



NEWSLETTER



Mendooran Central School

Learn to Live

Term 3 Week 10

Monday, 18th September 2023

I can't believe we're approaching the three-quarter way mark of the year. As I look back at the Term 3 calendar, I'm in awe at what we've achieved as an MCS community – students, staff, families and friends.

I was really happy this morning to acknowledge our best attenders for both the term and the year to date.

We acknowledged fourteen students who achieved 100% attendance during Term 3 and nineteen students who achieved 95% and above for the year. There were a great deal who only just missed out on those cutoffs.

Kids need to be at school everyday they are well, so they can maximise their learning and develop those all important traits like resilience, determination and self-discipline, as well as good routines.



By all reports, Miss Urquhart's excursion to Canberra went off really well. Kids sometimes find it difficult to contemplate their futures and sometimes it takes an experience like the one Miss Urquhart offered to allow a student to take that step to dream and even plan...

In a large school, a student or staff member moving on for whatever reason can go unnoticed. When a student or staff member leaves a small school like ours, where most people know most people, it can feel really significant.

Noah Leask will be following in his sister Emily's footsteps and heading to Dubbo College Senior Campus from next term in line with the start of his Year 12/HSC. Like every student who goes through this place, he has touched everyone socially and emotionally, none more so than Kelly, Rochelle and Jacqui. Their dedication to Noah has been a thing of wonder. He will be missed.

I'm also really sorry to say that Mrs Whiterod will be moving on from MCS at the end of this term. She will leave a large hole which encompasses a number of areas of the school: her contributions to Science, Aboriginal Education, student wellbeing and Agriculture have been particularly impactful. I'm really grateful for what she's done at MCS and I'm sure that extends across the community.

This week:

- ⇒ Students will be completing the valuable 'Tell Then From Me' surveys.
- ⇒ P and C meeting 7pm Tuesday focussing on final touches around the Deb Ball (this Saturday).
- ⇒ Footy Colours Day Thursday.
- ⇒ Last day of Term 3.
- ⇒ Deb Saturday night from 6pm!

Have a good week and holiday!



Mr Bruce Burge

Important Notices for Parents and Carers

All visitors MUST SIGN IN at the Front Office.

Parents are not permitted to walk into the playground or attend classrooms without permission.

Students are NOT permitted at school before 8.30am.

Footy Colours Day - Thursday!!!

FOOTY COLOURS DAY
SHOW YOUR TRUE COLOURS!

Young Judges Day - Tuesday 8am

Primary Burrendong Camp - Payments

Full payment (\$200) for this excursion is due by Friday, 13th October.
Please phone the Front Office for any enquiries.

Our resident egg layers have been super busy, there's plenty of cartons available for our community to purchase. Payments can also be made online, via the MCS Website, prior to collecting.

If you'd like to donate cartons/swap when collecting a new carton, that would be greatly appreciated.

Many thanks to Kayla Weekes for her creativity with the carton design, it looks EGG-ceptional...



Years 3 – 6 Camp in Term 4

Attention Parents and Carers,

You will be receiving an email from the school this week in regards to an online registration process for the Years 3, 4, 5 and 6 camp to Lake Burrendong.

The Office of Sport, which runs the Lake Burrendong Sport and Recreation Centre, requires each student attending to be registered via their online portal.

The online registration form will capture details such as your child's name, emergency contact details, and dietary needs.

All registrations will be required to be completed by **Wednesday 18th of October (Term 4 Week 2)**. Registrations completed after this date may incur a late fee from the Office of Sport.

Primary Team



3/4 News

Wow! 3/4 have been doing so well over the past few weeks.

We've seen students climbing reading levels, added a few independent readers to the mix and mastered some timetables too!

The class helped Miss Soper with her first Primary Assembly and even showed off their stunning Matildas-inspired artwork.

