

# MOLONG CENTRAL SCHOOL

*Providing Opportunities for Personal Achievement*

White Ribbon School



Issue 13  
30<sup>th</sup> August 2018

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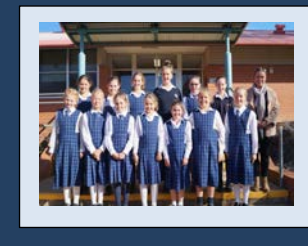
BOOK WEEK ACTIVITIES



WHERE ARE THEY NOW



MCS PRIMARY HOCKEY



COMMUNITY NOTICE BOARD





## FROM THE PRINCIPAL'S DESK

### **WHITE RIBBON THOUGHT OF THE WEEK**

**“MAKE IMPROVEMENTS, NOT EXCUSES. SEEK RESPECT, NOT ATTENTION”**

#### **OUTSTANDING SPORTS ACHIEVEMENTS**

Sport is an important part of the school curriculum for many reasons and the benefits of sport to children during the developmental years have been associated with higher levels of physical, mental and social health. Specifically sport improves motor skills, improves confidence and self-esteem, develops positive attitudes, builds resilience, encourages team work, improves self-discipline and reduces childhood obesity.

At Molong Central School there are many opportunities to participate in sport in both the Primary and the Secondary. Weekly sport and PDHPE provide opportunities for all students to participate in sport and Molong Central students also have additional opportunities as part of the Premiers Sporting Challenge and the Quiggy Cup.

Gala days provide opportunities for students to experience a new sport and students who have superior skills and attributes, the PSSA, CHS and Central Schools Knock Out provide additional opportunities.

Our Primary girl's hockey team have showed outstanding skills in the PSSA Knock Out and have made it to the top 4 schools in the state. This is a massive achievement! The girls will compete at Narellan in upcoming weeks and have an opportunity to go all the way.

We have many teams competing in a range of sports, who also have a chance of gaining a state title when they play in the finals of the Central Schools Knock Outs this week and next. They are all excellent athletes who have combined well to reach the finals, hopefully they will be successful.

Our Sport Organisers and coaches do a fantastic job and the effort that goes into preparing teams and completing the administrative tasks required before a team takes the field is no small feat so this is an opportunity to acknowledge their fantastic work.

The New south Wales Department of Education provides many opportunities and pathways for students to represent their state and improve their skills and Molong Central Students have featured in state teams.

Many students also compete in local sporting associations, and have been successful at gaining selection to represent their state. Please find the following reports, of their recent achievements

**Mrs Michelle Barrett,  
Principal**

# HAMISH MEEHAN PLAYS SOFTBALL IN JAPAN

Hamish was selected in an invitational NSW boys side called the Kangaroos to take part in the Biwaco All Japan Elementary Schools Softball Tournament. Each softball association in NSW was asked to nominate their talented primary school aged kids to trial for the team, over 350 nominations were received. Hamish was selected as a shortstop and 2nd baseman

The Kangaroos left Sydney on 4<sup>th</sup> August for Tokyo, where we visited Skytower which is 634m tall and is Japans tallest structure, Mt Fuji, Odawara Castle and Shibuya Crossing, which is the busiest intersection in the world, at peak times there are 3,000 people on the crossing.

We caught the bullet train from Tokyo to Kyoto, travelling at 325 km p/h and after a civic reception at Moriyama City Council, the team had a friendly game against one of the teams from the tournament.

On Friday 10<sup>th</sup> August the tournament started, the Kangaroos played 2 games and were well beaten on both occasions. They played one more pool game on Saturday and were very close to winning the game with Hamish on first base as the tying run in the last inning but the last batter struck out.

It was a great learning experience for Hamish both from a softball and cultural perspective, seeing the way the Japanese teams prepare for and play each game was invaluable, their approach to softball is leaps and bounds ahead of the game in Australia. At the end of this tournament Japan will select a team to travel to Australia to take part in the Blacktown International Junior Classic, with teams from Australia and the USA also taking part in March 2019.

The other side of the trip for the kids and parents is to try and experience Japanese culture and food, with the team trying sushi, japanese tea, tempura teishoku, japanese bbq, pancakes and soba noodles. The team also visited historic castles, buddist temples and tried one of the traditional crafts of japan Kyo Yuzen zome (dying) where we made a handkerchief with a painted picture on it.

