

# Mungindi Central School

SEMESTER 2 TERM 3 2014

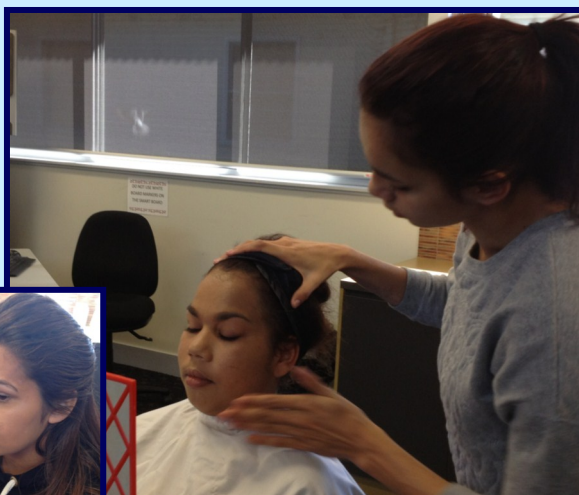
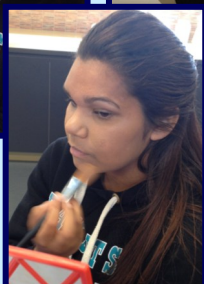
WEEK 7 - 26 August 2014

## Beauty Therapy Cert II



Last week our four beauty students participated in a three day block session at Moree TAFE. On the last day they had clients who made appointments for eyebrow and lip waxing or eyelash and eyebrow tinting. All students were extremely professional and offered a quality service. Well done to all the girls.

Mrs Belinda Brosnan  
**Careers Advisor**



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### UP & COMING EVENTS

-  **GO 4 FUN**  
28 August 2014
-  **HOMEWORK CENTRES**  
1 September 2014
-  **POCHE DENTAL**  
1-4 September 2014
-  **GO 4 FUN**  
4 September 2014
-  **HOMEWORK CENTRES**  
8 September 2014

### QUOTE OF THE WEEK

*"I alone cannot change the world, but I  
can cast a stone across the waters to  
create many ripples."  
Mother Teresa*



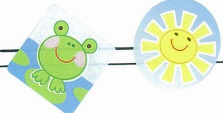
# Kindergarten/Year 1 Literacy

Last week Kindergarten/Year 1 read the story 'Tiddalik The Frog'. We wrote a retell of the story and wrote about how the animals made Tiddalik laugh. Below are some examples of the student's retell of 'Tiddalik The Frog'.

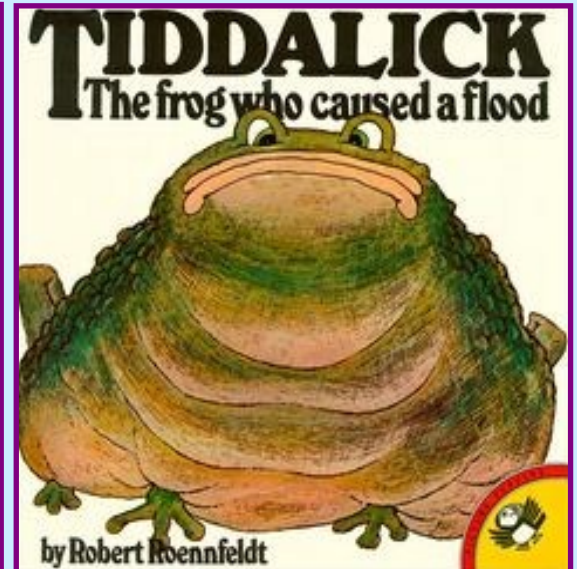

Mrs Stacey Makila  
Kindergarten/Year 1 Teacher

Tiddalik the Frog said  
the water in the hole  
was dry. The animals tried to  
make him laugh so  
he would spit out  
the water.

Am 8/8  
Excellent effort!




