

Mungindi Central School

SEMESTER 2 TERM 3 2014

WEEK 6 - 19 August 2014

Stage 4 Science

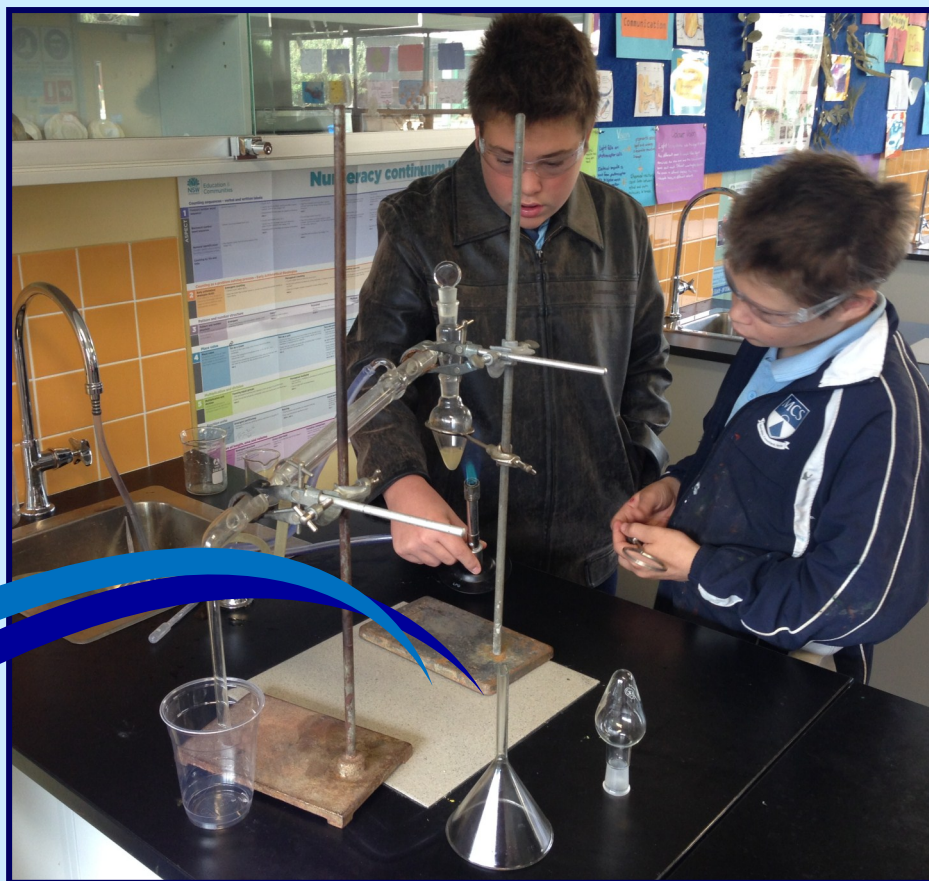
Stage 4 have completed their unit on Cells by looking at Microbes as both good and bad organisms. This involved brewing some Pineapple Cider to observe the process of Cellular Reproduction. The students then distilled the cider to produce a pure alcohol sample to compare to the starting substance which was Pineapple Juice! Stage 4 now move on to studying Forces for the remainder of Term 3.

Miss Kimberly Smith
Science Teacher



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UP & COMING EVENTS

BEAUTY THERAPY CERT II

18-20 August 2014

GO 4 FUN

21 August 2014

HOMEWORK CENTRES

25 August 2014

GO 4 FUN

28 August 2014

HOMEWORK CENTRES

1 September 2014

QUOTE OF THE WEEK

"To teach is to learn twice."
Joseph Joubert

Walgett Football & Netball

Last Wednesday, August 13, the combined Mungindi Central School, St Joseph's Catholic Primary School and Quambone Public School Rugby League team won the 2014 Ricky Walford Shield in Walgett.

It proved to be a great social event, staying over in Walgett on the Tuesday night and enjoying the pizza night and team building opportunities.

