I’ll open this newsletter with the fabulous news that we have found a canteen operator for 2015. We welcome Jessica and Noelen Edwards to our school. They are a committed crew who are excited about producing a healthy AND tasty menu for our students and staff. Drop down and say g’day. Did you also know you can phone the school and be put through to the canteen if you wish to have a yarn about students’ orders.

A fantastic evening of friendly competition was had by those who attended our swimming carnival. The numbers were disappointingly low given the high temperatures we’ve been experiencing, especially from our secondary students who were all but non-existent. A big thanks to all students who gave their best, in particular two of our senior students Leo and Neil who had a go at every race and encouraged others to get involved, thanks guys. The finale to the evening saw a combined 6 person relay of students and community JUST pip the staff team. It was great to see the Johnson’s fill three of the legs, swimming is definitely in the gene pool! Good luck to those students who have been invited to attend the district carnivals in Broken Hill, we know you’ll do us proud.

At our last meeting the School Reference Group looked at a policy limiting the access to high energy drinks at school. The effect of drinking these drinks has been proven to have a detrimental effect on learning and behaviour and evidence suggests may also pose health risks for young people. From next week drinks such as Red Bull, Mother and others recognised as having elevated levels of sugar and caffeine, including Guarana, will be banned from school. Students will be asked to dispose of an open drink or asked to hand it in to the office for collection at the end of the day if it is seen unopened. Parents and carers will of course be contacted to let them know about any action taken. Staff have also been asked to refrain from drinking these drinks at school. It should be noted this will not be treated as a discipline issue, more as an opportunity to educate students about the benefits of a healthy lifestyle.

In my column last week I made mention of the need to be sun safe at school. A number of students are still coming to school without hats and choosing to wear singlets or inappropriate clothing such as brief or torn shorts. Students will be asked to play in shady areas if they have no hat and if they arrive at school in inappropriate clothing, we will contact home to organise more appropriate attire.

As the teacher in charge of the Paakantyi Language nest Fiona Kelly has been travelling regularly to Wilcannia and schools in Broken Hill to help schools coordinate their Aboriginal language programs. As a Connected Community school one of the long term objectives is the strengthening of cultural understanding and competency. In this vein, Menindee Central School’s language and culture program has been in operation here for many years and will continue to be strengthened as Fiona beds down the support available through the nest. I have included a draft document detailing the resourcing and staffing of the Language nests established under the NSW governments OCURE strategy.

Principal: Daryl Irvine;  
Assistant Principal; Georgia Shephard;  
Head Teacher, Secondary: Adam Bailey;  
Head Teacher Access; Gavin Blows;  
Senior Leader Community; Daniel Fusi;
**WELCOME TO TERM 1**

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**BUS RUN**
There will be no PM bus run
On TUESDAY 24th FEB
Due to Barrier Swimming carnival
Sorry for any inconvenience

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**Medical History:**
If there has recently been any changes to your child's medical information, this needs to be updated at school. Please advise the FO staff with any changes.
*Thank you*

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**P & C AGM**
MONDAY MARCH 2nd 2015
3:30pm Connected Classroom

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**SCHOOL BANKING**
EVERY THURSDAY.
If your child is interested in School banking pop into the office and open a dollarmites account

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**GREAT JOB**
We have had a number of permission notes Returned to the front office. If you haven’t returned your’s yet please don’t forget and get it back to school as soon as you can
*THANK YOU*

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**Important Dates**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>FEBRUARY</th>
<th>2015</th>
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<tbody>
<tr>
<td>WEDNESDAY 18th – FRI 20th</td>
<td>WILVANDEE CROSS ROADS COPI HOLLOW</td>
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<tr>
<td>MONDAY 2nd</td>
<td>P&amp;C AGM</td>
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**Term 2**

<table>
<thead>
<tr>
<th>APRIL</th>
<th>2015</th>
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<tbody>
<tr>
<td>THURSDAY 23rd</td>
<td>SCHOOL PHOTOS</td>
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*Daryls yarn continued from pg 1*

