Principal’s Report

Last Thursday I was witness to one of those moments that reminds me why I became a teacher. Watching our students so eager to test themselves, entering every event regardless of their level of skill or the less than perfect conditions, practically Arctic compared to the 40 plus days we’ve experiencing, showed a real courage and commitment. Students, celebrated the efforts of others regardless of the result, again proving what true champions we have at MCS. To share a young persons successes and growth with their families is an honour I am continually humbled by.

Thanks to Dean, Adam and the staff for their hard work in putting the carnival together and to the families and community who also braved the weather and helped cheer on our champions. Special thanks to Susan and Toni who added their support to the Community/Staff relay team, however, we were always going to struggle against the “Superfish” students. Stay tuned for results and photos. Good luck to our representatives at the district carnivals.

An event that is quickly becoming a tradition at MCS is our Harmony day celebration. During the last week of Term 1, we will be celebrating what makes us all unique and joining in a day of performance, not to mention fabulous FOOD, on Friday the 11th April. If you would like to lend a hand working on costumes, take part in the food fair or even add a performance yourself, please contact William at school.

Don’t forget our adult classes in SLR (fitness) and Music (choir and drumbeat) are in full swing and we are still keen to hear from people who would like to join a rejuvenated Aboriginal studies course which will include units in Paakantji language, if you are keen to find out more please contact the school.

Continued on page 2
Here are some interesting facts on something we often don’t pay enough attention to, especially our teenagers… Sleep!

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.

- Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.

- Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep.

- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.

- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.

- When you are sleep deprived, you are as impaired as driving with a blood alcohol content of .08%, which is illegal for drivers in many states. Drowsy driving causes over 100,000 crashes each year. Recognize sleep deprivation and call someone else for a ride. Only sleep can save you!

- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it’s easier to fall asleep at bedtime with this type of routine.

- Don’t eat, drink, or exercise within a few hours of your bedtime. Don’t leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you’ll fall asleep much more easily!

- If you do the same things every night before you go to sleep, you teach your body the signals that it’s time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.

Daryl Irvine
Primary and High school

Homework help
Do you struggle to understand your child’s homework? Does your child need to practise their spelling and times tables? Are you looking for inspiration for projects and assignments?

The free School A to Z app has been created by the Department of Education and Communities to help parents and their school-aged children, wherever and whenever they have homework and study questions.

Find out more: http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

Homework and multi-tasking
somewhere along the line we seemed to have absorbed the idea that teenagers can multi-task perfectly because they’re digital natives. Can kids really do their homework and multi-task?


Primary school

When lunch comes home again – uneaten
Almost nine out of 10 Australian parents say children’s resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds.

But it’s a battle families can do without and there are some simple steps to help avoid it.


Help with English
Does your child need help with spelling or writing? Here are some resources that may help.

Maths
Struggling to remember everything you learnt in maths? If you need a refresher course, here are some tips and tools to help you to help your child.


High school

Helping your daughter say no to peer pressure
Your daughter’s school friends are her closest confidants and her meanest critics.

Experts on teen girl angst share their wisdom on taking the heat out of peer pressure.

Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/helping-your-daughter-say-no-to-peer-pressure

Managing risk-taking in teen boys
Today’s ‘Nintendo’ generation of teen boys get to save the world every day on the computer. In the real world, they can be forbidden from going down the road alone.

It’s a conundrum parents need to be aware of because without the chance to take part in real adventures, things can become a bit dull – teen boys’ desire to explore life can get out of hand if they’re not given some space to do it safely.

DRUM CIRCLE

— Facilitated by Music Teacher Helen Bub-Connor

- LEARN DRUM RHYTHMS FROM AROUND THE WORLD (EG AFRICA, EGYPT, SOUTH AMERICA, CUBA)
- JAMMING!
- LEARN EXCELLENT TEAM WORK, CONCENTRATION & RHYTHM SKILLS
- HAVE A LOT OF FUN, AND A FEW LAUGHS

When: Thursdays (starting next week), and every Thursday during school terms.

