

# Mungindi Central School

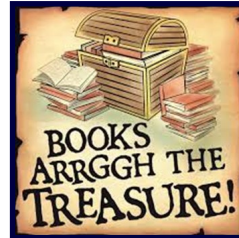


SEMESTER 2 TERM 3 2018

WEEK 8 - 13 September 2018

## BOOK WEEK PARADE

To celebrate Book Week, Mungindi Central School are having a Book Parade on Monday 17 September at 10:00 am under the COLA for students from Preschool to Year 12. The theme this year is 'Find your Treasure'. Please come dressed up! There will be prizes for the best dressed.



Join us afterwards for a \$1.00 sausage sizzle lunch as a fundraiser for the Year 6 Graduation. Students will also have the opportunity to view books at the Book Fair on Monday to make their wish lists. Book Fair will be open Tuesday, Wednesday and Friday during Late Break, 1:30 pm - 1:50 pm to purchase books. The more books sold, the more resources we can purchase for the school.

Our Principal, Ms Blaker, has a love of reading and books. She believes that books are invaluable. Mungindi Central School will be purchasing a book for each student from Preschool to Year 6. Interested Secondary students may also select one that they like. This is not to include toys, stationery, etc. Each student is expected to read the book and discuss it with Ms Blaker throughout the year.

Mrs Chloe Kelso  
**Assistant Principal**

## GOONDIWINDI HORSE SPORTS

The Goondiwindi Horse Sports Day was fantastic with students grooming and caring for their horses bright and early, and participating in every event with enthusiasm. The Mungindi Central students were proud of their achievements and showed great sportsmanship cheering on fellow participants. Darcy received a third place in the Barrel and Peg race. Students showed improvement from last year and represented our school with pride.

Mrs Belinda Brosnan  
**Excursion Teacher**



## INSIDE THIS ISSUE

Book Week	Page 1
Horse Sports	
Visual Art Exhibition	Page 2
Primary Assembly	
Kindergarten Transition	Page 3
Stage 5 English	
Preschool Transition	Page 4
Kindergarten Transition	Page 5
Canteen	Page 6
Book Fair	Page 7
Notices	Page 8
Notices	Page 9
Notices	Page 10
Notices	Page 11
Calendar	Page 12

## FUTURE EVENTS

**BOOK WEEK**  
17 - 21 September 2018

**BOOK WEEK PARADE**  
17 September 2018

**SCHOLASTIC BOOK FAIR**  
17, 18, 19, 21 September 2018

**LIFE EDUCATION**  
19 September 2018

**KNOW WASTE SESSION**  
19 September 2018

## QUOTE OF THE WEEK

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavour."

