

Mungindi Central School

SEMESTER 2 TERM 3 2014

WEEK 8 - 2 September 2014

Kindergarten/Year 1 Library



INSIDE THIS ISSUE

Kindergarten/Year 1 Library	Page 1
Stage 4 Science & Go 4 Fun	Page 2
Girls With a Purpose	Page 3
App of the Week	Page 4
Good For Kids & Father's Day Stall	Page 5
Canteen Menu & Go 4 Fun	Page 6
Holiday Camps	Page 7
Calendar	Page 8

UP & COMING EVENTS

-  **POCHE DENTAL**
1-4 September 2014
-  **HOMEWORK CENTRES**
8 September 2014
-  **NBSA EXAM WEEK**
8 - 12 September 2014
-  **P & C MEETING - 5:30 PM**
10 September 2014
-  **GO 4 FUN**
11 September 2014

QUOTE OF THE WEEK

"And in the end the love you take is equal to the love you make."
The Beatles, The Last Lyric of Their Last Song

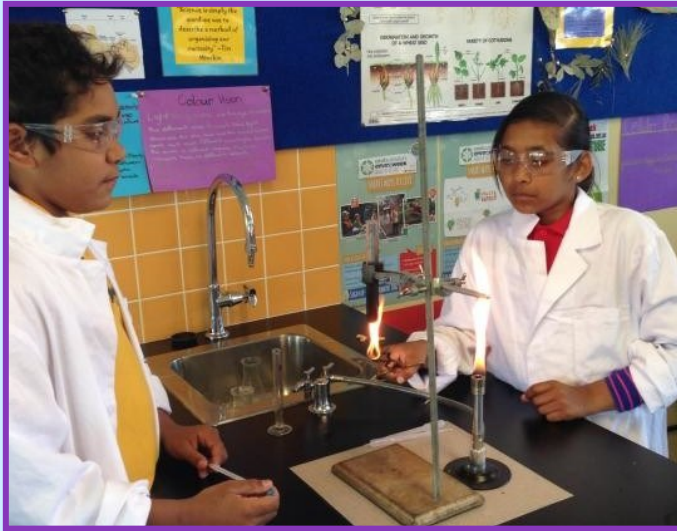
Kindergarten / Year 1 is creating some fantastic art works using different mediums. This week we read 'The Forest Meets Sea'. As a class we looked at the different pictures in the book and decided to create our own. Kindergarten / Year 1 started their forest pictures using masking tape and oil pastels. Well don't to everyone for being so creative.

Miss Abby White
Library Teacher

Stage 4 Science

As part of our new topic on 'Energy', Stage 4 have looked at the units we measure energy from food in- kilojoules (kJ). To explore this idea the class ignited three different foods (a piece of Nutrigrain, a single rice cracker, and a cashew) and used this heat energy to warm a test tube of water. Our calculations showed that a single cashew can have up to ten times as much stored energy as a piece of Nutrigrain!

Miss Kimberly Smith
Science Teacher



Go 4 Fun

On Thursday 28 August 2014, Mungindi Central School students were lucky enough to receive exciting sessions on healthy eating habits from Nicki Turner, a qualified Nutritionist. She was an engaging speaker who had sessions with Preschool, Primary and Secondary students. The students thoroughly enjoyed the talks and all learnt some valuable information.



Girls With a Purpose

Since Term 3 commenced our senior girls have been taking part in the Girls With a Purpose group each Tuesday.

This group is to assist participants in improving self esteem, teamwork as well as public speaking, relaxation techniques, information about drug and alcohol issues and overall feel good group. The photos below show students participating in a laughter line. This is one of the many relaxation techniques shared during the course of the term.

The group is facilitated by Ros Laws from EACH Youth Connections and will conclude at the end of the term with presentation of certificates for all participants.

Mrs Belinda Brosnan

Careers Advisor



Our Newest Office Members



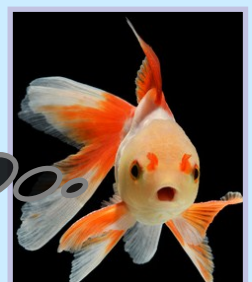
Please meet the newest members of the office. We have two goldfish to keep everyone entertained. They are both very active fish that love feed time.

But.....They need names!

Everyone is invited to come to the office to meet the fish and offer suggestions for their names. These will be written on a card and placed in a box to be drawn out. We hope that a Primary student can name one fish and a Secondary student name the other.

The names will be drawn on Friday afternoon with the announcement to be made in next week's newsletter.

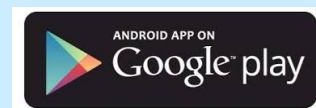
You're going to
call me
what!?!?



