



# MOLONG CENTRAL SCHOOL

*Providing Opportunities for Personal Achievement*

Issue 5 5th April 2018

## INSIDE OUR NEWSLETTER THIS WEEK

### FROM THE PRINCIPAL'S DESK



### SECONDARY NEWS



### STUDENT AWARDS



### PRIMARY NEWS



### LIBRARY NEWS



### CANTEEN ROSTER & UPDATES



### DATES FOR YOUR DIARY

2018			
January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
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September	October	November	December
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### SCHOOL TIMES & CONTACTS



### CANCER COUNCIL VISIT



### WHERE ARE THEY NOW



### WORLD'S GREATEST SHAVE



### COMMUNITY NOTICE BOARD





## FROM THE PRINCIPAL'S DESK

Molong Central School's motto "providing opportunities" is appropriate to write about this week. As the term disappears, our staff have been busy engaging students with quality teaching. Many staff members also support extracurricular activities, which many of our students thrive on. The Rural Cup kicked off in Oberon and will be finalised when Molong Central School takes on Canowindra at home early next term. Many staff have been busily preparing teams for this amazing competition. There have been many successful students being selected to represent Western Region at upcoming NSWCHS and NSWPSA Championships, these include **Heidi Townsend** in Hockey, **Aaliyah** and **Olivia Wright** and **Zoe Strahorn** in Swimming. It is a great honour to represent the Region and a wonderful opportunity to test your skills against the top athletes in the state. Good luck, I look forward to hearing of your efforts on your return.

### **SCHOOL PHOTOS**

School photographs mark important milestones in a child's life. Memories of a year group, class or a special friend are captured and can be referred to in the years that come. Our school photos will take place this year, on Monday 21<sup>st</sup> May 2018. An envelope will go home this week with your child and also please find instructions on how to order enclosed at the end of this Newsletter.

### **MCS SPORTS**

Sport Knockout competitions in Rugby League, Softball and Hockey began this term. The Secondary League team was successful in the Tom Kemp Knockout. The Secondary Girls Hockey team had the opportunity to support the opening of the Molong Hockey Turf and were supported by other students who were keen to test the facility out. The team will take on Orange High School in Molong early next term in the CHS Knockout competition. Our primary softball team was also successful, winning 3 of 4 games at the recent Gala Day in Orange.

Primary students are busy preparing for the Athletics and Cross Country carnivals and have prepared well under the supervision of our Primary staff. We are fortunate in a Central School setting to have Secondary students supporting Primary staff on these occasions.

### **EASTER HAT PARADE**

Many parents and family turned out for the Easter Hat Parade last Thursday. Mrs Schaefer organised a fabulous afternoon and the raffle, which supported the development of the new Stage 1 playground.

### **WORLDS GREATEST SHAVE**

Prior to the Easter Hat parade, **Lilibelle Dive** cut her hair off, as part of the World's Greatest Shave to support the Leukemia foundation.

### **TRIVIA DAY, CHESS & THE SHOW TEAM**

Students participated in a Trivia day and Molong Central School hosted James Sheehan in the CHS Chess competition. The Show Team also had a successful time at The Royal Easter Show. The team have forged some significant contacts, which will benefit the school in future years.

All of the above opportunities take place because teachers are prepared to support students pursue their goals and maximize their talents. This is an opportunity to acknowledge staff at MCS who support extracurricular activities and this thankyou also goes to staff back at school, who are prepared to take a teacher's class or students from a class. This is a busy school at times and from this comes pride, success and a vibrancy, which could not occur without the support of parents who give so generously of their time to ensure students are exposed to significant opportunities.

Please see all photos from the above stories on the following pages.

**Michelle Barrett, Principal**

# GOOD LUCK TO OUR STUDENTS



**Heidi Townsend**



**Aaliyah Wright**

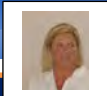


**Olivia Wright**



**Zoe Strahorn**



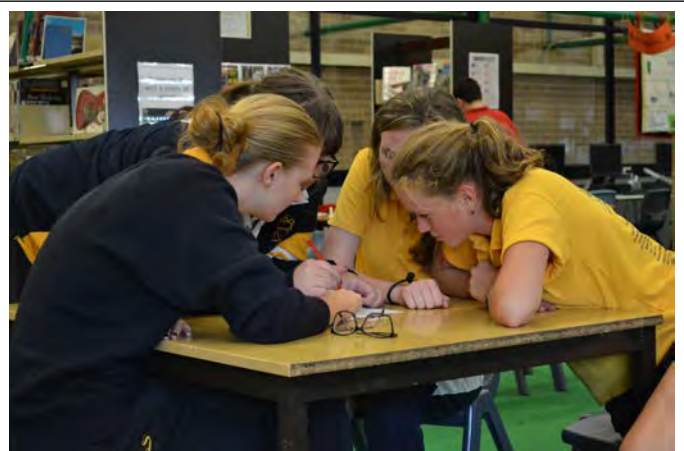


# RURAL CUP





# RURAL CUP







# EASTER HAT PARADE



# WORLD'S GREATEST SHAVE – LILIBELLE DIVE





# MOLONG RELAY FOR LIFE AMBASSADOR - KATIE FULWOOD

Last Tuesday 27th March MCS K-12 were lucky enough to have a visit from "Dougal the Bear" from the Orange Cancer Council. The purpose of the visit was to present the baton to the Molong ambassador for the Relay for Life, MCS student, **Miss Katie Fulwood**.

