



# Trangie Central School Newsletter 3rd March 2016 Term 1 - Week 6



## SCHOOL INFORMATION

### **Address:**

Derribong Street  
(PO Box 6)  
Trangie 2823

**Phone:** 6888 7578

**Fax:** 6888 7602

### **Email:**

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

### **Website:**

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

### **Principal:**

Anne Holden

### **Deputy Principal:**

Dimiti Trudgett

### **Access Coordinator:**

Troy Jones

### **Head Teachers:**

Jessica Skinner (Rlvg)  
Ted Wright

### **Assistant Principals:**

Rebecca Elgood  
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 March 2016  
4.00pm  
Common Room**

# Year 7/8 History Field Study Old Dubbo High School



## What's On

Week 6	4/3	Primary Assembly in 1/2E Classroom 2.00pm - Everyone Welcome!
	4/3	PSSA Swimming in Dubbo - Good luck to all of our Primary students!
Week 7	8/3	Year 9/10 Science & Engineering Challenge in Dubbo - Depart TCS at 8.00am
	8/3	Year 9/10 Art at Kurrajong Court 9.45am-12.00noon
	8/3-15/3	Year 11 TVET Outdoor Recreation Camp in Lithgow

Teach your children well

# FROM THE PRINCIPAL

*We continue to be busy – dancing, cattle team, choir, recorder, band, drums, sport and the list goes ooooooon and oooooon! How lucky are we!!*

## Excursions

At Trangie central School we have always prided ourselves on how well our students present themselves and how well they behave when in the community. On Tuesday, our junior secondary students went on a mandatory History excursion to Dubbo. Whilst there I was proud to hear that their appearance and behaviour were both exemplary.

I was very disappointed however, to hear that some students did not live up to our very high expectations whilst travelling on the bus. All students must realise that wearing a seatbelt is not an option and that 'no food' means exactly that.

All of us at TCS apologise to Jack James and his driver for our students not behaving in a way that reflects the culture of high expectations that we have at our school. Measures are now in place to ensure that this will never happen again.

## Healthy Eating

One of the Premier's goals this year is to reduce the incidence of childhood obesity. Whilst this is not really a major issue in our school, where our students are fit and active, it is mandated that we follow guidelines set for all students in NSW. It is expected that we will educate children on what healthy eating entails, and our nude food program and suggestions in the newsletter contribute towards this. I am very impressed to hear how far we have come, when our Primary staff tell me that almost everyone in primary brings fruit for their fruit break each day, so we have come a long way.

In order to develop an understanding of what constitutes ‘healthy’ we have a ban on soft drinks or energy drinks being brought into the school and the school canteen only sells healthy options. Our staff practise what they preach, and are not seen drinking soft drinks by the students. Only our Year 12s have a pass to go down the street and they have been asked not to bring chips, pies etc into school for their younger friends. We have a great canteen now, with a wide range of healthy options so let us support it.

## Swimming

Congratulations to the four secondary students who are representing our school today for the Western School Sports Association (WSSA) Swimming – Ben Skinner, Anna Terry, Meegan Seymour, Mackenzie Parady.

Congratulations also go to our Primary students in action tomorrow at the Primary School Sports Association (PSSA) Swimming - Jock & Audrey Kater, Zoe Andrews, Montanna Gall, Emily Hamilton, Narelle Shillingsworth-Budd, Matilda Brennan, Kai Greenwood, Xanthe St Clair, Stacey & Simon Stoneman, Sophie Purseglove, Sophie Black and Jonah Moss.

We are very proud of you and wish you all the best. Thanks must go to their parents and the Trangie swimming club. I would also like to extend our thanks to Gabrielle Wake and Adine Hoey for their commitment to our students and their assistance at our carnival. We really appreciate it.

## 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 Ben Sippel for providing excellent casual lessons.

# Why accept less than EXCELLENCE?

## Teach your children well



# SECONDARY

## Head Teachers

Jessica Skinner (Relieving)  
Ted Wright

## Head Teachers' Report

### Science and Engineering Challenge

Our Science and Engineering Challenge team will be combining with another school to compete in the Western Region round of competition to be held in Dubbo next week. A few years ago I was privileged to accompany a combined team from Trangie, Tottenham and Trundle to participate at the next level of competition held at Newcastle where they were very successful. This challenge is a fantastic opportunity for students from a central school to compete against larger high schools in the field of science, technology and engineering. We wish our students well in this year's competition.



