



Quandialla Central School

"Together we provide opportunities to succeed"

Newsletter Tuesday, 13th May, 2014 (Week B No. 14)

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**Relieving
Principal:**
Lisa Varjavandi

**Assistant
Principal:**
Wendy Robinson

**Head Teacher of
Secondary
Studies:**
Cathy Rowland/
Anne Noble

**School
Administration
Manager**
Robin Dowsett

**Parents and
Citizens
Association:**

President:
David Dixon

Secretary:
Leanne Penfold

Treasurer:
Catia Nowlan

Diary Dates – Term 2

May:

Tues.-Thur.	13 th -15 th	NAPLAN – Year 3, 5 and 9 students
Wed.	14 th May	School Counsellor visit to QCS
Friday	16 th May	Food Revolution Day. Jamie Oliver's 'Biggest Ever Live Cooking Lesson' for ICAS Computer Skills test
Tues.	20 th May	ICAS Computer Skills test
Thursday	22 nd May	Australia Biggest Morning Tea at QCS
Friday	23 rd May	Science & Engineering Day for Years 5 and 6 (Grenfell) Sydney Puppet Theatre – Kinder.-Year 4 (Grenfell) Lachlan District Cross Country at Forbes Racecourse



STEPHANIE ALEXANDER
KITCHEN GARDEN



NAPLAN

Just a reminder that this week is the week for our NAPLAN tests for Years 3, 5 and 9. They will be held in the secondary English room and they start at 9.00 am. Please ensure that students involved are in the right place at the right time.

ASPIRE – Step Up

This program, which is an on-campus study skills and university preparation program for Year 11 students, run by the University of NSW, will be taking place from 11 – 13 June. Two of our current six Year 11 students have indicated an interest in attending university and this program will be of immeasurable value. They will be accompanied by Ms Howard.

VISITORS

Last week we had visits from Kirstin Stevenson – Home Start Family Strengthening Coordinator based in Cowra and Deborah Barrott and Sylvia Hitchick from the Learning and Engagement Team in Bathurst. This week we will be visited by Steve Storey – regional Federation Representative, Anna Dyer - a Child & Family Health Nurse coming to test student eyesight, and Glenn Stewart – the Lachlan Director Public Schools.

PBL

Our school has been a Positive Behaviour for Learning School for a number of years now. Our focus for this week is “Respect” – speak politely, listen respectfully and communicate positively. We teach a lesson on this, remind students throughout the week – both in classrooms and play areas - and appreciate families reinforcing this language at home.

Contacting the school

Please contact the school for further information. I am always available to meet with parents/guardians.

Thank you,
Lisa Varjavandi
Relieving Principal

K/1/2 students proudly display
their School Dresses.
Left to right:
Emily, Summer and Dana.



ORDERS FOR GIRLS SCHOOL DRESSES

An order will be placed in approximately 2 weeks online for Quandialla girls school uniforms. Please advise of which dress size you need and how many. Sizes go from 4 to 16. Dresses cost \$45 which included postage.

Please send your payment to the school office with name, size and number required. Cheques made payable to Sarah Ryan.

Any enquiries to Sarah Ryan on 62471166 or 0404153765.

Thank you

CANTEEN NEWS & ROSTER

Term 2 – 2014

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:

14 th	May	-	Leanne Penfold
21 st	May	-	Jodi Atkins
28 th	May	-	Jennifer Kelly

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.



Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<i>Drinks</i>	<i>Teaspoons of sugar</i>
Can of soft drinks – 375 mL	8 to 9 tsp
Bottle of soft drink – 600 mL	15 to 18 tsp
Fruit juice drink 250 mL	3 to 5 tsp
Cordial – 250 mL diluted	4 to 5 tsp
Water	0 tsp

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

Free community education seminar

Navigating teenage **DEPRESSION**

You will learn about:

- What is depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about
- How to build resilience



About this presentation

This one-hour presentation is delivered by a Black Dog Institute presenter who has a personal experience of a mood disorder or of caring for a loved one. It is suitable for parents, teachers and people who work with young people and provides a quality introduction to the subject.