Our visitors also took this opportunity to hand out stickers to our students to promote awareness of the upcoming Relay for Life event, to take place in Orange on May 5 & 6.

Posters are on display around the school if you would like to take part or for further information.







# SHOW TEAM



Left - Right:  
Alyssa Watts  
George Betts  
Hannah Betts  
William Cox  
Henrietta Pottie  
Alex Miller



Left - Right: George, Hannah, Alex, Alyssa, Henrietta & William.





## DUKE OF EDINBURGH AWARD

Congratulations to Jacob Davis of Year 12, who is the first student at Molong Central School to commence the Gold Level of the prestigious Duke of Edinburgh Award. In order to reach this level Jacob has been required to put in a huge amount of work to complete the Bronze and Silver Levels of the Award over the past two years – this has involved a commitment to completing Community Service projects, developing his Skills in an area of Physical Recreation and focusing on fostering a non-physical Skill. Additionally Jacob has been actively involved in a number of expeditions, including trips to the Blue Mountains, Royal National Park, The Warrumbungles and The Snowy Mountains. At Gold Level Jacob will also complete a Residential Project which will see him spending a week at an RAAF Cadet Leadership camp, with the final goal of the Award being the completion of a major Expedition into a remote area towards the end of the year.

The Duke of Edinburgh Award is now in it's third year at MCS and continues to grow, with our current group of Bronze level students shortly heading off to the Blue Mountains for a challenging three day, remote area hike. We will also be taking on a new group of Year 9 students during Term 3 and so interested students should listen for announcements.

**Mr Kevin Costa**

**Duke of Edinburgh Award Coordinator**





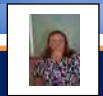


# YEAR 10 AGRICULTURE

Year 10 Agriculture students started their tractor topic this term. In the practical lesson this week, all students drove the tractor around a small obstacle course. Some students were very confident having experience on larger machinery from home but for others this was their first time driving. All students did very well and will sit their final practical test for the tractor later in the term.

**Miss Sally Pokoney, Agriculture teacher**





## YEAR 7 SCIENCE

Year 7 Science have spent the first few weeks of term orientating themselves in the Science labs and learning what Science is all about. They have been introduced to laboratory equipment, completed practical tasks and started to grasp the concepts of graphing, tabulating data and using the Scientific Method. They have learned that Science is everything and everywhere and they were surprised to find out that a lot of people they know actually work in Science orientated jobs. A definite highlight has been successfully obtaining their Bunsen Burner licences.

**Mrs Kate Collins, Science teacher**

**Joey Urban**



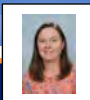
**Hannah Williamson**



**Jazmin Pietrzak**







## YEAR 8 GREEK ART

Year 8 students have been busy learning the history of Greek Pottery this term. Each student has built a clay vessel using the coil, slab or pinch pot technique. The students were allowed to choose which vessel they wished to emulate from Amphoras to Kraters. The elaborate and often geometric Greek patterns have been inscribed in the outer and inner parts of their vessel, especially on the foot, shoulder, lip and handles. The students have been given the opportunity to personalise their vessels with images representing their identity on the body of the vessel.

Year 8 have worked very hard on these vessels. They have enjoyed the challenge of construction in art and have often worked through lunchtimes. Some students have even braved them on the bus and have taken them home to complete. The vessels and diaries showing their designs, evaluations and knowledge of Greek pottery are all due this Friday and I am very excited to mark them.

**Mrs Claire Ryan, Art teacher**



**Katie Fullwood holding Ella Fowler's Oinchoe, Imogen Madden holding her Pyxis and Olivia Norton holding her Kylix.**

## MORE GREEK ART



Ryan Drew holding his Krater and Ryan Bridge holding his Kylix.



Mary Johnson's Pyxis





# YEAR 11 MATHEMATICS INVESTIGATE SURVEYING

As part of the new Standard Mathematics course in Year 11 students from Molong Central School have been investigating techniques used by surveyors to measure and calculate areas of land. The 2018 Year 11 class are the first to undertake the new course, which places a focus on application of Mathematical concepts.

Students worked in groups, measuring and recording the lengths of fields using various pieces of equipment and a method known as an Offset survey calculation, before using a range of Mathematical techniques to calculate areas and perimeters of these fields.

