



NEWSLETTER

Mendooran Central School

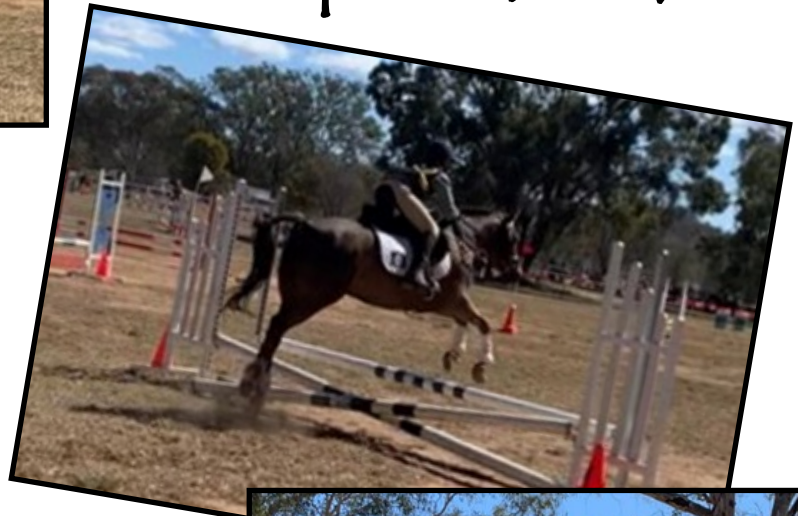
Learn to Live

Term 3 Week 7

Monday 2nd September 2019



St Lawrence's
Horse Sports!
Victoria & Airlie,
our superstar riders!



PRINCIPAL'S NOTES

The Secondary Excursion

The Secondary Excursion to the snow and Canberra left at 7am today and is expected to return at 4pm on Friday. The students will visit Questacon, Parliament House, the Australian War Memorial and visit the snowfields to take part in skiing and snowboarding lessons.

St Lawrence's Horse Sports

Victoria Monk and Airlie Smith competed in St Lawrences Horse Sports at Coonabarabran last Thursday and Friday. They came home with plenty of ribbons and represented the school very successfully.

Secondary State Athletics

Victoria Monk competes in State Athletics at Homebush this Thursday at 2pm. Best of luck to Victoria, who has trained hard for this event!

Primary District Athletics

We have twenty five Primary students competing at the Primary District Athletics in Dubbo this Friday, 6th September. Best of luck to you all and have fun!

Regional Spelling Bee

Our Finalists, Georgia Sweeney and Jeremy Dixon in Years 3&4 and Grace Sando and Nicholas Sweeney in Years 5&6, compete in the Regional Spelling Bee on Tuesday 10th September at Dubbo West Public School.

We wish them the best of luck!

ASPIRE

Tomorrow Year 9 students, Emma Adams, Tori Rutter and Ella Hartley will participate in a trip to NSW University, returning Friday. Miss Enks will be supervising the group. We thank the University NSW ASPIRE Team for this wonderful opportunity.

Duke of Edinburgh

Wednesday 11th and Thursday 12th September five students will participate in the Duke of Edinburgh Trek under the guidance of Mr Neal. This is a very valuable character building experience. Good luck!

Mendooran Junior Judging Day

Our PA&H Association will be holding a Junior Judging Day for our local schools at Mendooran Showground on Tuesday 10th September. We thank the committee for providing this opportunity for our students.

Fundraiser for our Sporting Champions

Thank you to everyone who contributed to last week's fundraiser. \$256 was raised and split between Bailey and Victoria to help support their sporting trips.

150th Celebrations

The 150th Anniversary will be held on Friday 29th November, Saturday 30th and Sunday 1st December. Please join us. All organisations are encouraged to enter a float in the street procession on Saturday morning. There are regular updates on School Stream and our Facebook page. Tickets are on sale for the Friday night event at the Mendooran Town Hall.



