



Trangie Central School Newsletter 12th March 2015 Term 1 - Week 7



SCHOOL INFORMATION

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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

OFF TO STATE SWIMMING!



PRIMARY

*Emily Purseglove
Sophie Purseglove
Xanthe St Clair
Narrelle Shillingsworth
Matilda Brennan*



SECONDARY

*Olivia Hilder
Anna Terry*

WELL DONE & GOOD LUCK!

What's On

Week 7	11/3-13/3	Re-Kindling Program at Dubbo—Depart TCS at 8.00am each day
	13/3	Secondary School Spectacular Audition Recording 9.00am-3.00pm
	13/3	Years 7-12 Australian UFC Champion Motivational talk 1.00pm-1.30pm
	13/3	Cattle Team Car Wash fundraiser 3.30pm-5.30pm ALL WELCOME!
Week 8	16/3	Year 12 Advanced English Study Day—Depart TCS at 8.30am
	16/3	Primary School Spectacular Audition Recording 9.00am-3.00pm
	17/3	Year 8 PDHPE Swimming 9.00am-10.00am
	18/3	Secondary 4T's Gala Day at Burns Oval 9.00am-3.00pm
	19/3	NARRAF/Gobondery Cricket & Softball at Peak Hill-Depart TCS at 8.40am

Teach your children well

FROM THE PRINCIPAL

Hi everyone. Busy, busy!

Science & Engineering Challenge

Yesterday a group of Year 9's and 10's went over to Dubbo to participate in the Science & Engineering Challenge. I was very pleased at the large number of students who were interested in participating. We have some very able mathematicians in Stage 5 and this will be an excellent opportunity for them to be able to see how the Pure Maths is used to make things actually happen. I feel sure that we have some budding engineers in our school and this is an excellent beginning to what I hope is a long career.

Rekindling Dance

This week our team of dancers are participating in a three day workshop with the Bangarra Dance Company. We are very aware that it is a great honour and privilege for EIGHT of our students to be accepted into this prestigious program. We are so excited for the chance that has been given to our students. I would like to pay recognition to Ms Jess Skinner for her devotion to our students and they have her to thank for being given this opportunity.

Work, Health and Safety

Ensuring the safety and wellbeing of our staff and students is constantly foremost in our minds at TCS. I would like to extend my thanks to the people who have voiced their concerns regarding the safety of our fencing and of our playground. This has resulted in the school organising a visit from our Regional WHS Consultant, Jenny Cox to check our playground equipment and our fencing. When our P&C developed our primary play area we followed the guidelines closely and I am delighted to report that our playground is fully compliant, as I knew it would be. It is very important, however for this compliance to be officially documented. Ms Cox has discussed the maintenance of this equipment with our General Assistant to ensure that the play area is maintained for maximum safety and aesthetic appeal.

Next term we have asked Ms Cox to visit our school for a full two days to conduct a full safety audit of every area of our school, including the staff work areas. We work very hard to ensure safety and if there are areas that need fixing, we definitely need to know.

Don't forget, though, the quickest way to get something fixed is to come straight to me.

Solid State Circus

On Thursday we have an exciting Circus show for all students K-12. Because we believe that all students should be able to access the opportunities that are provided by the school our school has used Equity Funding to ensure that the cost of an activity does not prevent participation by all. The show starts at 1.45 pm. If you are interested why not pop in and take a look.

Vocational Education and Training Primary Industries

This week we are very fortunate for Ms Ali Dorman to be completing her Primary Industries training in Sydney. Ms Dorman has done a tremendous amount of work to be accredited in this VET subject. This will open up the opportunity for students in our school to be able to follow an agricultural pathway that gives a VET qualification right here in our own school and I am sure that many of our cattle team enthusiasts will take up this opportunity in the future. Thanks must go to Ms Dorman for being willing to take up the challenge.

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 6)

Goes to Megan Liplyn for
doing an awesome job with Year 4/5.

