



Trangie Central School Newsletter 5th March 2015 Term 1 - Week 6



SCHOOL INFORMATION

Address:
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Trangie 2823

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Email:
trangie-c.school@
det.nsw.edu.au

Website:
www.trangie-
c.schools.nsw.edu.au

Principal:
Anne Holden

Access Coordinator:
Troy Jones

Head Teachers:
Debbie Waters
Ted Wright (Rlvg)

Assistant Principals:
Jacky Murtagh
Alissa Miller (Rlvg)

Welfare Coordinator:
Cheryl Rowley

School Admin Manager:
Jaye Milgate

Parents & Citizens ASSOCIATION

President:
Melinda Gleeson

Vice President:
Kirsty Cook

Secretary:
Sally-Jane St Clair

Treasurer:
Amanda Kater

P & C AGM
Tuesday
17th March 2015
6.30pm
Imperial Hotel

2015 SCHOOL LEADERS



2015 Primary Leaders

Emily Purseglove (Vice Captain)
Claudia St Clair (Captain)
Andreas Gordon (Captain)
Sophia Hayden (Vice Captain)

2015 Secondary Leaders

Shanae Thompson (Captain)
Bianca Littler (Vice Captain)



What's On

Week 6	6/3	PSSA Swimming at Dubbo - GOOD LUCK!
	6/3	Year 7/8 Tech Mand Western Plains Zoo, Dubbo - Depart TCS 9.00am
	6/3	Schools Spectacular Dance practice 11.00am-3.00pm
	6/3	Cattle Team Touch Football Fundraiser - Registrations at 4.30pm Kick Off - Juniors 5.00pm, Seniors 6.00pm
Week 7	9/3	iKiFit Crew Training 9.00am - 3.00pm
	10/3	Year 8 PDHPE Swimming 9.00am - 10.00am
	10/3	SRC Lachlan Area Meeting at TCS 10.00am - 2.00pm
	11/3	Year 9/10 Science & Engineering Challenge at Dubbo - Depart TCS 8.00am
	11/3-13/3	Rekindling Program at Dubbo - Depart TCS 8.00am
	12/3	Years K-12 'State of Play' Performance 1.45pm

Teach your children well

FROM THE PRINCIPAL

Hi everyone. So many opportunities!

‘Wellbeing is at the Heart of Good Teaching and Learning’

In order to ensure the wellbeing of our students at TCS we have a strong welfare program to promote resilience and deal very seriously with any suggestion of bullying. This term we have already provided our staff with the training that will support the implementation of our 'Safe and Respectful Learners Principles' which will provide a consistent approach and consistent language across our school, K-12. Ms Waters has also presented her 'Kindness' presentation for parents last week after school. This presentation was designed to communicate to parents what approach has been taken already with the girls to show them what constitutes 'kindness' and a fun questionnaire designed to let the girls rate themselves as 'kind' or 'needing practice being kind'. The girls were then asked to identify consequences for what had been defined by the girls as 'bullying' and we will be incorporating these student-developed consequences into our Anti-bullying Policy that is being reviewed at present.

We also have a new school plan being developed. Parents and community members were canvassed by our CLO, Mrs Mel Gleeson, as to what they liked about our school and what they would like to see improved. These opinions have been heeded in the development of the plan and a draft version will be presented at the next P&C meeting on March 17th.

Rekindling

The TCS focus on the Creative and Performing Arts is going from strength to strength. Thanks to Ms Jess Skinner's passion and commitment, our students have achieved outstanding success in the Rekindling Dance program. We are all incredibly proud of the students involved and proud to call Ms Skinner one of our own. Jess's description of the program is given below:

In 2013, Bangarra Dance Theatre launched its new youth program Rekindling, designed to inspire and develop the next generation of Indigenous story tellers by using dance to reconnect with their cultures. Rekindling is an intensive dance based program for secondary students exploring ‘who you are’ and ‘where you come from’. The participants research and gather stories with the help and guidance from elders within their communities, to develop dance, performance and creative skills to produce dance theatre in collaboration with local elders. Rekindling is led by one of Bangarra’s most acclaimed artists, Sidney Saltner, who transitioned into a new role of Youth Program Director after 25 years as a performer.

Here at Trangie Central School we have SEVEN students who have gained entrance into this exceptional program; Pat Skinner, Michael Doolan, Nick Newman, Deacon Carney, Meegan Seymour, Shennay Wright and Katelyn Thompson. They will participate in 3 workshops over the coming months, each workshop going for three days, full of intense learning and dancing. The opportunity to work with local elders and astound choreographers is a great prospect for our students to further develop their cultural identity and leadership skills. We know they will do their community, the school, their families and themselves proud.

