



NEWSLETTER

Mendooran Central School

Learn to Live

Term 3 Week 9

Monday 16th September 2019



Tristan Carey

Mendooran PA&H Junior Judging Day

TRISTAN CAREY PRESENTED AS
THE YOUNG JUDGES DAY 2019
UNDER 10 YEARS CHAMPION!



Airlie Smith



Eloise Tobin

PRINCIPAL'S NOTES

Work Experience

This week our Year 9 and 10 students are completing their work experience. Some students have remained in Mendooran to work at local establishments while others have travelled to Dubbo to work. The students that have travelled to Dubbo are under the guidance of Mr Standing and Miss Enks and will stay for the entire week. I hope you all enjoy this wonderful opportunity.

Library

The Library is receiving new carpet this week and will remain closed until next week. Mrs Norris and Mrs Cook have moved a large portion of the books to the Art Room during the renovation and are looking forward to the new carpet along with some new shelving in the coming weeks.

Power Outage

Tomorrow, 17th September, there will be a power outage from 9am-2pm. Classes will run as normal.

NSWPSSA National Athletics

Best of luck to Bailey and his family as they travel to Darwin for Bailey to compete in the National Athletics Championships this week, 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 and we look forward to hearing how well he goes.

Year 12 Presentation Day

Parents, carers and community members are cordially invited to join us on **Wednesday 25th September** for our Year 12 Presentation Assembly commencing at 11:30am. The date has been moved to the Wednesday due to potential power outage on Tuesday 24th September.

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.

Regional Spelling Bee Results

Congratulations to Georgia Sweeney on making Round 5 of the Year 3/4 Spelling Bee, Nicholas Sweeney on making Round 2 and Grace Sando for getting through to Round 5.

We are proud of your academic achievements and thank you for representing MCS so well.

Mendooran PA&H Junior Judging Day

On Tuesday, 10th September, twenty of our students attended the Junior Judging Day held at the Mendooran Showground that was facilitated by the PA&H Association. All students had a great insight into stock and produce on the day and worked extremely well together in their groups. Congratulations to Tristan Carey on receiving his Under 10 Years Champion ribbon, well done!

Duke Of Edinburgh Trek

Jesse Dennis, Oscar Monk, Bailey Tincknell, Carter Swan and Joseph Frohmuller enjoyed their Duke Of Edinburgh Trek last week with Mr Neal and Mr Barling. They definitely deserved a well earned rest when they returned to school. Congratulations on completing the trek and being supportive of one another.

Primary Western Athletics

William Duce and Bailey Thompson competed at the Western Athletics Carnival on Friday 13th September. Will placed 3rd in his 13yr Boys 100m race and has qualified to go to State Athletics later in the year.

We are still currently waiting for Bailey's results to be calculated and finalised but we do know that he has excelled in each event and as soon as the results become available they will be distributed.

Well done boys, what a great outcome!

Mr Craig Devlin

As many of you are aware, our beloved staff member, SLSO Craig Devlin passed away suddenly last Thursday.

Craig worked at our school for approximately 18 years and was an integral part of our school and community.

During that time he made a profound difference to the lives of many students.

He nurtured students in a calm and respectful manner along with being a significant support to our staff.

Craig enjoyed his football dearly and spent years dedicating his time to the Rugby League teams that played in the Castlereagh Shield.

One of Craig's greatest attributes was that he was able to build positive relationships with every one that he met.

Craig will be greatly missed by our students and staff along with our community.

Our deepest sympathy is extended to his wife Christine, his son Tony, his daughter Sarah, his much loved grandchildren and to their families.



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

Kindergarten

Welcome to Week 9. This week we are covering the last of our Jollyphonics sounds: "ar" as in car. We will continue to revise "er", "ir" and "ur".

We are working on our simple subtraction using double digits.

Kindergarten welcomes Year 1 students to our morning Literacy sessions starting this week.

Have an amazing week everyone!

V Parnaby

Year 1/2

Hi all,

We in 1/2 are rather happy about our nice shiny new classroom walls with fresh paint.

While we were out of our classroom, Year 1 enjoyed time in the Kindergarten room and Year 2 learnt some down loading and early coding skills as well as presenting projects and researching skills.

