



Mendooran Central School

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TERM 1 WEEK 5

www.mendooran-c.schools.nsw.edu.au

20TH FEBRUARY 2012

K/1 CLASS HARD AT WORK



Principal

Michael Spora

HTSS

Julie Waters

Assistant Principal

Sara Reynolds

Captain Secondary

Blake Washbrook

Vice Caps Secondary

John Monk

Amelia Washbrook

Captains Primary

Kyle Hartley

Emma Bennetts

Vice Caps Primary

Charlie Smith

Peta McCleod

PRINCIPAL'S NOTES

UNIFORMS

One of the major emphasis this year has been and will continue to be to ensure that all students are in their uniform every day. At both the P&C and the School Council meetings on Thursday, participants shared this concern that some students are letting the remainder of the school down.

PSP SURVEYS

As I mentioned last week, we will soon be asking ALL FAMILIES to participate in a PSP survey. This is a simple survey that is essential for us to regain substantial funding for the next four years. The survey will be held during the week of the 5th March.

BULLYING AND HARASSMENT

Every member of the school community has the right to feel happy about themselves and be comfortable at school. No one can be allowed to deny any person this right and it is important that all students have a real awareness of and what constitutes it, whether as a victim or a perpetrator. There are many forms of harassment including physical, verbal, electronic, emotional, etc and although most people agree that our school is relatively free from serious harassment, my stance is that all forms of bullying or harassment are unacceptable and will not be tolerated. Our policy is to deal with the situation immediately, before things worsen, so it is imperative that if there is any form of bullying or harassment, please come in and talk to a staff member or myself. If students are reluctant to come in then I urge that parents promptly inform us of the situation.

*Michael Spora
Principal*

NEXT P&C MEETING - AGM

Thursday
15th March 2012
3:30 pm



CALENDAR

FRIDAY 24.2.12

Primary and
Secondary Zone
Swimming Carnival
Binnaway

2012 SWIMMING CARNIVAL

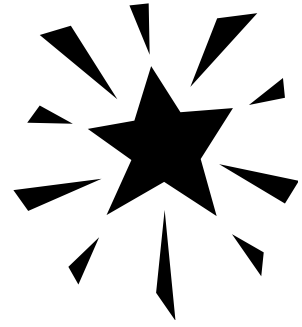


MERIT AWARDS

K/1: Breea Campbell
Harrison Bracken
2/3/4: Malcolm Hellyer
Thomas Yeo
4/5/6: Kevin Martin
Molly Johnson

Class Award Ribbons

K/1: Noah Harris
2/3/4/5: Stephen Eyles
4/5/6: Anna Ward



PRIMARY ASSEMBLY AWARDS

Birthdays: Riley McLeod

Special Awards: Victoria Monk, Jaxson Mitchell, Thomas Yeo, Airlie Smith, Austin Heazlett

KINDERGARTEN/YEAR 1 NEWS

Kindergarten/Year 1 had a wonderful week last week. We looked at the new text "There was an old woman who swallowed a fly" and sequenced the events of the story. This week we will continue to investigate this text describing the main character and retelling the text in our own words.

Year 1 looked at and listed nouns last week while Kindergarten learnt about capital letters and full stops. One area we are all working on in K/1 is our pencil grip and neat handwriting. Everyone is working on forming their letters neatly and correctly. Kindergartens have been learning their sounds and it is good to see students using their sound books at home. Students are also encouraged to practice their sight words at home nightly after reading their home readers. Morning reading is on again! Students can come into the K/1 classroom at 8.45am with me to change and read their home reader. Many students have been doing so each morning which is great to see and we have some wonderful parent helpers who are ready to listen to a story at that time also. Fruit break is going well. Please make sure you provide a small quantity of fruit for our Fruit Break each day which can be easily consumed as I read a story to the children.

Please remember to pack hats as our Term 1 rule for out the back play is "No hats, no play".

