On Monday 17 August, Monica, Darryl, Dylan, Mackenzie, Neitayah, Shaye-Leigh, Jack, Flynn and Kolby travelled to Moree to compete in the Heferen Shield. While this was a small team, all our students obtained personal best times in their events. Shaye-Leigh qualified for the final of the 10 years 100 metres event. Mackenzie came second in the Junior girls 800 metres, and is now eligible to travel to Tamworth to compete at the North West Primary Athletics Carnival on 28 August.

During the day, the students demonstrated sportsmanship and camaraderie. Monica’s leadership was one of many positive recollections of the day. She cheered on students from other schools and encouraged and supported our students. Jack and Flynn both finished their events early in the day, then supported our other students competing in their events. At all times students showed support by accompanying each other to their events.

Well done everyone.

Mrs Virginia Hunt
Teacher
# Canteen Menu 2015
## Term 3 Week 6

### MAINS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PIES—(BEEF, BACON &amp; CHEESE, CURRY, CHICKEN &amp; VEGGIES)</td>
<td>$3.50</td>
</tr>
<tr>
<td>2 X STEAMED DIM SIMS &amp; SAUCE</td>
<td>$4.00</td>
</tr>
<tr>
<td>SAUSAGE ROLL</td>
<td>$3.50</td>
</tr>
<tr>
<td>CHICKEN WRAPS</td>
<td>$3.50</td>
</tr>
<tr>
<td>CHICKEN POPPERS</td>
<td>$3.00</td>
</tr>
<tr>
<td>CHICKEN BURGER</td>
<td>$5.00</td>
</tr>
<tr>
<td>CHICKEN SALAD</td>
<td>$3.00</td>
</tr>
<tr>
<td>TOASTED PORK RIBLET &amp; CHEESE WRAP</td>
<td>$5.00</td>
</tr>
<tr>
<td>HOT CHIPS</td>
<td>$3.00</td>
</tr>
<tr>
<td>AIR FRIED HOT CHIPS</td>
<td>$3.50</td>
</tr>
<tr>
<td>GRAVY</td>
<td>$0.50</td>
</tr>
<tr>
<td>TOASTIES (HAM &amp; CHEESE, CHICKEN &amp; CHEESE)</td>
<td></td>
</tr>
<tr>
<td>WHITE BREAD</td>
<td>$3.50</td>
</tr>
<tr>
<td>4 SEED BREAD</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

### DRINKS & EXTRAS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT- MANDARINS</td>
<td>$1.00</td>
</tr>
<tr>
<td>POPPER DRINKS</td>
<td>$2.00</td>
</tr>
<tr>
<td>600ML WATER</td>
<td>$2.50</td>
</tr>
<tr>
<td>FLAVOURED MILKS</td>
<td>$2.00</td>
</tr>
<tr>
<td>MILO</td>
<td>$2.50</td>
</tr>
<tr>
<td>KABLUKEY FREEZE POPS</td>
<td>$1.00</td>
</tr>
<tr>
<td>SUPER DOOPERS</td>
<td>$0.80</td>
</tr>
<tr>
<td>PADDLE POPS (RAINBOW, CHOCOLATE, BANANA)</td>
<td>$1.70</td>
</tr>
</tbody>
</table>

This symbol denotes healthier options. It is still the responsibility of parents to order healthier meals and treats.

### 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.
Friday Night Fundraising Raffle

A massive thank you is extended to all the people and businesses that donated time and products to Friday night’s raffle at the Jolly Swagman, and also to those who came out and supported the fundraising effort.

Donations on the night came from:

- Red’s Meats
- PJ’s
- Spar
- Landmark
- The Jolly Swagman
- Kel’s Chemist
- The Smith’s

The winners on the night were:

Bill Lawson, Judy Brymer, L’Amour Gina-Whewell, Peter Shakells, Nell Lawson, Darcy Thompson and Vida Faulkner.

