**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>23/10/14</td>
<td>Yr 7 (all) &amp; Yr 9 boys HPV Immunizations- 3rd dose</td>
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<tr>
<td>5/11/14</td>
<td>Kindergarten 2015 Orientation Morning</td>
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<tr>
<td>19/11/14</td>
<td>Year 7 2015 Orientation Day</td>
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<tr>
<td>15/12/14</td>
<td>Presentation Night</td>
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**P&C NEWS**

The P&C would like to thank all the families involved in selling tickets in the Major P&C Fundraiser for 2014. However, if there are any unsold tickets, the P&C would be grateful if you could return these to the Main Office for re-selling. Thankyou!

**KINDERGARTEN ORIENTATION**

5/11/2014
9.30am - 11.00am
For children starting Kindergarten in 2015
For more information please contact Mrs Jane Backhouse (Deputy Principal) or Mrs Audrey Brown (Assistant Principal, Stage 1) on 6366 8224.

**ANNE-MAREE INGHAM MEMORIAL AWARD**

Anne-Marie Ingham was an extraordinary person and her Portrait Gallery of the Molong and District Servicemen and Servicewomen at the Molong RSL Club, epitomised her character and many talents. Anne Marie was also an author of three books and these books demonstrate the best possible use of the written language and she told a “rattling good tale” combined with excellent graphics. She was truly a talented person and a great contributor to Molong and, of course, a great Australian. Molong Central School is proud to be able to award the most outstanding Secondary student in Visual Arts with the Anne-Marie Ingham Memorial Award for this year and in future years. Thank you to the Molong RSL Portrait Gallery Committee members for putting the suggestion forward to the school so we could embed, in our Presentation Night Program, this prestigious award for our Visual Arts students. Presentation Night will be on Monday 15th December, 2014.

**SCHOOL CAPTAINS & PREFECT 2014/2015**

At the recent Year 12 Farewell Assembly, the Captains and Prefect were inducted for the 2014/2015 year. This leadership team has already had responsibility in leading the assembly and/or speaking on assemblies and accomplished these roles with ease. As Captains, they all will have places on the Student Representative Council for the remainder of this year and next. Congratulations to Lachlan Campbell and Sophie Clayton (Captains), Rachael Geddes and Isobel Griffith (Vice Captains) and Chrystal Norberry (Prefect).

**P&C SCHOOL COMMUNITY AWARD 2014**

With last week’s newsletter, there was a flyer for parents to complete and nominate a member of our school community for the P&C School Community Award for 2014. This award will be given out on Presentation Night on the 15th December, 2014. I encourage all members of the community to fill in the form and return it to the Main Office by Tuesday 28th October. Thank you!

**HSC EXAMINATION TIPS**

It can be difficult to stay positive or “be up” as exams approach. The more important the exam the more stress we can feel. There are many reasons why students feel this stress and depressed mood as examination dates approach.

- Students receive distorted messages and perceptions about the importance of the exams, such as, “this can/will determine your future” etc.
- With the pressure and stress of exams students avoid doing the work necessary to be prepared and as a result feel more overwhelmed, hopeless, anxious etc. Students can feel they have no control of their situation.
- When we allow the pressure, stress and upset to build we can feel more drained and exhausted.
- The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including exams is to “fuel up”. It goes without saying that if we are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fueling Up” is about boosting wellbeing factors in your life. Trying to “feel good” or be “positive” when your body is exhausted and depleted is impossible!

Here are some things you can do:

**Get better sleep.**

Feeling good all starts with getting the right amount and type of sleep.

Start with a good night - time routine. Stop anything that stimulates you such as caffeine or TV or computer, iPad or phone screens etc.

Try a warm drink such as chamomile tea and use essential oils such as lavender oil.

Having a soothing bath or shower can also help along with gentle stretching of tight or tense muscles.

**Eat in Moderation**

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy.

Eat three main meals, and two to three snack meals a day.

Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

**Exercise Regularly**

Take part in regular exercise, at least three times per week for a minimum of 30 minutes.

Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress and relax your body and mind to either start or end your day right.

**Janis Glasson**

Principal
WELCOME TO THE SCHOOL OF AGRICULTURAL & WINE SCIENCES

On Wednesday the 13th August Agriculture students in Years 10, 11 and 12 participated in a talk by Dr Yann Guisard who holds the position of Courses Director in the School of Agricultural and Wine Sciences. The School of Agricultural and Wine Sciences is the largest and most successful provider of agricultural, horticultural and wine science education in Australia.