SECONDARY

Head Teachers

Debbie Waters
Ted Wright (Relieving)

Head Teachers' Report

SRC Day at Trangie

A selection of SRC students from Year 6 to Year 12 attended the inaugural Lachlan District SRC meeting held at Trangie Central School. Four other schools were in attendance, including Nyngan High School, Narromine High School and Tullibigeal Central School. Each school brought four to five students each and Eugowra Public School attended via VC.

As the host school, Trangie had to provide the facilitators to ensure the smooth running of the day. Shanae Thompson and Bianca Littler did a fantastic job keeping all students on task and productive.

As this was the first meeting, each school was asked to outline what role their SRC performed in their school. Each of these functions was shared with the whole group and allowed other schools to increase their ideas of how an SRC can be an effective tool.

Schools were also asked to prepare a team building activity to run and share. These provided an excellent opportunity for both leadership skills and the development of team building skills. All students enjoyed this session, particularly the M&Ms activity!

To wrap up and move forward, the group were encouraged to brainstorm ideas for the district SRC to focus on and goals for the future. All students expressed their excitement about a camp in Term 4 which the SRC Coordinators will be working towards.

Overall we had a fantastic and very productive day. Our SRC group have come away with some excellent ideas about how to make our SRC an effective one, which they will be taking back to the group at our next meeting.



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SECONDARY

Head Teachers

Debbie Waters
Ted Wright (Relieving)

4T's Gala Day

The 4T's Gala Days will be running again this year. Trangie is hosting the first one next week on Wednesday 18th March. Sports designated for the day will be Soccer and Capture the Flag in a round robin style competition. Students will need to attend in full school uniform including school hat, bring plenty of water and food for break times, wear soccer boots and shin pads, and constantly apply sunscreen.

We have been very successful in past gala days and are hoping that this success continues next week. Information notes have now been sent home.



Cattle Team Car Wash

Yes it's on again! Bring those dirty cars in on Friday afternoon at 3.30pm. The car wash will be running until 5.30pm in the secondary playground area. There are many enthusiastic cattle team members willing to remove all dirt, bugs and grime from cars. The team will be heading to Sydney on Sunday 22nd to compete in the Sydney Royal Easter Show competition. Cost is \$10 per car wash and \$20 for a wash and vacuum. We thank you for your valued support so far in helping them get there.



Filthy Rich Visit

This Friday 13th March we are lucky to have UFC fighter Filthy Rich visit our school. He will be talking to the boys in BroSpeak, delivering a motivational presentation to all secondary and then running a fitness session during Interest Groups. Filthy Rich's focus will be on goal setting and living healthily. He believes that, "Choosing what you really want and sticking with it is what counts... if it doesn't work out you're a success for trying. Regret the things you did, not the things you didn't." Richard has flown into Australia this week and is the partner of Miss Tippapart's sister, so we thank Miss T for organising such a fantastic event. Photos to follow in next week's newsletter. For more information on his career, check out his website:

<http://richywalsh.com.au/>

Have a great weekend and be kind to one another.



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TERM ONE - Week 7

General Business

Time Management

Students need to use their time efficiently both inside and outside schools hours. As parents and caregivers I encourage you to have a chat each week with your child and ensure they are on top of their school work and that you are aware of when their assessments are due and about their general wellbeing. You can then provide the support they need outside school hours. Sometimes a team effort is required to achieve results.

