



# Trangie Central School Newsletter 1st November 2018 Term 4 - Week 3



## 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:

Gary Hansen

### Head Teachers:

Gary Hansen  
Jessica Skinner (Rlvg)  
Ted Wright

### Assistant Principals:

Jo-Anne Ellis  
Jacky Murtagh

### Welfare Coordinator:

Cheryl Rowley

### School Admin Manager:

Jaye Milgate

## Parents & Citizens Association

### President:

Kimble Appleyard

### Vice President:

M.Ebsworth

### Secretary:

Kate Broughton

### Treasurer:

Jaye Milgate

## P & C Meeting

Wednesday  
28th November 2018  
3.15pm  
Secondary Staff Room

# So proud of you Montanna Jane!



# Bronze Medal at State PSSA Athletics

## What's On

Wk 3	2/11	Yr 8 VALID Science test
	2/11	Yrs 3-6 G/N Tennis Gala Day at Tottenham - Depart TCS at 7.45am
	2/11	Yrs K-6 Primary Assembly in 1/2 class room 2.00pm - Everyone Welcome!
	2/11	Yr 7 Blue Mountains Camp - Return to Dundas Park 4.30pm (approx.) - Return to TCS 5.00pm (approx.) <i>Arrival times will be notified via our school App &amp; Facebook page</i>
	2/11	Yrs 9-11 Jindabyne Excursion - Return to Dundas Park 4.30pm (approx.) - Return to TCS 5.00pm (approx.) <i>Arrival times will be notified via our school App &amp; Facebook page</i>
Wk 5	12-16/11	Yrs 7-10 Yearly Exams - Study hard!
	12/11	Yr 6 Personal Development Program 9.00am-11.00am
	13-15/11	Secondary Northern Schools Steer Competition at Inverell - Depart TCS at 12.30pm
	14/11	Yr 7 2019 Transition Day at TCS 8.40am-3.00pm
	16/11	Yrs K-2 Taronga Western Plains Zoo Excursion - Depart TCS at 9.00am

Teach your children well

# TRICK OR



# TREAT

**HOUSES  
NEEDED!**

PLEASE CALL  
TRANGIE  
CENTRAL SCHOOL  
ON 6888 7578  
TO REGISTER  
YOUR HOUSE

**5.00PM**

**FRIDAY**

**02**

**NOVEMBER**

**START FROM TRANGIE USMC**

**\$5.00 ENTRY FEE**

**INCLUDES BOTTLE OF WATER + A SWEET ON THE NIGHT**

**DISCO BY ROCKIN' ROBBIE 7PM-9PM**

**PARENT SUPERVISION REQUIRED**

Proceeds will go towards supporting the Trangie Central School  
students perform in the 2018 Schools Spectacular in Sydney.

Teach your children well



# FROM THE PRINCIPAL

***Hi everyone – TCS – A powerful combination of commitment to creativity and academic achievement***

**We love our new mural!**



This week we were delighted to see our latest mural being erected by Jack Randell, Contract Artist. Jack has created yet another beautiful artwork to enhance our school.

This mural, *The Dancers*, celebrates the impact that dance has had on our school and pays full respect to our first team of dancers as they now gradually begin to leave our school to move to the next phase of their lives.

This original group has set a very high standard for the next generation of dancers, ever increasing in numbers, to aspire to.

This week they once again fly the Trangie flag by dancing at the Aboriginal Women's and Girls' Conference at Lake Burrendong. They have created a name for themselves and our school across the state and we are very proud of them and recognise the talent and dedication of Miss Skinner who has been responsible for this success.

## Respite Centre Opening

It was a very proud moment on Tuesday afternoon when the Trangie Respite Centre was finally opened officially. Many hours of work have been put into making this day a reality and we now have a wonderful resource for the Trangie and wider Community.

I would like to thank Bridie Hayden and Mia Gleeson for representing our primary students and our newly appointed Secondary School Captain Karly Edwards.

Congratulations also to Nikeata McMaster who presented a wonderful Welcome to Country, in language, that impressed all that were there, and made us all very proud. I would also like to congratulate Father Phil Howe for his lovely words.