This year one hundred and fifty of the best Primary School Rugby League players in the North West from schools including Lightning Ridge, Walgett, Nyngan, Bourke, Wee Waa, Coonamble, Moree and Gosford met in Walgett to celebrate sport and community.

The Ricky Walford Shield was first contested in 1993 and its first Player of the Tournament was Sea Eagles star Jamie Lyon. In 2014 the Player of the Final was a student from St Joseph's Catholic Primary School Mungindi.

This year's event included special appearances by Wests Tigers stars Liam Fulton and Bodene Thompson, and Melbourne Storms George Rose, as well as the State of Origin Shield won this year by the New South Wales' Blues.

The winning boys Rugby League team members from Mungindi Central School included Kydon, Darryl, Stephen, Cheyanne, seven students from St Joseph's Catholic Primary School and two students from Quambone Public School.

Congratulations to all the children who competed in this year's tournament.

Mr John Melrose

Assistant Principal



Last week Mungindi Central School students travelled to Walgett to compete in the Jenny Wright Shield alongside students from Boomi Public School and St Joseph's Catholic Primary School. We put in a fantastic effort. The girls had a wonderful day competing the Jenny Wright Netball Shield competition. The girls showed fantastic sportsmanship. They worked hard in defence and attack managing to stop many goals. Attack did a great job scoring numerous goals as well.

The girls missed out on winning the Jenny Wright Shield but came away with a draw and a victory.

Thank you all for a fantastic day.

Miss Abby White

Primary Sports Coordinator

Careers Information

Nearly all Personal Learning Plans for Secondary Students have been completed and I have seen some parents. I will be calling parents on Thursday and Friday this week to discuss their child's PLP. This week Beauty Students are in Moree for block delivery for Beauty Therapy Certificate II learning makeup application, eyebrow and lip waxing and tinting eyelashes.

SCHOLARSHIPS & CADETSHIPS

8 Scholarships offered for 2015, Raffles College of Design & Commerce.

Applications are open to all current Year 12 Australian High School Students for 2015. Scholarship awards are based on outstanding creative abilities. One full-fee and one half-fee scholarship are being offered for Bachelor of Design, Bachelor of Arts (Visual Communication), Bachelor of Accountancy and Bachelor of Commerce. Applications close 7 November 2014. Email jaimiwalker@raffles.edu.au or download an application from <http://www.raffles.edu.au/apply-now/3-scholarships>.

Do you have a high achieving HSC student commencing an initial teacher education program in 2015? If so, then a **Great Teaching, Inspired Learning Cadetship** could be the kick start they need in creating a rewarding career as a teacher in a NSW Public School. Successful applicants will be paid to work as an Operational Paraprofessional, and will be guaranteed a Permanent Teaching Position on completion of their studies. For more information or to apply, visit www.teach.NSW.edu.au. Applications close 3 October 2014.

Undergraduate (Entry-Level) Allied Health Scholarships. The Nursing and Allied Health Scholarship and Support Scheme (NAHSSS) provides up to \$10,000 per year to people from rural, remote and regional areas to study. Applicants must be enrolled, intending to enrol or have applied to enrol as a full-time or part-time student in an eligible university course. Funding is provided by the Department of Health. Applications for 2015 will open Tuesday 2 September 2014. For more information visit www.sarrah.org.au

AHA NSW Women in Tourism & Hospitality Scholarship - Applications for the annual AHA NSW Women In Tourism & Hospitality Scholarship are open, so please nominate - or encourage a young regional woman to nominate themselves - to receive a \$20,000 scholarship to study a Bachelor of Business Degree (International Hotel & Resorts Management) at the prestigious Blue Mountains International Hotel Management School. It is a great opportunity for a young woman to take the first step in her hospitality career! Please visit <http://www.ahansw.com.au/index.php/events/women-in-tourism> to download an entry form. For any enquiries contact: veronique.chidiac@ahansw.com.au or 02 8218 1877 Entries close Friday 22 August 2014.