VINCE LOMBARDI

## STAGE 4 VISUAL ART EXHIBITION

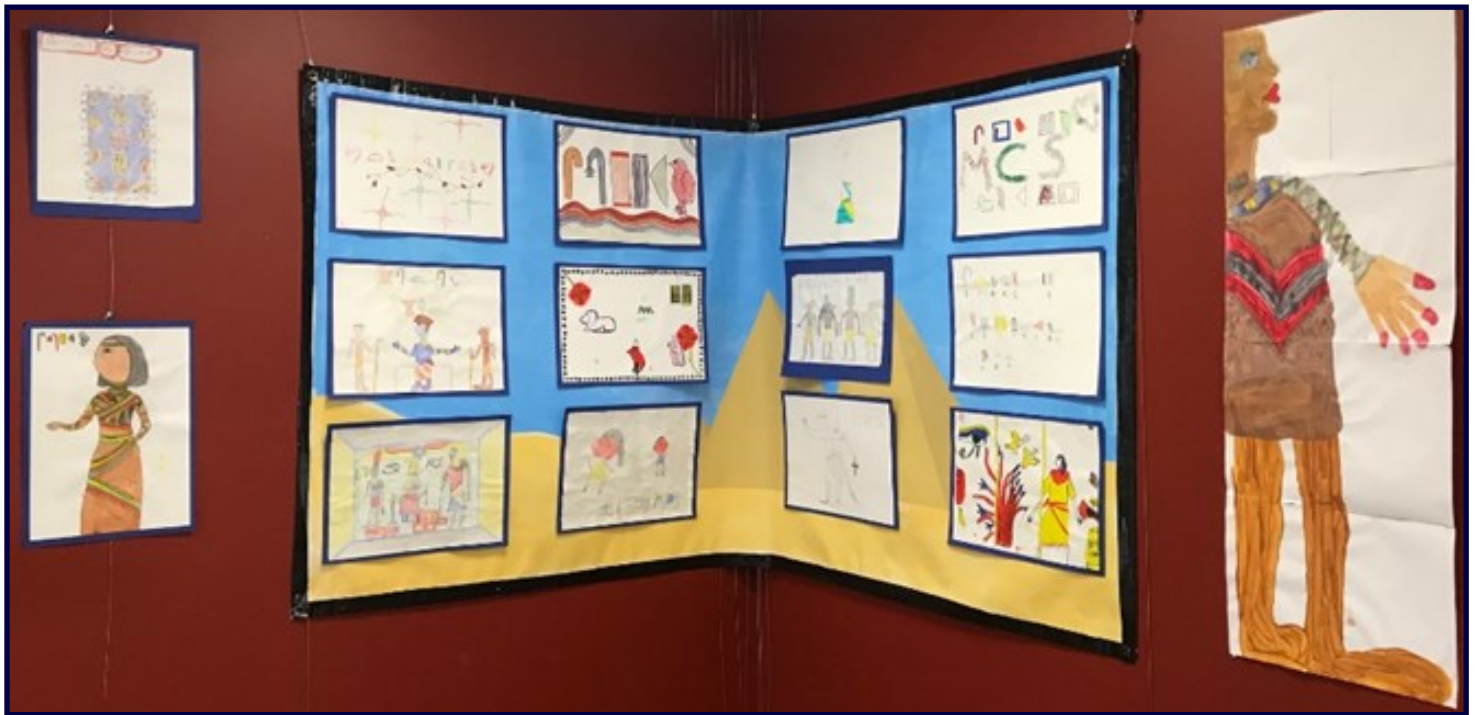
This term, the Stage Four Visual Arts class have been looking at various forms of wall art. This module includes study of Egyptian tomb art, Indigenous rock art, Roman frescoes and contemporary graffiti. Thus far we have explored the Egyptian law of frontality, and are currently completing a group Indigenous murals.

Our continuous exhibition at the local library is back up and running. So far we have our great examples of Egyptian art on display, and soon our Indigenous art will be there too. Please come down and check out what our budding artists are up to.

A massive thankyou to Crystal for helping paint a backdrop for our Egyptian works, Robert Smith for building a frame in anticipation for our Indigenous art, and Leonie Murphy for accommodating our artworks.

Ms Tanya Ogg

**Visual Arts Teacher**

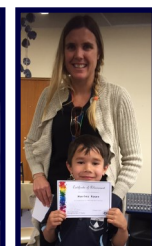
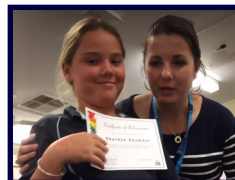
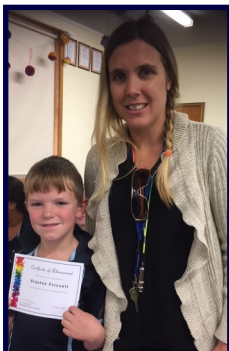


## PRIMARY ASSEMBLY WEEK 6

Congratulations to those students who received awards on Thursday 30 August. The Athletics Carnival Age Champions were also presented. Well done!

Mrs Kristen Smith

**Year 2 / 3 / 4 Teacher**





## KINDERGARTEN TRANSITION

The Preschool students have been having a wonderful time at our Kindergarten Transition on Fridays. Students have been participating in physical education activities, reading, writing, speaking and listening, craft, singing, and mathematics activities.

Mrs Chloe Kelso  
Assistant Principal



## STAGE 5 ENGLISH TIME HOP

The past few weeks have seen students in Stage Five English studying the novel 'Playing Beatie Bow' by Ruth Park. As part of the contextual background for this time-hop fantasy, students have been learning about witches and Wicca, Australia in the 1870s, and Scottish mythology.

To increase understanding of Standing Stones students have recently watched a documentary on Stonehenge. This viewing has led to an increased interest in palaeoanthropology (a favourite area of mine), in particular the creation of busts of people from past times based on skeletal and cultural evidences. This intrigue has caused us to slightly alter our intended studies and create papier-mâché plaster busts of the novel's protagonists Abigail and Beatie to use as the central pieces for a 3D multimodal analysis of the text.

The photos demonstrate how "into" this deviation students are, and how differing subjects are able to intertwine to increase engagement and create new depths of understanding. We look forward to sharing our completed pieces with you.

