



# Trangie Central School Newsletter 8th November 2018 Term 4 - Week 4



## 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



## What's On

Wk 4	8/11	Cyber Safety Parent Info Session 5.00pm - TCS library - Everyone Welcome!
Wk 5	12-16/11	Yrs 7-10 Yearly Exams - Good luck!
	12/11	Yr 6 Personal Development Program at TCS 9.00am-11.00am
	13-15/11	Bovine Team - Northern Schools Steer Comp at Inverell - Depart TCS at 12.30pm
	14/11	Year 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
Wk 6	18-25/11	Secondary - 2018 Schools Spectacular in Sydney

Teach your children well



# FROM THE PRINCIPAL

***Hi everyone – At TCS we believe strongly in our responsibility to contribute actively to our community for the health of both the community and the wellbeing of our students.***

## **Halloween**



I don't know about anyone else, but I had a great time on Friday afternoon and night at the Halloween event. Thanks to Ms Skinner, and her trusty band of helpers, for organising a most enjoyable event and to the USMC for hosting the disco afterwards. I must say, I could not see too much with my pumpkin mask on, and unfortunately managed to scare only the smallest of customers. Starting the event with my head on upside down did not help either!



There were some amazing costumes and it shows how much children, and some much older children! love a good dress-up. There was horribly ghoulish make-up and also some very beautiful princes and princesses. I do think though, that these lovely smiling faces look way too happy to be too scary! Except, of course, maybe one of our most notorious of teachers. I know Captain Ebsworth is very keen on birds, so I am sure she was just out looking for her parrot.



The event was a fund raiser to support the new band of dancers who will be heading off to Schools Spectacular later this term. We are delighted with the ever growing new wave of dancers who are following in the footsteps of our wonderful senior dance ensemble. They have left huge shoes to fill, but the juniors are doing a top job of trying to fill them. It is also very exciting to see the increasing participation rate of the boys and it is a reflection of the accepting culture of our school that all who want to dance can get up and perform and never feel self-conscious.

The Halloween event did raise much needed funds for our dance group, it is true, but it also provided a huge injection of cash into our small and struggling economy and for the first time it was great to see such a large contingent of the students and their families who do not live in Trangie, make the effort to come over and enjoy Trangie's hospitality.



## **Victor Chang Awards – Success and Achievement in Science**

Over the last few years our school's participation and achievement levels in the Sciences have grown. Ms Ebsworth's passion for science has been very powerful in promoting interest in particularly Biology and Chemistry and Mr Holden has been a stalwart in supporting the students who choose to study Physics.

In the last couple of years our school has seen the award of the prestigious Victor Chang Cardiac Institute Research Award being presented to Mal Hanley and then Maddie Wallace. This award recognises excellence in Science achieved by Year 11 students in Public Schools. Students from schools across the region are contenders and the award is presented in a formal award ceremony at Dubbo Senior Campus.

Generally, each school would only be eligible for one award but this year an exception has been made and we are very proud that both James Churchward and Shakirra Bock-Kemp have both been successful. We look forward to attending the Award ceremony on 29<sup>th</sup> November to celebrate with them.



## **More Moorambilla Success**

Congratulations to Bridie Hayden and Katelyn O'Neill for being two out of only eight girls and eight boys who have been selected from all the Moorambilla singers to sing at a very fancy fundraising dinner in Sydney. The cost of the dinner is \$10 000 per table! And it is a very great honour that TWO of the eight girls come from our own little school.

Bridie will also travel with the Moorambilla voices on an overseas trip over the summer holidays. First Trangie, then the world!!

**A CULTURE OF  
VOLUNTEERING AND  
SOCIAL RESPONSIBILITY**

**Teach your children well**





# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner (Relieving)

Ted Wright

### **Years 9-11 Jindabyne Sport & Recreation Camp**

Blake and I are slowly readjusting to TCS life after a fantastic week away with some wonderful kids from Years 9, 10 and 11 at the Jindabyne Sport and Recreation Camp. Fourteen of our finest students arrived at school bleary-eyed on a Sunday morning at 9am ready to commence our long and treacherous journey in very close quarters. Just before succumbing to 'cabin fever', we arrived at camp after an exhausting eight hour drive (well done to our driver/DJ/entertainer, Steve!). Settled into a spacious and secluded cabin in the far end of the camp grounds, we all had an early night excited for our week ahead!