HSC Assessments Due Next Week

- ⇒ Agriculture
- ⇒ Community and Family Studies
- ⇒ English Studies
- ⇒ Hospitality
- ⇒ Metals & Engineering
- ⇒ Sport, Lifestyle & Recreation
- ⇒ Visual Arts

Preliminary Assessments Due Next Week

- ⇒ Sport, Lifestyle and Recreation
- ⇒ Visual Arts

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



EXPRESSIONS OF INTEREST 2015 TRANGIE DEBUTANTE BALL (16yrs +)

Meeting: Trangie Bowling Club
Wednesday 18th March 2015
6.30pm

Enquires: Sally 0407 248255
Veronica 0427 195370



Assistant Principals' Report

Superstar Performance at NARRAF Swimming

A large group of primary students travelled to Narromine last Friday to compete in the local schools level for swimming. All students performed beautifully and achieved some personal best times. Reports on behaviour were all positive. However, the big news of the day was that 5 students have made it to the State level. The junior girls relay team consisting of Narelle Shillingsworth, Sophie Purseglove, Matilda Brennan and Xanthe St Clair have made it to State, as well as Emily Purseglove for individual events. Congratulations girls and well done on a fine job.

Peak Hill Cricket/Softball Gala Day

Next Thursday students from Years 3-6 will be travelling to Peak Hill to participate in the annual cricket/softball day. The day is lots of fun and a great chance to make new friends from other schools in the area. Students selected will receive notes today and we ask that they are returned ASAP and by the DUE DATE otherwise your child may miss out.



Cricket



Softball

Science Starters



Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life's mysteries but there are a few facts they often get wrong in the name of science.

Find out more by clicking on this link or type it into your URL bar:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/10-scientific-facts-your-child-needs-to-know>

Public Speaking

In our Upper Primary classes we are very focused on developing public speaking skills as we feel it is a very important life skill that not only develops confidence, but also assists in the development of literacy skills.

Here are a few ideas on public speaking:

- * Public speaking helps kids to develop confidence and build up their self-esteem.
- * Create opportunities for your child to present speeches to the family.
- * Show them how to use palm cards.
- * Good speakers make eye contact with the audience.
- * Help them develop a good pace and correct volume for the room.
- * Spend time listening to your child's speeches.



TRANGIE CENTRAL SCHOOL
P & C - Annual General Meeting
Tuesday 17th March 2015 - 7.30pm
Imperial Hotel

All positions will be declared vacant.

All welcome!

If you would like to stay for dinner, please contact the school on 6888 7578.

INTEREST GROUPS

YOGA (Primary)

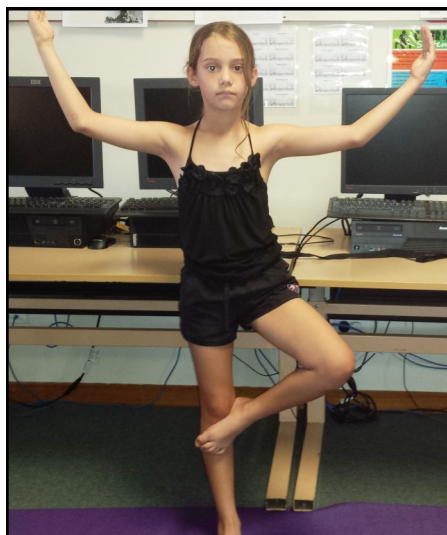
In Yoga we are learning how to do lots of poses and stretches. We are also practising our breathing and relaxing.

My favourite thing is 'Saluting the Sun' and 'Meditation'.

If you want to do poses properly, you have to do it three times or more. Sometimes the little kids get a bit excited and start talking when Miss Miller is talking.

Everyone is good at one of the poses and stretches. For example, I'm good at the 'Tree' pose, that is what I love about yoga.

By Sophie Purseglove



ON TOUR

The Combined Music Day 5/3/15

Last Thursday the fifth of March we went to the music day at Tottenham. To get to Tottenham we went in a bus. It took us one hour to get there. On the way home it got a bit noisy. We did lots of singing doing echo songs. Most of us had a good time on the bus.

