

5th November, 2015

Week 5, Term 4

The Humbug

RESPECT
RESPONSIBILITY
LEARNING



Principal: Mr. Brett Davies
Condobolin Rd,
Ungarie NSW 2669

Ph: (02) 69 759 030
Fax: (02) 69 759 157

Email: ungarie-c.school@det.nsw.edu.au
Web: www.ungariecs.com.au

News this week...

On Thursday, we were fortunate enough to have Roland Harvey visit our Kindergarten to Year 10 students. Each year, the Bland Shire Council brings a well-known author and/or illustrator out for sessions with our students. Roland discussed ways to stay creative when writing and also demonstrated some strategies to develop drawing skills.



Our Year 9 students travelled with Miss Imrie to Dubbo to take part in the ASPIRE Taster Day. The idea behind this day is to introduce students to a variety of tertiary study areas through hands on workshops. All of our students had a great time and learnt a great deal about potential future career paths.



Friday saw a sea of red to raise awareness for the Daniel Morcombe Foundation. The main activities completed by our students on the day were focused on keeping each other safe and making our school and town a safe place to be.

...then Musica Viva hit the town! *See Student News* for more information and photos, but in summary, it was opera like the kids had never seen before! Their knowledge of musical instruments was exceptional and all of our students were entertained throughout!



This Wednesday marked the last day of our Kindergarten Transition Program. Mrs Parkinson had an absolute blast with our new Kindergarten students for 2016. They also had some fantastic future Year 1 students who were very kind and supportive. I can't wait to see them at school fulltime!

See you all soon!

Upcoming Events:

Fri 13 th Nov	Whole School Assembly period 4, 12.20pm
16 th - 20 th Nov	Yr 10 Crossroads excursion
23 rd Nov - 4 th Dec	Intensive Swimming
Tue 1 st Dec	Yr 8 ASPIRE excursion
Thu 10 th Dec	Presentation Night
Wed 16 th Dec	Carols in the Park

Canteen Roster

Fri 6 th Nov	Justine Henley
Mon 9 th Nov	Michelle Potter
Fri 13 th Nov	Emma McRae & Karen Rossiter

Happy Birthday:

Kai Davies	7 th Nov
Breanna Roser	8 th Nov
Tom Roscarel	9 th Nov
Jye Hoskinson	10 th Nov
Adelaide Langham	11 th Nov



For Sale

UCS Ag Plot produce

- Vegetable seedlings \$3 ea
- Eggs \$2.20 doz

Enquiries at front office.

Yr 7/8

PE- Year 7/8 PE will be swimming each Wednesday from Week 6. Please make sure you bring \$1.90 (unless you're a season ticket holder) swimmers, rashie and a towel each Wednesday, beginning 11th November.

Swimming consent note MUST also be returned.

Year 7/8 PDH Assessment task due Week 7. Remember to record your physical activity each day for the next two weeks.

This task will need to be mainly completed in your own time.

Primary News

Super Spellers

K/1

Gus Wallace, Eva McCubbin, Lila Henley, Tahlia McKay, Evie Henley, Ella Burley, Maicey Ross, Hannah Wilson, Lara Bryant, Adelaide Langham, Lachie Ward, Rachel Ridley, Madison Vinecombe, Caitlin Rossiter

2/3/4

Deakin Ross, Ella Payne, Hugh Williams, Reuben West, Mitchell Collins, Lewis Henley, Alfred McCubbin, Zoe McRae, Allora Vinecombe

5/6

Kadee Gerhard- Scali, Tom Roscarel, Ruby Henley, Ella McRae, Leslie Quarman, Tylecia Stear

Day for Daniel

Last Friday UCS was a sea of red for Day For Daniel. K-6 took part in safety activities, identifying people in their safety network and understanding what to do if they are in an unsafe situation. The Daniel Morcombe Foundation has a free mobile phone app called 'Help Me' available to be downloaded onto both Apple and android phones. If your child is feeling unsafe they can push the 'Help Me' button, which sounds a warning and sends off an SMS text to two nominated 'safety' numbers. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated. Please consider downloading this if your child has a mobile phone.

Expression of Interest

UCS will run their annual Intensive Swimming program for K-6 in Weeks 8 and 9. We are still looking for two swimming instructors. You must have your Working with Children Check (for employment, not volunteer) and have current Austswim accreditation. Please contact the school for more information.