Start Collecting Now

Make a difference for your local school
Health Sheet.

Scabies.

Scabies is a skin infestation caused by very small “mes” called Sarcoptes scabiei. The “mes burrow into the skin to lay their eggs. New insects hatch from the eggs and can be spread to other parts of the skin by scratching.

Scabies is spread by direct, prolonged physical contact. “mes” can survive away from humans for about 24—36 hours, so it is possible to get scabies from infected articles such as bed linen and clothing, although this is much less common. Scabies is common around the world and can affect anyone. Pets do not cause human scabies infections.

Symptoms of Scabies.

The main symptoms of scabies are:

- Intense itching, typically worse at night and after a hot bath or shower.
- Visible burrows on the skin between the fingers and in skin creases such as armpits and genitals.
  
  A bump or pimple-like rash which is often difficult to see.
- Small clear fluid filled spots or lesions.

Usually there is not much rash to be seen because the mites bury into the skin. In elderly people the rash may appear more widespread. In children, areas such as the face, scalp, palms and soles of the feet are often affected.

The Itch may last for two to three weeks.

The itch may persist for two to three weeks after treatment, even if the Scabies have been effectively treated. This is because the itch is caused by the body’s immune system responding to the mites, and may take time to settle down. You can talk to your Pharmacist about treatments available to help with the itch.

If symptoms persist for longer than two to three weeks, you should see your doctor for a review.

Infection times may vary.

Symptoms usually develop two to four weeks after infection. However people who have previously been exposed, may develop symptoms within 24—48 hours, because the immune system takes less time to respond.

Generally a person is no longer infectious 24 hours after treatment.

Diagnosis of Scabies.

Diagnosis is based on observing the signs and symptoms, or identifying the burrows on the top of the skin. Sometimes scabies is confirmed by taking a skin scraping and identifying the mites and eggs under the microscope.

Continued on next page
Treatment for Scabies

Treatment involves applying cream lotion specifically used for treating Scabies. This is available from a Pharmacist. Instructions to effectively treat Scabies include:

- Creams are better absorbed after a shower and towel drying.
- Apply a thin layer of the treatment to your whole body surface from the chin down. Avoid your eyes, nose and mouth and pay particular attention to the areas between your fingers, under your nails, the soles of your feet and between your buttocks. A pastry brush may make it easier to apply.
- Do not wash your hands after treatment.
- Leave treatment on for 12—24 hours and then wash thoroughly. People often choose to apply the cream in the evening and leave on overnight. Re-apply cream to any area that has been washed within 12—24 hours.
- If possible ask someone else to apply the cream for you. This will make sure your whole body surface is covered with cream. The treatment may need to be repeated in one weeks time to kill recently hatched mites.
- If the pimples or spots become infected, antibiotics may be necessary.

Treatment may Vary.

Treatment is different for some groups of people including babies, pregnant women, elderly people and people with sensitive skin.

Check with your Doctor or Pharmacist about what kind of treatment is recommended for people in these groups.

Treat Clothing and Bedding.

Any clothing, bedding or towels used in the last two days should be washed on a hot cycle or dry-cleaned.

Where to get Help.

Your Doctor
Your local Community Health Centre

Things to Remember.

Scabies is a skin infestation caused by mites.
Scabies leads to red itching bumps or blisters on the skin.
If you develop Scabies all members of your household will also require treatment.

For the latest updates and more information see the website: betterhealthvic.gov.au
Book Character Parade

Books Light Up Our World

To celebrate the Children’s Book Council Awards of Australia, we are holding a book character parade. Students, staff, parents and carers are invited to come dressed as a book character and join in a morning of celebration of Australian books.

Friday 28 August 2015

10:30am - Book reading in classrooms - parents, grandparents and carers welcome.
11am - Book Character Parade
11:30am - BBQ

Get your photo at the PHOTO BOOTH $2

LOTS OF PRIZES including: Book club vouchers, certificates and novelties. Judging will be by a panel, with consideration given to originality, creativity and anything else they think worthy of a prize.
This week class 3/4/5/6 numbers were depleted due to the fantastic number of athletes who made the trek to Moree for the Heferen Shield. It was the perfect opportunity to complete some outdoor learning.