It certainly was a fantastic experience for Hamish, a welcome escape from the cold too, with most days at around 35 degrees and 80 percent humidity.



## RUGBY LEAGUE SUCCESS FOR JACKSON & BAILEY



**JACKSON GERSBACH**

**Jackson Gersbach**, pictured left, was selected to play Representative Rugby League for the Nyngan challenge, where he versed Parramatta, Penrith and Far West Academy. At this cluster he was selected in the Under 16's NSW Young Achievers Rugby League Side, PNG Tour 2018.

On the 28th of September he leaves to go on tour of Papua New Guinea, followed by training with the Australian Prime Ministers 13 Rugby League Side.

Jackson will then go onto to play against the under 16's Papua New Guinea team, which will be a curtain raiser for the Australian v's Papua New Guinea game.

Jackson features heavily in many sports for MCS so this is a fitting reward for the talented and committed sportsperson. His parents & school are proud of his efforts and wish him good luck for this great opportunity. What an experience this will be!

**Bailey Peschka** (pictured right), recently attended the NSW State Championships in Adelaide as part of the NSW Under 12 Rugby League Invitational Side.

Over the 7 day event, NSW played 6 games and came away with 3 wins. NSW made it all the way to the Grand Final but were beaten 38-6 by a strong Queensland side.

Out of the games played, Bailey scored 2 tries and kicked 3 goals and came away with a silver medal. The highlight for Bailey was meeting Brad Fittler and the comradery of his teammates.

Bailey was commended by the coaches and staff, for his sportsmanship at all times and his respectful attitude towards the game, all players and the officials.

Bailey and his parents would like to thank all those who helped get him to Adelaide, to enjoy this unforgettable experience.

Well done Bailey, you are a credit to your school, your family and your community, we are all very proud of you!



**BAILEY PESCHKA**

# CONGRATULATIONS HEIDI TOWNSEND & MCS PRIMARY HOCKEY

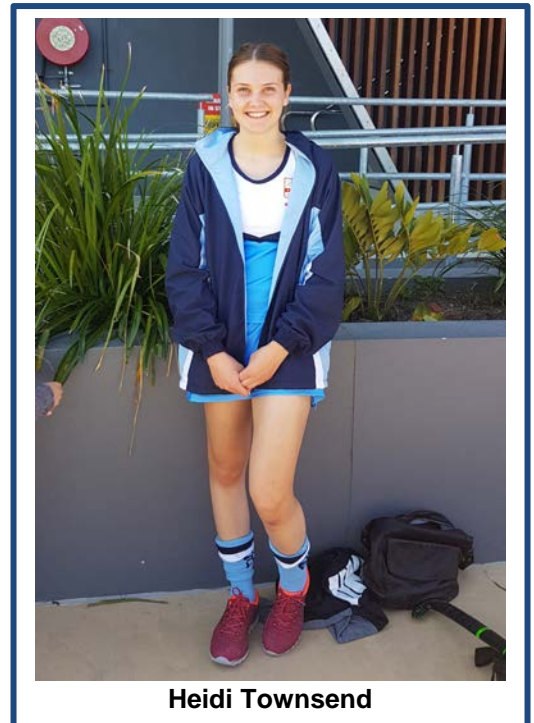
**Heidi Townsend**, pictured right, represented NSW all Schools recently in the School Sport Australia under 16 Girls Hockey Championships.

NSW were beaten by Queensland in their first game, losing 4-1, but went through the rest of the competition undefeated.

After wins over Tasmania (2-nil), South Australia (11-nil), ACT (6-1), Victoria (1-nil) and Western Australia (3-nil) NSW then defeated Queensland in the gold medal game, winning in a sudden-death shootout 2-1.

Heidi has been extremely dedicated to her training this year so it's wonderful to see her reap the dividends.

Heidi has been an exceptional representative of Molong Central School and her parents, family and school are very proud of her achievements!