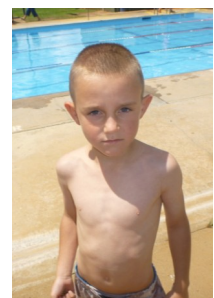
S Reynolds

YEAR 2/3/4/5 NEWS

This week in Spelling we are looking at silent 'k'. As well, Swans are learning 'th' and Rosellas are learning about Proper nouns and words to look up in the dictionary. Congratulations to Jordan Mitchell and Stephen Eyles who have gone up into the next spelling group level. This week we will be going on our excursion to view the river environment. Year 4,5,6 went on a similar excursion last week **INSIDE** the school grounds and we will do this also for safety reasons.

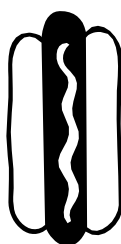
Thank you to the parents and carers who have sent extra fruit or vegetables in for our sip 'n crunch. The children look forward to this every morning - please keep sending items in as I don't mind cutting up these before school. Please remind your child to collect feathers and leaves for our wall display. There are a large amount of school pullovers and other items on the class verandah - without names, if they are not collected this week I will take them to the office. Have a great week.

S Lavender



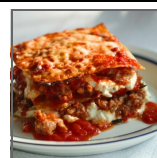
CANTEEN ROSTER

Mon 20.2.12: S Bracken
 Tue 21.2.12: M Ward/J Smith
 Wed 22.2.12: S Abbott
 Thu 23.2.12: S Tumbri
 Fri 24.2.12: L Monk/K Skinner



Mon 27.2.12: S Bracken
 Tue 28.2.12: S Abbott
 Wed 29.2.12: S Abbott
 Thu 1.3.12: S Tumbri
 Fri 2.3.12: K Bennetts/M Skinner

WEEKLY SPECIAL - LASAGNE \$2.00



ACTIVE AFTER-SCHOOL COMMUNITIES

Last Thursday Mendooran Central School students got active as the Active After-school Communities (AASC) program got off to a flying start. The aim of the program is to encourage students to increase their physical activity levels and improve skills in a fun, safe and inclusive environment. Students enjoyed a healthy afternoon tea at the completion of the school day and walked down to the pool where they enjoyed fun, inclusive games in the water aimed at getting their heart rate up for 60 minutes. The look of excitement on student's faces as they participate in physical activities with their friends was a clear indication of what the program is achieving. We will be going to the pool again this week. The program will continue to run throughout the term each Thursday afternoon commencing at 3.10pm - 4.30pm. With the exception of next week with the program running on Wednesday afternoon 29th February 2012 as the pool will be closed on Thursday 1st March 2012. If there are any problems or questions please contact the front office.

D Althofer

PRIMARY SPORT

ZONE SWIMMING TRIALS BINNAWAY

Congratulations to all our students who have been selected to represent our school this Friday 24th February at the Zone swimming carnival in Binnaway. All students who have been selected have received a permission slip today. Please return permission slips as soon as possible. Travel will be by private transport. We wish the Mendooran team; Emma Bennetts, Arabella Smith, Anna Ward, Tayla Eyles, Sophia Skinner, Dakota Thompson, Lachlan Howarth, Zac Sando, Sam Bennetts, Stephen Eyles, Casey Adams, Thomas Yeo, Jacob Howarth, Kyle Hartley, James Eyles and Angus Tudgey all the best and look forward to a great day.

ZONE TENNIS TRIALS

The Zone Tennis Trials will be held at the Mendooran Tennis Courts at 10am Friday 2nd March 2012. Students in Years 3-6 who are competent and experienced players are encouraged to see myself to put their name down to trial on the day. A big thankyou to Mr and Mrs P Dries for their assistance in the organisation of the event.

PRIMARY SPORT CALENDER UP COMING EVENTS

Friday 24th February *Zone Swimming Trials Binnaway*
 Friday 2nd March *Zone Tennis Trials Mendooran*
 Tuesday 6th March *Regional Swimming Trials Armidale*
 Friday 9th March *Zone Rugby League Trials Coonabarabran*
 Wed 14th March *Zone Hockey Trials Mendooran*
 Friday 16th March *Zone Soccer Trials Coonabarabran*



SECONDARY NEWS GENERAL

This week, Mr Spora and I will be meeting with Tanya Jackson and Belinda Ferguson to discuss strategies to work in our School to Work program. Topics will include school/ industry links, school based traineeships and apprenticeships, as well as work experience and work readiness programs. The aim is to better prepare our students for the transition from school to the workforce. Some of our teachers are taking their Learning Styles knowledge to a new level and meeting with Mary Brell this Wednesday afternoon. The focus is on how we best communicate and relate to others, in order to enhance teaching and learning, through professional development.