Mrs Julie Waters

Mendooran Central School	
Principal Mrs Julie Waters	
Assistant Principal Nicholas Ptolemy	HT Secondary Studies Troy Newberry
Instructional Leader -	HT Curriculum Gianni Standing
Captains Secondary Peta McLeod Tayla Eyles	Vice Caps Secondary Bret Boneham Amy Adams
Captains Primary Nicholas Sweeney Harrison Tobin	Vice Caps Primary Grace Sando William Duce

PRIMARY ASSEMBLY

WEEK 6

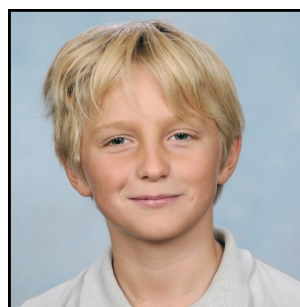
STUDENT OF THE WEEK



K: Bridget Lindeman



1/2: Charlie Rindfleish

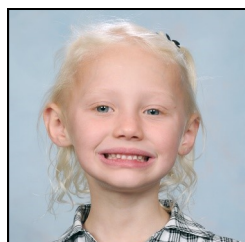


3/4: Jeremy Dixon



5/6: Byron Fraser

MERIT AWARDS



K: Hannah Norwood



1/2: Olivia Hill



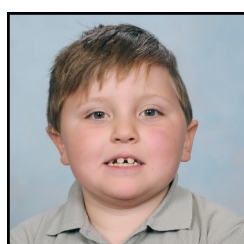
3/4: Georgia Sweeney



5/6: Grace Sando



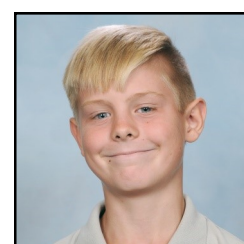
K: Jye Williams



1/2: Kaeden Williams

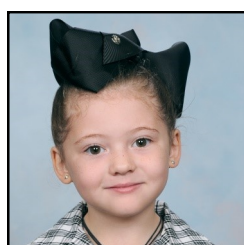


3/4: Jacqueline Rogers

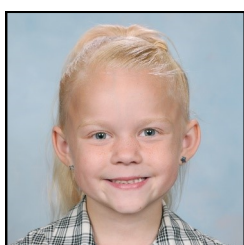


5/6: Rory McGlinn

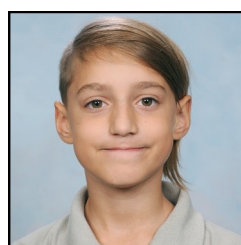
UNIFORM DRAW



K: JaNayah Kearns



1/2: Hailee Cook



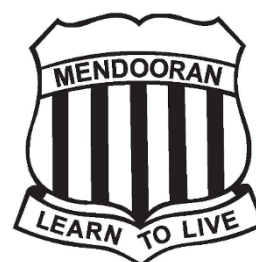
3/4: Emmanuel Sando



5/6: Shaelah Haron



Victoria Monk,
Elizabeth Campbell
and Tristan Carey



Kindergarten

Well done to Bridget, Hannah and Mia who ran the Kindergarten Assembly on Friday. They did a top job! This week we are looking at the sound "ue" as in cue. We will revise "ou" as in ouch and "oi" as in oil. In Maths we will be looking at collecting data and using it in graphs.

In PDHPE, Mrs Skinner has been talking about feelings and we have also been learning about "No, Go, Tell!"

On Tuesday we will join with the Preschool and Year 1/2 to watch a stage show at the Mechanic's Institute. It is an adaptation of the book "Room on a rock" focusing on the themes of sharing and having empathy for others.

Have a great Week 7.

V Parnaby

Year 3/4

In the classroom we have written a recount about our trip to Broken Bay Sport and Recreation camp. It was great to read about lots of fun and exciting memories.

Our Maths activities have focused on grid references, rounding and extended multiplication.

In Spelling we have work on the 'ir' sound as in bird.

