



NEWSLETTER

Mendooran Central School

Learn to Live

Term 3 Week 8

Monday 9th September 2019

A fun filled week on the Secondary Excursion



The War Memorial



Blue Cow Snow Fields



Old Parliament House

PRINCIPAL'S NOTES

Regional Spelling Bee

Our finalists Georgia Sweeney and Jeremy Dixon in Years 3&4 and Grace Sando and Nicholas Sweeney in Years 5&6, will compete in the Regional Spelling Bee tomorrow, Tuesday 10th September. We wish them the best of luck!

Mendooran Junior Judging Day

Our PA&H Association will be holding a Junior Judging Day for our local schools at Mendooran showground tomorrow, Tuesday 10th September. Numerous students from Year 3 to Year 10 will take part. We thank the committee for providing this opportunity for our students.

Duke of Edinburgh

This Wednesday and Thursday, September 11th and 12th, the Duke of Edinburgh Trek to Beni Crossing, will be held under the guidance of Mr Neal. Participants include Jesse Dennis, Carter Swan, Oscar Monk, Bailey Tincknell and Joseph Frommuller. This is a very valuable character building experience. Good luck!

Primary District Athletics

We had 25 Primary students competing in the Primary District Athletics in Dubbo last Friday 6th September. Results are featured on page 4.

Year 12 Maths Study Day

This Friday our Year 12 students will travel to Dubbo to participate in study sessions to review and prepare for the Mathematics Standard 2 Course HSC Exam.

Secondary State Athletics

Victoria Monk competed in State Athletics at Homebush last Thursday. She jumped 140cm, coming equal 16th. Congratulations Victoria!

The Secondary Excursion

The Secondary Excursion to the snow and Canberra was a great success. The students visited Questacon, Parliament House, the Australian War Memorial and visited the snowfields to take part in skiing and snowboarding.

ASPIRE

Last week three of our Year 9 students, Emma Adams, Tori Rutter and Ella Hartley, supervised by Miss Enks participated in a trip to NSW University. It was a great success, with the students being wonderful ambassadors for our school. We thank the University NSW ASPIRE team for this wonderful opportunity.

Work Experience

Students, Jacinta Averillo, Tahlija Williams, Amy Adams, Caleb Bruckner, Klayton Campbell, Jesse Dennis, Brian Hellyer, Aisha Konza, Oscar Monk, Kayleigh Rutter, Carter Swan, Malcolm Hellyer, Ella Hartley, Tori Rutter, Emma Adams, Joseph Frohmuller, Bailey Tincknell and Tim Bennell, will be completing work experience next at various businesses in Dubbo, Mendooran and Coolah.

PSSA National Athletics Championships

Best of luck to Bailey and his family as they travel to Darwin for Bailey to compete in the National Athletics Championships from the 18th-23rd September. Bailey will compete in 100M, 200M, 800M, long Jump and Shot Put. Bailey has trained hard to earn this wonderful opportunity.

Year 12 Presentation Day

Parents, carers and community members are cordially invited to join us on Tuesday 24th September for our Year 12 Presentation Assembly commencing at 11:10am.

NAIDOC Day

We celebrate NAIDOC Day on Thursday 26th September. There will be a complimentary BBQ lunch on the day. Activities include boomerang painting, face painting and Dreamtime stories. We invite parents, carers and community members to join us.

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 Mechanic's Institute Hall.

Last Day of Term

Friday 27th September is the last day of Term 3. School resumes for staff and students on Monday 14th October.

Mrs Julie Waters

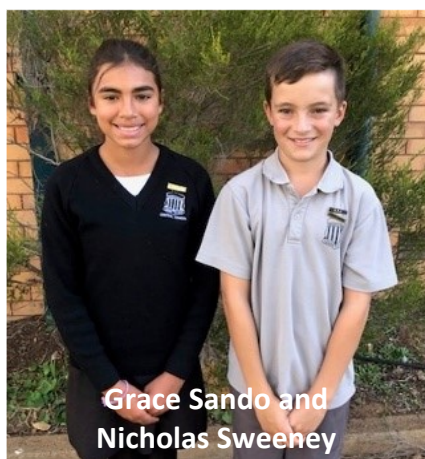


Mendooran Central School	
Principal Mrs Julie Waters	
Assistant Principal Nicholas Ptolemy	HT Secondary Studies Troy Newberry
Instructional Leader -	HT Curriculum Gianni Standing
Captains Secondary Peta McLeod Tayla Eyles	Vice Caps Secondary Bret Boneham Amy Adams
Captains Primary Nicholas Sweeney Harrison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

The Premier's Spelling Bee Regional Finals 2019

This year we have four of our outstanding students attending The Premiers Spelling Bee Finals in Dubbo on Tuesday 10th September. Students will compete against fellow qualifiers from the district at Dubbo West Public School. Jeremy Dixon and Georgia Sweeney will compete in the Junior section from 9.30am -11.30am. Nicholas Sweeney and Grace Sando will compete in the Senior section from 12.30 - 2.30pm. Students will be given a variety of words that range in difficulty for example janitor, claustrophobic, administration. We wish them the best of luck.