J Waters

SECONDARY SPORTS NEWS

YEAR 7/8 PDHPE

Students have been exploring the components to a healthy lifestyle. Students have been examining how the lifestyle components rest, sleep, school/work, physical activity, and leisure and recreation can be balanced effectively to generate the best health outcomes and overall wellbeing. Over the coming weeks we will begin to look at fitness; both health and skill related whilst exploring the benefits of fitness, overcoming barriers to fitness and increasing their own fitness and helping others to do the same. Students will further be participating in a number of fitness tests to measure their fitness which they will re-measure each term to note their progress throughout the year. In practical lessons students have been practicing basic cricket skills and playing various modified versions of the game.

YEAR 9/10 PDHPE

Students have been working through their unit 'safer celebrations' and over the past weeks investigated risk behaviours, the effects of alcohol; in particular on the developing brain and exploring individual, group and societal values and attitudes related to alcohol use. As we progress through the unit we will explore ways to minimise risk and students will engage in activities that both provide them with factual information about various forms of both illegal and legal drugs and tasks which aim to enhance their communication, decision making and goal setting skills to better equip themselves to make informed decisions regarding drug use behaviour. In practical lessons students are actively participating in touch football.

REGIONAL SWIMMING- ARMIDALE

Congratulations to everyone who participated in the annual School Swimming Carnival. It was great to see the high level of participation and enthusiasm as well as encouragement given from our secondary students as they motivated the primary. Unfortunately no secondary students have qualified for the Regional Swimming Trials in Armidale. Some times were however very close this year with only some narrowly missing selection.

LAWN BOWLS- COONABARABRAN

Bowls Australia in conjunction with Clubs NSW have invited Mendooran Central School to attend a Lawn Bowls Competition at Coonabarabran Bowling Club against other schools in the region. 9 students will be selected from years 7-10 to participate in the day on the 4th April 2012. Sponsors are then holding development/coaching sessions the following day 5th April 2012 for students. Students who are interested in attending should make sure their name is put down this week with Miss Althofer before Wednesday.



ALL SCHOOLS TOUCH FOOTBALL COMPETITION- DUBBO

Touch Football NSW is again holding the annual All Schools Competition in Dubbo on Thursday 15th March 2012. Both a boys and girls Secondary team has been entered for the day. Teams will be filled from Years 9/10 with limited availability for Year 7/8 students.

SECONDARY WINTER TRIALS- COOLAH

Secondary Zone Winter Trials for Opens Rugby League, 15 & Under League, Open Boys and Girls Soccer and Open Netball will be held at Coolah on 29th February 2012. Travel will be by private transport. If selected, students must be prepared to travel to Gunnedah for Regional trials on Wednesday 7th March 2012. All students wishing to attend the Zone Trials will need to collect a permission slip from this week's sport assembly.

**COMBINED RUGBY UNION – BINNAWAY**

Binnaway Central School has formed a rugby squad for under 14-16 boys and girls rugby. They are inviting any boys and girls who would like to participate in the squad from Mendooran. Training will be held at the Binnaway Oval on Mondays and Wednesdays for both boys and girls. Last year's team was quite successful with two girls from the under 16 squad being selected to represent the North West Zone. They travelled to Newcastle to participate in a state competition gala day. If you are interested in attending please see Miss Althofer for details.