Venue: School Library, Henry Lawson High School - Grenfell

Date: Tuesday, 3rd June

Time: 6.30pm

For more information:, please contact Libby Noble on 0263 431 390
www.blackdoginstitute.org.au



BLACK DOG INSTITUTE

K-6 NEWS

LACHLAN DISTRICT PSSA CROSS COUNTRY

The Lachlan District Cross Country is being held on Friday 23rd May at Forbes Racecourse for students who qualified at the School Cross country. Students who attend and gain a place in the first four in their age race must be prepared to travel to Wellington for the Area Cross Country. Qualifying students have received permission notes today.

SCIENCE AND ENGINEERING DAY FOR YEARS 5 AND 6

Students from Years 5 and 6 have the opportunity to attend a Science and Engineering Experience at The Henry Lawson High School on Friday 23rd May. This is going to be an exciting day joining with other primary and high school students to build catapults, rockets and bridges. Parents are invited in for the presentation and show at 1.30 pm. Notes have gone home to these students.

SYDNEY PUPPET THEATRE

The Grenfell Library is hosting the Sydney Puppet Theatre who are presenting "The Emperor's New Beat Box". Kindergarten to Year 4 students are travelling into the Conference Room at the Community Hub for the puppet show of approximately 45 minutes duration for Friday, 23rd May, at 10.00 am. You can check out the company and the show at www.sydneypuppettheatre.iinet.net.au

THE HENRY LAWSON FESTIVAL RECITATION DAY

Recitation Day in Grenfell is coming up again on Thursday June 5th. All students Kindergarten to Year 6 are required to learn an Australian poem to recite on stage. For those who are up to the challenge there is a special Henry Lawson section. Students are selecting poems at school this week but of course if any parents have any suggestions for their children send copies in. It is a time consuming task finding suitable poems and all help is appreciated.

WESTERN CHALLENGE DEBATING COMPETITION

The School has entered into the Western Challenge Debating Competition yet again and the Years 5 and 6 students have an opportunity to participate in interschool debating. Our first debate is in Parkes on Wednesday 28th May. Yes soon! *Should Australia change our flag*. We are the negative. Miss Howard had kindly offered to coach the team again this year. Preparation has begun but will ramp up after NAPLAN.

MULTICULTURAL PERSPECTIVES PUBLIC SPEAKING COMPETITION

For students interested in public speaking this is a wonderful experience. Two Year 5 or 6 students will go into the regional competition at Bletchington PS on June 6th. Students who are interested in this competition please see Mrs Robinson for information.

STEPHANIE ALEXANDER KITCHEN GARDEN – COOKING LESSONS



Students will be working in the kitchen this Thursday, 15th May, from 11.20 am – 1.20 pm. Parents are most welcome to come along and assist with the Stephanie Alexander Kitchen Garden cooking lessons. Lessons for this term will be held on: Thursday, 15th May, 29th May, 12th June and 26th June. We look forward to having parent helpers during these lessons.

Food Revolution Day

This Friday is the 3rd annual day of action, with events happening around the world, it is billed as a day to celebrate how important food education is for everyone. Mrs Rowland will be taking Years 5, 6, 8 and 9 to join in a video conference with Jamie.



Rainbow Salad Wrap

Ingredients

2 small raw beetroots, different colours if possible (about 150g all in)
2 carrots
150g green cabbage
1 firm pear
½ a bunch of fresh mint
½ a bunch of fresh Italian parsley
6 small whole wheat tortillas wraps
50g feta cheese

For the Dressing

5 tablespoons natural yogurt
½ teaspoon English mustard
3 teaspoons apple cider vinegar
2 tablespoons extra virgin olive oil

Method:

Wash the beets and carrots under cold running water, scrubbing with a scrubber to get rid of any dirt (there's no need to peel them).

Pick off and discard the wispy ends from the beetroots.

Hold a box grater steady on a cutting board, then gripping the root end, coarsely grate the carrots, stopping before your fingers or knuckles get too close to the grater. Place the grated carrots into a large bowl.

Coarsely grate or thinly slice the cabbage, then discard the core and add to the bowl with the carrots.

