



# MOLONG CENTRAL SCHOOL

*Providing Opportunities for Personal Achievement*

Issue 14 1<sup>st</sup> September 2017

## INSIDE OUR NEWSLETTER THIS WEEK

### FROM THE PRINCIPAL'S DESK



### SECONDARY NEWS



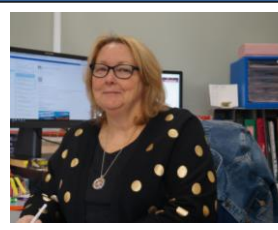
### STUDENT AWARDS



### PRIMARY NEWS



### FROM OUR LIBRARY



### CANTEEN ROSTER & UPDATES



### DATES FOR YOUR DIARY



### SCHOOL TIMES & CONTACTS



### OBSERVATORY VISIT



### BOWLS SUCCESS



### COMMUNITY NOTICE BOARD



### COMMUNITY NOTICE BOARD





## FROM THE PRINCIPAL'S DESK

### WELCOME TO OUR NEW EXCHANGE STUDENT

I was fortunate to greet **Eli Silman** at the Orange Airport last Thursday. As I was leaving for a Principals Professional Learning day in Sydney, his host parents Ben and Fiona Watts were greeting Eli. Eli is from a Town in Vermont called Fairfax. The population of Fairfax is approximately 4,000 and the town produces a variety of agricultural products. I met with Eli yesterday to see how he was settling in. Eli told me his previous school was a similar size and context and he was comfortable with how things were settling in. Eli supports a number of sporting teams including The New England Patriots who are a NFL team, the Bruins who are an Ice Hockey Team and The Boston Redsox, a baseball team. Student Exchange programs are an opportunity to share real life experiences and our students will benefit from having Eli in our environment.

To distract myself during the take-off of a flight I will often grab the magazine from the seat in front of me. Fortunately, I turned to a page that featured our Primary Student **Tengis Meiklejohn**. Tengis was photographed with Christopher Pidcock who is a cellist of the Sydney Symphony Orchestra. Tengis as many of people in our community already know, plays the Morin Khuur, a Mongolian stringed instrument with a similar range to the cello and has decided to take up the cello as a second instrument. I look forward to finding out more about Tengis's efforts at learning the Cello. Tengis's experience highlights how fortunate we are to be part of a small community that has access to amazing cultural and sporting programs. To read his story please follow the following link:

[https://issuu.com/edgeinflight/docs/rex\\_inflight\\_augsep17](https://issuu.com/edgeinflight/docs/rex_inflight_augsep17).

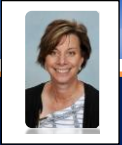


Exchange Student, Eli Silman



Tengis Meiklejohn





## FROM THE PRINCIPAL'S DESK

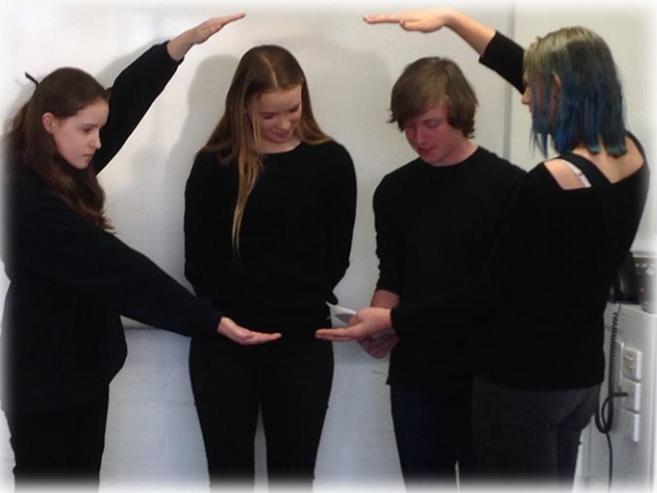
### ENRICHMENT OPPORTUNITIES CONTINUE AT MOLONG CENTRAL SCHOOL

The Agricultural Show team and the Tournament of the Minds teams are just two examples of enrichment programs offered at Molong Central School. Students spend much of their own time working with dedicated staff to prepare for these types of experiences. It is often through these experiences that students find a future career opportunity or develop a lifelong passion. These opportunities only occur because of dedicated staff who are willing to support students. I would like to thank our teachers **Ms Sally Pokoney, Mr Chris Ruming** and **Ms Claire Pottie** who have been preparing our students for many weeks in the lead up to the events. Please see more details of the Show Team's experiences on the following pages and pictures from the Tournament of the Minds (Secondary) below.

### YEAR 12 MAJOR WORKS SUBMITTED

Last week, Textiles and Design major works were submitted to the Board of Studies and this week Visual Art will be submitted. Design and Technology will be marked on site. The submission of these major works are a culmination of many hours of toil and perseverance from students, under the expert guidance of our talented staff who have worked on weekends. Thank you to **Mr Culverson, Mrs Corinth** and **Mrs Ryan** for your guidance and support of our students. Good luck to all students who have completed their major works.