With only two weeks left of this term we are hoping to squeeze in lots of exciting learning before our holiday break.

B Yager

Year 5/6

In Literacy this week we are focusing on creative writing. We will be exploring a range of creative writing stories and looking at writing techniques to make our stories more exciting to read. We will be including metaphors, similes, onomatopoeia and personification to our stories.

This week in Spelling we are focusing on the “y” as in yoyo sound. This is a simple consonant sound as there are 4 main ways to make this phoneme, “y” as in yoyo, “i” as in onion, “j” as in hallelujah and “u” as in bureaucrat.

In Numeracy this week we are completing our unit on 3D Space. There will be an exam on Tuesday 17th of September on the topic. Our next topic after 3D space will be Mass, this will be our focus on for the remainder of the term. Mass involves converting units of weight and being able to estimate how heavy certain objects are.

A massive congratulations to Bailey Thompson and Will Duce for their achievements at the Western Athletics Carnival in Dubbo. They have both been very successful in their events and have represented Mendooran Central School with pride.

Good luck to Bailey Thompson and the Thompson family who travel to Darwin for the National Athletics Carnival this week. We all know how hard you have been working on your athletics this year Bailey! Congratulations on your achievements!

N Ptolemy

Primary Western Athletics

Bailey Thompson and William Duce travelled to Barden Park last Friday to compete at the Western Athletics Carnival. Both boys represented our school with pride and competed to the best of their ability.

Congratulations Will on placing 3rd in the 13 years 100m sprint. Will is now off to State early November.

Congratulations to Bailey placing 1st in 100m and Discus, 2nd in Shot Put and 3rd in Long Jump and 200m. Western are calculating all Athletes With Disabilities results and we are waiting for final confirmation on Bailey's events.

Well done boys, your hard training has paid off. MCS is super proud of your achievements so far!

Thank you to Mrs Thompson and Mrs Duce for transporting their children to this event providing them with this wonderful experience.

School Spikes

Thank you to Mr Ptolemy who has organised the purchase of school spikes. These spikes are available to students to use when competing at higher levels of athletic competitions. Will Duce was the first to use the spikes last Friday and by his results, may have helped him place 3rd.

Nationals

Bailey Thompson and his family will travel to Darwin this week to compete at the National Athletic Carnival. Mendooran Central School would like to wish Bailey all the best at this Carnival and look forward to hear about this amazing experience when he arrives home.