Dr Guisard spoke to the students about courses and research and the way they focus on fields such as agribusiness, agriculture, agronomy, horticulture, irrigation, wine making, wine science, viticulture, equine management and chemistry. He related the courses of study and how they lead to the award of undergraduate and postgraduate university degrees, diplomas and certificates which equip graduates for a wide range of employment opportunities. Dr Guisard was accompanied by Mr Nick Ball (former student of MCS). Nick related his own personal experiences and insights to the students which gave them another perspective of the industry and what it can provide for them. The students participated in the talk through questions and discussion about pathways they could take and opportunities regarding the diverse range of employment opportunities available to them. Dr Guisard referred to the changing nature of the agricultural industry and the workforce in general. The students came away with a greater understanding of directions they could head as well as developing a greater insight into the role of further study (in any form) in their lives.

We would like to thank Dr Guisard and Nick Ball for their talk and sharing their knowledge and experiences with our students.

Tony Taylor, Careers Advisor

Back L-R: Darren Parkes, Erin Abrahams, Hayden Watts, Ben Kirk, Sam Cummings, Tarryn Miles, Lauren Fessey, Harrison Gersbach, Jye Barrow, Sophie Clayton, Tim Milne, Jayden Williamson, Mr Nick Ball. Front L-R: Dr Yann Guisard, Rebecca Priest, Jade Kirk, Karrie Wells, Ashleigh Rapley, Henry Hazelton, Sarah Fessey, Mitchell Cotter & Jacob Huggett.

MOLONG CENTRAL SCHOOL YEAR 10 STUDENTS OBTAIN THEIR WHITE CARD QUALIFICATIONS WITH FLYING COLOURS.

17 Students from Year 10 obtained their White Card after attending a one-day training course at Molong Central on Friday March 14, 2014. The occupational health and safety course was delivered by Bob Hughes, an accredited trainer. The course involved lectures on site safety, how to keep the work environment safe and what to do in case you have an accident. The day was spent studying with talks from the trainer followed by a short assessment. The training enables the students to not only understand the importance of work, health and safety in the workplace; it also allows them to access construction sites in order for them to participate in work placement (this is a legal requirement). A temporary certificate was issued at the end of the day and they will receive the official plastic card in the post. Congratulations to the following students for not only obtaining their qualification but also for their behaviour and attitude throughout the day: Kade Barrow, Sam Cummings, Rob Dugmore, Nadim Elniz, Jayden Fahey, Jay Hanrahan, Matt Hobbs, Sam Kinsella, Ben Kirk, Luke Neil, Lachlan McCann Brasc, Lachlan Middleton, Zac Philpott, Matt Regan, Jamie Stewart, Billy Thornberry and Scott Twiss.

MERITS
Sophie WEEKES  Hayden WATTS  Zac PHILPOTT  Abbie STEDMAN  Leigh BROWN  Jordan PACKHAM  Drew JOHNSTON

ASSESSMENT TASK DATES
Term 4 Week 1, 16/10/2014 – 24/10/2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Yr 8 Mathematics Assignment</th>
<th>Yr 10 Mathematics Assignment due by the end of day</th>
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<tbody>
<tr>
<td>16/10</td>
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<tr>
<td>17/10</td>
<td></td>
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<tr>
<td>20/10</td>
<td>Yr 8 Science – Practical Skills test</td>
<td></td>
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<tr>
<td>21/10</td>
<td>Yr 8 Mathematics – Research Assignment</td>
<td></td>
</tr>
<tr>
<td>24/10</td>
<td>Yr 7 Science – Newspaper article due</td>
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Scott Taprell, Deputy Principal
Things You Can Do to Raise a Reader

Parents are a child’s first teacher, and there are many simple things you can do every day to share the joy of reading while strengthening your child’s literacy skills. Source: [www.readingrockets.org](http://www.readingrockets.org)

Read from day one. Start a reading routine in those very first days with a newborn. Even very young babies respond to the warmth of a lap and the soothing sound of a book being read aloud.

Share books daily. Read with your child every day, even after she/he becomes an independent reader.

- **Reread favourites.** Most children love to hear their favourite stories over and over again. Rereading ‘favourites’ gives an opportunity to hear or see something that may have been missed the first time, and provides another chance to hear a favourite part.