**Mrs Michelle Barrett,**  
**Principal**





## YR 10 & YR 11 VISIT PARKES OBSERVATORY

In week two of this term, nineteen students from the Year 10 Science and Year 11 Physics classes attended an excursion to **Parkes Observatory**. After exploring the whispering dishes there, the session started with the students watching some short 3D movies in the observatory's high-definition 3D theatre. Students then had the opportunity to listen to John, a space scientist based at Parkes, who explained the main work that is being performed in the Observatory. He also informed us about an important project this observatory has undertaken with other countries, on behalf of Australia, where the observatory will collect data for next five years to look for any sign of life in our galaxy and other parts of this vast universe. John mentioned that a delay in starting our tour was due to the visit of some important delegates in the morning from The American Astronomy to discuss the project with the Parkes staff who will be involved. The last part of the excursion was a scavenger hunt from the AstroKids activity booklet which included scavenger hunt map and clues, puzzles and quizzes. After having lunch in Parkes, at 3pm we returned back to school.







## YR 10 & YR 11 VISIT SYDNEY OBSERVATORY

On the 11th of August, Year 11 Physics students, Matt and Jacob accompanied me on an excursion to the famous Sydney Observatory. We had a very busy day, starting early in the morning from Molong to get to Sydney and then spending a very important quality session with Geoff and Rughda in the observatory, before returning to Molong at 10.30pm. The excursion was thoroughly enjoyed by the students as it was an informative and practical learning experience. Geoff showed us how technology has advanced to allow us to have a deeper understanding of the stars and the wider universe. We were then accompanied by Rughda, a young, talented Astrophysics researcher, who walked us through some important concepts of Space and Cosmic Engine, very relevant to the concepts studied in Physics. Students had ample opportunity to ask questions and consolidate their understanding. Rughda then took us to visit the Telescope and 3D planetarium. We thoroughly enjoyed the advanced technology available in the Sydney Observatory and look forward to further opportunities to go to Sydney Observatory again next year.

**Mrs Deb Chaudhuri , Science teacher**

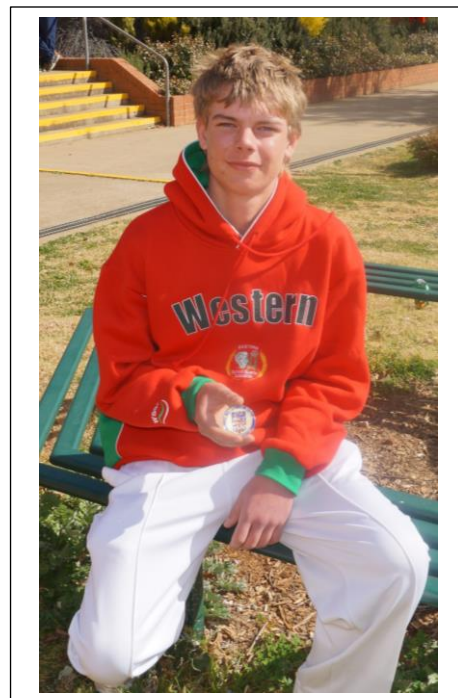


# CHS LAWN BOWLS 2017



Last week I travelled to Orange on Tuesday, Wednesday and Thursday to compete in the 2017 Combined High Schools Lawn Bowls Competition. There were about 80 kids from schools across the State, from areas such as South Coast, Sydney West, Sydney North, North West, Sydney East, Sydney South West, Riverina, North Coast and Hunter. Two teams of four players, from Kandos, Molong, Blayney, Dubbo, Nyngan, Orange and Peak Hill made up the Western Team. Our first game was against North West, we came out on top 26-14, we won game two 40-12 against Sydney North, and won game three 27-15 against Sydney East. The final game for the day was a trial game so it was a win anyway. There were two pools in the comp and we were in pool B. We never lost a game and won our pool, so that put us straight into the Semi-finals and Finals on the Thursday. We came out on top of Sydney West 32-24 and then we vs South Coast which was a very strong side in the finals. We had a very big victory 39-15. The Finals were played on Thursday and our team won overall, taking out the State title by a 24 shot win. The skip of my team Tyron Pennell from Kandos High was named Player of the Tournament. Four of my teammates were part of the 15 players selected to play in the NSWCHS side at Port Macquarie next month.