Where: Music Room

Time: 6 - 7 pm

Bring: your sense of humour, and a bottle of water

For more info, please call in to the front office at school, or phone 8091 4409
HOST FAMILIES NEEDED IN JUNE 2014
EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS
IMPROVE YOUR LANGUAGE STUDIES AT HOME

In June we will be receiving exchange students from Europe, Japan, the USA & Latin America. Our new arrivals will live with a host family and attend a local school for 2 or 10 months. As we plan for their arrival, we are looking for host families across Australia to welcome these students into their home.

Hosting is an experience that is often referred to as a way to ‘reignite your passion for your country’, whilst at the same time creating bonds and sharing lifelong memories. Attached is a notice for your newsletter in a PDF format. We would appreciate if you could please download this for your newsletter, noticeboard or website.

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. If you would like to provide your students, parents or language teachers with further information on our inbound students you can also view some student profiles on our website. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

"Hosting Kirstine has brought our family closer together. We’re doing things we used to do when our kids were little, like boiling the billy, having a BBQ and baking apples up the paddock. She’s helped us remember how to have fun when we’re working and take time out for adventures.” Sharon, Host Mum

"Being the youngest and the only one left at home I was looking forward to having another teenager in the house. While Charlotte helps me with my French I help her with her English lessons and I have taught her many Aussie words and sayings. We both love to shop and shop and shop...” Grace, Host Sister

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education & regulatory authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

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JUNIOR CULTURAL DANCE TROUPE

This is your last week to register to join this elite dance troupe.

Rehearsals are every Monday 3:30 - 4:30pm.

Contact William at the school to enrol. Conditions apply.

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FAT YABS TRAINING
.....EVERY WEDNESDAY & THURS EVENING ,
6-7pm in the school hall.
The P&C will be holding its AGM on the 26th March at 3:30pm in the Connected Classroom, Menindee Central School. We are looking for a committed and enthusiastic team of parents and community members to assist in the running of school affairs. Tea and coffee will be provided so come along and have your say in selecting the newest executive for the Parents and Citizen's Association.

Amelia Yarwood.
### YEAR 11 - TERM 1 2014 - ASSESSMENT SCHEDULE

<table>
<thead>
<tr>
<th>WEEK DUE</th>
<th>DUE DATE</th>
<th>SUBJECT</th>
<th>TEACHER</th>
<th>TASK</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>Senior Science</td>
<td>Mr O'Donnell</td>
<td>Research Task / Oral Presentation</td>
<td>15%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>SLR</td>
<td>Mr Zaccaria</td>
<td>Scenario Challenge / Online Emergency Response</td>
<td>20%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>Aboriginal Studies</td>
<td>Mr Ashby</td>
<td>Aboriginality and the land.</td>
<td>10%</td>
</tr>
<tr>
<td>Week 8</td>
<td>Friday 7 March</td>
<td>English Studies (MCS)</td>
<td>Miss Hasking</td>
<td>English Success</td>
<td>35%</td>
</tr>
<tr>
<td>Week 8</td>
<td>Tuesday 18 March</td>
<td>Hospitality</td>
<td>Miss Lawson - Cohan</td>
<td>Getting Along</td>
<td>Competencies</td>
</tr>
<tr>
<td>Week 8</td>
<td>Friday 21 March</td>
<td>English Standard</td>
<td>Miss Yarwood</td>
<td>AOS</td>
<td>20%</td>
</tr>
<tr>
<td>Week 9</td>
<td>Friday 28 March</td>
<td>Agriculture</td>
<td>Miss Tate</td>
<td>Experimental Report</td>
<td>20%</td>
</tr>
<tr>
<td>Week 9</td>
<td>Friday 28 March</td>
<td>CAFS</td>
<td>Miss Lawson - Cohan</td>
<td>Resource Management and Implications for the individual</td>
<td>15%</td>
</tr>
<tr>
<td>Week 10</td>
<td>Friday 4 April</td>
<td>Maths</td>
<td>Miss Walker</td>
<td>Test in Class</td>
<td>15%</td>
</tr>
<tr>
<td>Week 10</td>
<td>Friday 4 April</td>
<td>Visual Arts</td>
<td>Mr Ball</td>
<td>Conventions in Art</td>
<td>15%</td>
</tr>
<tr>
<td>Week 11</td>
<td>Friday 11 April</td>
<td>Industrial Technology</td>
<td>Mr Blows</td>
<td>DVD Rack / Folio</td>
<td>15%</td>
</tr>
</tbody>
</table>