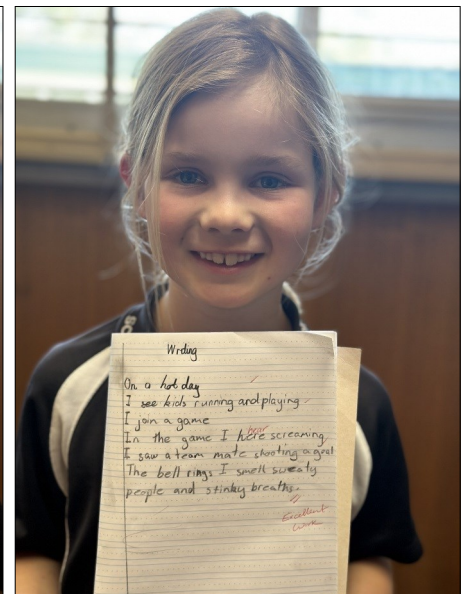
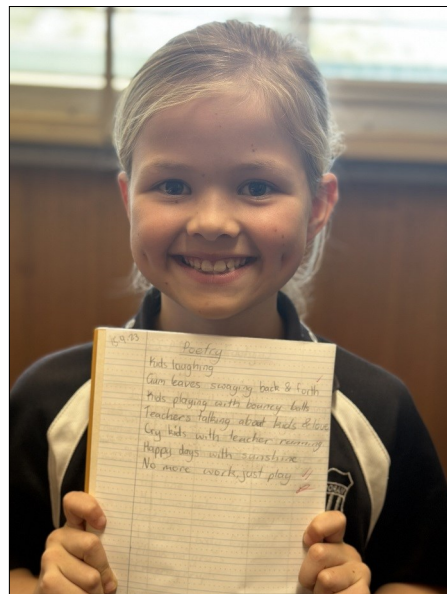
In Literacy the 3/4 class has started a unit on Poetry and have put together some brilliant writing inspired by the chaos of lunchtime play. We practiced our sound of the week with a game called 'Soundstorm' where teams compete to think of as many words as they can that use the sound.

In Numeracy, we have been experimenting with measuring tools and using our problem-solving skills to tackle tricky measuring tasks. Did you know that most AI technology still can't solve this simple measuring problem: *I have a 3 litre jug and a 2 litre jug. How do I measure 1 litre?*

All in all, it's been a great term and Miss Soper would like to say a huge thank you to the parents and students of 3/4 for their patience and support as she learned the ropes in Primary. It sure is a big change from High School, but you might just have converted me for life.

Here's to another great term and a well-earned holiday. Great work, 3/4.

N Soper



Year 5/6 News

Well, 5/6 have had a busy couple of weeks since our last newsletter update.

Year 6 have completed a number of department assessments recently for Science, Literacy and Numeracy. In Week 7, Year 6 students completed the VALID (Validation of Assessment for Learning and Individual Development) Science Assessment.



This assessment involved students completing two long answer questions and a range of multiple choice questions based on general Science knowledge. As part of the Check-In Assessments, all Year 6 students completed three assessments on Reading, Writing and Numeracy.

Congratulations to our Year 6 students who spent their allotted time carefully going through the assessment. Well done to Year 5 as well for being flexible, working hard in our Infants and Primary classes, and for being great role models to our younger students.

At the beginning of next term, Year 5 will complete their Check-In Assessments for Reading and Numeracy.

In Week 6 we visited Binnaway Central School for a Tri-Sports Day. All students represented MCS with pride and should be very proud of their effort and involvement in all activities on the day.

We are in our last week of term so we are completing our last Maths unit on angles and our last unit of Spelling on the phoneme 'ou, ow' like in the words lounge, drowsy and endowment.

Last week students were also involved in a discussion with a local nurse based out of Dunedoo. I would like to congratulate all students for their behaviour and involvement on the day.

E Champs

WOODWORK

Stage 5-Industrial Technology-Timber

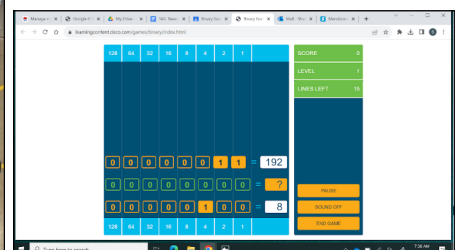
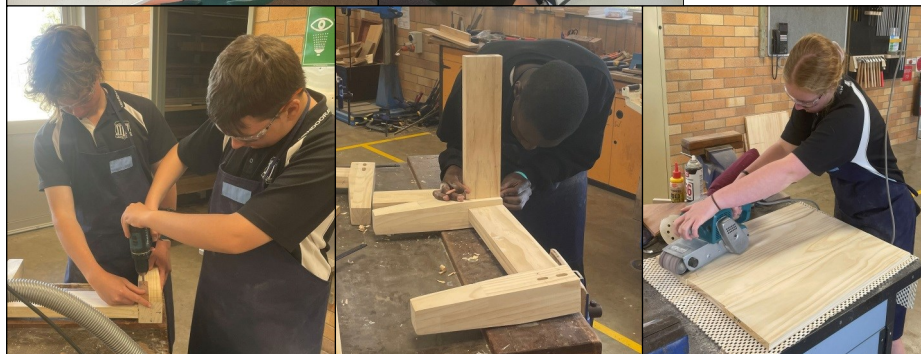
The lamp table project is starting to take shape. Students have completed the mortice and tenon joints which has developed the understanding of safely working with hand tools to complete close fitting and strong joints. We are now in full power tool mode completing frame joints with the domino cutter and creating the table tops by widening timber using the biscuit joiner. Our thoughts are looking ahead to the aesthetic design of the table finish.



