In 9/10 Food Tech we have been discussing how to improve the nutritional quality of our diet by eating a wide variety of foods. The Chicken, Vegetable and Hokkien Noodle Stir-fry that we cooked on Monday was a example of an easy meal that provides a wide range of nutrients.

I thought it was going to taste bad with all the different vegetables in it. Then I took one mouthful and I was in heaven. By Nell Cattle

It looked like something out of a restaurant and it tasted like it was out of a restaurant. By Bev Clarke

This stir-fry had lots of different textures with crunchy vegetables and soft noodles. It tasted really, really good and I would cook it again. By Vanessa Robb

I didn't really like the taste of it but apparently mine was the best. By Chelsea Dunstan

I didn't think I would like it because I normally don't eat things like this but I really enjoyed it. It was one of the best things we have cooked in Food Tech so far. By Emily Bussenschutt

Above : Vanessa Robb, Emily Bussenschutt, Vanessa and Beverley Clarke
Below : Emily, Danielle Cattle, Beverley, Chelsea Dunstan and Vanessa Robb enjoying their stir-fry!
ANTI-BULLYING DAY

The SRC organised an extremely successful afternoon supporting the 2014 National Day of Action against Bullying and Violence last Friday.

Police Youth Liaison Officer Janelle Lynch from the Griffith Local Area Command spent the morning talking to classes from K-12 in several sessions, covering topics such as Safe Adults (stranger danger), Cyber-Bullying and the responsible use of mobile devices.

After a free sausage sizzle for lunch all staff and students were involved in a range of activities which focussed on problem solving, team work, building trust and communication. Mixed groups of students from K-12 rotated around the activities, both indoors and out, and everyone had a fantastic time. Well done, SRC!

STUDENT NEWS Term 1 Week 9 2014

SRC ANTI-BULLYING DAY
Above: Officer Janelle Lynch with K/1
Back: Reuben West, Lewis Henley, Zoe McRae, Noah Bryant, Deakin Ross, Allorah Vinecombe, Josh Batty, Harry Roscarel and Chloe Kirkup.

WOOLWORTHS EARN TO LEARN STICKERS
Our Maths resources from the Woolworths Earn and Learn stickers have arrived. We were fortunate enough to receive hundreds of stickers from both Ungarie school and community members, plus countless others that arrived in the mail from around the state. Students look forward to using these wonderful resources!

Mrs Payne

Right: Ella McRae, Tess Henley, Abby Wason, Jack Crofts and Jye Hoskinson (back); Leslie Quarman, Audrey and Regan Hukins, Barnaby Worland, Hugh Williams, Jayda Brew and Chloe Kirkup (middle) and Harry Roscarel, Reuben West, Noah Bryant, Hayley Wallace, Georgia Wilson and Alex Otonic with the new Maths resources!
TRENT BARRETT SHIELD
On Wednesday the 19th of March eleven UCS students travelled to Griffith to play in the Trent Barrett Shield. The girls combined with Tullibigeal for league tag and the boys with Tullibigeal and St Francis Xavier for rugby league.
The girls won 1 game and lost 2. The boys won their first 2 games and lost their final game.
A fantastic day was had by all, with great sportsmanship and teamwork displayed all day.
Thanks to parents for their help in transporting the students.
Mrs Payne

Boys : Jack Crofts (Left back), Barnaby Worland (CB), Ashton Ross (2nd from left, front), Hugh Williams (front right). Absent from photo : Jye Hoskinson and Alex Batty Girls : Georgia Wilson (2nd from left, back), Hayley Wallace (back, right), Abby Wason (front, left), Ella McRae and Tess Henley (front right).

PSSA TENNIS NEWS with Mr Cattle
On Monday, the school tennis team made the trek to Tottenham to contest the 2nd round of the PSSA tennis.
Our team consisted of Josh Roscarel, Tom Roscarel, Abby Wason and Ruby Henley.
Under cloudy skies (and dampish courts!) we made a start with the singles, with Josh and Abby finding the going a bit tough. They both lost their singles and watched on as Tom and Ruby battled hard for their team. Unfortunately Tom went down in a tight contest 6/4, however Ruby had a close game with her opposition and won hers in a tie-breaker.
The doubles were next and we knew we were in a contest! We had to win the rest of the sets to come away with a victory. The boys tried valiantly but went down 6/2, and the girls had a good set but lost 6/4.
Josh and Abby were outclassed in their mixed, losing 6/0, with Tom and Ruby going down 6/4.
Ungarie ended up losing 7 sets to 1, however this scoreline doesn't reflect the closeness of many of the matches. There was very good sportsmanship displayed by all our players. Well done!

NETBALL NEWS with Mr Cattle
Forbes came to Ungarie to contest the 1st round of the PSSA netball knockout on Tuesday. The first girl our girls saw was a very tall player, who turned out to be their shooter! After a short discussion between Mr Cattle and Emma, the Ungarie players were put into their positions and we started play.
Forbes started well, and before long, we were down by 5 goals, 7-2. The great big tall girl was taking some stopping!!
The quarter time break couldn't come soon enough. We had to make some changes in personnel, with some reserves coming on and some adjustments to key positions.
One of the changes was to put Ruby onto the giant girl. Ruby played exceptionally well for the remainder of the game, stopping her scoring at all in the 2nd and 3rd quarters. Other players to do well were Molly in centre, Ella in defence, and Georgia was nippy around the court also.
In the end, Forbes won 17/5 (after it was 9/5 at the last change) with all our players trying their best and competing well. Special thanks go to the No. 1 supporter for the day (Tom R), and to Emma for reffing/coaching. Well done ladies!

PHOTO, Back row : Molly Bryant, Lillyarna Otovic, Kadee Gerhard-Scali and Melissa Hesselman. Middle : Tess Henley, Madi Cassidy, Prue West, Michelle Izzard, Abby Wason. Front : Ella McRae, Georgia Wilson and Ruby Henley