**Heidi Townsend**

## PRIMARY GIRLS HOCKEY IN WESTERN REGION FINAL

On 15<sup>th</sup> August, the Primary Girls Hockey Team travelled all the way to Molong Hockey Complex to compete in the Western Region Final against Perthville Public School. The girls were extremely excited and a little nervous to take the field and start playing. They started very strongly and put pressure on the Perthville defence and after some skilful lead up work from the halves; **Chelsi Duncan** slotted the first goal of the game into the back of the net. The first half ended with Molong leading one nil. Perthville started the second half confidently and tested the Molong defence but they were up to the task with some fantastic tackling and great goalkeeping. With five minutes remaining, **Abbie Lyons** cemented the win with a smashing goal that was created from some amazing teamwork and precision passing. The final score was a well-deserved win to Molong two nil. The girls will now travel to Sydney on Tuesday 18<sup>th</sup> September to compete in a Finals Day for the top four teams in NSW. What an amazing achievement!! Well done girls!!



**Back L-R:**  
**Chelsi Duncan (C)**  
**Maggie Kirby**  
**Demelza Lee**  
**Olivia Philpott**  
**Charlotte Lapins**  
**Emmison Shapland**  
**Mrs Thornhill**

**Front L-R:**  
**Juliette Mills**  
**Rose Kelly**  
**Abbie Lyons**  
**Ellie Olsson**  
**Laura Lapins**  
**Lydia Philpott**  
**Marley Vandervelde**  
**Insert : Olivia Hobbs,**  
**absent on photo day.**

# ALL THE FUN OF BOOK WEEK



# ALL THE FUN OF BOOK WEEK

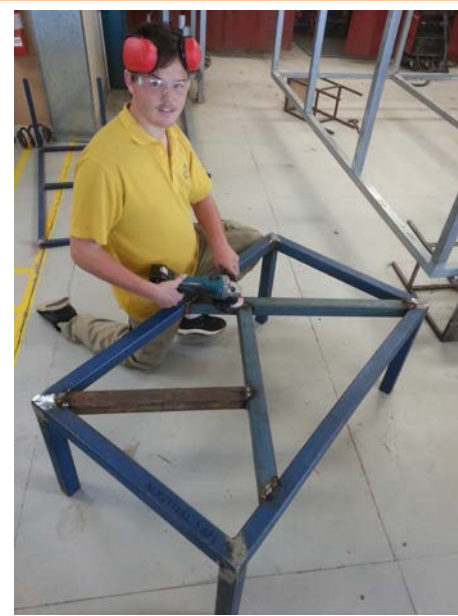




# INDUSTRIAL TECHNOLOGY – TIMBER & METAL

Are you a Kinaesthetic learner? Do you learn by carrying out physical activities, rather than solely listening to a lecture? Industrial Technology Students in Years 10 and 11 have been working steadily to complete high quality and useful projects through Kinaesthetic learning. Industrial Technology provides students with the opportunity to develop their knowledge and understanding of a selected industry, be it Timber or Metal through a process of observing and personal practical experiences. Students develop a broad range of skills and knowledge related to the chosen focus area. The course highlights the importance of design, management and production through the production of practical projects. Students select and apply appropriate design, management and production skills in the development of a Major Project and document the process in a folio. Current projects range from stools made from cypress pine or metal tubing, to metal and timber coffee tables, dog shelters and bale feeders.

**Mr Russell Culverson, Technology Teacher.**







## YEAR 8 MATHEMATICS

In our Mathematics Class in Year 8 this Semester we have been trialing different learning techniques. We have been focusing on the quality of our work rather than the quantity. We have used small white boards to receive quick feedback on our progress.

We have also been privileged to have a University Mathematics Student assist us in the classroom. She is also a past student of our school, **Tieke Thomas**.

While she was present, we focused on being 100% correct on progressively more difficult tasks. As a result, in the last assessment task, eight of our students were placed in the top 20 students of the year.

Some of our places we achieved are the following; 3rd, 6th, 9th and 13th and 13th. Well done to Year 8 Mathematics. As a result, we wish to publicly thank Tieke Thomas for her assistance.