Ungarie Central School



NSW Department of Education & Communities
Condobolin Road, Ungarie NSW 2669 Telephone: 6975 9030 Fax: 6975 9157
Email: ungarie-c.school@det.nsw.edu.au
Principal: Mr. Brett Davies

Teacher (Primary) - Ungarie Central School

Vacancy Type: Temporary (Monday 1st February 2016 – Friday 16th December 2016)

Closing Date: Friday 6th November 2015, 4:00:00 PM

Position Information

Ungarie Central School is a K-12 rural school, located in the heart of NSW. The school currently has 98 students from Kindergarten to Year 12 and a total staff of 20. Our school values include respect, responsibility and learning. It is Ungarie Central School's mission to develop successful learners in an atmosphere that promotes equity and excellence for all. Ungarie Central School receives additional resources and support through Equity Funding. These resources assist the school in continuing to improve student literacy and numeracy outcomes and in further developing programs that limit the effects of isolation. Ungarie Central School provides students with opportunities to represent the school at regional, state and national levels in academic, cultural and sporting pursuits.

Specific Selection Criteria

- Approval to teach K-6 with an emphasis on Stages 1 and 2.
- Demonstrated excellence in the planning and delivery of high quality learning programs with an emphasis on Literacy and Numeracy.
- Ability to analyse student assessment data to inform planning and programming.
- Capacity to incorporate ICT to enhance student engagement and improve learning outcomes.
- Highly effective interpersonal skills and willingness to collaborate with students, caregivers and staff in a variety of teams within the school.

Applications must include a cover letter and a maximum of three A4 pages addressing the position criteria.

If you are interested in the above position please send your applications to:

Email: terrie.payne@det.nsw.edu.au

Fax: (02) 69759 157

Mail: Terrie Payne
Ungarie Central School
Condobolin Rd, Ungarie
NSW 2669

Dear Parents/Guardians and Community of Ungarie Central School

Grocery shopping can be quite daunting these days, with so many products on the shelves to choose from! We know that when we purchase fresh fruit and vegetables, that these are healthy, but what are we supposed to look for with all the claims that can be written on packaged food.?

Marketing experts are paid big \$\$\$\$ to help sell a product, so what do some of these claims really mean?

Do claims such as 'no cholesterol' or 'Fat-Free' persuade you that the product is healthy?

Below are some very common label claims and what they can actually mean. Hopefully it will get you thinking next time you are pushing your trolley down the aisle!

Nadine Whalan
Community Engagement Officer

The Ungarie Bite!

Issue 12: NOVEMBER 2015



5 Label claims you need to be wary of

No Cholesterol

This claim doesn't automatically mean that it is a healthy product. 'No cholesterol' does not mean 'No Fat' – which is what many believe this claim means

Light or Lite

This term doesn't necessarily mean that the product is low in fat or kilojoules/calories. It could be referring to the lighter texture, lighter colour or taste



97% Fat-Free

If you think about it, '97% Fat-free' means that the food contains 3% fat. However, saying it the other way around somehow makes it sound lower and better for you.

Baked not Fried

Often a claim that appears on snack foods and cracker biscuits, and makes them sound a lot healthier and lower in fat. This isn't always the case and the product could still have as much fat as a fried item.

Low Fat

For a product to qualify for this claim, the food must contain less than 3% fat or 1.5% for liquids. The food might still not be that healthy for you, as could have lots of added sugar or refined starches.

Community News

It's on again....

Christmas lunch at Ungarie
Memorial Hall

1pm

3 course meal for \$25

*Bookings essential by 15th
December*

Ring Julie Keatley

0488 146422

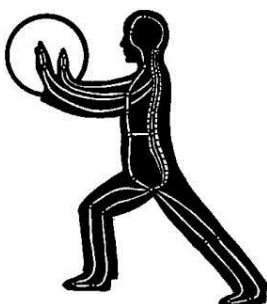
or 69759209



*Tai Chi for Arthritis will commence at
9am for this week.*

Tai chi for Arthritis is a very slow and deliberate set of moves designed to help with balance, movement and joint pain.

Classes are held for one hour every Saturday morning in the Day Care Room at the Ungarie Medical Centre (old Hospital) commencing at 10am. Classes are open to anybody and new participants are always welcome.



CENTRAL HOTEL
UNGARIE

Bland Hoteliers Jackpot

Draw

\$600 this week.

Make sure you are here to claim the prize if your name comes out.

Tuesday Night Raffles

This month Tuesday night raffles are being run by the RSL. 6 meat trays and beer prizes available.

Come on down and win some meat trays!

Friday Night Pub Super

Cash Draw

\$3,000 this week.

