



MOLONG CENTRAL SCHOOL

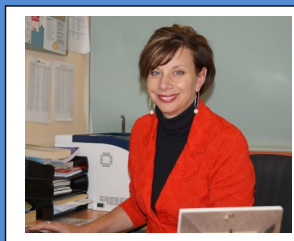
Providing Opportunities for Personal Achievement



Issue 10
4th July 2019

INSIDE OUR NEWSLETTER THIS WEEK

FROM THE PRINCIPAL'S DESK



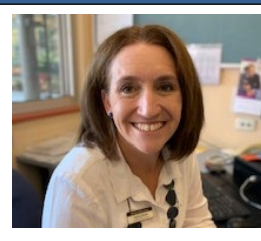
SECONDARY NEWS



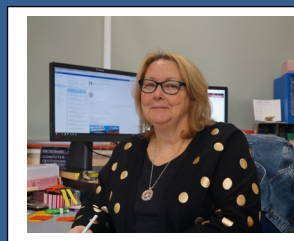
STUDENT AWARDS



PRIMARY NEWS



LIBRARY NEWS



CANTEEN ROSTER & UPDATES



DATES FOR YOUR DIARY



SCHOOL TIMES & CONTACTS



YEAR 8 ART



CLUB 100

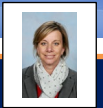


COMMUNITY NOTICE BOARD



COMMUNITY NOTICE BOARD





FROM THE PRINCIPALS DESK

WHITE RIBBON THOUGHT OF THE WEEK

"I respect myself, respect others, respect learning and respect my environment".



CONGRATULATIONS HEIDI TOWNSEND

For the third year in a row, Heidi has been selected in the New South Wales CHS Girls Hockey team. This is a fantastic achievement for Heidi, who works so hard at her sport. We look forward to sharing the results of her participation in the NSW all Schools Carnival, which will be held later in the year.

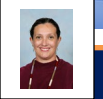
REPORT TIME

This week reports for Semester 1 will be going out to all parents and carers of students from Kindergarten to Year 10. It is a time to reflect on academic as well as social development and other activities your child may have been involved in. The staff at Molong Central use a variety of assessment techniques to determine the final grade your child will be awarded and this grade is aligned to performance descriptors, which allow you to compare how your child is fairing against other students in New South Wales. I have had the privilege of reading the reports and am impressed with the growth that students are showing from year to year and this growth is also evident in other performance measures we use to track a child's progress in school. These highlight to me that the teaching and learning programs, teaching methods and assessment strategies our staff are using are giving our students every possibility to meet their potential. It is important to understand that not all children will attain excellent academic grades, but we work hard to instill a growth mindset in all of our students from the time they enter Kindergarten. Instilling this belief, will allow students to continue to be lifelong learners many years after they have finished school. All students do, however, have other exceptional qualities and once again, our teachers are often bringing these qualities out in students and finding opportunities to further develop them. These are sometimes known as soft skills by employers; they include qualities like leadership, communication, self-awareness, teamwork, problem solving and flexibility. In reviewing your child's report, it is important that you take the time to consider the comment as well as the grade, as the teachers comments can provide great insight into what your child may need to do to improve in Semester 2. Engaging with teachers at parent interviews or making an appointment to meet with a teacher may also help you support your children through school. Supporting children through life's difficulties is part of parenting and school is a significant part of this journey. If you are at all concerned about changes in your child, it is important to share this with someone at the school. It could be a class teacher, a Year Advisor, a Deputy Principal or the School Councillor. The more information we have about your child the more we can cater for their needs. Sometimes we will initiate a conversation about your child's wellbeing, as we are likely to notice changes in a school environment. Our caring staff have the best interests of your child in mind and I encourage any parent to engage with the school during difficult times.

CREATING OUR NEWSLETTER WITH AN ONLINE SOFTWARE PROGRAM

As you would understand, the Newsletter is a significant part of our ongoing communication with parents and the community. Most people access their newsletter online and a decision has been made to move the newsletter to an online format. This will hopefully reduce production time as well as improving the graphics and presentation of the final product. The newsletter will continue to be emailed and uploaded to our school website but we will no longer produce paper copies from next term.

Mrs Michelle Barrett,
Principal



YEAR 11 ENGLISH

English has been hectic but fun this term. Year 11 have passed the half way mark for the course and only have one term left until they begin the HSC Standard English course. This term, **Contemporary Possibilities: Truth, Reality and Authenticity** has been the topic of study and it's been very complex. We have viewed a number of multi-modal documentary and mockumentary films. After watching each text, students have been guided through an analysis of what techniques have been applied to create a version of 'reality', or how texts can appear authentic. Currently, students are working hard on creating their own multi-modal texts to tell a personal story about someone they know, or a public figure. It's been interesting to see the broad range of stories come to life!

Mrs Sophie Healey
English Faculty





YEAR 11 & 12 PHYSICS EXCURSION & 8 STEM B

This Term, Year 11 and Year 12 Physics class enjoyed an exciting trip to Luna Park, where they joined the day with students from various other schools. Despite starting at 4 am on a cold morning from Molong, students were very energetic the whole day riding several rides and analysing their classroom knowledge about motions. Everyone thoroughly enjoyed the day and they were ready to get some sleep once we arrived back to Orange at 10:45 pm that night.

Overall, it was a very productive day. We all had some fun and applied our learning to real world. This was extremely valuable to our understanding of how Physics can relate to real world.

I would like to congratulate all the students on their super attitude, enthusiasm and excellent commitment. They were great company and kept us all entertained throughout the journey with their witty and charming conversation.

Year 8 STEM students have had lots of fun with paddle-pop sticks, straws and hot glue guns. They have made a scale model of an earthquake-proof building that can withstand a simulated earthquake event such as a gust of wind and shake from shake table. This group activity is surely making them think out of the box to perfect their design. In the photo Mia and Isabell is displaying their model.

Mrs Deb Chaudhuri



Seth Archer, Korra Bangoura, Priyam Saha & Myles Madden



Isabelle Salter & Mia Fraser



YEAR 11 & 12 PHYSICS EXCURSION & 8 STEM B



Myles Madden, Priyam Saha, Korro Bangoura, Josh Dowler, Pedro Oste, Amber Williamson, Caitlin Johansson
Front: Seth Archer



YEAR 7 TECHNOLOGY MANDATORY BLUE

Year 7 Technology Mandatory Blue have been busy taking advantage of their garden produce and the school's well-equipped kitchen. The group picked carrots, silver beet, parsley and spring onions from the new gardens and took them into the kitchen to whip up some mini quiches for morning tea. It was the first time the group had cooked in the kitchen and they all worked cooperatively and safely in their groups. Everyone enjoyed the quiches and they are already planning the next recipe and vegetables to plant.

Mrs Sally Pokoney



Annii Fowler & Chloe Gosling



Clinton Terry, Banjo Fowler, Byron Milne, Noah Lake



YEAR 7 TECHNOLOGY MANDATORY BLUE



Grace Parry, Brooklyn Treacy-Ley, Matthew Gregory & Mitchell Finney



Hamish Romer, Leyton Watts, Rowan Miller, Oliver Townsend



YEAR 8 ART

During Term 2 Year 8 students have been studying the Pop Art movement (1950 – 1970's). The students have explored the work of Andy Warhol, Roy Lichtenstein, Keith Haring and many more. They have taken the concepts of appropriation, identity, popular culture and in some cases repetition to explore their own T-Shirt or Hoody design. All students have been thoroughly engaged in the design stage, carving out stencils and learning the process of Silk Screen Printing.

All Year 8 students were allowed to show off their garments in the quad at recess and last week celebrating their identity and sense of belonging.

Mrs Claire Ryan, Art Teacher





YEAR 8 ART





FROM OUR LIBRARY

Week 10 Term 2

JUNIOR FICTION

Attack of the Alien Dung! – by Gareth P. Jones, illustrated by Steve May

Drought – by Jackie French, illustrated by Bruce Whatley **Stage 3 PRC**

Flying Fergus: The Great Cycle Challenge – by Chris Foy

Funny Kid: Get Licked – by Matt Stanton

Hugless Douglas and the Great Cake Bake – written and illustrated by David Melling

The Ice Monster – by David Walliams

The Man with the Messy Hair – written and illustrated by Pamela Allen

Mortimer Keene: Dino Danger – by Tim Healey, illustrated by Chris Mould

Splat says Thank You! – written and illustrated by Rob Scotton

Thank You, Mr Panda – written and illustrated by Steve Antony

PICTURE BOOKS

The graphic novels of the series, 'Dr Who Tenth Doctor' are featured this week.

The following titles are available in the Library for borrowing.

Year 1

The Fountains of Forever – by Nick Abadzis (Volume 3)

Year 2

Arena of Fear – by Nick Abadzis (Volume 5)

Sins of the Father – by Nick Abadzis (Volume 6)

War of Gods – by Nick Abadzis (Volume 7)

Comic Strip Collection

The Weeping Angels of Mons – by Robbie Morrison

Marlee Bunting

Will Kirby

Abbie Lyons



Violet Armstrong



Hi,

It has been quite a fortnight in PRC Land with four conscientious students completing the Challenge for this year. Violet Armstrong, Marlee Bunting, Will Kirby & Abbie Lyons are enthusiastic students who have borrowed consistently since last September to achieve success. Students in Years 3 - 9 who are completing the **NSW Premier's Reading Challenge** are reminded to enter their choices into their individual records at: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>; or ask me to enter their choices during Library.

Last Thursday I hosted the Teacher Librarians who are involved with the Central West eLibrary Consortium in their schools. We had a very productive session working with our very own Business Studies teacher Alicia Chisholm on strategies we can use to advertise the eLibrary to our students. Some wonderful ideas were discussed and we are developing a plan to be put in place in all our libraries from next term. A big thank you to Alicia!

The group was also fortunate to have the President of the Secondary SRC Claudia Thorne organise and invite a group of students along to speak with us. It was very interesting to hear their thoughts on the eLibrary regarding how it can be utilised and advertised more effectively amongst our student body K-12.

The teachers were very impressed with our students' responses and honesty. I would like to acknowledge the input of the following students:

Primary – Rose Kelly, Juliette Whyburn

Secondary – Dash Jones, Cooper Kelly (Year 7), Hayden Bliss (Year 9), Victoria Norton, Mercades Oste, Katelan Philpott & Claudia Thorne (Year 11).

Mrs Hall



CENTRAL WEST eLIBRARY CONSORTIUM VISIT MCS



Jodie Cross, Teacher Librarian from Lithgow High School & Katelan Philpott

Mercades Oste, Rose Kelly & Cooper Kelly



CLUB 200



Club 50

Hayley Ginger Nathan Schroder Malcom Weir Lachlan Lanser-Heinze
Minnie Whittle

Club 75

Lacey Olsson Willa Haynes Dominic Fitzsimmons Mahayla Donner
Jack Brazier Jacob Oste Ruby Oste

Club 100

Amelia Wood Thea Harvey Digby Brazier Hamish Brazier Romano Sandeman
Thomas Harper Harry Lee Amelia Harper Mackenzie Ziemnick
Olivia Greenwood Demelza Lee Jack Greenwood Marliese Scott
Frankie Mitchell Baxter Sullivan Braxton May

Club 125

Olivia Hobbs Daniel Oste-Seiler Tariq Kizana Tyrus Kizana Charlie Evans
Lillian Ford Harriett King Kaylee Huggett Oliver Nock Harper Taylor

PRIMARY AWARDS

Bronze

Charlie Evans Alice Colwell Jaylan Pallier-Jones George Packham
Jacob Oste Thea Harvey Layla Cole

Silver

Victoria Petrie Layla Webb Riley Roberts Nick Strahorn Victoria Milligan
Makai Milson Harrison Lowder

Gold

Daniel Oste-Seiler Indigo Armstrong
Riley Roberts Stella Mitchell

Platinum

Archer Thurtell George Davis

School Banner

Joshua Petrie Indy Webb

Principal Badge

Jacob Petrie Thomas Harper
Minnie Whittle Violet Armstrong
Olivia Hobbs

MCS AWARDS

Secondary Awards

Merit

Emmison Shapland Oshaye Neil Claire Cremona
 Thomas Ryder Joey Urban Shane Aldridge
 Timothy Rapley Olivia Philpott Paige Bohringer
 Ella Ring Charles Dover Meg Murray
 Madison Treacy Ryan Drew Leoni Wilson
 Ryan Press Chantelle Comiskey Bella Butler
 Hannah Williamson Kiah Mascord Lily Walker
 Natarsha Linde Madison Fuller Anna Pottie
 Haylee Lanser-Heinze Jeb Dykes Libby Peschka
 Joe Spencer Angus Day Ella Gibson

Silver

Abbey Quinn

Gold

Katelan Philpott

Primary Uniform Award

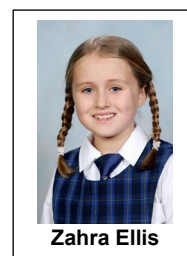
Stage 1 *Ryland Gibbs*

Stage 2 *Zahra Ellis*

Stage 3 *Amelia Lowe*



Ryland Gibbs



Zahra Ellis



Amelia Lowe

STUDENT OF THE WEEK – Week 8 T2

Class	Student
K Orange	Layla Cole - For a huge improvement in desk work
K Yellow	George Packham - Improved handwriting and neat in book work
1 Amber	Indigo Armstrong - Being a diligent worker who always presents her best work
1 Coral	Harley Brouff - Improved work habits in all areas
2 Emerald	Harry Lee - Great work with reading
2 Violet	George Davis - Presenting an outstanding well-prepared speech about how eggs get from farm to plate
3 Grey	Indy Vandervelde - Displaying excellent listening skills during BTN
3/4 Aqua	Charlotte Heinze - For always trying her best in all areas
4/5 Magenta	Asher Oliver - Having a positive attitude towards his learning
5/6 Purple	Maddison Gates - For always trying her best in all learning areas
5/6 Red	William Bloomfield - For improving in reading by four levels
Library	Zoe Strahorn - Conscientiously completing the PRC for 2019

STUDENT OF THE WEEK – Week 9 T2

Class	Student
K Orange	Kayden Taylor - For being an excellent helper and hard worker
K Yellow	Tyrus Kizana - For pleasing improvement in story writing
1 Amber	Elizabeth Clayton - For excellent effort in all areas
1 Coral	Jayce Edmondstone - For improved work habits in all areas
2 Emerald	Samuel Lapins - For great scientific knowledge about solids and liquids
2 Violet	Amelia Sullivan - For always presenting her work neatly with pride and care
3 Grey	Yiri Magick - For fitting in effortlessly to our class
3/4 Aqua	Alby Fowler - For a super effort with explanation texts
4/5 Magenta	Olivia Howes - For great application towards her work
5/6 Red	Jett Weekes - For an outstanding effort in Stem
5/6 Purple	Evan Kizana - For excellent effort in constructing his buss wire game
Library	Demelza Lee - For displaying diligence and pride when completing the 2019 PRC

CLUB 200



Back: Oliver, Olivia, Charlie, Tariq, Tyrus & Mrs Barrett, Front: Lillian, Harriet & Daniel.



Back: Indigo, Kaylee, Harper, Lillah & Mrs Barrett. Front: Violet, Zahra, Sam & Nicholas.

CLUB 200



Layne, Zoe, Amelia, Digby, Laura, Thea & Mrs Barrett



Back: Jack, Juliette, Demelza, Amelia & Mrs Barrett Front: Romano, Marliese & Mackenzie



DEALING WITH RACISM AT MCS

One of the core values of NSW public education is inclusiveness- the belief that all students regardless of race, gender or ability should feel safe and welcome within the school community so that they can gain the best education possible. To assist in meeting this aim every NSW Public School has an Anti-Racism Contact Officer. (ARCO).

The role of the ARCO is to field claims of racist behaviour within the school, and to assist the Principal in dealing with these claims as effectively as possible. The priority of the ARCO in every instance is to ensure that healthy, respectful relationships exist between all students and staff and that no student or staff member feels excluded from the school community. Consequently, the way issues are raised with the school will vary from case to case.

Many instances of racist behaviour are indirect for example. This is usually a situation where comments or actions are generalised and not aimed at any particular individual. For example, if a student tells a joke that denigrates a certain race or makes a generalised sweeping comment about a race, that is derogatory. In this instance, the ARCO's role will be primarily about education and mediation, making the student aware of why how such statements can impact on others and determining if the student has really intended to isolate or offend another student. In most cases indirect racism is careless and the result of habit and lack of thought and consideration for others. Rebuilding the relationships those comments have damaged then becomes necessary and guided mediation with the complainant is usually enough to resolve situations.

Direct, personal racism is another matter however. In this situation, students or staff may be treated prejudicially simply because of their race. Usually these comments or actions target specific groups or individuals and are deliberately designed to offend or humiliate. In these situations, the Department has policy guided by state and federal law. The ARCO in these instances will refer these matters immediately to the Principal for disciplinary measures to be taken. The ARCO may then work with the Principal to design a program to try and change these behaviours and prevent their repetition.

Complaints may also be made about institutional racism. This usually involves complaints about the policies, rules and structures that shape everyday function of school life. It is important that schools recognise changes in the demography of the student and staff population and the different cultural or religious needs of students who may arrive in the school, to respect those differences and ensure that students feel recognised and included. Usually Institutional racism occurs simply because policies and procedures become dated and no longer meet the needs of all students or staff. Normally all that is required is for the ARCO to be alerted to potential problems. The ARCO will then raise the matter with the Principal and adjustments can be made to deal with the concern.

Unfortunately, it is unlikely that racism will ever be eliminated. We can however, do our best to create an environment for our students that allows them to feel safe and respected while at school. If you have any concerns about racist behaviour at MCS, whether it be direct, indirect, institutional or personal, please feel free to contact me at the school to have your concerns discussed and addressed. Your help in improving the quality of our school environment is always valued and appreciated.

Mr Tony Keen

Anti-Racism Contact Officer
Molong Central School

CANTEEN ROSTER 05/07/19 – 2/8/19

If you can't work on your day, please call the Canteen on 6366 9009 from 8.30am-1.45pm. Thank you, Donna Taprell, Relieving Canteen Manager.				05/07/19 1st FRIDAY
				Pam Burgess
22/7/19 4th MONDAY	23/7/19 4th TUESDAY	24/7/19 4th WEDNESDAY	25/7/19 4th THURSDAY	26/7/19 4th FRIDAY
Kristy Armstrong	Belinda Mills	Kate Greenwood	Jan Murray	Belinda Mills
29/7/19 5th MONDAY	30/7/19 5th TUESDAY	31/7/19 5th WEDNESDAY	01/8/19 1st THURSDAY	02/08/19 1st FRIDAY
Kristy Armstrong	Help Needed	Adelaide Harris	Jan Murray	Pam Burgess

WHAT'S NEW FROM OUR CANTEEN

Winter Menu – Daily Specials



Monday – Fried Rice \$4.00

Tuesday – Chicken Kebabs \$3.00

Wednesday – Beef Bolognaise Pasta & Cheese \$3.70

Thursday – Soup of the Day & Bread Roll \$4.50

Friday – Beef & Gravy Rolls \$4.00

DATES FOR YOUR DIARY

DATES FOR YOUR DIARY

DATE	EVENT
22.07.19	Staff development day
23-26.07.19	NAIDOC Week
23 & 30.07.19	Primary parent/ teacher interviews 3.10pm
25.07.19	Year 10-11 Subject selection information night
06.08.19	K-12 NAIDOC Assembly

PRIMARY TERM 3

Assembly Items and Agendas

TERM 3	ASSEMBLY
Week 1	No Assembly
Week 2	Year 1 Amber Item
Week 3	Education Week Celebrations
Week 4	Kinder Yellow Item
Week 5	Book Week Celebrations
Week 6	Robocup Display
Week 7	Year 6 Public Speaking
Week 8	Year 6 Public Speaking
Week 9	Year 6 Public Speaking
Week 10	Year 6 Public Speaking

COMMUNITY NOTICE BOARD

ORANGE REGIONAL CONSERVATORIUM
PRESENTS

WINTER WORKSHOPS

MUSICAL ACTIVITIES FOR THE SCHOOL HOLIDAYS

MONDAY 8 JULY

10am - 12pm **Glee Club: Sing Queen!** Ages 4 - 7

1pm - 3pm **HSC Student Performance Class with Lisa Stewart
& Stefan Duwe (Acacia Quartet)**

TUESDAY 9 JULY

10am - 11am **Violin Ventures - Introduction to Violin for kids
with Lisa Stewart (Acacia Quartet)** Ages 4 - 8

2pm - 4pm **Glee Club: Sing Queen!** Ages 8 - 12

6:30pm - 8pm **Superior Sight Singing - Vital Skills for Choristers**

WEDNESDAY 10 JULY

5pm - 7pm **Glee Club: Sing Queen!** Teenagers and Adults

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www.orangecon.org.au or call 6361 7974

ONLY
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WORKSHOP



Orange Regional Conservatorium
www.orangecon.org.au
73a Hill Street
6361 7974, admin@orangecon.org.au



COMMUNITY NOTICE BOARD

Moo Poo



1 x Bag of Cow Manure. - \$6

1 x Bag of Horse Manure - \$5

Contact Us

Email – moopoogals@gmail.com

Facebook - @moopoo

Henrietta, Mercades, Katelan

COMMUNITY NOTICE BOARD

PLAN YOUR TRIP

JULY SCHOOL HOLIDAY CHILDRENS ACTIVITIES

Orange360

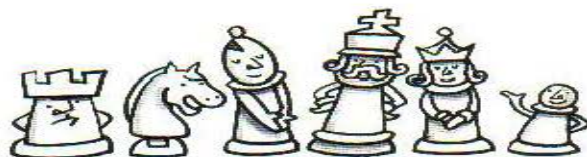
ACTIVITY	ADDRESS	DETAILS	ENQUIRIES
ADVENTURE PLAYGROUND	Yellowbox Way, Orange. Open 7 Days	BBQ's and picnic areas available. Chess set put out over school holidays ONLY One of only two fish fossil museums in the world. Home of Mandageria fairfaxi the state fossil of NSW	Orange Visitor Centre: 1800 069 466
AGE OF FISHES MUSEUM	Gaskill St and Ferguson St, Canowindra NSW Open 7 days 10am – 4pm	Tues 9 July: Kids Activity Day Array of educational and science based activities based on Geology, Electricity and Magnetism. A free sausage sizzle is also available. Entry for children is free. Adults are \$5.00 each	Telephone: 02 6344 1008
AQUATIC CENTRE	Cnr Hill & Warrendine Streets. Open 7 Days Mon – Fri: 5.30am – 7.30pm Sat: 5.30am – 7pm Sun: 8am – 7pm	Heated outdoor 50 metre, 9 lane pool, heated diving pool with diving boards and 10m tower, heated indoor leisure pool with water features, beach volleyball courts and basketball court	Telephone: 02 6363 3000
BISSYS CAFÉ	88 Warrendine St, Orange Open 7 Days	Café, bike hire, permaculture gardens, chickens & ducks.	Telephone: 02 6369 0666 0409 662 525 bissyscafe.com.au
BORENORE CAVES	Escort Way, Borenore. Open 7 days until dusk.	BBQ's and picnic areas, take a torch and wear closed in shoes. Daily activities from Monday 15 – Friday 19 July. Places are limited	Orange Visitor Centre: 1800 069 466 BOOKINGS ESSENTIAL https://www.revolutionise.com.au/cwgym/
CENTRAL WEST GYMNASTIC	3 Barrett Court, Orange NSW		BOOKINGS ESSENTIAL www.clevernessartschool.com.au
CLEVERNESS ART SCHOOL	10 Ralston Drive, Orange		
CORNER STORE GALLERY	382 Summer St, East Orange	Kids PomPoms and Tassels: Wednesday 10 and Friday 19 Kids Weaving Workshop: Thursday 11 Kids Drawing Classes: Monday 15, Tuesday 16 and Wednesday 17 Kids Macrame Workshop: Friday 12 and Thursday 18	BOOKINGS ESSENTIAL www.cornerstoregallery.com/upcoming-workshops/
FLIP OUT TRAMPOLINE ARENA	30 Edward Street, Orange. Open 7 Days	Trampoline playground	Telephone: 0402 221 581
GOLDEN MEMORIES MUSEUM MILLTHORPE	Park St, Millthorpe. 10am-4pm All school holidays	Eight buildings housing collections from Aboriginal items, fraternal societies, local family and business history, Australian inventions, rural technology, machinery and much more.	Telephone: 02 6366 3980
GOSLING CREEK RESERVE	Bloomfield Road, Orange. Open 7 Days	Bike and walking tracks, playground & picnic grounds	Orange Visitor Centre: 1800 069 466
HIRE A BIKE		Pick up a brochure from the Orange Visitor Information Centre.	
HORSE RIDING	Ruby Hill Equine Centre, Kangaroobie Rd	Enjoy a horse riding experience on quality, educated horses with experienced caring instructors where safety is our first priority	Telephone: 0412 421 949 rubyhillequine.com.au
HORSE RIDING	The Black Horse Riding Stables	Horse riding stables close to Orange. Bookings by appointment	Telephone: 0428 680 406 www.facebook.com/theblackhorseridingstables/
HUNTLEY BERRY FARM	Huntley Rd, Huntley Turn off the highway at Lucknow pub Open 7 Days 9am – 3pm	Pick your own berries when in season (Oct – April), petting zoo, play equipment	Telephone: 02 6365 5282
INDOOR TENNIS CENTRE	Palmer St, Orange NSW	Number of indoor tennis courts	Telephone: 02 6362 9811
KINROSS STATE FOREST	Bulgas Road, Orange	BMX tracks from easy to difficult	For more information on tracks visit: https://goo.gl/BOZ1hi