Year 7 Technology Mandatory

Digital Technology unit 'Crack the code' is what we have studied in Term 3. Students have engaged coding, computer aided design and a basic understanding of microprocessors and digital control technology. Some of the hardware and software we have used has included TinkerCAD, Grok, Arduino and we can't forget last week's highly competitive Binary game.

S Isbester



PDHPE

Year 11

Students have been busy this term completing their first aid/sports injury unit which will culminate next week with Emmanuel, Charlotte and Jemayah undertaking their industry recognised First Aid and CPR Certificates; we hope that the knowledge, skills and confidence students have developed this term will see them value and maintain qualification well beyond their school years. Congratulations Year 11 on a solid term of work and completion of your yearly exams last week.

Stage 5

Students have been exploring current health issues of specific relevance to young people this term as they work through their unit Teen Talk.

We began by drawing and constructing our life story to examine our values which contributes largely to our sense of self. Students have discussed how these are similar and or different to others and the benefit of reframing experiences. Our focus then shifted to the development of media literacy skills as we examined popular media messaging, including those relating to gender expectations in popular culture; how these influence ours and others perception of ones self and the effect media messaging may have on our mental health.

Last week students examined the rise of vaping in the media and completed an online e-course on vaping through the Lung Foundation Australia which outlined what vapes are and how they work, identified the use of harmful ingredients, the long- and short-term health effects of vaping on both the individual and community and discussed strategies to offset peer pressure around

vaping - should it arise.

I have included information discovered throughout this lesson on the back page of the newsletter to share with parents/ caregivers.

In practical lessons students have been undertaking fitness testing in which we have examined muscular endurance, strength, power, agility, speed, coordination and flexibility. Students have since been engaging in activities aimed at developing these components in conjunction with fun modified games and challenges including musical chickens and various movement challenges, some of which are to music for rhythm and timing.

D Skinner



SPORT NEWS

Touch Football Gala Day

Well done to the students who travelled to Dubbo to compete in the Touch Football Gala Day. We entered four teams this year; boys and girls in both the 5/6 and 3/4 divisions.

Whilst the day was aimed at enjoyment and development, all teams proved very competitive both defensively and over the try line.

A huge thankyou to Jacqui Mitchell, Kristal Norwood and Tanya Mulligan who took on a team for the day as well as our student umpires - Will Duce, Hollie Carey, Ashton Harvey and Skyla Mulligan.

Not all schools have the luxury of having a Secondary cohort to draw upon to umpire these events; many of the schools were left without umpires throughout the day and it was wonderful to see our students being asked step up and jump in to help out wherever they could, demonstrating wonderful leadership as they governed, guided and supported others- what wonderful leaders we have! Well done!



3/4 Girls: Hennessy Hacking, Georgina Hill, Elsa Knight, Bridget Lindeman, Kelsey Mulligan, Hannah Norwood, Hannah Mitchell. **Umpire:** Skyla Mulligan.

3/4 Boys: Jock Norwood, Wally Semmler, Kody Thompson, Jack Bell, Cecil Hayne, Riley Mitchell, Tom Cook. **Umpire:** Hollie Carey.

5/6 Girls: Hailee Cook, Olivia Hill, Alexis Norwood, Pelaiah Chiwato, Elise Kopke, Hannah Norwood, Bridget Lindeman, Kelsey Mulligan. **Umpire:** Ashton Harvey.

5/6 Boys: Charlie Rindfleish, Angus Lindeman, Lachlan Sweeney, Samuel Tobin, Bailey Bell, Tom Hill, Zander Keys, Christopher Chalker, Oli Dwight, Marcus Fraser, Kaeden Williams.

Umpire: Will Duce.

WSSA Primary Athletics

Last Friday Mendooran had four students - Hannah Norwood, Sam Tobin, Bridget Lindeman and Hailee Cook - travel to Barden Park in Dubbo to compete in the Primary WSSA Athletics Carnival.