Jess Skinner

Finally

My door is and always has been open – whether you are happy, sad or mad. I need to know if we are not doing something right but I also need to know that you trust our motives and our intentions. Everything we do, every single day is for YOUR children. If we can do it better, tell us.

★★

All the best

Anne Holden

Staff Smile of the Week (Week 5)

Goes to Troy Jones for keeping staff
informed of WAP processes.

Get involved!

We have something for everyone!

Teach your children well

SECONDARY

Head Teachers

Debbie Waters
Ted Wright (Relieving)

Head Teachers' Report

SRC Day at Trangie

Next Tuesday, Trangie Central School will host an SRC Lachlan Area Meeting for a number of schools in the district. SRC members will participate in workshops regarding leadership and propose a project for the area. They will set goals, build relationships and develop big ideas. The meeting will run from 10am – 2pm with some schools attending via Video Conference Links. It is a wonderful honour for Trangie to be host and special thanks goes out to Mrs Rush for her coordination and organisation of the day.



Year 9/10 Science Challenge



Students in Stage 5 Science have the opportunity to participate in a Science and Engineering challenge on Wednesday 11th March at Dubbo. It is a full day competition that is designed to provide students with a positive experience in these areas. The highest scoring schools from the zone will then compete for a place in the State and possibly National competition. Thanks to Mr Sarswat for entering our students in this great event.

Rekindling Dance

Selected students will participate in a 3 day dance workshop with the Bangarra Dance Group next week. This youth program is designed to inspire and develop young Indigenous students to become storytellers through dance in order to reconnect with their culture. Congratulations to Pat Skinner, Michael Doolan, Nick Newman, Deacon Carney, Meegan Seymour, Shennay Wright and Katelyn Thompson for being selected to work with this famous dance company. We hope you have a great experience.



School Diaries

Each student from Years 7-12 have been issued with a school diary. These handy tools should be used daily to record homework and assessment task due dates. Other ways these can be used are:

- ♦ Communication between parent and teacher
- ♦ Dates of school activities eg. athletics carnival
- ♦ Major assembly dates
- ♦ Meetings for groups they are involved in eg. cattle team
- ♦ Any other variation to normal routine of the school day.



Students are using their DEAR time at the start of the school day to ensure important events are recorded and to form a habit of using them daily. As quoted from an article on *Good Habits, Good Students*, “using a school diary in every class is the key to staying organised, and the key to successful goal setting’. Start today!!!

Have a great weekend and be kind to one another.

Student Smile (Week 6)

Alex Barclay was our smile student of the week and received chocolates.

CATTLE TEAM FUNDRAISER RAFFLE

Tickets: \$2.00 each
or
3 for \$5.00



Cattle Team students will be selling tickets or tickets can be purchased from the Secondary Admin office.



Cattle Team **TOUCH** Night

Friday 6th March

Burns Oval

\$5 Registration per Player

Canteen Available

5pm - Juniors (age 6-12)

Teams to be made at the oval

6pm - Seniors (age 13+)

Enter a team of 7-9 players

The TCS Cattle Team are competing at the Sydney Royal Easter Show from the 22-29th March. Come down for a social game of touch football and help us fundraise for this event.

Registration from 4:30pm at the oval or collect forms during the week from the school office. All students under the age of 18 require a parent/caregiver's signature to be eligible to play.

TERM ONE - Week 6

General Business

Year 11 Access Camp 2015.....Done and Dusted

Shona, Ellie, Jacky, Tanya and Tom had a great time at Access Camp last week. Highlights of the camp were meeting other students within the Western Access Program, meeting their teachers and the giant slip and slide....They were all very talkative on the way home back to Trangie filling me in about the teachers dance moves and the term 'gas pedal'. A big thank you to Mr Wright and Miss Dorman and everyone else behind the scenes in getting our students to participate and engage at the WAP Camp. Also a thank you to our Year 11 students for the way they represented Trangie Central School.

YEAR 12

Coordinators and Co Teachers of our HSC students will soon be preparing the students Half Yearly Reports. Reports will be sent out to parents/caregivers at the end of the term. Students are reminded to use their time productively both at school and at home to ensure they complete and submit quality assessment tasks. I encourage our senior students to take advantage of our homework session every Monday or negotiate after school time with their teachers where possible.

Feel free to visit the Western Access Program website for more information about the program, policies and procedures.

<http://westernaccess.nsw.edu.au/>

<http://www.facebook.com/WesternAccessProgram>.