### YEAR 12 - TERM 1 2014 - ASSESSMENT SCHEDULE

<table>
<thead>
<tr>
<th>WEEK DUE</th>
<th>DUE DATE</th>
<th>SUBJECT</th>
<th>TEACHER</th>
<th>TASK</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>English Extension</td>
<td>Miss Hasking</td>
<td>Essay Response</td>
<td>15%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>English Advanced</td>
<td>Miss Hasking</td>
<td>Speeches</td>
<td>15%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>English Standard</td>
<td>Miss Hasking</td>
<td>Speeches</td>
<td>15%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>SLR</td>
<td>Mr Zaccaria</td>
<td>Skills Test</td>
<td>10%</td>
</tr>
<tr>
<td>Week 7</td>
<td>Friday 14 March</td>
<td>CAFS</td>
<td>Mr Stevens</td>
<td>Major Self-directed research project.</td>
<td>20%</td>
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<tr>
<td>Week 8</td>
<td>Friday 21 March</td>
<td>Retail Services</td>
<td>Miss Tate</td>
<td>Retail Maths / Cash Handling</td>
<td>Competencies</td>
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</tbody>
</table>

#### Week 9
**Half Yearly Exams**

<table>
<thead>
<tr>
<th>WEEK DUE</th>
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<th>TASK</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 10</td>
<td>Friday 4 April</td>
<td>Hospitality</td>
<td>Ms Lawson-Cohen</td>
<td>Apply point of sale handling procedures</td>
<td>Competencies</td>
</tr>
<tr>
<td>Week 10</td>
<td>Friday 4 April</td>
<td>Visual Art</td>
<td>Mr Ball</td>
<td>Research, Discussion. Use of frames and written notes</td>
<td>15%</td>
</tr>
</tbody>
</table>
A BIG CONGRATULATIONS to all of our students and community members who braved the somewhat chilly conditions and put in an excellent display at our swimming carnival last Thursday. I for one was very happy to see so many of our students giving it their best!

Special mention must go to our age champions, who will be awarded with their certificate at this week’s school assembly. A big thank you to all the staff that helped in organising and running the carnival also.

Stay tuned for news of the next level for both primary and secondary where they will go off and represent our school very well.

Last of all, Congratulations to Mitchell, our house winner on the day.

Mr Zaccaria (PDHPE Teacher)
RED DAY MENU

Sour straps $1.00 bag
Mixed Lollies $1.00 bag
Red skins $1.00 bag
Blowpipes $1.70
Killer Pythons .80cents
Zombie Chews .70cents
Assorted Chocolate Bars $2.00
Mars bar/Kit Kat/Aero bar/Flake
Large Freddo Frogs $1.00
Smarties $2.00
Assorted Soft Drink cans $2.00
Coke/Diet Coke/Coke Zero/Fanta/Lift/Sprite

Red day Dates for term One:
Friday 7th March & Friday 4th April
All of our pre-schoolers across the age groups are continuing to find their place within the preschool group and learning appropriate ways of interacting with others, part of this involves starting to learn to share. Sharing can be very challenging for some children and it is a skill that takes a lot of practice but is a vital life skill to develop in the early years. Sharing is something children need to learn in order to make friends and play cooperatively. Sharing teaches children about compromise. They learn that if we give a little to others, we can get some of what we want as well. Children who share also learn how to take turns and negotiate and how to cope with disappointment. Playing together and sharing with other children in the early years builds upon children’s social skills which they will use throughout life, like how to play and get along with other people.