Stay tuned for details of our first staff and family get together where we will have an opportunity to introduce some new members of staff and discuss our school plan. The school’s Facebook site is currently in limbo as we sort out some technical issues, we will be using SMS to update parents/carers on important events at school, please ensure the school has your most up to date contact details in particular a mobile phone number to ensure you can be contacted.
Swimming carnival

The annual MCS swimming carnival was held on the 12th of February 2015 at Menindee swimming complex at 5pm. It was great to see so many students and community members coming along and supporting the event. The weather was hot along with the competition from all involved in the carnival. Many students backed up event after event, trying to gain valuable house points and individual selection for the next level in the swimming calendar. I wish all the Primary and Secondary students all the best in the upcoming weeks.

Swimming Carnival Results 2015

1st Mitchell with 146 points
2nd Burke with 94 points
3rd Wills with 67 points

Congratulations to the following age champions for 2015:

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
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</thead>
<tbody>
<tr>
<td>10 years McKenzie Smith</td>
<td>9 years Mitchell K</td>
</tr>
<tr>
<td>11 Years Sharnaya Biggs</td>
<td>11 years Oliver Irvine</td>
</tr>
<tr>
<td>13 years Pansy Newman</td>
<td>12 years William Briar</td>
</tr>
<tr>
<td>14 years Montana Johnson-Newman</td>
<td>13 years Eric Jones</td>
</tr>
<tr>
<td>14 years Montana Johnson-Newman</td>
<td>14 years Connor Hayes</td>
</tr>
<tr>
<td>16 years Leo Johnson</td>
<td>19 years Shannon Solomon</td>
</tr>
</tbody>
</table>

House Relays

1st Burke with a time of 1:38:63
2nd Mitchell with a time of 1:52:85
3nd Wills with a time of 1:53:44

Teachers V’s Community

1st Community
2nd Teachers

Congratulations to all Students, Community members and Teachers for making the 2015 Swimming Carnival a great event. Thank you to everyone who supported the year 12 BBQ and helping them raise funds for the overseas trip.
Hi everyone,
Spaces are filling fast for the one-on-one music tuition for Vocal, Bass Guitar, Guitar, Piano key/boards and Drums.
There are limited spaces for these lessons and they will be conducted after school hours. Conditions do apply & no time wasters
Interested persons have until the end of this week to express your interest to enrol.
These lessons are available to students & community members. William can be contacted through the school on 80914 409.
4 QUICK QUESTIONS WITH
Adrian Briar

Q: What is your favourite book?
A: Conspiracy 365 Malice

Q: What is your favourite food?
A: Vegetables/Kangaroo, Yiros/Pork Ribs

Q: What do you want to be when you grow up?
A: International Soccer Player or famous BMX rider

Q: Who is your biggest role model?
A: Tim Cahill Sam Walliby

MINI PIZZA TORPEDOS

Ingredients:
- 12 bake-at-home rolls
- 2 cups prepacked pizza cheese
- 1 1/2 cups from a bottled pasta sauce
- 1/2 cup shallots, sliced thinly
- 4 slices salami, sliced finely
- 1/2 cup sliced black olives
- 4 slices ham, sliced finely
- 1/2 cup crushed pineapple

Preheat oven to 180°C. Line a tray with baking paper.
Slice bread rolls in half and lay out cut side up on the tray.
Spoon a tablespoon of pasta sauce on each roll.
On half of the rolls, place the ham, pineapple and half of the shallots.
On the other half place the olives, salami and shallots.
Top all rolls with pizza cheese.
Bake for 10 minutes.

THOUGHT FOR THE WEEK
The only time you should ever look back is to see how far you have come.

Right-handed people live, on average, nine years longer than left-handed people.
Commonwealth Bank School Banking

Tips for promoting School Banking at your School!

We have collated a few hints and tips to help you in promoting School Banking at your School.

