



MOLONG CENTRAL SCHOOL

Providing Opportunities for Personal Achievement

Issue 12 4 August 2017

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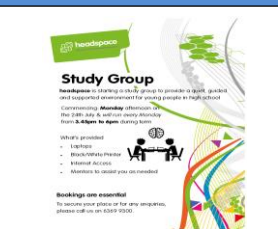
SCHOOL TIMES & CONTACTS



NAIDOC CELEBRATIONS



COMMUNITY NOTICE BOARD



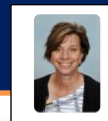
COMMUNITY NOTICE BOARD



COMMUNITY NOTICE BOARD



FROM THE PRINCIPAL'S DESK



NAIDOC CELEBRATIONS

Last week Molong Central students celebrated NAIDOC, which stands for National Aborigines and Islanders Day Observance Committee. This year's theme was 'Our Languages Matter' and the day began with a Smoking Ceremony followed by an assembly and many activities that have been captured in photographs for this week's newsletter. Aboriginal students, supported by Carmen Neil, also painted three message sticks, which will be placed outside our School Hall. It was a wonderful day for all students. Please see photos from the day inside this issue.

ENRICHMENT OPPORTUNITIES

Last week I was delighted to present several certificates to students who had completed the ICAS Digital technologies test. ICAS is an independent, skills-based assessment program, which recognises and rewards student achievement. ICAS is unique, being the most comprehensive general suite of academic assessments available to school students. The Digital Technologies test assesses skills and knowledge in many areas, including databases; graphics and multimedia; internet use; email programs; programming; spreadsheets and word processing. To find out more about ICAS, please click on the link <https://youtu.be/Yi6n1sHikvQ>.

Of special mention, was **Charlotte Lapins**, who received a Distinction, and **Fergus Whittle**, who received a Credit. We have students waiting to receive their Science results and I would like to encourage more parents to consider their children entering these competitions. Photo on following pages.

TOURNAMENT OF THE MINDS

Our students have also been preparing for Tournament of the Minds and both Primary and Secondary students and teachers began training this week to prepare for this major event.

Tournament of the Minds is a problem-solving program for teams of students drawn from both Primary and Secondary years. They are required to solve demanding, open-ended challenges from one of the following disciplines:

Science/Technology

Engineering/ Mathematics

Social Sciences

Language/ Literature

Tournament of the Minds is an opportunity for students with a passion for learning and problem solving to demonstrate their skills and talents in an exciting, vibrant and public way.

Tournament of the Minds has proven to be one of the fastest growing national inter-school programs to challenge the youth of Australia and is now expanding internationally. It provides for the ever-increasing demand for sophisticated, educational opportunities to be made available to students.

Preparation and organisation for the challenge requires dedicated teachers who are willing to put in many hours to support our students and I would like to thank Mr Ruming and Mrs Pottie for their efforts thus far and look forward to watching our students during the challenge.

Mrs Michelle Barrett
Principal

ENRICHMENT PROGRAM



Charlotte Lapins Year 5



Fergus Whittle Year 3



Charlotte Lapins, Fergus Whittle, Adam Spencer, Ellie Olsson, Jack Greenwood, Juliette Mills and Paris Mills



Nationally consistent collection of data on students with Learning Support needs – NCCD 2017

Molong Central participates in the annual collection of nationally consistent data on students who receive assistance and adjustments for their learning.

We collect information already available in the school about the support that is being provided to students. This has involved consultation with parents leading to the development of individual Learning Support Plans to support student learning.

This process helps the Government to plan for students with a range of Learning Support needs. The data collection will have no direct impact on your child and they will not be involved in any testing process.

The NSW Department of Education and Communities provides data to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure the privacy and confidentiality of all students. All information is protected by privacy laws which regulate the collection, storage and disclosure of personal information. Further information about the data collection can be found on the Australian Government Department of Education website:

<http://education.gov.au/nationally-consistent-collection-data-school-students-disability>

If you have any questions regarding your child's inclusion in the data collection please contact Mrs Barrett.

Robotics Presentations

On Thursday 22nd June, two presenters, Alicia and Stephanie, from Canberra Universities visited to provide students in regional areas like ours, the chance to meet university students and take part in hands-on workshops. In the workshops, students spend approximately two hours programming robots.

