Boggabilla, Collarenebri and Goodooga Central School students and staff journeyed to Mungindi Central School to be part of the Northern Border Senior Access Program’s 2-day Get Together. They were involved in a busy schedule of information sessions over the two days, but there was still time for some fun to be had.

On Wednesday, the morning’s special guests involved the students in discussions about Mental Health and Well Being, and Drugs and Alcohol.

During the afternoon, the Year 12 students got their first look at information regarding their upcoming Graduation night in Term 4. The final session on Wednesday was a Video Conference with The Wollotuka Institute, based at Newcastle University, where the students were provided information in regards to the support they can receive if they wish to attend University there.

Thursday saw further Video Conference with Murdi Paaki and IProwd Training Program in the morning, along with subject selection options being discussed for Year 10’s while the Seniors worked through an assessment task and class work with their Teachers. The IProwd Video Conference proved to be very popular, as students could talk with the current students of the program and see that there can be other pathways in furthering their education and ultimate goals of what profession they want to follow.

The final information session was with Ms Liz Taylor, who works with Oorala – University of New England’s Indigenous Support Centre, giving the students further information in regards to options in getting to University and the support they can receive if wanting to go to Armidale.

NBSA would like to thank the Mungindi staff who gave incredible assistance to help ensure the days went well. A big thank you also goes to local businesses who helped us with catering for the students and staff.

Mrs Kylie Newcomen
NBSA Administration

QUOTE OF THE WEEK

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

George Carlin
# Canteen Menu 2015

## Term 3 Week 4

<table>
<thead>
<tr>
<th>MAINS</th>
<th>DRINKS &amp; EXTRAS</th>
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<tbody>
<tr>
<td><strong>PIES—PLAIN, CHUNKY</strong></td>
<td><strong>LIFT, FANTA, LEMONADE OR FRUITY JUICES</strong></td>
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<tr>
<td>STEAK, BACON &amp; CHEESE, CHICKEN &amp; VEGETABLE</td>
<td><strong>$2.00</strong></td>
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<tr>
<td>SAUSAGE ROLL</td>
<td><strong>$4.50</strong></td>
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<td>CHICKEN WRAPS</td>
<td><strong>$3.50</strong></td>
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<td>CHICKEN POPPERS</td>
<td><strong>$3.00</strong></td>
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<tr>
<td>CHICKEN SALAD</td>
<td><strong>$3.00</strong></td>
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<tr>
<td>CHICKEN BURGERS</td>
<td><strong>$5.00</strong></td>
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<tr>
<td>HOT CHIPS</td>
<td><strong>$3.00</strong></td>
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<tr>
<td>GRAVY</td>
<td><strong>$0.50</strong></td>
</tr>
<tr>
<td>TOASTIES—HAM &amp; CHEESE, CHICKEN &amp; CHEESE</td>
<td><strong>$3.00</strong></td>
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</table>

### How to Order:
Students must bring their order, with money (in a paper bag or envelope) to school on Wednesday. The orders will be collected from the Classrooms on Wednesday mornings at 10:00am. Students will be able to collect their orders from the Canteen on Thursday.
**Community Notices**

**P & C NEWS**

P & C Meeting will be held on Wednesday 12 August 2015 at 5:30 pm.
P & C Annual General Meeting will be held on Wednesday 14 October at 5:30 pm. All positions will be declared open. $2.00 membership—October 2015 to September 2016.

Congratulations to all students with their fantastic entries in the Show Pavilion.

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**Food Technology**

High School students will be selling hot and cold Milo for students at late break every Tuesday, and patty cakes / taster samples of the food they made in Food Tech for $1.00. This week will be Shepherds Pie (a small serve) and scones.

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The St George RSL Sub Branch has been granted funds to erect a Memorial Wall to commemorate the service and sacrifice of our region’s soldiers and nurses. The granted funds will pay for engraved pavers to commemorate the service and sacrifice of all WWI soldiers and nurses who were born, enlisted or lived in the Balonne Shire. Engraved pavers are also available for residents of the Shire to purchase (at only $30 per paver), to commemorate their own or a relative’s service in any other war or peace-keeping force.

To order your paver/s, please call me on 0474 522 256 or email me on klb60@live.com.au. (Please note that payment is required before pavers will be ordered. Please also note that the soldier/nurse being commemorated does not need to have come from the Balonne Shire, as long as there is some link to the Balonne Shire.)
“Real humanity is shown when we care for others” - Professor Fred Hollows

The Fred Hollows Foundation is keeping Fred’s vision alive through The Fred Hollows Humanity Award which recognises Year 6 students who follow in his footsteps by showing care and compassion for others.

After three successful years in the ACT the Award is expanding into NSW with the support of NSW Premier Mike Baird.

Teachers, principals, parents and members of the community are encouraged to nominate a compassionate Year 6 student through the online nomination form by August 21. It’s a great opportunity for students to be recognised outside the sporting and academic realm.

All nominees and their parents will be invited to a presentation ceremony in Sydney to announce the NSW winner.

