



Trangie Central School  
Newsletter  
27th August 2015  
Term 3 - Week 7



**SCHOOL  
INFORMATION**

**Address:**  
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Trangie 2823

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

**Website:**  
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c.schools.nsw.edu.au

**Principal:**  
Anne Holden

**Access Coordinator:**  
Troy Jones

**Head Teachers:**  
Debbie Waters  
Ted Wright

**Assistant Principals:**  
Jacky Murtagh  
Jo-Anne Ellis

**Welfare Coordinator:**  
Cheryl Rowley

**School Admin Manager:**  
Jaye Milgate

**Parents & Citizens  
Association**

**President:**  
Melinda Gleeson

**Vice President:**  
Sally-Jane St Clair

**Secretary:**  
Rebecca Robb

**Treasurer:**  
Amanda Kater

**P & C Meeting**  
**Tuesday**  
**8th September 2015**  
**4.00pm**  
**Common Room**

# Narromine News

## Trangie Central's year three perform well in NAPLAN tests

Year three students at Trangie Central School have improved on previous results in reading and numeracy, according to NAPLAN data.

NSW has the highest participation rates for the The National Assessment Program for Literacy and Numeracy program.

Member for Dubbo Troy Grant singled out year three at Trangie Central for their results. "Locally, Trangie Central School year three students have improved on previous results in reading and numeracy," he said. "It's extremely pleasing to see Trangie Central School's improvement. This year not only did they lift the bar from 2014, they've also achieved scores above the State's mean and to do so in both reading and numeracy is exceptional."

Mr Grant said the local teachers deserved thanks for the results. "We are seeing some pleasing improvements at a school level and I applaud our fantastic teachers for continuing to work at such a high standard," Mr Grant said.

The testing identifies challenges for individual students and indicates how each school is going compared to others on a state level. "NAPLAN provides important diagnostic data to help identify challenges for individual students and give valuable insights at a classroom, school and system level," Mr Grant said.

The Dubbo MP hopes the results will be spoken about in the homes and at school. "I encourage parents to use these results as a basis for a conversation with teachers about how they can work together to improve their child's results," he said.

### What's On

Week 7	28/8	PSSA Athletics in Dubbo - GOOD LUCK!
Week 8	31/8-4/9	Year 10 Work Experience
	31/8	Year 11/12 SLR Golf Assessment Day at Trangie Golf Course 1.00pm - 3.00pm
	2/9	WSSA Boys Tennis at Bathurst - Depart TCS at 5.30am
	2/9	Year 9 CSU Future Directions at Dubbo - Depart TCS at 8.30am
	3/9	Years 3-6 Premier's Spelling Bee Challenge at TCS MPSC 9.30am

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# FROM THE PRINCIPAL

Hi everyone. We continue to be busy but yet academically **SUCCESSFUL**! Way to go!

## Principals' Conference

Last week our school was paid a very great compliment when I was asked by the Secondary Principals' Council to be a presenter at the Secondary Principals' Professional Learning Conference. I was asked to talk to my colleagues about how we had improved our school to such a great extent. It took a great deal of time to put together a presentation that could paint a picture, in not too many words, of such a huge cultural change.

We started, six years ago, from such low academic levels and physical disrepair, that it is hard now to believe how very far we have come. When I look around at our beautiful school, happy and engaged students and dedicated and committed staff I am intensely proud. We are never complacent though and I always ask myself ‘Well, we’ve done that – what’s next?’

I am a passionate believer in and supporter of Public Education and the role that a free and diverse education system plays in creating a healthy community with citizens who are tolerant and accepting of all comers. Our school philosophy is based on this belief and our students are evidence of its success.

Jane Caro, the well-known writer and personality who has been seen on Q&A had an interesting story to tell of a huge shift TO public schools on the North Shore of Sydney and a growing demand for more public schools in the Eastern suburbs. It seems that people who can afford an expensive education are coming to realise that they do not get ‘bang for their buck’ by paying a lot of money for something they can actually get for almost nothing. They are then putting that money into University education, a house or travel so that they can actually spend time with their children.

The research also says that students actually achieve BETTER by being exposed to a diverse school population. This was never better modelled than here in our own town where our students are so much better as people when they learn tolerance and understanding in a safe and caring environment.

