MOLONG CENTRAL SCHOOL - STATE 7’s RUGBY LEAGUE CHAMPIONS ONCE AGAIN!

Our U16s Rugby League 7s travelled to Dubbo on Thursday 21st August to compete in the State Finals. This team won the Silver Medal and played very well, despite not winning the gold. The following day the U14s and the Open team also competed with both these teams being victorious, in claiming State Titles. Molong Central School has a strong tradition in Rugby League 7s winning numerous State Titles in recent years and this year was no exception. All players played exceptionally well, and particular congratulations must go to Josh Amberge who was named “Most Valuable Player” in the Opens division. Please see a full report and photos from Mr Mark Paterson & Mr Tony Keen in the attached insert. We would also like to thank Mr Paterson and Mr Keen for coaching the teams. Well done to all the boys from Molong Central School.

SCHOOL CAPTAINS 2014/15

I wish to extend my congratulations to the following students on being elected the Molong Central School Captains for 2014/2015 Lachlan Campbell & Sophie Clayton as Captains, Rachael Geddes & Isabel Griffiths as Vice Captains and Chrystal Norberry as Prefect. The School Captain position at Molong Central School involves the Captains undertaking many roles and responsibilities, which includes running the fortnightly student assemblies, the Year 12 Leavers Assembly and Presentation Evenings as well as other occasions which includes representing the school at community events and sporting visits. On behalf of the students and staff of Molong Central School, I congratulate Lachlan, Sophie, Rachael, Isabel & Chrystal on their election to the Captain & Prefect positions at Molong Central School. I would also like to thank our outgoing Captains Danielle Dugmore, Joe Parmeter, Ellie Bryce, Liam Bridge and Brittany Rudd for the excellent way they have represented the school throughout the past 12 months. Thank you to Mr Keen for coordinating and managing the elections.

SUCCESSFUL T5 TRANSITION STRATEGY

The T5 Transition Strategy has been running for the past 6 weeks and the students involved from Cumnock Public School, Cudal Public School, Manildra Public School and Euchareena Public School have really enjoyed their taster lessons in Food Technology and Industrial Wood Technics. The students, from our feeder schools, visited the school for a one hour lesson each Wednesday. This year, two students from Molong Central, Connor Linde and Korro Bangoura joined the group. A big thank you must go to Mrs Lyn Corinth and Mr Knight for their time in delivering the lessons and thank you to the Primary Schools for their involvement. It was wonderful to host the Primary students and their teachers.
**IMPORTANT OF SCHOOL UNIFORM**

School uniforms are a part of policy at almost all schools in New South Wales. Molong Central School has developed a policy which has meant that all students are required to comply with a dress code that serves the needs of the school community. Students are expected to wear uniform at all times. The key reasons for having uniform clothing items are:

- to improve the ready identification of students by staff (for student safety, differentiating students from outsiders that may enter the school grounds)
- the need to further project a positive image of the school in the community and for excursions. Full school uniform is expected for all school excursions, unless otherwise highlighted on the permission note. Non-compliance will mean that you will not be allowed on the excursion.
- the widely acknowledged view that uniform clothing items are the most economical form of school attire and to have a standard of dress which accommodates a wide range of activities and addresses safety concerns within each subject area.
- The expectation is that all students will comply with this policy of uniform which was agreed upon by the MCS community, including parental input.
- The school will be withdrawing students from extra curricula activities (such as the Rural Cup, Debating, non-curriculum excursions, representative sport etc) for failure to comply with the uniform policy.

If you have any questions about the uniform policy please feel free to contact the school. Please see uniform details below:

**BOYS** - Years 7-10 Summer & Winter - Blue shirt, grey shorts/trousers, school tie (optional), black shoes, grey socks, MCS sweatshirt or MCS polar fleece top.

**SENIOR BOYS** - Years 11 & 12 Summer & Winter - As above with white shirt and optional senior school navy blue tie.

**GIRLS** - Years 7-10 Summer - Pleated light weight calf or knee length skirt, white shirt, black shoes, long or short white socks, MCS sweatshirt or MCS polar fleece top, tailored navy slacks, school tie (optional).

**WINTER** - As above with winter weight calf length or knee length skirt.

**SENIOR GIRLS** – Years 11 & 12 Summer - Navy blue calf or knee length skirt, long line tailored shorts, tailored navy slacks, white blouse, tie (optional), MCS navy blue woollen jumper or MCS polar fleece top, short white socks, black shoes.