To nominate a student and learn more about the award go to www.hollows.org.au/humanityaward

Start Collecting Now

Make a difference for your local school
Dear Parent or Caregiver,

I am writing to advise you that we suspect that nits/head lice are present in the hair of some students.

Please check your child’s hair for nits/louse tonight using the methods recommended in information from New South Wales Health (http://www.health.nsw.gov.au/environment/headlice/Pages/default.aspx) a copy of which is attached.

If your child has nits or lice, the school recommends that you treat your child and continue to check for the eggs or lice every other day.

Further information on head lice is available on the New South Wales Health website (details above) or through the Department’s website at www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php

I appreciate your assistance in this regard.

Yours sincerely,

Mr Erich Riesinger
Principal
29 July 2015
There are two treatment options:

1. **Mechanical Removal**

2. **Chemical and Mechanical Removal**
   
   **Mechanical Removal**
   
   Mechanical removal involves applying normal store-bought conditioner to cover all of the hair and then using fine long toothed metal lice comb to comb the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will reach all nits and pull them off the hair. This method should be done every other day until none remain. These combs are available in your local chemist or online.

   With this method it's easy to teach children to treat themselves. It is best done when they stand under the shower or bath and comb through the conditioner, rinsing off the comb after each stroke.

   Test for active lice or nits by wiping the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue.

   This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure lice are "caught" before they lay too many eggs. If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep a comb handy to where you wash your children's hair and use it every shampoo.

   **Chemical and Mechanical Removal**

   If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply or over-apply the chemical if it doesn't appear to be working. Instead switch to another treatment that uses a different chemical compound. You must repeat the treatment in seven days to kill any newly hatched eggs. You will also need to comb as mentioned above to ensure the infestation is eradicated. If you don't look for nits and lice you won't know if the treatment was successful.

   If your child was free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner. Early detection and treatment will prevent re-infestation of other family members and classmates.

   If you have any questions, please contact us or visit one of the many useful websites:

On Thursday 23rd July, Michael and Cheyanne trekked to Tamworth for the North-West PSSA Athletics Competition having qualified for the next level from our Mungindi Central School athletics carnival. The radar was predicting rain, but officials gave the green light so we took our chances!

Thursday night we grabbed a quick dinner then headed to the lookout to see the city lights. It was amazing to explore the town from above, observing the airport and industrial hub in full swing. It was also a chance to take endless city “selfies.”

On Friday morning we awoke to cloudy skies and cold temperatures and headed to the Regional Athletics Centre. With rain threatening, Cheyanne ran her 100 metres heat, coming fourth, from nine runners. Although it was an incredibly close race, only the first two runners from each heat made it to the finals.

During the break waiting for the 200m sprints the rain finally decided to make an appearance and what an entrance it made! With entrants soaked to the bone and the track underwater, the decision was made to abandon the 200m race. After a quick change and some warm lunch we hit the road, bound for Mungindi.

I would like to thank both students for their exemplary behaviour over the two days. They represented Mungindi Central with pride and enthusiasm, even when faced with the swarms of competitors from bigger schools. Their ability to have fun, laugh and stay positive made it an enjoyable adventure.

Miss Kimberley Smith
Teacher

On Wednesday 5 August, students from Years 3 - 6 are heading to Walgett to participate in the Jenny Wright Shield. We hope the training the girls have been doing after school during Term 2 and this Term will enable them to enjoy the competition.

Heferen Shield will now be held on Monday 17 August. This will be followed by the North West Athletics Carnival in Tamworth on the Friday 28 August for students who qualify.

Mrs Virginia Hunt
Teacher
Welcome back everyone to what will be a very busy and active Week Four. Our items for tendering this week will be a range of shelving with wall brackets and shelf supports excess to school needs. I will also continue to advertise the steel framed chairs of various sizes. Please check out the photos and the numbers of each type. The process is quite easy; it is a blind bidding process where the highest bidder gets first option on the item. Then I will work my way down the list of next bidders until the price does not meet the reserve or there are no items left. The tender for the mower is still open until this Wednesday. I will shorten the time for smaller items to give the school the chance to report on the process in the newsletter.

If you are interested the process will be that you can nominate a price in a sealed envelope and hand it in at the front office. At the close of business on Monday 3 August I will open these and inform the winning tenderer. Some the items will have multiples so that quite a few bidders may be successful. Please keep your eyes on the Newsletter to see what items are up each week.

This week sees our primary students travel to Walgett to participate in the Jenny Wright Shield showcasing their netball skills. This will prove to be a very big day with an early start and late finish on Wednesday. On Thursday we will also send students to the Goodooga Indigenous Games Day. Once again this will prove to be a very huge day for all students taking part. The payback is that the day is always a really fantastic day for everyone who takes part. A chance to join in with students from a number of schools from near and far in a mixed team’s series of activities that challenge everyone.