**Mrs Claire Pottie, Mathematics Faculty**



# MCS AWARDS

## SECONDARY AWARDS

### *Merit*

Jed Gibson Jamie Adams Delta Rodwell Anna Pottie  
Mary Johnston Chantelle Comiskey Flynn Packham  
Nathan Wilson Charlie Bohringer Ella Gibson  
Claire Townsend James Magick

### *Bronze*

Abbie Stedman Alex Miller Connor Linde Matthew Oscuro

### *Silver*

Katelan Philpott Amber Williamson Alex Davis

## Primary Awards

### *Bronze*

Taylah Bliss Matilda Milne

### *Principals Banner*

Evie Ryan

### *Principals Badge*

Zoe Strahorn Charlie Brown  
Amelia Thurtell Maggie Kirby  
Banjo Fowler

### STUDENT OF THE WEEK – WEEK 4 T3

Class	Student
K Orange	Kaylee Huggett – For gaining confidence when interacting in the classroom
K Yellow	Indigo Armstrong – For neat and attractive presentation of all work
1/2 Pink	Zara Giansis – For excellent effort in computers
1/2 Gold	Harry Lee – For always being willing to help others
1/2 Blue	Myah Brouff – For wonderful improvement in Spelling
2/3 Green	Milly Olsson – For always being willing to help a friend in need.
3/4 Aqua	Emma Hunt – For being brave on stage at Prunus
4 Navy	Cody Peschka – For always applying himself in class activities
5/6 Red	Cameron Quilty – For great contribution to class discussions.
5/6 Silver	Lleyton Watts – For showing great general knowledge
5/6 Purple	Will Bloomfield – For excellent effort and improved results in spelling Banjo Fowler – For outstanding help with others in Maths – Mr L Burgess
Library	Aiden Garlick Evans – For excellent borrowing in 2018

### STUDENT OF THE WEEK – WEEK 5 T3

Class	Student
K Orange	Taimana Watene – For being a kind and helpful student
K Yellow	Ella Vandervelde – For being a thoughtful and valuable support to other students
1/2 Pink	Connor Riches – For great effort in Literacy lessons.
1/2 Gold	Mahayla Donner – For great work in Reading
1/2 Blue	Myah Brouff – For wonderful results in Spelling
2/3 Green	Olivia Hobbs – For persistence and excellent effort in all areas
3/4 Aqua	Thomas Harper – For consistent effort with Spelling
4 Navy	Charles Swift – For working hard during Explanation writing
5/6 Red	Amaya Pallier – For a fantastic explanation of the importance of the sun.
5/6 Silver	Paris Mills – For improved application to her Maths
5/6 Purple	Jake Rodger – For a fantastic spaced themed board game.
Library	Lilah Hiller – For making a magical Mopoke for our Library display

# CLUB 200

## PRIMARY CLUB 200

### **Club 75**

Owen Webster Baxter Sullivan  
TePaea Pineaha Willow Smith  
Aiden Duncan

### **Club 100**

Aidan Garlick-Evans Emma Wilson  
Hannah Wilson Priscilla Power  
Braxton May Boyd Packham

### **Club 125**

Ella Vandervelde Indy Vandervelde  
Marley Vandervelde Madeline Chrystall  
Archie Chrystall Harper Taylor  
Olivia Greenwood

### **Club 150**

Lillian Ford Lilah Hiller Patrick Thorne

### **Club 175**

Olivia Hobbs Kaylee Huggett  
Thomas Harper Amelia Harper  
Alice Wilson Emmison Shapland  
Hunter Osborn Zahra Ellis

## **Primary Uniform Award**

*Week 4 Draw Date 17/8/12*

*Stage 1 – Zara Gianisis*

*Stage 2 – Rose Kelly*

*Stage 3 – Lleyton Watts*

*Week 5 Draw Date 22/8/12*

*Stage 1 – Boyd Packham*

*Stage 2 – Blade Fairbrother Pietrzak*

*Stage 3 – Hunter Hobbs*

*Congratulations to you all!*



Zara  
Gianisis



Rose  
Kelly



Lleyton  
Watts



Boyd  
Packham



Blade  
Fairbrother  
Pietrzak



Hunter  
Hobbs

# CLUB 200



Week 5 Term 3

Left Back: Jack Bone, Myah Brouff, Olivia Greenwood & Mrs Barrett  
Front: Cassandra Clayton, Ellie Gerdes & Ella Vandervelde



Week 6 Term 3

Left Back: Emily Goff, Harriet King, Romano Sandeman, Mrs Barrett, Phoebe Lyons  
Front: Lily Goff & Stella Mitchell