Year 3/4 worked hard on our Fathers' Day cards last week and I hope all Dads had a wonderful day on Sunday.

D Soares

St Lawrence's Horse Sports

On Thursday and Friday last week both Airlie Smith and Victoria Monk competed at St Lawrence's Horse Sports at Coonabarabran. Both girls had very busy days where they competed in a wide range of events including; Show Jumping, Dressage, Stockman's Challenge, Hacking, X-Country and Sporting. The girls were both very successful bringing home a variety of ribbons from each day. They both presented themselves extremely well for each event and additionally presented themselves beautifully for the mounted parade. Well done to Victoria and Airlie, you are both an asset to Mendooran Central School and you should both be very proud of your consistent achievements with your horses!

RIBBONS

Airlie

Pony Club Mount - 3rd

Pairs - 3rd

Dressage - 3rd

X-Country - 5th

Stockhorse Workout - 5th

Victoria

X-Country - 2nd

Top Score - 3rd

Dressage - 3rd

Pairs - 3rd

Running Tee - 5th

Bondfield Bounce - 5th



THANK YOU!

The Thompson family would like to say thank you for the support and donations received to send Bailey to Nationals in Darwin.

Helping to make Bailey's dreams come to life is a selfless act and Sally and Josh are very thankful for each contribution.

Once again, thank you so very much!



Game Changer Challenge Dubbo

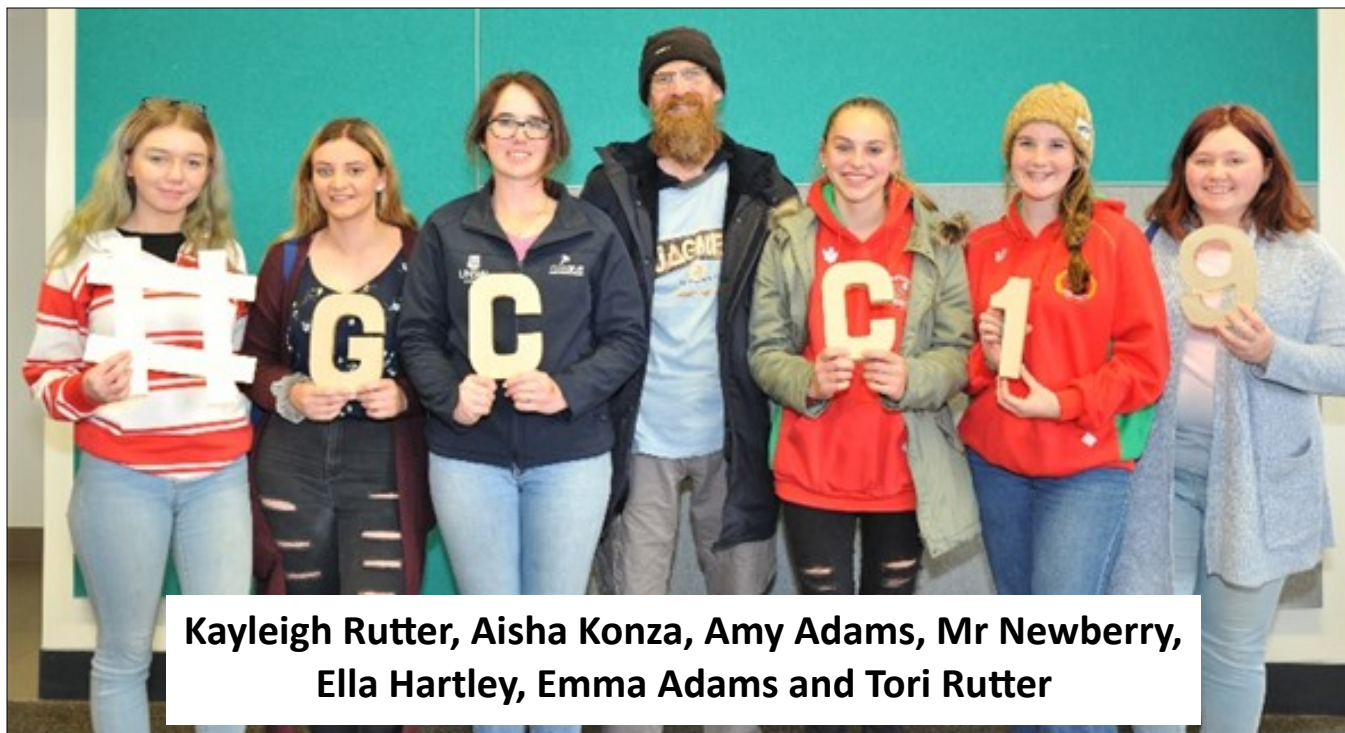
On August 8th and 9th we took six students into Charles Sturt University for the Dubbo Game Changer Challenge.