The potential benefits of outdoor learning are so many, 5 key ways in which exposure to the natural environment is beneficial to human health:

- enhanced personal and social communication skills
- increased physical health
- enhanced mental and spiritual health
- enhanced spiritual, sensory, and aesthetic awareness
- the ability to assert personal control and increased sensitivity to one’s own well-being.

Jonathan Smith
Teacher

PUPPET SHOW VISIT

On Friday afternoon the students were all treated to a traditional puppeteering performance by Murphy’s Puppets. This classic performance gave the students a behind the scenes look at how a puppet performance is put together through voice, music and sound effects. They also saw all the different types of puppets available. Although this performance was mainly aimed at Primary school, their sheer delight and enthusiasm for the performance gradually hooked in Secondary students as well. It was a highly enjoyable afternoon and we would like to thank Mr Murphy for his puppet tricksters performance.

Miss Gillian Kelly
Teacher

Preschool News

We had a very special visitor to Preschool, Rambo the pony!! We had so much fun giving him lots of back tickles, pats and cuddles before feeding him some clover, milk thistle and bread. We were even lucky enough to take turns walking him around the playground on his lead. We hope that Bo can come back and visit us again at Preschool. Next time we would really, really like to go for a ride in the cart that Mr Thompson made for Rambo!

Miss Bec Vanke
Preschool Teacher
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. Food at late break next week will be plum and pork vegetables, and omelette.

Lunchbox fillers

Searching for some inspiration for creative, easy lunch ideas for your children? Below are a few ideas:

- Homemade vegetable muffins
- Turkey, lettuce, cream cheese and cranberry sauce
- Chicken, lettuce, cheese, tomato and mayo
- Tuna, cucumber and cottage cheese
- Boiled egg, lettuce and mayo
- Homemade left over fried rice with ham and vegetables
- Homemade left over vegetable pasta
- Salad wrap with cream cheese
- Cheese, tomato and avocado crackers
- Cheese and vegemite
- Salmon, Spanish onion, alfalfa and lettuce
- Chicken and rice noodle salad
- Left over lamb and couscous salad

Making lunches the night before can often alleviate some of the stress of the morning rush. Writing a shopping list before hitting the shops can help ensure you have purchased everything you need for the week. Giving your child some choice in what they have each day may help reduce wastage.
Welcome back everyone to what will be a very busy and active Week six. Our items for tendering this week will be a number of four drawer filing cabinets, a two drawer cabinet and two wheel barrows. The details of all these items will be on the tender page. Can I thank everyone for their level of support during this activity. 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.

If you are interested in any items you can nominate a price in a sealed envelope and hand it in at the front office. At the close of business on Monday 24 August I will open these and inform the winning tenderer. Please keep your eyes on the Newsletter to see what items are up each week.

This week saw a group of Primary students travel to Moree for the Heferen Shield. This is an athletics carnival that involves all the schools in the Barwon area including large and small schools. There is a complex process to give all schools an equal chance of winning. From the early reports our students did very well in all the events that they contested. Once again showing that it is all about having a fun and serious go at everything you try. See more detail in the Newsletter article!

Last Friday saw the school take on the task of running the fundraising raffles at the Jolly Swagman Hotel. What a great night of support by so many people. Parents, families and just willing supporters were very thick on the ground. I would like to very sincerely thank all the many people who showed their support for the children at our school. A truly awesome effort and I hope that you were lucky on the night!