Why is play important? Different kinds of play build different kinds of learning:

· Creativity: when you encourage your child to play, it exercises imagination and helps your child express emotions.
· Role-play: dressing up gives your child a chance to act out scenarios that might otherwise be scary or confusing.
· Messy play: playing with paints or water or in the sandpit is a good outlet for emotions.
· Coordination: climbing over playground equipment teaches coordination, balance and teaches them to assess and take risks.
· Cooperation: games teach your child about taking turns, following the rules, counting and being a good loser. These are tough lessons for any preschooler.
· Talking & laughing: songs, books, reading, riddles and rhymes encourage humour and teaches new words.

Research suggests that the building blocks for lifelong self-esteem are set in place during the preschool years. This is when your child is growing socially, emotionally and personally. Children need to establish positive social skills and self-esteem to enable them to learn.

The Preschool Annual General Meeting will be held on Monday 7th April at the Preschool at 5.15pm. All parents, family and community members are urged to attend. The PRESCHOOL CANNOT RUN WITHOUT AN ACTIVE COMMITTEE. Please show your support for your child’s / community preschool and come along.

Until Next Week

Hayley D’Ettoire
Director/ Teacher
Menindee Children’s Centre
COMMUNITY NOTICE BOARD

Classified Ads

All submissions for the school news are to be in by Monday 3pm. A written copy can be left at the school/Post Office addressed to ‘SCHOOL NEWS’. Your advert must have your name, address, phone number and signature—this same limit applies to teachers. Every endeavor will be made to print all submitted articles; however, due to a ‘space limit’ some articles may have to be held over or reduced to suit our requirements.

Advertising costs are: $4.40 (basic advert), $11.00 (quarter page), $22.00 (half page) and $44.00 (full page) per week.

Payment is required when placing advert.

PLEASE REMEMBER: IF SELLING A CAR OR MOTORBIKE YOU MUST INCLUDE THE REGISTRATION NUMBER OR ENGINE NUMBER. Adverts without this information will NOT be included, phone 8091 4409.

Lucky ball numbers: 4-7-9-12-14-17 ; Winner: NIL; Jackpot: $800 Pick 1-20

Full Figure Fitness every Monday from 6pm to 7pm at school hall, all community welcome. Ring Will to register.

BUSH FIRE DANGER SEASON
From 1st October to 31st March.
A permit must be obtained from permit officers.

G.Rolton
K.Lombardo

CLEANER REQUIRED
We are looking for a full time reliable cleaner to work at a local Government site in Menindee.

Experience preferred but not essential
Training and uniform provided.
Position available from mid April

Please send your résumé to:
Joss Facility Management
PO Box 210 Broken Hill NSW 2880
Phone: 08 8082 8100

New services @
Body Bliss
Manicures
Pedicures
Gel Nails
Massage
***New*** Mini Massages
Waxing
Pamper Packs / Gift Vouchers available
All services available by appointment 7 days
Phone Kris 0429 029 906

Menindee Central School News
IMPORTANT COMMUNITY NOTICE

ALCOHOL LAWS CHANGING

From February 24th 2014

NO Take-away Liquor can be sold from Hotel or Alcohol outlets after 10pm across NSW.

Fines will apply if anyone is caught breeching these laws

Sgt Paul Roberts

Menindee Development Committee AGM

10:00am Tuesday
4th March 2014

At
The Menindee
Rural Transaction Centre

For Further information ring the RTC on 0880 914 392

Adult Education and Personal Interest Courses

If you have an interest in furthering your knowledge and experience. Would like to get out a bit more of an evening. Are considering re-entering education and would like to test the water. Menindee Central School and NSW TAFE will be offering a range of courses running of an evening.

