



Trangie Central School Newsletter 15th November 2018 Term 4 - Week 5



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



Primary do the Lemon Face Challenge!



What's On

Wk 5	16/11	Yrs K-2 Taronga Western Plains Zoo Excursion - Depart TCS at 9.00am
Wk 6	18-25/11	2018 Schools Spectacular - Depart Trangie Railway Station at 7.35am
	19/11	Yr 1/2 Wungunja Cultural Centre & War Memorial Visit 11.30am-12.30pm
	20/11	Yr 1/2 Narromine Farm Visits - Depart TCS at 9.00am
	21/11	Kindergarten 2019 Transition Day at TCS 9.00am-11.30am
	23/11-6/12	Primary School Swimming & Water Safety 11.30am-1.30pm

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.


Enrol with us!

At present we are processing enrolments into Kindergarten and Year 7 for 2019. Thankyou to those who have already handed in their forms. It is very helpful when planning, to know numbers. We are looking forward to a straight Kindergarten class and three 7/8 classes, with Mathematics in year/ability groups – how exciting!

Individualised learning



We are very fortunate to have the services of an Instructional Leader in our infant classes. This is a component of the Early Action for Success program that some State Schools are fortunate enough to be part of. I visit classrooms across our school on a regular basis and am very proud of the quality of the tuition and the high level of engagement of our students.



Yesterday I wandered unannounced in to Ms Parsonage's Year 1/2 class and was incredibly impressed by the number of students who were receiving targeted intervention in small groups, led by one of the THREE adults in this small group of students. The mathematics work that the students were engaged in was obviously differentiated for their ability and this level of individual attention explains our great NAPLAN results and growth in Numeracy.



Mrs Julie Whiteley is our Instructional Leader and is doing a fantastic job working in the Infants' team with Ms Jo Ellis and Ms Karla Parsonage: a really great team!

It is also very pleasing to see the level of engagement of all the students and their capacity to work independently, in pairs and in groups. Well done to all the members of this lovely class.



The TCS Window Display

The TCS window display is literally a window in to our beautiful school. Mrs Lea McKinnon will be doing our window display on a regular basis from now on. I would like to thank her for a beautiful, creative display this week that captures who we are and what we are about. Our recognition of success, in all areas, our high expectations and the great store we set on ensuring our school looks as good as it is along with strong values of tolerance and kindness – this all shines through. Thankyou Mrs McKinnon, we look forward to your next creation.

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!

All the best,
Anne Holden

Staff Smile of the Week (Week 4)

Goes to Julie Whiteley for supporting quality teaching at TCS!

A CULTURE OF CREATIVITY AND HIGH EXPECTATIONS

Teach your children well

Assistant Principals' Report

Kindness Day - Lemon Face Challenge!

Primary students participated in World Kindness Day on Tuesday the 13th of November in a number of ways;

- ♦ Read about and talked about practical ways to be kind to others
- ♦ Reflected upon the need to be kind and how to handle things in a kinder way
- ♦ Drew, wrote, coloured and created 'Kindness posters' for display

Most importantly, by thinking about others and taking action to have a positive impact on their life.

This year we learned about the story of five year old Annabelle Potts and participated in a unique challenge to both brighten the day of this little girl and hopefully, help raise research money that may, one day, help other children like her. The following excerpt is from the Daily Telegraph.

"CANCER has paralysed her face and stolen her smile but Annabelle Potts can still issue a heartbreaking video challenge for everyone to join the "Lemon Face Challenge" and help all those "little kids who have lumps inside their heads".

Like the Ice Bucket Challenge that has raised millions for motor neurone disease, Annabelle and her family hope the Lemon Face Challenge can take off and shine a spotlight on childhood brain cancer.

Annabelle's favourite band, The Wiggles, were the first to take up the challenge for The Sunday Telegraph and called on others to join them in sucking on a lemon and posting the video online for charity.



Our students were inspired to get involved and we appreciate the compassion that they show for others. We would also like to thank Ms Ellis for organising this event.

PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Stewart House

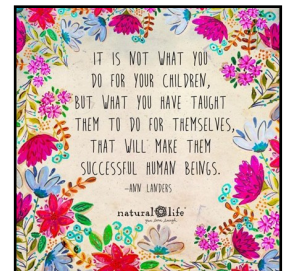
Our school was fortunate to be able to send one Secondary and four Primary students off to Stewart House in Sydney. The children reported that they had a marvelous time seeing the ocean, being out and about in Sydney and trying new things that they've never tried before. The following is Mitchell Nelson of Year 6's report;

On the 29th of October, Piper, Drew, Cooper and I went to Stewart House. We travelled by bus from Narromine to Orange and then we switched buses and arrived in Manly at around 6:30pm. We stayed in cabins and I was in an upstairs cabin. I slept in a bunk bed. We went on some outings. On the first day we went to the zoo and Piper got splashed by a seal! On the second day we went to SOPAC where the Olympians did their diving. We went on the water slide and in the whirlpool. On the third day we went on a ferry trip from Manly to Sydney and when we got into open sea the ferry rocked from side to side. We saw a war ship and a cruise ship that had a big water slide on it. We went to the maritime museum and we went on board a ship that was a replica of the Endeavour. In the afternoons we would do fun activities like sand surfing and playing in the games room. The food was really good I liked the giant schnitzel, the beef stroganoff and pizza night was great too! Altogether, it was a really good experience and when I'm older I'd like to go back there for work experience.



Independent, Helpful Children

Schools and teaching staff are inundated with research papers, the latest psychological studies and lots of information about child development. A recent 'hot topic' has been about modern children being 'babied' and not developing the essential skills to become independent, functioning adults. The following excerpt may be of help to some of us....and motivate us all to get our kids up and helping out around the house with more regularity!



"Research from a well-known 75-year Harvard study examined what psychosocial variables and biological processes from earlier in life predict health and well-being later in life. Researchers found that children who were given chores became more independent adults." ~VeryWell.com

They go onto say "Kids feel competent when they do their chores. Whether they're making their bed or they're sweeping the floor, helping out around the house gives them a sense of accomplishment. Doing chores also helps kids feel like they're part of the team. Pitching in and helping family members is good for them and it encourages them to be good citizens."

According to Boston Globe: "By at least some accounts, tasks, like doing the laundry or cleaning up after dinner, have fallen off kids' to-do lists." In a Research poll of 1,001 parents last year just 28 percent said they regularly assign chores to their kids, even though 82 percent said they grew up doing chores themselves.

It isn't hard to imagine reasons for this shift. Tightly packed schedules can leave kids little time for housework. Some parents may want to spare their children the drudgery they endured. Others may find that nagging kids to do their chores is more of a burden than they bargained for.

"When young people have been expected to roll up their sleeves and pitch in, and to ask how they can contribute to the household, it leads to a mindset of pitching in in other settings, such as the workplace," Lythcott-Haims said. Not giving kids chores, she added, "deprives them of the satisfaction of applying their effort to a task and accomplishing it."

In fact, A University of Minnesota 20 year study found that the best predictor of adult success was based on if they had begun doing chores at an early age... as young as 3 or 4. It's never too late to start!

Age-Appropriate Chores for Children



© Copyright 2013 www.flandersfamily.info

Ages 2-3

- ☐ Put toys in toy box
- ☐ Stack books on shelf
- ☐ Place dirty clothes in laundry hamper
- ☐ Throw trash away
- ☐ Carry firewood
- ☐ Fold washcloths
- ☐ Set the table
- ☐ Fetch diapers & wipes
- ☐ Dust baseboards

Ages 6-7

- ☐ Gather trash
- ☐ Fold towels
- ☐ Dust mop floors
- ☐ Empty dishwasher
- ☐ Match clean socks
- ☐ Weed garden
- ☐ Rake leaves
- ☐ Peel potatoes or carrots
- ☐ Make salad
- ☐ Replace toilet paper roll

Ages 10-11

- ☐ Clean bathrooms
- ☐ Vacuum rugs
- ☐ Clean countertops
- ☐ Deep clean kitchen
- ☐ Prepare simple meal
- ☐ Mow lawn
- ☐ Bring in mail
- ☐ Do simple mending (hems, buttons, etc.)
- ☐ Sweep out garage

Ages 4-5

- ☐ Feed pets
- ☐ Wipe up spills
- ☐ Put away toys
- ☐ Make the bed
- ☐ Straighten bedroom
- ☐ Water houseplants
- ☐ Sort clean silverware
- ☐ Prepare simple snacks
- ☐ Use hand-held vacuum
- ☐ Clear kitchen table
- ☐ Dry and put away dishes
- ☐ Disinfect doorknobs

Ages 8-9

- ☐ Load dishwasher
- ☐ Change light bulbs
- ☐ Wash laundry
- ☐ Hang/fold clean clothes
- ☐ Dust furniture
- ☐ Spray off patio
- ☐ Put groceries away
- ☐ Scramble eggs
- ☐ Bake cookies
- ☐ Walk dogs
- ☐ Sweep porches
- ☐ Wipe off table