1. Place a School Banking Day (Pat the Dog) Poster inside each classroom
2. Have Banking Day magnets given to all existing and new School Banking Students
3. Include School Banking day on the School calendar, Newsletter, website or Facebook
4. Arrange display of current Reward items available for students to view
5. Present Milestone Certificates (Bronze, Silver, Gold or Outstanding Achievement)/Rewards during School assemblies or parades.
6. Run in School activity to promote School Banking e.g. colouring in comp, raffle draws for regular bankers (you can collaborate other ideas with your Specialist). Prizes can be obtained from your Specialist
7. Make use of Newsletter articles and/or wallet inserts located on School Banking Website
8. Contact your Specialist if you would like to have a Gold Platy trophy to use to give to the top class of bankers
9. Create awareness for School Community and parents around earned Commission every quarter to help celebrate the success e.g. if the School is using this towards a project like buying new equipment or building a playground
10. Hold end of year party for all School Banking Students using some funds from the Commission earned
11. Ensure students and parents are aware that there are no minimum deposit amounts to participate in School Banking. Commission and interest is paid by the Commonwealth Bank
12. Set up a School Banking stall during school fetes, fun day or market day.
13. Set up a banking booth once a month to make it real and exciting so that students personally handed in their deposit books (just like the bank) which will give them hands on experience.

If you have any other ideas that have worked well for you in the past or present please share this with your specialist as we’d love to hear from you.
Teacher Aboriginal Language and Culture Nest

The establishment of Aboriginal Language and Culture Nests is a key State Government Initiative implemented through the OCHRE Plan. The Initiative seeks to build the cultural identity of Aboriginal people and provide a career pathway that is sustainable.

The Teacher Aboriginal Language and Culture Nest will work collaboratively with schools and local Aboriginal language speakers’ community across the Aboriginal Language and Culture Nest to develop quality Aboriginal Language Programs for all students. The Teacher is responsible for:

- Planning quality Aboriginal language programs across schools in the Language and Culture Nest with teachers and local Aboriginal language speakers from K – 12.

- Providing professional development activities for Aboriginal language tutors in a classroom context.

- Evaluating Aboriginal language programs that are implemented in the schools.

- Sharing and modelling classroom strategies to Aboriginal language tutors.

- Collecting, collating and analysing quantitative and qualitative data relating to the teaching and learning of the Aboriginal language.

- Working collaboratively with the Community Coordinator of the Aboriginal Language and Culture Nest to provide schools with human and material resources.

- Providing reports about the implementation of the Aboriginal language program to the Aboriginal Language and Culture Advisor as required.

- Establishing and maintaining positive relationships with Public Schools NSW staff, other service providers and external peak bodies including the NSW AECG Inc.

- Providing information for briefings and correspondence on matters relating to Aboriginal languages in schools as required.
Everybody is settling back into our preschool routines and very busy exploring new learning experiences. Establishing routines may seem like a very simple task, but there are many health and safety practices, such as toileting, hand washing and nose blowing that are incorporated into everyday at preschool to promote children’s health and safety. All of the children are exploring new learning and social experiences, including having to wait for short periods of time, sharing with others, communicating with others in acceptable ways and learning appropriate behaviors; such as keeping our hands to ourselves and helping others care for and look after our friends and our preschool, understandably everybody is getting very tired with all of this learning! Young children thrive on consistency and predictability in their day, they love routine. They like getting into a regular pattern and knowing what’s coming up. This helps them make smoother transitions from one experience to the next. Setting up predictable routines are very important for all children, both at home and at preschool.