Students results were; Sam Tobin placing 16/26 clearing 1.16m in the 11Y high jump, Hailee Cook throwing 12.83m in the 11Y discus placing 14/29, Bridget Lindeman covering 4.73m in the Jnr Shot Put and Hannah Norwood with a gallant effort in the heats of the Jnr Girl 100m dash with a close third to earn herself a place in the final; running in 7th overall.



I am very proud of you all. Western Athletics is a very competitive field. Friday seen over twenty records broken at Barden Park. Considering there were 36 broken last year, students everywhere in our area are continuing to excel including our own.

Parents, thankyou so much for continuing to support our representative sport program again in Term 3, your contribution and assistance in transporting and supporting our students is greatly appreciated. We couldn't do it without you.

D Skinner

P and C Report

Welcome to the final week of Term 3! Whilst it has certainly been a busy term, it has been great to have many opportunities available to our community in regard to attending the school.

It's a pleasure to come in and see the students trying their best, working hard, supporting each other and having fun.

As a parent, make sure you make the effort to attend school functions, volunteer at events and turn up for assemblies.

Your children LOVE to see you visit and they are proud to show off their mums and dads.

The Canteen has been running well with Simone and Lee each week. Appreciation to them both and also to Julie and Trish for volunteering their time too.

The students are enjoying the weekly specials and if you have any ideas for future specials, please let us know.

Our much anticipated Debutante Ball is taking place this Saturday, 23rd September, at 6pm.

There are still viewing tickets available for \$10, please see Sharne or Cara at the school.

We have a mountain of people to thank for their hard work and generosity in regard to the Debutante Ball and I look forward to acknowledging them all in the next Newsletter.

Have a wonderful and safe holiday break with your families. Don't forget to unpack those lunchboxes and school bags.

S Mitchell



Debutante Ball VIEWING TICKETS

Limited spots available.

\$10 per ticket by 22nd Sept.

Please see Sharne Cook or
Cara Carey at the school.

WEEK 10
SPECIAL
\$ 7

CHICKEN
SNITZEL WRAP
AND A
POPPER





BALLIMORE PUBLIC SCHOOL FETE



Saturday 21st October 2023
10am to 2pm

**JUMPING CASTLE ~ FAIRY FLOSS ~ BBQ AND DAGWOOD DOGS ~ PONY
RIDES ~ FIRE TRUCK DISPLAY ~ FACE PAINTING ~ GAMES ~
LUCKY DIP ~ A VARIETY OF MARKET STALLS ~ LIVE MUSIC ~ END OF YEAR
RAFFLE TO BE DRAWN ON THE DAY!**

Fun for all ages!

***All stalls won't have eftpos so cash is needed for the day!**

BALLIMORE PUBLIC SCHOOL
Bomen Street, Ballimore

MENDOORAN POLOCROSSE CARNIVAL

Mendooran Polocrosse Carnival was held on September 2nd and 3rd. There were seven Mendooran Central School students competing over the weekend for different clubs.

Boston Hayne and Cecil Hayne played for the Dunedoo Polocrosse Club.

Tom Hill, Olivia Hill, Georgina Hill, Skyla Mulligan and Kelsey Mulligan played for the Gulgong Polocrosse Club.

It was a fantastic weekend, with all playing incredible polocrosse. Congratulations to them all.

Also seen at the polocrosse was Mr Chiwato. Will he be competing next year? Watch this space!

D Mulligan



THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



Young people who vape are **3 times** as likely to take up smoking



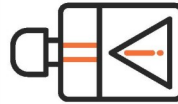
The nicotine in 1 vape can **= 50** cigarettes



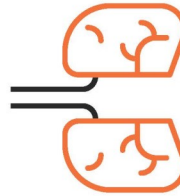
Many vapes contain nicotine making them **very addictive**



Vapes come in a variety of designs and styles and can be **easy to conceal**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vaping has been linked to **serious lung disease**



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping
*All statements are backed by evidence which can be found on the website



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.** Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



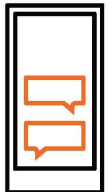
SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age. Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime.

If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale **signs that your child might be vaping include the symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard for your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.



MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



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Term 3 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	18.9 Newsletter	19.9 Mendooran Young Judges Day P and C Meeting 6:30pm	20.9	21.9 Footy Colours Day	22.9 LAST DAY OF TERM

School Holidays for two weeks...

Term 4 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9.10 All students and staff return to school	10.10	11.10	12.10	13.10
2	16.10 Newsletter	17.10	18.10	19.10	20.10