This week will see a series of rooms being painted at the school. This was a part of the maintenance jobs identified for the last year. I will continue with the process of identifying areas within the school that are in need of a face lift from the point of view of age or other reason. The long term plan is to have a visually attractive school that has very few maintenance issues. The consideration is that we are always doing these jobs within a predetermined budget. However we have always made it a priority to use additional school funds to achieve the results that will make the most significant difference to the school site. The rooms nominated for this round have been the Hall, Food Tech room, Secondary staff room and both Primary room blocks. One of the many focus areas for the future will be the external appearance of the school and some of the many fixtures on site.

What a wonderful event the NBSA student get together proved to be for all concerned. From the group of students from the other three schools to the teams of teachers who accompanied them it was all very smoothly done for the benefit of students and staff alike. I was able to see just how involved the students became as the program evolved. There were some missing presenters but for those who were on deck an inspiring time was provided for everyone. A special acknowledgment for Shelly Riddell who brought the two days together with the support of Kylie Newcomen and assistance of staff at school. These days will allow students in Year 10 to make some very important decisions on their future studies.

The schools PBL journey continues with a visit by Cathy Archer to present a workshop for the staff next week. This will give staff further feedback on the directions to be taken at a school level with the program.
Principal’s Message

The new canteen arrangements will be fully functional from this week. The process will be somewhat different as the orders will be taken on the Wednesday and processed by the Mungindi Servo to be delivered to the school and distributed at the start of lunch on the Thursday. Please take the time to check out the selections of food that can be ordered in this week’s Newsletter. We will look to stay with an offering of healthy foods where we can give students these options. The new process will be fully operational as of this week. We are still looking for some possible students to take up the role of taking of orders and giving out the orders on a Thursday. If you are interested please let the front office know and they can forward your details to the Mungindi Servo for their appraisal.

We are in the latter stages of deciding what our reward day will be for the end of this term. At present we are sourcing some quotes and should be able to make an announcement very soon. It is very important that students are maintaining a high level of attendance and high levels of engagement with their classwork and whole school in order to qualify for the day. Each week we have been providing information about the impact that days absent have on learning. As a result of the importance of this one of the criteria to be a part of the reward day will be an overall attendance rate of 80% or better for the whole term. This would be not more than 10 days absent for the whole term. This will be quite a challenge for some students, but the rewards will be more than worth the effort. A half day of fun activities on the last day of this term.

There will be more information each week to keep everyone informed. Please let the school know if you are happy with the information we are providing on Phone: 026753 2207.

All the best.
Mr Erich Riesinger
Principal
It is great to see so many students borrowing books from the library. The library will now be open at late break on Tuesdays and Thursdays for students to borrow, return or just read a book. Library lessons for K - 6 are on Fridays. Please make sure the students are using the book bags for transporting books to and from school.

MCS will be celebrating Book Week 2015 with a whole school book character parade on Friday, 28 August. Student, staff and parents have the chance to dress up as their favourite character from a book and parade around the school.

Mrs Virginia Hunt
Teacher

K/1/2 Dance Unit

K/1/2 have started a dance unit with Mrs Murphy called “Dance to the Beat.” We have some very talented dancers in the class, who are eager to try some new moves.

Mrs Debbie Murphy
Teacher
**Items for Tender**

**Chairs for Tender**

- Small red & green  x  53
- Small light and dark blue  x  19
- Large light and dark blue & orange  x  25

You can bid for any number of chairs either at a unit price or for a set number. Successful tender will be the highest price. Once they have filled their quota; the next highest tenderer will be offered the items until they are all gone.

**Steel Shelving for Tender**

- 6 x Wall Brackets
- 50 x Steel Shelves
- 50 x Shelf Supports

You can bid for any number of shelving either at a unit price or for a set number. Successful tender will be the highest price. Once they have filled their quota; the next highest tenderer will be offered the items until they are all gone.

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**Can you guess who this student is?**

How talented were our “face painting” teachers at the Mungindi Show? Miss Smith, Miss Kelly, Miss Vanke and Mr Smith spent many hours painting over sixty faces of all different designs.
\textbf{Motivation, Commitment, Success}

\begin{center}
\begin{tabular}{|c|c|c|c|c|}
\hline
\textbf{MONDAY} & \textbf{TUESDAY} & \textbf{WEDNESDAY} & \textbf{THURSDAY} & \textbf{FRIDAY} \\
\hline
AUGUST 3 & 4 & 5 & 6 & 7 \\
\hline
10 & POCHE & POCHE & POCHE & 14 \\
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11 & POCHE & POCHE & POCHE & PUPPET TRICKSTERS \\
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12 & & & & 2:00 PM \\
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\begin{itemize}
\item MONDAY 5 AUGUST 2015 - WALGETT NETBALL
\item TUESDAY 6 AUGUST 2015 - GOODOOGA INDIGENOUS GAMES
\item MON–THUR 10–13 AUGUST 2015 - POCHE
\item FRIDAY 14 AUGUST 2015 - PUPPET TRICKSTERS
\item MONDAY 17 AUGUST 2015 - HEFEREN SHIELD
\end{itemize}