**Leigh Brown, Year 10 student.**



## NSW BOWLS JUNIOR INTER-ZONE 7 -A - SIDE

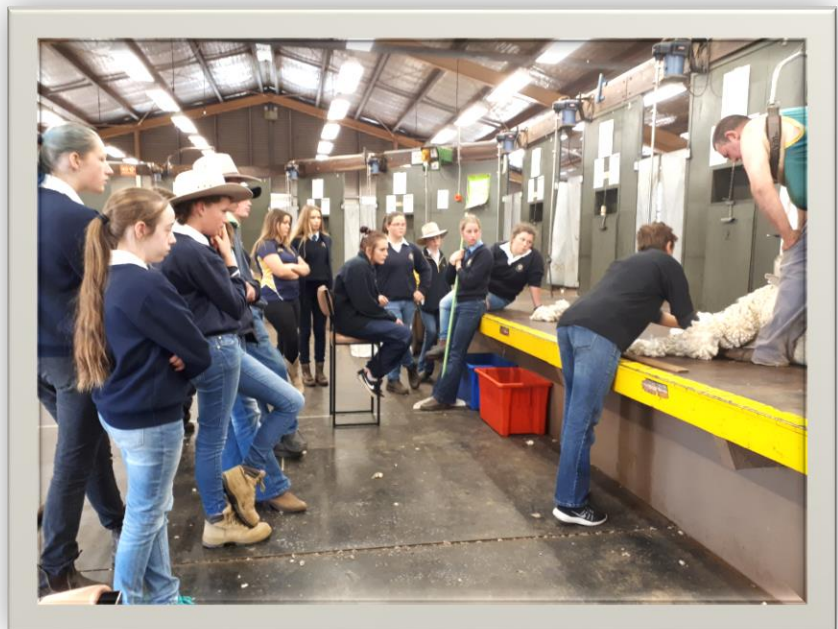
On the weekend of 19-20 August, 120 junior bowlers from across NSW played in the 2017 Junior Inter-Zone 7-A-Side Competition at West Dubbo Bowling Club. The South Sydney West team (Zone 12) came away with the overall team trophy, winning the shield. The two Zone 4 teams (local western region players) finished fourth and fifth overall. The Zone 4 Green Pairs team of **Tyron Pennell** (Rylstone Bowling Club) and **Leigh Brown** (Molong Bowling Club) won the **silver medal** in the Pairs event. Round 1 - 25-12, Round 2 - 22-8, Round 3 - 18-18 draw, Semi Finals - 28-5 Zone 4 Grey & Finals - 15-19 Zone 10.





## DUBBO TAFE WOOL CLASSING

The Agricultural show team and members of the Year 10 Agriculture class visited TAFE Western for an educational day on wool. Students were treated to a day of hands on activities lead by the TAFE wool classing instructor Kerri Capill. The group learnt about different breeds of sheep and the specific characteristics of their wool by looking at a range of samples. They also did an activity to look at the different contaminants in wool and discussed how they affect processing. After lunch the students were treated to a shearing demonstration where they learnt how to pick up a fleece, throw it and skirt. It was wonderful to see students working together and sharing their knowledge to assist others throughout the activities. All students had a great time and learnt something new about wool and its importance in our region.





# DUBBO MERINO WETHER CHALLENGE



The Agricultural show team took two teams of three Merino wethers to Dubbo showgrounds to compete in the schools competition. The students have grown the sheep since late February on donated pellets from MSM milling in Manildra and trained them to walk on leads.

On the first day of the show, the sheep were evaluated on their value to a farmer over 5 years and then shorn in order to assess their wool and meat value. The students assisted in the shearing process by separating the bellies and pieces, collecting the fleeces into bags and weighing the fleeces. To evaluate the meat value the sheep were scanned across the back for fat and eye muscle depth.

On the second day, the sheep were placed in the ring again and a judge assessed them for meat quality and dressing. In this competition, Alyssa's sheep "Sugar" won 5<sup>th</sup> place. At the end of the day the values for each separate section of the competition were added together to give the sheep teams an overall dollar value. Our teams were awarded 36<sup>th</sup> (\$944.52) and 4<sup>th</sup> (\$1,070.31) place overall out of around 80 teams entered.

They were a great 2 days of competition enjoyed by all and it was a fantastic end to a lot of hard work from the students. Molong Central School is improving every year and we look forward to the next competition. We would like to thank Mrs Yelland and Mr Pottie for helping to transport the team across to Dubbo as well as MSM Milling for kindly donating feed for our animals.

**Miss Sally Pokoney, AgricultureTeacher**





# DUBBO MERINO WETHER CHALLENGE PHOTOS



# MOLONG CENTRAL SCHOOL AWARDS

## SECONDARY MERIT AWARDS

### MERIT

Caitlyn WATTS  
Angel MASCORD  
Drew JOHNSTON  
Gabrielle DOWLER  
Sarah HOBBS  
Mercades OSTE  
Jobe RING  
Taylor GANDER  
Sharna CAMPBELL

### SILVER

Caitlyn WATTS  
Mercades OSTE

## PRIMARY AWARDS

### STUDENT OF THE WEEK – Week 5 T3

Class	Student
K Yellow	Charlie Burrows – For being a cheerful, enthusiastic class member.
K Orange	Flint Althaus – For great improvement in reading.
1/2 Pink	Benjamin Brazier – For showing wonderful enthusiasm towards our class performance.
1/2 Gold	Connor Riches – For excellent work in Maths.
1/2 Blue	Nathaniel Hodder – For working hard to develop a better understanding of reading.
3/4 Lime	Lukai Martin – for always doing his best work.
3/4 White	Amelia Thurtell – For working well in reading activities.
3/4 Aqua	Emma Wilson – For a fantastic effort to improve in all areas of literacy.
5/6 Red	Emily Pearson – For working well in small group activities.
5/6 Silver	Chelci Hanrahan – For excellent artwork of a natural environment.
5/6 Purple	Nathan Wilson – For an excellent effort in all areas.
Library	Mackenzie Mitchell – For being a very settled and hard working student.