By Shakeita Chatfield - Kindergarten

Word to Learn Practise Space

him	him	him
he	he	he

By Shakeita Chatfield - Kindergarten



By Ruby Beckenham - Year 1

My favourite part was when the koobahura told funny stories  
but Tiddalik still didn't laugh.

Am 11/8





# Exploring Sustainability in Preschool

This week in Preschool we have started to create our very own Vegetable Patch and Sensory Garden, where the children can explore the natural environment through look, touch, smell and taste!

We even created a nature display table inside our classroom to explore materials found within our environment.

We are very excited to be growing everyday foods such as fruit, herbs and vegetables to help us continue making healthy life choices.

Miss Bec & Miss Nat

**Preschool Staff**



# Careers Information

## **Sites Of Interest:**

### **Glen Phillips Poetry Prize**

Closes 3 October 2014. Young poets aged 12-18. Write up to fifty lines on any theme.

<http://www.pcwc.org.au/index.php?news&nid=122>

### **ANZ School Based Traineeships (Indigenous)**

Applications for the 2015 program close on Sunday 31<sup>st</sup> August 2014. ANZ Bank is currently seeking Year 10 students wishing to pursue a career in finance. Successful applicants will work one day a week in an ANZ branch whilst completing their senior schooling, gaining meaningful employment and achieving a nationally accredited qualification. For more information and to apply, visit:

<http://www.anz.com.au/about-us/careers/indigenous-employment/Indigenous-traineeships/>

### **William Blue College of Hospitality Management Scholarships**

Scholarships are available in Hospitality Management, Event Management, Tourism Management and Commercial Cookery. A William Blue Industry Partner from each of these industries will assist in the awarding of the industry scholarships. <http://www.williamblue.edu.au/apply-online/scholarships>

### **Hobsons Course Finder: A Practical Guide to University Preferences**

This article explores some of the questions you may have when choosing university preferences. <http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/A-practical-guide-to-university-preferences>

### **Hobsons Course Finder: Are You Choosing a Course or the Right Reasons**

Choosing a course can be difficult, with so many options & so many different things to consider. <http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/Are-you-choosing-a-course-for-the-right-reasons>

### **Speech Pathology Australia**

This website provides information about a career in Speech Pathology as well as a list of University courses that will get you into the field. A multimedia presentation also provides more information about career opportunities.

<http://www.speechpathologyaustralia.org.au/education-and-careers/career-opportunities>

### **Occupational Therapy Australia**

This website offers a list of Universities around Australia that offer entry level courses into Occupational Therapy. <http://www.otaus.com.au/work-or-study/university-programs>

### **aLife Careers Website**

The aLife Careers website has a range of career profiles on offer and interviews with people in those careers.

<http://www.alife.net.au/>

### **Strange Nature Synthetic Biology Writing Competition**

Entries close Fri 19<sup>th</sup> September, 2014 at 11:59pm AEST. "Which advancement in synthetic biology do you think is the most promising, and why?" Students are asked to write 1000 words inspired by this question, the winner receives \$500 and the most innovative idea wins \$350 <http://strangenature.org/competition.html>

Continued on Page 5



# Careers Information

## JobJump

I would like to encourage all parents to visit the you tube clip in the link below: <https://www.youtube.com/watch?v=4AJd1Yj-vn8>. This is a short clip explaining the website JobJump to help our students make career choices. Your child in high school grade 8 and up has been introduced to this site. Please encourage your child to set goals for their future.

To help your son/daughter, our school is providing for your use the Careers website [www.jobjump.com.au](http://www.jobjump.com.au). Please go to this site and view the 3 minute introductory video. (Top right corner on the screen). To go into the website our school password is: **Bobcat**

You will find using the UAC Handbook issued to Year 12s a quicker process by going to the JobJump website and clicking on the ATAR menu option (middle of screen). Now select the Career field of interest from the Index listing on the left hand side. You can click on the blue UAC Course Code numbers in the first column to receive a full description of the courses. You can also click on any of the Table headings (like 2014 ATAR) and they will sort for you.