At the EV3 Workshops students learned how to program EV3 robots – the latest in LEGO's innovative Mindstorms robotics series! They formed small teams and used their newfound programming skills to complete a set of challenges based around the EV3 robot. Students also had the chance to talk to the presenters about what they do at university, including finding out about some of the projects that students get to do at university.

This opportunity ties in very closely with the STEM programme that is offered here at Molong Central School.

STUDENT ABSENCE INFORMATION

Molong Central is preparing to use SMS and email as a form of communicating to parents information regarding student absences. It is hoped that this will continue to improve communication between parents and the school. Parents will be notified of any absences via either SMS or email, with SMS being the default option. This alert will provide information about the absence and allow parents to simply reply to the text to explain the absence. These messages will be sent out twice each week.

Parents and students are reminded that attendance every day, which the school is open for instruction, is a legal requirement and a major responsibility of parents/carers. Parents should NOT keep a child away from school for the following reasons, as they are not considered acceptable:

- **Birthdays**
- **Shopping**
- **Minding other children**
- **For routine check-ups or care such as haircuts**
- **Minor family events**
- **Medical and other health appointments with specialists such as dentists and doctors, should be made either before or after school, or during the school holidays**
- **Regular appointments (i.e. private swimming or music lessons during school time) which require students to leave school early**

After each absence, an explanation needs to be made to the school within two days. Information must clearly state the reason for the absence, giving an indication of the type of illness/justifiable reason for absence which prevented the student from being at school.

Exemptions can be sought in advance if parents are aware of an event, which may cause a period of absence such as:-

- **Elite sport**
- **Hospital based treatment**
- **Infectious illness.**

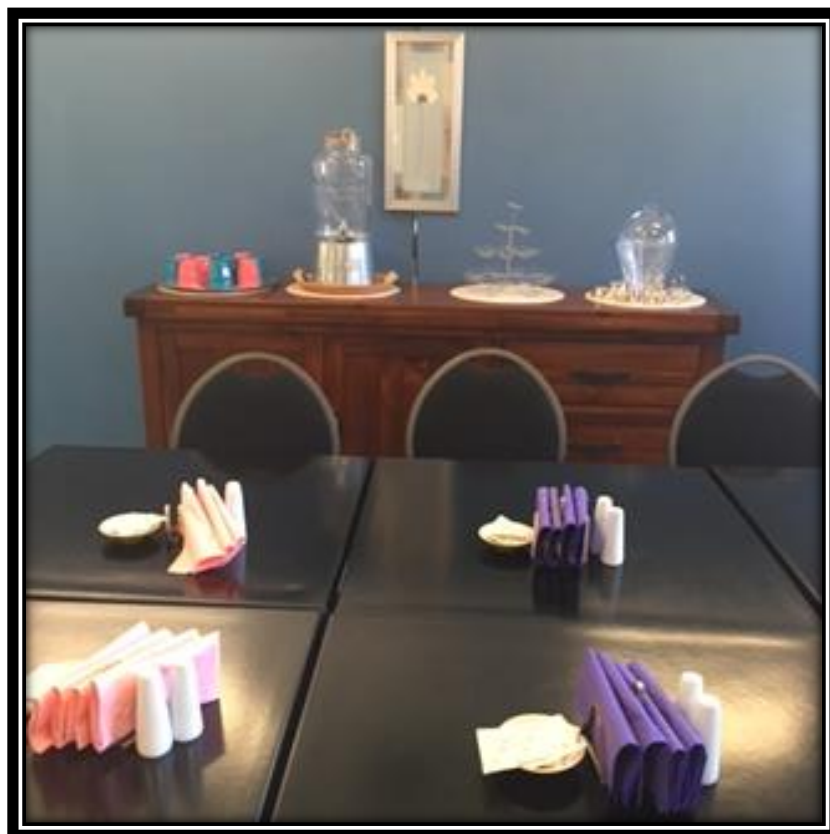
These exemptions need to be applied for in advance, or as soon as possible during the absences. This can be put into place with a phone call to the school.

HOSPITALITY HAPPENINGS

TAS – FOOD AND TEXTILE TECHNOLOGIES, CHILD STUDIES AND HOSPITALITY.