### STUDENT OF THE WEEK – Week 6 T3

Class	Student
K Yellow	Amelia Sullivan – For super sentence writing.
K Orange	Noah Szulik – For wonderful improvement in reading.
1/2 Pink	Lucas Harvey – For applying himself in Maths.
1/2 Gold	Kora-Rose Smyth – For steady improvement with reading.
1/2 Blue	Nicholas Bloomfield – For working hard on his reading.
3/4 Lime	Tiare Adams – For applying herself even when sick.
3/4 White	Juliette Mills – For her participation in class activities.
3/4 Aqua	Hunter Hobbs – For delivering a fantastic well prepared speech.
5/6 Red	Harrison Hill – For great participation in literacy discussions.
5/6 Silver	Hannah Burgess – For outstanding effort in all areas.
5/6 Purple	Declan John – For consistently achieving excellent spelling results.
Library	Jamaine Trapman – For being a responsible member of our school library community.



## MOLONG CENTRAL SCHOOL AWARDS



PRIMARY CLUB 200			
Club 100		Club 150	
Charlotte McDouall	Fergus Whittle	Alice Wilson	Ashton DeGabriel
Chloe Anne Aylward	Minnie Whittle	Layne Mills	Thomas Harper
Evan Murdoch	Jack Greenwood	Paris Mills	Taylah Hobbs
Ellie Olsson	Milly Olsson	Lillian Ford	Hunter Hobbs
Olivia Greenwood	Maggie Kirby	Zahra Ellis	Tengis Meiklejohn
Hunter Chown		Danielle Phillips-Clarke	

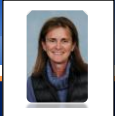
Charlotte McDouall  
Chloe Anne Aylward  
Evan Murdoch  
Ellie Olsson  
Olivia Greenwood  
Hunter Chown

Fergus Whittle  
Minnie Whittle  
Jack Greenwood  
Milly Olsson  
Maggie Kirby

Alice Wilson	Ashton DeGabriel
Layne Mills	Thomas Harper
Paris Mills	Taylah Hobbs
Lillian Ford	Hunter Hobbs
Zahra Ellis	Tengis Meiklejohn
Danielle Phillips-Clarke	

Ashton DeGabriel  
Thomas Harper  
Taylah Hobbs  
Hunter Hobbs  
Tengis Meiklejohn





## A WEEK WITH 5/6 RED

Over the last 3 weeks we have enjoyed having **Miss Aylward** join us in our classroom. Miss Aylward is a first year Teaching student from the University of New England. Thanks for being a part of our class Miss Aylward and good luck with your future teaching career!

In Literacy this term we have been studying the text 'Onion Tears' by Dianna Kidd. Here are some 66 word summaries of this wonderful story about a young refugee girl from Vietnam.

*Nam Huong is a girl who is a refugee from Vietnam who came to Australia because of war. Nam has a little canary that she writes messages to. Nam's name means fragrant breeze of the south and she writes to lots of different animals like a duck and a buffalo. Onion Tears is about a family that was split apart by war. **By Will Thomas***

*Although I already knew about Refugees I learned some new information about refugees coming to Australia from other countries. I learned that the names in other countries are very different. I also discovered that the food from other countries is very different too. Another fact I learned is in the process of moving to a different country families get split up. However, the most important thing I learned was that people run out of food and water and sometimes pass away in the boat on the way to the other countries. **A summary frame by Lacey Brown***

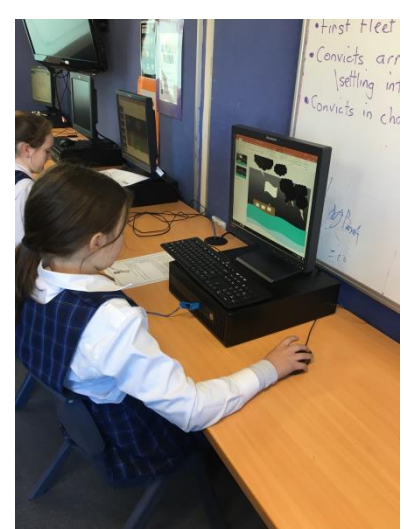


We have also been doing some Cinquain poetry about Onion Tears.

Homeless  
scared, thirsty,  
cold, sleepy, hungry,  
waiting for her family  
Refugee  
**By Noah Lake**

Refugee  
scared, frightened  
yelling, depressed, escaping,  
left her home country  
Nam Huong  
**by Max Yelland**

In computers, we have been using PowerPoint to create animated stories. This week we added music to go with our 'Storm' stories.





# TOURNAMENT OF THE MINDS



On Sunday 27<sup>th</sup> of August three teams consisting of 12 Primary students and 7 Secondary students went to Charles Sturt University Bathurst to perform in a competition called Tournament of Minds (TOM).

TOM is a problem solving competition where each team is given a highly complicated challenge and given six weeks to solve it. Not only do they have to solve the challenge criteria, but they have to present their solution as a dramatic performance. Teams also receive a new challenge on the day which they have no preparation for, and were judged on the way they solved it using teamwork and creativity. The team rules are strict, and substitutes cannot be made once teams are submitted. Unfortunately, two students were unable to attend on the day, but were still a great support for their team in the lead up.