## FROM OUR LIBRARY

### Week 6 Term 3

#### **BOOK OF THE YEAR: OLDER READERS**

*Mallee Boys* – by Charlie Archbold

*In the Dark Spaces* – by Cally Black

*Take Three Girls* – by Cath Crowley, Simone Howell & Fiona Wood

*Because of You* – by Pip Harry

*The Secret Science of Magic* – by Melissa Keil

*Ballad for a Mad Girl* – by Vikki Wakefield

**(Most of these titles are available on our Wheelers ePlatform)**

#### **EVE POWNALL AWARD**

*Do Not Lick This Book* – by Idan Ben-Barak, illustrated by Julian Frost

*M is for Mutiny! History by Alphabet* – by John Dickon, illustrated by Bern Emmerichs

*Left and Right* – by Lorna Hendry

*The Big Book of Antarctica* – by Charles Hope

*Amazing Australians in Their Flying Machines* – by Prue & Kerry Mason, illustrated by Tom Jellet

*Koala* – by Claire Saxby, illustrated by Julie Vivas



Hi Everyone,

What a busy and eventful Book Week! I commend students on their involvement in the activities during our special week. Thank you to all the families who created incredible costumes for their children to parade in. I hope everyone had fun!

Our school was very fortunate to have two wonderful authors visit during the week and students responded very well to their presentations. Katrina Roe had a very enjoyable visit with our K-2 students. She delighted them with her beautiful stories that dealt with issues our children experience day to day with sensitivity and gentle humour. I have ordered Katrina's books and hopefully they will be available for borrowing soon.

Kate Nannestad had a lot of fun with our students during the Writing workshops. She constantly challenged them to use their skills to write a deep and interesting poem about their feelings. Stage 2 students joined Kate to brainstorm a poem using our new whiteboard tables. It was great to see students working and supporting each other to achieve a very descriptive piece of writing.

Stage 3 students had a productive session with Kate. They created some wonderful characters that I hope they continue to work on and develop further into a short story. I would love to see them and possibly look into publishing them for the Library. Each child had the opportunity to share their ideas and read the description of their character and Kate responded to each child with great gusto.

After lunch on Friday Kate brought to life the characters from her books and entertained students with very funny stories. It was a great way to finish Book Week.

Our students have gone above and beyond with their Book Week Competition entries this year. We have many talented students with parents who are willing to get involved so I thank you for your efforts. Please come and have a browse if you are at school. I think you will get a lovely surprise. Some photos of the students' work are featured on the following page.

*Mrs Hall*

# AUTHORS VISIT OUR STUDENTS



Katrina Nannestad



Katrina Nannestad, Grace Parry, Olivia Philpott & Claire Miller

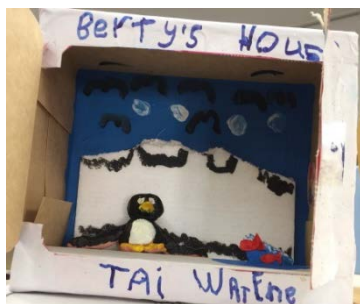
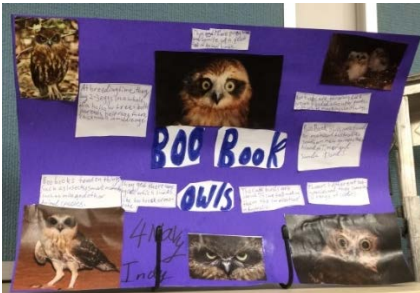
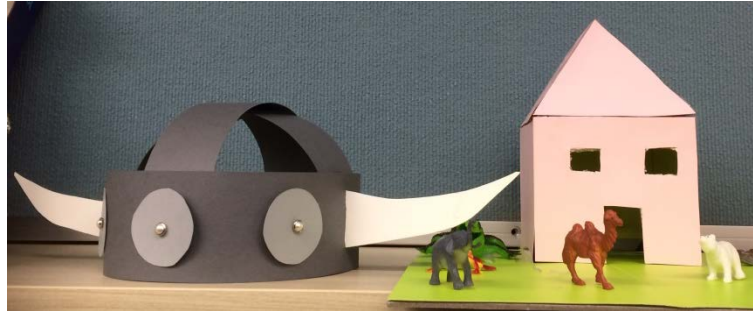


Katrina Roe



Katrina Roe with K-2 students

# 2018 BOOK WEEK COMPETITION ENTRIES



## WHERE ARE THEY NOW – EMMA KIDSON



I came to MCS quite late, part of the way through year 10. I thought “I’ll try out this new school and if I don’t like it, I’ll leave school and get an apprenticeship or job.”

