



Dunedoo Central School

Newsletter

25th November 2019

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PART 2

Secondary News

Timetable
WEEK 2

Secondary Afternoon Study

Secondary Afternoon Study will be on Thursday only this week with Mrs. Gallagher.
She hopes to see you there!



Bonjour! This semester, students continued to develop their understanding of written and spoken French vocabulary. In our study of *La Nourriture*, we learned the names of food items in French, including many lovely French desserts.

The students were given class time to create a restaurant name and their own unique menu with *boissons* (drinks), *entrées* and desserts. The results were *fantastique*, some even including a children's menu and many gourmet selections. I was pleased that every student completed this task with enthusiasm, some going well and truly above my expectations.

Merci beaucoup.





P.D.H.P.E

with Mr Cranston

HEALTHY HYDRATION

It's getting to that time of the year where temperatures are starting to rise. It's becoming noticeable later in the day that people are not keeping track of their hydration levels and as such are starting to suffer the effects of dehydration. Now, when you think of dehydration it's not the vision of a lonely explorer, sunburnt and gasping for water, or the sweat covered athlete. Most people by the end of a hot day will be suffering with some level of dehydration.

EARLY SIGNS OF DEHYDRATION

- Thirst;
- Lack of concentration;
- Dry or sticky mouth;
- Not peeing very much;
- Dark yellow pee;
- Dry lips and skin;
- Headache;
- Muscle cramps.

HOW MUCH DO I NEED?

Your fluid needs depend on your gender, age, activity levels and the outside climate. Note the guide below for your individual fluid requirements:

BOYS: 9 - 13yrs	1.6 L per day (about 6 cups)
14 - 18yrs	1.9 L per day (about 7-8 cups)
GIRLS: 9 - 13yrs	1.4 L per day (about 5-6 cups)
14 - 18yrs	1.6 L per day (about 6 cups)
MEN: 19 - 30yrs	2.6 L per day (about 10 cups)
WOMEN: 19 - 30yrs	2.1 L per day (about 8 cups)

****These are MINIMUM values and will vary from person to person and with prevailing weather conditions.**

TIPS FOR TAPPING INTO WATER:

- Carry a water bottle with you;
- Have a drink of water with your meals and snacks;
- Keep fluids cool, this encourages drinking;
- Add some strawberries, lemon slices or mint leaves to a jug of water for a flavour boost.



TAS in Action

With Mrs. Piper

Year 7/8 Agriculture / Food Tech

The class have successfully been raising chickens, growing spectacular watermelon radishes as well as using their 'chef' skills to be creative in the kitchen!



Anthony delivering his wares



Concentration from Casey



Facing up to it - Caleb!



Piece de resistance from Izaiah



Cam happy with the product

Congratulations

BEN



A big thank you to Josh Court Plumbing for signing Ben up earlier this year to commence his plumbing apprenticeship through a SBAT (School Based Apprenticeships & Traineeships).

Ben has worked one day a week with Josh while completing Year 10 at DCS & the first year of his Certificate 3 in Plumbing at Tamworth TAFE.

Ben has gained employment in Dubbo where he will continue his apprenticeship full time. Congratulations Ben and thank you Josh for giving him the start.

Community NEWS



**Warrumbungle Domestic Violence Committee Inc.
invite all community members to attend
our White Ribbon event**



**Where: Coonabarabran
CWA Hall
When: Tuesday 26
November from 5pm.**

Guest Speaker Ken Nathan

Kenneth is the founder and Manager of Interventions Plus, an organisation committed to breaking the cycle of violence by offering courses, workshops, seminars and counseling to young people, parents and carers, and professionals. He is the co-author of the successful award-winning RAGE (Re- navigating Anger and Guilty Emotions) course.

Light refreshments provided

All Welcome

For more information contact Nicole 6842 1087 or Vikki on 6842 3200

 **In support of
White Ribbon**

Dunedoo Amateur Swimming Club

- Don't forget Time Trials are starting at 6.15pm due to dance running late in the lead up to the concert.
- Our Carnival will be held on Saturday 7th December. The draw is on our Facebook page.
- We are looking for volunteers to help run the Carnival. If you are available to help on the 7th please let Ben Kline know.





Australia Day

DUNEDOO & DISTRICT AUSTRALIA DAY AWARDS 2020

Dunedoo & District Development Group Inc.

NOMINATIONS CAN NOW BE MADE FOR OUTSTANDING CONTRIBUTIONS TO OUR COMMUNITY THROUGHOUT 2019.

Certificates of Recognition will be awarded in the following categories. A nomination for a Posthumous Award under any of these categories will be considered by the committee.