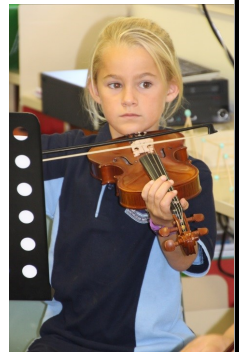
The violins and cellos were with Mr Lee. The band was with Mr Screen, the guitars were with Mrs Johnson, the pianos were with Mrs Baldwin and I am not sure if the rock band had a teacher. We were all in different rooms for practising. At the end of the day, we had a little concert. All of the groups got to play a couple of songs to everybody. The primary side of the Tottenham School came out and listened to us play. The rock band played really good songs and I am sure everyone enjoyed it.

All of the kids from the different schools were playing together. I am sure that they had a really good time together and they will get to see each other soon again. Everyone had a great day and I would like to have another music day again soon. Thank you for the day.

By Audrey Kater

Last Thursday we went to Tottenham to play music. We went on a big bus that even has a TV. When we got to Tottenham we all got split up into groups. The violins played in the library, the band played in the hall and the piano's played in the classroom. Then we did a performance.

By Mia Gleeson



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MUSIC MATTERS

What a busy term we had already! Last Thursday the 5th of March, the Western Access Schools Music Day was held at Tottenham Central School. (See the reports by Audrey and Mia).

Peak Hill Central School is fortunate enough to come aboard and participate in the music day!

Other News:

The music program has taken off to a flying start! This year we have around 33% of the primary students participating in the music program. Newest addition to the school band – Kealey Young, who has started really well on the Trombone.

Just a reminder that students should be doing 10 – 15 mins of efficient practice everyday. It's no different to swimming training, netball training etc. The only difference is that people can play their music instruments till old age – even to the age of NINETY.

If you have any questions regarding practising and any other general queries, feel free to ring the school and discuss the issues with me.

Martin Lee

Music Coordinator



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SPORTS

CHS SOCCER

4/3/15

On Wednesday 4th March, the Trangie boys' Soccer team played a game against Dubbo Senior College campus. Full time saw the score at 9-nil to the Dubbo team. However, this does not reflect the performance of our team.

Under difficult conditions, our guys fought out a tough game against a quality side. We played against a senior side that was full of players who play at a representative level, with at least one player in State League. Under very hot conditions, and with no substitutes, the team kept working hard and never gave up. I am very proud of the way the team played under the conditions, and against a team who was older, and with much greater experience.

Pete Minney



WSSA SWIMMING

5/3/15

Four students from Trangie Central School travelled to Dubbo to swim at the Western Region Combined High Schools swimming carnival.

All students swam well with Meegan and Ben taking time off their personal best times and Anna and Olivia making it on to the next level for back stroke, butterfly and breast stroke respectively. They will travel to SOPAC Homebush later this month.

We wish the girls the best of luck.

Liddel Seymour



WELLNESS PAGE

School Counsellor

Sally-Jane St. Clair

First Aid Officer

Tracey Bennett

TOO SICK FOR SCHOOL?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Please refer to the following chart.

Infection	Exclusion from School
Measles	Exclude for 4 Days after onset of rash.
Mumps	Exclude for 9 Days or until swelling goes down.
Chicken pox	Exclude for at least 5 Days and until all blisters have dried.
Whooping Cough	Exclude for 5 Days after starting antibiotic treatment.
Diphtheria	Exclude until medical certificate of recovery is received showing at least 2 negative throat swabs. All family members are also excluded from school until cleared by appropriate health authority.

- **Please note for the above Infections we recommend that all students be fully immunised.**
- **As stated in the guidelines Students that are not immunised must be excluded from school for 14 Days, if any student at Trangie Central is infected with any of the above infections.**
- **For details on Immunisation please contact your family doctor or the Trangie Multi-Purpose Health Service.**