Provided with this note is a handy summary on how to use each part of the JobJump website. Please feel free to tell other parents and friends from our school of these services offered by our school and JobJump.

Mrs Belinda Brosnan  
Careers Advisor

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## APP of the Week



**Description:** Word Mania is a spelling challenge where you get to create as many words as possible in three minutes from a random set of 15 letters. Score different points for different letters and word lengths.

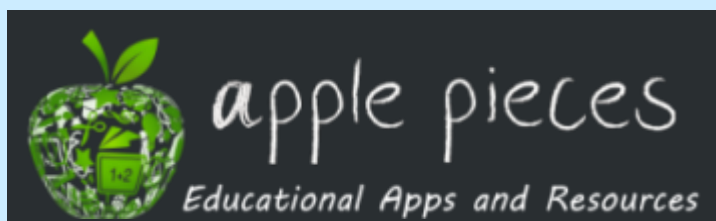
To compete in Word Mania Challenge simply play a series of games each week. There are three rounds starting on the 21<sup>st</sup> October and lasting a week each. Each round will have an individual and school winner and there will also be an overall winner for both. **Your Word Mania username and password are the same as your Intrepica one. No need to learn a new password.**

I have had some great feedback from teachers that have signed up. Both teacher and students are finding the sign up to be quite simple and playing of Word Mania to be fun. The students are enjoying being able to challenge their friends after adding their 'Moon Buddies'.

**Suitable for:** Australian students aged between 6-12 years of age.

**Compatible with:** all iOS devices and Android

Taken from Best Educational iPad Apps:  
<http://www.applepieces.com/>



# Protecting Yourself and Others

In general, influenza viruses are spread in two ways:

1. Respiratory droplets from an infected person's coughs or sneezes (these droplets generally travel less than one metre); and
2. Touching contaminated surfaces (including hands) and then touching your mouth, nose or eyes.

People may be contagious from one day before they develop symptoms to up to seven days after they get sick, although contagiousness declines rapidly after five days. Children, especially younger children, might be contagious for longer periods.

Flu viruses can survive on some **hard surfaces for up to two days**. You should regularly clean frequently touched surfaces such as door handles, taps, tables, benches and fridge doors. Flu viruses can be inactivated and removed with normal household detergents.

Flu viruses can survive on **unwashed hands for 30 minutes**, and on cloth, paper and **tissues for up to 12 hours**. This is why it is important to always wash your hands after coughing, sneezing or blowing your nose, and to dispose of used tissues in a bin straight away.

Respiratory droplet and contact spread are the major modes of transmission in the community, but specific procedures within the medical setting may lead to generation of aerosols (particles suspended in the atmosphere), requiring specific precautions in these settings.

The best protection you can afford yourself and others is to get vaccinated against the pandemic influenza. This will reduce the chances of you getting and transmitting the disease. However, the development of a pandemic vaccine takes time, during which the virus may already be circulating in the community and even people who have been vaccinated can pass the virus on if they touch objects contaminated by an infected person.

You can minimise the spread of the pandemic influenza in your household and in the community by maintaining good household and personal hygiene, avoiding close contact from others (at least 1 metre apart) if you or they are ill, and covering your mouth and nose when coughing or sneezing.

Two simple ways to prevent the spread of pandemic influenza:

## 1. **Cover your mouth and nose when you sneeze or cough**

The flu virus can travel through the air when a person coughs or sneezes. When you cough or sneeze you should:

- Turn away from other people and cover your mouth and nose with a tissue or your sleeve
- Use disposable tissues rather than a handkerchief (which could store the virus). Put used tissues into the nearest bin, rather than a pocket or handbag
- Wash your hands, or use an alcohol hand rub, as soon as possible afterwards.

## 2. **Wash your hands**

Wash your hands regularly with soap and water, or using an alcohol-based product (gels, rinses, foams) that doesn't require water - even when they aren't visibly dirty. This is the single most effective way of killing the flu virus. Either of these methods is effective, with products available at supermarkets and pharmacies.