Our guide, Trevor, went above and beyond to ensure that our four days at camp were full of exciting, fun activities. The week started with 'initiative', which included a range of activities where students had to work together as a team to achieve the final outcome. Following this, in three groups, we attempted the 'escape' rooms, each with a range of puzzles and clues that had to be completed to unlock a series of padlock and combination locks to reach the final safe. The Monday afternoon activity seemed to be the highlight of the week for many kid's, who never ceased to ask for another go, the drift trikes. For what seemed like hours, the kid's whizzed around the track on trikes that could be used to 'drift' across the track and do 180's and 360's. The rest of our week included activities such as canoeing, the challenge ropes course, indoor rock climbing and mountain biking. On Wednesday we had a 'cookout' where each group had to establish the site, find materials and keep a fire alive to cook sausages and steak. There were times that I feared starvation, but my crew came through for me in the end....thanks Kirra, Daizie, Courtney, Erika and Coopa for ensuring that your teacher was well fed.

Our alpine walk in the Snowy Mountains on the final day of camp was probably one of the most challenging activities for some of our kid's. Our goal was to get to Mount Kosciuszko (or catch a glimpse of it). Our chairlift ride up to the base of the walk gave us some breathtaking views of the mountains and Thredbo village. Unfortunately, the timing of our trip was a week too early and we were unable to catch the bigger, faster chairlift due to season maintenance. This meant that even before starting the walk to the mountain lookout, we had to scale a very steep walk up a cliff for about 500m, as our chairlift didn't quite reach the top. After this, our walk was more comfortable up a gradual incline, with spectacular views of the alpine landscape of the mountains. After several kilometres of walking we reached the lookout and shared a lovely picnic lunch with some younger students of other schools that were also completing the walk. Our way back to the base was clearly more fun for the kids, who rolled around in the snow, built snowmen, made snow angels and created snow babies (RIP Henry). An all-in snowball fight ensued with balls shooting out of the air from every direction. Blake showcased his perfect pitching skills with an amazing long-distance target hit on an unsuspecting Johnny. Rueben and Andreas had established a well-fortified base to protect themselves from the fire and Kayne came in with an unexpected hit in the right ear!

Over the course of the week, I had the privilege to see students overcome adversity and challenge themselves to set and achieve goals that they never thought possible. Miss Daizie worked up the courage to make her way around the first level of the ropes challenge course and even shakily (and vocally) made her way up to the highest platform, Well done Daizie! Tori, Blakeley, Coopa, Erika and Courtney were the dream team in the 'Escape' rooms, unlocking the safe within the 25 minute limit in their first room! Brandon and Kealey gave Bear Grylls a run for his money with their adventuring and navigation skills through the bush around us, while the rest of us preferred to stick to the unobstructed, well-lit pathway available. Kealey also became our resident echidna spotter with two sightings in two day! Our own Roger Federer, Conrad kept Blake on his toes with many games of tennis in the afternoons.

I know school camps can be draining and a heavy burden on teachers at times, but I'm so lucky to have gone away for a week and actually felt like I had a holiday too! All of our kid's were well behaved and seeing them overcome their fears and challenge themselves made it even more worthwhile and I cannot wait to do it again in the future.

**Madeleine Bretag**  
**Year 11 Advisor**



**Teach your children well**



# SECONDARY

**Deputy Principal**

Dimiti Trudgett

**Head Teachers**

Gary Hansen

Jessica Skinner (Relieving)

Ted Wright

## Blue Mountains Camp – to summit up nicely!

Last week, Mr Jones and I had the absolute pleasure of being part of the Year 7 annual excursion to the Blue Mountains. It is hard to sum up just how much fun we all had (I am sure the pictures will go some way towards showing this), with an itinerary full of fabulous activities.