Troy Jones

Access Coordinator

PRELIMINARY ASSESSMENT SCHEDULE 2015

WK	TERM 1	%	TERM 2	%	TERM 3	%
6	English- Advanced	15	Construction	--	Biology	20
	English-Standard	25				
	Metal and Engineering	--				
7	Biology	20	Community and Family	25	Ancient History	30
	Community and Family	10	Metal and Engineering	--	Construction	--
	Food Technology	15			Community and Family	25
	Senior Science	15			English Studies	25
					Hospitality	--
					Mathematics	20
					Mathematics General	20
8	Ancient History	15	Ancient History	25	English-Advanced	20
	Sport, Lifestyle and Rec	20	English Studies	25	English Studies	20
	Visual Arts	20	Hospitality	--	Industrial Technology	45
			Visual Design	30	Metal and Engineering	--
			Primary Industries	--	Visual Design	35

Assistant Principals' Report

Circus Challenge Postponement

Both students and staff alike were disappointed by the news that our Circus Challenge workshop has had to be postponed to a later date. The workshop organisers advised the school that a family emergency had taken place and that the main performer would no longer be able to attend at the due date/time. Please note that the workshop will still go ahead, just at a later date. We will let our families know ASAP.



Cross Country

The date for our Cross Country carnival has been rescheduled for early Term 2. We are pleased with this change as it will not be as warm in Term 2. Please continue to encourage your child to practise for the event. Students from Year 2 onwards participate in this carnival.

Homework

Just a little reminder to support your child's learning by helping them with their homework. A little work each night goes a long way, and it is a prime opportunity for students to revisit key learning they are doing in their classes. If you need any assistance please use our Homework Centre which operates every Monday in the Computer Room, from at 3.15pm-4.00pm. If this doesn't suit, contact your classroom teacher and they can assist you with some strategies to assist your child at home.

Tips to Help Support Your Child at School: Teasing & Bullying

We send our children off to school each day to learn. In between lessons they go outside to play – but the learning doesn't stop.

In fact, the playground can help prepare our children for some of the social challenges they will face throughout their lifetime.

Everyday disagreements are important lessons in your child's personal development as they help to build a stronger and more resilient child. A child who is able to bounce back from disappointment, resolve an argument with a classmate and make their way around the playground feeling confident and secure. Some kids have lots of friends. Others are naturally quiet and happy in the company of just one or two other friends. This doesn't mean they are a social failure, nor does it mean they will be bullied.

But for children who have experienced bullying there are some things you can do as their parent to help them. Talk to them about what friendship means. If they are repeatedly teased or harassed by someone within their social group it's important that your child understands this is not how real friends treat one another. Perhaps your child is trying to fit into the wrong group, and needs to find friendships that are a better fit. Encourage your child to broaden their friendship circles and find children who have common interests.

Look for activities your child can be a part of outside of school. Soccer, football, tennis and netball are all great sports but they're not for everyone. Perhaps your child is more artistic, they might like to cook or play chess. Finding activities they are good at and enjoy will build their self-confidence and introduce them to similar types of kids. Practise pretend conversations with your child to demonstrate how to respond to other kids when they're being hostile or aggressive. Encourage your child to stand tall and look people directly in the eye – positive body language will make your child LOOK more confident. Get them to use neutral phrases like "whatever" when a fellow student tries to aggravate them.

Talk to your child's teacher about supporting your child. Ask the teacher to work with you on trying to improve your child's self-esteem and confidence by giving encouragement where it's deserved. Focus on what they do well, on their strengths and the things that make you proud of them. What you do at home, how you resolve fights, how you communicate as a family and how you support each other is one of the most important skills you give your kids to prepare them for life.

Source: School A to Z: Tips for supporting your child.



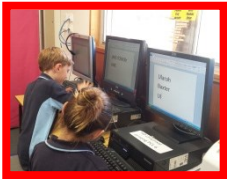
PRIMARY

Assistant Principals

Jacky Murtagh
Alissa Miller (Relieving)

