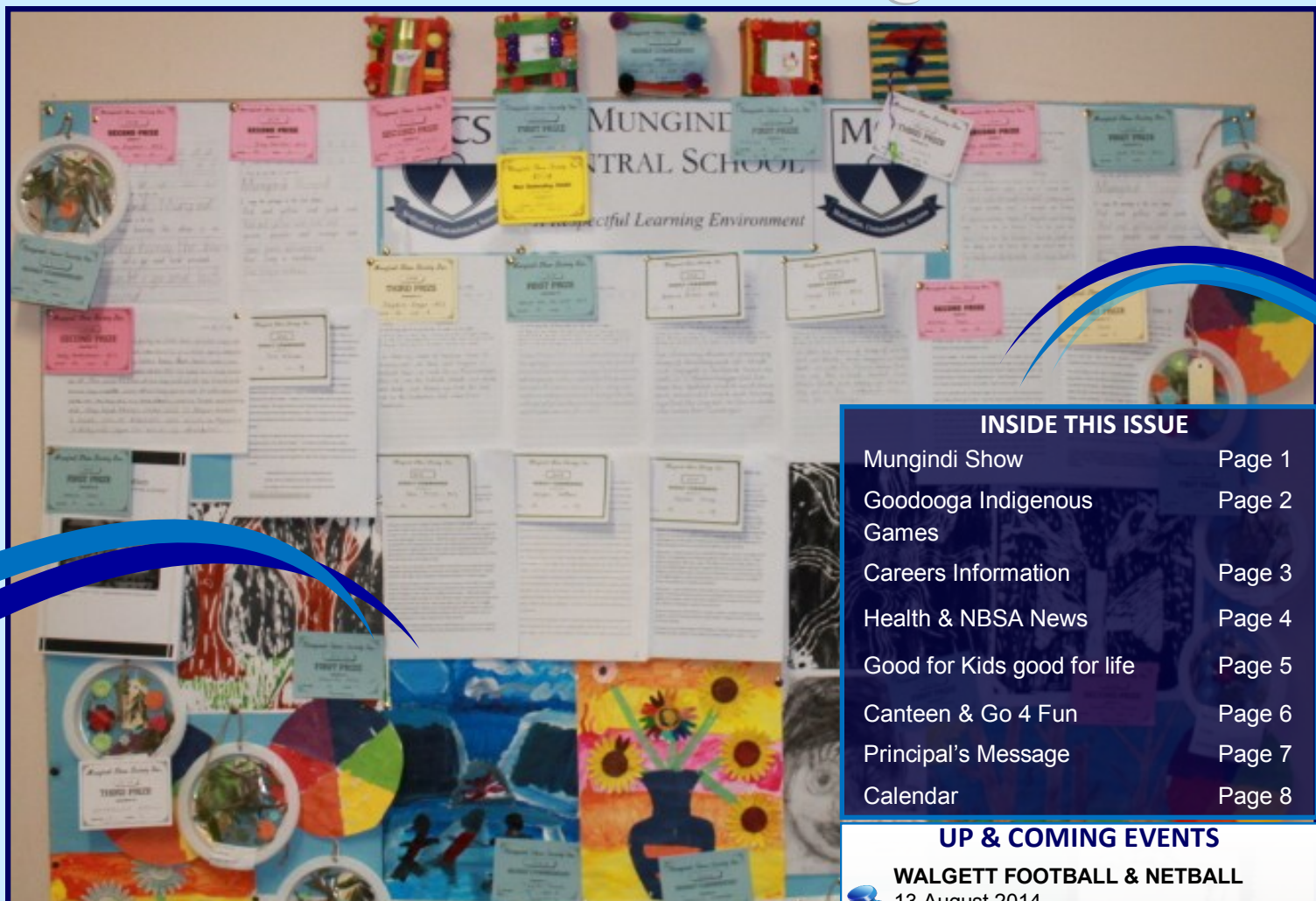


Mungindi Central School

SEMESTER 2 TERM 3 2014

WEEK 5 - 12 August 2014

Students Excel at Mungindi Show



Well done to all Mungindi Central School students who entered work in the 2014 Mungindi Show. Students from Primary and Secondary entered handwriting, short stories, essays, poetry, artworks in both colour and black and white, handicrafts, fine arts and constructions made from Lego and other objects.