Mendooran Central School

Uniform Supplies @ 30.1.2012

<u>CLOTHING</u>	<u>(Includes GST)</u>
BLACK SLOPPY JOES Small (Size 6, 8, 10, 12, 14).....	\$14.00
(with school crest) Large (Size 16y, 16, 18, 20).....	\$16.00
T-SHIRTS (with school crest)	\$ 9.90
TRACKPANTS (microfibre) Small (Size 12, 14).....	\$18.00
(for upper primary/secondary) Large (Size 16, 18, 20).....	\$20.00
TRACK PANTS (fleece) (infants K-4) (Size 6, 8 and 10).....	\$11.00
POLO SHIRTS (grey or white) Small (Size 6, 8, 10, 12, 14).....	\$12.00
(with school crest) Large (Size 16y, 16, 18).....	\$14.00
SPRAY JACKETS (black and white/school crest).....	\$55.00
<u>HATS</u>	
Caps (Black with school emblem)	\$ 5.00
Bucket Hats (Black: Size 53, 55, 57, 59 & 61cm).....	\$ 7.50
<u>EQUIPMENT</u>	
Calculators (Scientific).....	\$21.00
Library Bags (range of colours).....	\$ 3.50
Sunglasses (black).....	\$ 9.90
Student Pen/Pencil Sets (eraser, sharpener, blue/black/red pens & 2 pencils)	\$ 4.00
Pencil Cases (Tartan).....	\$ 1.50
Book Packs(with/without) A3 Art Diary	\$20/\$15.00

Mendooran Central School has purchased black jumpers, tracksuit pants and polo shirts to help parents buy locally for your convenience. Prices have been kept down as much as possible and the School has passed on the savings by buying in bulk. The school crest has been included on jumpers and shirts to make our students look great in their uniforms.

Please contact the school office in advance if possible if you would like to purchase uniforms. The correct money is a huge help to the office staff.

FAR WEST ACADEMY TENNIS & TENNIS DEVELOPMENT SQUAD TRIALS – WARREN

The Far West Academy of Sport is holding their tennis squad trials on Sunday 11th March 2012 10.45am - 3.30pm at the Warren Tennis Courts. The trials are open to athletes who will be turning 12-16 years of age in 2012 (i.e. born between 1996-2000). The academy is also seeking community interest from coaches/managers to be involved in the delivery of the 2012 tennis program. To find out about the benefits of being involved as a program staff member and what is required please contact the FWAS on (02) 6847 3638.

COUNTRY RUGBY LEAGUE CLINIC – MENDOORAN

Mendooran Central School alongside Country Rugby League will be holding a Rugby League clinic next Monday 27th March 2012. The clinic is aimed at developing rugby league skills, and promoting the game among students. The program for the day will begin at 9am with a 30 minute skill clinic for the infants (K-2), similarly a skill clinic for Primary students (Years 3-6) from 9.30am-10.00am and a skills session for Secondary boys from 10.00am -10.45am. A permission slip to engage in contact sport/tackling will be sent home for respective Secondary group. Primary students will not need a permission slip as no tackling will be practiced.

D Althofer

HOMEWORK CENTRE

Don't forget the school is running a homework centre on Tuesday afternoons. This is held in the computer room from the end of school until 4.30pm. Mr Neal will supervise the students and provide any assistance required.

STUDENT BANKING

Student Banking through the Commonwealth Bank is available at the school on a Tuesday. Starter packs are available at the office.

It only takes \$1.00 a week to get you started,

Consider the benefits, save for that ipod, new X box, DS, motorbike or maybe a car



Parents can now apply online via Netbank for Youthsaver Accounts.

1. Once you have logged onto Netbank, select the "Offers & apply" tab.
2. Click on the Accounts sub-tab
3. Scroll down the page until you see the "Youthsaver and School Banking" tab
4. Click the "Apply now" button
5. Upon completing the child's information, enter postcode of the school ie 2842. The search will return the schools in your area. Ie Mendooran

SCHOOL CONTRIBUTIONS - 2012

Voluntary Primary Contributions: \$25.00 per child
Voluntary Secondary Contributions: \$50.00 per child
Voluntary FAMILY MAXIMUM: \$80.00 (not including electives)

Both Voluntary contributions and Elective fees may be paid by instalment.

COMPULSORY ELECTIVES COST

Year 7/8 Electives:	Technology Mandatory	\$20.00 (enables students to take work home)
Year 9/10 Electives:	Industrial Technology	\$40.00 first project (\$30 per project thereafter)
	Food Technology	\$15.00 per term (\$60.00 per year)
	Design & Tech (Textiles)	\$20.00
	Art	\$25.00
	Agriculture	\$10.00
Year 11/12 Electives:	Hospitality	\$15 per term (\$60.00 per year)
	D&T Mixed Media	\$20
	Art	\$25
	Agriculture	\$10
	Metals & Engineering	\$40 first project (2 nd project dependent on cost)

Please tear off the following section and fill in details accordingly to the number of students you have attending Mendooran Central School to calculate the amount owing

FAMILY NAME:.....