C Carey



Grace Sando and
Nicholas Sweeney



Jeremy Dixon and
Georgia Sweeney

Kindergarten

Welcome to Week 8!

Kindergarten have been working really hard during Literacy activities and are smashing our reading expectations.

This week we are looking at “er” as in mixer as well as “ir” as in bird and “ur” as in nurse.

In Maths we will continue collecting data for graphs and look at 3D Shapes.

In Science we are investigating how things move and checking how the shape of items affects how they move eg. Round things roll, flat things slide.

Have a good week!

V Parnaby

Year 1/2

Hello everyone!

What an interesting week with the beginning of Spring. We have been working on fractions in Maths and are doing 3D objects this week and next week. In Science we are identifying digital devices and have begun simple instructions and coding to command small robots. What exciting things we are learning!!!

B Yager

Year 3/4

In Maths we have been learning about additions strategies, data and position.

Our spelling activities have focused on the 't' sound as in tiger. In Grammar we discussed nouns and noun groups and their purpose in sentences.

As part of our Science Unit 'From Little Things' we have learnt about endangered plants and animals with a particular focus on the black-flanked rock-wallaby.

In Geography we discussed various celebrations that we celebrate at home, school and in the community.

Keep up the wonderful work Year 3/4!

D Soares

Year 5/6

In Literacy this week we are focusing on persuasive text. We will create an exposition to try and convince the reader of a certain point of view. Also we are looking at speech marks and how important they are in a range of different texts.

This week in Spelling we are focusing on the “oo” as in book sound. This is a simple vowel sound as there are 4 main ways to make this phoneme; “oo” as in book, “u” as in bush, “o” as in wolf and “ou” as in could.

In Numeracy this week we are beginning our unit on 3D Space. We will be focusing on a range of 3D shapes and their properties.

N Ptolemy

Believe in Yourself

DUBBO DISTRICT **ATHLETICS CARNIVAL**

On Friday 6th September, twenty five Primary students travelled to Dubbo to compete at the Dubbo District Athletics Carnival. Our students were very excited about competing at Barden Park and the lunch time training at school had prepared them for their events. All students tried their best and represented our school with great pride.

Special mention to the following students who qualified for the finals in their events on the day:

Ashton Harvey 100m, Nazareena Greenaway 200m, Junior Boy Relay (Nick Duce, Tyson Thompson, Cooper Thompsom and Luke Bruckner) and Senior Girls Relay (Nazareena Greenaway, Brianna Swan, Bella Swan and Kaiyah Dillon).

Congratulations to the following students who are off to the Western Carnival this Friday 13th September.

Brianna Swan 2nd in High Jump

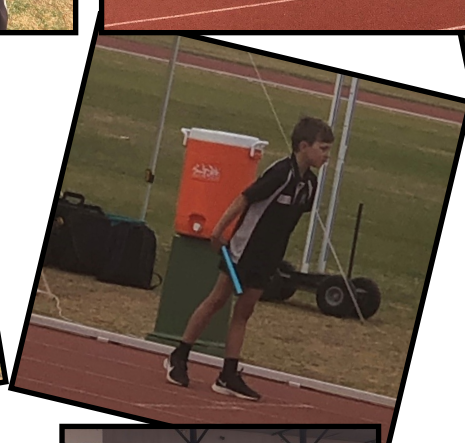
William Duce 2nd 100m Sprint

Bailey Thompson 1st in 200m, Discus, Long Jump, and 2nd in Shot Put.

With all these wonderful achievements Mendooran Central School came away winning the Handicap Trophy. Congratulations to all who competed on the day gaining points towards the schools tally.

Thank you to Mr Soares - Team Manager on the day, ensuring our students competed in all their events.

Thank you to our drivers who transported our students to Dubbo and supported on the side line. Thank you to Mrs Skinner who helped out on the field the day.



State High Jump

On Thursday the 5th of September Victoria Monk made the long journey from Berridale NSW to Olympic Park in Sydney. Her excursion experience was cut short as she had qualified to represent Mendooran Central School and the CHS State Athletics Carnival. Victoria was up against some tough competition. She jumped 1.40m which put her equal 16th out of 25 competitors. Mendooran Central School is very proud of Victoria's commitment as she has performed extremely well, especially after two massive days on the snow fields.