### Eco-green Sustainable Schools grant

Congratulations to Ms Ebsworth for her success in gaining \$3500 for a Eco-green Sustainable Schools Grant. Ms Ebsworth has begun a native bird sanctuary out the back of the Principal's residence and it is really starting to take off and look great. Thanks to Mark Haines and Donna Terry for their work in keeping it all alive while Ms Ebsworth recovers from injury.

## HSC Continues

The HSC continues for Year 12 and I was very pleased to hear from the supervisor, Mrs Donna George, that this year has been the best yet with all students working until the very end of the time allocated, giving it 100% effort every time. Year 12, that is all that you can do.

## Welcome to Ms LeBrocque

This term we have welcomed Ms LeBrocq onto Year 3/4 and it has been a pleasure to see how well the class is working. We congratulate Mrs Sippel and her husband on the birth of their son Harvey James and we can reassure her that her class is in very good hands.

## 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. ★★★★★★★★★★★★★★★★★★★★  
Facebook is for cowards – so please tell us to our face! ★ G... ..

All the best,  
*Anne Holden*

## Staff Smile of the Week (Week 2)

Goes to Jo for brilliant organisation of the Bike Safety Day. Well done!.

## Teach your children well

# SECONDARY

**Deputy Principal**

Dimiti Trudgett

**Head Teachers**

Gary Hansen

Jessica Skinner (Relieving)

Ted Wright

## Head Teachers' Report

It has been a little light on with students this week, with both the Year 7 Blue Mountains and Year 9-11 Jindabyne excursions being out for the week. Friday we have Year 8 students sitting their online VALID science testing and Halloween trick or treat after school to raise money for the School Spectacular students. As well as all this we have the Aboriginal Young girl's conference being held at Lake Burrendong today.



Coming up next week we have the Bovine Team in final preparation for taking the steers to Inverell for the Northern Schools Steer Competition. Notes for this went out last week and if these could be returned to the office as soon as practical so that we can start organising the final details. We also have Senior Constable Marty Paice (the police liaison officer) coming in on Thursday evening at 5.00pm to talk with students and parents of Years 5-8 about being secure with online internet activities and how to stay safe. For the Year 12 students studying Chemistry, Physics and Advanced English through Western Access, there are study days planned for next week.

We are presently looking at our timetable structures for next year and seeing which subjects will and won't run. Some students may be asked to reselect or choose between subjects which may have fallen on the same lines when trying to find the best fit. We are being as creative as possible to help students get their subject choices.

Coming up this term we will also have an information session for students interested in undertaking a school based traineeship or apprenticeship. This information session will also be aimed at businesses who may be interested in taking on a school based trainee or apprentice. For more information please contact Skye Rush.



### Social Media

This week I read an article on the effects of social media on Tween and Teen wellbeing, based on a UK study of students aged between 10 and 15. On average, they found that girls use social media more than boys and that more hours of exposure to social media correlated to greater social and emotional difficulties in young people, particularly the girls. The thoughts are that girls will spend more time using social media to show comparisons with those they followed, perceiving that the greater likes which are received correspond to being more popular. They compare images with themselves and have the pressure to maintain the likes in order to keep their popularity status.

The recommendations from the study were to ensure that students were age appropriate (no underage use) before having access to social media as well as being educated in using it appropriately. The use of the internet is an essential tool for the 21<sup>st</sup> Century to complete homework, keep in touch with mates, etc, "but they probably don't need to spend two, three or four hours chatting, sharing and comparing on social media every school day". It certainly gives us some food for thought in relation to what our kids have access to and how this can affect their mental health and well-being.