There are 4 divisions, each with their own challenge. One of the primary teams and the secondary team chose Engineering Mathematics, which involved them creating a lottery machine, which would draw out numbers to determine which of a million people would go to Mars. However, their machine needed to have a component, which would allow the machine to cheat to select or favour three particular numbers.

In their presentation they had to show the machine working, while also discussing reasons why it needed to be rigged and how easily it could be detected.

The other Primary team chose Social Sciences, which involved them selecting two countries to join together on a new artificial island for purposes of over-population and sustainability. They had to present reasons why their two countries were chosen, then combine features from both cultures, discuss how successfully they could live and work together and create a new flag.

The students involved have been working hard, sacrificing their lunchtime, focusing on problem solving and overcoming difficulties within group dynamics. After more than six weeks of team building, problem solving, building up from failures, a few tears and moments of triumphs, which pushed them onwards, they have now finally finished.

As a result of their efforts, all of the teams received very positive feedback, and some ideas to help improve their results in future years. Our Primary Engineering Mathematics team received honours in their division out of eight competing teams from around Western NSW. For the first year we have been a part of this challenge, these are very pleasing results.

Thank you to all of the students involved for their efforts and enthusiasm during the challenge, it was pleasing to see how much you enjoyed yourselves on the day. Thank you to the parents for supporting the children, driving them to Bathurst on the day and encouraging them throughout the challenge.



Christopher Ruming  
Primary TOM team Facilitator

Claire Pottie  
Secondary TOM team Facilitator



## FROM OUR LIBRARY

### Week 7 Term 3

#### CBCA Early Childhood Shortlist

*Go Home, Cheeky Animals!* – by Johanna Bell, illustrated by Dion Beasley

*All I Want for Christmas is Rain* – by Cori Brooke, illustrated by Megan Forward

*The Snow Wombat* – by Susannah Chambers, illustrated by Mark Jackson

*Nannie Loves* – by Kylie Dunstan

*Chip* – by Kylie Howarth

*Gary* – by Leila Rudge

#### CBCA Picture Books Shortlist

*One Photo* – Illustrated by Liz Anelli, text by Ross Watkins

*Mechanica* – by Lance Balchin

*Home in the Rain* – by Bob Graham

*My Brother* – Illustrated by Oliver Huxley, text by Dee & Tiffany Huxley

*The Patchwork Bike* – Illustrated by Van T Rudd, text by Maxine Beneba Clarke

*Out* – Illustrated by Owen Swan, text by Angela May George



Hi Everyone,

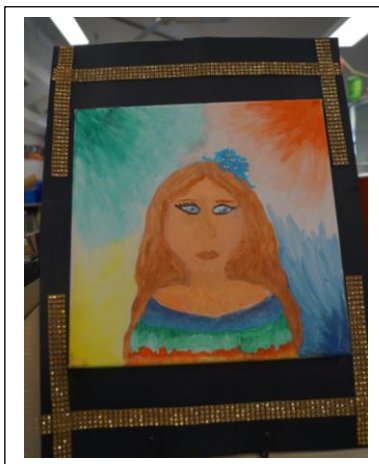
The Premier's Reading Challenge has now come to an end for 2017. There has been a lot of reading going on over the past few weeks by students keen to complete their personal records. Congratulations to the following students who have now completed the Premier's Reading Challenge: **Lochie Bohringer, Jack Greenwood, Abbie Lyons, Darcy Hill, Harrison Hill, Laura Lapins, Charlotte Lapins, Carl Lingat, Ethan Lingat, Juliette Mills, Paris Mills, Imogen Nancarrow, William Nancarrow, Ellie Olsson, Juliette Whyburn, Jamaine Trapman, Coopah Mills, Dewk Mills, Olivia Power, Adam Spencer, Angus Day, Mary Johnson, Stella Johnson, Ella Ring, Leoni Wilson, Nathan Wilson.**

Last week students in the Primary celebrated Book Week for 2017. The theme was 'Escape to Everywhere'. We have had some wonderful entries for the competitions. We certainly have some very talented students in our school. Judging will take place this week and the winners will be published in the next newsletter. All items are now on display in the Library and I invite you to call in and have a look when you're at school next.

Unfortunately this week I have had several **new** books returned by students that have been wet. Although these books have been dried there has been damage done. I realise that accidents happen but in future students may receive a request to pay for the replacement of these titles. Could I please ask that Library books not be placed in bags near drink bottles?

Hope your week includes a book that allows you to 'escape to everywhere'!