**Miss Georgie Stamatopoulos, Maths teacher**







## PRIMARY SOFTBALL

The Primary Girls Softball team recently travelled to Orange to compete in the Western Region Gala Day. They had four games on the day, which is a massive effort in itself. With each Softball game lasting for one hour and fifteen minutes, that is a lot of Softball in one day! The girls had been training hard in the lead up to the Gala Day and this training obviously paid off as they had three wins from four! The improvement in their individual skills and game strategies improved tremendously throughout the day. Having won their first two games, qualified them to play in the Semi Finals. In this game, they played Perthville PS from Bathurst. Whilst the score line was not kind to us, it was here that the girls really switched on and realised they too can smack the ball into the outfield, and they too can take fantastic catches and get runners out on base! It was an exciting game and great to see the girls keep trying hard and not giving up when things got tough!

Congratulations to **Paige Bohringer** who was selected to trial for the Western team. Paige hasn't heard the results from this trial yet so we will keep you posted.

A huge thank you to Sally Kirby for scoring three of the games for us and to Netta Lee for scoring the final game. Thanks also to the parents who came along for the day and supported the girls.

Jane Mutton, Primary Sport Coordinator



L-R Back: Demelza, Paige, Evangeline, Grace, Olivia, Middle: Maggie, Marley, Charlotte, Juliette, Rose, Abbie.  
Front: Kelsey





## STAGE 2 & 3 RUGBY LEAGUE

On the 28<sup>th</sup> of March 18 boys from stage 2 and 3 went into Orange to play NRL and compete in the Richardson and Peachey Cup. Both teams played 3 games of football against other schools from Orange and the local area.

The Stage 2 team consisted of **Lochie Bohringer, Robert Heath, Jett Weekes, Sam Milne, Jack Greenwood, Ben Brazier, Callum Wark** and **Cody Peschka**. They were a non-competing team, meaning they weren't in the running for the finals or the cup, however the ref commented to them that they were a great team and should make sure to compete next year. The team won all the games they played. But more importantly were a wonderful display of sportsmanship and teamwork when they were on and off the field. In the first game, the opposition team was down by a player, and so a member from our team substituted for them and played a good game against their friends. They were encouraging and gave the less experienced teams they versed a good run and made sure they enjoyed themselves. Well done Stage 2 boys.



The Stage 3 team consisted of **Noah Lake, Hunter Chown, Jake Whiting, Lleyton Watts, Sunny O'Connor, Bailey Peschka, Harry Wood, Jim Bone, James Cremona** and **Alex Harvey**. This team was competing for the Richardson Cup and played extremely well. In their first game, they had a strong defensive and some great plays, which led to a draw against Orange Public School. In the next two games they were able to work together even better and won both games.



There were some personal bests all around, including some first tries ever scored by Sunny, Noah, Hunter, Jake and Harry. When it came time for the finals it was a tie between our team and Orange Public School, and it came down to tries for and against throughout the day.

Molong managed +28 tries and OPS had +36 meaning OPS beat us into the finals by two tries.

Despite not making it into the finals the boys played three great games of football. It was lovely to see so many parents there to support the team, and to transport them into Orange. Thank you to those who were able to transport the boys who had no other way into

town and back home. I would also like to thank Lenny Punch for taking time out of his day to train them during lunch at school and for being there on the day.



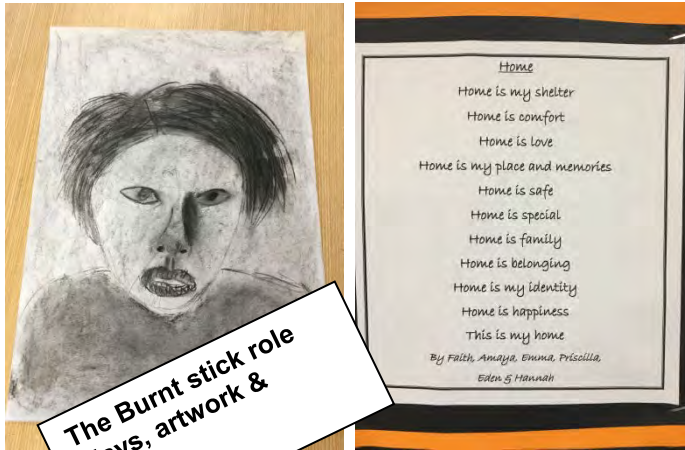
Mr. Chris Ruming





## 5/6 RED HAPPENINGS

How time flies when you're having fun!! This term has flown by and 5/6 Red have had their heads down and been busy busy busy!! Have a look at our photos of some of the things we have been up to this term.