Over the July holidays, our A5 classroom has had an upgrade. We have installed more stainless benches, a segregated dining area for Food and Beverage and Food Technology students to practise their “Front of House” skills and made purchases of new cook and serving ware. Our Year 11 Hospitality students have commenced their “Food Service” unit, which involves preparing and presenting food to the staff of MCS, whilst our Year 12 students are compiling their 12 additional Service periods, which they have completed over the two years. The additional 60 hours, which is accompanied by folio documentation, is necessary to gain their Certificate II in Hospitality. Stage 5 Food Technology Year 10 students are completing their “Tucker Trucks” practical foods unit next week, whilst an extremely focussed Year 9 Food Technology class are exploring the “Food of Australia”. The Year 9 students are to be congratulated on their persuasive critique on the MKR episode, Tim and Kyle’s restaurant. Year 12 Textile and Design students are currently completing their Major Works, which comprise a practically constructed piece, accompanied by a folio. Their work will be showcased on our Facebook page by Week 5.

Mrs Lyn Corinth, Hospitality Teacher



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

In 10PDH we have been studying Road Safety and the current trends among young drivers. A large factor affecting drivers on roads is the impact of texting while driving. A recent study showed that while driving at 60km/h, you will drive blind for 33 metres if you check your phone. As part of a class experiment, we placed our mobile devices at the front of the room to see how many notifications (which are potential distractions) each student could receive. It was interesting to see that some students were not bothered by their phone, whereas others could not handle not being able to see who had been contacting them via social media in just a short time frame. Just remember as the slogan goes: Get your hand off it. Miss Stamatopoulos. PDHPE



HELPFUL STUDY TIPS

How can parents help during stressful assessment times?

The second semester often heralds blocks of examinations or assessments for students. Some students cope well with the pressure and stress while others find it overwhelming. Of course, the more prepared students are, the less stress they are likely to experience. Encourage students to start their preparation for examinations and assessments early, in particular their study notes. If your student has examination blocks this semester, these tips will help you provide the support they need.

1. Lifestyle makes a big difference to results: healthy eating, lots of water, lots of sleep, exercise and time for relaxation are essential. Make sure students are eating as healthily as possible. Provide healthy snacks and drinks and healthy meals. It is important that students look after their health during this period as stress can take a huge toll on the body. A nutritious diet and a bit of exercise not only help students think more effectively, but will help them deal with stress as well. Some students will try and sacrifice sleep during this time. Remind them that the last stage of memory takes place while they are sleeping.
2. Ask students what they need from you and what you can do. Offer to help with revision, or to go and buy any books or stationery needed. Be their personal assistant and help with exam timetables, preparation, lunches etc. Many students find it helpful if their parent tests them on the material they need to memorise.
3. Focus on a positive outlook and personal best: encourage students to be proud of their successes and what they achieve and constantly assure them that all you want is for them to do the best they can and walk away feeling proud of their efforts this year. Praise the effort they put into their study. Avoid criticism and negativity. Remember there are always multiple paths in life for your student to get to where they want to go.
4. Keep communication lines open. Listen. See if you can have a weekly meeting to give students a chance to talk through where they are with each subject and what is going on and if they are having any difficulties. Remember that you may be the convenient target for anger (that isn't really directed at you) but you also might be a good shoulder to cry on. Seek professional help if you feel your student is not coping.
5. If students are stressed or worried, first let them vent, then talk together about ways they could approach their issues. Who could they talk to at school about ways to improve or how to manage their stress? What outside resources do they have? What is it they feel most anxious about? Is there specific help they need? What can parents do to help?

You and your student can learn more about how to study effectively at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Username:

Password:

WHAT'S HAPPENING IN WOODWORK

On Friday 23rd of June a group of Year 8, 9, 10 and 12 students, accompanied by Mr. Sugden and Mr. Culverson, travelled to Sydney Showground to attend the Woodwork and Working with Timber Show. It was an early start, leaving at 6am, and we hadn't even made Orange before negotiations on where and when the first McDonalds stop would occur. We arrived at Sydney Showground at 10:30am and began our tour of the show to see what was on offer. There were various stands showcasing HSC major works, tool and crafting demonstrations, as well as timber and equipment wholesalers and so on. The students really seemed to enjoy the day and it was a great opportunity for them to see the scope and scale of what is available and what is achievable through their studies in Industrial Technology. After yet another McDonalds stop we arrived back in Molong around 6.30pm, all a little weary from the big day and a little shorter of hearing from all the karaoke on the way back. A great day had by all.