Year 1/2

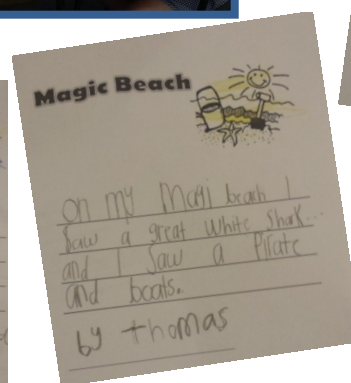
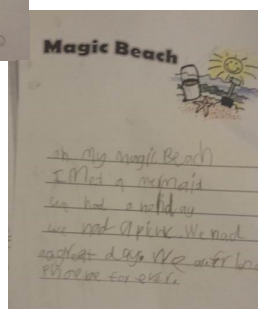
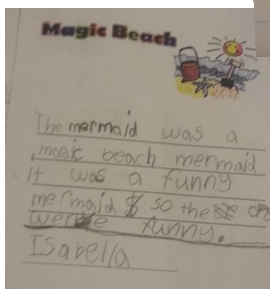
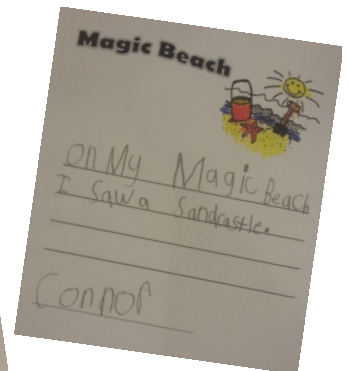
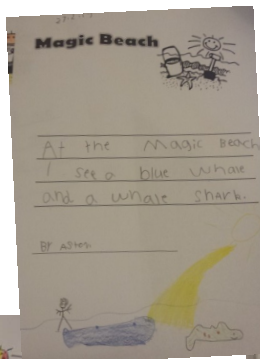
We are very pleased to report that Year 1/2 has had a great start to the new year. We have had the pleasure of welcoming four new students to our class and school: Phoebe King-Heterick, Cam Broughton, Miley Day and Mackenzie Young.



This term we continue with our L3 program with pleasing results.



Our story writing certainly has improved with some quality pieces of work.



During our Science and Technology unit we have been exploring healthy and unhealthy foods. We will be cooking and investigating where our food comes from. Students are so excited. Students have decided they would like to cook pancakes and home-made hamburgers. Yummo!!!!



Keep up with the home reading and homework. I am truly amazed at the quality and quantity of homework being presented to me. Well done 1/2 students.

Cheryl Rowley
1/2 Teacher

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INTEREST GROUPS

LEGO ROBOTICS (SECONDARY)

There are a number of students working with the Lego EV3 programmable units as part of the Friday interest groups. Most are currently at the “assembly” stage but one or two are starting to progress to the next stage. This involves setting up a series of instructions directly into the main brick/computer that is at the heart of the system.

Unlike the Lego of old these sets are comprised of more than just building bricks. There are fairly sophisticated computer bricks that also provide power as well as processing information from a variety of sensors that come with the set or can be bought from third party suppliers. Some sensors are fairly basic such as touch sensors, others are much more complex such as cameras that track the movement of a particular object.

Because the computer bricks are programmable they also dock with any of the computers in the school. The software that comes with this is not in any way trifling. It contains a very comprehensive set of tools that can be used to control the completed machines or robots. The beauty of all this is in the way the overall system builds from one which allows success at a very basic level through to challenges that would leave some fairly clever individuals studying computer science scratching their heads.

The cost of these sets is a real obstacle but we currently have 4 educational sets and a fifth which is intended more for the home market than school. The initial response from the students has been much more enthusiastic than I expected. The next obstacle from my point of view will be the reappearance of some slightly out of date computer programming skills and fitting them together with the more up to date interface that comes with EV3.

Andy Holden



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WELLNESS PAGE

School Counsellor

Sally-Jane St. Clair

First Aid Officer

Tracey Bennett



Studying Without the Stress Program

What is the Study Without the Stress Program?

The SWOSP is for young people who are interested in learning skills to overcome the stress associated with school, study and exams.

What will I learn?

- All about stress management
- Information on depression and anxiety
- Introduction to Cognitive Behavioural Therapy and Mindfulness
 - Problem Solving Skills
- How nutrition and physical activity can reduce stress levels

Who can attend?

Young people in senior high school (years 10-12), TAFE or University

How long will the program run for and when?

The program will run for 4 weeks on a Thursday night from 5.15 to 6.45. Please call **headspace Dubbo** to find out when the next program is.

How much does it cost?

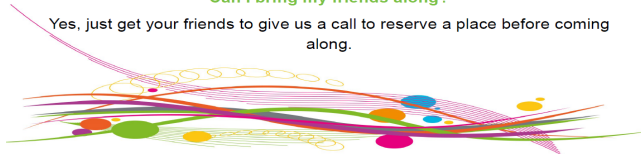
The program is free.

How do I sign up?

All you need to do is ring Mel on reception at **headspace Dubbo** on 5852 1900 and give her your details.