We commenced the week off with a trip to the ever-so-grand Jenolan Caves, followed by star gazing in Katoomba on Monday night. Despite the cloudy skies, students were able to get some hands-on experience with large, professional telescopes and appreciate their power. On Tuesday we ventured to Scenic World. It was here we enjoyed a picturesque walk through the mountains, trips on the cable cars and ample rides up and down the steepest railway in the world. Our time at Scenic World was thoroughly enjoyed by all, and if anyone reading this has not yet been there, it is definitely a **must** for those young and old!

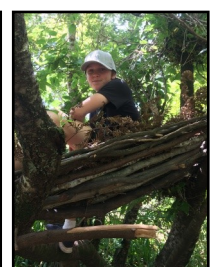
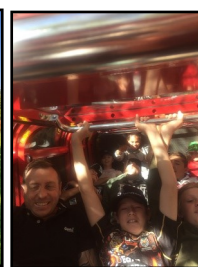
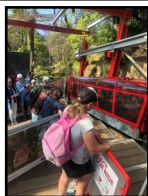
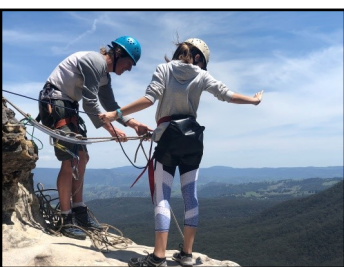
Wednesday we hiked to the Three Sisters. I know a few students may “agree to disagree” on this point, but for me, this was the highlight of the trip! Having driven through the mountains numerous times, I have to be honest and say I have never really appreciated their beauty (most times are normally spent complaining about the traffic), but this near 4 hour trek provided some of the most spectacular scenery I’ve encountered. All of the students absorbed the views and the beauty of the Three Sisters, and only a few complained about tired legs! We were then treated to a cooking class from an experienced and renowned chef, and learnt the skills of mastering home-made bread (so hopefully students will take this skill up at home!). On our last full day, students took part in arguably their highlight of the trip, abseiling. Everyone tackled the 5m cliff (myself included!) and most were brave enough to make their way down a 17m cliff (I didn’t find the courage to do this one, however Mr Jones did, so at least one teacher set the bar!).

After a game of spotlight that night, we hit the hay and did a bit of mountain biking before the bus ride home.

As Year Advisor, I want to say a big thank you to the students who came along for this trip. It was a great opportunity to get to know them on a more personal level, out of a school environment. I want to commend them for the maturity and respect shown whilst away, and for the many laughs and memories shared!

Looking forward to next year already!

**Sarah Press**  
Year 7 Advisor



Teach your children well



# SECONDARY

**Deputy Principal**  
Dimiti Trudgett

**Head Teachers**  
Gary Hansen  
Jessica Skinner (Relieving)  
Ted Wright

## Halloween - Schools Spectacular

The Schools Spectacular team would like to extend our massive gratitude to our volunteers who helped raise funds to assist us in going to Sydney for this year's Schools Spectacular!

The houses looked AMAZING and we are so lucky to have people in our community help us in running this event.

*Thank you!*

Joyce Weckert  
Debbie Skinner  
Beth Warner  
Ms Ebsworth  
Trangie USMC  
Lynda Cole  
Nicole Berry  
Michelle Kohlenberg  
Anne Holden  
Lorna Deener  
Brittany Hill



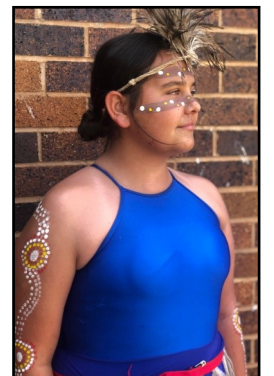
We would also like to thank the Trangie USMC for hosting us this year, Miss Moss and Amy for helping to set up the hall and also to Mrs McMaster, Mrs Brown, Ms Milgate and Mrs Browning for assisting in the running of this fun event!