VOLUNTARY SCHOOL CONTRIBUTION

No Primary Students	<input style="width: 60px; height: 40px; border: 1px solid black;" type="text"/>	No. Secondary Students	<input style="width: 60px; height: 40px; border: 1px solid black;" type="text"/>	TOTAL \$ _____ SCHOOL CONTRIBUTIONS (Maximum \$80.00)
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COMPULSORY COSTS SECONDARY ELECTIVES

Year 7/8 Electives:	Technology Mandatory	\$20.00	\$.....
Year 9/10 Electives:	Industrial Technology	\$40.00	\$.....
	Food Technology	\$60.00	\$.....
	Design & Tech (Textiles)	\$20.00	\$.....
	Art	\$25.00	\$.....
	Agriculture	\$10.00	\$.....
Year 11/12 Electives:	Hospitality	\$60.00	\$.....
	D&T Mixed Media	\$20.00	\$.....
	Art	\$25.00	\$.....
	Agriculture	\$10.00	\$.....
	Metals & Engineering	\$40.00	\$.....

TOTAL ELECTIVE FEES \$ _____

TOTAL CONTRIBUTIONS PAYABLE \$ _____

COMMUNITY NEWS

P & C NEWS

Mendooran Central School P&C met last Thursday at 3.30pm in the library. Numbers were up with three new members. Many topics were discussed including the fundraising events for 2012. If you are able to support these events or have new fundraising ideas please let the P&C know.

Term 2: Mothers Day Stall Wednesday 9th May. Volunteers are needed to man the stall.

Horse Sports Canteen - Date to be advised.

Term 3: Trivia Night – Saturday 11th August 2012

Father's Day Stall – Date to be advised.

Term 4: Cake Stall at elections to be held at MCS. - Date to be advised.

AGM will be held on the 15th March at 3.30pm

S Reynolds

TOUCH FOOTBALL - KEEPING IN TOUCH

Round 5 was completed last Thursday. Congratulations to the winning teams. The results for Round 5 are as follows:

The Rookies defeated **Barbarians** 8 – 2

Mendooran Café defeated **The Coconuts** 10 – 7

Wild Boars defeated **Royal Hotel** 7 – 3

This week will be Round 6 and the games are as follows: **The Coconuts vs Barbarians**
Mendooran Café vs Wild Boars
Royal Hotel vs The Rookies

The table so far is as follows:



Teams	Points
Wild Boars	13
The Rookies	13
Mendooran Café	11
Royal Hotel	9
Barbarians	9
The Coconuts	5



There will be a BBQ put on at the Royal Hotel after each game as per usual. See you there.

M Burke

MENDOORAN/MERRYGOEN AMATEUR SWIMMING CLUB

Thank you to all the parents and kids for your efforts last week for Point Score. We're feeling pretty blessed with the lovely weather – fingers crossed it continues for the remainder of the season. We look forward to doing it again this Friday. Can all members please be there by 3.45pm to enable the Marshall to group everyone for their races for a 4pm start. Thanks to all the mums and dads for helping with timekeeping and scoring. It was greatly appreciated and helped things go so smoothly. As usual, we will be looking for volunteers again on Friday. The club has up for raffle an AUS swimming cap signed by Olympic swimmers Matt Abood, James Magnussen, Geoff Heugill and Eamon Sullivan on one side – the reverse side has Emily Seeborn and Alicia Coutts. Tickets can be purchased from the Post Office. The raffle will be drawn at the end of our Point Score season. Once again, thank you for all your efforts last Friday and fingers crossed the weather stays beautiful for the remainder of the Point Score season. Feel free to call me if you have any questions – 6886 1131

J Rushton

AFTER-SCHOOL SWIMMING LESSONS

A reminder that after-school swimming lessons with Gail Yeo will be on tomorrow. Please remember to bring some sneakers for the kids to wear in the pool for breaststroke. There will be two squads – one for the intermediates @ 3.30pm and one for the advanced squad at 4pm. Last week we were advised that the pool was looking at closing on Tuesdays due to staffing, however, they will now remain open. So swimming lessons will continue on Tuesdays for the remainder of the season.