For more information and links, head to [https://theconversation.com/mental-health-risks-to-girls-who-spend-more-than-an-hour-a-day-on-social-media-new-study-93406?](https://theconversation.com/mental-health-risks-to-girls-who-spend-more-than-an-hour-a-day-on-social-media-new-study-93406?mkt_tok=eyJpIjoiT0dFNVPHTmpNalF4WmpFMyIsInQiOiJwYWxscWFtN3NyVmNcL0FmVTdtTHFTWStUMnI2NGE1RXFnSmdLcGJMa094NktuNnZvTTd5N3oyWkJSU2VTdWVBBGxyZmJKMHRXS2VoTU5cL3Z3NExGcXdmLT15bU9mWUUhBRnptcVhGaGRJTEFwaVBcLzd6anFBekVvYVICZnZraDU5TSJ9)

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**Gary Hansen**  
Head Teacher

## Assistant Principals' Report



### Music: Count Us In



Today, all of the children in the primary school participated in an annual singing event that aims to advocate for and celebrate Australian music education. This national program has students all around the country singing the same song (written by Australian school children) at the same time.

Our voices could be heard ringing from the classrooms and it was exciting for the children to watch the live broadcast and sing with all of the other students from places as diverse as Hobart, Broome, Cape York and Melbourne!



### School Uniform Reminder

Please assist your child in coming to school dressed in the correct uniform. A tip that seems to work in many households is having the children lay out their clothes each night for the next day.

Monday, Wednesday & Thursday Summer Uniform		Tuesday & Friday Sports Uniform	
Girls Blue and white dress, white sock, black school shoes	Boys Polo shirt, grey shorts, grey sock, black school shoes	Girls & Boys Polo shirt, navy blue shorts, white sock, runners	
<p>Zalia Terry and Toby St Clair look great in their summer uniforms.</p> 		<p>Jack Andrews and Carmen Su are ready for PE and Sport.</p> 	

### Reminders

- ◆ Congratulations to the following students who will represent our school in the G/N Tennis Gala Day tomorrow 2nd November - Zoe Andrews, Hayley Stephens, Mia Gleeson, Matilda Anderson, Koby Kilgour, Ryan McCarney, Troy Sibley & Jayden Dunn (Audrey Kater and Sophie Black had to withdraw due to prior commitments)
- ◆ Now that the warmer weather is upon us it is important to check your child's hair a couple of times a week for head lice. These pesky critters love to live in children's hair and cause irritating scratching and can even spread disease. If you discover lice and/or eggs, it's essential that you treat your child's hair immediately.



### Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 3 29/10					G/N Tennis @ Tottenham Selected students Depart TCS 7.45am
Wk 4 5/11					
Wk 5 12/11	Personal Development Program Yr 6 9.00am-11.00am		Yr 7 2019 Transition Day @ TCS Yr 6 8.40am-3.00pm		Taronga Western Plains Zoo Excursion Yrs K-2 Depart TCS 9.00am

Jacky Murtagh - Assistant Principal



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Times Tables

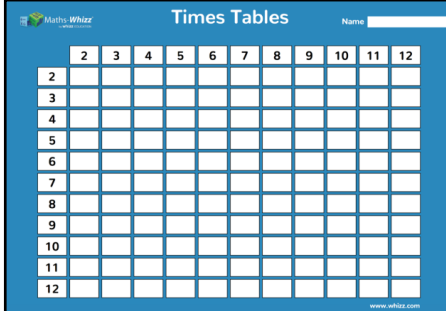
#### *Creating muscle memory in the brain*

Familiarity and proficiency with the basic times tables are an essential building block in Mathematics.

It opens the door to multi-digit multiplication and demystifies processes like long division and simplifying fractions. It lays the foundation for algebra. More importantly, practising and remembering times table facts serves to create “muscle memory” in the brain, simultaneously making it possible for students to retain their number facts and laying the groundwork for more complicated computations and applications down the road. The following family maths activities are examples of strategies that offer repeated practice while making the task of learning the times tables more fun and engaging.

#### 1. Hang up a times table sheet

This is an old technique but it's very effective. The first step involves downloading a times tables chart. Once that's done, go through it with your child, filling in each individual box together. Next step is to hang the completed chart up in a place where your child will see it regularly (e.g. their bedroom door, the fridge door, the cupboard next to the computer). Finally set a regular time for both you and your child to sit down and have a casual, no pressure run through a particular set of times tables, perhaps just before dinner. Remember, the more often they see and practise their times tables, the more likely they are to learn them.



