The third of June was a balmy, overcast day, perfect for learning some environmental science. On Wednesday, Mungindi Central School was graced by the presence of the Sustainability Outreach Workshop run by the combined powers of three Environmental Education Centres from Red Hill, Warrumbungle’s, Wambangalang and the Royal Botanic Gardens and Domain Trust. Students rotated through 5 different workshops over the morning, each with a different focus. At one they learned about bird watching and identification with binoculars and iPads. At another, they learned about water-saving garden design and how to make excellent compost. At the third station, students learned how to recycle clothing by braiding ripped up old shirts to make fabulous necklaces and bracelets rather than sending them to landfill. At the fourth, students examined different seeds and crushed them to make oil. But by far the crowd favourite was the power station. Here, students were fascinated by the pedal-powered lights and solar-powered cars, aided by the garlic bread cooking slowly over the morning in the solar ovens.

The students did us proud. They were exceptionally involved, well-behaved and learned lots.

Mr Peter Newman
Mathematics and Music Teacher
I think that most of the staff at Mungindi Central School has that daily moment when they recognise that the students who attend Mungindi Central School are a great bunch of kids. Well the 2015 Athletics Carnival was the day of days for this thought. I’ve been lucky enough to participate in six carnivals over my time in Mungindi, and Tuesday’s was by far the best!

Some of the students flew down the tracks and through the air like they had wings, whilst others struggled a bit (myself included) but did their best, both to get points for their respective houses, and because that’s the kind of students they are.

United the students well and truly stood. As per usual the bigger kids supported the little people as they made their way through activities, cheering everyone on; not just their friends. They laughed and had some fun pretending their events were being broadcast Australia wide, chatting through special microphones and giving their school and town a huge plug. They were a blast and the carnival was evidence of this.

May it also be said that I finally beat Geoffrey in the 100 metres this year, although he was kind enough to give me a 50 metre head-start.

Well done Mungindi Central School students, you did everyone proud!

And now for the winning house of the 2015 Athletics Carnival………………….CARRANGAL!

Miss Tanya Ogg
Secondary English Teacher
Last Wednesday I travelled to Dubbo with our four Australian Tertiary Admission Rank High School Certificate students; Aliesha, Tara, Baihli, and Peter, in order to participate in a two day intensive seminar for their HSC subjects. Over the two days we went to university style lectures for Math, Science, Ancient History, Hospitality, and English. These sessions were exhaustive, with senior teachers and HSC markers providing invaluable exam tips and extensive revision on key units the students have studied. By far the most interesting of these lectures were the English ones, and I was reminded once again reminded that my Maths skills (and listening capacity) needed attention. The students however dove into these lectures with an enthusiasm to be proud of.

These seminars, organised by Ms Michelle Riddell for Northern Border Seniors Access are a huge help for students. They not only provide students with subject information from people other than their main teachers, but also exposes them to the wider student cohorts who are also sitting the HSC. For Standard English for example, these four will sit the same paper as some 70,000 other students across the state. Students walked away tired, but with their brains stretched and filled to capacity. It was wonderful to see them so involved in their learning, and for them to recognise that they are on track to achieve their personal bests as they begin to embark on the next chapters of their lives.

Miss Tanya Ogg
HSC Standard English
Healthy ideas for class parties

As parents we want the best for our kids, especially their nutrition. We usually pack or help them pack their lunchbox, help them decide what to choose for their lunch order at the school canteen, but we don’t have much choice in what they may choose to eat at school functions, events and class parties.

With the introduction of the DEC Nutrition in Schools Policy in 2011, this has helped schools to support families make healthy decisions about what foods are made available to students at these events.

Here are a few suggestions for healthy party food to send to school:

- Fruit bread with a scraping of margarine
- Pikelets with a scraping of margarine and jam or fruit pikelets
- Rice crackers with low fat vegetable dip e.g. hommus, tzatziki etc
- Vegetable sticks with low fat dip e.g. cottage cheese or cream cheese
- Fruit e.g. cut up, fruit kebabs, fruit and yoghurt or custard
- Air popped popcorn and dried fruit mixes
- Cheese cubes and crackers
- Mini vegetables muffins or mini fruit muffins

Health eating pyramid

Enjoy a variety of food and be active every day!

