



Quandialla Central School

"Together we provide opportunities to succeed"

Newsletter Tuesday, 12th March, 2013 (Week A No 6)

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Principal:

Phillip Foster

Assistant

Principal:

Wendy Robinson

**Head Teacher of
Secondary
Studies:**

Lisa Varjavandi

**School
Administration
Manager**

Robin Dowsett

**Parents and
Citizens
Association:**

President:

David Dixon

Secretary:

Leanne Penfold

Treasurer:

Robin Dowsett

Diary Dates – Term 1

March :

Wednesday

13th March Dance- Hip Hop with Activated.

Friday

15th March Funky Hair Friday

Monday-Thur.

18th March – 28th March, 2013 – HSC Half Yearly Exams

Students from K-12 enjoying their first of three sessions of
Dance- Hip Hop with Activated.



2012 ASR

A reminder that the 2012 Annual School Report is now available at www.quandialla-c.schools.nsw.edu.au and go to the *Our School* tab.

Parents, family members and members of the community are encouraged to read the 2012 ASR. Please contact me if you have questions arising from the report.

P&C Meeting

Thanks to parents and carers who participated in the meeting of the Parents and Citizens Association on Tuesday 5-3-13.

One of the matters raised by parents was a proposal to change the school uniform, particularly the girl's uniform. A number of parents indicated they prefer the girls to wear a dress as school uniform, and that they would like to see a smarter and less casual school uniform for both girls and boys. There was some discussion about how the way we dress, particularly as students at school, can have a positive effect on self-esteem and how dressing appropriately is an expectation in many settings, including the work environment. Comparisons were made between the Quandialla Central School Uniform and the uniform of other schools.

Sarah Ryan tabled a number of different styles of girl's uniform for the meeting to consider, and there was discussion about footwear, noting that students are tending to wear black leather shoes now. The meeting noted a couple of important points about proposing changes to school uniform, including that styles of uniform need to be suitable for students in Primary as well as Secondary; that all parents and carers should be consulted and invited to have input to any decisions; that students, Primary and Secondary, should be consulted; and that prior to any decisions, the P&C will provide detailed information to all parents/carers and ample time for them to consider the proposal.

It was suggested that the P&C conduct an information session for all parents/carers, with morning tea. This would enable parents/carers to discuss the proposal and to ask questions, and for the P&C to gauge the response to the proposal.

I'm sure this discussion will continue at the next meeting of the P&C, which is scheduled for Thursday 4 April, beginning at 7.30pm in the school Staff Room.

Working bee

The P&C also agreed to conduct a working bee – to prepare the gardens in the Agriculture Plot for students to use as part of the Stephanie Alexander School Garden program. Mrs Robinson provided details of the program to the P&C meeting. The *garden to plate* and *organic* principles which the program is based on, fit neatly into our Primary and Secondary curriculum.

Keep your ears pricked for the call from P&C President David Dixon about this. Many hands make light work.

There is also an exciting opportunity for parents to volunteer to assist students with their work in the garden. Mrs Robinson will provide more details about this at a later time.

Student Welfare Officer

Another important discussion at the 5-3-13 P&C meeting was on the recently appointed Student Welfare Officer (SWO) and the role of the SWO. Libby Noble is the SWO, and her role is to provide support, advice and counselling to students, and their parents. Libby is able to facilitate access to specialist services for students and parents. Libby also works with other agencies and links families with specialist support when appropriate.

Libby is at the school every Tuesday. Libby is a member of the Learning and Support Team. Libby is available to meet with parents. Parents and carers are invited to contact Libby by telephoning the school office.

Higher School Certificate – half yearly examinations

Weeks 8B and 9A, 18 March to 28 March, is the half yearly examination period for HSC students.

The HSC courses conclude at the end of Week 1 in Term 3, with the HSC examinations beginning on Monday 14 October.

By the end of Term 1, our HSC students will have two terms of school remaining before they sit the HSC examinations, and complete their secondary education. This time will go very quickly for our Year 12 students.

Lachlan Access Program (LAP)

On Friday 8 March, Mrs Varjavandi and Mr Foster travelled to Ungarie Central School to participate in the LAP Management Group meeting. LAP enables students in Years 11 and 12 at Quandialla Central School to access a wide range of Preliminary and HSC courses. Students study LAP courses using connected classrooms, which include videoconferences with their teachers.

This means that students are able to study the subjects they are most interested in and complete the HSC at Quandialla Central School.

It is interesting to note that LAP offers students a choice from about 60 Preliminary and HSC courses, including Vocational Education and Training (VET) courses.