## Aboriginal Dance

Last Thursday, our talented female Aboriginal Dance group travelled to Burrendong Sport & Recreation Centre to perform at the Aboriginal Women & Young Girls Health Conference run by NSW Legal Aid. Once again the girls were great role models for our school and community and represented families proudly. It was also humbling to be able to perform in front of various female Elders from around the state that supported and appreciated our style of cultural dance. The girls then participated in a traditional smoking ceremony that ended the three day conference and for our students, some of which was their first time experiencing this ceremony.

**Jessica Skinner**  
*Schools Spectacular & Aboriginal Dance Coordinator*



Teach your children well



## Assistant Principals' Report

### Gobondery/NARRAF Tennis Gala Day

Well done to the following students who braved the high heat to compete in the annual G/N Tennis Gala Day last Friday in Tottenham; Zoe Andrews, Mia Gleeson, Hayley Stephens, Matilda Anderson, Ryan McCarney, Jayden Dunn, Troy Sibley and Mackenzie Young.

This group of children was a delight to take away for the day. They all played to the best of their ability, they displayed excellent sportsmanship at all times, were all very well behaved and simply a great group of students to be around. Zoe Andrews won the encouragement award for our school. The winners of the day's event were Tullamore Central School.



### School Lunches

Parents please be aware that our school tries very hard to discourage 'junk food' in favour of healthy, nutritious options. Besides the long term health effects of nutritious eating, the children who are eating sensibly thrive in the school environment as they are full of vitamins and minerals and all the things that help them feel calm and able to concentrate.

Do Pack	Don't Pack
<ul style="list-style-type: none"> <li>Fresh fruit and vegetables</li> <li>Yoghurt</li> <li>Sandwiches and wraps</li> <li>Boiled eggs</li> <li>Meat</li> <li>Leftovers from dinner</li> <li>Nuts, seeds, dried fruit</li> <li>Cheese and biscuits</li> <li>Water bottle</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Bars</li> <li>Lollies</li> <li>Fizzy drinks</li> </ul>
<p><b>Only <u>one</u> of the following (if necessary at all.....)</b></p> <ul style="list-style-type: none"> <li>Packet chips</li> <li>Packet sweet biscuits</li> <li>Processed cereal bars eg rice crispie snacks</li> <li>Roll ups</li> </ul>	



“ Healthy school lunches mean students are getting the nourishment they need to power their minds and bodies to learn.

ANN COOPER

# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh



### Telling Time

Last week the newsletter had some information about times tables and their importance in developing mathematical thinking. This week, the focus is on telling time.

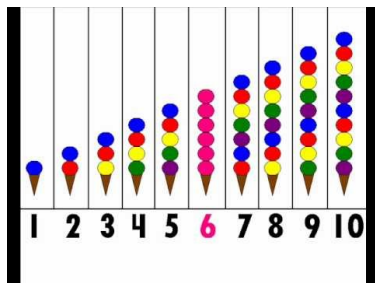
Teaching children how to tell the time has a reputation for being a challenging endeavour. While not the easiest lesson to impart, it can also be endlessly rewarding, as time-telling skills can significantly increase a child's cognitive abilities. Thankfully, guiding a child towards time-telling mastery can be made easier by simply appealing to his or her innate creativity and interests.

### Start by making it easy and fun

When teaching a child time, it can be a good idea to start by introducing him or her to abstract concepts rather than immediately delving into numbers. This will help your child get a feel for what time increments mean before he or she learns their numerical counterparts. Make a habit of announcing when certain events will take one, five or 15 minutes, and announce when they're over. You may find that using a stopwatch, alarm, or kitchen timer can help speed the process of learning. Time some of your child's favourite activities to help him or her personally connect with the intervals. Once these basics are learned, have your child progress to counting in groups of five.

### Understanding analog clocks before digital

Digital and analog-the best of two worlds! After your child has demonstrated a basic understanding of time increments, incorporate an analog clock into your teaching. While a digital clock may seem like an easier instruction tool, the analog variety allows for the better comprehension of time by providing hands which consistently move. These traditional clocks will also help your child apply their newly-acquired ability to count by fives. Learning time on an analog clock may even help children grasp more complex abstractions, like spatial reasoning, sooner.