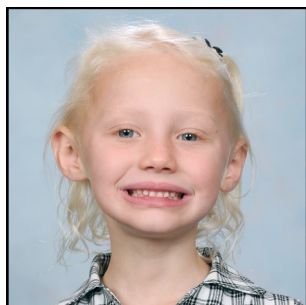


Good Luck

PRIMARY ASSEMBLY

WEEK 8

STUDENT OF THE WEEK



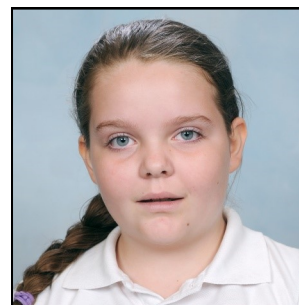
K: Hannah Norwood



1/2: Marcus Fraser



3/4: Erik Rogers



5/6: Paige Campbell

MERIT AWARDS



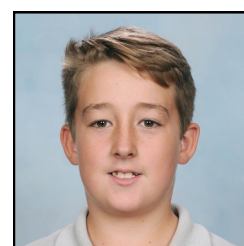
K: Phoebe Kopke



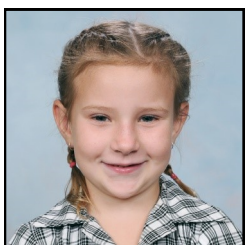
1/2: Olivia Hill



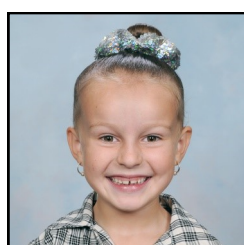
3/4: Chloe Sciberras



5/6: Marcos Rogers



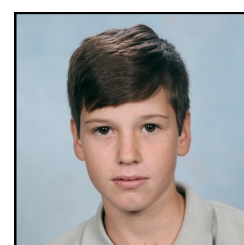
K: Mia McKenna



1/2: Amarni Thompson

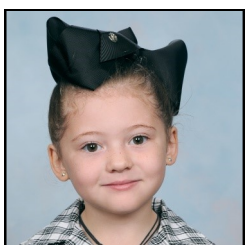


3/4: Tristan Carey

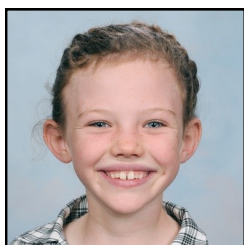


5/6: Ben Adams

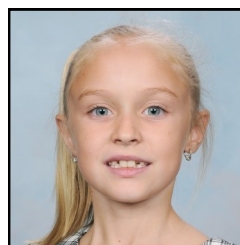
UNIFORM DRAW



K: JaNayah Kearns



1/2: Alexis Norwood



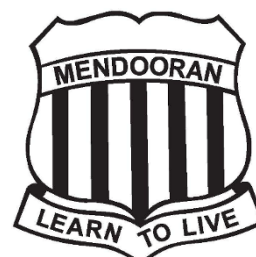
3/4: Indigo Bailey



5/6: Hollie Carey



*Elise Kopke, Hannah Sando,
Paige Campbell, Janet Hellyer,
Charlotte Walden and Aisha Konza*



DUKE OF EDINBURGH AWARD BRONZE AWARD QUALIFYING TREK

On the morning of 11th of September, five intrepid Bronze Award participants gathered nervously at the front gate of the school. Oscar Monk, Carter Swan, Bailey Tincknell, Jesse Dennis and Joe Frohmuller were about to embark on their qualifying trek for the Bronze level of the Duke of Edinburgh Award. While they had a rough idea where they were going, they had very little idea of the terrain over which they would be travelling. More importantly in some cases (such as Carter), they were concerned whether they had packed too much or, if they had heeded Mr Neal's advice to "pack light"!

By the time they reached the first check point (Swan's place) most of the packing concern was being resolved as unbalanced packs were adjusted. By the time lunch arrived feet were warmed up and the boys were beginning to enjoy themselves as they realised that not only could they pass this test but they were well ahead of schedule. On arrival at Beni Crossing, which was our overnight camping spot, discussion ensued as to the desirability of continuing on for another couple of kilometres, to make the second day's walk shorter. Fortunately it was decided to stay at Beni Crossing, the idea of some fishing being more attractive than walking. Following more discussion as to why we would not set up our camp under the trees (falling branches), tents were erected and a long afternoon of lots of fishing but no fish ensued. The efforts at cooking left a lot to be desired, some of the resultant messes being singularly horrible, particularly the tomato concoction dreamed up by Jesse and Bailey. I hope Bailey's mother made him clean her good kettle.

The lads must have been weary, possibly because of a late lantern stalk, because they were asleep at a reasonable hour and were still asleep at 6.00 a.m. when Mr Neal woke them on Thursday morning. Thursday was another day of galloping, to the extent that we had several stops to observe important landmarks on the way. We arrived back at the school at about 12.30 p.m.

My congratulations to all participants on a job very well done. Our thanks to Captain (AAC) Jim Barling, who not only accompanied us on the Trek but supplied the lads with fishing gear and lots of bush-wise advice.

M A Neal OAM
Duke of Edinburgh's Award Co-ordinator
Mendooran Central School



L to R: Oscar Monk, Jesse Dennis, Joseph Frohmuller,
Carter Swan, Bailey Tincknell and Mr Neal

Mendooran Show Society Junior Judging Day Report

On Tuesday, 10th September, myself and twenty MCS students were lucky enough to attend the Mendooran Show Society Junior Judging Day at the Mendooran Showgrounds. The day was an abundance of fun and learning opportunities. "It was a great time, I made new friends and learnt new skills that will help me in my life." Bella Swan said.