### Outdoor Recreation – TVET



Next week several of our Year 11 students will be participating in a TAFE Vocational Education and Training programme in Outdoor Recreation. They will travel to Lithgow and experience outdoor activities which will develop their confidence and skills in outdoor recreation leadership. Students will gain units towards their Preliminary Course for the HSC. Students will be living and working together for nine days in small groups to enhance their skills in communication, teamwork, problem-solving, planning and organising, and self-management.

### 4T's Sport

The first round of sporting competition against the other 'T' schools is fast approaching. This round will be held at Trangie on Wednesday 16<sup>th</sup> March. Students that are interested in participating in this competition should contact Miss Skinner.

### Combined High Schools (CHS) Lawn Bowls

A team of bowlers from Trangie CS will be competing against Nyngan High School in Week 8. If successful at this level they will then be eligible to compete at Orange in the Western region trials.



### P&C Meeting

The next P&C meeting is due to be held next Tuesday at 4pm in the secondary staff common room. I would like to encourage more parents of our secondary students to attend these meetings to further support their children's education. A strong and supportive P&C body is a valuable asset to a school community.

*Ted Wright*

*Head Teacher Secondary Studies*

## Watt's in the Box

Ms Ebsworth  
Science Teacher

*Week 5 Winners*  
*Morgan Adams (Year 9)*  
*Druce Ball (Year 9)*  
*Kaylan Villa (Year 9)*

Week 5 Answer  
Sodium Chloride

*Clue 1:* This modern form of transport does not touch the ground while it is moving. It's commercial top speed is 431km/hr, but it has been clocked at 603km/hr in test runs.

*Clue 2:* There is no friction so it's parts do not wear out easily and there is no sound as it travels. There is no air pollution because it doesn't burn fuel.

*Clue 3:* It's design makes it highly stable so derailments are nearly impossible. The design also means they are wider, more spacious and comfortable inside.

*Clue 4:* It uses magnets to lift it off the ground and propel it along it's path. Using magnets means it can move along steeper slopes, so destruction of landscapes to run the track is reduced.

*Clue 5:* It is expensive to build because it uses rare earth elements such as yttrium, scandium & lanthanides.

## TERM ONE - Week 6

### General Business

#### ACCESS CAMP is Finally OVER!

Access Camp was last Wednesday, Thursday and Friday for Years 11 and 12. All students were accounted for as we sadly departed Lake Burrendong on Friday. All students had a positive experience engaging with WAP staff and students over the three days. The giant *slip n slide* was a hit once again and I believe some students were a bit tender on the weekend enjoying the recovery process. Be sure to check out the WAP Facebook site for plenty of photos.

#### GLOBAL SMS NOTE.

A permission note has been sent home with students seeking your consent to use SMS to inform both students/parents/caregivers of WAP information. This information may include reminders of assessment etc.

**\*\*\*Please return the note to the administration office ASAP\*\*\***

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



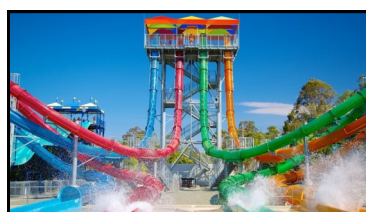
**Space Still Available**

Years 7-11  
Gold Coast Excursion  
19-23 September, 2016

*Get in quick, limited spaces still available!*

Please return the Expression of Interest and \$100.00 deposit to secure your child's place on this exciting excursion.

Payment plans are available by contacting the Admin office on 6888 7578.



# CAREERS CORNER

Careers Advisor

Skye Rush

Welcome back to the Careers Corner. We have had a busy start to the year with Trangie Central School once again taking part in the Charles Sturt University Future Moves Program. Usually this program is spaced out over the year; however due to funding restrictions they have scheduled nearly every workshop or visit into the first two terms. This has created quite a bit of scurrying to get these excursions organised in time!