MOLONG CENTRAL SCHOOL AWARDS

SECONDARY MERIT AWARDS

MERIT

Lily Matthews
Jake Williams
Katelan Philpott
Caitlin Johansson
Amber Williamson
Lachlan Hobbs

PRIMARY CLUB 200

Club 100

Mia Saxelby	Lillian Ford
Thomas Harper	Tengis Meiklejohn
Cody Brown	Juliette Whyburn
Cassandra Clayton	Hunter Hobbs
Taylah Hobbs	William Kirby
Phoebe Lyons	Marli Mills
Danielle Phillips-Clarke	Coopah Mills
Dewk Mills	Zoe Strahorn
Francesca Mitchell	Priscilla Power
Naomi-Rae Power	Olivia Power
Alice Barnard	Ryland Gibbs
Winston Gibbs	Hannah Wilson
Emma Wilson	Bree Chown
Abbie Lyons	



MOLONG CENTRAL SCHOOL AWARDS

STUDENT OF THE WEEK – Week 10 T2

STUDENT OF THE WEEK – Week 9 T2

Class	Student
K Macaw	George Davis – For being a keen worker in the classroom.
K Quail	Memphis Hall – For improved behaviour in class.
1/2 Cassowary	Texas Lake – For being a positive and considerate class member.
1/2 Eagle	Nate Trapman – For excellent effort and initiative in art.
1/2 Lyrebird	Sonnie Gersbach – For improved application towards his reading.
3/4 Babbler	Micah Oliver – For writing high quality paragraphs.
3/4 Sunbird	Jake Gavin – For a great speech about Cherry Tomatoes.
3/4 Thornbill	Joseph Crisp – For greatly improved literacy results.
5/6 Magpie	Noah Lake – For being helpful and cheery whilst completing work.
5/6 Rooster	Aiden Keys – For an increased interest in his learning.
5/6 Toucan	Ella Ring – For being a kind, considerate and helpful student.
Library	No award this week.

STUDENT OF THE WEEK – Week 2 T3

Class	Student
K Macaw	Adelaide Swift – For an enthusiastic attitude to reading and writing activities.
K Quail	Natalie Fowler – For great work with vowels.
1/2 Cassowary	Lucas Harvey – For great participation in George's Marvellous Medicine literacy discussions.
1/2 Eagle	Evangeline Ellis – For being a positive role model and applying herself more to set tasks.
1/2 Lyrebird	Alby Fowler – For being a terrific help to Mrs Bradford.
3/4 Babbler	Abigail Oliver – For writing a fantastic procedure
3/4 Sunbird	Harrison Brazier – For your creative thinking during Rube Goldberg activities.
3/4 Thornbill	Olivia Howes – For always giving her best with all set tasks.
5/6 Magpie	Reeba Delaney – For being a determined and hardworking class member.
5/6 Rooster	Byron Milne – For applying himself to weekly spelling tasks.
5/6 Toucan	Brooklyn Treacy-Ley – For excellent effort in all areas.
Library	Tengis Meiklejohn – For following instructions closely to achieve pleasing results.

Class	Student
K Macaw	Axel Burgess – For great effort with all tasks.
K Quail	Chloe Aylward – For trying her best in addition.
1/2 Cassowary	Marlee Bunting – For fantastic effort in creative writing.
1/2 Eagle	Asher Oliver – For always having a positive attitude in class.
1/2 Lyrebird	Milly Olsson – For improved bookwork.
3/4 Babbler	Fergus Whittle – For writing well structured and informative paragraphs
3/4 Sunbird	Zac Karamina – For great listening and comprehension skills.
3/4 Thornbill	Eden Davy – For improved results in spelling.
5/6 Magpie	Blake Sheedy – For a well written explanation on incandescent light bulbs
5/6 Rooster	Carter Kirby – For working hard in spelling during this semester.
5/6 Toucan	Deysharna Kenney – For a conscientious effort in all areas.
Library	Zahra Ellis – For being a trustworthy and hardworking student.