Ages 12 and up

- ☐ Mop floors
- ☐ Change overhead lights
- ☐ Wash/vacuum car
- ☐ Trim hedges
- ☐ Paint walls
- ☐ Shop for groceries w/list
- ☐ Cook complete dinner
- ☐ Bake bread or cake
- ☐ Do simple home repairs
- ☐ Wash windows
- ☐ Iron clothes
- ☐ Watch younger siblings

Teach your children well

PRIMARY

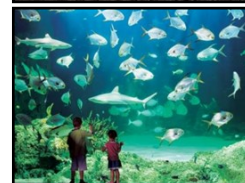
Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Year 5 & 6 2019 Sydney Excursion





Plans are underway for the Stage 3 trip to Sydney next year. We hope to run this camp early in the year so that the children can participate in a surf school! Other highlights of the itinerary will be a visit to the Art Gallery of NSW, the Sydney Aquarium, a ferry ride, Taronga Zoo, Hyde Park Barracks and Chinatown. It promises to be a fun and educational trip. The price hasn't been finalised but it is estimated to be around the \$550 mark. Please take this figure into consideration over the coming months if you intend for your child to participate. Payments can be made at any time to the Admin offices.



School Lunches Reminder

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"> Fresh fruit and vegetables Yoghurt Sandwiches and wraps Boiled eggs Meat Leftovers from dinner Nuts, seeds, dried fruit Cheese and biscuits Water bottle 	<ul style="list-style-type: none"> Chocolate Bars Lollies Fizzy drinks 
<p>Only ONE of the following (if necessary at all.....)</p> <ul style="list-style-type: none"> Packet chips Packet sweet biscuits Processed cereal bars eg rice crispie snacks Roll ups 	

Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 5 12/11					Taronga Western Plains Zoo Excursion Yrs K-2 Depart TCS 9.00am
Wk 6 19/11	Wungunja Cultural Centre & War Memorial Visit Yr 1/2 11.30am-12.30pm	Narromine Farms Visit Yr 1/2 Depart TCS 9.00am	Kindergarten 2019 Transition Day at TCS 9.00am-11.30am		School Swimming & Water Safety Selected students 11.30am-1.30pm
Wk 7 26/11	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm Kindergarten 2019 Transition Day at TCS 9.00am-11.30am	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm
Wk 8 3/12	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm	School Swimming & Water Safety Selected students 11.30am-1.30pm	Primary Assembly 2.00pm 1/2 class room Everyone Welcome!

Jacky Murtagh
Assistant Principal

Teach your children well

PARENT INFORMATION

facebook

You Tube
Broadcast Yourself™

Top Dozen Safety Tips for Parents

1. Have the computer in a family room where you can monitor the usage.
2. Make a contract with your child about their usage and consequences if they break the rules.
3. If your child has Facebook, Snapchat, Instagram or any other social network profile make sure you know what it looks like. (Watch out for the dummy set up)
4. Become your child's friend so that you can monitor their profile.
5. Have proper internet security software to protect your child from accessing inappropriate websites.
6. Make sure that your child knows who they are talking to online and not talking with strangers.
7. Don't answer emails from sources that are unknown.
8. Don't click on popups, they are often sources of viruses.
9. Remember that once something is posted on the net it can be copied and down loaded anywhere.
10. Never respond to any threats made over the internet or via texting.
11. Learn how to Block, Delete and Report to the service provider and to esafety.gov.au.
12. Contact police if there are threats to harm or injure.



Google
Australia

PARENT INFORMATION

TAKING ACTION

Grooming

thinkuknow.org.au

Online child exploitation



afp.gov.au



Cybercrime

acorn.gov.au (adults)

Attacks on computer systems, email spam and phishing, identity theft, online scams or fraud



Child pornography

eSafety.gov.au

Online child sexual abuse material

Office of the eSafety Commissioner

Cyberbullying and harassment

eSafety.gov.au (youth)

Office of the eSafety Commissioner

acorn.gov.au (adults)



Naked selfies and sexting

Report it to your child's school/organisation and/or local police

USEFUL WEBSITES AND CONTACTS

INFORMATION

ThinkUKnow
thinkuknow.org.au

COUNSELLING & SUPPORT

Lifeline
13 11 14
www.lifeline.org.au

Kids Helpline
1800 55 1800
www.kidshelp.com.au

Reach Out
au.reachout.com

Bullying. No Way!
www.bullyingnoway.gov.au

Headspace
www.headspace.org.au

FAMILY ONLINE SAFETY CONTRACT

→ Look on the opposite page for our Family Online Safety Contract.

Take a few minutes to sit down with your child and discuss what you expect from them online.

Use this time to come to an agreement on how you'd like them to use the internet and what you will do as a family if something goes wrong.

Also explain that there is a section for parents to sign and consider as well. This is a two way agreement. Parents, will you agree to not embarrass your children with photographs and comments on social media?