Always wash your hands:

- after you've been to the toilet
- after coughing, sneezing or blowing your nose
- after being in contact with someone who has a cold or flu
- before touching your eyes, nose or mouth
- before preparing food and eating.

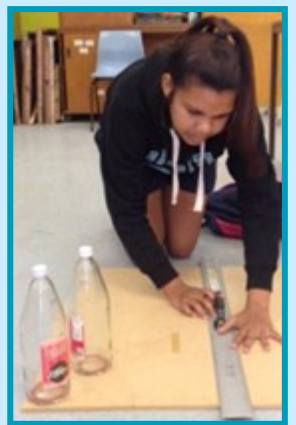
**Courtesy of:** <http://www.health.gov.au/fluandyou>

# Stage 6 Visual Design

This term students in Years Eleven and Twelve Visual Design are completing individual projects. This means that we are seeing the students creating shelving units out of wood and Lillyman's bottles, lights from chicken wire, plastic bottles and tea lights, art from sand, and designing t-shirts. This morning we were lucky enough to have my Dad visit class. Dad has forty years of art teaching experience and is Head Art Teacher at John Paul College in Coffs Harbour. Thanks Dad for helping Michael with his design, and for offering to make the screen for Michael to print from. Thanks also to Mr Reisinger for helping us out with the cutting of wood for Deanna's project and Mrs Brosnan for searching Toowoomba for tea lights for Edith.

Ms Tanya Ogg

**Secondary Visual Arts Teacher**



## Help Needed

Dear Parents and Caregivers,

My name is Edith. I am doing an art project in Year 11 Visual Design and I am running out of time. I need 1 or 1 ½ Litre plastic water bottles because most of my project is made out of them. It would be nice that if you have any empty plastic bottle could you please bring them to the front office at school. I would be so grateful.

Sincerely,

Edith





# Good for Kids good for life

## Why does our school have Crunch&Sip®?

Crunch&Sip® is a set time in primary schools for students to 'refuel' on fruit and salad vegetables and 'rehydrate' with water<sup>1</sup>.

Research has shown that students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive<sup>1</sup>.

Crunch&Sip® gives students the opportunity to eat at least one serve of fruit or vegetables a day and can help increase their overall total daily intake.

### What to pack for Crunch&Sip®<sup>2</sup>

A bottle of water

And either:

A whole piece of fruit or vegetables e.g. mandarin, banana, carrot

A small container of bite sized fruit or vegetables e.g. berries, grapes, carrots, celery

Vegetable sticks

Dried fruit very occasionally

Consider fruits and vegetables that are in season as this will help to lower the cost and be sure to pack something for Crunch&Sip® everyday!

### Reference:

<sup>1</sup> [www.healthy-kids.nsw.gov.au](http://www.healthy-kids.nsw.gov.au)

<sup>2</sup> Crunch&Sip® Information for Parent fact Sheet



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 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 7

## STANDARD MENU

Pie \$ 4.00

Sausage Roll \$ 3.50

Pizza \$ 3.50

Wraps \$ 3.50

Chicken + Salad

Satay + Salad

## FIXED PRICE PACK

**\$ 8.00**

Satay & Salad Wraps



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**

# CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TERM 3 - AUG 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

EDUCATION SUPPORT

14

HOMEWORK CENTRE

15

16

BEAUTY THERAPY  
CERT II

17

GO 4 FUN

BEAUTY THERAPY  
CERT II

18

BEAUTY THERAPY  
CERT II

FINAL DAY TERM 3

THURSDAY

28

AUGUST 2014 - GO 4 FUN

MONDAY

1

SEPTEMBER 2014 - HOMEWORK CENTRES

MON-THURS

1-4

SEPTEMBER 2014 - POCHE DENTAL

THURSDAY

4

SEPTEMBER 2014 - GO 4 FUN

MONDAY

8

SEPTEMBER 2014 - HOMEWORK CENTRES



*Motivation, Commitment, Success*

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