It is free to enter and is drawn every Friday night between 7pm-9pm. You must be here to win. The prize jackpots by \$1000 every week until \$50,000 if not claimed.

Also don't forget our meat raffles on Friday nights. 8 meat trays available.

Ungarie Bowling Club

***Jackpot Draw Friday Night
was not claimed so
\$1,000***

***(Must be a paid member and be at the
draw to claim.)***

HAPPY HOUR

Thursday night 6-7pm

Friday night 7-8pm



***Breakfast every Sunday morning
8am- 9.30am***

Club Championships are nearing completion and all Finals are to be played ASAP.

Don't forget,..... the place to be is at the Bowlo on a Friday night. Have a meal, a drink in a friendly atmosphere.

If you are having a birthday party or any other function, the Bowling Club will be only too happy to cater for your requirements.

The Club can be contacted on weekends on
69 759091
or during weekdays on
69 759055.

Melissa's Swim School

West Wyalong – 0401 735251

2015/2016 Swimming Lesson Dates

Block 1 – 7/8/14/15 November 2015

Block 2 – 5/6/12/13 December 2015

Block 3 – 4/5/6/7 January 2016

Block 4 – 30/31 Jan 6/7 Feb 2016

To register please contact me on Facebook or email mjs152@bigpond.net.au

Melissa Ryan

Free to good home!

Kittens

3 female, 1 male
(see Sheree in front office)

Netball

West Wyalong are holding a foundation coaching course Sunday 15 November for anyone interested in coaching. NRNL have advised all coaches to have their online and foundation coaching certificates before the start of the 2016 season.

This is the link to sign up for the course <http://nsw.netball.com.au/events/category/coaching/>. Use passcode FCC1511 and then fill in your details including your netball Id. Let Fiona Bryant know if you need your id resent.

This is the link for the online course you need to do before the course <https://learning.ausport.gov.au/>



DAY FOR DANIEL.

On Friday 30th October the school supported 'Day for Daniel' by wearing red. This was to create awareness for the Daniel Morcombe Foundation and the importance of 'keeping kids safe'. Primary classes participated in a variety of educational activities in class to increase their knowledge of safety issues and how to deal with these. If you are interested there are some wonderful resources available on the following website:
www.danielmorcombe.com.au



Above: Jared Robb and Daniel Potter.
 Above right: Matilda Langham, Adelaide Langham and Georgia Wilson.



HALLOWEEN - AT UCS CANTEEN.

Some witches (both alive and dead) made an appearance at the school canteen on Friday 30th October to celebrate Halloween. Students enjoyed 'trick or treat' muffins and some surprises in their lunch bags. Thanks to Vanessa Williams and Colleen Robb for their decorations and muffin creations.



The 'dead' witch.

MERIT CERTIFICATES.

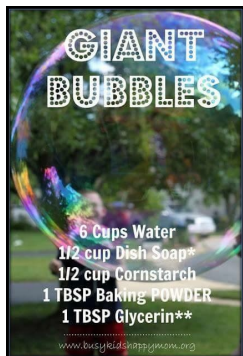
These students received Habit of Mind merit certificates in Week 4. Congratulations.





LAKE COWAL CONSERVATION CENTRE

Georgia, Abby, Ella, Tess, Jack and Jai attended the final day of our Enviro Champs Year 5 Leadership Program in Ardlethan last week. Students from 10 schools presented excellent movies and powerpoint presentations highlighting their great work within their schools. The students planned, developed and implemented a positive environmental project into their schools. Some projects were: making worm farms and worm towers, creating an educational program for the school about the reptiles living nearby, reducing playground litter, creating vegetable garden watering systems from rainwater tanks, recycling aluminium cans and companion planting in the vegetable garden. The projects were fantastic and it was fabulous to see the students grow in self confidence and spread the environmental awareness message throughout their school. The Ungarie Central School team will present their powerpoint display at the school assembly on Friday Week 6. The students also had some time to make recycled paper and experiment with making bubbles.



MUSICA VIVA IN SCHOOLS - SOUNDS BAROQUE

On Monday 2nd November Sounds Baroque entertained students and staff with their fantastic Baroque Opera 'Hercules'. The groups consisted of four musicians: Narelle-soprano, David- Tenor, Jenny- viola da gambist (viol of the leg) and Ned- harpsichordist. Previously these musicians have performed with major performing arts companies across Australia and internationally. This unique performance and vibrant music from the Baroque period provided lots of knowledge, audience participation and laughs as Hercules overcame a variety of obstacles to marry his sweetheart, Princess Hermione.