This one-day event took place on the CSU campus and was designed to teach the students about the principles of design, from the concept phase of coming up with an idea right the way through to pitching the idea to a panel.

Aisha Konza, Amy Adams, Ella Hartley, Emma Adams, Kayleigh Rutter and Tori Rutter represented the school and did a fabulous job.

This was an amazing day and we were extremely proud of the way the girls represented the school.

T Newberry & L Enks



Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



Mendooran Central School



BE HERE NOW

Dear Parents

Mendooran Central School is writing to share the exciting news that we are partnering with Yondr to make our school a phone-free space from the beginning of Term 4, 2019.

We understand that mobiles have great utility, but mobile phone use has increasingly become a source of distraction, antisocial behaviour and conflict both at home and at school.

Mendooran Central School believes in maintaining a safe and effective educational environment for all of its students. Research shows that the mere presence of mobiles in the classroom can be detrimental to student performance. According to a survey and report from Common Sense Media that involved 1,240 interviews with parents and their 12 to 18-year-old children, 50% of teens feel attached to their mobile devices, and 59% of their parents agree that their kids have a problem putting their devices down (U.S. News & World Report).

Yondr is currently used across the world in hundreds of classrooms and schools, at concerts, comedy shows, weddings and special events of all kinds. The goal of these spaces is to encourage people to engage with each other and their surroundings.

The Yondr program employs a simple, easy-to-use case that stores a mobile and requires an unlocking base to open. When secondary students enter school grounds they will place their phone (if they decide to bring one) in a Yondr case which is then locked. Students maintain possession of their phones but will not be able to use them until they are unlocked at the end of the day. During lessons that require or would be enriched by the use of mobile phones, unlocking stations would be provided for an educational purposes.

We believe this will allow our students to be:

- Engaged in classroom activities and assignments
- Less dependent on electronics to do classwork
- Less likely to engage in conversations around bullying
- Less likely to be distracted and procrastinate on assignments in class

In an effort to best serve your child, we will need your full support in adoption of the Yondr program at our school. We want to assure our families that you can reach your student at the main office on 6886 1149. Unlocking stations will be available if requested in the Front Office and other numerous places around the school.

It is important that the students do not free like their phone is trapped but some students will still struggle during the transition period. We thank you for your continued support in ensuring a safe and healthy learning environment for our students. If you have any questions, please do not hesitate to contact the school directly.

Mendooran Central School high recommends that secondary students leave their phones at home.

The Yondr program is used to assist secondary students that absolutely need their phones for after school activities. Primary will have a zero tolerance for mobile phones from term 4, 2019. If a phone is brought to school by a primary student it will be turned off by the student, placed in a Yondr case then stored in the school safe until the end of the day.

Sincerely,
Executive Staff of Mendooran Central School

Some worthwhile reading

Phones reduce the amount of time students are bored. Whilst this sounds positive, research has tested and shown that boredom is a driver of creativity and productivity. Boredom allows the mind time to wander, consider complex ideas and form opinions and perspective. People exposed to small periods of boredom for example give more to charities, are kinder to others and actively become more involved in their physical and social environment. Reducing student screen time might increase some boredom but will improve their life.