Ms Tanya Ogg  
Secondary English Teacher



# AECG Update

The next AECG Meeting will take place on Monday 22 October from 3:30 pm at Mungindi Central School.

# P&C News

The next P & C Meeting will take place on Monday 22 October from 3:30 pm at Mungindi Central School.

# Mungindi Central School



Principal: Ms Wendy Blaker

## Preschool Orientation

Mungindi Central School Preschool would like to welcome Parents / Caregivers and Children to our Preschool Orientation. The Orientation is aimed at children interested in attending Mungindi Central School Preschool in 2019 (Children turning 4 before 31 July 2019). Preschool Orientation will run every Friday in our Preschool environment from Term 4 Week 1 to Week 5 Friday from 19 October 2018 to 16 November 2018. We ask that children bring a hat, water bottle and morning tea.

Parent's Information Session, Term 3 Week 9 Friday 21 September 2018, at 9:00 am at Mungindi Central School Preschool Classroom. Light morning tea will be provided.

**RSVP: Mungindi Central School**

**Phone: 0267 532 207**



TERM	DATE	TIME
Term 3	Friday 21 September 2018	9:00 am <b>Information Session Preschool Classroom</b>
Term 4	Friday 19 October 2018	9:00 am—11:00 am
Term 4	Friday 26 October 2018	9:00 am—11:00 am
Term 4	Friday 2 November 2018	9:00 am—11:00 am
Term 4	Friday 9 November 2018	9:00 am—11:00 am
Term 4	Friday 16 November 2018	9:00 am—11:00 am



# Mungindi Central School



Principal: Ms Wendy Blaker

## Kindergarten Transition

Mungindi Central School would like to welcome children to our 2018 Kindergarten Transition to School Program. The program is designed for children transitioning into a Kindergarten environment and will run every Friday from 24 August 2018 to 30 November 2018. We ask that children bring a hat, water bottle and lunch as normal.

Parent's Information Session, Friday 24 August 2018, at 9:30 am in K / 1 / 2 Classroom. Light morning tea will be provided.

**RSVP: Mungindi Central School**

**Phone: 0267 532 207**



TERM	DATE	TIME
<del>Term 3</del>	<del>Friday 24 August 2018</del>	<del>9:30 am Information Session K / 1 / 2 Classroom</del>
<del>Term 3</del>	<del>Friday 31 August 2018</del>	<del>9:00 am—10:50 am</del>
<del>Term 3</del>	<del>Friday 7 September 2018</del>	<del>9:00 am—10:50 am</del>
Term 3	Friday 14 September 2018	9:00 am—10:50 am
Term 3	Friday 21 September 2018	9:00 am—10:50 am
Term 4	Friday 19 October 2018	9:00 am—12:00 pm
Term 4	Friday 26 October 2018	9:00 am—12:00 pm
Term 4	Friday 2 November 2018	9:00 am—12:00 pm
Term 4	Friday 9 November 2018	9:00 am—12:00 pm
Term 4	Friday 16 November 2018	9:00 am—12:00 pm
Term 4	Friday 23 November 2018	Full Day
Term 4	Friday 30 November 2018	Full Day



# CANTEEN

**Orders in by 9:00am Wednesday to Front Office.**

**No late orders accepted on hot food. Please use separate order bags for Lunch and Late Break.**

HOT FOODS		COLD FOODS	
HOT MEAT PIES	\$3.00	FRUIT SALAD CUPS	\$1.00
HOT SAUSAGE ROLLS	\$2.50	RED ROCK HONEY SOY	\$1.50
LAMB OR CHICKEN WRAPS	\$4.00 	ZOOPER DOOPER	\$0.50
PIZZA SINGLES HAM PINEAPPLE	\$3.00	POPCORN	\$0.50
PIZZA SINGLES CHEESE BACON	\$3.00	JELLY CUPS	\$1.00 
BEEF LASAGNE	\$3.00	PACKET ARNOTTS BISCUITS	\$1.00 
BOLOGNESE	\$3.00	DRINKS	
NOODLES BEEF	\$2.00	BOTTLED WATER	\$2.00
NOODLES CHICKEN	\$2.00	POPPERS	\$1.50
NOODLES ORIENTAL	\$2.00	HOT MILO	\$1.00
TOASTED SANDWICH		SLUSHIES	Large \$2.00 Small \$1.00 Cola or Lemonade
HAM or CHICKEN & CHEESE	\$2.50	MILK PLAIN	\$1.50
MAC & CHEESE	\$3.00 	MILK STRAWBERRY	\$1.50
COTTAGE PIE	\$4.00 	MILK CHOCOLATE	\$1.50
SAUCE		<b>Canteen Menu is subject to change on availability of stock.</b>	
BBQ and Tomato	.20c		



## SAVE THE DATE

Mungindi AECG will be hosting a Colour Run Thursday 20 September, 2018 to celebrate Book Week - Find Your Treasure!



