



Quandialla Central School

"Together we provide opportunities to succeed"

Celebrating 100 years
of Education at QCS

Newsletter - Tuesday, 3rd September, 2013 (Week B No 27)

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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:
Catia Nowlan

Diary Dates – Term 3

September:

Wed.	4 th Sept.	ASPIRE to visit QCS all day
Thursday	5 th Sept.	Dental Clinic Visit – K-10 P.&C. Meeting – 7.30 p.m.
Thursday	19 th Sept.	Bland Sports Carnival – Bribbaree (Primary)
Friday	20 th Sept.	School Assembly – 2.30 p.m.

Western Area PSSA Athletics Carnival
Friday, 30th August, 2013



Congratulations to Sarah for her excellent performance at the 2013 PSSA Athletics Carnival.

ASPIRE

The ASPIRE team from the University of New South Wales will be working with all of our students K – 10 and the pre-school children on Wednesday this week. This is an important program, because it encourages young people to complete their school education and then to undertake tertiary education. Many of our students at Quandialla are capable of completing tertiary education, and this program will help them to make connections.

PSSA Athletics

Results from the Western Area PSSA Athletics held in Dubbo on Friday – Sarah Penfold placed second in the Discus event and has qualified for the State Carnival later this year. Congratulations to Sarah on an excellent performance. State Carnival – this is where the top athletes from all of the NSW government primary schools will compete.

LAP Music

On Wednesday last week, the Lachlan Access Program Stage 6 Music students and teachers participated in a full day workshop at our school. Under the guidance of Ms Varjavandi, the students set up in the COLA (big shed) and performed their works for assessment tasks.

I dropped in several times throughout the day, and was impressed with the students' confidence and the quality of their performances. There are definitely a few potential stars among them and they obviously enjoyed the whole day.

Congratulations to Ms Varjavandi, visiting teachers and students on a very successful LAP Music workshop.

School grounds

The school grounds are an absolute picture at present. Congratulations to Paul Harris for his excellent work in developing the school grounds and gardens. Combined with the glorious weather over the last few days, it makes the school a very enjoyable place to be.

Paul has also been working hard to improve the school's flock of sheep. Paul took twenty sheep to the Cowra sale last week, and was rewarded by achieving the highest prices for lambs (\$150 per head for ten; \$115 per head for three) and hoggets (\$71 per head for three). We have also received compliments from knowledgeable local sheep breeders on the quality of the flock. Very well done Paul.

Bird life

Have you noticed the abundance of bird life over the past few weeks – there must have been at least 50 cockatoos and 100 galahs on the school sports field on Monday morning. When the cockatoos flew out of the pine trees, there was a huge cloud of yellow dust (pollen). It looked fantastic – the white and yellow.

In addition, we have had dozens of other birds in the school grounds lately – the currawongs have been very vocal. A sign of a very good season, I hope.

Presentation Ceremony 2013

Our annual Presentation Ceremony will be held on Tuesday 17 December at the Memorial Hall and it will be followed by a buffet dinner for students, staff, families and community members at school. The school will provide cold meats again this year, and we ask families to bring a salad or sweets to share.

This year we have arranged for a **very special** guest speaker. I'm certain sports fans will recognise our guest speaker, particularly if you are a Grandstand listener and viewer. I won't give the "secret" away just yet, but recommend you put this date in your diary as one not to be missed. The story behind our guest speaker is a fascinating one, and is very relevant to our students and local families.

A bit of applied maths

The primary boys were genuinely excited when the school took delivery of the new mower, and I was really impressed with their questions. The discussion went like this:

“New mower Pauly?” Year 4 boy.

“Yep, what do you think?” Pauly.

“Excellent – how many acres will it cut in an hour?” Year 4 boy.

“Around 2.2” Pauly

“I’ve seen ones that will do about 2.5” Year 4 boy.

“So, which one will be the more efficient?” Principal.

“The one that will cut 2.5” Year 4 boy

“Why?” Principal.

“Because it will cut 0.3 of an acre more in the same time”. Year 4 boy.

“How much was it Pauly?”

Pauly told him.