Here's some examples to include.

For kids

- I will never meet someone in person that I have only spoken to online, and I will tell my parents if someone asks to meet me.
- I will not respond to emails, instant messages or friend requests from people I don't know.
- I will put my devices to bed at night to help me get a restful sleep.

For parents

- If you see or hear anything online that makes you feel unsafe or worried for yourself or someone else, please know that you can come to me at any time with this concern, and we will work together to find a solution. NOTHING IS EVER SO BAD YOU CAN'T TELL A TRUSTED ADULT.

Need help filling it out? For a version with included suggestions, visit thinkuknow.org.au



Carly the Ryan foundation.

FAMILY ONLINE SAFETY CONTRACT

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

I _____, will:

I _____, will:

Signed: _____
(Child)

Signed: _____
(Parent/carer)

**For more helpful information go to
www.thinkuknow.org.au OR go to the
TCS Facebook page to download the link**

Teach your children well

Thursday Lunch Special

Chicken with Salad



\$4.50

Order Only

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?

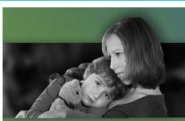
Do you have health concerns about yourself or your kids?

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



Art Competition

Calling all Aboriginal and Torres Strait Islander artists!

CatholicCare invites you to create a traditional or contemporary painting

The winning artist will receive a prize of 1200 and their artwork will be proudly
displayed on promotional products, social media, website and office displays

1st prize \$1200

2nd prize \$500

3rd prize \$300

Competition opens Monday 12th November and closes 5pm Friday 14th January
Competition open to residents of Broken Hill, Wilcannia, Cobar, Bourke, Brewarrina, Nyngan,
Warren, Narromine, Dubbo, Parkes, Forbes, Bathurst, Orange, Lake Cargelligo, Condobolin or
persons residing within the Diocese of Wilcannia-Forbes

For Terms & Conditions and entry forms please call
CatholicCare Wilcannia-Forbes
0404 125 840 or email agearen@ccwf.org.au



SAVE THE DATE!

The Spirit of The Planet Festival Dubbo NSW Australia

Join us for 3 days of World Indigenous song, dance, music,
live performances, interactive displays, Tribal Village, an
'Awakening of The Senses', kids activities, markets and so
much more!

DUBBO SHOWGROUND

Friday 30th November | 4:30 pm to 11:30 pm |

Saturday 1st December | 10:30 am to 11:30 pm |

Sunday 2nd December | 10:00 am to 3:00 pm |

FIND OUT MORE:

WEBSITE: WWW.THESPIRITOF THEPLANETDUBBOAUSTRALIA.COM/

FACEBOOK: WWW.FACEBOOK.COM/THESPIRITOF THEPLANET/

INSTAGRAM: WWW.INSTAGRAM.COM/SPIRITOF THEPLANET/

SUPPORT US AT:

FESTIVAL BELIEVERS: WWW.GOFUNDME.COM/SHARETHESPIRITDREAM

PARTNER AT: WWW.THESPIRITOF THEPLANETDUBBOAUSTRALIA.COM/SPONSORS

DONATE AT: AUSTRALIANCULTURALFUND.ORG.AU/PROJECTS/SPIRIT-OF-THE-PLANET-FESTIVAL-DUBBO-2018/

PHONE : 0490 019 426

COME CELEBRATE

DUBBO & DISTRICT
DEAF CLUB



21ST BIRTHDAY

WE'RE HAVING A FESTIVAL

Saturday 1st December, 2018
3pm to 7pm. Arthur Street, Dubbo

Market stalls

Photo booth

Chocolate Wheel

Pony rides

Kiss a pug & corgi photo booth

Free Ear Health Checks – with Hear Our Heart Ear Bus

Face painting

Food stalls

BBQ

Snow cones

Petting zoo

Tattoos

Live music

Games

Coffee

More information contact; Char Woodbury 0407081009

dubbodistrictdeafclub@gmail.com

Teach your children well



**TRANGIE ACTION GROUP
& TRANGIE USMC**

CHRISTMAS CARNIVAL

at TRANGIE USMC

8TH DECEMBER 2018 5.30PM

GAMES . FOOD . DRINKS

SHOP N' WIN DRAWS

7PM - \$250

7.30PM - \$250

8PM - \$250

8.30PM - \$250

9PM - \$750

LUCKY DIPS

FACE PAINTING

CHOCOLATE WHEEL

XMAS HAT COMPETITION

Years 0-5

Years 6-10

Years 11-Open

Plus much, much more!

SANTA Photos from 5.30pm-7.30pm

Photos will be made available for purchase