- Service to the Community (Individual)
- Customer Service/Outstanding Business
- Environmental Initiative (Individual, Business or Group)
- Outstanding Community/Educational Group or Sports Team
- Outstanding Community Event of 2019

The above categories will be awarded to recipients for their outstanding community involvement throughout 2019

- Long Term Service to the Community

Tell us about your nomination;

- how are they an inspirational role model?
- what makes them outstanding in your opinion?
- what level of commitment have they shown in their chosen field within the community?

**REMEMBER: YOUR NOMINEE WILL BE JUDGED ON THE INFORMATION RECEIVED AND IT IS
IMPORTANT TO GIVE AS MUCH INFORMATION AS POSSIBLE.**

NOMINATION FORMS CAN BE SUBMITTED TO

POST
Dunedoo & District Development Group
Australia Day Awards
PO BOX 1
Dunedoo NSW 2844

EMAILED
coordinator@dunedoo.org.au

DUNEDOO LIBRARY
Nominations Box

Nominations Close

Monday 9th December 2019



DUNEDOO & DISTRICT COMMUNITY AUSTRALIA DAY AWARDS 2020

NOMINEE NAME:	
ADDRESS:	
TOWN:	POSTCODE:
TELEPHONE:	MOBILE:

For (name of award):

Because:

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Nominator Details

Name:

Address:

Tel Number:

Signature:

Date:

Secunder Details

Name:

Address:

Tel Number:

Signature:

Date:

BE EMPLOYED IN HOSPITALITY

Course: SITSS00050 – Statement of Attainment in Food Handling

COURSE DESCRIPTION:

Overview

A set of skills to equip individuals for work in food handling to ensure food safety.

Pathways Information

Achievement of this unit provides credit towards qualifications in tourism, travel, hospitality, events, holiday parks and resorts in the SIT Tourism, Travel and Hospitality Training ... Package.

Licensing/Regulatory Information

Certification requirements apply at a state and territory level to individuals involved in food handling. Certification in some States relies on the achievement of SITXFSA001 Use hygienic practices for food safety.

COURSE OUTCOMES INCLUDING:

- Statement of Attainment in Food Handling

PATHWAYS TO:

- Certificate II in Hospitality
- Certificate III in Hospitality

HOW TO GET INVOLVED:

Visit your local campus
Phone us on 131 601
Visit our website and chat with one of our Friendly Customer Contact Staff
www.tafensw.edu.au

COURSE SNAPSHOT

Location:
TAFE NSW – Dunedoo

Course: SITSS00050 Statement of Attainment in Food Handling

When:

Monday 9th December 2019
Food Handling 9:00 – 3:30pm

Cost: \$170.00 payable at time of enrolment

Note: Food safety legislative and knowledge requirements may differ across borders. Those developing training to support the unit must consult the relevant state or territory food safety authority to determine any accreditation arrangements for courses, trainers and assessors.

CONTACT US TODAY

131 601 tafensw.edu.au/course/area



TAFE NSW

This document is correct at the time of printing, September 2019. Terms and conditions may apply.



RTO 90003

BE EMPLOYED IN HOSPITALITY

Course: SITSS00051 – Statement of Attainment in Food Safety Supervisor

COURSE DESCRIPTION:

Overview

A set of skills to equip individuals in hygienic practices and handling food safely during the storage, preparation, display, service, and disposal of food.

Pathways Information

Achievement of this unit provides credit towards qualifications in tourism, travel, hospitality, events, holiday, parks and resorts in the SIT Tourism, Travel and Hospitality Training Package.

Licensing/Regulatory Information

Certification requirements apply at a state and territory level to individuals involved in food handling or supervision. Certification in some States relies on the achievement of SITXFSA001 Use hygienic practices for food safety and SITXFSA002 Participate in safe food handling practices.

COURSE OUTCOMES INCLUDING:

- Statement of Attainment in Food Safety Supervisor

PATHWAYS TO:

- Certificate II in Hospitality
- Certificate III in Hospitality

HOW TO GET INVOLVED:

Visit your local campus
Phone us on 131 601
Visit our website and chat with one of our Friendly Customer Contact Staff
www.tafensw.edu.au

COURSE SNAPSHOT

Location:
TAFE NSW – Dunedoo

Course: SITSS00051 Statement of Attainment in Food Safety Supervisor

When:

Monday 9th December 2019
Food Safety Supervisor 9:00 – 5:30pm

Cost: \$270.00 payable at time of enrolment

Note: Food safety legislative and knowledge requirements may differ across borders. Those developing training to support the SITXFSA001 and SITXFSA002 units must consult the relevant state or territory food safety authority to determine any accreditation arrangements for courses, trainers and assessors.