One important learning area educators have modelling and heavily reinforcing with all children is the need to keep hydrated by drinking lots of water. Establishing healthy eating and activity habits from an early age gives children the best chance of leading a healthy life. ‘Choose water as a drink’ is one of the key messages in the Munch & Move program that we implement at preschool. Munch & Move is a NSW Health initiative that supports the healthy development of children from birth to 5 years by promoting physical activity, healthy eating and reduced screen time. Early childhood is the ideal time for children to develop and practice healthy eating and physical activity habits; this includes learning a range of fundamental movement skills that will help children take part in and enjoy physical activity throughout their lives. As children spend a substantial amount of time in early childhood settings including preschools this provides the ideal settings to increase awareness of appropriate physical activity and healthy eating habits. All of our educators have undertaken training in the ‘Munch and Move’ program to enable us to implement this important program in our preschool. The Munch & Move program also fits within the National Quality Framework and the Early Years Learning Framework. We look forward to families helping us to support these important messages and practices.

Learning starts from birth and it is never too early to start reading to your child. It only takes fifteen minutes a day to read a book to your child and the benefits of this are many and long lasting!

Don’t have any quality book at home?..... bring your child along to Little Kids and Books to join in our story time and take home a great book. Little Kids and Books, early literacy program continues to run fortnightly on the alternate Thursdays to preschool at the Centre, all children aged 0-preschool age and their families are welcome and encouraged to attend.

Term 1 dates for these sessions will be

- Thursday 26th February,
- Thursday 12th March
- Thursday 26th March 2015, from 10.30am – 12.00 noon.

Until Next Week,

Shannon, Casey, Pearl, Marissa & Hayley

Menindee Children’s Centre
Supporting Rural Adversity in the Far West

Marie Kelly has been appointed by the Far West Local Health District (FWLHD) Mental Health Drug & Alcohol (MDHA) Service as the Rural Adversity Mental Health Program (RAMHP) Coordinator for the Far West.

Marie has been working and living in the Far West of NSW for over 20 years and will be based at Ivanhoe. RAMHP is a state-wide program managed by the Centre for Rural and Remote Mental Health based in Orange.

“RAMHP is all about linking rural people to the help they need ... during those tough times we can assist people with information about how to stay well, what to look out for and where to get help”, says Marie.

RAMHP provides a range of information and education services to inform, educate, and connect rural individuals, families and carers with treatment and support for mental health challenges.

The Community Support Skills training package is available to community members who would like to develop the skills to identify and help people experiencing mental distress. The Workplace Support Skills training package is designed for frontline staff in government and non-government organisations.

While Marie has a clinical background with qualifications and experience in mental health nursing, RAMHP is not a clinical service, but assists in linking people to appropriate services for mental health matters.

For more information or to arrange a Support Skills workshop for your community group or workplace Marie can be contacted by email marie.kelly1@health.nsw.gov.au

For online information about RAMHP visit www.ramhp.org.au or www.facebook.com/ramhp

For more urgent matters in relation to mental health please contact your local health service or the Mental Health Line 1800011511
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: Drawn 16/02/15 No’s:3/7/8/9/10/13 Winners Daphne Biggs & Tina Philp.

PLEASE NOTE THE SCHOOL NEWS DEADLINE FOR ADVERTISEMENTS IS MONDAY 3:00 PM.

FREE HEARING CHECKS

MENINDEE HEALTH SERVICE
MONDAY 23rd MARCH 10:00AM-3:00PM

We will provide Free hearing checks for people interested (conditions apply for children) and promote hearing health awareness.

As well as having their hearing checked, those visiting the bus can obtain handouts on a range of common hearing issues and view a display of simple-to-use audio devices for around the home. No appointment is necessary, Australian Hearing will provide hearing screenings to any interested adult on the day. The mobile service offers a relaxed and convenient way to check your hearing and make sure you are in good hearing health.

PENSIONERS ASSOCIATION
Seniors Week from the 14th to the 22nd of March.
There will be a concert held in Broken Hill Monday the 16th
Anybody wanting to attend please contact
Blossom on 80914308
Or Moya on 80914475
Or alternatively leave your name at the RTC no later than
Monday the 9th of March for catering purposes

Far West Community Transport
Now time table schedules have been put in place to accommodate the needs of the Menindee Community. As the bus service has proven to be very popular and the number of clients using this service has increased each day, we now need to amend the departure time for each morning from Menindee and Sunset Strip to allow clients to be in town earlier to attend appointments and school.