Primary Awards

Bronze

Ayden Treacy-Drady
Tiare Adams
Preston Moorhouse

Silver

Evangeline Davy
Abigail Cundy
Joshua Petrie

Gold

Olivia Greenwood
Lillian Ford
Alby Fowler
Francesca Mitchell

Platinum

Naomi-Rae Power

Principal's Banner

Thomas Harper
Jacob Petrie
Kai Goff

Principal's Badge

Sophie Heath
Hayley Miller



Molong VS Perthville

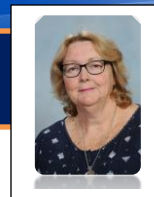
On July 24, the **Molong Primary Girls Hockey Team** played Perthville in Bathurst. The Perthville girls were quite taller than us, but this didn't throw us off. We were confident and ready to play. With **Charlotte Lapins** as Captain we were unstoppable, or so we thought. In the first half, Perthville scored 2 goals but we weren't phased. When it came to half time, we rethought our positions and how we were playing, so we could improve our game in the second half. We marked more and passed accurately, which then lead us to a goal scored by **Chelsi Duncan**. This lifted our spirits tremendously. Unfortunately though for us, Perthville then scored a 3rd goal. With 10 minutes left on the clock it was a tight game, with both sides having many close calls. The 10 minutes flew by and Perthville finished the game with a 3-1 win. We would like to thank all the parents for their transport and support. We would especially like to thank **Mrs Thornhill** for her huge effort and commitment in coaching us, we really appreciated it. The team consisted of **Laura Lapins, Charlotte Lapins, Taylah Hobbs, Sophie Heath, Demelza Lee, Emmison Shapland, Maggie Kirby, Ellie Olsson, Marley Vandervalde, Deysharna Kenney, Chelsi Duncan, Abbie Lyons, Paris Mills and Juliette Mills.**

David Peachey Shield Finals Gala Day

On Wednesday June 28, the **Primary Boys Rugby League Team** travelled to Dubbo to compete in the Finals of the **David Peachey Rugby League 7's Shield**. The boys qualified to play having won the Orange Gala Day early in Term 2. Surprisingly, it was a cold and very wet day in Dubbo; in fact it was the coldest winter's day they had had this winter and the only rain they had had for some weeks! This didn't deter the boys though, in fact they loved playing in the mud! Our first game was against St Matthews from Mudgee. This was a close game, but we finished the game in front at full time. The next game was against St Johns from Nyngan. We were try for try with St John's and unluckily for us we ran out of time at the final bell, losing by one try. Our final game was against Gulgong Public School. This was a relatively easy game compared to the previous two games, with Molong coming away winners at full time. It was great to see the team spirit in this game, with the boys ensuring everyone got into the thick of the play. Unfortunately though, with the loss to Nyngan, we were knocked out of finals contention. Just to note, Nyngan went on to win the Final convincingly! A special mention to both **Carter Kirby** and **Bailey Peshka**. **Carter** won the overall **Player of the Day** at the **Orange Gala Day** while **Bailey** won the **Player of the Day** for Molong Central at the **Dubbo Gala Day**. Many thanks to **Lenny Punch** who gave up many of his lunch breaks to coach the boys throughout Terms 1 and 2. Thanks also to our great band of parent supporters getting the boys to each of the Gala days.



FROM OUR LIBRARY



Week 3 Term 3

JUNIOR FICTION

Hot dog – by Anh Do (PRC title, Stage 2)

The owls of Blossom Wood series: Save the day – by Catherine Coe

Friday Barnes series: Big trouble (PRC title, Stage 4)

Do not open this book – by Andy Lee, illustrated by Heath McKenzie (PRC title, Stage 1)

Snail and Turtle series: Rainy days – by Stephen Michael King

SENIOR FICTION

Horizon - by Scott Westerfeld

Love song – by Sophia Bennett

It's not me, it's you – by Stephanie Kate Strohm

A million ways home – by Dianna Dorisi Winget

Pony club secrets series: Destiny and the wild horses – by Stacy Gregg

Hi Everyone,

On Wednesday 28th June students from Years 3 – 8 were lucky enough to meet and listen to stories of author, **Tristan Bancks**. He was extremely entertaining and there was a lot of laughter as he regaled us with his childhood antics. Students are now very keen to borrow his books from the Library collection. Last Wednesday some students in Years 9-12 joined me in the Library for a visit from Young Adult author, **Fleur Ferris**. Fleur has worked as a police officer and paramedic in Victoria. Through personal experiences, she has written novels which touch on issues related to social media and the precautions that teenagers must take to stay safe. She gave a very interesting and thought-provoking talk, which I am sure was shared with friends.

