CARE, INNOVATION, OPPORTUNITY, SUCCESS

Experienced and Dedicated Staff

MEPS dance group “Setting FIRE” to the New England Regional Dance Festival

The winner of last week’s Lucky Number Competition was the Leslie Family, taking home a $20 meat tray.

This week’s Magic Question: What day and date is MEPS NAIDOC celebration being held?
QUOTE OF THE WEEK

Quote for the Week:
“Revenge has no more quenching effect on emotions than salt water has on thirst.”

(Anonymous)

The next meeting of the MEPS Community Connections Group will be Tuesday the 19th of June at 10.00am.

Beyond the Line – Every year students in their final year of teaching are invited to come out and get a taste of country life in the hope that we will be able to attract more teachers to the area. Next week MEPS will be hosting 6 university students from Tuesday to Thursday. During their stay the students will experience life in the classroom as well as enjoying a tour of the area and a small sample of the Moree night life.

Life Education Van – The Life Education Van runs an outstanding program that educates students on how to lead a safe and healthy lifestyle. The school is covering half of the cost to visit the van so it will only cost the students $4 each. **Notes and money must be returned to school Wednesday 20th June.** If we don’t get enough students participating the program will have to be cancelled and students will miss out on a great learning experience.

Lucky number – The winners of last week’s lucky number competition were the Leslie family, who took home a $20 meat voucher from Leggies Butchery. Make sure you keep this weeks newsletter and find the answer to the ‘Magic Question’ and you too could be enjoying a free voucher.

Community Meeting – On Wednesday 27th of June at 10.00am MEPS will be hosting a community meeting led by members of the NSW AECG to inform families and answer any questions about the ‘Connecting to Community’ Project. Further information about the meeting will be sent home next week.

NAIDOC Day – MEPS annual NAIDOC celebrations will be held on Thursday the 28th of June. The students will be participating in a variety of activities on the day and we would love to see as many community members involved in the activities as possible so please mark the date in your calendar.

Sport Report – Shonnalea Smith, Dyrell Hippi and Richard Chatfield will travel to Coolah this Friday to participate in the Regional Cross Country Carnival so we wish them all luck and hope it’s not too cold! We would also like to wish Darryl Sharphey all the best at the State PSSA Rugby League Carnival next week in Sydney.

Until next time ...

Warm Regards
The crowd were very impressed with the boys part of the dance.

- Keeping themselves busy while waiting to dance.
Life Education NSW will be visiting our school

Thursday 21st June,
Monday 25th June and
Tuesday 26th June 2012

Here’s a brief outline of the range of programs in which the children will be participating:

- **Clued Up**
  - Early Stage 1 (K) – Healthy lifestyle, personal safety, safety with medicines, body knowledge & self-assertion skills

- **Harold’s Surprise**
  - Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety

- **Harold’s Mystery Tour**
  - Stage 1 (Yr 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making

- **Harold’s Heroes**
  - Stage 1 (Yr 2) - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.

- **All Systems Go**
  - Stages 1 & 2 (Yrs 2-3) Function of body systems, peer pressure, second hand smoking, safety with medicines.

- **Harold’s Diary**
  - Stage 2 (Yr 3) - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles

- **Mind Your Medicine**
  - Stage 2 (Yr 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication

- **The Burning Issue**
  - Stage 3 (Yr 5) – Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.

- **Think Twice**
  - Stage 3 (Yr 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.

- **Its Your Call**
  - Stage 3 (Yrs 5 & 6) – Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving

The programs address many of the components and objectives within the NSW PDHPE curriculum.

Teachers of composite classes will choose the program which best suits the needs of their children.
CSWP is an early intervention crime prevention program designed to break down barriers between the young people in Moree and Local Police Officers and health / Youth services. The crucial element to this program is having local Police Officers and health / youth service workers attending and training alongside the young people. Are you interested? It's a free Cardio fitness program and the benefits are enormous not only to you but the community.

The program is conducted 3 mornings per week Wed, Thur, Fri from 6am—8.30am. All young people are transported from their homes to the venue once there they participate in 1 hour of Boxing for Fitness on conclusion a hot breakfast is provided and everyone is encouraged to eat together. An essential part of the program is everyone must participate in the fitness component to have breakfast, after breakfast the participants then shower and will be transported to school. All equipment will be provided.