Infection	Exclusion from School
Ringworm, Scabies, Impetigo-School Sores	Until appropriate treatment has commenced. Ringworms and Sores are to be covered with a watertight dressing.
Diarrhoea/Vomiting	Until diarrhoea and/or vomiting has ceased for at least 24 hours.
Glandular Fever	Not excluded unless unwell.
Hepatitis A	Minimum 7 Days and a Medical Certificate of recovery is received.
Hepatitis B & C	Not excluded unless unwell.
Herpes – Cold Sores	Lesions are to be covered with a water proof covering. If lesions are weeping students should be excluded from school.
Rubella	Exclude until fully recovered or a minimum of 4 days.
Streptococcal infection Scarlet Fever	Exclude until antibiotic treatment has commenced a minimum of 24 hours.
Molluscum Contagiosum	No Exclusion necessary
Meningococcal	Exclude until carrier eradication therapy has been completed.
Conjunctivitis	Exclude until discharge from eyes has totally ceased. (1-3 Days)
Hand, Foot and Mouth	Exclude until ALL Blisters have dried. (3-7 Days)
Head Lice	Exclude until all live lice and eggs have been removed. .

PARENTS NEED TO KEEP THE SCHOOL INFORMED OF ANY CHANGES TO PHONE NUMBERS, EMERGENCY CONTACT INFORMATION AND OF ANY NEW MEDICAL CONDITIONS OR CHANGES TO A CHILD'S MEDICAL CONDITION.

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Rego Day

Saturday 14th March '15
Warren Swimming Pool
11am til 1.30pm

Bring a copy
of Birth
Certificate



Boys & Girls
welcome

*** Free Pool Entry**
*** Free Sausage sizzle & drink**
for all players
that register

For more information please contact:
 Amy Hall 0418 251 176 or Brett Hammond 0429 783 045

FIRST AID COURSE

Accredited

Wednesday 18th + Thursday 19th March 2015

New rules for obtaining any qualifications you now will need a USI number. This number can then be used for any training you want to undertake in the future.

Go to- **usi.gov.au**

If you have any trouble registering please contact Petra

Venue: Day Care Room (Community Health Centre)
 Cnr. Dandaloo & Cathundril Street Narromine
Date: Wednesday 18th + Thursday 19th March 2015
Time: 8.45am to 4.30pm
Cost: **\$160.00**
RSVP: Monday 16th March, 2015

For more information contact:

Petra Mellor
CentaCare Wilcannia-Forbes
 12 Dandaloo Street
 PO Box 411
 Narromine NSW 2821
 Email: -pmellor@centacarewf.org.au
 p. 02 6889 4932
 f. 02 6889 4931



ORANA JUNIOR AFL

Playing AFL is a great way for boys and girls aged 5 to 17 to have fun, meet new friends, learn new skills, and get active!

For more information please contact Kim Woodman

0429 424 128 | kswoodman@hotmail.com

Visit **www.dubbodemons.com**
 for more information



2015 FAR WEST ACADEMY GOLF SQUAD TRIALS

WHO IS ELIGIBLE?

- Golfers turning 12-18 years of age in 2015 (ie born between 1997-2003)
- Golfers who reside in the Far West region of NSW (ie area bounded by Lake Cargelligo – Lightning Ridge, Trangle - Broken Hill)

Where Warren Golf Club, Oxley Highway

Time 9:00am – 12:00pm

Cost FREE

Nominations close **Friday 20th March, 2015**

How to Register

Complete a registration form and return it to:

Far West Academy of Sport
 PO Box 409, Warren NSW 2824; or
 Email: programs@fwas.com.au
 Phone: (02) 6847 3638
 Fax: (02) 6847 3651



Sunday 22nd March, 2015

Transport

Athletes are required to coordinate their own travel to attend trials. The FWAS recommends car pooling where possible.

What to bring

Appropriate golf training clothes, golf clubs, buggy, sunscreen, drinks, hat, sweat towel and tape for strapping if required.

Program Benefits

- Monthly coaching sessions with FWAS Squad Coach
- Opportunity to be involved in JNIG and Golf NSW player pathways
- Education and personal development sessions
- Opportunities to participate in tours and regional tournaments
- Increased opportunities to achieve higher representative honours
- Support from FWAS staff to achieve your goals

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