Students received nine 1st places, nine 2nd places, five 3rd places, ten highly commended and one most outstanding exhibit.

Congratulations to all students for their marvellous efforts.

INSIDE THIS ISSUE

Mungindi Show	Page 1
Goodooga Indigenous Games	Page 2
Careers Information	Page 3
Health & NBSA News	Page 4
Good for Kids good for life	Page 5
Canteen & Go 4 Fun	Page 6
Principal's Message	Page 7
Calendar	Page 8

UP & COMING EVENTS

WALGETT FOOTBALL & NETBALL

13 August 2014

P & C MEETING - 5:30 PM

13 August 2014

GO 4 FUN

14 August 2014

HOMEWORK CENTRES

18 August 2014

BEAUTY THERAPY CERT II

18-20 August 2014

QUOTE OF THE WEEK

"Every man has his own destiny; the only imperative is to follow it, to accept it, no matter where it leads him."

Henry Miller

Goodooga Indigenous Games Day

On Thursday 7 August 2014 twenty Primary and Secondary students from Mungindi Central School left early in the morning to travel to Goodooga Central School for their annual Indigenous Games Day. Students behaviour was exemplary and they all cooperated with each other and members of teams from other schools.

Numerous other schools attended from an area covering Goodooga to Sydney. The students were split up into teams that consisted of students from other schools and they participated in art activities and Indigenous games. Mungindi Central School students participated fairly.

Shernille, Christian and Stephen received the honour of being the Best Team Member. Monica and Emily were part of the Best & Nicest Team for which they received a cap. Their team also won 1st place overall. Jack and Lachlan were members of the team which placed 3rd place overall.

Well done to Mungindi Central School students for all your hard work and fair play.

Miss Abby White

Primary Sports Coordinator



Careers Information

Teachers Mutual Bank: Future Teacher Scholarships Applications open September.

\$5,000 financial assistance to university students studying to be teachers.

<http://www.tmbank.com.au/>

University of Newcastle Bachelor of Arts Scholars Program YouTube Video. Receive cash, iPad, and a mentor.

<https://www.youtube.com/watch?v=pZFOY-KqrLY&feature=youtu.be&list=PLE5909EFD6FF4AC73>

Western Sydney Institute Nirimba College Certificate III in Children's Services Information Session

25 August and 28 August, 10.00am and 6.00pm at NIRIMBA College Block F

Contact: Liz Fleming on elizabeth.fleming@tafensw.edu.au or Alissa Haddad on alissa.haddad@tafensw.edu.au

TSFX Free Exam Preparation Lecture for HSC Students

31 August, University of Sydney "Mastering the Exams" - optimise examination performance, cut down on study time.

<http://www.tsfx.com.au/?hsc-program=mastering-the-exams-series-3>

8 Ways to Study the Fun Way

<http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/8-ways-to-study-the-fun-way-over-the-holidays.aspx>

VET Financial Services

5 Year Management Cadetship at UOW (Reference No: 25142) Close: 7 September

Year 12 school leavers. Experience given across HR, Finance, Marketing, Audit, Policy & Governance and Student Administration. Majoring in Management, Marketing, Finance, Accounting or Business Information Systems. Indigenous Australians encouraged to apply. Contact: Deb Tetley, Professional Development Consultant on 4221 4646.

<http://www.uow.edu.au/about/scholarships/ug/cadet/index.html>

APM College of Business and Communication Information Evening

9 December, 6.00pm – 9.00pm at Level 9, 171 Pacific Highway, North Sydney Contact: 1300 880 610 or enquiries@apm.edu.au <http://www.apm.edu.au/about-apm/upcoming-events/parent-information-evening>

VET Hospitality

The Australian Patisserie Academy

Niche programs of chocolate, bread, patisserie, sugar and cake design and decoration for a range of experience levels. Short, specialised course. Visit www.theapa.edu.au or phone 02 9448 6222

tafenow Certificate III in Business

For a job as a junior office assistant, accounts receivable or payable clerk, data entry operator, personal assistant, receptionist or office administration assistant. Full details at <http://tafenow.com.au/bsb30412> or phone 1300 8233 669. Subsidies and Centrelink concessions available.