Can I bring my friends along?

Yes, just get your friends to give us a call to reserve a place before coming along.



headspace
Dubbo

Are you 12-25 and interested in expression or story telling via art?

Brooke Sullivan, a headspace volunteer and proud Wiradjuri woman, is running free monthly art classes from the **headspace Dubbo** building.

If you are interested in:

- learning about traditional Aboriginal art
- telling your story through a creative medium
 - creative expression
- socialising with other young people

This is for you!

The workshop is free and has a maximum of 8 people per group.

Basic materials are provided.

Just give **headspace Dubbo** a call on 5852 1900 and pop your name on the list. We will let you know the time of the next available class.



Narromine Community Skills and
Communities for Children brings you



Do you know what
Sexually Transmitted
Infections or STI's are?

Do you know the
signs/symptoms
of STI's?

LET'S GET
SEXUAL HEALTH SMART
SO WE CAN EDUCATE
OUR KIDS

Could you teach
your child the
importance of safe sex?

Do you know
where to go to
get help?

Mention the word SEX and the world starts talking, but parents talking about sex with their kids it's a different story.

Did you know:

- In 2008 56% of Year 12 and 27% of Year 10 students had, had sex. The % has risen and age of the students has become lower.
- In 2008 teenage pregnancy was 4% of births in NSW.
- In 2012 82,707 new cases of Chlamydia were reported, 81% of cases aged of 15-24 yrs.

Educating our kids about Sexual Health and Safe Sex is so important. This FREE seminar gives parents skills to educate their children about the health risks of SEX.

Sarah Norman is a fantastic educator and has worked in our local area for many years. She understands the need and how to educate our kids. It's sure to be a night of learning and laughs.

For more information please
contact Sharon on
(02) 68891422 or
0428894180



Who: Parents can come alone or bring their child. Parental Guidance is recommended.
When: Wednesday, 11 March 2015
6.00pm to 8.00pm
Where: Narromine Community Skills
139 Dandaloo Street
Narromine
Tea, Coffee, Supper provided.

FREE

**Building Strong
Future Leaders**

Funded by
Communities for Children &
Narromine Community Skills

SKILL BUILDERS

5 - 13 year old boys & girls
to **FREE** skill building afternoon activities



Wednesday Fortnightly during School Term
3.30 - 4.30 pm
11th & 25th February, 11th & 25th March,
29th April, 13th & 27th May, 10th & 24th June
Trangie Central School MPSC

For more information please call:

Skill Builders Co-Ordinator

Ann-Louise Stonestreet

6889 1422 or 0406 643 541

Email: als@narrominecommunityskills.com



Teach your children well

Trangie Soccer Club

It's that time of the year

We would love for you to come and register
for 2015 season of soccer

Age Groups

Minis: Turning 5, 6, and 7 years

Mids: Turning 8, 9, 10 years

Seniors: Turning 11, 12, 13, 14

Opens: Turning 15 +

Registration days

Tuesday 24th February &

Thursday 5th March

From 3.30pm – 4.30pm at Burns Oval Trangie

Fees \$60.00 for first child and \$55.00 for each child after

If you have any enquiries please don't hesitate to contact

Kim Greenwood 0488 729 300

Monique Delboux 0419 685 085

Sue Winter 0428 887 689

Look forward to seeing you there.

NARROMINE JUNIOR LEAGUE REGISTRATIONS

For all new and re-registrations,
go to www.foxsportspulse.com
and find

**Narromine Junior League,
then follow the prompts.**

**\$100.00 for 1st & 2nd child
\$50.00 for 3rd, 4th etc.**

Find Narromine JRL on Facebook

**Enquiries: Call Flic Ward on 0419 130979
Or**

Email narrominejrl@hotmail.com

WORLD DAY OF PRAYER

THE BAHAMAS



**FRIDAY 6TH MARCH 2015
ST JOHN'S CATHOLIC SCHOOL HALL**

10.30 AM

FOLLOWED BY A LIGHT LUNCH

World Day of Prayer is a worldwide movement of Christian women of all traditions to come together and pray on the first Friday in March each year.

More than three million people from over 170 countries join in a service, prepared by the WDP committee of a different country yearly, to celebrate both our unity in Christ and our diversity in culture.

EVERYONE IS WELCOME

Australian Government
Mobile Service Centre



centrelink

medicare

child support

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Adjacent to the Caltex Service Station, Mitchell Highway

TRANGIE

Tuesday, 10 March 2015

9.30 am to 4 pm

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.



Australian Government
Department of Human Services

humanservices.gov.au

Teach your children well