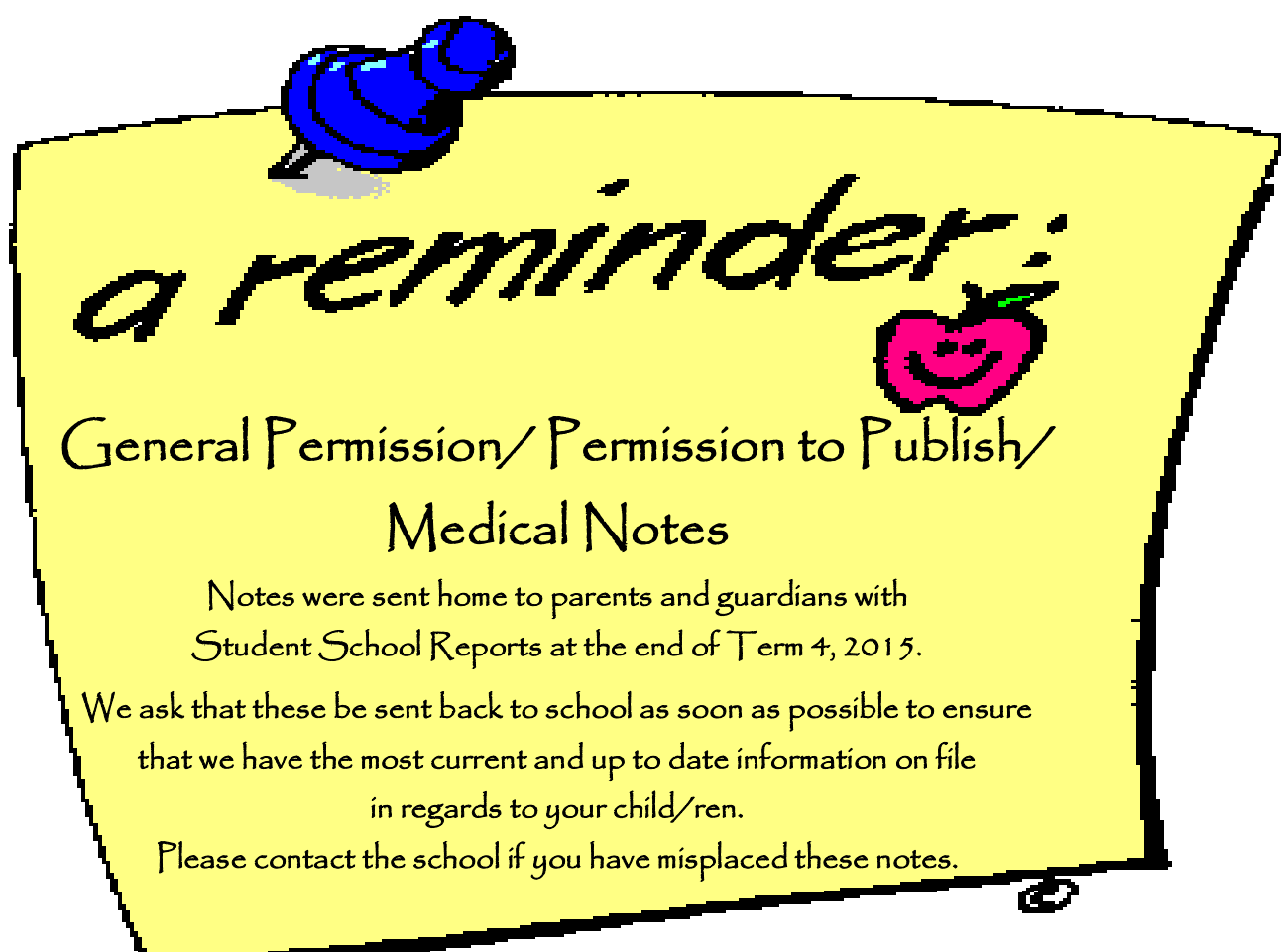
We have already had the Year 6 excursion to Dubbo where students were able to participate in workshops and get a feel for university life. The students were very excited to don the cap and gown for a mock graduation and were able to gain an understanding of possibilities for life after school.

On Tuesday 15th March, CSU will be bringing their program to us with an in-school series of workshops that we are hoping all students will be able to take part in. These workshops get students to look at goal setting and possibilities for post school opportunities. While university is a focus, students are encouraged to share their dreams for the future and are shown how they can achieve them. This has always been a successful day and notes will be sent home shortly regarding these sessions.

I have begun interviews with Year 11 and 12 students to chat about their progress at school and their aspirations for post school. These will take place every 3-4 weeks depending on events and interruptions. The first question I will be asking these students is if they have a current resume and working on completing this vital document in preparation for either applying for part-time work or potential employment after school.

Mail has been slowly trickling in, but nothing urgent so I shall post these next newsletter.