## Trangie Central's Year 3 Perform well in NAPLAN Test

This year's Year 3 NAPLAN results were absolutely outstanding! The Year 3 students of 2015 started at our school in 2011 with our excellent Early Birds Early Intervention program and then they have had the benefit of expert teaching through Kindergarten, Year 1, Year 2 and in to Year 3. This is four and a half years of quality teaching and learning and the students are now set for life. Enrol for Early Birds and Kindergarten 2016 NOW – don't miss out!

The school average was higher than state average in both Literacy and Numeracy and this is a formidable achievement. The improvement in Year 5 Mathematics is also notable and the graph over the last few years shows a steep line going upwards. This is a result of good programs and creative, quality teaching.

*AND all the research also says that learning a musical instrument improves academic performance, particularly in Mathematics. Mr Martin Lee is convinced, of course, that our Instrumental Music Program is now finally paying dividends and as a passionate advocate of music in schools I entirely agree!*

## 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*

# Musicians are Mathematicians

Staff Smile of the Week (Week 5)	Staff Smile of the Week (Week 6)
Goes to Deb Waters for a wonderful Year 7 Transition presentation.	Goes to Jo Ellis for being very organised. Well done, SUPERWOMAN!

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# SECONDARY

## Head Teachers

Debbie Waters  
Ted Wright

## Head Teachers' Report

### **Ronny Gibbs 7's Netball Shield**

On Wednesday 26<sup>th</sup> August, our U14's netball team travelled to Bourke to compete in the Ronny Gibbs 7's netball competition. The girls had three competition rounds to play and had to win their pool to play in the finals. Their first game was against Cobar, which they won 9-2, then Bourke winning 8-2 and finally Warren beating them 8-3. This placed the girls in the final to play against Walgett who had won all their pool games. Games were 2 x 7 minute halves with a 1 minute break at half time. The girls played their best in all games showing excellent skill and sportsmanship but saved their best for the final taking out the game 15-1 and bringing home the prestigious shield. Our prizes and shield were presented by Laurie Daly which was a bit exciting!!! All the training, commitment and dedication certainly paid off and they played as a team who were extremely hard to beat. I am very proud to have been part of this experience and enjoyed watching the girls' skills improve over the year. A big thanks to Sharyn Brown who accompanied us to Bourke as our umpire/manager/supporter. Well done to the team: Jacana Powell, Morgan Adams, Olivia Hilder, Alex Barclay, Nikira Gardner, Karly Edwards, Brittany Simpson and Demi Dunn.

**Deb Waters**  
**Coach**



### **Student Smile (Week 7)**

Ben Skinner was our smile student of the week and will have a dining experience with Mr Jones.

### **Trangie Central School Schools Spectacular Dance Team Raffle Hand Made Quilt**



**Tickets: \$2.00 each (3 for \$5.00)**

All proceeds will assist the TCS Schools Spectacular Dance Team to compete at the 2015 Schools Spectacular in Sydney

Schools Spectacular Dance Team members will be selling tickets and tickets will also be available at the School Administration Office.

**Teach your children well**



# SECONDARY

## Head Teachers

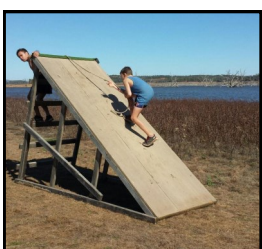
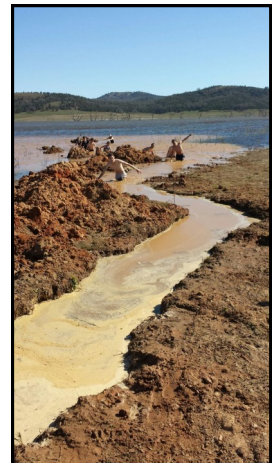
Debbie Waters  
Ted Wright