The new times are as follows
Departing Coomeba Service Station at 7:45am EST.
Departing Sunset Strip Community Hall at 8:00am EST.

Bookings for the bus are essential due to the high volume of clients utilizing this service each day, so if you want to secure your seat you will need to do by calling in or phoning Coomeba Service Station in Perry Street or on 80914297.
Fares are paid to the driver when you board the bus.

FIRE DANGER PERIOD 1ST OCTOBER TO 31ST MARCH
A permit must be obtained from the Permit Officer before lighting or using a fire in the open during Fire Danger Period. Permit Officers: G. Rolton  K Lombardo
Menindee Community Markets

IN THE GROUNDS OF THE MENINDEE TRANSACTION CENTRE

1st Sunday of (most) month
10AM – 2PM

1st March
5th April - Easter Sunday
10th May - Mother’s Day
7th June - Queen’s Birthday
5th July
2nd August
6th September - Father’s Day – Menindee Fishing Comp
4th October – Labour Day
1st November

$10 per stall - byo table and chair

A Menindee Development Committee initiative with all stall fees going back into Community Projects
Ph: Margot 0428914163
Central Darling Shire Council
Expressions of Interest sought for
Section 355 Committees of Council

Section 355 of the Local Government Act enables the Council to appoint community members to committees of Council whose primary task is to manage community assets of the Council.

Council has resolved to undertake a review of the relevance and appropriateness of the Committees, including the Terms of Reference for the Committees, and to seek expressions of interest from interested residents to undertake the role of appointed community members to the following committees:

- Darnick Hall and Sports Committee
- Ivanhoe Revival Committee
- Ivanhoe Hall Committee
- Ivanhoe Swimming Pool Committee
- Ivanhoe Saleyards Committee
- Menindee Development Committee
- Menindee Common Committee
- Menindee Pooncarie Committee
- White Cliffs Swimming Pool Committee
- White Cliffs Community Association
- White Cliffs Hall Committee
- Wilcannia Cemetery Committee
- Wilcannia Weir Committee

For more information, and to obtain an application and information package, please call Council’s Wilcannia office on (08) 8083 8900, or collect the form and package from the Wilcannia office, Ivanhoe MSO or Menindee RTC. Applications must be in writing and addressed to:

The General Manager
Central Darling Shire Council
PO Box 165
WILCANNIA NSW 2836

or by e-mail to council@centraldarling.nsw.gov.au
Applications close 4pm Friday 27 February 2015.

Michael Boyd
GENERAL MANAGER
AUSTSWIM FULLY FUNDED INDIGENOUS OPPORTUNITY

TEACHER OF SWIMMING AND WATER SAFETY™ COURSE

› SATURDAY 7TH MARCH 2015 FROM 9AM TO 5PM
› SUNDAY 8TH MARCH 2015 FROM 9AM TO 5PM

DUBBO RSL AQUATIC HEALTH CLUB
CORNER BRISBANE & WINGEWARRA STREETS
DUBBO NSW 2830

Want to teach Learn to Swim and Water Safety? AUSTSWIM has developed a practical, water based teacher training qualification just for you. AUSTSWIM is Australia’s National Organisation for the Teaching of Swimming and Water Safety™. AUSTSWIM offers quality accreditation programs for those wishing to enter the aquatic industry as a Teacher of Swimming and Water Safety. The AUSTSWIM Licence™ is the industry standard for ‘Learn to Swim and Water Safety’ Teachers nationally.

For more information please contact:
Carmen Appleby – Health Club Manager
Phone 02 6884 6777 or 02 6882 4411 Email rsl.healthclub@dubborl.com.au
Drмот Lynch Lambham, AUSTSWIM NSW
Phone 02 6884 2077 Email projects@austswim.com.au
www.austswim.com.au