CONTACT US TODAY

131 601 tafensw.edu.au/course/area



TAFE NSW

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RTO 90003

BE EMPLOYED IN THE HOSPITALITY INDUSTRY

Course: 165-70417 Statement of Attainment in Provide
Responsible Gambling Service

COURSE DESCRIPTION: PROVIDE RESPONSIBLE GAMBLING SERVICE This course is designed to provide the skills and knowledge required in identifying the impact of problem gambling on the community, and offering assistance and advice to gamblers and their families. This course is appropriate for all staff members working in gaming areas of licensed premises.	COURSE OUTCOMES INCLUDING: <ul style="list-style-type: none"> ▪ Statement of Attainment in Provide Responsible Gambling Service Pathways to: <ul style="list-style-type: none"> ▪ Certificate II in Hospitality ▪ Certificate III in Hospitality Job Opportunities: <ul style="list-style-type: none"> ▪ Gaming Attendant HOW TO GET INVOLVED: Visit your local campus Phone us on 131 601 Visit our website and chat with one of our friendly Customer Contact Staff www.tafensw.edu.au
COURSE SNAPSHOT Location: TAFE NSW – Dunedoo Course: Statement of Attainment in Provide Responsible Gambling Service When: Friday 8th November 2019 Friday 13th December RCG 8.30 – 4.30pm Cost: \$140.00 includes the Cost of the RMS Photo Card and payable at time of enrolment Course Delivery: This course will be delivered via Video conference. Note: You will be required to provide your drivers licence or other accepted Photo ID at beginning of the course.	

CONTACT US TODAY

131 601 tafensw.edu.au/course/area



TAFE NSW
GOVERNMENT

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RTO 90003

BE EMPLOYED IN THE HOSPITALITY INDUSTRY

Course: SITSS00055 - Statement of Attainment in
Responsible Service of Alcohol

COURSE DESCRIPTION: RESPONSIBLE SERVICE OF ALCOHOL This course offers individuals the opportunity to acquire skills to equip them for serving alcohol responsibly. Achievement of this unit provides credit towards qualifications in tourism, travel, hospitality, events, holiday parks and resorts in the SIT Tourism, Travel and Hospitality Training Package.	COURSE OUTCOMES INCLUDING: <ul style="list-style-type: none"> ▪ Statement of Attainment in Responsible Service of Alcohol Pathways to: <ul style="list-style-type: none"> ▪ Certificate II in Hospitality ▪ Certificate III in Hospitality Job Opportunities: <ul style="list-style-type: none"> ▪ Bar Attendant HOW TO GET INVOLVED: Visit your local campus Phone us on 131 601 Visit our website and chat with one of our friendly Customer Contact Staff www.tafensw.edu.au
COURSE SNAPSHOT Location: TAFE NSW – Dunedoo Course: Statement of Attainment in Responsible Service of Alcohol When: Thursday 12th December 2019 RSA 8.45am – 4.30pm Cost: \$165.00 includes the Cost of the RMS Photo Card and payable at time of enrolment Course Delivery: This course will be delivered via video conferencing. Note: You will be required to provide your drivers licence or other accepted Photo ID at beginning of the course.	

CONTACT US TODAY

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TAFE NSW
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RTO 90003

**Saturday 14th
December**

1.30pm

**Meeting Room at Old
Westpac Building,
Dunedin**

Gold Coin donation

Contact: Sharon Nott 0428 859 509

**Presented by Dunedin
Coolah Landcare**

PILLIG RISING

"A heartbreaking, exhilarating tale
of a community unified in defence of
land and livelihood"

-Elizabeth Farrelly
Sydney Morning Herald

IF GAS CAME FOR YOUR COMMUNITY, WOULD YOU RISE?

D=NDY
C I N E M A S

BALANGARA
F I L M S


**Wilderness
Society**
Life. Support.

The Dune "Doo" - Working at Wellness

presents



LIVE & FREE for the community



Wayne Bennett will speak from 6:30pm to 7:00pm
with question time to follow

SATURDAY 7th DECEMBER

from 2pm

at the Dunedoo Sports Club

Golf (Ambrose), Tennis Courts open, Card Tables, Chocolate Wheel, Fun Activities & Live Music

Complimentary dinner
5pm to 7:30pm



BUSES FROM:
LEADVILLE, TUCKLAN,
ELONG & DIGILAH

RSVP

for Catering & Bus by Friday 29th November to

Delta Ag ph: 6375 1209 DRH ph: 6375 1107 Stoddy's ph: 6375 1342 Sports Club ph: 6375 1018

This service is funded by:

