CONGRATULATIONS TO OUR CAPTAINS!
On Thursday 5th February we held the Captains Induction assembly followed by a Morning Tea with the whole school staff. Many parents and interested community members attended and we were thrilled to invite parents or nominated people to pin the badges on our school leaders as part of the ceremony. Congratulations to all the recipients. We are extremely proud of this year’s cohort.

Captains
Primary Captains
V Pettiford, Carter Swan

Primary Vice-Captains
Ekala Geesu, Oscar Monk

Secondary Captains
Kaitlyn Thomson, Kurt Williams

Secondary Vice-Captains
Kerrie Ward, Rebecca Sciberras

Student Representative Council
Year 6  V Pettiford, Carter Swan, Ekala Geesu, Oscar Monk
Year 7  Jordan Mitchell, Anna Ward
Year 8  Jaike Mitchell, Mitchell Joyce
Year 9  James Eyles, Alana Leaney
Year 10 Kerrie Ward, Rebecca Sciberras
Year 11 Kaitlyn Thomson, Kurt Williams
Year 12 Steven Rutter

House Captains
Goonoo
Secondary Captains: Kerrie Ward, Jayden Carpenter
Secondary Vice-Captains: Kaitlyn Thomson, Kurt Williams
Primary Captains: Carter Swan, V Pettiford
Primary Vice-Captains: Oscar Monk, Ekala Geesu

Beni
Secondary Captains: Britney Rutter, Lachlan Howarth
Secondary Vice-Captains: Kyle Hartley, Mitchell Averillo
Primary Captains: Bailey Tincknell, Ella Hartley
Primary Vice-Captains: Malcolm Hellyer, Kayleigh Rutter
**PRINCIPAL’S NOTES**

**Congratulations**
Congratulations to our nine Primary students who represented our school at the Zone Swimming Trials at Binnaway. Their effort and sportsmanship were exceptional. Ella Hartley and Alexander Yeo were successful in gaining representation at the Regional Trials in Armidale next. We wish them both the best of luck!

**Road works**
A reminder about the proposed road works planned to begin tomorrow 24th February. They will take place on the Castlereagh Highway (our main street) between Brambil Street and the town limits on the Dunedoo side of town. Students are encouraged to avoid the area, where possible.

**Rugby League Clinic**
This Friday we have a Rugby League clinic planned for Kindergarten to Year 8. This takes place from 9am to 11.30. This follows a very successful visit from our Rugby League development officer and 2 Bulldogs players two weeks ago.

**Bikes**
The bike racks have been relocated to the front of the school. There have been problems with people interfering with other students bikes during the day. This change of location ensures that the bikes are visible from several classrooms. If your child experiences any further problems, please let me know.

*Julie Waters*
*Relieving Principal*

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**CALENDAR**

**Fri 27.2.15**
Rugby League Clinic
9am-11.30am

**Mon 2.3.15**
Secondary Swimming Trials

**Tues 3.3.15**
Primary Swimming Trials

**Wed 22.4.15**
SCHOOL ANZAC Ceremony

**Sat 25.4.15**
ANZAC Day
KINDERGARTEN/YEAR 1 NEWS

Students are enjoying Swimming for Sport which commenced last Friday. They will need to bring their swimmers and towel each Friday for another 4 weeks unless it turns cold or rains. Mrs Norwood will then decide if we continue or not. If any parents would like to assist during swimming their help would be greatly appreciated. Please contact Mrs Norwood at the school.

Kindergarten students have been learning their sounds while Year 1 have begun Spelling. In Grammar Year 1 have been learning how to construct sentences using capital letters and full stops.

In Maths Kindergarten have been recognising the numerals to 10 while Year 1 have been focusing on counting backwards from 10, 20 and 30.

In Personal Development, students are being encouraged to communicate in a positive manner to each other and to be aware of other’s feelings. They have also been discussing stranger danger. We all thought it was a great idea to have a password (only known to their parents and themselves) so if a stranger says that Mum or Dad wants you to go with them they can ask them what their password is.

If not known then they don’t go with them.

L Peter

YEARS 4/5/6 NEWS

This week students have been working on their creative writing. Students have been asked to create a character and write the orientation to their story. We are focusing on creating a visual image using descriptive words, creating suspense and showing what our character and setting is like rather than telling.

In Science, students investigated gravity and this week we will be looking at the order of the planets and their position in relation to each other. In Music we are learning to read and play notes on the recorder and look forward to presenting our talents to the community in the near future. I have support from a few accomplished musicians in 4/5/6 and I am very impressed with the class participation in music. We have also been looking at the different types of instruments played in orchestras and representing instruments in our artwork.

S Reynolds
PRIMARY ZONE SWIMMING CARNIVAL

On Wednesday nine Primary students represented our School at the Zone Swimming Carnival in Binnaway. All students are to be congratulated on their swimming ability on the day and the way they represented our School with pride, well done! A special congratulations to Alexander Yeo who came 1\textsuperscript{st} in 50m freestyle, Ella Hartley came 1\textsuperscript{st} 50m freestyle, 2\textsuperscript{nd} 50m backstroke and 3\textsuperscript{rd} 50m breaststroke, and Victoria Monk who came 3\textsuperscript{rd} in 50m freestyle. Alexander and Ella are off to Regional in March. Good Luck!

K Norwood

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CANTEEN ROSTER

<table>
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<tr>
<th>Day</th>
<th>Mon 23.2.15</th>
<th>Tue 24.2.15</th>
<th>Wed 25.2.15</th>
<th>Thu 26.2.15</th>
<th>Fri 27.2.15</th>
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<tbody>
<tr>
<td>Mon</td>
<td>C Sando, K Walden</td>
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<td>L Monk, T Tobin</td>
<td>Closed</td>
<td>S Abbott</td>
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<tr>
<td>Tue</td>
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Welcome to our two new canteen ladies, Claire Sando and Kylie Walden.