With the support of my awesome teachers, not only did I stay on to complete Year 12, but I also gained early acceptance into university based on a glowing personal recommendation by our school principal.

I graduated from Charles Sturt University in 2007 earning a Bachelor of Arts (Jewellery) with Distinction and went on to open my own jewellers workshop in 2008. I handcraft jewellery from scratch using traditional gold and silver smithing techniques.

Ten years on, my business is going strong, with work stocked in shops and galleries around Australia, including at The Curatoreum, the shop within the National Portrait Gallery, Canberra.

My label Kidson Jewellery creates bespoke, one-of-a-kind pieces specifically for individual clients using precious metals and gemstones. In 2011 I formed a second brand called Japonicity. Having travelled to Japan as an exchange student with Lions Clubs International at the end of Year 10, I am inspired by the entrancing nature of the Japanese aesthetic. The style includes the use of large blocks of exaggerated colour, lack of perspective/shadows and minimalist detail as well as off centred viewpoints, and unusual angles. Modern re-workings of ancient floral motifs and strong origami influences are present throughout the Japonicity collection.

Being a self-employed jeweller gives me a lot of freedom to set my own work schedule and, as long as I have my tools, I can work from anywhere in the world. From 2014 to 2017 my husband and I were based in Vietnam whilst he worked for a motorcycle tour company. I was able to set up a home studio in Vietnam and it was business as usual for me, just in a fascinating new location.

I have returned to Australia now and my first client when I was back on home soil was an old teacher from MCS. It is wonderfully humbling that my time at Molong Central is still supporting me through life 15 years after graduation.

*Emma Kidson*

Website: [Japonicity.com.au](http://Japonicity.com.au)  
facebook.com/kidsonjewellery  
Instagram: @the\_jeweller





# SOME OF MY KIDSON JEWELLERY DESIGNS



## DATES FOR YOUR DIARY

DATE	EVENT
31 August	Grandparents Day- K-2
6 – 7 <sup>th</sup> Sept	Brad Cooper Opera Singer Class workshops
6 <sup>th</sup> Sept	Ready Set Go
13 September	Kinder Orientation
16 September	Molong Show
17 September	Year 7 Immunisations HPV Dose 2
18 October	K-6 School Production
18 October	HSC Examinations commence
24 October	Year 7 Orientation Day

### Upcoming Events in the Primary

**Assemblies:** Any classes that have not done their items this year, will be held over until Term 4 due to our School Production. These classes are Kinder, 4Navy, 1/2 Gold, 2/3 Green and 5/6 Red. Parents will be notified in advance when their child's class item is coming up.

**Grandparents Day:** K-2 will be holding a special Assembly for their Grandparents on Friday, 31<sup>st</sup> August. The assembly will go from 12 till 12:45 when grandparents can join their grandchildren for lunch. There will be more information coming home next week.

**K-6 Production:** You will soon be getting information about ticket sales for "Primary School Musical". Save the date for a matinee and night performance on Thursday the 18<sup>th</sup> of October.

### CANTEEN NEWS

#### HELPERS DESPERATELY NEEDED

- Would you like a free lunch?
- Do you have 1 or 2 spare hours per month?

If this sounds like you, our school Canteen could use your help. Our Roster is looking very sad and your help would be greatly appreciated. For organisational purposes, we would love you to commit to a monthly roster, however, we will also be advertising on our P&C Facebook site for casual on call helpers when the need arises. FREE volunteers working with children checks must be obtained from the RMS and is current for 5 years. You will also need to complete a volunteer's declaration form available from the Main Office. Any further interest or enquiries contact Tina McGovern on 63669009.