“That’s not bad – quite a bit less than the other one, and makes up for the 0.3 acre per hour difference” Year 4 boy.

Now that’s applied maths, and excellent thinking by our Year 4 boy - shows he will be able to work out production costs when he takes over the farm. I know, hectares not acres, but guess who?

PS – it’s a new blue, 24hp, 42 inch Dixon.

P&C Meeting

The next meeting of the Quandialla Central School P&C Association is set for Thursday this week – 5 September, in the Staff room beginning at 7.30pm. The organisation of the Primary faculty for 2014 will be outlined at this meeting. Parents and carers are encouraged to participate in the P&C meetings.

Late to school

A reminder that students are required to be at school by 8.55am each school day. Lateness is a partial absence and parents/carers are required to explain why their students are late to school. “We all slept in”, “we were up late last night” and “we were getting organised” are not acceptable reasons for students being late to school. Parents are responsible for ensuring their children meet the school attendance guidelines. Students who are persistently late to school will be referred to the home School Liaison Program.

National Child Protection Week 1-7 September

Protecting children is everyone’s business. Play your part by reporting the abuse, neglect or exploitation of a child to Crime Stoppers on 1800 333 000.

Find out more at: <http://napcan.org.au/>

Helping your child choose right from wrong

How do you raise ethically aware children? In this audio discussion, **Dr Simon Longstaff** from the St James Ethics Centre explains some ideas to James O’Loghlin. Find out more at:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>

Preparing for Year 7

The transition from primary school to high school maths can be difficult for both you and your child. However, by working in partnership with your child and using some careful forward planning, the transition can be smooth and successful.

Find out more at: <http://educationequals.com/what-you-need-to-know-about-learning-maths-in-high-school/>

Numbers fun

Learning to count forwards and backwards from a given number helps children with solving addition and subtraction problems. Use these great worksheets to help your child learn about number ordering.

Find out more at:

http://www.schoolatoz.nsw.edu.au/detresources/numbers_beetles_butterflies_tLzmljWfc.pdf

Friend or frenemy?

What to do when you think your teen's best friend is a bad influence? How do you discourage these friendships without inadvertently driving away your child in the process?

Find out more at:

<http://www.schoolatoz.nsw.edu.au/wellbeing/behaviour/when-your-teens-new-best-friend-is-a-bad-influence>

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 **2014** 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

CANTEEN NEWS & ROSTER Term 3 - 2013

Our School Canteen is open on Wednesday

Time of Arrival is 10.00 a.m.

President: David Dixon – 6347 1271 Secretary: Leanne Penfold - 6347 2119

Treasurer: Anne Dixon - 6347 1271

Roster

4 th	September	-	Leanne Penfold
11 th	September	-	Jodi Atkins
18 th	September	-	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.

STEPHANIE ALEXANDER KITCHEN GARDEN

DONATIONS OF MATERIALS NEEDED URGENTLY

We are ready to build some more garden beds and require donations of the following:

- Manure (sheep, horse, pig, cow)
- Lucerne hay, pea straw
- Newspapers



GREATER WESTERN AREA HEALTH SERVICE

ORAL HEALTH SCHOOL ASSESSMENT PROGRAM

Thursday, 5th September, 2013

Staff from the Child Oral Health Clinic will be visiting the school to provide free oral assessments for students. Permission notes were sent out last week with your child's newsletter, please return permission notes a.s.a.p., if you wish your child to be assessed.

Please note: That this is an assessment only and not a full oral examination. After the assessment your child will be given a letter to let you know the results and of any further recommendations.

Lake Burrendong

On Monday the 12th of August Years 3/4/5/6 and secondary arrived at school at 8:15 to start our two and a half hour journey to Lake Burrendong Sport and Recreation Camp picking up Mr Hofman at Grenfell and having a quick recess break at a park in Canowindra.