The two were given lots of wonderful help by Sharon Abbott, our Canteen Manager and have survived the day with flying colours.

Thank you so much for your assistance!
HEALTHY EATING - EAT MORE VEG!

Kids are eating half the veg they should be. How can you educate and encourage kids to eat more? Healthy Kids has lots of ideas and info about healthy eating and vamping up the veg.

In addition to lunchboxes and dinners, Crunch&Sip is a great opportunity to promote veg. Kids really don't do too badly when it comes to eating fruit, so maybe it's time to update your school's fruit break to really encourage veg.

Crunch&Sip is flexible. Each teacher chooses how and when their class Crunch&Sips. It's also a great chance to role model eating veg.

To sign up or find out more, click here or email info@healthy-kids.com.au


HORSE SPORTS CALENDAR

Moonbi Public School Horse Sports Day - Friday 6th March 2015.

Quirindi Public School Horse Sports Day - Monday 27th April 2015.
Contact Simon Smith - 0428 485 355.

Curlewis Public School Horse Sports Day - Friday 8th May 2015.

COMMUNITY NEWS

MENDORAN/MERRYGOEN AMATEUR SWIMMING CLUB

Pointscore is on this Friday at 4pm at the Mendooran Pool. There will be a 2 dollar sausage sizzle each week after swimming. Swimming training is on each Tuesday at 3.30pm with Mrs Norwood. Thank you to Mrs Norwood for doing the swimming training for our club.

Michelle Ward
Ph 68861052
FRUIT & VEG
KIDS ARE NOT EATING ENOUGH

HERE’S WHAT KIDS ARE EATING EVERYDAY

YOUNG KIDS (AGE 4 – 6)

1 FRUIT
1.5 VEG

HERE’S WHAT THEY SHOULD BE EATING EACH DAY

KIDS (AGE 9 – 13)

1 FRUIT
2 VEG

1.5 FRUIT
4.5 VEG

BIG KIDS (AGE 14 – 16)

1 FRUIT
2.5 VEG

2 FRUIT
5 VEG

ONLY 6% OF AUSTRALIAN ADULTS EAT THE RECOMMENDED SERVES OF BOTH FRUIT & VEG

EATING FRUIT & VEG IS VERY IMPORTANT! KEEP IT UP!

Intake figures have been approximated from the 2007 Children's Nutrition and Physical Activity Survey. Recommended intakes have also been rounded. The point is, we need to eat more!
MENDOORAN YOUTH GROUP

The Mendooran Youth Group is holding a car wash fundraiser day on Sunday 8th March to help raise money for our next big Dubbo adventure. We are going to Flip Out trampoline centre and to keep costs down we need your support. Bring your cars down to the school on the 8th March 2015 from 10am and get them all scrubbed up clean for only $10. A small price to pay and you will be supporting your local Youth Group.

ALSO

The Mendooran Youth group is hosting the annual Police vs Youth vs Teachers touch football, round robin comp on the 2nd April 2015. This will be held at the touch football grounds (cricket grounds) on Brambil St Mendooran, from 5.30pm and the council will hopefully provide a free BBQ afterwards. The Police currently hold the trophy and have thrown out the challenge to try and beat them this year. So start getting your team together. Youth team are ages 12-18, teachers team can include school staff and partners, the Police team will be made up of Police, partners and possibly other emergency service personnel. Last year it was a great event and had a large community turn out. So get involved and have some fun. "Don't let fear hold you back!"

For more info on the Mendooran Youth group or any upcoming youth group events, please contact S/Cst KOPKE, 6886110 or kopk1car@police.nsw.gov.au

Thanks for all your support

Regards
Carlton Kopke
Senior Constable
Mendooran Police
ph: (02) 68861110

MENDOORAN TOUCH FOOTBALL

Scores from Round 13 - 19.2.15

10 Royal Hotel Rebels V Deshon’s Devils 4
1 The Crushers V The Sloths 2
3 Touch This V Mulligan’s Maulers 4

Bye: Regae Sharks

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<th>BYE</th>
<th>P</th>
<th>W</th>
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<td>10</td>
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<td>18</td>
<td>23-80</td>
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SCHOOL CONTRIBUTIONS - 2015

Voluntary Infants/Primary Contributions: $25.00 per child
Voluntary Secondary Contributions: $50.00 per child
Voluntary FAMILY MAXIMUM: $80.00 (not including electives)

Both Voluntary contributions and Elective fees may be paid by instalment.

COMPULSORY ELECTIVES COST
- Year 7/8 Electives: Technology Mandatory $20.00 (enables students to take work home)
- Year 9/10 Electives: Industrial Technology $40.00 per term ($30 per project thereafter)
  - Food Technology $15.00 per term ($60.00 per year)
  - Design & Tech (Textiles) $20.00
  - Art $25.00
  - Agriculture $10.00
- Year 11/12 Electives: Hospitality $15 per term ($60.00 per year)
  - D&T Mixed Media $20
  - Art $25
  - Agriculture $10
  - Metals & Engineering $40 first project (2nd project dependent on cost)

Please tear off the following section and fill in details accordingly to the number of students you have attending Mendooran Central School to calculate the amount owing.

FAMILY NAME:………………………………………………………………

VOlUNTARY SCHOOL CONTRIBUTION

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<th>No Primary Students</th>
<th>No. Secondary Students</th>
<th>TOTAL SCHOOL CONTRIBUTIONS</th>
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COMPULSORY COSTS SECONDARY ELECTIVES

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<td>Metals &amp; Engineering $40.00</td>
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TOTAL ELECTIVE FEES $…………………………

TOTAL CONTRIBUTIONS PAYABLE $…………………………