P&C News

CHANGE OF DATE

Please note that the P & C meeting scheduled for today, Wednesday 10 June 2015 has now been postponed to next Wednesday 17 June 2015 at 5:30 pm at Mungindi Central School Hall.
## Boomi Junior Tennis Tournament 2015

**Sunday 21st June, 2015**  
8.00am start.  
Nominations by **Friday 19th June**  
Under 18, Under 15, Under 13, U11  
U11 (must be able to play a game of tennis)  
Singles, Doubles & Mixed Doubles  
Consolation Events (**time permitting**)  
Contact Sam Hickson  Ph.02 67535314  

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### Canteen Menu 2015 Week 8

<table>
<thead>
<tr>
<th>MAINS</th>
<th>PACKS</th>
<th>DRINKS &amp; EXTRAS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pie</strong></td>
<td><strong>Max Pack</strong></td>
<td><strong>Hot Milo</strong></td>
</tr>
<tr>
<td>$3.00</td>
<td></td>
<td>$0.50</td>
</tr>
<tr>
<td><strong>Sausage Roll</strong></td>
<td><strong>Mince Toasties, Piece of Fruit,</strong></td>
<td><strong>Frozen Yoghurt</strong></td>
</tr>
<tr>
<td>$3.50</td>
<td>$8.00</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Pizza</strong></td>
<td></td>
<td><strong>Chip Packet</strong></td>
</tr>
<tr>
<td>$3.00</td>
<td></td>
<td>$0.50</td>
</tr>
<tr>
<td><strong>Nuggets</strong></td>
<td></td>
<td><strong>LOL/Can Soft Drink</strong></td>
</tr>
<tr>
<td>$0.50</td>
<td></td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Sandwiches</strong></td>
<td><strong>Mini Pack</strong></td>
<td><strong>600 ml Water</strong></td>
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<tr>
<td>$3.00</td>
<td></td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Chicken Wraps</strong></td>
<td></td>
<td><strong>Pop Top Water</strong></td>
</tr>
<tr>
<td>$3.50</td>
<td></td>
<td>$1.00</td>
</tr>
<tr>
<td><strong>Chicken Poppers</strong></td>
<td><strong>Hotdog &amp; Drink</strong></td>
<td><strong>Popper</strong></td>
</tr>
<tr>
<td>$3.00</td>
<td>$5.00</td>
<td>$1.00</td>
</tr>
<tr>
<td><strong>Chicken Salad</strong></td>
<td></td>
<td><strong>Milk Poppers</strong></td>
</tr>
<tr>
<td>$3.00</td>
<td></td>
<td>$2.00</td>
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</tbody>
</table>

**All foods are subject to availability.**  
*We are always looking for people to help in the canteen*, or if you wish to donate fruit, that would be fantastic. Many hands make light work.
TERM 3 JULY 13
STAFF DEVELOPMENT DAY

TERM 2
QUEEN’S BIRTHDAY PUBLIC HOLIDAY

15
POCHE WORK PLACEMENT

16
POCHE WORK PLACEMENT CHOIR

17
POCHE WORK PLACEMENT P & C MEETING 5:30

18
POCHE BORDER SPORTS BOOM! WORK PLACEMENT

19
WORK PLACEMENT

20
NAIDOC OPENING ASSEMBLY

21
NAIDOC IN SCHOOL

22
NAIDOC IN SCHOOL

23
NAIDOC IN SCHOOL

24
NAIDOC IN SCHOOL

25
NAIDOC IN SCHOOL

26
NAIDOC IN SCHOOL

THURSDAY 11 JUNE 2015 - BEAUTY CERT II
FRIDAY 12 JUNE 2015 - REGIONAL CROSS COUNTRY
MON - FRI 15-19 JUNE 2015 - WORK PLACEMENT
MON - THURS 15-18 JUNE 2015 - POCHE DENTAL VAN
TUESDAY 16 JUNE 2015 - CHOIR

Motivation, Commitment, Success

Mungindi Central School
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Mr Erich Riesinger
Principal

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