CONTINUED OVERLEAF...

COMMUNITY NOTICE BOARD

ACTIVITY	ADDRESS	DETAILS	ENQUIRIES
KUMIAI RYU HIGH IMPACT	61 Lords Pl, orange	Activities include: Games, Martial Arts, Craft and Movies. Monday 8, Wednesday 10, Monday 15 and Wednesday 17	For more information: 02 6362 9329
LAKE CANOBOLAS RESERVE	Lake Canobolas Road, Orange. Open 7 Days until dusk	BBQ's & picnic area, play equipment including flying fox	Orange Visitor Information Centre: 1800 069 466
LIBRARY	147 Byng St, Orange NSW. Open 7 Days	Various activities. Bookings essential.	Telephone: 02 6393 8132
MINI GOLF	Orange City Bowling Club, 61/89 Warrendine St, Orange. Open 7 Days 11am – 6pm	\$5 per person Children under 5 – free	Telephone: 02 6362 2533
MINIATURE TRAIN RIDES	Matthews Park, Moulder Street, Orange. Second Saturday each month	Train rides are gold coin donation. Covered shoes required	Telephone: 02 6362 2368
MOUNT CANOBOLAS	Pick up a brochure from the Orange Visitor Information Centre. Open 7 days 9am – 5pm		
MOVIE CINEMA	Odeon 5, 43 William St, Orange	Current movies, download the weekly programs and book online at www.odeon5.com.au	Telephone: 02 6362 0213
NATURE KIDS – ORANGE	Orange Nature Kids is a Committee run, not for profit school holiday program where primary and high school aged kids can connect to nature, learn about sustainability, social enterprise, music, mindfulness, yoga and get creative in the great outdoors. For more details and information head to: https://www.eventbrite.com.au/o/nature-kids-orange-19906276307		
OPHIR GOLD FIELDS RESERVE	Try gold panning. Wood BBQ facilities and toilets. Bush Walking. Take your own water. Pick up a brochure and hire your gold pans from the Orange Visitor Information Centre.		
ORANGE CONSERVATORIUM	73A Hill St, Orange NSW 2800	Various programs, bookings essential	Telephone: 02 6361 7974
ORANGE REGIONAL GALLERY	149 Byng St, Orange	Various programs, bookings essential: www.orangeregionalgallery.eventbrite.com.au	Telephone: 02 6393 8136 cknowles@orange.nsw.gov.au
ORANGE REGIONAL MUSEUM	151 Byng St Museum is Open 7 days 9am – 4pm	Wed 10 and Wed 17: All in a Day's Code (\$5) Thurs 11: Mystery Bag Invention Challenge (Free) Thurs 18: Mini Makers at ORM (Free) www.orangemuseum.eventbrite.com.au	BOOKINGS ESSENTIAL: 02 6393 8444
ORANGE TENPIN BOWLING	Cnr Byng and Seymour Sts, Orange. Open 7 days from 9am	Bowling, Pizza and arcade games.	Telephone: 02 6362 5466
PARKS AND PLAYGROUNDS	Pick up a brochure from the Orange Visitor Information Centre. Open 7 days 9am – 5pm		
PCYC	Cnr Byng & Seymour St, Orange	Daily Activities 8th – 12th and 15 – 19th July \$25 half day \$40 full day Must be PCYC members.	BOOKINGS ESSENTIAL: 02 6360 2249
PEE WEES INDOOR PLAY CENTRE	96 Byng St, Orange. Open 7 days, M-F 9.30am – 4.30pm. Sat-Sun 9.30am – 5.30pm	Two Jumping Castles, Three Level Climbing Structure and a Toddler Area for the little ones. Great Cafe with a range of food and drinks!	Telephone: 02 6360 4686
SKATE PARK AND VELODROME	Cnr Warrendine & Anson Sts	Various jumps and pipes for all ages and levels of experience.	Orange Visitor Centre: 1800 069 466
SQUASH COURTS	146 Moulder St, Orange	Variety of squash courts for recreation and league use.	Telephone: 02 6362 7921
SUMMER HILL FALLS	4th Crossing, Ophir Rd, Orange	Waterfalls located a short walk from the picnic area	Orange Visitor Centre: 1800 069 466
WENTWORTH MINE	Wentworth Main Mine, Mitchell Hwy, Lucknow. Saturday 6 and Sunday 7 July	Gold coin donation	Orange Visitor Centre: 1800 069 466
WORD OF MOUTH CELLAR DOOR	42 Wallace Lane (off Pinnacle Rd)	Animals, colouring in & soccer balls to kick, play around gardens.	Telephone: 0429 653 316