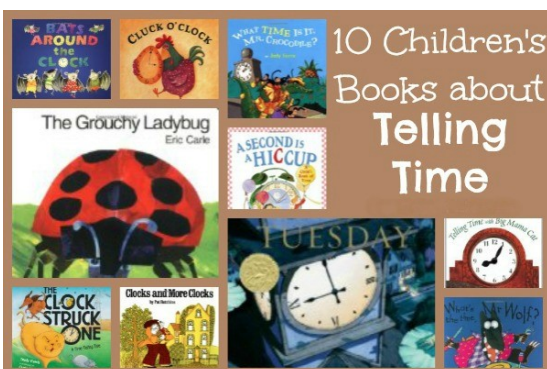


### Learn the numbers from one to sixty

One of the best ways to prepare your child to learn how to tell time is to have him or her memorize numbers up to 60 in their correct order. Double-digit numbers can be especially challenging for children to assimilate, so it can be a good idea to regularly review them and their correct order, as well as their pronunciation. Mistakes or confusion in any of these areas can delay the learning of time-telling. Point out double-digit numbers to your child anywhere you see them in public, like in a grocery store, and have him or her repeat the numbers for you.

### Grasping concepts of time

Incorporate general concepts like morning, noon, afternoon, evening and night time into your discussions. Let your child know when activities occur during specific times of the day. You may want to say, "We eat breakfast in the morning," or "We go to bed at night," to assist your child in learning these designated time blocks. Quiz your child every so often by asking them when certain events happen.



### Use storybooks to teach while having fun

Once upon a time...

While teaching time is no easy task, it's an accomplishment your child can master with the benefit of your commitment and an active appeal to his or her interests. Consider buying storybooks that feature time-related concepts, so that these lessons can be indoctrinated even while your child is still a toddler. In this way, your nightly "Once upon a time" can easily turn into daily lessons in time-telling.



# PRIMARY

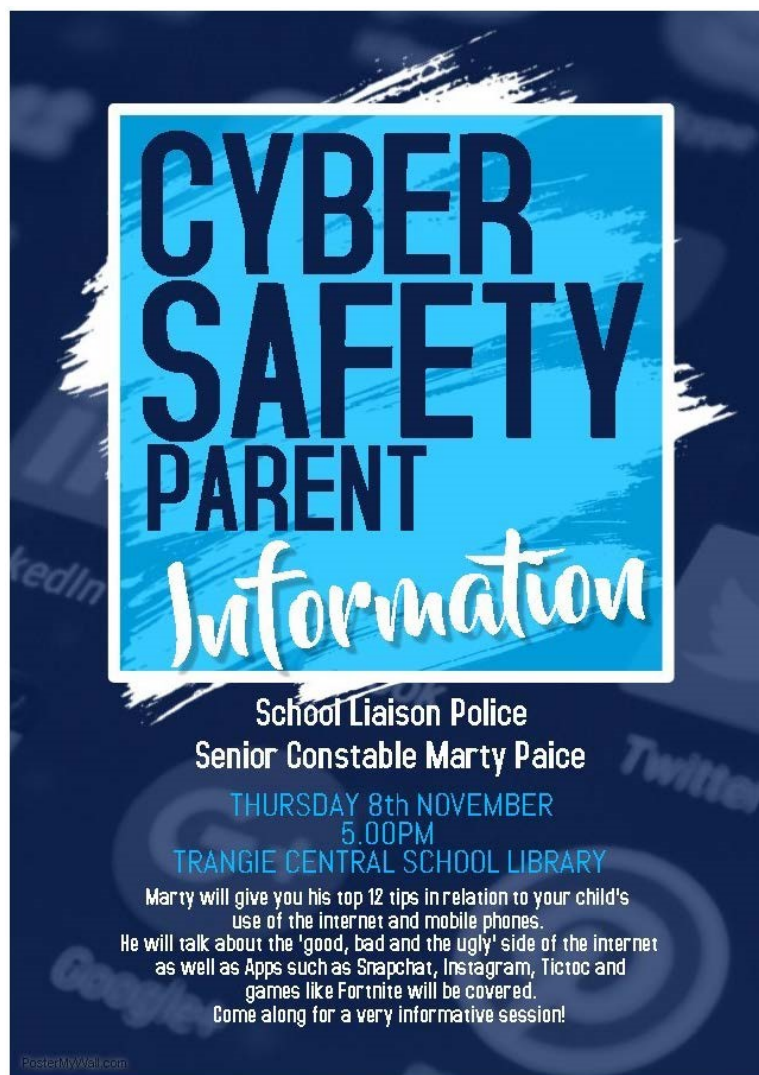
## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Yr 1/2 Trangie Butchery visit 10.00am-11.00am	Taronga Western Plains Zoo Excursion Yrs K-2 Depart TCS 9.00am
Wk 6 19/11	Yr 1/2 Wungunja Cultural Centre & War Memorial visit 11.30am-12.30pm				School Swimming & Water Safety Program 11.30am-1.30pm Selected students  Primary Assembly in 1/2 class room 2.00pm Everyone welcome!