RESOURCES

Year13 is a new website featuring Australia's relevant and up to date information on post-school opportunities and options, specifically tailored for the youth market. With advice, exclusive content, study options and job opportunities, Year13 is free to access and aims to empower youth with information to unlock opportunities. The website is a complementary resource designed to support the work of career advisers, schools and families in terms of opening up the minds of young people to the myriad of post-school options available. Year13 provides a hassle-free way for school leavers and students to find inspiring jobs, study options, gap year and travel information, apprenticeships, money advice, and more. For more information please visit www.year13.com.au.

Mrs Belinda Brosnan
Careers Advisor

Preschool News

This week in Preschool we are currently focusing on healthy eating and making good food choices. We have explored our lunchboxes to classify the items found into the categories of everyday or sometime foods. As a group we are enjoying learning about the different types of everyday foods and the benefits that those foods have for our bodies. Recently we have been asking the following questions at meal times:

- Is this food good for my body?
- Will it make me run faster?
- Does this food make my bones/muscles big and strong?
- Should I eat this food every day?

Miss Bec & Miss Nat

Preschool Staff



NSW State Emergency Service

Secondary Schools Cadet Program

The cadet program is a NSW State Emergency Service volunteer initiative, funded by the NSW State Government and administered and supported by the NSW SES. **The program is currently free of charge.**

The cadet program is open to School students from Year 9 and above. The program consists of activity based sessions that are conducted over 10 weeks part-time (1 day per week, 100 mins per day) or 5 full school days. The program is mainly conducted in the school grounds with 2 local excursions and also includes an off-site activity day.

The purpose of the program is to introduce students to the NSW SES. It also provides students with a wide variety of skills and knowledge that will help build resilience and equip them with life skills for future endeavours, especially those required for working within the emergency services sector. The program has a focus of developing skills in Leadership, Teamwork, Communication and Safety.

The NSW SES will provide:

A 10 week part-time or 5 day full time program that provides practical life skills, development of safety and leadership behaviours and that fosters a commitment to community and service through volunteering.

The Cadet Program consists of the following sessions:-

Session 1 Housekeeping, Working in NSW SES, Code of Conduct;

Session 2 Safety and our Wellbeing;

Session 3 Looking after ourselves and others;

Session 4 Principles of Emergency Management;

Session 5 Visit the Local NSW SES Unit;

Session 6 Visit another emergency service provider;

Session 7 Communicating with others;

Session 8 Communicating on the job;

Session 9 Working in a team;

Session 10 Course revision;

NSW SES Skills Activity Day

Theme - Participate in teams

The five day program incorporates the 10 sessions into four days and the fifth day is an Activity Day.

If any students are interested in applying to be accepted into this program please come and see me .

Belinda Brosnan

Careers Advisor

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
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

Head Lice Alert

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

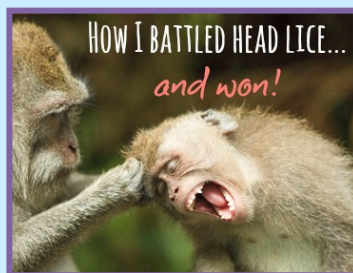
Head Lice At A Glance:

- Head lice and nits only live on human heads and they don't care if the hair is long or short, straight or curly, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids. There is no way to prevent your child from getting head lice. You may be able to help reduce transmission by tying girls' hair back and braiding it.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb. You will need to re-treat your child several times before all the eggs will be gone. Shaving your child's head is radical and unnecessary!
- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- They are not found on family pets and they do not live on furniture, hats, bedding, carpet or anywhere else in the environment. Treating anything other than the human head does not get rid of head lice.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Never use insecticides, methyated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
- You don't need to use an expensive commercial product.
- If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

Removing head lice and nits

You'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.