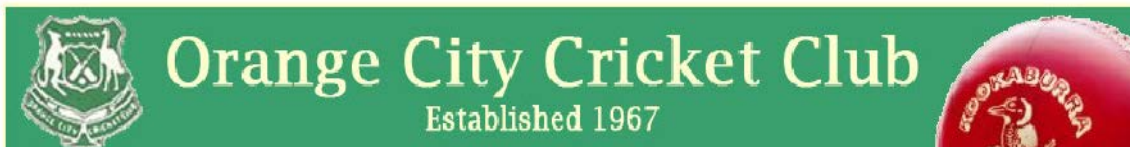
## CANTEEN ROSTER 31/8/18 – 14/9/18

<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>31/8/18</b> <b>5<sup>th</sup> FRIDAY</b>
				<b>Pam Burgess</b>
<b>3/9/18</b> <b>1<sup>st</sup> MONDAY</b>	<b>4/9/18</b> <b>1<sup>st</sup> TUESDAY</b>	<b>5/9/18</b> <b>1<sup>st</sup> WEDNESDAY</b>	<b>6/9/18</b> <b>1<sup>st</sup> THURSDAY</b>	<b>7/9/18</b> <b>1<sup>st</sup> FRIDAY</b>
Help Needed	Help Needed	Help Needed	Help Needed	Pam Burgess
<b>10/9/18</b> <b>2<sup>nd</sup> MONDAY</b>	<b>11/9/18</b> <b>2<sup>nd</sup> TUESDAY</b>	<b>12/9/18</b> <b>2<sup>nd</sup> WEDNESDAY</b>	<b>13/9/18</b> <b>2<sup>nd</sup> THURSDAY</b>	<b>14/9/18</b> <b>2<sup>nd</sup> FRIDAY</b>
Help Needed	Belinda Mills	Help Needed	Help Needed	Pam Burgess



### **MOLONG DENTAL SURGERY**

We would like to remind parents that eligible children are bulk billed at our practice for dental treatment under the **Medicare Child Dental Benefit Scheme (CDBS)**. This means that there is no additional cost for approved dental treatment. Parental presence is required on the day for the purposes of informed consent. Please phone **63668033** for appointments.



### **JUNIOR REGISTRATION - SEASON 2018/19 NOW OPEN!**

After a successful 50th Season Orange City Cricket Club are looking to build on our success and preparations are underway for season 2018/19. Junior Registrations are now open, and we encourage all junior cricketers wishing to play with Orange City to go to [www.playcricket.com.au](http://www.playcricket.com.au) and register.

If you have any questions, please don't hesitate to drop Dan Brincat an email [danb1378@gmail.com](mailto:danb1378@gmail.com)

**PLAY BALL**  
**18/19**

# Bletchington Softball



## Registration days for new members

**Friday 31 August: 5-7:30 pm @ North Orange**

**McDonalds**

**Saturday 1 September: 2pm – 4pm @ Orange City**

**Bowling Club**

## **ALL REGISTRATIONS WELCOME**

If you have not applied for the \$100 '[Active Kids Rebate](#)' now's the time  
(just remember you can only apply once per calendar year)

*FUN FACT - If you have registered online before you can **re-register** from the comfort of your own home, car, backyard or wherever you like, it's that easy!! Keep an eye out in your emails as we will be sending you the necessary link to re-register soon.*

We will again be offering our early bird special. Pay in full before the first game to receive **\$10** cashback!!! (unless full payment is made using the active kids voucher)

**We have something for everyone, TeeBall, Modball,  
15's, Youth, Opens and Social Mixed B**

**Find us on facebook**



(search Bletchington Softball Club)

**Bletchington.softball@gmail.com or phone**

**Jacquie 0407 934471 or Pam 0419 013951**

**Orange City Bowling Club Ltd**



McDonalds Orange

# STUDENT WELLBEING

## Headspace Orange

Headspace Orange are again running their toolkit sessions for young people, parents and carers. If you feel like you need a bit of a boost but don't feel like you want to talk to someone then please read on. Also if you are on the waitlist to attend one of the sessions and want to get sorted sooner, then this might be of interest to you.

These monthly info sessions are on different topics that are super important for everyone's wellbeing. The sessions have been shown to make a really positive difference to how you feel. These sessions are open for young people, parents or carers or even if you wanted to support a friend.



Do you need a bit of a boost but don't feel like you want to make an appointment to talk to someone? Are you on our waitlist but want to get sorted sooner?