J Rushton

MENDOORAN PA&H ASSOCIATION

DESIGN A LOGO COMPETITION!!

The Show society is running a competition to design a Logo for the Mendooran Show. This came about when we invited “Year of the Farmer” to be a guest at our 2012 show. They requested a logo ... and we didn't have one!

The logo should encapsulate everything that Mendooran Show means to you. Make it bright and bold, a simple idea with spark, which will be put on all advertising and correspondence from now on.

Below are some examples of other logos. You probably are aware of them and know what they are. The company doesn't have to print its whole name all the time. They simply use the logo and you know instantly who it is.



Entries are free for school students and \$1.00 for adults. Please deliver your entries to the school. The winner will receive a family pass to this year's show which is going to be bigger and better than ever! Entries close on Wednesday, 7th March. Good Luck!

Pip Archer
Secretary

OLD TIME DANCE LESSONS

Dance lessons will recommence at the Mechanics Institute Hall on Wednesday evenings at 7.30pm. Starting 15th February 2012.

Everyone welcome, especially beginners. Come along and have some fun and don't forget those dancing shoes!!

Enquiries please contact Barry & Judy Henderson
68861221



BINNAWAY JUNIOR SPORTS CLUB (INC)

AGM and General Meeting

Wednesday 22nd February, 7.00 pm Exchange Hotel Binnaway.

REP TRIALS THIS SUNDAY

Just a further update & clarification for the Group Football Trials to be held this Sunday 19/2/2012 at 10.30am in Gilgandra:

All children aged 13, 14, 15 & 16 that are interested in participating in the Rep team this year **MUST** attend the trials held in Gilgandra this Sunday. There will be a canteen in operation. If a child cannot attend these trials due to prior commitments a letter must be sent to the Group (via email to myself or Sandra Varty) before 10.30am Sunday. After the trials on Sunday a training squad will be advised of a training session to be held in Coonabarabran on Sunday 1st April. Again all children must attend this training session prior to selection. Children who are unable to attend and have written a letter to the Group will be allowed to attend this training session on 1st April. The Rep teams will then be confirmed after this training session. We will **NOT** be taking any children after this date.

WET WEATHER DETAILS APPLICABLE TO FOOTBALL & NETBALL

If it's raining on Sunday and ovals/courts are unusable a decision will be made by 7am Sunday morning whether we proceed or not. It will then be up to the Club representatives to advise the players that trials have been postponed. In the event of postponement a new date will be set for trials. If trials are postponed the Group meeting planned for Sunday will also be postponed. Thanks.

T Elton



AUSTRALIAN ARMY CADETS *205 ARMY CADET UNIT*



COURAGE, INITIATIVE, TEAMWORK

THIS UNIT PARADES
EVERY MONDAY AFTERNOON AT
MENDOORAM CENTRAL SCHOOL
3.30 PM TO 7.00 PM
ENROL NOW

CONTACT:
MENDOORAN CENTRAL SCHOOL - 6886 1149
LT COL M. NEAL
UA W POTTER
CAPT L. POTTER

AUTISM SPECTRUM DISORDER EDUCATION & SUPPORT GROUP

Parents and Carers of a child with an Autism Spectrum Disorder are invited to attend a FREE Education and Support Group, organised by Mudgee Community Health Centre. The group meets at Squeakers on Douro Child Care Centre on the fourth Monday of each month from 10am – 12pm. All Parents and Carers of a child with an ASD are welcome to come along to hear from Guest Speakers, and talk with other Parents and Carers. Child care is available, but bookings for child care are essential. For more information please contact Catherine Bourke ph: 6378 6236

NSW SCHOOL-BASED VACCINATION PROGRAM

Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school-based vaccination program.

In 2012 the following vaccines will be offered:

- Hepatitis B vaccine for all Year 7 students who have not received 3 doses of hepatitis B vaccine when they were a baby
- Varicella (chicken pox) vaccine for all Year 7 students who have not previously received varicella vaccine or had chickenpox disease.
- Human Papillomavirus (HPV) vaccine will be offered to Year 7 girls only as a 3-dose course over a six-month period.
- Diphtheria, Tetanus and Pertussis (Whooping Cough) vaccine will be offered to all Year 7 and Year 10 students.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the consent form and return it to their child's school. Please ensure that your child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Population Health covering
Western NSW Local Health District
PO Box 739 Myall Street
Dubbo NSW 2830
Telephone: 02 6841 5569
Facsimile: 02 6841 5570



Australian Government



Is everyone you know ready for digital TV?