If you would like to come along and get fit and have fun please contact Andrew Ryan 0409922010.
CSWP

Clean slate Without Prejudice

Commencing Wednesday 6th June 2012.
Contact: Andrew Ryan: (02) 67523741

6 am-8.30 am
Wed, Thur, Fri
Includes-
Boxing for Fitness
Breakfast Provided
Shower Facilities
Transport to School
No Cost
All Equipment Provided
Must Participate in Fitness to have Breakfast
Register at PCYC if you require transport
Clean Slate Without Prejudice

Enrolment/Referral Form

General Information

Name: ____________________________
Address: __________________________

Phone: __________ Mobile: __________ Email: __________
DOB: __________ Age: __________
School: __________________________ Year level: __________
Do you require transport? Yes/No

School or Referring Organisation Details

School/ Organisation: ______________ Contact person: ______________
Address: __________________________

Phone: __________ Mobile: __________ Email: __________

Emergency Contact Information

Name: ____________________________
Relationship to participant: ______________
Address: __________________________
Phone: __________ Mobile

Name: ____________________________
Relationship to participant: ______________
Address: __________________________
Phone: __________ Mobile

Parental/Guardian Consent

I ________________________, give my child ________________ permission to participate in the Clean Slate Without Prejudice program.

Parent/Guardian Signature: ____________________________ Date: ________________________
Kindergarten, Year 1 and Year 2 Excursion
PIONEER VILLAGE at INVERELL
Friday, 14th September, 2012

Costing includes:
- Entry Fee to Pioneer Village
- Damper and Drink (Recess)
- Sausage Sizzle (Lunch)
- Bus Far

Cost: $20-$30 (TBA)
Students can bring own recess and lunch to reduce cost if necessary

Centrepay Available

We encourage all students to participate in the excursions as this is part of our HSIE units: “Meeting Needs”, “Family Past and Present”, “Celebrations” and our Science and Technology units: “Sense of Direction”, “Getting About” and “A Place in Time”
**Let’s get physical**
Getting outside or just a short while everyday is healthy in many ways. In just 10-20 minutes you can receive your daily dose of vitamin D, important for bones, muscles and overall health. Vitamin D is not readily available from food, so good old fashioned sunlight for a few minutes a day (outside peak UV times of course) is the best way to get it. Heading outside also ensures you and your kids get some physical exercise and a break from TV and computer screens. For more ideas to get physical go to: [www.activekids.org.au/](http://www.activekids.org.au/)

**Telling the time**
Learning to tell the time is one of those life skills that, well, takes time. There are some great resources on the School A to Z website that can help. This page includes a downloadable clock template and both analogue and digital time references. [www.schoolatoz.nsw.edu.au/detresources/tell_the_time_uHKOzycPnd.pdf](http://www.schoolatoz.nsw.edu.au/detresources/tell_the_time_uHKOzycPnd.pdf)
"YOU CAN DO IT"

"You Can Do It" is the social skills program used at Moree East Public School. The program focuses on 5 Keys to success – Organisation, Confidence, Persistence, Getting Along and Resilience.

This week’s focus is Organisation

**Organisation**
Being organised means:
- Making sure I understand my teacher’s instructions before I begin work
- Keeping a neat desk and school bag
- Having all my school supplies ready
Planning when I’m going to do my homework so I have enough time

**Confidence**
Being Confident means:
- Trying something new
- Doing hard things without asking for help
- Sharing new ideas with my teacher
- Talking to someone new
- Standing up tall
Speaking with a clear voice

**Persistence**
Being Persistent means:
- Trying hard and not giving up
- Not letting others distract me from my work
- Checking that my work is correct
Finishing my class work and homework on time

**Getting Along**
Getting Along with others involves:
- Following classroom rules
- Solving conflict peacefully
- Listening and not interrupting when someone is speaking
- Working well with my classmates
Volunteering for jobs

**Resilience**
Being Resilient means:
- Staying calm
- Not losing my cool
- Not getting extremely worried, angry or down
- Calming down quickly
- Not fighting when upset
Bouncing back
Dance

B U M F I G N I G G O L C T A
L S T R E E T S B S T N E P D
I Z E W S G T H Q A H L J W A
N Z B W C R L I P U L A A F B
E I S L T R D A O A A L N B M
I N V J U O F R B E T R A O A
N H L Y C S R W R Z F L E S L
G N I W S M C T N G L A L Y Z
E P N J Q O B B X R E A N M X
Q I Q T A N G O O O S D O Z N
Q I Z D Y Y J O J Q F T B R I
K X C I S L M A U M K T M W U
B I X S Q Y L S Z V T D A T B
N V K C Y H R E N Z U M M A E
E N R O G C Q Y B P M J L L J