Remove the stalk from the pear, coarsely grate (core and all), then place it into the bowl.

Finally, hold the root end of the beets and coarsely grate (you may want to wear rubber gloves for this), then add to the bowl.

Pick the mint and parsley leaves, then discard the stalks. Tear or finely chop the leaves on a board and add to the bowl. Add all the dressing ingredients to a glass jar.

Put the lid securely on the jar and shake well. Have a taste and see whether you think it needs a bit more yoghurt, vinegar or oil – you want it to be slightly acidic, so that it's still nice and zingy once you've dressed your rainbow salad.

Drizzle most of the dressing over the salad – just remember you can always add more, but you can't take it away, so be cautious. Divide the salad between the wraps, then crumble a little feta over. Roll up the wraps, tucking them in at the sides as you go, then serve. You might like to cut your wrap in half to make it easier to eat.

Jamie's Kitchen Garden Project, Jamie Oliver Food

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# Premier's Sporting Challenge

Dear Parents/Carers

Our school has registered to participate in the **2014 NSW Premier's Primary and Secondary School Sport Challenge**.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have *more students, more active, more often!*

Over a ten school week period commencing 29/4/14 and finishing the end of Week 1 Term 3, our Kindergarten to Year 9 students will be monitoring physical activity we do during class time, at recess and lunch as well as during sport.

What we do outside school hours will also count towards the Challenge award. As this year marks the 20<sup>th</sup> Anniversary of the United Nations International Year of the Family, we'd especially like to encourage all our families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

For Primary students: Each student will be issued with a Challenge log book to record their physical activity. Or for Secondary students: Students are encouraged to download the free PSC app for smart phones or desktop, to aide in recording and monitoring their physical activity levels.) Log books will be kept at school and filled in daily.

Students completing the Challenge will receive a personalised certificate from the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mrs Robinson or Mr Hofman who will be pleased to talk further with you. For more information on the *NSW Premier's Sporting Challenge* please visit [www.online.det.nsw.edu.au/psc](http://www.online.det.nsw.edu.au/psc)

I know our students are really looking forward to participating in the *NSW Premier's (Primary or Secondary) School Sport Challenge* and having fun along the way!

Yours sincerely

Wendy Robinson  
Assistant Principal

April 2014

**PARENTS PLEASE NOTE:  
NEW CALENDAR DATE**

**Wednesday, 28<sup>th</sup> May, 2014**  
Primary Debate at Forbes



Quandialla Central School  
**2014 School Cross Country**

*Results*

**Primary Students:**

Girls (Infants 7 years & under) – 1km

|                   |              |   |       |
|-------------------|--------------|---|-------|
| 1 <sup>st</sup> . | Dana Yerbury | - | 18.14 |
| 2 <sup>nd</sup> . | Summer Dixon | - | 18.15 |

Boys (Infants 7 years & under) – 1km

|                   |             |   |       |
|-------------------|-------------|---|-------|
| 1 <sup>st</sup> . | Monty Ryan  | - | 16.00 |
| 2 <sup>nd</sup> . | Tyson Lahay | - | 16.07 |

Girls (Primary 8, 9 & 10 years) – 2km

|                   |                      |   |       |
|-------------------|----------------------|---|-------|
| 1 <sup>st</sup> . | Bonnie Newham        | - | 16.20 |
| 2 <sup>nd</sup> . | Emily Amey           | - | 24.06 |
| 3 <sup>rd</sup> . | Ellie Kessey-Francis | - | 30.30 |

Boys (Primary 8, 9 & 10 years) – 2km

|                   |               |   |       |
|-------------------|---------------|---|-------|
| 1 <sup>st</sup> . | Reuben Ryan   | - | 16.12 |
| 2 <sup>nd</sup> . | Billy Bridger | - | 16.22 |
| 3 <sup>rd</sup> . | Jarrod Lahay  | - | 19.47 |

Girls (Primary 11, 12 & 13 years) – 3km

|                   |                |   |       |
|-------------------|----------------|---|-------|
| 1 <sup>st</sup> . | Haylee Bridger | - | 16.10 |
| 2 <sup>nd</sup> . | Sarah Penfold  | - | 19.01 |
| 3 <sup>rd</sup> . | Breanna Daley  | - | 33.27 |

Boys (Primary 11, 12 & 13 years) – 3km

|                   |                 |   |       |
|-------------------|-----------------|---|-------|
| 1 <sup>st</sup> . | Hayden Bridger  | - | 15.48 |
| 2 <sup>nd</sup> . | Angus Kelly     | - | 17.00 |
| 3 <sup>rd</sup> . | Zachary Broomby | - | 33.27 |
|                   | William Dixon   | - | 33.27 |

**Secondary Students:**

Girls (Secondary 14, 15, 16, 17 & 18 years) – 4km

|                   |                 |   |       |
|-------------------|-----------------|---|-------|
| 1 <sup>st</sup> . | Natasha Bridger | - | 35.16 |
|-------------------|-----------------|---|-------|

Boys (Secondary 14 & 15 years) – 4km

|                   |                 |   |       |
|-------------------|-----------------|---|-------|
| 1 <sup>st</sup> . | Brendan Bridger | - | 21.40 |
|-------------------|-----------------|---|-------|

Our annual School Cross Country was held last Monday, 5<sup>th</sup> May, 2014.

Caragabal Public School students also joined us for the afternoon, to compete with our students. It is always lovely to have them visit our school.

Students ran different distances, according to their age. The cross country track was around the streets of Quandialla.

An enjoyable day was had by all students.





## **COMMUNITY NEWS**

### **PLEASE NOTE: FOX BAITING – QUANDIALLA DISTRICT:**

Fox baiting will be carried out on Maurie Payne's property (on the Western side of Quandialla) between 5<sup>th</sup> – 30<sup>th</sup> May, 2014.

C. Dixon

### **1080/Pindone Users Course: 21<sup>st</sup> May @ Grenfell Bowling Club at 6pm**

Now is a **key time** for fox control to target young foxes dispersing into new areas and setting up their home territory. This should be followed up with baiting again in July before vixens give birth to their cubs, results in low fox numbers minimising fox predation on lambs and wildlife.

Weddin Landcare and LLS are offering a 1080/pindone users course (3hours) that will be subsidised for landholders.

Please contact Hannah Troth 0421 888601 to register your interest.



Weddin  
Landcare

### **MASSAGE THERAPIST COMING TO QUANDIALLA:**

Angela Armstrong, Massage Therapist will be practising in Quandialla on the 26<sup>th</sup> and 27<sup>th</sup> May, 2014. 1 Hour = \$50.00, ½ Hour = \$35.00.

Angela has been practising in Orange for over 16 years. **Health fund rebates are available.**

Book early to avoid disappointment. ATMS accredited: 7799

Contact Angela on 0421 170 743 or Ruth Penfold on 6347 2130.

### **QUANDIALLA LIBRARY DEPOSIT STATION NEWS:**

There is a definite emphasis on crime and thrillers in this month's stock selection. Not that it was intended – it just happened! There are novels by Frederick Forsyth, Elizabeth George, Kathy Reichs, Martin Cruz Smith, Lisa Gardner, Daniel Brown and David Baldacci. But to contrast in mood there are also two romance novels with Australian settings, "Outback Heart" by Fiona Palmer and "Sunset Ridge" by Nicole Alexander, a couple of large print romances and "Floundering" by Romy Ash which was shortlisted for the Miles Franklin Literary Award last year.

There's a dash of violence about the nonfiction too with books about the death of Azaria Chamberlain ("Heart of Stone" where Michael Chamberlain has his say), bkie gangs in Sydney, the killing of Osama bin Laden and the real life experiences of aid workers in Somalia and global natural disasters as well as modern ethics, pruning, building chicken coops, diabetic recipes and the Lachlan Wiradjuri experience.

Have you checked out our Facebook page yet? – there's a link from the library's home page. And for more detailed updates look at our blog ...

### **ST. BRIGID'S CATHOLIC CHURCH SERVICES – 2014:**

Mass 10:00 am 2<sup>nd</sup> Sunday of the month

Liturgy 10:00 am 4<sup>th</sup> Sunday of the month

Services held at St Mark's Anglican Church until further notice.