Positive Behaviour for learning (PBL)

Soon there will be signs placed around the school noting that Quandialla Central is a *Positive Behaviour for Learning* school. Our PBL core values are Responsible, Respectful, Learner.

During the Monday morning assembly, students reported on the lesson from week 6, which focussed on *Respect – speaking politely to everyone*. The lesson looks at indoor and outdoor voices as well. I invite parents/carers to discuss our PBL values and lessons with their children.

Head lice

A small number of parents have reported their children have been affected by head lice recently. Information about how to treat head lice, and how to reduce the likelihood of the problem reoccurring is available on the School A to Z website at

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/removing-head-lice-and-nits>

Reading with children

In last week's newsletter, I talked about the importance of reading with your children. Have you had the opportunity to read with your children? About 15 minutes each week night is good. Stop and talk about the pronunciation of difficult words, and explain the meaning of new words. Take turns reading aloud to each other. You will notice the improvement in a short period of time.

Western PSSA Swimming

Congratulations to our swimmers who competed in the Western PSSA Swimming Carnival at Dubbo on Friday 8 March. And, many thanks to parents and family members for providing the transport and supporting our swimmers at the carnival.

Autumn weather

It is always risky talking about the weather. The rain brings on the weeds; too dry to sow; too hot for the garden; way too dry for the lawns; and don't mention the washing.

However, I am enjoying the glorious autumn weather of the past few days – almost perfect in my book. The deciduous trees will be turning very soon, then the frosts.

Enrolling children at school

Quandialla Central School is a very well resourced school, with excellent teachers and staff, where students consistently achieve excellent results. The school works closely with parents, families and the community.

Parents and families are invited to contact the school for further information on enrolling children in Kindergarten and Years 1 to 12 at Quandialla Central School for the 2013 school year.

Contacting the school

Please contact the school for further information. I am always available to meet with parents, provide further information and answer questions.

Kind Regards

Phillip Foster - Principal

NEW CALENDAR DATES

PARENTS PLEASE NOTE:

- * Musica Viva Concert - 30th May, 2013
- * Education Week - Week 3A – Term 3
29th July – 2nd August.
- * Musica Viva Concert - 27th August, 2013

K-6 News

Western Area PSSA Swimming Carnival

Congratulations to our four swimmers Emma, Sarah, Angus and Zach who each swam their best at Dubbo last Friday. Our PP6 Earl Magee Relay team took 19 seconds off their best time to take fourth place just one second behind the third placed team. We are very proud of our swimmers.

Hip Hop Dance

The students from kindergarten to Year 12 enjoyed the Hip Hop dance sessions with Amber-Lee from Cowra last Wednesday. It was smiles all round as students worked at mastering the sometimes tricky moves.

Dance will continue each Wednesday until the 3rd April.

Adobe Captivate

The 3/4/5/6 students had a very productive day with Mrs Jillian Thring last Thursday. Students had storyboarded their projects on Kosciuszko National Park in preparation and spent the day building slides adding narration, rollovers, pictures, music and animations. Students are becoming very confident using the application which is a terrific tool for presenting research.

Stephanie Alexander Kitchen Garden Program

This week we will commence our Kitchen Garden Program with a tool Identification lesson. Students from Years 3 to Year 8 will be working in the garden and require closed in leather topped shoes and hats.

CANTEEN NEWS & ROSTER Term 1 - 2013

Our School Canteen is open on Wednesday

Time of Arrival is 10.00 a.m.

President: Kirsty Pockley - 6347 2168 Secretary: Leanne Penfold - 6347 2119

Treasurer: Anne Dixon - 6347 1271

Roster:

13 th March	-	Margaret Priestley
20 th March	-	Kim Broomby & Vesna Gregory
27 th March	-	Tracy Penfold

Please Note:

If your name is not on the roster and you would like to have a turn on canteen, please contact Leanne Penfold and we will put you on the roster either with somebody this term or next.

Please remember to bring lettuce and tomatoes. Buns and ham are purchased from the Quandialla Café.

COMMUNITY NEWS
COMMUNITY MEETING – 13TH MARCH, 7.30 PM:

Dear Community Members,

In reply to letters which the Quandialla Progress Association wrote to the Weddin Council last year we were invited to nominate three representatives from the association to attend a meeting of councils Rural Works Committee which is to be held at Quandialla. The Rural Works Committee includes the Mayor Cr Liebich, Cr Niven, Cr Halls, Cr Hughes and Cr Griffiths and will provide an excellent forum for Quandialla businesses, Associations, Committees and community members to raise issues which they feel Council should be addressing.