Andrew Bastawrous, an ophthalmologist, says "There's definitely a myopia epidemic. Many more people are becoming short-sighted than they were a decade ago". This is thought to be a combination of mobile phone usage and a reducing in focusing outside on people and the environment (also affected by mobile phone usage). "The growth of the eye tends to slow down in your late teens and stop. But what's happening is that it isn't stopping. It seems to continue". The implications of this are not just that there are more people needing glasses, potentially severe visual impairment can result in glaucoma retinal detachment and another retinal problems.

According to recent research people tap, swipe, and click an average of 2,617 times per day. For the top 10 percent of users, this number doubled to 5,427 touches per day. Data collected from Apple and Google show that average users unlock their phones 110 times per day. That is equivalent to six to seven times per lesson regardless of if the phone is on the desk or on silent in their pocket or bag. This shows the 'old' strategy is not helping our students succeed.

In the second half of last year more than a quarter of incidents recorded by teachers relate to inappropriate use of mobile phones. Over the same time the phrase "mobile phone" was written 1224 times in relation to negative student behaviour. According to research, (conducted by Spears, Keeley, Bates, & Katz), one in five young people under 18 (20%) reported experiencing online bullying in any one year and of those incidents almost a fifth of victims are exclusively bullied through devices such as mobile phones.

The biggest lament of teachers in regard to mobile phones is that they lead to student distraction and off task behaviour. Texting a friend is a tempting diversion that many students select over being part of the lesson. Observations of student toilet usage during class time indicate that 1 in 10 toilet breaks appear to be coordinated between friends in different classes through the use of mobile phones. The amount of time students are spending out of the classroom to relieve themselves has doubled.

Teenagers who spend five or more hours a day on electronic devices are 71% more likely to have a risk factor for suicide than those who spend less than an hour a day. Young people who use screens this much are also 52% more likely to sleep less than seven hours a night – a significant amount of sleep deprivation with potential consequences for both physical and mental health. The more time young adults spend on social media, the more likely they are to be depressed or lonely. (The

Guardian – 12 January 2018)

Has this happened in other similar schools? Wauchope High School was the first school in Australia to trial Yondr using this model but it has been implemented in over 600 schools in America and was introduced for a day at Daylesford Secondary College Victoria. In Term 4, 2019 three other Dubbo schools will be introducing Yondr along with Mendooran Central School.

Are Mobile Phones banned at Mendooran Central School? For Primary mobile phones are banned. For Secondary No, mobiles can be a very useful educational tool inside the classroom. Teachers will have unlocking stations where appropriate, allowing technology enhanced learning to occur.

What if I want to reach my student during the school day? We want our students to be engaged in their learning. Please contact the main office at 6886 1149 to reach your student.

What if there is an emergency? In case of an emergency, we direct our students to safety first. School staff will be able to unlock a Yondr case in a matter of seconds for students once they are in a safe and secure location.

Will my student's phone be safe? Yes, because students are in possession of their phone in the Yondr case and should keep the case stored away in their backpacks.

What if the case gets damaged or lost? The Yondr case is the property of Mendooran Central School. The school will provide a replacement at the cost of \$10 to the student and/or have their phone placed in the school safe immediately.



CASE

As students enter the phone-free space, phones will be placed in a Yondr case.



LOCK

Once inside, the case will lock. Students keep their phones throughout the day.



UNLOCK

To unlock the case, tap it on any teacher or administrator's unlocking base.



Definitions of bullying, harassment, discrimination and violence

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

Bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

Likewise not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies.)



Harassment

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

It offends, humiliates, intimidates or creates a hostile environment. It may be:

- an ongoing pattern of behaviour or a single act
- directed randomly or towards the same person(s)
- intentional or unintentional.

Discrimination

Discrimination occurs when people are treated less favourably than others because of their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

Violence

Violence is the intentional use of physical force or power, threatened or actual, against another person(s) that results in psychological harm, injury or in some cases death. It may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.