*Skye Rush*  
*Careers Advisor*





# PRIMARY

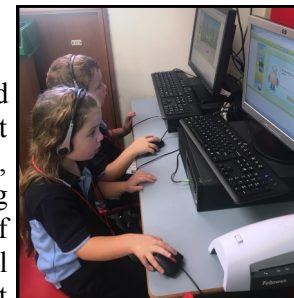
## Assistant Principals

Rebecca Elgood  
Jo-Anne Ellis

## Assistant Principals' Report

### L3 Literacy Program

The L3 Literacy program is in full swing in K-2 classes. L3 means Language, Learning and Literacy. Students participate in small group activities throughout the morning session that are linked to the whole class learning focus for that week. These range from alphabet work, spelling, writing centres to also include Reading Eggs on the computers and guided reading sessions with the teacher. Lessons are differentiated to cater to the specific learning needs of each student. We also have an Interventionist, Cheryl Rowley, who runs additional small group guided reading sessions to accelerated learning for students who are at risk of not meeting required benchmarks. Our Instructional Leader, Kim McArdle, supports our teachers in the implementation of L3 and other strategies in Literacy and Numeracy to ensure all students have their learning needs met.



### Homework

Each week your child will be bringing home their home reader as their literacy homework. We have been so pleased with the response we are getting with so many students completing regular reading at home. This allows them the opportunity to practise the reading strategies they have learnt in class. Along with this, every student has a Mathletics password which has been sent home. A maths worksheet will also be included as a consolidation of concepts taught in class. The worksheet is an optional extra – students and families can choose just to complete Mathletics lesson – which their teachers are reviewing each week. Once the maths homework sheets are returned the students will receive another one for the following week. If you have concerns please speak with your child's classroom teacher.

### Reminders:

- \* **Assembly:** This Friday at 2.00pm in 1/2E's room. Everyone is welcome to join us.
- \* **Notes and Money:** If your child is returning a note to school and/or money for an excursion or event please encourage your child to give it to their classroom teacher once the day starts instead of taking it straight to Mrs Pizzi at the office.
- \* **Uniform:** Students are to be in full school uniform each day. This includes the school hat.
- \* **Morning Routine:** If you are dropping your child/ren off at school in the morning please head out to the back playground with them as this is where all students need to be before the 9.00am bell.
- \* **Healthy Lunch Boxes:** We encourage all students to have a healthy lunch box every day that includes a piece of fruit for Crunch and Sip.

*Jo Ellis*

*Assistant Principal*

### Primary Student Smile (Week 6)

Emily Hamilton was our smile student of the week and received a canteen voucher.

### Primary Student Smile (Week 6)

Emmerson Fraser was our smile student of the week and received a canteen voucher.



Rebecca Elgood  
Jo-Anne Ellis



# SRC NEWS

## SRC Leadership Day

On Monday 29th February, the SRC committee gathered for a leadership workshop. Here we joined in the library to work on our teamwork and getting to know each other activities. We also discussed fundraising ideas as well as working on communication within our community and school.

To communicate we have decided to experiment on Facebook and the school app as well as the newsletter and morning assemblies. The SRC are trialling this technology to present regular updates about upcoming events.

At TCS we know how important school culture and pride is. Therefore we are working to remember our school values and wearing our school uniform correctly. The SRC were reminded of this on Monday where we were working on promoting this.

The SRC for 2016 are very enthusiastic and excited about working closely with the school and community. We are all looking forward to a very positive year in the SRC and we will be gathering every second week to discuss matters that can be improved at our school.

All updates and information may be found on our School App or Facebook page.

**Kamaliyah Khan,  
Stacey Whitney and  
Luke Broughton**



Teach your children well



# DO YOU NEED SOMEONE TO TALK TO?

## ARE YOU IN A REMOTE OR RURAL AREA?

Interrelate has provided support to the Central West region for almost 40 years. We are committed to helping local communities rebuild resilience during tough times and to providing ongoing support.

Interrelate is currently providing free services to the drought affected areas of **Walgett, Warren** and **Cobar** funded by the Department of Social Services.

If you would like to have a chat with one of our counsellors, please call Walgett on 0427 427 414, Warren and Cobar on 0476 818 859 or the Dubbo office on 02 6815 9650 or email [da@interrelate.org.au](mailto:da@interrelate.org.au).



Are you caring for a family member, partner or friend?  
Be part of the biggest carer survey in NSW.

## Carers NSW 2016 Carer Survey

You can help us speak up for carers by sharing your experiences and getting involved.