## BRO SPEAK WINTER WARRIOR CHALLENGE 10/8/15 - 12/8/15

In week five the Bro Speak boys travelled to Lake Keepit Sport and Recreation Centre to compete in the inaugural **Winter Warrior Challenge**. This was our first year entered in the challenge and we did not know what to expect and were unsure if we had trained hard enough in preparing for the event. We entered our two Bro Speak teams in the 18km ultimate obstacle course and soon discovered that it wasn't going to be a walk in the park. Among the 200 plus students/30 plus teams both of our teams scuffled through the pack to make it up the vertical rocky, prickly pear punishing terrain for 5km...As you know there are not many hills in Trangie...So this was tough. Then we hit the obstacles and initiatives where the boys unleashed their inner warriors. By this stage the two teams had separated, the reality is starting to set in with the importance of team mates with a 3km run where you had to transport a concrete block and a 8ft treated pine log, then there was only 39 to go..... Some favourites were the Greasy Pig (giant slip and slide), Jump Ship (canoeing) The Lost Boys (giant maze through mud, water and reeds) and Pontoon pile up (swim out to a pontoon and make a human pyramid). Congratulations to all of our boys for completing the course. Bro Speak 1 came across the line 5<sup>th</sup> and our younger team, probably the youngest competitors came in towards the end of the pack. They all demonstrated courage and determination working as a team to complete a goal and learnt a lot about themselves and each other. Well done boys! Let's get ready for next year.

**Troy Jones**

**Winter Warrior Coach**



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## TERM THREE - Week 7

### General Business

#### Work Placement

Last week Bree, Bianca, Kaelab, Fern and Tom were involved in work placement at a variety of Dubbo businesses, completing the mandatory hours for their VET courses. I had the opportunity to visit the students and chat with their employers. I must say that the students were in their element and I received nothing but high praise for our students in regards to their work ethic, initiative and working as a team in their designated roles. It was great to hear of possible employment opportunities for some of these students from their dedication and attitude whilst on placement.

**I would also like to remind Parents and Caregivers if they haven't already done so to pay the Work Placement fee of \$150.00 to the front office ASAP.**



#### APPS OF THE WEEK

**Word Foto-** turns photographs and words into typographic works of art.



**Rat Dissection-** You control the virtual dissection of a rat.



### Preliminary ASSESSMENTS DUE NEXT WEEK (Week 8)

English Advanced and English Studies

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





## Assistant Principals' Report

### Ridley/Trudgett Inter-Schools Netball Gala Day

**CONGRATULATIONS** to our fantastic netballers who had a great day at the netball gala day in Warren last Friday. We took five teams of children; girls and boys from Years 3 – 6 across to Warren on a coach. The teams all played really well and most importantly, displayed excellent sportsmanship skills. For further details and photos, please see the student report.



### NOTES

Parents, we are very aware that children are receiving a number of permission notes to participate in our extracurricular offerings. It is our firm belief that children who are exposed to new people, places and ideas from an early age display a willingness to try new things and develop both academically and socially.

Over the next few weeks we have the Soccer Gala Day in Trangie, Aboriginal Dance workshop, Western Choral workshop and Premier's Spelling Bee regional finals. **Please be mindful about returning notes on time.** It is also important to let the school know if your child will not be attending an activity so that we can make their place available to another student. Often numbers are limited to bus capacities etc and we have a waiting list. **Your help with returning notes promptly would be much appreciated.**



SHORT STORY, POETRY & ART COMPETITIONS

**DEADLINE EXTENDED TO SUNDAY 6TH SEPTEMBER**



The 2015 Schools Writing Competition HAS BEEN EXTENDED!  
This will not be extended again so please don't delay, send in your entries today.

**<< CLICK HERE TO ENTER NOW >>**

Maybe you write because you love expressing yourself?

Maybe you write because your English teacher makes you?

It doesn't matter what the reason is, your writing could win you \$1,000 CASH and some great prizes! Plus, it's really fun!

**ENTRY DEADLINE HAS BEEN EXTENDED!**

**You now have until Sunday 6th September to enter!**

**What do you have to do to win?** Enter your best 16 line (or less) poem or 500 word (or less) short story in the Write4Fun Schools Writing Competition to be in the running for the great cash and prizes on offer.

Write a story you like to read or a poem that makes laugh or cry. If you love reading it over and over, chances are we will too :-)

Enter today by fax (07 5574 3644), [website](#), or [email](#).