These definitions outline key characteristics and have been taken from Student Wellbeing Hub <https://studentwellbeinghub.edu.au/resources-and-help/glossary?origin=host=www.safeschoolshub.edu.au/#/>

Community News

All Community News must be sent to the school email in a Word Document by no later than 10am each Monday

Tennis News

Kids tennis has been cancelled for today and will not be on for the next couple of weeks. Tennis will start again on Monday 9th September, weather permitting. Cost is \$15 per child for 1 year membership and \$3 to play each week. Memberships must be paid prior to starting. All ages from 4 years and up are welcome. If your child is interested, please contact Natasha Tobin on 0438 760 287.

Senior tennis comp is on every Monday night with games starting from 7pm. There are still spots available if you want to play. It's a very social comp and a great way to catch up with friends and to make some new ones too. All ages from 13 years and up at any skill level are welcome. Contact either Scott Mitchell on 0437 863 502 or Natasha Tobin on 0438 760 287 to put your name down. Cost is \$15 for junior/\$25 for senior for 1 year membership and \$5 to play each night.

N Tobin

Mendooran-Merrygoen

Amateur Swimming Club

Mendooran-Merrygoen Amateur Swimming Club will hold their AGM on Wednesday 4th

September at 6pm at the Royal Hotel

Mendooran. All are welcome to attend.

K Sweeney

Mendooran Bowling Club

Every Sunday from 10am

Children (all ages) FREE!

BOWLS SUPPLIED

Adult Social Comp - \$5 green fees

Mendooran Touch Football

Mendooran Touch Football 2019/2020 season is fast approaching with the commencement of the first game Thursday 17th October.

Registration Day is set for 6.30pm

12th September at the

Royal Hotel Mendooran.

Captains/Representative will need to attend this registration to register their team. If you do not have a team that is okay, you can come and see us and put your name down.

2019/2020 Rules

14 players per team

3 Girls and 1 Junior on at all times each week

Teams to supply a referee each week (draw to be finalised after registration)

Cost

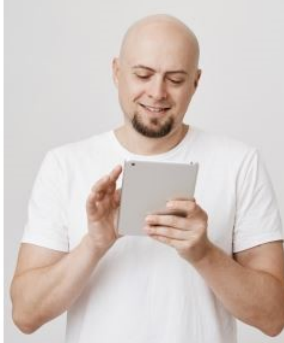
\$45 for Senior (if you turn 18 in 2019)

\$30 For Junior (Must turn 12 in 2019)

Our Junior Competition will take place this season, further details to come.

C Carey

Tech Help



Come along for hands-on tech help.

Learn how to access the library's online resources including eBooks, eAudio, eFilms and eMagazines.

Mondays, 3.30 - 4.30pm
Mendooran Library
Free
Enquiries: 02 6886 1657



Fun Zone



Imagine, create, experiment, build and play!

Drop in for hands-on arts and crafts activities.

Wednesdays 3.30 - 4.30pm
Mendooran Library
Free
Ages 5 - 12
Enquiries: 02 6886 1657



Community News



Mendooran Young Judges Day

The Mendooran PA&H Assoc Inc and the Mendooran Central School would like to invite you to our Young Judges Day at the Mendooran Showground.

Date: Tuesday 10th September 2019

Start: 8.00 am to collect numbers

Estimated Finish Time: 3.00 pm

Venue: Mendooran Showground, Dalglish St Mendooran

Age Groups:

Under 10 years

10 years and under 15 years

15 years and under 25 years

Judging:

*Merino Sheep *Meat Sheep *Poultry *Wool *Beef Cattle *Fruit & Vegetables

Entries: Schools are asked to complete the Registration Form and email to Mendooran.show@hotmail.com by 6th September 2019.