After a short introduction once we got to camp, we had a delicious hamburger lunch then took our bags to our rooms and made our beds. Once that was done we walked back up to the assembly area to prepare for our first of many fun activities, games and initiatives. The games and initiatives were very fun with some of the activities including a blindfolded mine field and an activity where you had to fill up a tube with holes in it to reach a rubber duck and other interesting problem solving activities. After that activity we went back up to the assembly area where the instructors, Matt and Jess, explained how free time was going to work. For our free time we went to the tennis courts and played community tennis. For dinner that night we had chicken schnitzel and gravy. Half way through dinner the school that was joining us, Ivanhoe Central School, arrived and joined us for dinner. That night we had a great night activity, mini Olympics, where all teams had to come up with a name of a country for their team. Our team was going to be called Jamaica but another team took it so we ended up as Madagascar.

On the second day we woke up at seven o'clock to get ready for breakfast at eight. After a yummy pancake breakfast we split into two groups. The secondaries were the snakes, and we were the goannas, and we set off for our first activity of the day, orienteering. The orienteering was both fun and challenging. Our task was to follow a map to find letters around the centre to later answer three clues: profession, first name and last name. In the end the answers were bushranger, Ben, Hall.

Our second activity for the day was BMX which was very fun, yet dangerous with almost everyone finishing the lesson with at least one bump or bruise. Some of the things we did in BMX included time trials, best slow rider competition, which I won out of the whole group and to finish off the lesson, a race that included two people to a bike and lots of running.

Our first activity after a good wrap lunch was the low ropes course. After going through the rules of the ropes we split into five groups. I was in a group with Sarah, Will and Gus. The first course we did was the Tarzan ropes where I made it across in one go. The second course my group did was the swaying log which was also very fun and I made that one in one try as well. The third one we did was the jelly legs-fun and hard. As hard as Will found it I found it awesome. After a couple more courses we came to our last and hardest course. Tyres and cargo net! This was the only course that I fell off before the end as I was the last person on all the ropes and I swapped over and fell off.

Our last activity of the day was the famous grass skiing. For grass skiing we had to partner up with a person with a similar shoe size. I partnered up with Hayden and we both had heaps of fun on the slope.

For dinner that night we had pasta Bolognese and vegetables. For that nights night activity we had wacky races which was very tiring. The concept of the races was to collect bottle caps and use them at the end of the night to buy some stuff to make a cardboard car to race and dress up someone as our queen. As soon as the race started our team fell over so everyone ended up running holding a piece of the car. When it came time for the results our team came last but we won the best crash award and then went to supper last.

For breakfast on Wednesday we had poached eggs and toast. After breakfast we went back to our rooms and got ready for kayaking. Once we did that we walked down to the shed that held the life jackets, paddles and shoes for those that didn't bring another pair of shoes to wear in the water. Kayaking was great fun with some cool games. One of the first activities we did was a race from a point somewhere down a little creek to our instructor Matt. I won that little race by about 20 centimetres with Gus placing second. We then paddled over to a little flattish spot to have fruit break. After we all ate our piece of fruit then skipped rocks across the water for about five minutes. After a chicken burger lunch, our group went over to the rock wall tower and got strapped into the harnesses and prepared to climb. While we were climbing the other group were doing the flying fox so we cheered on our fellow classmates from Quandi.

That night we had a campfire and damper which was really fun. It was a nice walk down to the fires and it was really warm near them. On the way down there we had to collect a stick each to cook our damper on. My damper failed because I wanted to eat it quickly so I ended up with a half raw, half burnt damper.

To start off the morning after a delicious hash brown and spaghetti breakfast we had two sessions of flying fox which went by in a flash with almost everyone going down.