We've got your back!

These monthly info sessions are on different topics that are super important for everyone's wellbeing. The sessions have been shown to make a really positive difference to how you feel.

These sessions are open for young people, Parents/Carers or even if you want to bring a friend.

**Bookings required - please contact our office.**

### headspace 2018 Tool Kit Sessions

- Understanding and Accepting Myself  
30th/August - 5pm start
- Understanding my Anger  
27th/September - 5pm start
- Understanding Mood and Anxiety  
25th/October - 5pm start
- Communicating with Confidence  
22nd/November - 5pm start



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

**The first session with Understanding and Accepting Myself on Thursday 30th August - 5pm start.** This session will be followed by:

- Understanding my Anger - 27th September
- Understanding Mood and Anxiety - 25th October
- Communicating with Confidence - 22nd November

Book into one or all of the sessions, its up to you!

To book please contact [hs.orange@marathonhealth.com.au](mailto:hs.orange@marathonhealth.com.au)

## SAVER PLUS PROGRAM

Here is some information ....

This is Australia's first matched savings program that helps people and families to establish a long term savings habit, build their money management skills and knowledge while saving for education costs. Since its commencement, more than 26,000 people have joined the program nationally and saved more than \$15 million.

### **What are the eligible saving goals and the benefits (to people having school aged children or studying/returning to vocational training apprentices)?**

A participant may receive the once off incentive of up to \$500 for their school aged children's education e.g. textbooks, uniforms, stationary, tutoring, special subject costs, school excursions, and camps, shoes, after school activities/music art etc. or TAFE fees, computer/laptop, trade tools, furniture to study etc.

### **How does it work?**

A saver plus participant selects education-related items they wish to save for (thinking ahead to what's coming up in 10 months' time) and agree to a saving goal over a period of 10 months, from as little as \$12.50 wk, \$25.00 fnt or \$50 mth to achieve a goal of \$500.00 saved and received matched funds of \$500.00 (the regular saving goal can be lesser amount) If they make a regular and consistent deposits and do 2 hours of Money Minded Online workshops, **every dollar they save will be matched with an equivalent dollar, up to a total of \$500.00**

Matched funds are used to buy the education-related product or service for the participant's personal or children's educational expenses.

### **Who is eligible?**

1. +people over 18 years old
2. +have a current Health Care Card OR Pensioner Concession Card
3. +live, work, study or have a child studying in the local area
4. +commit to completing workshops Money Minded ( online – free training basic financial skills and budgeting)
5. +have some income from paid employment (seasonal, casual, part time or full time)
6. +have not received matched savings from Saver Plus before

### **How will the participants receive the matched funds?**

At the end of the saving period participant can purchase the goods themselves (only after finishing the program)and be reimbursed if they provide a receipt. Alternatively saver plus national office will arrange for a cheque to be issued to the participant upon receiving an invoice or quote from a registered business for an educational goal related item or service.

Saver plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, **Benevolent Society**, Berry Street and other local community agencies. In May 2015, the Australian Government committed \$2.9 million to support the award- winning Saver Plus program over the next five years, together with \$17.5 million commitment from ANZ

Interested participants can either call the National number 1300 610 355 and, enter their post code to find the local Saver Plus worker or contact me directly.

**Anne Yates: Ph 02 67629700 or Mb 0431 651 571**

Email [anne.yates@benevolent.org.au](mailto:anne.yates@benevolent.org.au)



# Stressed about back to school costs?

**Would \$500 help pay for uniforms, books, excursions,  
tutoring, a laptop or tablet?**

Saver Plus matches your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work, and
- you have internet access and can be contacted by email.

**Contact Anne Yates  
your local Saver Plus Coordinator:  
02 6762 9700 / 0431 651 571  
or [anne.yates@benevolent.org.au](mailto:anne.yates@benevolent.org.au)**

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Bathurst and Orange area by The Benevolent Society. The program is funded by ANZ and the Australian Government. Find more information at [saverplus.org.au](http://saverplus.org.au).

**MOLONG CENTRAL**

Est



1859

**SCHOOL**

**Kindergarten to Year 12**

**MAIN ENTRANCE &  
Secondary Department**

This sign has been donated by Year 12 - 1995