Or Mail your entries to PO Box 2734, Nerang DC, QLD 4211



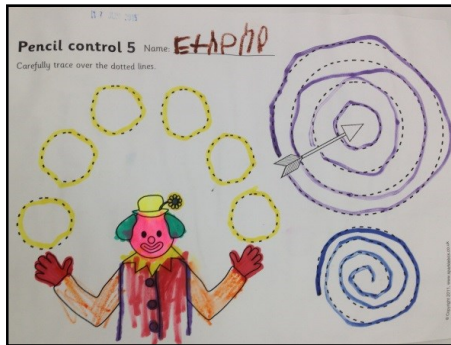
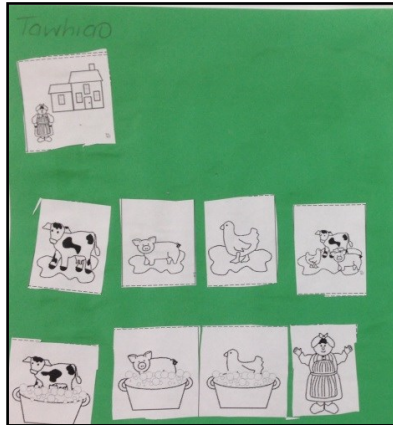
## Early Birds



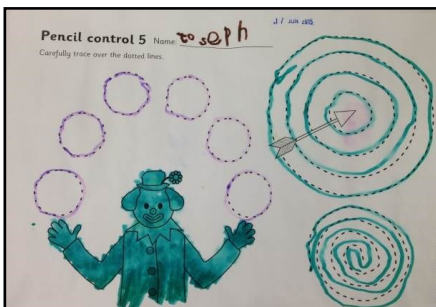
*Here is a snapshot of some of the work Early Birds have completed. We are getting so clever and our fine motor skills are becoming amazing.*



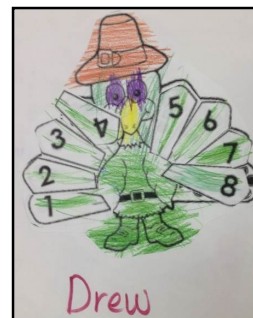
*Cut and paste sequencing activity*



*Z for zebra*

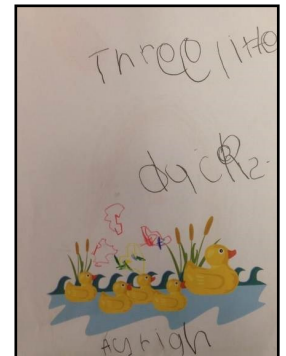


*Fine motor skills*



*Early Birds love their fruit. They will be so healthy and strong!*

*Mrs Corcoran*



### Healthy lunch ideas for preschool and school



When you're food shopping, buy enough healthy foods to make school lunches for the week. This makes it easier to come up with healthy lunch ideas each day.



Let your child choose his own healthy lunch box food. He's more likely to eat food he's chosen himself. Packing the night



Include foods from each of the **five food groups** in your child's lunch box. This way, your child gets all the energy and nutrients he needs to grow, learn, play

### Fun, healthy and environmentally friendly lunch box ideas



Different-coloured foods have different types of nutrients. A lunch box full of fresh 'rainbow' food gives your child more chances to get all the nutrients she needs.



Nude' food has no packaging. It cuts rubbish and costs and can be easier for kids to handle. Try easy-to-open reusable containers, pockets and wraps.



Tap water is the best drink for your child. Send a water bottle with your child in her backpack. Fruit juice and soft drinks are high in sugar and aren't recommended.

### More lunch box tips



Keep food in the fridge until you pack it. Add a frozen water bottle or use an insulated lunch bag to keep food cool. Check whether foods that cause allergic reactions should stay at home.



Encourage your child to choose healthy foods at the canteen – crunchy veggies, fruits, dairy products, and more. Check out more **healthy lunch ideas**.



Try to leave 'sometimes' foods – such as chips, muesli bars, biscuits and chocolate – out of the lunch box. These foods don't give your child energy or nutrients for



# SPORTS

## Ridley/Trudgett Inter-Schools Netball Gala Day 20/8/13

Last Thursday we left at 8:15am to travel for a 45 minute drive to Warren for a netball gala day. We took 5 teams, and 5 coaches; Miss Miller, Miss Liplyn, Mrs Stonemen, Miss Murtagh and Mrs Gleeson.