VET Entertainment Industry

Sydney Film School, Open Day

20 September: 2pm-5pm at 82 Cope St, Waterloo. Interested in a career in film and digital media industries? Diploma and Advanced Diploma of Screen and Media courses on show. For the schedule of events & to RSVP :<http://www.sydneyfilmschool.com/school/important-dates/open-day.aspx> or (02) 96982244 or

events@sydneyfilmschool.com.au

VET COURSES

Apprenticepower

Apprenticepower places people looking for an apprenticeship with employers looking for apprentices. Contact: 13 72 77 or <mailto:info@apprenticepower.com.au>

<http://www.apprenticepower.com.au/apprentices/apply/>

VET Automotive

Scania Apprenticeship Program

World leader in automotive manufacturing in heavy transport. Phone: 03 9217 3301 or E-mail: apprentice@scania.com.au <http://www.scania.com.au/career/apprenticeships/>

VET Business Services

Australian Government Cadetships, Scholarships and Work Experience Opportunities

Agencies like Defence, attorney-general's, immigration. <http://australia.gov.au/topics/employment-and-workplace/australian-government-jobs/cadetships-scholarships-work-experience>

Mrs Belinda Brosnan

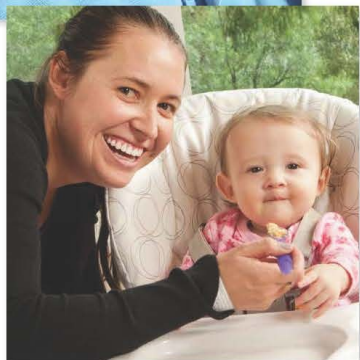
Careers Advisor

Health



PUBLIC HEALTH ADVICE

Meningococcal Disease



Meningococcal disease can develop within hours of the first symptoms appearing and can be fatal.

Winter and early spring is the peak time for meningococcal disease. Be on the lookout for symptoms and seek treatment immediately if they occur. Vaccines are effective, but do not protect against all strains of the disease.

Symptoms may include:

- ▶ sudden onset of fever
- ▶ cold hands and feet
- ▶ limb/joint pain
- ▶ nausea and vomiting
- ▶ headache
- ▶ neck stiffness
- ▶ dislike of bright lights
- ▶ pin-prick rash changing to large red-purple blotches

Babies and very young children may also:

- ▶ be irritable
- ▶ have difficulty waking
- ▶ have rapid or laboured breathing
- ▶ have diarrhoea
- ▶ have a high-pitched cry
- ▶ refuse to eat

Symptoms early in the illness are common to many mild viral illnesses, so it can be difficult for doctors to diagnose the disease in the early stages.

Remember these 3 key messages:

- 1 Anyone with symptoms of meningococcal disease should seek immediate medical care.
- 2 A rash does not always appear, and not all of the symptoms of meningococcal disease may be present at once.
- 3 Seek medical care again if the illness gets worse, even if this is shortly after the previous visit.



Health

For more information on meningococcal disease go to www.health.nsw.gov.au or phone your local Public Health Unit on **1300 066 055**

Northern Border Senior Access

... after 14 years of schooling our Year 12 students have just over 5 weeks remaining.....

HSC Trial and Final Course Examination timetable

	Time	Subject
Thursday 14 Aug	9.00 am	2U Mathematics
Friday 15 Aug	9.00 am	Biology
Monday 18 Aug	9.00 am	Chemistry
Tuesday 19 Aug	9.00 am	Gen Maths 1, Ancient History, Retail
Wednesday 20 Aug	9.00 am	Society & Culture, Hospitality (MCS only), EEC, SLR
Thursday 21 Aug	9.00 am	English, IDM&T

NB: Preliminary Final Course Exams during Week 9

Good for Kids good for life

Getting kids active

Children should get at least 60 minutes of physical activity every day, including vigorous activities that make them “huff and puff”¹.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being active at school in PE and break times, active play at home or taking part in organised sport outside of school.

Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to join in.

Below is a home fun activity that you can enjoy with your children that will make them huff and puff by practising the dodge.

Dodging is a locomotor skill that involves a high degree of balance, stability and change in direction². It is common to many playground games and activities and is an important skill in the majority of team sports².