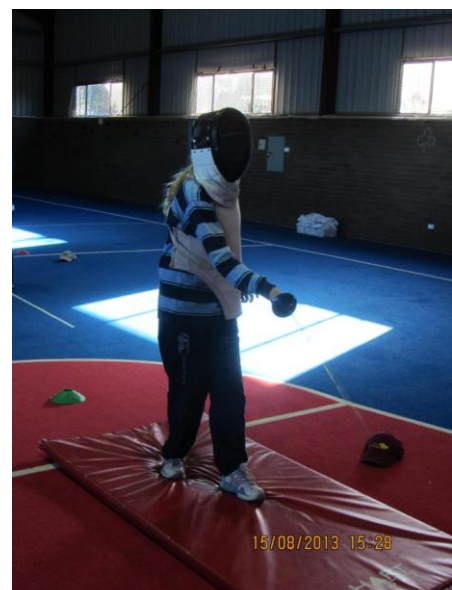
After a simple sandwich lunch that day was archery. We all had heaps of fun with Angus acting like Arrow. A very funny activity we did was 'tell your fortune' which brought on many laughs. Supposedly I will marry 50 cent, get married in Mungo, wherever that is, get there in Mr Beans car and have five kids. I think the luckiest person was William who is going to marry Sally Pearson, get married in Ivanhoe, getting there in a space ship and he is having three kids.

After fruit break we had fencing and I had a ball. I got to help matt demonstrate and won every round in our little group. After that we went to the souvenir shop and spent some of our money. For our last camp dinner we had delicious fish and chips where I scored Haylee's fish.

After our last breakfast of an omelette that we mushed up into scrambled eggs we packed up our bags and hopped on the bus to head off to the Wellington Caves and phosphate mine.

At the caves we entered the Cathedral Cave that was awesome with many stalagmites and stalactites. The mine on the other hand was a bit creepy especially in the bone cave. Overall the excursion was awesome and full of fun activities my favourite being the grass skiing. I hope in the future I will go on more fun excursions like that one.

By Emma Dixon



Lake Burrendong

On Monday the 12th August Years 3 to 10 went on an excursion to Lake Burrendong Sport and Recreation Camp.

We boarded the bus at 8:30. When we got to Lake Burrendong we had lunch which was hamburgers. Next, Jess and Matt, the Sport and Rec workers, pointed to our rooms where we were staying in. Then we went in our rooms and got organised. Throughout the afternoon we were put into groups for all different kinds of problem solving games. The tyre puzzle was my favourite. Then we had free time until dinner.

For dinner we had chicken schnitzel and gravy and for dessert we had peaches and ice cream. Next Ivanhoe Central School arrived and they had dinner.

At 7: 00 we went down to our rooms then we had a shower, brushed our teeth and got into our clothes for the Mini Olympics. For the Mini Olympics we tried to get the ball in the hoop with a blanket and if you got it in it was worth 50 points. We played this and lots of other fun games. After that we went to bed.

The next day we had breakfast. We had pancakes and toast with a drink of orange juice. Then when the bell rang we went in the assembly area then Matt took us to our first activities.

For the first activity we did orienteering and we had five people in a group. In my team were Hayden, Moe, Shaun, Will and me. We found all the letters and we were the first team there and to figure out the puzzle. The word was bushranger - Ben Hall.

Our next activity was BMX riding. We did time trials - I beat my first time. It was fun except I crashed and hurt my leg. After BMX riding we had a fruit break then it was time for lunch. We had a chicken wrap with salad.

After lunch we did Low Ropes. For Low Ropes we did jelly legs, Tarzan, log balance on a log and balance on tyres.

Next we did Grass Skiing. I was partners with Angus. We started at the half mark and if both of us made it we got to go up all the way to the top of the hill. After three goes on the top of the hill Angus and I swapped with Jarrod and Will. Gus went with Will and Jarrod went with me.

After Grass Skiing at 4:00 we did tennis for free time until 5: 30. At 5:30 was dinner for dinner we had spaghetti bolognaise and for dessert we had peaches and ice cream.

After dessert we brushed our teeth, showered and got ready for the wacky races. For the wacky races we played some games and after that we had to make a car out of cardboard. Then we had to race in our car. When it started our team crashed and rolled down the hill and of course we lost the race but we won the best crash.

The next day we did kayaking. For kayaking we went through how to paddle and through the rules. Then we were off. We played a couple of games like stuck in the water and get the ball. It was lots of fun but my arms were very sore.

We had a piece of fruit on the other side of the lake and did more kayaking. We played more games and did a couple of races. My arms were very sore. After Kayaking we had lunch. I loved lunch it was yummy. After lunch we did rock climbing. For rock climbing we had four teams. Most of the teams made it up to the top - certainly all my team made it. After rock climbing my arms were extremely sore. Rock climbing was fantastic.