The three representatives chosen to speak on your behalf at this meeting were the executive of the Quandialla Progress Association Mr Robert Reeves, Mrs Sue Priestley and Mrs Marlene Taylor.

In preparation for this meeting we are calling a community meeting for the 13th of March commencing at 7.30pm at the Quandialla Memorial Hall. We would like to extend an invitation to all community members to come along and have your say so that we can compile a list of agenda items for Councils Rural Works Meeting.

On the 13th you will be able to raise and discuss issues which you feel should be included on the list of agenda items. If you are unable to attend this meeting then please contact Robert, Sue or Marlene with your concerns before the 13th.

As soon as the date of the Rural Works Meeting has been confirmed details will be advertised so that all those interested can attend.

See you all on the 13th.

SENIOR CITIZEN'S MORNING TEA AND BINGO:

In celebration of Senior Citizen's Week, Quandialla Hospital Auxiliary will be hosting a Morning Tea followed by Bingo at the Quandialla Health Centre on Wednesday 20th March 2013 at 10:00 am.

All Welcome.

TALL POPPIES GARDEN CLUB:

Tall Poppies Garden Club have a meeting on Saturday 13th April at 9.30 am at Clare & Simon Nowlan's property "Glenesk" Bimbi. Alex Dalglish will be the guest speaker.

Everyone Welcome

FARM TREES FOR SALE:

Colin Causer has a selection of Belahs, Gum, Pepper and Silky Oak trees for sale ranging in price from \$1:00 to \$2:00.

Please contact Colin on 6347 1354.

QUANDIALLA

WEDDIN WELL-BEING

A 6 week program with a focus on well-being, weight loss and healthy lifestyle.

Date: to commence 13th March 2013 until 10th April (then break over school holidays). Return 1st May and possibly 8th May 2013.

Time table with dates for speakers to be handed out week 1

Time: 9.30- 11am

Venue:
Quandialla Health Centre

What we offer.

Healthy cooking ideas, nutritional and weight loss options, practical advice on getting kids and the family to eat well, weight in and measurements to monitor weight loss, exercise options and recommended guidelines, 30-45 minute exercise session, goal setting for exercise and healthy lifestyle program. Looking after your self, relaxation and stress management strategies.

Dietician and Social worker as guest speaker. Possibly Physiotherapist and Women's Health Nurse to present.

What to bring:

Pen and note book (handouts will be given) comfy clothes and shoes for exercise, hat, water bottle and snack, if warm weather bring cosie and towel first week for aqua aerobics at Quandi pool. Bring the kids along if you have them with you. Pram for walk with kids.

MARCH IS LYMPHOEDEMA MONTH: Morning Tea - Grenfell Community Health.

When: Tuesday 19th March 2013 - Time: 10.30am

It is estimated that over 400,000 Australians suffer from lymphoedema and about three quarters of these are cancer survivors. Lymphoedema occurs when the lymphatic circulation doesn't function properly.

It is usually noticed as swelling of the arms or legs, but other areas of the body may also be affected.

Lymphoedema occurs when there is damage to the lymph nodes or lymphatic system. This can occur from an early age where the lymphatic system has not properly developed or later in life as a result of cancer surgery. Lymphoedema can't be cured but can be managed with exercise, massage and compression garments.

We invite you to morning tea on 19th March to learn more about Lymphoedema and what services are available locally to manage it. Jill Hodgson will present her lymphoedema experience.

Please contact the Community Health Centre on 63491777 for further information.

PARENTS LIVING WELL GROUP:

Are you a parent and looking for ways to reduce your stress levels, become more relaxed and look after your wellbeing? The 'Parents Living Well' group may be the answer for you. The group is being held at the Community Health Centre and will be run over 4 weeks. Topics will include stress management, relaxation techniques and meditation, healthy relationships, importance of exercise and diet in relation to stress and services available for support.

The group is for parents with young families and everyone is welcome. The 'Parents Living Well' group will run on Wednesdays from 1.30 – 3.00 pm at the Community Health Centre, beginning on 20th March 2013 for 4 weeks. Please register your interest with Belinda and Chelsea at Community Health 63 491777.

QUANDIALLA DISTRICT SCHOLARSHIP COMMITTEE - GENERAL MEETING:

The next general meeting of the Quandialla District Scholarship Committee will be held on Thursday, 28th March, 2013, commencing at 7.30 p.m. at the Bland Hotel, Quandialla.

All most welcome - N. Gault , Secretary.

EXPRESSIONS OF INTEREST: DO YOU NEED A FLU VACCINATION FOR THIS YEAR?

Please telephone the Quandialla Health Centre on 6347 1200 to put your name on the list.