Artful Dodger²

One partner stands behind the other.

On 'go' the front person runs around changing direction regularly.

On 'stop' both players freeze. If the back person can take one step and touch the front person they become the new dodger.

Reference:

¹ “Get active each day” fact sheet accessed from www.healthykids.nsw.gov.au

² Q4: Family Activation Pack http://www.healthpromotion.com.au/CIM/Family_Activation_Pack.htm



CANTEEN MENU 2014 WEEK 5

STANDARD MENU

Pie \$ 4.00

Sausage Roll \$ 3.50

Pizza \$ 3.50

Sandwiches \$ 3.00

Chicken + Cheese

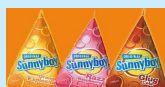
Ham + Cheese

Ham + Cheese + Tomato

FIXED PRICE PACK

\$ 8.00

Toasted Sandwich



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 fifth week of term the volume of activities has not lessened in any way. This week sees a group of students travel to Walgett for their Ricky Walford, George Rose Memorial and Jenny Wright Shield day for football and netball at Walgett Community College. This is always a huge day for all schools as it brings together schools from many surrounding communities. The school has combined our talents with St Joseph's and Boomi to create enough students to have a football and netball team for the students. It promises to be a fantastic opportunity for all concerned.

From all reports we are very fortunate to have a core group of students who are very involved in the Youth Council at various levels. They are currently involved in work for the organisation of the student Stress Less day in Moree at the end of term. I hear that there will be a diverse number of activities on offer for students from many schools including Moree, Mungindi and Warialda. Just to name a few. The day will have the support of a significant number of agencies and services that are engaged with students and young people in a range of towns.

We are in the most critical time of the school year for sickness. It is timely that I remind parents and carers of the long term benefits of ensuring that students are at school every day possible. From recent research it has been proven that even the loss of short periods each day has a massive accumulated effect in terms of lost learning time. Effective learning is based on the ability to have repeated opportunities to review and revise new learning to enable this to be consolidated as understood knowledge and practices. If students miss school days then the process is interrupted and it has to be revised in ways that makes the learning non sequential. This results in key basics not having been learned and students missing vital foundation knowledge making later skills development very difficult. In some cases the impact may not be fully realised until students try to learn key facts and processes that are based on prior knowledge.

Can I ask that we make a really concerted effort to ensure that students come to school every day possible barring unavoidable sickness and medical appointments. There will be more information regarding attendance and its effect on learning in the next few weeks.

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 22nd August

Time- 6pm- 8pm

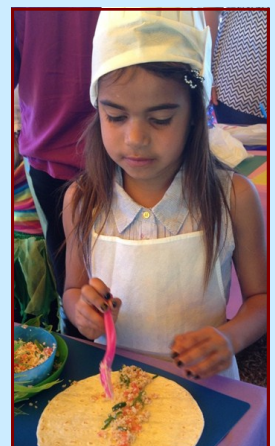
Entry Fee - \$4

Hotdogs and Canteen Facilities available

Mungindi Show

Thank you to the three students that volunteered some of their time at the Mungindi Show to help with organised activities. Peter and Aliesha helped a Chef from Melbourne who ran cooking activities at the Bubble Muffin stand and Morgan helped at the bar. It was great to see students giving up their own time to help others.

Mrs Belinda Brosnan
Careers Advisor



CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TERM 3 - AUG 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
BEAUTY THERAPY
CERT II

19

BEAUTY THERAPY
CERT II

20

BEAUTY THERAPY
CERT II

21

GO 4 FUN

22

25

HOMEWORK CENTRE

26

27

28

GO 4 FUN

29

SEPTEMBER 1

HOMEWORK CENTRE

2

3

4

GO 4 FUN

5

-  WEDNESDAY 13 AUGUST 2014 - WALGETT FOOTBALL & NETBALL
-  WEDNESDAY 13 AUGUST 2014 - P & C MEETING 5:30 PM
-  THURSDAY 14 AUGUST 2014 - GO 4 FUN
-  MONDAY 18 AUGUST 2014 - HOMEWORK CENTRES
-  MON - WED 18-20 AUGUST 2014 - BEAUTY THERAPY CERT II



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

Website www.mungindi-c.schools.nsw.edu.au