After Rock climbing we had free time we did chest or ping pong until 5:30 and when it was dinner we had roast beef. The roast beef was delicious.

After dinner we went down to our rooms and got ready for the campfire and damper. The campfire and damper was yum and after we cooked our damper twists we had flavoured milk. After that we went to bed. Sarah, Caitlin, and I woke up at 4:00 and then we woke up everybody else and tried to surprise Mrs Robinson and then hid from her and made it look like we were still asleep.

At 8:00 was breakfast. For breakfast we had hash brown and toast with a drink of orange juice. It was yummy. For our first activity we did Flying fox which was awesome. I was scared sort of but not really. Our next activity was archery then fencing. They were both fantastic. Next was free time. Free time was fun. After free time was dinner. Dinner was yum. Next was a movie. The movie was Surf's Up. It was interesting but the floor was uncomfortable. I was tired.

The next day we went to the Wellington Caves and the phosphate mines. The caves were fantastic. After the cave was the mines. The caves and the mines were interesting. Then we went home. It was a great week.

By Haylee. Bridger



COMMUNITY NEWS

QUANDIALLA SWIMMING POOL MEETING:

An Annual/General meeting for the Quandialla Swimming Pool will be held on Wednesday, 11th September at the Bland Hotel commencing at 7:30 pm.

All welcome, come and support your local pool and help plan for the 2013/14 season.

QUANDIALLA LIBRARY DEPOSIT STATION NEWS:

The librarian has returned from her trip to Iceland and Greenland (can recommend them both!!) and so normal services to the Deposit Station have resumed with a new selection of books arriving the first Wednesday in September.

J. K. Rowlings became a household name with her Harry Potter books. "The Casual Vacancy" is her first venture into adult fiction and it is certainly very different. One reader here described it as the best book that person had ever read, others have suggested she should have stayed with children's books. Read it and decide for yourself!

"Baking Cakes in Kigali" by Gaile Parkin is a rarity, a novel set in Rwanda. Other fiction writers represented include David Baldacci, Tom Keneally, Elizabeth George, John Grisham, Ian Rankin, Danielle Steel (yes, she's still writing ...) and Rachael Treasure.

The nonfiction covers such diverse topics as dinosaurs, health foods, Ancient Egypt, weeds, cooking for a family, Windows 7, and several biographies.

There will be a stage performance by a New Zealand actress on Monday, 30th September, at 7.30 pm, sponsored by the library. No charge, supper included, contact the library on 6343 1334 for more details and to book.

ST BRIGID'S CHURCH NOTICE:

Mass - 10:00 am - 2nd Sunday of the month and **Liturgy**- 10:00 am – 4th Sunday of the month

These services will be held at St Mark's Anglican Church until further notice while necessary repairs are being carried out at St Brigid.

ST MARK'S ANGLICAN CHURCH:

Services held 5.00 pm, fourth Sunday of the month, during winter months.

All welcome.

EXERCISE CLASSES:

Quandialla Memorial Hall, 9.00 - 10.00 am Friday's.

\$7 / class, please bring water bottle, comfy clothing, and appropriate shoes.

Enquiries please phone: Kim 63472152

DONATIONS OF MATERIALS URGENTLY REQUIRED for the 'STEPHANIE ALEXANDER KITCHEN GARDEN' at Quandialla Central School:

If you are able to help with the following donations towards our Kitchen Garden, it would be greatly appreciated: Manure (sheep, horse, pig or cow), Lucerne Hay/Pea Straw or Newspapers.

Please contact Quandialla Central School if you are able to help – 6347 1207. Thank you.

DIABETES
QUIT SMOKING
WEIGHT LOSS
HEALTHY LIFESTYLE

Community Nurse Clinic on again
Call Quandialla Health Service for an appointment

63471200

Wednesday 4th September 2013

IMMUNISATIONS & BABY HEALTH CHECKS

The Child & Family Health Nurse will be out at Quandialla
Thursday 5th September.

Please phone 63491777 for an appointment.