Scholastic Book Club catalogues for Issue 5 were distributed to students last week. Orders were due to the Library on Tuesday, but I will keep LOOP orders open until the end of the week. Congratulations to the following students who have now completed the Premier's Reading Challenge: **Hunter Hobbs (Yr 4); Alex Harvey & Alice Wilson (Yr 5); Chloe Brouff, Abigail Cundy & Danielle Phillips-Clarke (Yr 6) & Joe Spencer (Yr 8)**. Each year these students make a commitment to complete the Challenge & achieve their goal. Well done!

Mrs Hall



Fleur Ferris and Mercades Oste

CANTEEN NEWS AND ROSTER

CANTEEN 4/8/17 – 18/8/17

HELP IS DESPERATELY NEEDED ON THIS ROSTER. Please give one morning per month to the Canteen-that is all it takes. Ring the Canteen on 6366 9009 from 8.30am-1.45pm. If you can't work on your day just call me. Thank you, Tina McGovern, Canteen Manager.				4/8/17 1ST FRIDAY
				Lisa Burgess
7/8/17 1ST MONDAY	8/8/17 2ND TUESDAY	9/8/17 2ND WEDNESDAY	10/8/17 2ND THURSDAY	11/8/17 2ND FRIDAY
Help Needed	Belinda Mills	Help Needed	Helen Davis	Helen Davis
14/8/17 2ND MONDAY	15/8/17 3RD TUESDAY	16/8/17 3RD WEDNESDAY	17/8/17 3RD THURSDAY	18/8/17 3RD FRIDAY
Help Needed	Help Needed	Help Needed	Barbara Chown	Helen Davis

WEEKLY SPECIALS

**** Please note Specials are only available on the day indicated****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Chicken Wraps - (Chicken/cheese/ lettuce/ Mayo) \$3.00	Wraps: lettuce, carrot, tomato & grated cheese with the choice of chilli chicken tender, fresh chicken or ham. Hot or cold. Chilli sauce & mayo also available cold. Cold \$5.00 Hot \$5.50	Hamburgers: with lettuce, tomato, beetroot, cheese, lean meat pattie with BBQ/tomato sauce. \$5.50 Plus wedges with sauce \$4.00 with sour cream & chilli sauce, BBQ, tomato or chilli sauce available. \$4.60	Pizza: Ham/pineapple, cheese/bacon singles \$2.50	Chicken kebabs: mildly seasoned chicken pieces on skewers. Available with a side salad (see meal deals for pricing) or on its own. \$2.50(each)

DATES FOR YOUR DIARY

DATE	EVENT
4/8/17	VISUAL ARTS EXCURSION TO DUBBO – ART EXPRESS
8/8/17	ASPIRE PROGRAM – YEAR 9 STUDENTS
8/8/17	FUN FRIENDS PROGRAM – PRIMARY, WITH ALLISON TILLET
8/8/17	I CREATE MY LIFE PROGRAM – YRS 7-8 STUDENTS WITH JANE QUIGLEY
9/8/17	ASPIRE PROGRAM CONTINUES – YEAR 9 STUDENTS
10/8/17	LEGACY PUBLIC SPEAKING REGIONAL FINALS – AT MCS
10/8/17	PRIMARY SPELLING BEE
11/8/17	PHYSICS EXCURSION TO SYDNEY OBSERVATORY
14/8/17	TRIAL HSC EXAMINATIONS TAKE PLACE ALL WEEK
15/8/17	FUN FRIENDS PROGRAM – PRIMARY, WITH ALLISON TILLET
17/8/17	YEAR 10 AGRICULTURE & SHOW TEAM – EXCURSION DUBBO TAFE
17/8/17	PRIMARY DEBATING (JUNIOR & SENIOR) – MCS LIBRARY
17/8/17	PRIMARY ASSEMBLY – 2.10PM