**Mrs Hall**

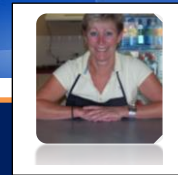






# SOME OF OUR BOOK WEEK ENTRIES





# CANTEEN NEWS AND ROSTER

CANTEEN 1/9/17 – 15/9/17

<b>HELP IS DESPERATELY NEEDED ON THIS ROSTER.</b> 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, <b>Tina McGovern</b> , Canteen Manager.				<b>1/9/17</b> <b>1<sup>ST</sup> FRIDAY</b>
				<b>Lisa Burgess</b>
<b>4/9/17</b> <b>1<sup>ST</sup> MONDAY</b>	<b>5/9/17</b> <b>1<sup>ST</sup> TUESDAY</b>	<b>6/9/17</b> <b>1<sup>ST</sup> WEDNESDAY</b>	<b>7/9/17</b> <b>1<sup>ST</sup> THURSDAY</b>	<b>8/9/17</b> <b>2<sup>ND</sup> FRIDAY</b>
Help Needed	Help Needed	Help Needed	Help Needed	Helen Davis
<b>11/9/17</b> <b>2<sup>ND</sup> MONDAY</b>	<b>12/9/17</b> <b>2<sup>ND</sup> TUESDAY</b>	<b>13/9/17</b> <b>2<sup>ND</sup> WEDNESDAY</b>	<b>14/9/17</b> <b>2<sup>ND</sup> THURSDAY</b>	<b>15/09/17</b> <b>3<sup>RD</sup> FRIDAY</b>
Help Needed	Belinda Mills	Help Needed	Helen Davis	Helen Davis

## WEEKLY SPECIALS

Please note specials are only available on the days indicated

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

### NEW!! FANTASTIC FRIDAY SPECIALS

Something special available every Friday, prices may vary.

Available by order only, no over the counter purchases.

(Please be aware these dishes may contain eggs)

**1.9.17 Spaghetti Bolognese & garlic bread - \$5.00**

**8.9.17 – No special available on this day**



# COMMUNITY NOTICE BOARD

DATE	EVENT
4-8/9/17	LMBR system changeover – no payments can be processed during this week
5/9/17	Fun Friends Program with Allison Tillet & Primary Students
7/9/17	Ready Set Go Program begins in Primary
11-15/9/17	Year 11 Final Examinations – All week
12/9/17	Fun Friends Program with Allison Tillet & Primary Students
13/9/17	Kindergarten Orientation 9-11am in Library
14/9/17	Ready Set Go Program - Primary
18/9/17	Year 7 HPV 2 <sup>nd</sup> Dose & Varicella Immunizations in the Hall
19/9/17	Fun Friends Program with Allison Tillet & Primary Students
20/9/17	Parent Information Night 6-7.30pm in Library for All stage 3 students and Primary Feeder schools
21/9/17	Year 12 Graduation Assembly 9.30am in Hall
21/8/17	Ready Set Go Program - Primary

## ASSESSMENT TASKS DUE

DATE	TASK DUE
1/9/17	Year 11 PDHPE – Assessment Task 3 due
5/9/17	Year 11 Standard English – Assessment task due
6/9/17	Year 9 Geography – Skills Assessment Task due
7/9/17	Year 7 Geography – In class Assessment Examination
8/9/17	Year 10 English – Novel Speech Assessment Task – in class
11/9/17	Year 9 English – Creative Writing to be handed in
15/9/17	Year 9 Commerce – Investing Presentation Assessments due

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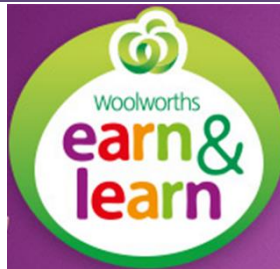
*Foster Care Week is an annual event that aims to celebrate and acknowledge the work of Foster Carers in NSW and also raise awareness of the need for the recruitment of more foster carers. As part of foster care week, Western NSW Out of Home Care Agencies are holding a picnic and activities event on Saturday 16 September 2017 at the Molong Recreation Park from 11:00am – 2:00pm. If you want to attend to find out more about Foster care and join in a BBQ and fun activities please RSVP to Louise on 0429 998 506 by 11 September 2017.*



### On - line Music Lessons

If you are interested in participating in DAB (Digital Application Based) – Music Lessons. Gerard Noonan will be holding lessons at 1.15pm on Tuesdays, commencing in Term 4, in the Hall Kitchen.

Please contact Gerard On 0408 622 819 for further information.



### WOOLWORTHS EARN & LEARN STICKERS

After the success of last year's campaign, MCS will again be participating in the Earn & Learn program run by Woolworths Supermarkets.

A green box (with a Molong Central School label attached) is located at both Orange Supermarkets for you to deposit your stickers, or you may prefer to drop them to either the Main Office or Primary Office.

Many thanks to all parents who are participating.



# Celebrate, Support & Encourage Women's Health



**Inspiring and Supporting Women locally of all ages**

**You're invited to attend a special get together to enjoy a little pampering and useful time out.**

**Heba from Downtown Fitness, Bank St, Molong will be hosting the event**

**7<sup>th</sup> September,  
12.00-2.00pm**



**DOWNTOWN FITNESS**  
YOUR HEALTH IS OUR BUSINESS

**Light refreshments will be available - Lucky door prizes**

**Enjoy hand massages, learn some gi gong or try some roller exercises that aid myofascial release, tempt your taste buds with a range of herbal teas and explore the health benefits of essential oils or just gather useful health information for yourself and loved ones.**

**Cost \$10.00 with proceeds going to Hospital Auxillary.**

**Please RSVP by the 4<sup>th</sup> September to Cheryn Johnson on 63923410**

**Molong Massage  
& Therapies**

**HealthOne**  
MOLONG

28 August 2017

To the Principal

**Your Health Link National Photographic Competition  
Panorama: Healthy Life | Healthy You**

We all have a shared vision to see our children grow up to be healthy and happy adults with positive opportunities for their future.