Date to be confirmed.

MINUTES OF THE QUANDIALLA P & C ANNUAL MEETING
HELD IN THE SCHOOL STAFF ROOM ON THE 6TH March, 2013
OPENED AT 7.40PM

- Present** : R Dowsett, N Vonthien, K Pockley, D Dixon, A Dixon, V Gregory
C Nowlan, W Robinson, S Ryan. T Penfold, J Amey, P Foster and L Penfold.
- Apologies** : D Robinson, T Ryan, J Vonthien, S Nowlan, J Kelly and K Broomby.
Moved apologies be accepted, L Penfold, Seconded N Vonthien.
- Minutes** : Moved by L Penfold that the minutes of the previous meeting
be accepted as read. Seconded N Vonthien.
- President's Report** : Please see attached report.
- Treasurer's Report** : Closing Balance as of January, 2013 \$ 4,349.40
Term Deposit \$10,000.00
- Canteen Treasurer's**: Opening Balance \$ 3,566.03
Closing Balance \$ 2,356.88
Please see attached detailed report.

ALL POSITIONS DECLARED VACANT AND MRS K POCKLEY TO CHAIR MEETING

- President** : L Penfold nominated D Dixon, Seconded S Ryan - Accepted
No more nominations. All in favour. D Dixon is the President.
- 2 Vice Presidents** : D Dixon nominated N Vonthien, Seconded S Ryan. Accepted.
L Penfold nominated S Ryan, Seconded R Dowsett. Accepted.
No more nominations. All in favour. N Vonthien and S Ryan are
the Vice President's.
- Secretary** : N Vonthien nominated R Dowsett. Declined.
K Pockley nominated L Penfold. Seconded C Nowlan. Accepted
No more nominations. All in favour. L Penfold is Secretary.
- Treasurer** : C Nowlan nominated R Dowsett, Seconded K Pockley. Accepted
No more nominations. All in favour. R Dowsett is Treasurer.
- Life Ed Van** : K Pockley moved that this position is no longer needed.
Seconded L Penfold. All in favour.
- Scholarship
Committee
Representative** : K Pockley nominated W Robinson, Seconded R Dowsett. Accepted.
No more nominations. All in favour. W Robinson is the Scholarship
Committee Representative.
- Canteen Treasurer** : R Dowsett nominated A Dixon, Seconded L Penfold. Accepted.
No more nominations. All in favour. A Dixon is Canteen Treasurer.
- Canteen
Co-Ordinator** : L Penfold nominated A Dixon, Seconded N Vonthien. Accepted.
No more nominations. All in favour. A Dixon is the Canteen
Co-Ordinator.

There being no further business the meeting closed at 8.05pm

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L M Penfold Secretary

MINUTES OF THE QUANDIALLA P & C GENERAL MEETING
HELD AT THE SCHOOL STAFF ROOM ON THE 6TH MARCH, 2013
OPENED AT 8.05PM

Present : R Dowsett, N Vonthien, K Pockley, D Dixon, A Dixon, V Gregory
C Nowlan, W Robinson, S Ryan. T Penfold, J Amey, P Foster
and L Penfold.

Apologies : D Robinson, T Ryan, J Vonthien, S Nowlan, J Kelly and K Broomby.
Moved apologies be accepted, L Penfold, Seconded N Vonthien.

Minutes : Moved by N Vonthien that the minutes of the previous meeting
have been circulated be accepted.
Seconded S Ryan.

Business Arising : - Afternoon Tea before assembly's – It was agreed that this should
Continue before each assembly. One person rostered to cater for
each assembly.
- Bush Dance Update - It was discussed that the date could be moved from May to
August, this is a quieter time on the farm. Total fundraising from Delta would be
\$400. Date to be fixed.
- Stephanie Alexander Kitchen Garden – Going ahead. W Robinson to work out a
wish list.
- Excursion. W Robinson is gathering quotes. Change of date to
12-16th August, 2013.

Principal's Report : Please see attached notes taken from a verbal report.

Treasurer's Report : Opening Balance as of 1st January, 2013 \$4,349.40
No movement
Closing Balance as of 31st January, 2013 \$4,349.40
=====

Moved by N Vonthien
Seconded R Dowsett

Canteen Treasurer's Report : Opening Balance for February \$2,359.27
Interest .40
Deposits 151.20
Closing Balance for February \$2,238.92
=====

Moved by N Vonthien
Seconded S Ryan

Correspondence: Moved that the correspondence be dealt with as read L Penfold.
Seconded R Dowsett.