COMMUNITY NOTICE BOARD



SCHOOL HOLIDAY JUNIOR CHESS TOURNAMENT IN ORANGE

- WHERE:** St Barnabas Anglican Church Parish Hall
Corner Dora and McLachlan Streets
East Orange
- WHEN:** Thursday 18th July 2019
- TIME:** 9:45 am to 3:30pm
- ENTRY FEE:** \$10 [per entrant]
- PRIZES:** Trophies for 1st, 2nd & 3rd
in Under 18 and Under 12
Coaching Voucher for 1st place in U18 and U12
- REGISTER BY:** 16 July 2019 latest
by contacting one of the following
Junior Chess Coordinators:
1. Alexander Aich Mobile 0408 200 564
alexander.aich@gmail.com
 2. Joe Cummins Mobile 0411 271 224
heather.cummins@optusnet.com.au
- WHAT TO BRING:** Your own lunch and refreshments

You don't have to be good, this is a fun tournament. But a knowledge of the rules is required and tournament conditions will be applied. The games will be timed with chess clocks. Don't worry if you have never played with clocks. You'll be told how they work. The results will be sent to the NSW Junior Chess League for ratings.

Chess the clever sport

7 Top Tips for Healthy Families

1. GET ACTIVE EACH DAY

Regular physical activity is an important part of getting healthy and staying healthy. Do something active everyday!



3. EAT MORE FRUIT AND VEGETABLES

Eat a variety of fruit and vegetables to make up 2 serves of fruit and 5 serves of veggies each day. Participating in **Crunch n Sip** or in a fruit break at school is a great way to do this!



5. EAT FEWER SNACKS AND CHOOSE HEALTHIER ALTERNATIVES

Healthy snacks in between main meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit n veg snacks.



2. CHOOSE WATER AS A DRINK

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and kilojoules found in fruit juice drinks, soft drinks and sports drinks.



4. TURN OFF THE SMALL SCREENS AND GET ACTIVE

Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks while you watch TV....turn it off and get active after school!



6. ACTIVE TRAVEL

Walk, scoot or ride to school! Families who live a long distance from school can 'Park and Walk or Ride'. And remember active travel is for the weekends too!



7. CHOOSE EVERYDAY FOOD AT THE SCHOOL CANTEEN

If your school has a healthy canteen make sure you choose **everyday** food and drink items filled with fruit 'n veg.



FOR FURTHER INFORMATION VISIT:

Healthy Kids website

<https://www.healthykids.nsw.gov.au>

Healthy School Canteens

<https://healthyschoolcanteens.nsw.gov.au>

Healthy Lunch Box ideas

<https://healthylunchbox.com.au>

Live Life Well @ School