Teaching children about the importance of a healthy lifestyle is vitally important. By working together, we have a unique opportunity to engage students in new and exciting ways to encourage them to talk about good health and what it means to them.

That's why Mid North Coast Local Health District (MNCLHD) has launched the 2<sup>nd</sup> National Photographic competition, to get the community thinking and talking about health.

The Your Health Link National Photographic Competition is designed to increase health literacy among Australian school children and schools, and to link young people with great websites where they can learn about good health. It will also promote and support the provision of healthy food environments at school.

The competition includes two categories for Primary School and High School students, entry is free.

We seek your assistance in encouraging your students to grab their mobile phone, tablet or trusty camera to capture images that promote healthy living as entry is free for students.

The prestigious event, offering \$45,000 in prizes, complements the National Healthy School Canteen (NHSC) guidelines and our state and territory governments' approach to promoting healthy food and drinks at schools.

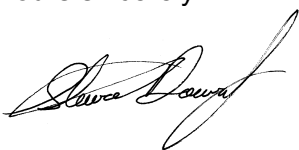
Healthy canteens are integral to supporting good nutrition and healthy choices at school. National, state and territory guidelines for school canteens provide a Government-endorsed approach to assist schools with identifying healthier food and drink options to offer for sale in their canteens.

The Mid North Coast Local Health District and our Competition Partners support these guidelines by providing awards to individual student photographers as well as their school to support their healthy school canteen programs or similar initiatives.

The photographic competition, which will culminate in an exhibition at The Glasshouse in Port Macquarie on 17 November 2017, will engage art galleries, community and state organisations through a health literacy partnership and sponsor program.

To find out more about the competition and how it can help support healthy food options for children and schools, visit our website <https://www.yourhealthlinkphotocomp.com.au/>

Yours sincerely



**Stewart Dowrick  
Chief Executive**



———— Your Health Link ————

# National Photographic Competition

## PANORAMA: HEALTHY LIFE HEALTHY YOU

**\$45,000**  
IN PRIZES  
TO BE WON

Competition closes  
8 October 2017

[www.yourhealthlinkphotocomp.com.au](http://www.yourhealthlinkphotocomp.com.au)

Primary and high school students are encouraged to get ready to grab their trusty camera, mobile phones or tablet and capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with \$13,000 in prizes to support healthy school canteen programs.



Health  
Mid North Coast  
Local Health District



### Competition Partners



HOLIDAYCOAST  
credit union



Health



**PRIME7**

ReadSpeaker  
THE POWER OF SPEECH



helloworld  
BUSINESS TRAVEL  
NEWCASTLE

oneview



**FLETCHERS** PHOTOGRAPHICS

**Hertz**



Mid Coast Printing  
COMMERCIAL PRINTERS



**Harvey Norman**

# Disability and Community Expo

*This free community mini expo is specifically designed to deliver information and advice to high school students and others with a disability, about the types of support services and programs available when they finish school or later in life.*



**Come and meet services that could assist and support you or someone you may know in achieving their future goals and dreams.**



A range of disability and community services will be represented at this event including:

LiveBetter  
Life Without Barriers  
Centrelink  
TAFE  
Disability Advocacy Central West  
Challenge Community Services  
Mercy Connect  
Wangarang  
Job Centre Australia  
and others

For more information head to:



[www.facebook.com/NDCOwesternnsw](http://www.facebook.com/NDCOwesternnsw)

**Date:** Monday 11th September 2017

**Time:** 4:00pm – 6:00pm

**Where:** TAFE Orange  
March Street Campus

Winhanganah Centre  
(facing Sale Street)



For more information contact:

Kris Lear

Amy Hindmarsh

National Disability Coordination Officer  
0458489597

Support Teacher Transition  
63624563



National Disability Coordination Officer Programme  
AN AUSTRALIAN GOVERNMENT INITIATIVE



Education



**Want to know more how to keep your children safe online? READ ON!!**

## **SOS Coming to Molong**

Facebook, Twitter, Google+, YouTube, Pinterest, LinkedIn and other social networks have become an integral part of our online lives. Social networks are a great way to stay connected with others, however can also cause a fair bit of angst in both adult and adolescent lives. It is vital that, as a school, we stay up to date with what is happening in the online world and recognise that there are many parents and carers that have questions and possible concerns about what their children are up to and more importantly give them the tools to keep them safe online.

Molong Central School is committed to ensuring the safety of students as well as providing information for the wider community. We are welcoming Safe on Social Media (SOS) to the school on **Thursday 14<sup>th</sup> September** *for both a student presentation during the day and a parent/community presentation after hours* (time to be confirmed).

### **Student Presentation**

Drawing upon years of social media issues management, SOS student presentations (grades 3-12) teach students about the main elements of social media safety and welfare. Topics including are:

- Using social media with awareness
- Information permanence
- Managing your digital footprint
- Stranger danger is on digital steroids
- Posting and sharing photos
- Managing your digital footprint
- Sexting and the legal consequences of producing and sharing child pornography
- Respecting others online
- Safe social networking
- Cyber-bullying
- Privacy settings
- What your posts may say about you
- Identity theft
- Age restrictions and why they should be respected
- Legal responsibilities
- Gaming network dangers
- Popular apps and their specific risks (SnapChat, Musical.ly, Yellow, Facebook, Instagram, YouTube, Gaming, SMS, Facebook Messenger, Omegle and others)

### **Parent/Community Presentation**

Based on the above topics but focussed for an 18+ audience. The presentations do not focus on doom and gloom but are engaging and empowering so that you will leave the session with real world examples and strategies to help your children to stay safe when using social media.