INFORMATION EVENING - Tuesday 11th 7:00pm

or contact the school!

Art - Practice and Appreciation

Sport, Leisure and Recreation (SLR) - A fitness course designed to suit all participants.

Music (Choir) – Men and Women, this group is well known for it’s performances. Beginners and new members MOST welcome!

Healthy Gardener – Learn about the benefits of sustainable small scale gardening using permaculture techniques.

Aboriginal Studies and Language – Increase your understanding of historical and modern Aboriginal Australia. There is also opportunity in this course to study the Paakantyi language.

Metals and Engineering (TAFE) – Basic metal fabrication and machining course. Please note priority for this course is given to students enrolled at school.

NRL COACHING

If any community members aged 15 years and over would like to get their coaching qualification in junior Rugby League, Matt Kiddle from the NRL will be out on the 4th and 5th of March to run this course.

There may also be the opportunity for you to complete a Referees course. If you are interested, you will need to be available from 5.30pm onwards on the 4th of March, and ALL day on the 5th of March.

For more details, please contact Dean Zaccaria (PDHPE Teacher) at the school.
NSW Early Days Understanding Autism Spectrum Disorders

9:30am – 11.30am Thursday 27th February 2014
Menindee Local Aboriginal Land Council
Yartla St, Menindee

Early Days Workshops are designed for parents and carers with a child (aged 0-7 years) who has (or may have) an Autism Spectrum Disorder (ASD).

Introduction to Autism Workshops focus on
Understanding Autism Spectrum Disorders (ASDs):
Identifying the characteristics of autism and helping you to understand how it may be affecting your child in everyday life

(02) 8977 8353
edworkshops@autismspectrum.org.au

This project is funded by FaHCSIA through the Helping Children with Autism (HCWA) package. For more information on the HCWA package, please contact the NSW Autism Advisor program on 1800 099 978.
Menindee Playgroup

Children learn through play experience's

Parents are encouraged to join in their child’s play

Open to all families with children aged 0-5yrs.

Children gain a strong sense of identity, connectedness and well-being while becoming confident learners and effective communicators.

Venue: CWA Hall Morning Tea provided come in Play Clothes

School Term: 10.30 am – 12.30 pm

Friday 14th February 2014
Friday 21st February 2014
Friday 14th March 2014
Friday 21st March 2014
Friday 26th March 2014
Friday 4th April 2014
Friday 11th April 2014

For more information: Phone or visit the team at CentaCare Wilcannia-Forbes

1/251 Argent Street
Po Box 159
Broken Hill NSW 2880
p. 08 8097 3477
t. 08 8097 2387

www.centaquaref.org.au

Proudly part of the Catholic Social Services network and the Diocese of Wilcannia-Forbes

MENINDEE COMMUNITY MARKETS

RTC grounds Yartia St (quiet shady surroundings)
10am - 2pm
Contact: 0428 914 163

2014 DATES:
23rd February
23rd March
20th April
11th May

29th June
27th July
7th September
5th October

STALLS
$10/SITE
Byo TABLE & CHAIR

ALL WELCOME—FAMILY FRIENDLY EVENT
FRUIT & VEG; PLANTS; ART & CRAFT;
ANTIQUES & COLLECTABLES;
FOOD & DRINKS
The Farm-Link project is proud to be working with Lifeline to pilot a Train the Trainer feasibility study to deliver its Health and Wellbeing and Suicide Prevention program:

SCARF

The SCARF Community Education Program is a 4 hour interactive program. It gives participants information about Health and Wellbeing. It gives information about how to recognise and help others who may be experiencing mental health problems or who may be at risk of suicide.

SCARF has a focus on suicide prevention.

We invite you to participate in the FREE SCARF training

Date: Tuesday 25 February 2014

Time: 9am-1pm

Venue: Yvonne Treleven Training Room, 194 Argent Street

RSVP: Shelby Jones 8087 7525 before Friday 21 February 2014