Harmony Day fun....playing Poi Rakau; a traditional Maori game



Testing out some new sporting equipment



Daily fitness exercises....before our run circuit





# MCS AWARDS

## STUDENT OF THE WEEK – Week 8 T1

Class	Student
K Orange	Reagan Bunting – For working hard in Reading
K Yellow	Lacey Olsson – For excellent listening and following instructions
1/2 Pink	Adelaide Swift – For a wonderful speech presentation about Australia
1/2 Gold	Phoebe Lyons – For awesome writing in L3 groups
1/2 Blue	Keira Bartle – For fantastic reading with Mr Ruming
2/3 Green	Hannah Wilson – For an excellent news presentation on Australia
3/4 Aqua	Lucas Penson – For an amazingly lifelike chicken
4 Navy	No award
5/6 Red	Alice Wilson – For great thinking and reasoning in Grammar lessons
5/6 Silver	Dashiell Jones – For a well written catalogue poem on "My Home"
5/6 Purple	Mykalah Dive – For an outstanding effort in all areas of Literacy
Library	Will Ryan – For being a conscientious worker in the Library

## STUDENT OF THE WEEK – Week 9 T1

Class	Student
K Orange	Molly Whyburn – For improved work presentation
K Yellow	Lilly Welsh – For consistent effort with all tasks
1/2 Pink	Archer Thurtell – For great effort in Writing
1/2 Gold	Arthur Hancock – For an enthusiastic approach to all tasks
1/2 Blue	Harriet King – For excellent effort in Spelling
2/3 Green	Courtney Wilks – For delivering a well prepared CWA speech
3/4 Aqua	Lilibelle Dive – For bravely chopping off her hair to help others
4 Navy	Heidi Mayo – For excellent work in Maths doubling doubles.
5/6 Red	Harry Brazier – For great work in Grammar and a fantastic CWA speech
5/6 Silver	Micah Oliver – For being a great listener and contributor to class discussion
5/6 Purple	Chelsi Duncan – For hard work and persistence in Maths
Library	Zoe Strahorn – For an excellent start to the PRC this year.

## CLUB 200

### Club 25

Marliese Scott Lilly Welsh Kora-Rose Smyth  
Adelaide Swift Aiden Garlick-Evans  
Te Paea Pineaha Ryan McNabb  
Willow Smith Angus Day Riley Roberts  
Jocelyn Bunting Natania Watene Hunter Hobbs  
Taimana Watene Charles Swift

### Club 50

Kaylee Huggett Olivia Hobbs  
Alice Wilson Emmison Shapland Daniel Seiler

## Primary Uniform Award

Stage 1 Te Paea Pineaha

Stage 2 Asher Oliver

Stage 3 Harrison Wood

Draw Date: 23/3/18

Congratulations to you all!



Te Paea Pineaha



Asher Oliver



Harrison Wood

## MCS AWARDS

### ***Primary Awards***

#### ***Bronze***

Lilly O'Donnell  
Mackenzie Mitchell

#### ***Silver***

Sefton Power  
Harry Lee  
Patrick Thorne  
Noah Szulik  
Preston Moorhouse  
Adelaide Swift

#### ***Principals***

#### ***Banner***

Bree Chown  
Francesca Mitchell

### **SECONDARY AWARDS**

#### ***Merit***

Lachlan Hobbs  
Morgan Romer  
Katelan Philpott  
Hayley Sharpe  
Maddy Hogan  
Brodie Johnston

#### ***Bronze***

Alyssa Watts  
Ebony Webb





## FROM OUR LIBRARY

### Week10 Term 1

#### JUNIOR FICTION

*Dragon Knight, Fire* – by Kyle Mewburn, illustrated by Donovan Bixley

*The Lost Reindeer* – by Sally Rippin (Hey Jack! series)

*Under the Lagoon* – by Kiki Thorpe (The Never Girls)

*The Golden Shell* – by Paula Harrison, (The Rescue Princesses)

#### JUNIOR NON FICTION

*My Home in Kakadu* – by Jane Christophersen, illustrated by Christine Christophersen

*Nee Naw the Little Fire Engine* – by Deano Yipadee, illustrated by Paul Beavis

*Pokemon Classic Collector's Handbook* – by Silje Watson

*Sharks* – by Sarah Fowler

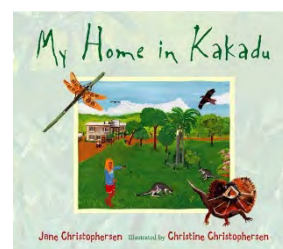
#### SENIOR FICTION

*The Boyfriend List #1* – by E. Lockhart

*Bragonsthyme #2* – by Elizabeth Pulford

*Lion, A Long Way Home* – by Saroo Brierley

*Valentine* – by Jodi McAlister



Hi Everyone,

It has been a very busy term in the Library and will continue to be over the next two weeks. I would like to take this opportunity to congratulate all students who have regularly borrowed this term. Students in 2/3 Green & 5/6 Red are leading the way having achieved the highest class scores in Class Dojo. A very impressive effort!

Year 7 classes are now visiting the Library each fortnight. They have looked at how to access Oliver through their Student Portals and how they can search for books they may wish to read or use for assignments. On the Home page there is also a link which will take them to our Wheelers eLibrary. It was pleasing to see many students borrowing ebooks. Once they have downloaded a title, students can read the book on any device 24/7.