- Letter from Royal Far West requesting donation- Moved by R Dowsett that \$100 be
donated. Seconded L Penfold
- School Global Funding detailed letter. Tabled.
- Letter from W Robinson requesting \$400 donation for text
books. L Penfold moved to donate \$400. Seconded D Dixon
- Letter from A Dixon requesting \$1,000 for the School Library.
L Penfold moved to donate \$1,000. Seconded R Dowsett.
- Tinkz Fashion Jewellery Fundraiser - Tabled.
- MAPS Fundraising Catalogue - Tabled.
- Letter from Katrina Hodgkinson - Tabled.
- Smart Fundraisers Catalogue - Tabled.

- Aust Govt letter in regards to Charity Organisation – Handed to L Penfold.
- Fresh for Kids Catalogue - Handed to A Dixon.
- School Canteen Buyers Guide 2013 - Handed to A Dixon.
- Fundraising Directory 2013 - Tabled.
- Fundraising Australian Catalogue - Tabled.
- Brochure on Unisite (Playground Furniture) - Tabled.
- School Canteen Planner - Handed to A Dixon.
- P & C Journals - All six handed out.
- P & C Handbook - Handed to D Dixon.
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General Business:

- Stephanie Alexander working bee in Vegetable garden, tidy green houses. W Robinson has a list of jobs to be done. Will get donations from families to kit out kitchen etc. Liaise with P Harris re working bee.
- V Gregory stated that there is no clock in the Shed. Answer. It was discussed previously amongst staff and decided not to put one there as it would have to be enclosed.
- V Gregory asked could we get Snake deterrents - P Foster said that is was not necessary and better for the children to be Snake aware.
- It was noted that all children did not have gloves on at “Cleaning up Australia” day. Plan was in place for two children with gloves to pick up “dirty objects”.
- School Newsletter is now free to community members.
- V Gregory suggested “Public Speaking” night as a fundraiser.
- Market Day - 5th April, 2013.
Start with assembly at 12.30 then move on to BBQ lunch and Market Day activities. V Gregory will co-ordinate a Pie Drive and the pies will be ready for distribution on Market Day.
- S Ryan is proposing a Uniform change to the girls Uniform. If we order online we avoid the minimum order. S Ryan will obtain a sample to have on market day to begin informing of a possible change to both parents and students. P Foster advised that everyone needs to be consulted before any changes are done. W Robinson suggested an extra-ordinary meeting to be held down the track for the purpose of Uniform discussion.
S Ryan to submit information to the School Newsletter ASAP
P Foster also stated that all children must wear enclosed leather shoes to be able to work in the Stephanie Alexander garden or kitchen. We must also consult with Secondary Students.
- W Robinson informed the P & C that the PBL rewards day will be held at the West Wyalong Pool on the 12th March. T & M Priestley have offered to cook the BBQ lunch. Children will be back in time for school.
- T Penfold asked if we could start a Head Lice Committee. R Dowsett stated that children are not allowed to be identified specifically. We will investigate into the way Caragabal Public School handles it.
- P Foster thanked K Pockley for her contribution to the Quandialla P & C and wishes her well as a parent at her new school.
- K Pockley thanked everyone for supporting her in her role.

There being no further business the meeting closed at 10.15pm. Next Meeting 4th April, 2013

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L M Penfold Secretary

Notes taken from the Principal's Report given Verbally

- Children have settled into the School year well.
- All staffing entitlements were held - Two separate classes will remain from K-6.
- Natalie Howard is the new English teacher.
- Lachlan Access Program – Secondary – Stage base classes 7-8
3 Students stage 4, 2 Students stage 5, 2 Students stage 6.
Locks in secondary staff for a further 12 months.
- Planning has been accurate and we will reap benefits
6 Students K/1/2
10 Students 3-6
5 Students 7-10
2 Students in yr 12
Teachers are doing a great job.
Numbers are good and sustainable.
- L Varjavandi – Head teacher of Secondary Studies is teaching Stage 6 music to 18 students across six schools.
- Some technology based problems. Regional IT support reduced to 1 person, hoping to rectify the problem. R Dowsett is working hard on this.
- L Noble is the National School Chaplaincy program person that is employed to work at Quandialla for 1 day per week.
L Noble's role is to address welfare needs of students offered by leading support team.
 - Develop relationships with students.
 - Linking parents with agency that can help with supporting children.
 - Respond to student needs.P Foster can already see positive results and he encourages families to become involved with her.
- P Foster stressed the importance of helping teachers with activities eg. Stephanie Alexander. P Foster urges the P & C to become involved.
- P Foster also stated that the role of the P & C is moving on from just a "Fundraising" committee and that we should start becoming more "politically minded".