You're invited to our Scholastic  
**BOOK FAIR!**

*Reading Is Out of This World!*



Choose from a huge selection of books at the Fair!

Date 17, 18, 19, 21 September Time 1:30 pm - 1:50 pm

Place Mungindi Central School Learning Space

**TO THE  
BOOK FAIR  
AND  
BEYOND!**



Find these books and hundreds more at the Fair!





# Community Engagement Group

Mungindi Central School would like to invite parents and community members to participate in a workshop with the purpose of learning how to navigate around a computer or a smart phone. Along with workshop presenters, senior students will also be present to assist.

- Date:** Friday 14 September, 2018
- Time:** 9:00 am to 10:50 am
- Where:** FSK room (Mrs Brosnan's Classroom)
- Cost:** \$2 per person



If you would like any further information please contact Mungindi Central School Administration Office on 0267 532 207, Mrs Belinda Brosnan (Teacher) on 0477 709 506 or Mr Brian Naylor (Community Engagement Officer) on 0417 285 363.

*CMA School of Dance Presents*

# THE PRIDE

**SUNDAY 16<sup>TH</sup> OF SEPTEMBER, 2018**  
**11.30AM AND 1.30PM**  
**AT THE MOREE WAR MEMORIAL HALL**

Tickets available from  
 ASSEF'S Moree, 139 Balo Street, Moree  
 Adults \$10  
 Children under 12 years \$5

No photos allowed to be taken during performance.

## Moree Community Connect Day

**19<sup>th</sup> September 2018 - From 10am**

**Jellicoe Park Moree**

Free BBQ  
 Information Stalls  
 Interactive Displays  
 Face Painting

Do you want to know more about the services in Moree?  
 Do you want to find out how they can help you?  
 Come down to view over 40 services



## Good for Kids good for life

### KEEPING ACTIVE IN WINTER

Indoor activities don't have to be boring! Although it's getting cold outside there are still plenty of ways to get the heart rate up this winter!

Here are some ideas that involve indoor active fun:

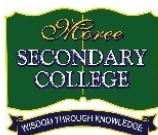
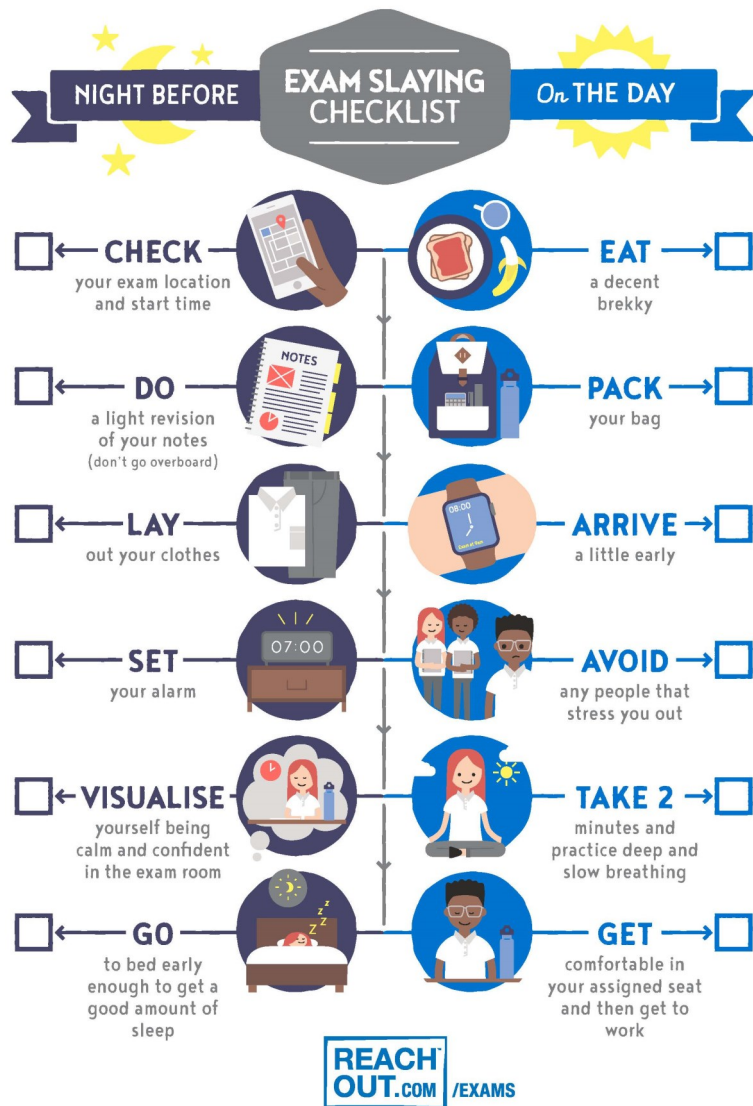
- Free indoor play grounds in shopping centres
- A visit to the science museum (often free entry)
- YMCA kids programs
- Gymnastics
- Indoor Trampolining
- Bowling
- Ice Skating
- Indoor skate parks, sports and swim centres