#### 2. Make sure they can walk before they can run

Teaching times tables should be like building a house – you need to start with the foundations! Teach your children the simplest tables first and save the harder ones (e.g. 7s, 8s, 12s) for the end. Two times tables are a good starting point, they're pretty straightforward as they just involve doubling each number. 10s are simple too, as they just involve adding a zero to the number you're multiplying by 10. Once they've mastered the basics, your child's newfound sense of confidence will help them conquer the more difficult tables.

#### 3. Teach your kids some tricks

One of the great things about maths is that it's full of tips and tricks – and times tables are no different. Our favourite trick involves using your fingers to figure out nine times tables. Start by spreading all 10 fingers in front of you. To figure out  $9 \times 1$ , put your left pinky down. What are you left with? 9 fingers! For  $9 \times 2$  put your left ring-finger down. What are you left with? 1 finger and a gap followed by 8 fingers or 18. This trick works up to  $9 \times 9$  (8 and 1 or 81). That said, when teaching children these tricks, encourage them to ask why these techniques work and the mathematical reasoning behind them.



#### 4. Listen to some fun songs

What's a great way to get information stuck in someone's head? Yep, that's right! Catchy music! We recommend checking out videos made by Youtuber, Mr.DeMaio, an American elementary school teacher who uses clever parodies of pop songs to teach kids their times tables. Our favourite is definitely his cover of Bruno Mars and Mark Ronson's song Uptown Funk which aims to teach children their three times tables.

#### 5. Stage a multiplication war

This game is simple, two players draw a card from a deck. They then flip their cards over and the first person to correctly guess the total of the two cards multiplied together gets to put the cards in their winning pile. For example, if a 3 of hearts and a 7 of diamonds are flipped over, the first person who says 21 gets to keep the two cards. The person with the most cards in their winning pile at the end of the game wins.

#### 6. Draw a Waldorf multiplication flower

One for the creative kids. Children start this activity by drawing the centre of the flower, in which they write a number between 2 and 12. They then draw 12 petals around the centre, with each petal containing the numbers 1 through 12. The last step is to draw another set of 12 petals which contain the centre number multiplied by each petal in the inner circle.



#### 7. Quiz them regularly, but not incessantly

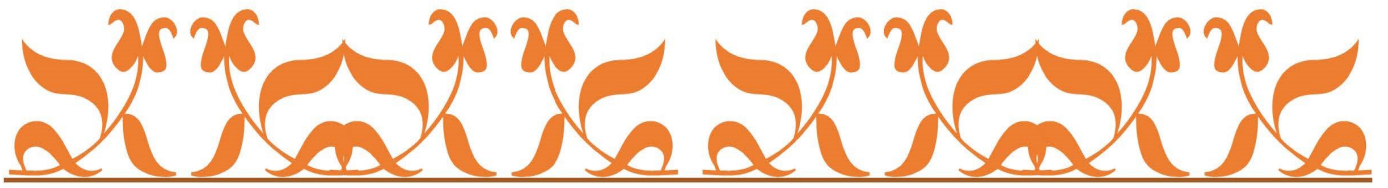
Once you think your child is getting the hang of their times tables, it's time to put them to the test. It's best to do this when there's nothing else really going on, like while you're walking them to school or while you're waiting for a bus. Also, try to normalise these drills by allocating a specific time of the week to quiz them, rather than springing it on them randomly, that way the drills aren't too stressful.

#### 8. Reward their efforts

When encouraging children to pursue something important, like timetables, there's no harm in heightening their enthusiasm with a little reward. Remember that you shouldn't just reward your child for getting answers right, though. Don't be afraid to give them a treat if you can see they've been trying hard but haven't quite mastered their times tables yet. This encourages persistence. Also, remember not to judge them if they get the answers wrong, learning should always be an enjoyable experience!