- **Send positive messages about the joys of literacy.** Your own interest and excitement about books will be contagious!

- **Visit the library early and often.** Libraries are great resources for books and advice about authors, illustrators, story times and more. Encourage regular borrowing from the school library. Make visiting the town library part of your family’s routine.

- **Find the reading and writing in everyday things.** Take the time to show your child ways that adults use reading and writing every day. Grocery lists, notes to the teacher, maps and cooking all involve important reading and writing skills.

- **Give your reader something to think and talk about.** Vary the types of books you borrow from the Library and seek out new subjects that give you and your reader something to think and talk about.

- **Talk, talk, talk.** A child’s vocabulary grows through rich conversations. No matter your child’s age, narrate what you’re doing, talk in full sentences and sprinkle your conversations with interesting words.

- **Speak up if something doesn’t feel right.** Parents are often the first ones to recognise a problem. If you have concerns about your child’s development, speak with your child’s teacher.

Primary Raffle results

Last term the Primary Department hosted a raffle in conjunction with the K-6 Production. Many thanks to Mrs Hilton Brown, Be Tempted and Minnamurra Home Hardware for their kind donations. The winners were: Mrs Jane Backhouse $50 gift Voucher from BeTempted, Mrs Barbara Pilley 2 tickets to “Suessical the Musical” and the Buckland Family $50 Gift Voucher at Minnamurra Home Hardware. CONGRATULATIONS!

Awards

**Bronze:**
Charlie Swift  
Yasmine Elniz  
Will Ryan  
Laura Lapins

**Silver:**
Declan John

**Gold:**
Hamish Meehan

**Platinum:**
Morgan Meehan  
Jake Gavin  
Macaulee Mills

**Banner:**
Allie Fieldus

**Badge:**
Ella Kirby  
Natarsha Linde  
Alyssa Watts

Club 100

Abbie Lyons

Club 200

Emmison Shapland  
Libby Peschka

Bailey Peschka  
Cody Peschka

Demelza Lee  
Leilani Rendell

Annika Doolan  
Logan Doolan

Hannah Leisk  
Isaac Leisk

Seth Archer  
Juliette Mills

Uniform Award – Wednesday

Week 1 Term 4

Stage 1 – Jacob Petrie
Stage 2 – Ella Kirby
Stage 3 – Jada Trapamn

There will be assembly this Thursday
No class item, 2.20pm start

Have a wonderful week!
Jane Backhouse
Deputy Principal - Primary
Volunteer Host Families Needed
Do you have a spare bed? Can you welcome an exchange student into your home as a volunteer host family with AFS? If your answer is yes, please find more information on how you can become an AFS Volunteer Host Family by contacting the AFS Hosting Team: Phone: 1800 023 982 Email: aus.hosting@afs.org Website: www.afs.org.au/host

MOLONG SWIMMING CLUB
CLUB MEETING FOR SEASON 2014-2015
16TH October 2014
MOLONG RSL CLUB
6.30PM
ALL ENQUIRIES TO JO WARNER
6392 1249

Carcoar Public School Country Fair
November 1st 2014 9am
Plants, Cakes, BBQ, Stalls, Face Painting, Book Fair, Jumping Castle & much more.
For more info call 6367 3032

CLOTHING POOL
All Parents & Carers are reminded that we have a well-stocked and very reasonably priced Clothing Pool at MCS, available to all students for purchase. Please feel free to come and have a look, via the Main Office.

LOST PROPERTY
There is a large amount of items in our Lost Property Box. If your child has lost something, we may have it here! Please call at the Main Office.

CANTEEN 16/10/2014 –24/10/14

| HELP IS DESPERATELY NEEDED ON THIS ROSTER. 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, Tina McGovern, Canteen Manager. |
| --- | --- | --- |
| 20/10/14 | 16/10/14 | 21/10/14 | 22/10/14 | 23/10/14 | 24/10/14 |
| 3rd | 3rd | 4th | WEDNESDAY | THURSDAY | FRIDAY |
| 3rd MONDAY | MOLONG RSL CLUB 6.30PM | 3rd TUESDAY | BELINDA MILLS | HELEN DAVIS | DONNA TAPRELL | HELP NEEDED |

4 M.C.S. Newsletter Term 4/2014 Issue Number 31 15/10/14 Phone: 6366 8224 Fax: 6366 8220 email: Molong-c.school@det.nsw.edu.au