Steps:

1. **Sit your child on a chair or stool** in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. **Apply a cheap, pale coloured conditioner** generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
4. After you've applied the conditioner, **use a large comb to part small sections of the hair**, starting from the nape and working upwards toward the crown.
5. When the hair is detangled and manageable, **use a fine lice comb and run through each section several times**. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, **wipe the conditioner on the paper towel**. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
7. **Keep combing each section** of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.
10. **Repeat at least twice over the next few days**, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

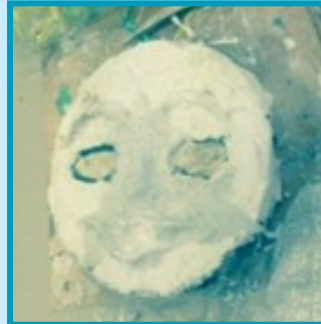
The information from this article comes from the NSW Health Department's Nitbuster Program.

Stage 4 Art

Stage Four Art this term have been creating plaster masks using Modroc. We have investigated cultures from around the world, and then designed our own based on the culture of our choosing. As such, we have masks being created that are influenced by Japanese, Tibetan, Indigenous Australian, American Indian and Chinese cultures. Firstly we drew up our designs before shaping a mould for our mask from clay. Once our moulds dried a little we layered them in Modroc before painting them. Once they are complete we will lacquer them.

Ms Ogg

Secondary Visual Arts Teacher



Good for Kids good for life

Nutrition in Schools Policy

In Term 3, 2011 DEC introduced the “Nutrition in Schools Policy”¹.

As the policy suggests all schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink.

This includes the school canteen, all school fundraising, school function catering and in-class rewards.

It also stipulates that school canteens are required to implement Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Our school is supportive of this policy and is working with the team at Good for Kids to ensure that our school activities reflect this policy.

We would encourage any parents or carers who are interested in helping our school work towards this goal to come to our schools P&C meeting to be held at Mungindi Central School on Wednesday 8 October 2014 at 5:30 pm to review our schools fundraising strategies and school events that involve food and drink.

Reference:

¹ DEC Nutrition in Schools Policy https://www.det.nsw.edu.au/policies/student_serv/student_health/nutrition/PD20110420.shtml?query=Nutrition+in+schools



PHONE 1300 657 197



Father's Day is coming up again on Sunday 7 September. Your child has the opportunity to buy their father or grandfather's a gift to celebrate at the P & C Father's Day Stall. This will be running on the following days:

- Thursday 21 August from 1:00 pm
- Thursday 28 August from 1:00 pm
- Thursday 4 September from 1:00 pm

There is nothing over \$20. Please send money to school with your child and their teacher will take them to the stall during opening hours.

CANTEEN MENU 2014 WEEK 6

STANDARD MENU

Pie \$ 4.00

Sausage Roll \$ 3.50

Pizza \$ 3.50

Sandwiches \$ 3.00

Chicken + Cheese

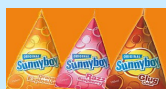
Ham + Cheese

Ham + Cheese + Tomato

FIXED PRICE PACK

\$ 8.00

Curried Sausages
with Rice



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 sixth week of term there seems to be a continuous stream of student focused events. But if we look at the calendar we may well be due for a slight lull in proceedings.

Last week saw a combined group of students from four schools make up a football team and netball team to compete at the Ricky Walford, George Rose Memorial and Jenny Wright Shield day at Walgett Community College. This once again proved to be a fantastic day for all students involved. Not only from the aspect of the team's success in taking out the much coveted Ricky Walford Shield from a red hot field of schools, who were extremely worthy rivals on the day. This in itself was a very inspired performance from all concerned. But for some the fact that the State of Origin Shield was on display and students had the opportunity to have photos taken with this gave the day a very special feel for many students. There is a report in the newsletter with more detail and photos to celebrate the efforts of all participants. A very special thank you to all the students from St Joseph's Catholic Primary School, Quambone Public School and Boomi Public School who came together on the day and excelled as a team in all sports.