Why not look into what is available in your local area today and ask if they do discount deals for seasonal entry?



PHONE 4924 6499



## SCHOOL FUN RUN

Moree Secondary College invites you to join their colour fun run on Sunday 23rd September 2018, 12pm—3pm

Get your team mates together and join via our try booking link <https://www.trybooking.com/411826>

All funds raised from the day will go towards local charities in the lead up to Christmas for presents for local children in need and various P&C projects throughout Moree Secondary College.

For further information please contact Janine French on 0417272173 or Kelly James on 0408652455 to get a sponsorship pack.



We are currently seeking donations of:

- Recycled cardboard items e.g. Cereal boxes (Preschool).
- Recycled lids from plastic containers ideal for wheels e.g. milk bottle lids (Preschool).

Please bring donations to the Administration Office.





**It's hard enough working on the land at the best of times without also having to deal with the constant threat of trespassers, illegal hunting, livestock theft, equipment and property theft and other preventable crimes.**

NSW Police Force Rural Crime Prevention Team will be attending workshops across regional NSW between September to October for a rural crime get-together exclusively for farmers and primary producers.

Police will speak about the steps farmers can take to detect and prevent crime, new crime fighting technologies, how to report crime to police; and, what to do if a crime occurs.

These rural crime get-togethers are a great way for farmers to meet up with other farmers for some free food and relaxed chat with police.

<p><b>Narrabri</b></p> <p>Wednesday 26 September 2018 6pm - 8pm, dinner included Narrabri Golf Club Gibbons Street</p>	<p><b>Walcha</b></p> <p>Wednesday 26 September 2018 6pm - 8pm, dinner included Walcha Bowling &amp; Recreation Club 14E Croudace Street</p>	<p><b>Walgett</b></p> <p>Thursday 27 September 2018 6pm - 8pm, dinner included Walgett Sporting Club Cnr Fox &amp; Monkella Streets</p>
<p><b>Inverell</b></p> <p>Tuesday 9 October 2018 6pm - 8pm, dinner included Inverell RSM Club 68-76 Evans Street</p>	<p><b>Tenterfield</b></p> <p>Wednesday 10 October 2018 6pm - 8pm, dinner included Tenterfield Golf Club 169 Pelham Street</p>	<p><b>Mungindi</b></p> <p>Tuesday 16 October 2018 6pm - 8pm, dinner included Mungindi Town Hall Wirrah Street</p>

To RSVP please contact:

**Michael Collins**  
NSW Farmers | Northern Regional Services Manager  
M: 0439 958 163 | [collinsm@nswfarmers.org.au](mailto:collinsm@nswfarmers.org.au)



# 6 tips

to increase fruit and vegetables at home

- 1 Be a role model**  
Let your kids see you enjoying fruit, vegetables and water.
- 2 Get the kids involved**  
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3 Make it accessible**  
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- 4 Try Crunch&Sip® at home**  
Make time on weekends or during school holidays for a quick snack of fruit or veggies.



- 5 Keep trying!**  
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- 6 Include it in every meal**  
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.