**WINTER** - As above, plus white or skin coloured singlets may be worn under shirts – boys and girls.

**P.E. & SPORTS UNIFORM**

**BOYS** - Blue shorts, gold polo shirt, short white or blue and gold football socks, joggers.

**GIRLS** - Blue pleated skirt or navy sports shorts, gold polo shirt, short white or blue and gold football socks, joggers.

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**WORK PLACE HEALTH & SAFETY ALL STUDENTS**

For practical classes WH&S (Workplace, Health & Safety) regulations require that leather shoes be worn which cover the feet in Science, Art and all Technological and Applied Studies classes. It is desirable for students to wear fully enclosed leather shoes during the whole day as this provides WH&S protection in all practical subjects. All shoes worn must be black. In Industrial Arts it is also required that cotton pants, not nylon tracksuit pants be worn.

**JEWELLERY & MAKE UP** - Jewellery should be discreet and unobtrusive. Light makeup for seniors only is permissible.

During the year MCS out of uniform days do occur; appropriate neat clothing and footwear needs to be worn on these days. The clothing and footwear worn must cover any WH&S issues.

**UNISEX UNIFORM ITEMS**

MCS parachute jacket, MCS navy woollen jumper, MCS polar fleece, MCS sweatshirt, MCS heavy winter jacket.

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**BLOOD BANK VISIT**

As part of the new HSC General Mathematics Pathway 1 course, Maths and the Human Body is a core topic studied. Students are required to identify heart rate, blood pressure, blood types and their compatibility and lung capacity. Several experiments were taken part in class, however, the year 12 class were keen to donate blood in Orange as part of their studies. Karrie Wells and Angela Camilleri were the 2 students to fill out the rigorous paperwork and brave the needle at the Orange Blood Bank on the 25th August. Both students were very brave and have already agreed to continue to donate in the future. Kiah Whiley and Christine Cooke provided great support for their peers and were intrigued by the process whilst onlooking. Well done ladies on supporting Australians in need.

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**ASSESSMENT TASK DATES**

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<tr>
<td>5/9/14</td>
<td>Yr 10 PDH – Drug – Health Promotion assignment due</td>
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<tr>
<td>5/9/14</td>
<td>Yr 9 PASS – Sports Coaching assignment due</td>
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**SILVER**

Brooke WATTS

**GOLD MEDALLION**

Lachlan CAMPBELL

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Scott Taprell, Deputy Principal
Loom Bands banned
Over the past few months, Loom Bands have become a popular craze. While they look bright and colourful, and can be made into some very creative items, they are rubber bands. As a result of some recent incidents, including an eye injury, Loom Bands can no longer be brought to school. As of the beginning of this week, Loom Bands are banned, so please leave them at home.

Fixed Equipment
A reminder to parents and students that children are NOT allowed on the fixed equipment after school, as there is no teacher supervision. Recently there have been some incidents, including injury to students as a result of being on the equipment after 3:00pm. Please make sure that your children are not on any of the fixed equipment after school.

Debating
The final debate for the year was between the Seniors and the Juniors, with the Rhetoric team being the adjudicators. With some great arguments on both sides, as well as some good rebuttals, the adjudicators had a tough decision, but gave it to the Juniors. The topic was “That the internet is the best source of information”. The debate was followed by a small party, with all debaters being commended on their skills and debating this year. Mrs Mutton and Mrs Schaefer look forward to another great year of debating next year, with some new debaters coming into the teams. Well done everyone, and thank you to Mrs Mutton and Mrs Schaefer for giving up your time to coach the teams.

Dance Troupe
The Dance Troupe travelled to Orange last Friday to perform in the Orange Eisteddfod. Both the Junior and the Senior Troupe performed. We were up against some very stiff competition from the bigger schools in Orange and the students should be commended on their efforts. Both Troupes came away with a Highly Commended. A big thankyou to Mrs Bale for working with us this year and also for creating our costumes. It is very much appreciated by all the students.