APP of the Week

Explorium - Ocean For Kids

Price: \$2.99 - \$4.20



Overview

Head down to the depths of the ocean playing as Alex or Alice in *Explorium – Ocean for Kids*. Once there, ocean animals, plants, and other features appear. While swimming around, Alice and Alex can interact with the creatures and other ocean items they encounter as exclamation points appear. When tapped on, each exclamation point contains information about a particular ocean element. As they go deeper into the ocean, they'll also encounter fun mini-games and earn pieces to help make an important ocean discovery. Whether they're looking to learn more about the ocean or just want to have fun, kids will enjoy exploring the depths of the ocean in this app.

Features include:

- 7 different languages
- 4 levels of difficulty
- Encyclopaedia of ocean terms
- Selection of mini-games

Quality

Thanks to the background music, the app has a very mellow feel, hinting at the quietness you might imagine you'd find at the bottom of the ocean. That mellowness, however, is interrupted by the characters' laughter and the voice of a narrator as kids tap on exclamation points to learn more about the ocean or stumble upon the fun mini-games. While playing the game, kids can opt to hear the information in one of seven different languages and can also choose from four different levels of difficulty.

Education

Kids will learn a lot about various elements of the ocean as they dive down and explore all around. Each piece of information contained within the ocean's depths is highlighted with an exclamation point. Tapping on an exclamation point reveals a short sentence or two about the object that appears as text on the screen and is read aloud by the narrator. As kids discover different objects in the ocean, their descriptions also become available in the app's encyclopaedia, giving them a chance to review what they have learned. With over 40 ocean objects to add to the encyclopaedia, kids will spend a lot of time discovering different elements of ocean life.

Entertainment

When kids first enter the game, they get the chance to play as Alex or Alice. The chosen character then dons scuba gear and dives into the ocean. Scattered throughout the ocean are fun mini-games for kids to play. While these games don't teach kids much about ocean life, they do incorporate ocean creatures and other objects and prove to be a lot of fun. Kids who'd rather just play can also access the mini-games from the app's main page rather than trying to find them while exploring the ocean's depths.

Value

A free version of the app allows parents to see whether kids will enjoy exploring the ocean. Most will find that purchasing the full app is worth it, especially because it's chock full of information about ocean creatures and other elements found deep in the ocean's depths, plus it contains fun mini-games.

Child Friendliness

Most kids will find it easy to manoeuvre through the app and find their way down through the ocean. Special exclamation points, arrows, highlighted objects, and a narrator also provide guidance when needed. Access to parent areas and links is protected by a parental block, but whenever kids tap to return to the main menu, they'll be asked to rate the app as well, which has the potential to take them out of the app. Pop-ups such as this do not belong in an area where children can access them easily, it needs to be removed. A ratings button located in the protected section for parents is much more acceptable. Making this simple, but important, change would increase this app's Child Friendliness and overall ratings.



Good for Kids good for life

Tempting your tastebuds

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it's important to continue offering vegetables regularly as they are packed with nutrients that children need ¹.

So how do we tempt children's taste buds?

It's important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food ¹.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together¹. The key is perseverance.

Below are some great vegetable ideas:

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets



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 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 8

STANDARD MENU

Pie	\$ 4.00
Sausage Roll	\$ 3.50
Pizza	\$ 3.50
Sandwich	\$ 3.50
Ham & Salad	
Donut	\$1.50
Hot Chips	\$2.00

FIXED PRICE PACK

\$ 8.00

Soft Tacos



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

Holiday Camps



THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You're sure to find a camp the kids will love.

Kids' Camps
from \$45 per day

fb.com/nswsportandrecreation

www.dsr.nsw.gov.au/kidscamps 13 13 02



Office
of Sport
Sport & Recreation

CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TERM 3 - SEPT 1
HOMEWORK CENTRE
POCHE DENTAL

2
POCHE DENTAL

3
POCHE DENTAL

4
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
BEAUTY THERAPY
CERT II

18
BEAUTY THERAPY
CERT II
FINAL DAY TERM 3

TERM 4 - Oct 6
STAFF DEVELOPMENT
DAY

7
STUDENTS RETURN TO
SCHOOL

8
P & C MEETING / AGM
5:30 pm

9

10

MON-THURS 1-4 SEPTEMBER 2014 - POCHE DENTAL

MONDAY 8 SEPTEMBER 2014 - HOMEWORK CENTRES

MON-THURS 8-12 SEPTEMBER 2014 - NBSA EXAM WEEK

WEDNESDAY 10 SEPTEMBER 2014 - P & C MEETING - 5:30 PM

THURSDAY 11 SEPTEMBER 2014 - GO 4 FUN



Motivation, Commitment, Success

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Principal

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