Our Year 12 students are involved in their Trial Examinations this week. We wish them well in their endeavours and hope that the revision and review processes have assisted them in their preparations. This is a very critical time of the year for all our students but more so for our Year 12's as they quickly approach the last few weeks of their formal schooling. For many the examinations represent the last tasks in subjects. But with this begins the final stages of their study and preparations for the HSC examinations just on the horizon. The next few weeks will be vital for all students as they review all their work and revise any areas that they are having difficulties with, under the guidance of their teachers. Expect there to be some tensions and anxiety, but all these can be lessened with a managed study and support program. This is where parents and carers become so important in encouraging these students during this time. We need to be very much using a team approach to get the best out of all our students in the lead up to the HSC examinations. I'm sure that we all wish them the very best for the rest of their examinations and in the next few weeks of schooling.

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

come & check out what's BEHIND THE BADGE

Come and say hi to me,
Constable Charlie, at the Moree
Police Station Open Day.
From **9am to 1pm Saturday 23
August 2014** you can meet your
local Police, have your
fingerprints taken, sit in a police
car, get crime prevention advice
and tour the station.

Moree Lions Club will play host to a BBQ throughout the day which features displays from

MOREE POLICE STATION OPEN DAY

Community Announcements



NARRABRI DANCE WORKSHOP IS BACK! 2 DAYS OF DANCE, DRAMA AND FUN MUSICAL THEATRE/ JAZZ / HIP HOP/ LYRICAL WITH PROFESSIONAL CHOREOGRAPHER ALEETA NORTHEY

CREDITS INCLUDE:

SO YOU THINK YOU CAN DANCE, THE TV WEEK LOGIE AWARDS, NRL GRAND FINALS,
ARTISTS VIDEOS/SHOWS - JESSICA MAUBOY, THE YOUNG DIVAS, TODD MCKINNEY.

**IF YOU LOVE TO PERFORM! LOVE TO DANCE! THEN YOU WON'T WANT TO MISS THIS
WORKSHOP! REGISTER NOW!**

**VENUE: NARRABRI HIGH SCHOOL
DATE: SATURDAY 23RD / SUNDAY 24TH AUGUST**

SATURDAY 23RD AUGUST BEGINNERS/INTERMEDIATE

<u>GROOVERS</u>	<u>JUNIORS</u>	<u>SENIORS</u>	<u>LADIES</u>
AGE: 4 – 7YRS	AGE 8 – 12YRS	AGE: 13+	AGE: 18 +
TIME: 9-10AM	TIME: 10-12	TIME: 12-2.30PM	TIME: 2.30-4PM
FEE: \$17.00	FEE \$27.00	FEE \$32.00	FEE: \$22.00

SUNDAY 24TH AUGUST INTERMEDIATE/ADVANCED

<u>GROOVERS</u>	<u>JUNIORS</u>	<u>SENIORS</u>	<u>FAMILY FUN</u>
AGE: 4 – 7YRS	AGE 8 – 12YRS	AGE13+	ALL AGES/LEVELS
TIME: 9-10AM	TIME: 10-12	TIME: 12-2.30PM	TIME: 2.30-4PM
FEE: \$17.00	FEE \$27.00	FEE \$32.00	\$30.00 / FAMILY

**ALL INQUIRIES/BOOKINGS/REGISTRATIONS TO:
ALEETA: M-0406 899 669 E- thedancespace@hotmail.com**

CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TERM 3 - AUG 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

POCHE DENTAL

2

POCHE DENTAL

3

POCHE DENTAL

4

GO 4 FUN
POCHE DENTAL

5

8

HOMEWORK CENTRE
NBSA EXAM WEEK

9

NBSA EXAM WEEK

10

NBSA EXAM WEEK
P & C MEETING-5:30 pm

11

GO 4 FUN
NBSA EXAM WEEK

12

NBSA EXAM WEEK

MON - WED 18-20 AUGUST 2014 - BEAUTY THERAPY CERT II
THURSDAY 21 AUGUST 2014 - GO 4 FUN
MONDAY 25 AUGUST 2014 - HOMEWORK CENTRES
THURSDAY 28 AUGUST 2014 - GO 4 FUN
MONDAY 1 SEPTEMBER 2014 - HOMEWORK CENTRES



Motivation, Commitment, Success

Mungindi Central School

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Mr Erich Riesinger

Principal

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