Awards
Bronze: Grace Parry  Thibault Lefebvre
Silver: Teague Lefebvre  Adam Spencer
         Mykalah Dive
Gold: Joe Spencer  Jamin Rendell
Platinum: Annii Fowler
Banner: Molli Huggett
Badge: Annika Doolan

★ STUDENT OF THE WEEK ★

<table>
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<tr>
<th>Class</th>
<th>Student</th>
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<tr>
<td>K Sapphire</td>
<td>Laura Lapins – For being a quiet and diligent class member.</td>
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<tr>
<td>K Pearl</td>
<td>Indy Oliver – For being a cheerful, hardworking class member.</td>
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<tr>
<td>K/1 Quartz</td>
<td>Benjamin Adams – For always working hard in class.</td>
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<tr>
<td>1/2 Opal</td>
<td>Jake Gavin – For remembering our dance moves for the concert.</td>
</tr>
<tr>
<td>2 Topaz</td>
<td>Ollie Townsend – For being a sensible and hardworking class member.</td>
</tr>
<tr>
<td>3 Ruby</td>
<td>Ruby Rogers – For effort and achievement in Maths.</td>
</tr>
<tr>
<td>3/4 Diamond</td>
<td>Emma Adams – For settling in to her new school.</td>
</tr>
<tr>
<td>4/5 Garnet</td>
<td>Flynn Packham – For great work in Literacy.</td>
</tr>
<tr>
<td>5/6 Emerald</td>
<td>Natashia Linde – For a great “Day at Cabonne” postcard.</td>
</tr>
<tr>
<td>6 Zircon</td>
<td>Corey Packham – For your effort and completion of work on clouds.</td>
</tr>
<tr>
<td>Library</td>
<td>Jack Hopkins – For being a paper folding whiz and extremely helpful to others.</td>
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Club 100
Reeba Delaney  Benjamin DeGabriel
Cooper Townsend  Anabel Townsend
Oliver Townsend

Club 150
Delta Rodwell  Amelia Rodwell
Jamin Rendell  Harrison Brazier

Uniform Award – Wednesday
Week 7 Term 3
Stage 1 – Aidan Garlick-Evans
Stage 2 – Danielle Phillips-Clarke
Stage 3 – Alex Miller

There will be no assembly this Thursday due to the dress rehearsal

Have a wonderful week!!
Jane Backhouse
Deputy Principal - Primary
From the LIBRARY...

Week 8 Term 3

JUNIOR FICTION
Goblins – by Philip Reeve
Life according to ... Alice B. Lovely - by Karen McCombie
EJ Spjy school series: The race – by Susannah McFarlane
Caesar the war dog – by Stephen Dando-Collins

JUNIOR NON-FICTION
Scholastic discover more series: Emergency vehicles – by Penelope Arlon and Tony Gordon-Harris
Explorers series: Ancient Egypt – Jinny Johnson
Australia's most dangerous spiders ... and their relatives – by Kathy Riley
Australia's most freaky weird and wonderful creatures – by Karen McGhee

SENIOR FICTION
Love struck - by Rachael Wing
The last thirteen series – by James Phelan: 11 & 8
My Australian story series: Snowy - by Siobhan McHugh (a Premier’s Reading Challenge selection for Stage 3)

SENIOR NON-FICTION
Nelson Mandela “No easy walk to freedom” – by Barry Denenberg
Ancient Greece: art, architecture and history – by Marina Belozerskaya and Kenneth Lapatin
The hunger games: Catching fire – the official illustrated movie companion – published by Scholastic
It can’t be true! – published by Dorling Kindersley Ltd.

Hi Everyone.
Book Week entries have now been judged and students will receive their prizes shortly. All students who participated in the Book Character Parade and the competitions will receive a merit award. Please come and have a look at the displays in the Library. There have been some very industrious students working in the Library this term to create some excellent art and craft pieces which relate to the Children’s Book Council of Australia’s shortlisted books. The Premier’s Reading Challenge for 2014 has now finished with all students’ records being validated by Library staff. Congratulations to Korro Bangoura who knuckled down and completed reading his choices last week. We were able to enter his titles and validate his record with only two hours to go. Our final total of students to complete the PRC for 2014 is 171 which is the highest number of students to finish since MCS started to participate in 2006. Well done for all your efforts over the last twelve months!

Don’t forget to start keeping a record of the books you borrow from the Library. These will count towards your personal reading record for the 2015 PRC. I have suggested to some students working in the Library this term to create some excellent art and craft pieces which relate to the Children’s Book Council of Australia’s shortlisted books. The Premier’s Reading Challenge for 2014 has now finished with all students’ records being validated by Library staff. Congratulations to Korro Bangoura who knuckled down and completed reading his choices last week. We were able to enter his titles and validate his record with only two hours to go. Our final total of students to complete the PRC for 2014 is 171 which is the highest number of students to finish since MCS started to participate in 2006. Well done for all your efforts over the last twelve months!