# REUNION



## **St Brigid's School Quandialla at The Bland Hotel from 5.00pm on Saturday 4 October 2014**

**RSVP to  
Sally Nowlan at [portgirl@alphalink.com.au](mailto:portgirl@alphalink.com.au)  
or  
St Brigids School Quandialla Facebook page**

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### **ST. MARK'S ANGLICAN CHURCH NOTICE:**

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

### **EXERCISE CLASSES:**

Exercise Classes - 9.00 - 10.00 am Friday's at the Quandialla Memorial Hall.  
\$7 / class, please bring water bottle, comfy clothing, and appropriate shoes.  
Enquiries please phone: Kim 63472152.

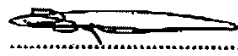
**MINUTES OF THE QUANDIALLA P & C GENERAL MEETING**  
**HELD AT THE SCHOOL STAFF ROOM ON THE 2<sup>ND</sup> MAY, 2014**  
**OPENED AT 7.45PM**

- Present** : David Dixon, Wendy Robinson, Sarah Ryan, Tracy Penfold and Leanne Penfold.
- Apologies** : Anne Dixon, Catia Nowlan, Trevor Ryan, Kim Broomby, Kacey Cattle and Lisa Varjavandi.  
Moved apologies be accepted, Leanne Penfold,  
Seconded Tracy Penfold.
- Minutes** : Moved by Leanne Penfold that the minutes of the previous meeting be accepted as circulated.  
Seconded Sarah Ryan.
- Business Arising** :  
- Air Conditioner is still not in the Canteen, will investigate.  
- Centennial Lunch  
Proposed \$6 Sandwich and two sweet treats on a plate  
Tea/Coffee/water available. Soft drinks \$2  
Time for opening 11am – 2pm.  
- Presentation Evening – Everyone is happy with the current format if it can be contained to one hour. David Dixon has full authority to act of the P & C's behalf concerning any changes that arise in the meetings for Presentation Evening.  
- Concerns over where the School is going. Wendy Robinson has outlined the procedure. Before any changes the community will be consulted. Nothing will change at this stage. Leanne Penfold will contact Glenn Stewart and arrange a morning tea and invite all parents and prospective parents to dispel any rumours.  
- School Carnival – 26<sup>th</sup> May  
- Bland Sports – Date to be advised when arranged by Wendy Robinson.
- Principal's Report** : Wendy Robinson gave a verbal report.  
- There are four new students Yr 11 x 2, Yr 2 x 1, Yr 6 x 1.  
- Think of an excursion to possibly Sydney in term three.  
- Poetry Recitation in Grenfell on 5<sup>th</sup> June.  
- Lisa Varjavandi is considering entering into the Eisteddfod.  
- Lisa Varjavandi has taken the role of relieving principal for the remainder of the year.  
- Kim Orman will be the Head Teacher for Secondary – seven days per fortnight from week 5.  
- We have entered into Small School knockout for Touch Football
- Treasurer's Report** : No Report.
- Canteen Treasurer's Report** : Balance of account \$2,629.14
- Correspondence** : Moved that the correspondence be dealt with as read Leanne Penfold.  
Seconded Tracy Penfold.  
- P & C Journals – Handed out.  
- Canteen talk – Handed out.  
- Katrina Hodgkinson letter – Tabled.  
- Card from Phillip Foster – Tabled.  
- Two fundraising packs – Tabled.

**General Business**

- :
- Sarah Ryan has been doing some fundraising by purchasing Traditional Indian Quilts, profit so far is \$320.00. Thank you Sarah.
  - Pressure cooker to be raffled and drawn at Bland Sports.
  - Could we get involved with Farmers Markets?
  - Morning tea with Glenn Stewart to be held in the Stephanie Alexander Garden to reassure everyone the direction of the School. Sarah Ryan will do the invitations. Date to be advised after consultation with Glenn.

There being no further business the meeting closed at 9.20pm. Next Meeting AGM 5<sup>th</sup> June, 2014

  
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L M Penfold Secretary