Nick Duce, Tristan Carey, Cooper Thompson, Eloise Tobin and Alexis Norwood



Carter Swan, Oscar Monk and Jesse Dennis

The day required students to grade stock and produce from local region farmers and to verbally provide reasoning to the group why they chose to grade the livestock and the produce in that particular order.

I was personally astounded by the effort and the excitement of the other students, maintaining enthusiasm throughout the day. This paid off for all students as they all learnt a new skill and many of us students returning home with a pocket

full of ribbons; from a variety of classes including, Fruit and Vegetables, Wool Classing, Merino Sheep, Poultry, Meat Sheep, and Cattle.

Tristian Carey was awarded with the Mendooran PA& H. Inc Young Judges Day 2019 Under 10 Years Champion, with various other students placing in individual classes.

The stock and produce provided by our local farmers were of the highest quality, with many of the younger students commenting on how good of a condition the stock were in, "The Meat Sheep, were in really good condition, even though it's a drought and thank you to the farmer for bringing them in." said Cooper Thompson.

I would like to say on behalf of Mendooran Central School and all the other students who attended; thank you to the farmers for supplying stock and produce, thank you to the over all judges for attending to give the students an opportunity to expand their

knowledge, thank you to the caterers for putting in the time and effort to provide meals and thank you to the organisers Mendooran Show Society for organising such an eventful day.

-Written by student: Amy Adams, Mendooran Central School Vice Captain, with input from various students who attended the event.



Amy Adams



Tristan Carey and Cooper Thompson



Vic Monk, Bailey Thompson, Lori Manning, Airlie Smith, Bec Redding, Bella Swan, Hollie Carey, Brianna Swan, Will Duce and Ben Adams



Brian Hellyer



Lori Manning, Bella Swan, Airlie Smith, Vic Monk, Brianna Swan, Bec Redding and Hollie Carey

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 is back on today, Monday 16th September. Next week will be our last week for our juniors for this year, we will finish the afternoon with a sausage sizzle for the kids. 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. Next Monday will also be the last game for this comp. This Friday night, 20th September, Mendooran will be playing against Dunedoo in a friendly rival match. Games will start from 7pm so come down and cheer Mendooran on to beat Dunedoo!

N Tobin



CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at a local Government sites in the **Mendoran Area**.

Experience preferred but not essential.
Training and uniform provided.

Please send your résumé to Joss Facility Management
PO Box 390 DUBBO NSW 2830 or email
cherie.fitzgerald@jossgroup.com.au

Or for more information contact Cherie
Ph: 0418 773 071 between 8:00am – 4:30pm Monday to Friday

A working with Children Check is required for this position

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
19th 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

Mendooran Bowling Club
Every Sunday from 10am
Children (all ages) FREE!
BOWLS SUPPLIED
Adult Social Comp - \$5 green fees



WHEN
September 28
3pm-11pm

WHERE
Tooraweenah
Showground

4 LIVE MUSIC ACTS

FEATURING · **Stuart Dougan** · **Allyn Smith** · **Support Act** ·

Fanny Lumsden ·

BAR · FOOD · CAMPING · MARKETS ·

BYO CHAIR · EFTPOS AVAILABLE · CASH PREFERRED

ALL AGES EVENT

ONLINE TICKETS

Ticketeabo.com.au
\$30 adult
\$80 family
\$10 child (5-15)
under 5 free
\$5 camping

FAMILY FUN

Jumping castle
Face painting
Petting Zoo

MARKETS

20 market stalls selling

- plants
- earrings
- candles
- soaps
- florals
- photography
- wood crafts
- coffee
- local products

BENEFITING

Tooraweenah
Public School



Term 3 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9	16.9 WORK EXPERIENCE ALL WEEK	17.9 Power Outage 9am-2pm	18.9 NSWPSSA National Athletics	19.9 NSW PSSA National Athletics	20.9 NSWPSSA National Athletics
10	23.9 NSWPSSA National Athletics	24.9	25.9 Year 12 Presentation Day at 11:30am (Graduation Raffle being drawn afterwards)	26.9 NAIDOC Day Activities	27.9 Last Day of Term 3
Term 4 2019					
1	14.10 FIRST DAY OF TERM 4	15.10	16.10	17.10	18.10 <i>Mudgee Primary Sports Day</i>