There are still quite a few families who have not returned the Premier's Reading Challenge note. I would like to finalise participants by the end of this term so I can add them to our school total as well as set up their records on the PRC website. Students in Years 7-9 can come and see me to pick up a permission note at Lunch time. Just a reminder that 'The Premier's Reading Challenge' for each student can be accessed at: <https://online.det.nsw.edu.au/prc/home.html>. Students will need to use their DoE username and password. **Participating students may borrow 5 books to read over the holidays so please remind your child before they come to Library in Week 11.**

During the holidays I am going to update the books in the K-2 Borrowing tubs. Keeping this in mind could Kindergarten students endeavour to bring a water proof bag to go inside their Library bags to keep books in good condition?

Have a very enjoyable and safe Autumn holiday.

*Mrs Hall*



# WHERE ARE THEY NOW – ANNIE-ROSE HAZELTON



I graduated from Molong Central School in 2013 after completing my HSC, which included studying 6 units of Science along with English and Maths.

At the age of 18, I was 100% sure what I wanted to do when I was older. I wanted to become a Science journalist. So I went to the University of Wollongong and started my studies with a double degree in Science and journalism thinking that I had my life planned out.

Having already received excellent tutelage in debating at MCS by Mrs Eccleston, at university I joined the debating society. This choice opened up more doors than I could have ever imagined. I spent nearly every weekend at universities around the country, dissecting and

analysing new ideas with some of the smartest people I've ever met.

Over the last 5 years, I've debated and judged in the finals of the Australian and Australasian Debating Championships, and as President of the Wollongong University Debating Society I convened the Australian Debating Championships for over 400 people. I have also been lucky to travel to Greece and Mexico on separate occasions to judge the finals of the World University Debating Championships, along with students from big-name universities such as Harvard and Oxford.

It was due to learning so much about the world through debating that made me realise I didn't want to be a bystander in my own life. I wanted to be able to fight for the things that I believed in and create change rather than report on it

Midway through 2016, the Federal Election was underway and I signed up to help The National Party on their campaign. This then led to an internship with their Head Office in Sydney and then a job offer not long after that. I put my degree on hold and grabbed the opportunity with both hands.

In my first job with The Nationals, I got to work in community engagement, travel the countryside and talk to people on a grassroots level. It really reminded me that while life is often tougher in the country, the communities and people that you find out here are so much better than you'd ever find in the city.

As of this year, I work as the Senior Research Manager in the strategy team at the office of the Deputy Premier of NSW, John Barilaro. My job was pitched to me as "debating but real life" and I've been enjoying every moment of it.

My advice to future students would be to find out what you love doing and get someone to pay you to do it. Life's too short to do anything else.

*Annie-Rose Hazelton*





## DATES FOR YOUR DIARY

DATE	EVENT
5/4/18	Kinder Konnect starting at 2.30pm
6/4/18	Primary Athletics Carnival
9/4/18	Kinder Parent/Teacher Interviews
10/4/18	Primary Cross Country
11/4/18	Kinder Parent/Teacher Interviews
11/4/18	Primary Disco
13/4/18	Last day of Term 1
13/4/18	Anzac Ceremony at school
30/4/18	Staff Development Day
1/5/18	All students return for Term 2
2/5/18	Sydney Conservatorium Visit

## CANTEEN ROSTER 6/4/18 – 4/5/18

<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, Canteen Manager.</b>				<b>6/4/18</b> <b>1<sup>st</sup> FRIDAY</b>
				<b>Lisa Burgess</b>
<b>9/4/18</b> <b>2<sup>nd</sup> MONDAY</b>	<b>10/4/18</b> <b>2<sup>nd</sup> TUESDAY</b>	<b>11/4/18</b> <b>2<sup>nd</sup> WEDNESDAY</b>	<b>12/4/18</b> <b>2<sup>nd</sup> THURSDAY</b>	<b>13/4/18</b> <b>2<sup>nd</sup> FRIDAY</b>
<b>Help Needed</b>	<b>Belinda Mills</b>	<b>Help Needed</b>	<b>Helen Davis</b>	<b>Helen Davis</b>
<b>30/4/18</b> <b>5<sup>th</sup> MONDAY</b>	<b>1/5/18</b> <b>1<sup>st</sup> TUESDAY</b>	<b>2/5/18</b> <b>1<sup>st</sup> WEDNESDAY</b>	<b>3/5/18</b> <b>1<sup>st</sup> THURSDAY</b>	<b>4/5/18</b> <b>1<sup>st</sup> FRIDAY</b>
<b>Staff Dev Day</b>	<b>Help Needed</b>	<b>Help Needed</b>	<b>Help Needed</b>	<b>Lisa Burgess</b>

## COMMUNITY NOTICE BOARD

### **MCS COMMUNICATION METHODS & HOW WE USE THEM**

- **SCHOOL WEBSITE:** [www.molong-c.schools@det.nsw.edu.au](http://www.molong-c.schools@det.nsw.edu.au)  
For general information about our school
- **SCHOOL STREAM APP**  
Used for important dates, events and updates as they occur
- **FACEBOOK**  
For displaying photos of recent events and activities
- **SCHOOL NEWSLETTER**  
Stories & photos of events and happenings at MCS, produced every fortnight- please see link above if you would like to subscribe.