Cost: \$10 per student – Entry payments can be made to:

Mendooran PA&H Association BSB: 062541 Acct: 10007203

Contact: Louise Monk – Secretary Mendooran PA&H Inc - 0429 688611

Catering will be provided on the day (BBQ) and drinks at a cost – payable on the day

Steaks \$5 Sausage \$3 Drinks \$2 Tea & coffee \$2

NOTICE



Community Consultation Meetings

Take the opportunity to meet with Councillors, Senior Council Staff and other members of your community to discuss the issues affecting your local community. To RSVP or to place an item on the Agenda, contact Kira Alexander, PA to the Director Corporate and Community Services, on (02) 6849 2000 or info@warrumbungle.nsw.gov.au

Agenda Items must be in by 2pm, the last business day prior to each meeting.





Community Consultation Meetings

Monday, 21 October 2019	5:30pm	Memorial Hall, Binnaway
Tuesday, 22 October 2019	5:30pm	Memorial Club, Mendooran
Monday, 28 October 2019	5:30pm	Council Chambers, Coonabarabran
Tuesday, 29 October 2019	5:30pm	Jubilee Hall, Dunedoo
Monday, 4 November 2019	5:30pm	Council Chambers, Coolah
Wednesday, 6 November 2019	5:30pm	Memorial Hall, Baradine


For more information visit www.warrumbungle.nsw.gov.au or check out Warrumbungle Shire Council on Facebook.

PO Box 191
Coonabarabran NSW 2357
Phone 02 6849 2000
Fax 02 6842 1337
www.warrumbungle.nsw.gov.au





The Mendooran CWA invites you and your friends to Afternoon Tea on Wednesday 4th September 2019 2pm - 4pm at the CWA Rooms in Bandulla Street Mendooran. Entry is free. Speakers: Jenny Hunt - Western Area Health Promotions, Jenny Moore - 'A Young Mother In Port Moresby', Lucky Door Prizes, Raffle, Coins for Friendship. RSVP M Southwell 68 861427 By Monday 2nd September. CWA Awareness Week 2019 will be 1 - 8 September with the theme 'Start a Conversation' focussing on mental health concerns and services in rural and regional NSW, particularly in relation to women.



DUBBO COMMUNITY EVENT • ALL WELCOME!




Walk Towards Hope DUBBO

Promoting Suicide Awareness, Prevention & Support

Saturday, 7th September 2019



11.00am Gather at Bob Jane T-Marts in Macquarie Street, Dubbo

11.30am Walk across the LH Ford Bridge to Lions Park, West Dubbo

12noon Attend a short Remembering Ceremony at Lions Park

12.30pm Free BBQ Lunch at Lions Park, West Dubbo

FREE T-shirts provided to wear for the walk, available on the day. Limited stock - arrive early!

More information, contact NALAG Dubbo on 02 6882 9222.

If you or someone you know needs immediate help, you can call Lifeline at any time on 13 11 14.






Supported by Dubbo Regional Council, Dubbo Meat Centre and Village Bakery Cafe

LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019

Term 3 2019



Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	2.9 Secondary Excursion All Week	3.9 ASPIRE Year 9 Stage Show for Infants	4.9 ASPIRE Year 9 Secondary State Athletics	5.9 ASPIRE Year 9 Secondary State Athletics	6.9 ASPIRE Year 9 Primary District Athletics in Dubbo Secondary State Athletics
8	9.9	10.9 Regional Spelling Bee - Dubbo Junior Judging Day - Mendooran	11.9 Duke of Edinburgh Trek	12.9 Duke of Edinburgh Trek	13.9 Year 12 Maths Study Day - St Johns Dubbo Primary Western Athletics in Dubbo
9	16.9	17.9	18.9 NSWPSSA National Athletics	19.9 NSW PSSA National Athletics	20.9 NSWPSSA National Athletics
10	23.9 NSWPSSA National Athletics	24.9 Year 12 Presentation Day at 11:10am	25.9	26.9 NAIDOC Day Activities	27.9 Last Day of Term 3