All the teams played exceptionally well, had a lot of fun and played 3-4 games each. We left Warren at 2:00pm and got home at 2:50pm then we played handball and one bounce.

*By Kai, Kamaliah, Emmerson and Nikeata*



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# TRANGIE CENTRAL SCHOOL

## P & C

### Summer Uniform Order

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Item	Size	Cost	Size Required	Number Required	Total Cost \$
Primary Summer Tunic	4-16	\$20.00			
Boys Grey Shorts	4-16	\$15.00			
School Polo Shirt	4-24	\$25.00			
Navy Sports Shorts	2-20	\$15.00			
School Bucket Hat	S,M,L,XL	\$10.00			
Secondary Skirt		\$60.00			
Secondary Girls Blue/White Blouse S/S	8-18	\$25.00			
Knitted Pullover	4-16 S-XL	\$40.00 \$50.00			
School Jacket	6-16 14S-22XL	\$36.00 \$42.00			
Navy Polar Fleece Jumper	4-16 14S-22XL	\$25.00 \$30.00			
Navy Track Pants	4-24	\$25.00			

Payment Enclosed: \$ \_\_\_\_\_ CASH or CHEQUE

Parent Online Payment: My receipt number is: \_\_\_\_\_

**EFTPOS PAYMENTS:** (This information will be destroyed once transaction has been completed)

Visa ☐ Mastercard ☐

Cardholder's Name: \_\_\_\_\_

Card No: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiry Date: \_\_\_\_ - \_\_\_\_ CCV No: \_\_\_\_\_ (3 digit number located on back of card)



# **SUB - JUNIOR RUGBY UNION**

**SATURDAY, 29<sup>TH</sup> AUGUST 2015**

**AT WARREN FROM 12PM**

**IN CONJUNCTION WITH THE WESTERN PLAINS SEMI FINALS**



All children in the Western Plains Area of NSW are invited to be part of the development of Sub-Junior Rugby Union in the Zone this Saturday in Warren. They don't have to be registered with any club – they just need to be keen to learn some skills and play some rugby.

**Cost: FREE**

**Age Groups:**

Under 12s – Under 10s – Under 8s – Under 6s

**Open to both boys & girls**

**WHAT TO BRING:** Footy Boots, mouthguard (compulsory) & headgear (optional)

**Registration:** From 12.00pm

**Development Skills & Game Time:** 12.30pm – 1.30pm

**Game Between 2<sup>nd</sup> & 1<sup>st</sup> Grade Games:** 3.00pm (approx)

FURTHER DAYS TO BE ORGANISED WITH THE FINAL & GRANDFINAL ON SATURDAY, 5<sup>TH</sup> September & 12<sup>TH</sup> September 2015

**For Further Details & to register your children please contact:**

Bec Yeomans – 0427 283 359 – Email: [tnbyeomans@gmail.com](mailto:tnbyeomans@gmail.com)  
or

Kate Kennedy – 0427 887725 – Email: [ahkennedy@bigpond.com](mailto:ahkennedy@bigpond.com)



Everyone plays a part.

**When it comes to health,  
every woman has an elephant in the room.  
Let's talk about what women want to know.**

Mental Health

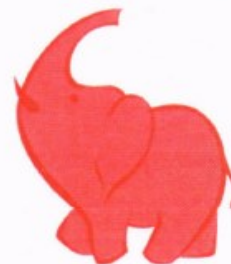
Questions to ask  
my doctor?

Menopause

WOMEN'S  
HEALTH WEEK

**Let's talk.**

3 September 2015



Cardiovascular  
Disease

FREE EVENT 6-8 pm  
Jacaranda Room  
Dubbo RSL  
RSVP: 31 August on 6885 1544

**womenshealthweek.com.au**

**Cardiovascular Disease:** Michelle Baird - Western Local Health District.

**Menopause:** Dr Deborah Bateson - Family Planning NSW

**Mental Health & Emotional Wellbeing:**  
Sophie Heathcote - Marathon Health

   **#womenshealthweek**

\* For terms and conditions go to [womenshealthweek.com.au](http://womenshealthweek.com.au)  
Jean Hailes is supported by funding from the Australian Government

**Jean Hailes**  
FOR WOMEN'S HEALTH