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.

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author</th>
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Have a wonderful week.
Mrs Hall

Lifeline
13 11 14

If you need to talk
24hour telephone counselling
13 11 14

Orange District Basketball
Representative Trials U12-U18
Sir Neville Howse Stadium
Sunday 7th, Sunday 14th & Saturday 20th September
Cost $20

All enquiries to:
orange.basketball@hotmail.com

SCHOOLS SPECTACULAR 2014
Produced by the
NSW Department of Education and Communities.
QANTAS CREDIT UNION ARENA
Friday 28 November
12:00pm (preview) and 7:30pm
Saturday 29 November
1:00pm and 7:30pm
All enquiries to
SchoolsSpectacular@det.nsw.edu.au

JACKEROO RANCH HORSE RIDING
BINGLETREE STATION, UPPER TURON
SPRING SCHOOL HOLIDAY RIDING CAMPS
1ST WEEK 20/9/14 – 27/9/14
2ND WEEK 27/9/14 – 5/10/14
Age’s 6-16 years
Enquiries to Mrs Pattie Hudson 63377173 or www.jackerooranch.com.au

CANTEEN 4/9/2014 –12/9/14

| 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. |
|---|---|---|
| 4/9/14 | 5/9/14 |
| 1ST THURSDAY | 1ST FRIDAY |
| HELEN DAVIS | KIM BUTCHER |
| 2nd 8/9/14 MONDAY | 2nd 9/9/14 TUESDAY | 2nd 10/9/14 WEDNESDAY |
| HELP NEEDED | HELP NEEDED | HELP NEEDED |
| 2nd 11/9/14 THURSDAY | 2nd 12/9/14 FRIDAY |
| HELEN DAVIS | HELP NEEDED |

4 M.C.S. Newsletter Term 3/2014 Issue Number 28 3/9/14 Phone: 6366 8224 Fax: 6366 8220 email: Molong-c.school@det.nsw.edu.au
Molong Central School has a strong tradition in Rugby League 7’s, winning numerous State titles in recent years. The 2014 Western Competition was very challenging in all three age categories (under 14’s, 16’s and Opens). M.C.S. competed very well in all three age categories during Term 2 at Western and qualified in either first or second position in each age group. As a result, Molong earned the right to play in the State finals as one of the two teams from Western Area.

Our first team to complete was the Under 16’s side, looking to make it four years in a row as State Champions. This competition is consistently one of the more difficult as so many schools are able to field teams in this category. Having won four of the past five years, the boys were very keen to continue Molong’s dominance in this competition.

Our first game turned out to be very challenging and M.C.S. were defeated 16-12. This certainly woke the team up and they responded with two convincing wins. The final game of the day was against Yeoval and required Molong to win by just one point in order to become state champions (based on a better for and against record). It was a very tough game, played by two strong defensive teams. The final result was 6-6, handing Yeoval their first state title. Congratulations to Yeoval on a well-deserved State title. They played some very attractive football and should be very pleased with their efforts. Although our boys were disappointed with the draw, they can be very proud of their achievements. Congratulations on winning the silver medal for 2014, boys!

Two teams travelled to Dubbo the following day, with both the U/14’s and Open boys competing for the State title. This is the first year that the U14 competition has run and the boys were very excited to have the opportunity to participate in the event. The Open team was equally excited as we have never won this trophy and had a strong possibility of performing well this year.

The 14’s played five games throughout the day and managed to switch on from the outset, playing some very attractive attacking football and combining this with strong defence. All five teams were very competitive throughout the duration of the day and can be very pleased with their efforts. Molong were the standout side and managed to go through the day undefeated, winning the inaugural State title and gold medal. This is an outstanding effort, particularly considering that they were the second place qualifiers from the Western tournament. Well done, boys!
The Open side started the day in strong fashion racking up a solid win in their first game. The second match was a tight affair against a strong Colleambally outfit and this match proved to be the pivotal moment of the day, with Molong fighting hard to finish the stronger of the two sides. They also went through the day undefeated, winning the Open State title for the first time. This is an outstanding effort and the boys should be very proud of their efforts.