The last of the nominated classrooms will be painted this week. This has given the rooms a much needed and welcome uplift. Both staff and students are very enthusiastic about the new brighter environment they now have to use for their learning. This includes all our primary students of who K/1/2 are yet to share the joy as their rooms are not ready for handover. But Year 3/4/5/6 are now fully immersed into the new colour scheme and enjoying every moment. The Hall has yet to be fully appreciated by the whole school as this has been our home away from home for the Primary classes. Early next week it will once again be used by more of the student population. The Food Tech room has seen the biggest impact as we now have a bright fresh canvas for the Secondary students, and of course just as important has been the Secondary staff room which has now become a blue oasis. This week will also see the Secondary staff room have its carpets replaced after so many years of waiting.

Last week I mentioned the immense cost of items on our maintenance list and the projected costs to fix all these. Each year we identify some of the jobs and make a level of progress to fixing these items. I have just made some decisions about what areas will be our next priorities for the coming financial year. Again these are not simple things to decide, but we must. The Music room, the NBSA rooms have been made the focus into the future. These will almost use our allocated budget but if there are any remaining funds then there are some areas of concrete under the COLA that are in need of replacing plus I would really like to freshen up some of the external paint work on railings and posts. Due to just how important many of these items are 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. 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.
Principal's Message

Every year this is one of our anxiety ridden times as the school has to submit our anticipated student enrolments which will inform both the schools staffing for start of next year and the first semester of school funding. While our student numbers are stable there is always an air of concern which is natural. Keep in mind that there is quite a considerable time before the actual enrolments are done in February of next year, which will confirm and establish the staffing and funding for the school for the rest of the 2016 year.

The Stage 6 Year 12 students are now doing their HSC trials this week in the NBSA classroom. For many of them this will be the last of their assessment tasks in their courses. They will be feeling some anxiety as they manage this process. On a positive front they have been very committed to their study as part of their preparations, spending additional time with staff after school and even making use of study sheets for their subjects. The benefit of investing time and energy into their study now is that this will prove to be the foundation for the study that will need to be done before the HSC examinations next term. Plus this will give them all vital feedback in terms of where the focussed effort will be needed for the HSC. So as parents and teachers, now is the time we will all need to work together to be supportive and understanding in this run up to their HSC examinations in October and November. I know it seems so far away but the anxiety may well build towards this time. Let’s all try to make this work for all of our students.

The new canteen arrangements have been fully functional for a few weeks. 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. We have found a willing student to take up the role of taking the orders and giving out the orders on a Thursday. As this process unfolds we will assess the scope of the menu and make decisions based on what items best meet the guidelines.

Just a timely reminder about the end of term reward day this term, we are focusing on attendance as well as classroom application. In order to qualify students will need to have an attendance rate of 80% or better. 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 with jumping castles and laser skirmish. 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.

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 Telephone: 0267 532 207.

All the best.

Erich Riesinger
Principal
Stage 5 Food Technology are practising their food presentation skills by running a mini canteen every Tuesday at late break serving taster samples and Milo, priced at fifty cents for each item. So far they have cooked Shepherd’s pie, sausage lasagne (made from fresh lasagne that they prepared themselves), scones and cupcakes. They have really enjoyed harvesting the fresh vegetables each week from our vegetable garden. This week we are making fresh pasta and vegetable pasties.

Stage 4 helping with weeding the garden and feeding the chickens. The fresh snow peas are the favourite.

Mrs Belinda Brosnan
Teacher
Items for Tender

Tenders for these items close Monday 24 August

Filing cabinets.
4 drawer x 5 units 2 drawer x 1 unit

Wheelbarrows x 2

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**EVERY DAY COUNTS....**

A day here or there doesn’t seem like much, but...

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1 ½ a years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 ½ years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
</tr>
</tbody>
</table>

Give your child every chance to succeed...

Every day counts!
Motivation, Commitment, Success

Mungindi Central School
59-67 Wirrah Street
MUNGINDI NSW 2406
Mr Erich Riesinger
Principal

Phone 0267 532 207
Fax 0267 532 346
Email mungindi-c.school@det.nsw.edu.au
Website www.mungindi-c.schools.nsw.edu.au