### **CALLING EX STUDENTS OF MOLONG CENTRAL SCHOOL “WHERE ARE THEY NOW”**

Our Newsletter segment "Where are they Now", is a way to highlight the achievements of former Molong Central School students, after leaving school. If you are a former student, or know a former student who would like to contribute, please email [jeanette.barrow@det.nsw.edu.au](mailto:jeanette.barrow@det.nsw.edu.au) with a document detailing these achievements and please attach a photo. All enquiries to Jen Barrow at the Main Office 63668224.





**FOODCARE**  
**ORANGE**

# **FOODCARE STORE**

**Glenroi Community Centre**  
**Garema Road, Orange**

**OPENING HOURS**  
**Tuesday and Thursday**  
**9.30am to 12.30pm**

Email: [info@foodcareorange.org.au](mailto:info@foodcareorange.org.au)

General Enquiries: 0447 577 884

[www.foodcareorange.org.au](http://www.foodcareorange.org.au)



**FREE TRANSPORT**  
**CALL 0467 229 673**  
**TO BOOK**

## What do we do?

FoodCare Orange provide affordable, quality food, groceries and household products to individuals and families on low incomes in the Orange community.

## Who is eligible?

Anyone who is experiencing tough times can shop at FoodCare.

## How does it work?

FoodCare Orange is a self-serve shop where you can choose from a range of fresh, tinned and frozen foods including meat and eggs, as well as personal hygiene, laundry and cleaning products, nappies and much more!

We buy our supplies from Foodbank in Sydney and offer them to you at a greatly reduced rate. We also provide FREE fresh fruit, vegetables, bread, milk, and salads.

## Transport available

LiveBetter and FoodCare have got together to provide a FREE door to door pick up and drop off service.

Phone us on 0467 229 673 by 4 o'clock on a Monday for pick-up Tuesday, or Wednesday, for pick-up Thursday to make a booking.





# Cabonne Youth Newsletter

April 2018

## Contact Details –

**Katia Whiteman**

**63923243**

**Katia.Whiteman@cabonne.nsw.gov.au**

## YOUR OPINION MATTERS!

What would you like to see in your community? What would you like to see in these newsletters? Is there something the council should be doing to benefit the Youth of Cabonne? Don't think twice about contacting me about any of these issues or to put something in the monthly Newsletters!

Hi Guys, my name is Katia Whiteman. I'm the new Corporate Services Trainee at Cabonne Council in Molong, and I will be creating the informative Youth Newsletters for 2018.

I aim to make each Newsletter Fun and Creative, so with the help from all you School Kids out there, please feel free to contact me if you have any requests or want to share what's going on in your local community!

## National Youth Week 2018

13-22 April

National Youth week is a celebration of young people in every state and territory across the country. It gives youth the opportunity to share ideas, attend live events, have their voices heard on issues of concern to them, showcase their talents, celebrate their contribution to the community, take part in competitions & have fun!

Cabonne Council will be holding an NRL Football Clinic in honour of Youth Week. This Clinic will run on the 20<sup>th</sup> of April in Sessions from 10:00 – 11:00am, 11:30 – 12:30pm and 1:00 – 2:00pm. This event will also be free! I will attach the Flyer which contains more information about the day!

## Local Youth Services

PCYC Orange, 2-10  
Seymour St –  
63602246

Daroo Youth Centre,  
Palmer St Orange –  
63610255

Headspace, 264  
Peisley St Orange -  
63699300





## Anzac Day – 25<sup>TH</sup> April

### **Canowindra –**

6:00am - Dawn service held at Memorial Park

9:00am - A short Wreath laying service will be held at the Soldier's Tower at the entrance to the Canowindra Soldier's Memorial Hospital

10:30am - March from the Junction Hotel to the Memorial Park for an 11:00am Service

### **Cudal –**

9:45am - March from Cudal Public School to the Cudal & District War Memorial Gates for a 10:00am Service

### **Molong -**

5:30am - Dawn Service – March from Minna-murra in Bank St up to the Cenotaph at the Village Green. Followed by a service

10:30am - March from Molong RSL to the Village Green for an 11:00am service

### **Yeoval –**

5:45am - March from the Royal Hotel to the Yeoval memorial Hall for a 6:00am Dawn Service

10:30am - March from Yeoval Central School to the Yeoval War Memorial hall for an 11:00am Service

**Other Services held will be on the brochure Cabonne Council will be sending out at a later date.**

**“They shall grow not old,  
As we that are left grow old,  
Age shall not weary them,  
Nor the years condemn.  
At the going down of the sun,  
And in the morning  
We will remember them.”**

## **Nomination Forms “Youth of the Month”**

**Don't forget to send in your Youth of the Month nomination forms! If there is a youth in your area that you think deserves this award fill out the form and get it back to the council or your school office. It is a very rewarding award that looks great on your resume! By being awarded 'Youth of the Month' it gives you the 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.**



## **Relay For Life 2018**

**What is it?** Relay for Life is a fun and moving overnight experience that raises vital funds for Cancer Council's research, prevention and support services.