All players played exceptionally well and particular congratulations must go to Josh Amberge, who was named Most Valuable Player of the day in the Open’s division. Well done, Josh!

The students from all of the schools attending the State Finals can be very pleased with the manner in which they conducted themselves. The behaviour, manners and sportsmanship on display was second to none and both Mr Keen and I are exceptionally proud of our students.

Two gold medals and a silver medal is an outstanding achievement, further enhancing Molong Central School’s reputation as a powerhouse in the Central School Rugby League competition. Congratulations to all involved!!

Mr M. Paterson and Mr T. Keen

Coaches
Youth of the Month

Liam Bridge, Molong Central School’s elected Vice Captain, has been recognised as the Cabonne Council Youth of the Month for August. Liam is a wonderful role model and shows great leadership towards his peers. He is the current Captain of Lawson House and the Student Representative Council President.

His academic talent in Science, English and Mathematics has been rewarded, and he was also recognized in past years as the most improved in Work Education, English, Geography, Metal Work, Physical Education and Personal Development. He is currently studying Certificate II in Construction as part of his HSC.

Liam has shown his community spirit by participating in the Anzac March in the past years and assisting with the Salvation Army Red Shield Appeal. He has also volunteered his time to represent Molong Central School by assisting the P&C Association at Molong Players functions.

Cabonne Council and the community would like to congratulate Liam on his latest achievement and wish him every success in the future.

If you know of a young achiever in Cabonne who has notable scholastic achievements, sporting achievements, community involvement and leadership skills that you think is deserving of this award, view our website www.cabonne.nsw.gov.au for a nomination form (Community Services—Youth and Volunteer Services—Youth of the Month Nomination Form) or contact Cabonne Council for more.

Youth Arts Festival

Migrant Support, Orange City Council and the Youth Art Festival team of Canobolas High School are working together to offer a number of events during early September to the youth in the region to celebrate multiculturalism in our society.

‘Global Rhythm, an evening of DrumSongDance’ is on Friday the 5th of September, 6pm-9pm. It will be a night of drumming, singing and dancing, with exotic cultural drinks on sale throughout the night. A drug and alcohol free event, tickets are available from Lander’s Music for $10.

The Cultural Festivity Day is on Sunday the 7th of September at Canobolas High School 10am-4pm, featuring arts, crafts, music, traditional performances, international foods, market stalls and more.

Details of these events and more can be found at www.orangeyouthartsfestival.com.
R U OK?

Spring has sprung, Christmas is closer, and the weather is (hopefully) warming up. Community swimming pools will be reopening before we know it and in a month the sun will start staying up late again. There are so many wonderful things to look forward to over the coming months - including school holidays!

But even with so many great things in the world, sometimes people don’t feel so great. Depression and suicide have been at the forefront of many a persons mind lately, what with world renowned comedic genius Robin Williams tragically taking his own life in mid-August.

Thursday the 11th of September is R U OK? Day, a day dedicated to reaching out to those around you and providing support to those who do not feel okay. Asking that one simple question can be enough to change someone’s life, to save them from their inner turmoil and remind them that they are loved and not fighting the battle of depression alone. But you don’t need to wait until then to ask the question - every day, people you know could be suffering in silence and these three simple words could make all the difference.

“Are you okay?”

And if someone walks up to you and asks if you are okay, there is one important thing to remember.

It’s okay to say that you’re not okay.

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WHAT’S ON IN CABONNE

Show season is here for the Cabonne Shire! It kicks off on Saturday the 6th of September in Manildra, heads to Eugowra for Friday the 12th and Saturday the 13th, before migrating to Cudal for Sunday the 14th. Molong Show takes the spotlight on Sunday the 21st, whilst Canowindra Show sums up the month of festivities on Friday the 26th and Saturday the 27th.

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YOUTH SERVICES

Reconnect Central West Youth and Family Support
160 Boorowa Street
Young NSW 2594
www.catholiccare.cg.org.au
02 6382 6520

Orange & District Youth Refuge
PO Box 1405
Orange NSW 2800
emerge1406@bigpond.com
02 6361 8088

Kids Help Line 1800 551 800
Central West Lifeline 13 11 14

Orange Youth Accommodation Support Service
263 Anson Street
Orange NSW 2800
02 6361 8331

www.headspace.org.au
www.reachout.com.au