CANTEEN

Manager  
Jennifer Gordon



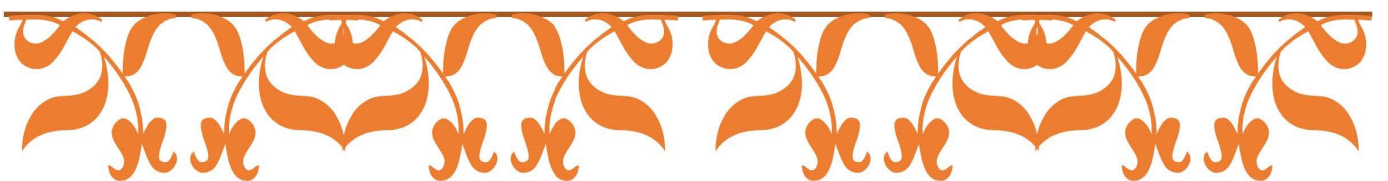
# Thursday Lunch Special

# Burrito



**\$4.50**

**Order Only**



Teach your children well



# Sing Australia

## Sing Australia Trarie

Trarie Bowling Club

Every Monday  
6:00 to 7:30pm

New members very welcome  
Come and give it a go

Call Lyn on 6888 7534

[www.singaustralia.com.au](http://www.singaustralia.com.au)

## PARENTS UNDER PRESSURE

### Support Group - Trarie



Are you stressed?

Are you feeling financially drained?

Are the kids driving you nuts?

Do you have relationship worries?

Do you have health concerns about yourself or your kids?

Are you feeling alone?

Are you feeling blue?

OR  
DO YOU JUST NEED A MORNING  
OUT OF THE HOUSE?

If you answered YES to any  
of these questions then this  
group is for you!!!!



FREE

For all Parents/  
Grandparents/  
Carers and  
Foster Carers

Kids Welcome

Afternoon Tea

#### Include:

- Parenting Programs
- Talks from guest speakers
- Craft
- Topics of interest
- Make new friends
- Referrals to services



Fortnightly Tuesday Afternoons  
During School Terms

23/10/18, 6/11/18, 20/11/18, 4/12/18

1pm to 3pm

Trarie Bowling Club @ Dandaloo St, Trarie



Facilitated by:

Sharon Milnes—Communities for Children

If you have any questions please don't  
hesitate to contact Sharon on 0428894180 or  
[sharonm@narrominecommunityskills.com.au](mailto:sharonm@narrominecommunityskills.com.au)



### FAMILY FRIDAY NIGHT SOCIAL TOUCH FOOTBALL

Like further details? Contact the Jets on our Facebook Page, Instagram or email us at  
[narrojets@outlook.com](mailto:narrojets@outlook.com)

**Commencement:** 09 November 2018  
12-week competition

**Teams:** 10 players per team. Ages 12 & up. 6 on field at a time with minimum of 1 girl & 1 junior. Teams must nominate a Captain & a Referee.

**Location:** Narromine Golf Club

**Registration:** \$100 per team  
\$5 per player/per game

**Registration Days:** Narromine Golf Club  
26/10/2018 6.00pm – 8.00pm  
02/11/2018 6.00pm – 8.00pm  
09/11/2018 5.30pm – 6.30pm

PLAYERS WILL NOT BE PERMITTED TO TAKE THE FIELD UNTIL ALL RELEVANT  
REGISTRATION PAPERWORK IS COMPLETED!



NARROMINE SHIRE COUNCIL

## 0-5 YEARS JOEY TRAINING TRARIE

A fun program for children aged 0-5 years!

NOVEMBER 9, 2018 | 9:30AM - 10:30AM  
GEORGE WELDON OVAL  
PAYMENT MUST BE MADE TO  
NARROMINE SHIRE COUNCIL BY 08.11.18

Ticket price: \$10 per child attending  
No CASH will be accepted on the day  
Water bottle, Hat and Sunscreen will be required  
No toilet facilities will be available throughout the session

FOR MORE INFORMATION  
[MAIL@NARROMINE.NSW.GOV.AU](mailto:MAIL@NARROMINE.NSW.GOV.AU) | 6889 9999 | [WWW.NARROMINE.NSW.GOV.AU](http://WWW.NARROMINE.NSW.GOV.AU)



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