### Cyber Safety Parent Information



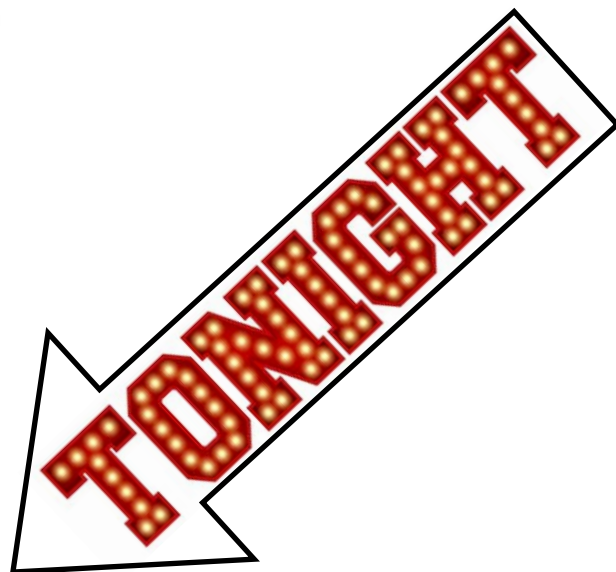
**CYBER  
SAFETY  
PARENT  
Information**

School Liaison Police  
Senior Constable Marty Paice

THURSDAY 8th NOVEMBER  
5.00PM  
TRANGIE CENTRAL SCHOOL LIBRARY

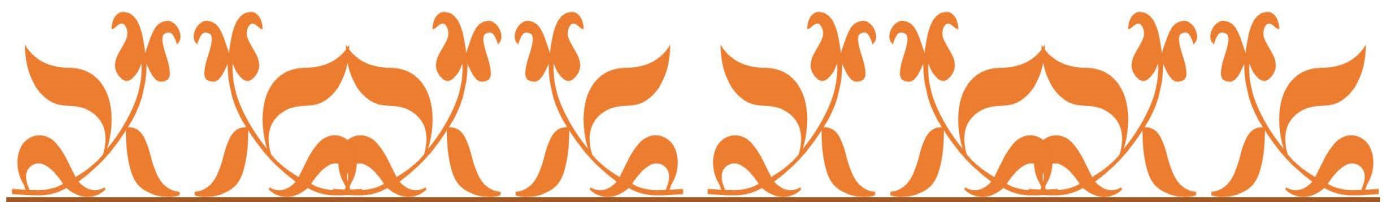
Marty will give you his top 12 tips in relation to your child's use of the internet and mobile phones. He will talk about the 'good, bad and the ugly' side of the internet as well as Apps such as Snapchat, Instagram, Tictoc and games like Fortnite will be covered. Come along for a very informative session!