Analog TV will be switched off across Central NSW on **5 June 2012** and free-to-air TV will then be broadcast in digital only.

To continue watching free-to-air TV, households need to ensure their televisions can receive the digital signal. A set-top box or digital recorder can be attached to an existing analog TV, or a new digital TV (with a built-in digital tuner) can be used.

Households unable to receive adequate terrestrial digital television reception can apply to access the Viewer Access Satellite Television (VAST) service.

The Household Assistance Scheme is available to those who receive the maximum rate of Age Pension, Disability Support Pension, Carer Payment, Department of Veterans' Affairs Service Pension or Income Support Supplement. Eligible persons are encouraged to apply before 5 June 2012 as the Scheme may cover the cost of a new set top box, installation and, if the applicant owns their own home, any upgrade required to the cable or antenna.

More information about the switch to digital TV, the channels available in your area and the government assistance schemes is available at **www.digitalready.gov.au** or by calling **1800 201 013**.



MENDOORAN CENTRAL SCHOOL

Canteen Price List



HOT FOOD (Please Order Before Lunch)

Meat Pie	\$3.00
Large Sausage Roll	\$2.00
Party Pies	\$.90
Pizza Slabs	\$2.20
Chicken Nuggets	\$.70
Egg & Bacon Roll	\$2.80
Homemade Quiche	\$2.50
Noodles in Tubs	\$1.50
(Chicken & Beef only)	



BURGERS & WRAPS

Cheese Muffin	\$2.50
(meat, cheese & sauce only)	
Chicken Burger	\$4.20
(Chicken, lettuce, tomato & mayo)	
Hamburger	\$4.20
(meat, lettuce, tomato & sauce)	
Chicken Wrap	Lge \$4.00
(2 chicken tenders, lettuce, tomato	Sm \$2.20
Cheese & sauce, toasted)	
Vegetation Wrap	Lge \$3.50
(Vegetable Slice w' salad & mayo)	Sm \$2.00
Chicken Caesar Wrap	Lge \$4.30
(2 chicken tenders, lettuce, bacon	Sm \$2.30
parmesan & Caesar dressing)	

SALADS All \$5.00ea

Chicken Salad
Ham Salad
Tuna Salad
Homemade Quiche & Salad
Chicken Caesar Salad
Vegetation Salad

Please order before lunch to guarantee your choice. Weekly specials on white board in front of Canteen.



SANDWICHES

Vegemite or Jam	\$1.20
Cheese	\$1.30
Egg - Plain or Curry	\$1.50
Tuna	\$2.30
Salad	\$2.80
Chicken Salad	\$3.20
Ham Salad	\$3.20
Ham, Cheese, Tomato	\$2.60
Ham & Cheese	\$2.40

Extras (add)

Toasted	\$.20
Sauce / Mayonnaise	\$.20
Roll	\$.80
Wrap	\$.80

SNACKS

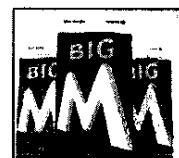
Fruit Chews	\$.20
Chips	\$1.10
JJ Crackers	\$.90
Popcorn	\$.50
Jelly Sticks	\$.15
Fresh Fruit - Will vary in price	

HOMEMADE

Muffin	\$.50
Choc Chip Biscuits	\$.50
Smartie Biscuits	\$.50
Anzac Biscuits	\$.50
Jelly w' spoon	\$.50
Custard & Jelly w' spoon	\$.50
Custard w' spoon	\$.50

ICE CREAM / ICE BLOCKS

Billabong	\$1.30
Frozen Yoghurt	\$1.80
Animal Pops	\$.20
Icy Bites	\$.50
Slushi - small	\$1.20
Slushi - large	\$2.40



DRINKS

Water	\$1.00
Aroona	\$1.40
Calcium (chocolate or strawberry)	\$1.30
Big M (choc, strawberry, vanilla)	\$3.20
LOL	\$2.00
Fruit Juice	\$1.50