**Where:** Orange Showground

**When:** Sat the 5<sup>th</sup> – Sun the 6<sup>th</sup> May 2018

**Who:** Anyone of all ages can participate, people of all health and disability circumstances, even if it is as small as a donation!

**Registration:** \$20.00 per person, which includes a relay shirt. Register online or sign up on the day!

Grab your group of friends and family, and meet new people throughout the night, at Relay for Life!





# NRL FOOTBALL CLINIC



@ MOLONG RECREATIONAL GROUND

**Cabonne Council is thrilled to be offering a NRL Football Clinic to secondary students in the Cabonne Area in the April School Holidays 2018 to celebrate Youth Week!**

OPEN TO BOTH MALE & FEMALE

Program is offered to:



## 20th April 2018

There will be three sessions ran throughout the day, which will allocated to the three different schools. Each sessions holds 30 students and will be open to kids from Year 7 to Year 12.

Session 1—

10:00am-11:00am

Morning tea for half hour

Session 2—

11:30am-12:30pm

Lunch for half hour

Session 3—

1:00pm-2:00pm

*Buses running from Yeoval and Canowindra—COST FREE*

### NO CHARGE EVENT

**Morning tea, lunch and drinks will be provided by Cabonne Council in recognition of Youth Week**



For more information please  
contact Cabonne Council's Community  
Services Manager

Sarah Bellach on 63 923 230







# REGISTER NOW TO SECURE YOUR SPOT

OPEN TO CABONNE AREA  
SECONDARY STUDENTS

FRIDAY 20TH APRIL 2018

**SESSION 1— 10:00am—11:00am - Open to Molong Central School**

**Morning tea break (provided)**

**SESSION 2— 11:30am—12:30pm—Open to Canowindra High School**

**Lunch Break (provided)**

**SESSION 3—1:00pm—2:00pm—Open to Yeoval Central School**

## CANOWINDRA

Canowindra Students will be picked up from the high school bus bay at 10:30am. Students will arrive at the Molong Rec Ground for morning tea at 11:30am.

Canowindra students will depart Molong after lunch at 1:00pm returning to the High School bus bay at approximately 1:45pm.

## YEOVAL

Yeoval students will be picked up at the High School at 11:45am. Students will arrive at the Molong Rec Ground for lunch at 12:30pm.

Yeoval students will depart Molong at 2:00pm returning back to the High School at approximately 2:45pm.

**PLEASE REMEMBER THIS IS A FREE EVENT**

**EACH SESSION ONLY HOLDS 30 STUDENTS, SO FIRST IN BEST DRESSED!**

Please register to secure your spot by Monday,  
16th April by contacting Sarah Bellach  
on 63 923 230 or email  
[sarah.bellach@cabonne.nsw.gov.au](mailto:sarah.bellach@cabonne.nsw.gov.au)



**COME JOIN IN ON SOME SCHOOL  
HOLIDAY FUN!!**



# SAVE THE DATE!

## Enhancing Wellbeing & Engagement

**Monday 30th April 2018**

**8.30am -3.30pm**

Orange Public School, Kite St, Orange

*Working together to identify mental health problems, access services, provide interventions, and support young people with mental health issues in our schools.*

**Program and registration available on myPL shortly!**

### Topics will include

- Bullying, anxiety & school engagement
- Understanding mental health concerns and challenging behaviours for students with intellectual disability and/or autism spectrum
- Curriculum options & adjustments for primary students
- Curriculum options & adjustments for secondary students.
- Anxiety, depression and self-harm - what teachers need to know

### **Cost:**

Approx. \$100pp

Morning tea & lunch provided

A collaboration between Child and Adolescent Mental Health and Department of Education.  
Working together to improve the Mental Health of young people in the Western region.