### TAKE THE SURVEY:

- ▶ [www.carersnsw.org.au/research/survey](http://www.carersnsw.org.au/research/survey)
- ▶ [research@carersnsw.org.au](mailto:research@carersnsw.org.au)



## TRANGIE TENNIS COACHING



### CONDUCTED BY WAYNE DUNLOP

(LEVEL 3 ATPCA MASTER PROFESSIONAL TENNIS COACH LICENCE NO DC97080501)

COMMENCES: FRIDAY APRIL 29<sup>TH</sup> – JUNE 10<sup>TH</sup> TERM 2 2016

#### GROUPS AND TIMES:

4:30- 5:15 PM

5:15 – 6 PM

6 -6:45PM

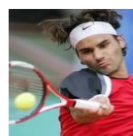
**LIMITED NUMBERS APPLY!!**



**COST:** \$150 per child (7 X 45min lessons). Payment to be made on an upfront basis and is irrespective of lessons attended). Discounts are available for families with more than one child.

#### INCLUDES (WHERE APPLICABLE):

- FOOTWORK AND STROKE PRODUCTION
- COMPETITIVE DRILLS AND ACTIVITIES
- COMPETITION PLAY (SINGLES AND DOUBLES)
- FUN GAMES AND FITNESS ACTIVITIES
- PRIZES AND GIVEAWAYS
- CHILDREN GRADED WITH OWN AGES AND STANDARDS



**CONTACT DETAILS FOR BOOKINGS:** WAYNE DUNLOP ph 0428496816 or email [wayne.dunlop@det.nsw.edu.au](mailto:wayne.dunlop@det.nsw.edu.au) or Sal St Clair 0417279078 email [sallyjanestclair@gmail.com](mailto:sallyjanestclair@gmail.com)



TCS has an Official Facebook Page  
Find & Like Us at Trangie Central School  
Be kept up to date & see all that's going on at TCS in 2016!

# TRANGIE CENTRAL SCHOOL - CANTEEN LIST

7/3/16 to 11/3/16

Monday:	<b>\$5.00 MEAL DEAL</b> – Choose any 'Hot Meal' with any Juice or Milk	\$5.00
Tuesday:	Beef Kebabs with salad	\$5.00
Wednesday:	Sweet & Sour Chicken with Rice	\$4.50
Thursday:	Crumbed Chicken & Potato Omelette	\$5.00
Friday:	Fried Rice with Fried Egg ( <b>No peas!</b> )	\$4.00

## Every Day (Lunch Only)

Hot Meals	Spaghetti Bolognese / Mild Beef Curry / Vegetarian Lasagne	\$5.50
	Nachos with Sour Cream & Sweet Chilli Sauce / Meatballs with Spaghetti	\$5.50
	Sweet Chilli Tender Wraps, Mayo & Lettuce / Shepherds Pie	\$5.00
	Pizza – Hawaiian / Cabanossi & Bacon	\$4.50
	Sausage Rolls / Mac & Cheese	\$4.00
Salad Bowls	Cheese Salad	\$5.00
	Caesar Salad	\$5.50
Sandwiches	Egg / Egg & Lettuce	\$3.00
	Egg & Bacon	\$3.00
	Ham	\$3.00
	Tuna	\$3.00
	Salad	\$3.00
	Cheese	\$2.00
	Cheese & Sweet Mustard Pickles	\$2.50
	Vegemite / Honey	\$2.00



Every Day (Recess)	Jelly Cups / Custard Cups / Rice Pudding Cups	\$1.50
	Cheese & Crackers	\$2.50
	Cheese, Cabanossi & Crackers	\$3.00
	Bacon & Cheese / Pizza Rocket	\$2.50
	Toast (2 Slices)	\$1.50
	Cinnamon Raisin Toast (2 Slices)	\$2.00
	Yoghurt / Muesli / Fruit Cups	\$3.50
	Muesli & Milk	\$2.00
	Popcorn in a Bag / Rice Crackers	\$1.50
	Carrot / Celery / Cucumber & Dip	\$2.00
	Almonds	\$1.00
	Banana Bread	\$0.50
	Fruit Paddle Pop (free to Primary with Friday orders)	\$0.50



## Every Day (Recess + Lunch)

Fruits	Apples or Bananas	\$1.50
	Grapes / Watermelon / Rockmelon	\$2.50
	Fruit Salad / Fruit Kebabs	\$3.00
Drinks	Orange Juice & other flavours	\$2.50
	Chocolate / Strawberry / Banana Milk	\$2.00
	Water (350ml)	\$1.50