SECONDARY ASSESSMENT TASKS

ASSESSMENT TASKS DUE

DATE	TASK DUE
14/8/17	Year 8 English – In class Poetry assessment - figurative devices
16/8/17	Year 11 Maths Extension 1 - In class test P2 (task 3-201)
18/8/17	Year 11 Maths – In class Assessment task P3/4 – all classes

BELL TIMES AND SCHOOL DETAILS

MONDAY, TUESDAY, THURSDAY & FRIDAY

Period 1	8.55am	9.45am
Period 2	9.45am	10.35am
Mond, Tues, Friday (D.E.A.R)	10.35am	10.50am
Thursday- Year Group Meetings	10.35am	10.50am
RECESS	10.50am	11.10am
Period 3	11.10am	12.05pm
Period 4	12.05pm	1.00pm
LUNCH 1	1.00pm	1.20pm
LUNCH 2	1.20pm	1.40pm
Period 5	1.40pm	2.30pm
Period 6	2.30pm	3.20pm

WEDNESDAY

Period 1	8.55am	9.55am
Period 2	9.55am	10.50am
RECESS	10.50am	11.10am
Period 3	11.10am	12.05pm
Period 4	12.05pm	1.00pm
LUNCH 1	1.00pm	1.20pm
LUNCH 2	1.20pm	1.40pm
Period 5	1.40pm	2.30pm
Period 6	2.30pm	3.20pm

FOR ALL SCHOOL CONTACTS – PHONE 6366 8224

Mrs Michelle Barrett – Principal

Mr Scott Taprell – Deputy Principal

Mrs Jane Backhouse – Deputy Principal, Primary

Mrs Kath Schaefer – Assistant Principal, Primary Stage 1

Mrs Sally Bale – Assistant Principal, Primary Stage 2

Mrs Jane Mutton – Assistant Principal, Primary Stage 3

Main Office – Phone: 6366 8224 Fax: 6366 8220

Email : molong-c.school@det.nsw.edu.au

Web address: www.molong-c.schools.nsw.edu.au

School Counsellors: Mr Paul Kelly & Mrs Liz Franks

Cabonne Youth Newsletter

CONTACT DETAILS

Katelyn Watts

63923243

Katelyn.watts@cabonne.nsw.gov.au

The more you take, the more you leave behind..

What am I?

What has many keys, but can't open a single door?

“Always trust in your own abilities. Even when you think you can't....**YOU CAN**”



What would you like to see published in these Youth Newsletters?

Is there something Council should be doing to benefit the Youth of Cabonne?

Have you got any ideas?

IDEA
Please contact me, if you have something to suggest or to put an advertisement for stuff that has happened in your school to show the wider community of Cabonne. We'd love

LOOKING FOR 'FUN ACTIVITIES' FOR THE WEEKENDS?

AQUATIC CENTRE—Orange

- Heated outdoor 50m, 9 lane pool
- Heated diving pool with diving boards and 10m tower,
- Indoor heated leisure pool with water features.
- Beach volleyball courts
- Basketball courts
- Kiosk and indoor café



Located Corner of Hill and Warrendine St, Orange

Open all year around

Mon-Fri—5:30am-7.30pm

Sat—5:30am-7:00pm

Sun—8:00am-7:00pm

Admission—

Adult—\$6.20 Child—\$4.40 Family—\$16.00



Taronga Western Plains Zoo—Dubbo

The Zoo features a 6km one way circuit, with animal exhibits and picnic grounds along the track. The Zoo offers push bike and cart hire at additional costs. Plenty of fun for the children with various play equipment's and many animals to see on the way.

Bring your lunch, or choose from many cafes.