**For more information please contact Mrs Jane Quigley at the school and...**

**SAVE THE DATE!**

**KANDOOZ**



# **"Softball – A Game For All" For Players With a Disability**

**HAVE SOME FUN & MAKE NEW FRIENDS !!!**

Modified to suit all abilities – wheelchair friendly (10+ years)

**\$45 per person – 14<sup>th</sup> October 2017 – March 2018**

**Sir Jack Brabham Park, Orange every Saturday at 11am**

**CARERS & PARENTS ARE ENCOURAGED TO PARTICIPATE & HELP OUT EACH WEEK**



Registrations are through Sport & Recreation Office, Monday – Friday between 8.30am-4.30pm

76 McNamara Street, Orange CASH or CHEQUE only

***Cheques to be made out to: Orange & District Softball Association***

Program includes skill development, equipment use and team uniform

For more information contact: Cathy Gutterson – 0407 450 260

**REGISTRATION TO BE SUBMITTED BY 29<sup>th</sup> September**





# SOFTBALL Registration & COME AND TRY DAY

**If you have never played softball before or haven't played for a long time this is your opportunity to come and see if you enjoy it with no cost or commitment to register**

**WHEN:** Saturday 23 September 2017

**WHERE:** Sir Jack Brabham Oval, Orange

TeeBall	Ages 5-10	9 am
Modball & U15's		10 am
Youth (U19) & Mixed Senior		11 am
Kandooz Disability Program		11 am
Competitive Adults (Opens)		11 am

**COST:** NIL and a free sausage sizzle will be available for all participants

**For more information please contact:**

**Geoff 0412 785 656**

**Jacquie 0407 934 471**

**Kelli 0447 224 813**

**Cathy 0407 450 260**



# SOFTBALL

## *Bletchington Softball Club*

Mini Golf, bowls, and a **FREE** sausage sizzle!

### **REGISTRATION NOW OPEN**

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**Are you ready for the 2017-2018 season to start?**

**Season starts on the 13<sup>th</sup> and 14<sup>th</sup> of October 2017!**



#### **Registration Day Details:**

**When:** Saturday 26<sup>th</sup> August 2017 from 1pm until 3pm

**Where:** Orange City Bowling Club

If you cannot make it to the registration day or have any further enquiries,  
please don't hesitate to call:

**Jacque Lisle – 0407 934 471, Pam Kelly – 0419 013 951**

Or email [bletchington.softball@gmail.com](mailto:bletchington.softball@gmail.com)





# Molong Hockey Club



Molong Hockey Club would like to invite you to a game, not to be missed!

The **Mighty Molong Legends** will take on the **World All Stars**.

Food and beverages will be available for purchase on the day.

All proceeds will be going towards a Scoreboard for the new turf, which was generously funded by Cabonne Council, for the good of the Molong sporting community.

**When: Saturday, 23 September 2017 at 3:00pm**

**Where: Molong Multipurpose turf, Betts Street Molong**

Please come along to support a great Hockey event.

Please find the attached information, of all events to be held throughout the day.

These include a coaching session for the Molong juniors, presentations, and a function at Molong RSL Club to celebrate a successful year for Molong hockey.

## **SENIOR PRESENTATION NIGHT DINNER DANCE**

### **MOLONG RSL**

**SATURDAY 23<sup>RD</sup> SEPTEMBER 2017**

**6.30PM-12.00AM**

**TICKETS \$40 PER PERSON (INCLUDES 2 COURSE MEAL)**

**TABLES OF 8 PREFERRED**

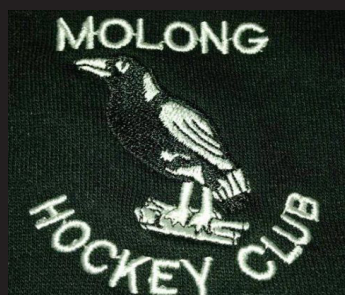
**ENTERTAINMENT BY 50'CLOCK SHADOW**

**ALL ENQUIRIES TO JEN OLSSON**

**ON 0417 807 202**

**RSVP 15/9/2017 OR CONTACT**

**[molonghockeyclub@gmail.com](mailto:molonghockeyclub@gmail.com)**



# **Molong Hockey Club Junior & Senior Presentation**

**Saturday 23rd September 2017**

**Join us for our Junior and Senior  
Presentation Day to celebrate the 2017 season.**



## **Schedule of Events**

**1pm:  
Junior Coaching  
Clinic**

**2pm:  
Junior Presentation  
BBQ**

**3pm:  
Molong Legends Vs  
World All Stars**

**6pm:  
Senior Presentation  
@Molong RSL  
(Dinner & Band)**

**Players in the World All Stars include current and  
former Kookaburras, Hockeyroos and NSW  
Representative players.**