PosterMyWall.com



Jacky Murtagh  
Assistant Principal

Teach your children well



# Thursday Lunch Special



**\$5.00**

**Order only**





# CANTEEN MENU

Term 4, 2018

## Sandwiches

<b>Toasted extra</b> .....	<b>\$0.50c</b>
Cheese.....	\$2.50
Vegemite .....	\$2.50
Chicken .....	\$3.50
Chicken & Salad.....	\$5.00
Chicken, Cheese, Lettuce & Mayo.....	\$4.00
Chicken & Mayo .....	\$3.50
Ham .....	\$3.00
Ham & Cheese .....	\$3.50
Ham, Cheese & Tomato .....	\$4.00
Ham & Salad.....	\$5.00
Tuna.....	\$3.00
Tuna, Lettuce & Cheese.....	\$3.50
Tuna & Salad.....	\$5.00

## Wraps or Rolls

Chicken & Salad .....	\$5.00
Sweet Chilli Tender Wrap.....	\$5.00
(lettuce, cheese, sweet chilli sauce & sour cream)	
Ham & Salad .....	\$5.00

## Salad Bowls

Taco Bowl .....	\$5.00
Chicken & Salad.....	\$5.00
Ham & Salad.....	\$5.00
Chicken Strips & Salad.....	\$5.50

## Hot Food

Chicken Nuggets.....	\$0.50each
(Max 6 per serve)	
Bacon & Egg Roll.....	\$5.00
(With Tomato or BBQ sauce)	
Chicken Burger (Lettuce & Mayo) .....	\$4.50
Chicken Burger (with the Lot) .....	\$5.00
Chicken Tender or Sweet Chilli Tender ...	\$2.00each
Pizza Pocket Wrap .....	\$2.50
Nachos .....	\$5.00
Junior Nachos .....	\$4.00
Soft Taco Wrap .....	\$5.00
Pie.....	\$4.50
1/2 Sausage Roll .....	\$2.00
Sauce Sachet.....	\$0.20

## Fruit

Orange, Apple, Banana.....	\$0.50each
Tub of Watermelon .....	\$2.00
Tub of Watermelon & Strawberries.....	\$2.00
Tub of Grapes .....	\$2.00

## Snacks

Cheese & Crackers.....	\$2.00
Popcorn .....	\$1.00
Grain Waves .....	\$2.00
Honey Soy Chips .....	\$2.00

## Drinks

600ml Water.....	\$2.00
1 ltr Water .....	\$3.00
Poppers.....	\$1.50
300ml Choc Milk.....	\$2.00
300ml Straw Milk .....	\$2.00
500ml Choc Milk.....	\$3.50
500ml Straw Milk .....	\$3.50
Milkshakes (Choc, Straw, Vanilla & Caramel)	
Small (8oz) .....	\$3.50
Large (12oz) .....	\$4.50
Smoothies (Mango or Strawberry).....	\$4.50

## From the Freezer

Twisted Yoghurt .....	\$2.00
Frozen Juice Cups (Apple or Orange) .....	\$1.00
Ice Cream Cups.....	\$1.50
Ice-Mony (Choc or Strawberry) .....	\$1.00
Zooper Dooper.....	\$0.50

**RECESS** Half Sausage Roll +  
**SPECIAL** Fruit Tub + Popper  
**\$5.00**

\*This canteen menu complies with the governments mandatory healthy canteen strategy.





NARROMINE SHIRE COUNCIL

## 0-5 YEARS JOEY TRAINING TRANGIE

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 | 6889 9999 | WWW.NARROMINE.NSW.GOV.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

<b>Commencement:</b>	09 November 2018 12-week competition
<b>Teams:</b>	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.
<b>Location:</b>	Narromine Golf Club
<b>Registration:</b>	\$100 per team \$5 per player/per game
<b>Registration Days:</b>	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!**

## PARENTS UNDER PRESSURE

### Support Group - Trangie



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

Trangie Bowling Club @ Dandaloo St, Trangie



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



## Sing Australia

### Sing Australia Trangie

Trangie 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)