BALLET
CLOGGING
JAZZ
MAMBO
STREET
TAP

BALLROOM
DISCO
LAMBA DA
SALSA
SWING
WALTZ

BELLY
FOXTROT
LINE
SQUARE
TANGO
## Term 2 Calendar 2012

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>30</td>
<td><strong>MEPS Community Connections</strong>&lt;br&gt;Meeting 10.00am Community Room</td>
<td>2</td>
<td><strong>Captains Cup Years 3 &amp; 4</strong>&lt;br&gt;Fundraising Disco at PCYC&lt;br&gt;Miss McDonnell’s Class 4/5 Assembly</td>
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<tr>
<td>Week 2</td>
<td></td>
<td>1</td>
<td><strong>Zone Touch Football Trials</strong>&lt;br&gt;Kindergarten Transition</td>
<td>3</td>
<td><strong>Fun Run Cross Country</strong> 11.30am&lt;br&gt;Ms Edge’s Class 6-10 Assembly</td>
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<tr>
<td>April / May</td>
<td>7</td>
<td>8</td>
<td><strong>Kindergarten Transition</strong></td>
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<td>10</td>
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<tr>
<td>Week 3</td>
<td></td>
<td>14</td>
<td><strong>NAPLAN Writing</strong></td>
<td>16</td>
<td><strong>AECG Carol Avenue</strong> 11.00am</td>
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<tr>
<td>May</td>
<td></td>
<td>15</td>
<td><strong>NAPLAN Literacy</strong></td>
<td>17</td>
<td><strong>Knockout Touch Football Comp</strong>&lt;br&gt;Mr Churchill’s Class 1-24 Assembly</td>
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<td>Week 4</td>
<td></td>
<td>16</td>
<td><strong>Kindergarten Transition</strong></td>
<td>18</td>
<td><strong>Kindergarten Transition</strong></td>
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<tr>
<td>May</td>
<td></td>
<td>17</td>
<td><strong>AECG—MEPS</strong>&lt;br&gt;NAPLAN Numeracy</td>
<td>19</td>
<td><strong>Snuggle Up and Read day</strong></td>
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<tr>
<td>Week 5</td>
<td></td>
<td>23</td>
<td><strong>Snuggle Up and Read day</strong></td>
<td>24</td>
<td><strong>Ms Mead’s Class 3/4 Assembly</strong>&lt;br&gt;Zone Cross Country trials</td>
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<tr>
<td>May</td>
<td></td>
<td>21</td>
<td><strong>Kindergarten Transition</strong></td>
<td>25</td>
<td><strong>Mrs Cutmore Class 2-24 Assembly</strong></td>
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<td>22</td>
<td><strong>Sisters Group 11am Careunga Kitchen</strong></td>
<td>26</td>
<td><strong>Regional Cross Country</strong></td>
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<tr>
<td>Week 6</td>
<td></td>
<td>28</td>
<td><strong>Legends of League</strong></td>
<td>30</td>
<td><strong>Captains Cup Rugby League Carnival</strong>&lt;br&gt;New England Dance Festival</td>
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<tr>
<td>May / June</td>
<td>29</td>
<td>30</td>
<td><strong>Kindergarten Transition</strong>&lt;br&gt;Boys &amp; Girls touch and soccer knockouts</td>
<td>31</td>
<td><strong>Ms Batten’s Class K-23 Assembly</strong>&lt;br&gt;Bingara All Schools carnival&lt;br&gt;New England Dance Festival</td>
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<td>31</td>
<td><strong>AECG MPS</strong> 11.00am</td>
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<td><strong>Queen’s Birthday</strong></td>
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<td>Week 7</td>
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<td><strong>Sisters Group 11am Careunga Kitchen</strong></td>
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<td>June</td>
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<td>13</td>
<td><strong>Sisters Group 11am Careunga Kitchen</strong>&lt;br&gt;Albert Street</td>
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<td><strong>Community Connections Meeting 10am</strong></td>
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<td>14</td>
<td><strong>Kindergarten Transition</strong>&lt;br&gt;Sisters Group 11am Careunga Kitchen</td>
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<td><strong>Life Education Van</strong>&lt;br&gt;AECG 11.00am</td>
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<td><strong>Sisters Group 11am Careunga Kitchen</strong>&lt;br&gt;Albert Street</td>
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<td><strong>Life Education Van</strong>&lt;br&gt;AECG 11.00am</td>
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<tr>
<td>June</td>
<td></td>
<td>16</td>
<td><strong>Life Education Van</strong></td>
<td>26</td>
<td><strong>Life Education Van</strong>&lt;br&gt;AECG 11.00am</td>
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<td>17</td>
<td><strong>Life Education Van</strong></td>
<td>27</td>
<td><strong>Life Education Van</strong>&lt;br&gt;AECG 11.00am</td>
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<td>18</td>
<td><strong>Kindergarten Transition</strong>&lt;br&gt;Sisters Group 11am Careunga Kitchen</td>
<td>28</td>
<td>NAIDOC Day&lt;br&gt;Last Day of Term 2</td>
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