### **Enquiries**

Cathie Matthews  
School Link Coordinator  
[Cathie.Matthews@health.nsw.gov.au](mailto:Cathie.Matthews@health.nsw.gov.au)

Stewart Vidler  
Networked Specialist Centre Facilitator  
[Stewart.Vidler@det.nsw.edu.au](mailto:Stewart.Vidler@det.nsw.edu.au)





# Online Learning Courses

Innovative professional learning to meet the needs of students with disability and additional learning needs

**Understanding  
Personalised Learning and  
Support**

**Understanding Dyslexia  
and Significant Reading  
Difficulties**

**Understanding and  
Supporting Behaviour**

**Inclusion of Students with  
Speech, Language and  
Communication Needs**

**Understanding Hearing  
Loss**

**Understanding Autism  
Spectrum Disorder**

**Understanding Motor  
Coordination Difficulties**

- ▶ Learn at your own pace in a small group supported by a trained tutor
- ▶ Learn with other colleagues and share professional knowledge and experience
- ▶ Learn in a school based or open cohort
- ▶ Learn through BOSTES registered courses



**OLT**  
OnLine Training

For more information

Website: [www.oltaustralia.net](http://www.oltaustralia.net) State Office Contact: [Disabilitylearning@det.nsw.edu.au](mailto:Disabilitylearning@det.nsw.edu.au)

Local contact:

Joy Harvey [joy.harvey@det.nsw.edu.au](mailto:joy.harvey@det.nsw.edu.au)



**ORANGE CITY**



**RUGBY CLUB**

Ever thought of playing Rugby Union?  
Orange City Junior Rugby is a family-friendly,  
inclusive club who would love you to join!!  
Open to boys and girls of all ages, there is still  
plenty of time to join, if you are interested please  
come along.

**Come and meet the coaches for the season and  
have a training run**

**Tuesday or Thursday (U'13-U'17)**

**Friday (U'7-U'11)**

**5pm to 6pm**

**At Waratahs - Pride Park**

**Walla's - u7's, u9's, u11's**

**Juniors – u13's, u 15's, u 17's**

We look forward to seeing a return of old faces and  
we also welcome all new players and their families.

**For further details**

**Tim 0417 686596**

# April School Holidays at Orange City Library

## LIBRARY VEGGIE GARDEN FOR (AGES 6 - 12)

**Monday April 16, 2018 10am -11.30am**

Help the library bring the outside in. Plant veggies and flowers, seeds and seedlings in the patio areas on the north side of the library. Learn about companion planting. Take your own prepared seed bed home



## FAMILY HISTORY 101 (PART 1) (AGES 10 -14)

**Wednesday April 18, 2018 2pm - 3pm**

Become a family detective and investigate your place in the family

## FAMILY HISTORY 101 (PART 2)

**Thursday April 26, 2018 from 2pm – 3pm**

Travel Through Time and Unlock Your Ancestors

## OH RATS! – SYDNEY PUPPET THEATRE

**Tuesday April 24, 2018 2pm – 3pm**

Oh Rats! is a fantastic interaction of puppets and magic. This high energy performance takes the audience on a fast journey of mad, comic events



## PUPPET MAKING CRAFT

**Through the holidays from April 16 - 27**

There will be a station set-up in the library for kids to make their own puppets at any time with the help of their parents or carers

**Bookings essential**

**6393 8132 or [eventbrite.com.au](https://www.eventbrite.com.au)**



# **MO LONG HOCKEY CLUB**

## **REGISTRATION TIME**

**MO LONG**



It is registration time for ALL MEN, WOMEN, BOYS and GIRLS for the 2018 HOCKEY SEASON. This year all registrations are to be completed online. Please visit [www.revolutionise.com.au/molonghockey/registration/](http://www.revolutionise.com.au/molonghockey/registration/) to complete your registration. If you experience any difficulty please contact Belinda Mills on 0412 792 775 or Anna Gosper 0439 063 722 for assistance.

To finish getting ready for the hockey season you can purchase Molong socks, black skirts/skorts/shorts, sticks and shin pads at Sports Power in Orange. All players must also have a mouth guard. For our little kids there will be some hockey sticks available on a Saturday morning.

There is a special meeting for the Molong Hockey Club on Sunday 22<sup>nd</sup> April at 3:00pm to officially change the name from the Molong Junior Hockey Club to Molong Hockey Club. Your attendance at this meeting would be greatly appreciated.

We are all looking forward to a great 2018 hockey season!

## **STUDY SKILLS HANDBOOK NEWSLETTER ITEM FOR APRIL**

Should you listen to music when studying? In an ideal world we would probably say no music while doing schoolwork except classical baroque / instrumental music which actually can help your memory by getting the brain into a relaxed state. But a good compromise is as follows.

If the work is not very difficult, and fairly routine, then you can have whatever music you like on. It will make you feel relaxed, it will make you feel like the time is going faster and help you stick to completing the work you need to do.

But if the work requires higher order thinking skills, i.e. studying for a test, trying to understand something difficult, doing an essay plan, trying to learn or remember anything – then switch the music off.

Otherwise it will end up taking you much longer to complete the task and to retain what you are learning (even though you are convinced it is not affecting you!).

Just get in the habit of stopping and asking yourself each time before you start work whether it is the type of work that requires you to really focus and concentrate and if it is – switch the music off for awhile. The same approach goes for doing work in front of the TV.

You might also like to visit the topic on Dealing with Distractions for some more ideas and in particular blocking software for technology distractions.

Our school's subscription details are –

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

Username: molongcs

Password: 86success