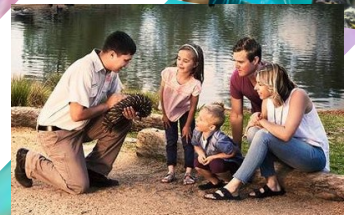
Opening hours:

9:00am-4:00pm everyday

Taronga Western Plains Zoo
Obley Road,
DUBBO, NSW 2830
AUSTRALIA
(02) 6881 1400
twpz@zoo.nsw.gov.au

	Gate Price	Online Price	Annual Pass	Online Annual Pass
Adults	\$47	\$42.30	\$110	\$99
Concession	\$36	\$32.40	\$88	\$79
Child* (4-15 Years)	\$26	\$23.40	FREE*	FREE*
Infant (Under 4)	FREE	FREE	FREE	FREE

TARONGA
CONSERVATION SOCIETY AUSTRALIA



YOUTH OF THE MONTH NOMINATIONS

Don't forget to fill out the 'Youth of the Month' forms and get them back to the school main office or back to the Council. It is a very rewarding award that looks great on your resume. By being awarded 'Youth of the Month' it gives you a chance to be named the 'Youth Ambassador' of the year.

Cabonne Council wishes to encourage nominations from school teachers, members of the community, sporting coaches, employees or friends

WEBSITES USEFUL FOR THE YOUTH

<http://au.reachout.com>—Mental Health

<http://www.headspace.org.au>—Mental Health Support

<http://www.kidshelp.com.au>—Phone and online support

<http://www.youthbeyondblue.com>—Info on Depression

<http://www.getthefacts.health.wa.gov.au>—Sexual Health

Healthy Foods Hard Word Search

S X X D L L Q T S B W N O Q B Q O E C S B Z C I B X P M S W
Z R D Y Q K O C T R P B A S N I C J E G R I R U Q X C E Q C
U B E H P M C B U O S K V V Y U I I I T O E A A M V L R O V
V K H B A H W L N W W Q Y C T O R U Z W C Z N W B P W R X T
N L L T M A N M L N S P Y T S R B K C V C I B F P Y T L N M
T R O B H U M J A R V P E R E G K X O E O W E A M Z E L K N
X E N Q X T C K W I E L I B B L Z M R D L C R K C Q X M Y N
S K S F W A H U Q C O Q E N T M H Q A H I M R X D X K W I J
G A G V N P S C C E V U M P A Z U V N D A A I Q U F J X A E
B I T Y S E T L G U L R E G U C N X G Q Q F E F R X U T M G
E J U T A P R L Z B Y S O N W X H U E O T X S I Q P B V Q G
A P K N G H A E W T E Y Q D L U S C S X J K C F A Y H L C S
N P A C O L R L B E V L Q B F B Q Q V L B E G M I I H E Z S
S M N A A L O B H U L L P Z Q V S W M D Q W N F B V A V Y N
C S M F L S E C Y S G Z Y Y X R Z A O Q E K T N Q Y Q O R I
T T W G A M H M I C P B I G E D P D M Q O B M O Q P C V R A
R K G E A X O E R I Q B X T K K X X V C G E Q D X O O B P R
V H O K Q O G N W E H J A I F T D Q L P G A N A H T R X E G
N S F Q F O I W D S T W D F E A M N V S N Z R K X A N U W E
O A T M E A L G F S S A L I X R O Y E S W Y K L Y T T P N L
X C S V L P E V L A W E W X M M O F Z T R V T R V O Y T Y O
O J P X I Q P E N F E Q C H L G Q U N O C V D Z W E T U C H
S B Q K E R Z A B L L J D A U W C L O R C E P S Q S Q D A W
E Q I E B M N O E B P G S R E C A C O R A I L X H R F A B L
U X X S A A L E M O N S T L H U S D V A S W C E W W Y P L A
W Y L I B N N M G X G N Q I Q Q B K U C K N D A R Y S G R F
C H I C K E N L Q G U D N R Y K O F X X X F U E L Y R E Y V
T P Y C H H G M Q Z B I N F I C O N H I X B B C Q Z A X Z O
P N K U V O N B M J V C O Z U T A P M U X S J U D N M Y O R
V P O F D L H M Z Z O H Y G O C I T B S Q T S A X N X E P G

ALMONDS
BEANS
BROWNRICE
CELERY
CORN
EGGS
OATMEAL
SALMON
TOMATOES
WATERMELON
ZUCCHINI

APPLES
BLUEBERRIES
CARROTS
CHEESE
CRANBERRIES
LEMONS
ORANGES
SPINACH
WALNUTS
WHOLEGRAINS

BANANAS
BROCCOLI
CASHEWS
CHICKEN
CUCUMBERS
LETTUCE
POTATOES
TOFU
WATER
YOGURT