# Crunch&Sip®

Information for parents

## What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

## Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

## What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

# What to pack

### A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

### A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

### Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

# for Crunch&Sip®

here are some examples

### Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

### Veggie sticks

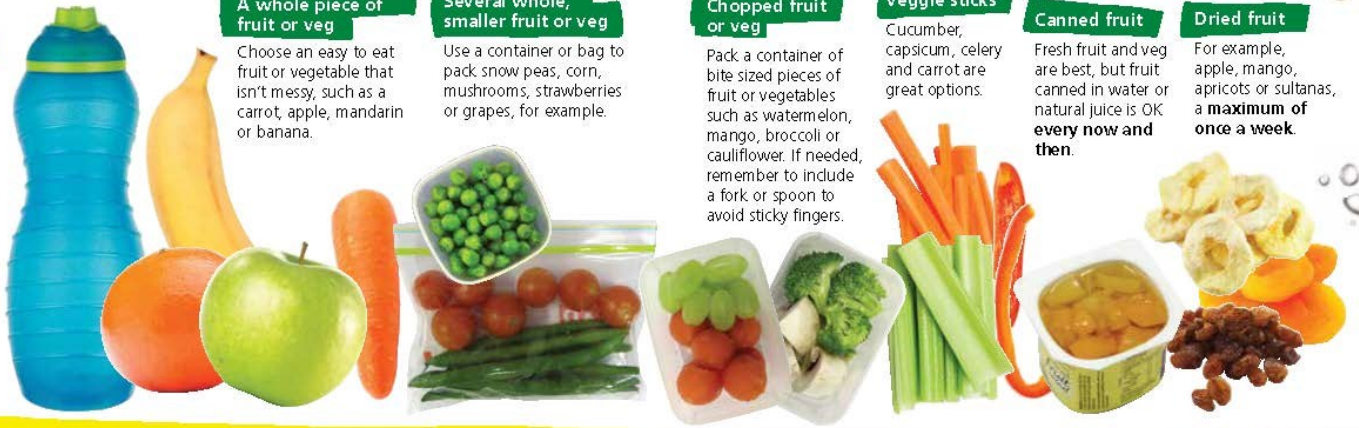
Cucumber, capsicum, celery and carrot are great options.

### Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

### Dried fruit

For example, apple, mango, apricots or sultanas, a maximum of once a week.



## Helpful tips for Crunch&Sip®

- 1 Only fruit and vegetables are suitable for Crunch&Sip®.** The following are NOT suitable: fruit juice, fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.
- 2 Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables.** Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- 3 Make sure whatever you pack is a suitable amount for your child and ready for them to eat.** No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4 Prepare Crunch&Sip® snacks in advance.** Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.
- 5 Crunch&Sip® is an excellent opportunity to encourage vegetables.** Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.
- 6 Dried fruit should only be eaten occasionally,** such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.



**White Ribbon**  
Australia

Making women's safety a man's issue too.

# Calendar September - October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 P & C MEETING AECG MEETING @ 3:30 PM	11	12	13 ELDERS OLYMPICS PRIMARY ASSEMBLY @ 2:00 PM	14 <b>KINDERGARTEN TRANSITION 9:00 - 10:50 AM</b>	15	16
17 BOOK WEEK BOOKWEEK PARADE SCHOLASTIC BOOK FAIR	18 BOOK WEEK SCHOLASTIC BOOK FAIR	19 BOOK WEEK LIFE EDUCATION KNOW WASTE SESSION SCHOLASTIC BOOK FAIR	20 BOOK WEEK AECG COLOUR RUN	21 <b>KINDERGARTEN TRANSITION 9:00 - 10:50 AM</b> BOOK WEEK <b>PRESCHOOL TRANSITION INFORMATION SESSION @ 9:00 AM</b>	22	23
24	25 SPECIAL ASSEMBLY	26	27	28 FINAL DAY TERM 3	29	30
					<b>SCHOOL HOLIDAYS - SCHOOL RESUMES MONDAY 15.10.18</b>	
1 OCTOBER LABOUR DAY PUBLIC HOLIDAY	2	3	4	5	6	7 DAYLIGHT SAVINGS BEGINS
<b>SCHOOL HOLIDAYS - SCHOOL RESUMES MONDAY 15 OCTOBER 2018</b>						
8	9	10	11	12	13	14
<b>SCHOOL HOLIDAYS - SCHOOL RESUMES MONDAY 15 OCTOBER 2018</b>						

## 2018 TERM DATES

TERM 1	TUESDAY 6 FEBRUARY 2018 - FRIDAY 13 APRIL 2018
TERM 2	TUESDAY 1 MAY 2018 - FRIDAY 6 JULY 2018
TERM 3	TUESDAY 24 JULY 2018 - FRIDAY 28 SEPTEMBER 2018
TERM 4	MONDAY 15 OCTOBER 2018 - WEDNESDAY 19 DECEMBER 2018



*Motivation, Commitment,  
Success*

Mungindi Central School  
59-67 Wirrah Street  
MUNGINDI NSW 2406  
Ms Wendy Blaker

**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)