Congratulations Victoria!!



Thank you to everyone at the Mendooran Central School for the fabulous fundraiser you held for Victoria to go to the State Athletics last week in Sydney. We really appreciate the support and encouragement from our wonderful school and very kind donation.

The Monk Family

Secondary Excursion to the Snow

At 6:40am last Monday Secondary students, Mrs Norwood, Ms Galiatsatos and Mr Ptolemy boarded a bus with students and teachers from Binnaway and begun their adventure to the snow! After a six hour bus trip we got to explore Questacon. The light show was something to behold and Brian got to participate in an experiment that exploded like a volcano (Mr Newberry would have been proud). Nearly all students and some of the teachers had a go on the vertical slide, hanging from the bar in their orange jumpsuits looked terrifying! From there we made our way to the Snowgate Motel, where no one ever went hungry!

On Tuesday we hit the slopes! It was hilarious watching everyone attempt to walk on the snow in their big boots and even funnier when they attached their skis. Everyone participated in a two hour lesson and fell over at least once (Ms Galiatsatos' worst fear came true when she did the splits while sliding backwards!). Everyone gave skiing a red-hot go and should be very proud of their efforts! On Wednesday everyone was a little more confident skiing and became adventurous. Bigger slopes were taken on and conquered! A snowman was built and a massive snowball fight ensued, students and teachers alike participated in the fun!

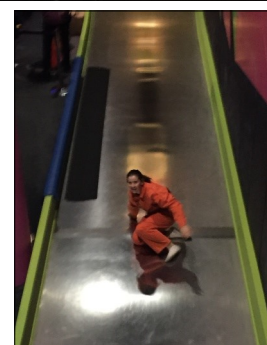
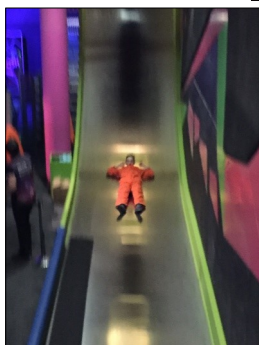
The teachers discovered the best way to make students sleep on an excursion is to take them skiing... they all requested to go to bed early on Tuesday and Wednesday night, much to our delight!

Thursday saw a trip to Old Parliament House, The War Memorial and a night tour at the Australian Institute of Sport. The students had a blast especially in the interactive section of the AIS.

It was a wonderful excursion and Mrs Norwood, Ms Galiatsatos and Mr Ptolemy are exceptionally proud of the students we took away!

M Galiatsatos

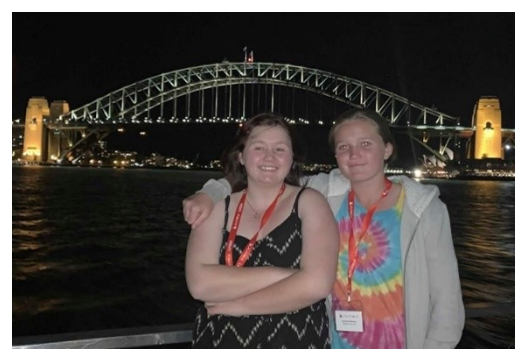
Excursion Pics!



ASPIRE Trip

Last week Tori Rutter, Ella Hartley and Emma Adams travelled to Sydney for a Year 9 ASPIRE Excursion. The girls were lucky enough to take part in a wide range of events and activities including; a UNSW campus tour, a harbour boat cruise, a guided tour at Olympic Park followed by a football game at ANZ stadium.

L Enks



Mendooran Central School

#6 RES



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

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

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

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.



LOOK

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.

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

Pony Club News

This weekend is our gymkhana – could everyone please make a slow cooker meal for our dinner on Saturday night. We will have a working bee on Friday – please come along and help if you can. Thank you to Karen for her donation of one of the amazing gear bags that she makes. We were not lucky enough to receive the mitavite products that we have obtained in the past and used as prizes so we really would like some donations for our raffle if you could, it really does help the Pony Club out a lot. Please let all your friends know about our gymkhana – spread the program around.

J Smith

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

Term 3 2019



Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	9.9	10.9 REGIONAL SPELLING BEE – DUBBO Junior Judging Day - Mendooran	11.9 Duke of Edinburgh Trek Book Club Issue 6 Due	12.9 Duke of Edinburgh Trek	13.9 Year 12 Maths Study Day - St Johns Dubbo Primary Western Athletics in Dubbo
9	16.9 WORK EXPERIENCE ALL WEEK	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 (Graduation Raffle being drawn afterwards)	25.9	26.9 NAIDOC Day Activities	27.9 Last Day of Term 3