



Trangie Central School Newsletter 20th September 2018 Term 3 - Week 9



SCHOOL INFORMATION

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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
31st October 2018
3.15pm
Secondary Staff Room

CONGRATULATIONS Class of 2018



Brodie Adams, Morgan Gale, Bryce Hannaford, Francois Markgraaff



Amy Neve, Jaide Scott, Meegan Seymour, Maddison Wallace

What's On

Wk 9	21/9	Yrs K-6 Primary Assembly - Cancelled - Next Assembly will be Week 3, Term 4
Wk 10	24/9	Yrs K-12 Marathon Health Hearing Tests at TCS
	26-27/9	Moorambilla Voices Camp at Baradine Well done Kestrel, Christian, Bridie, Katelyn & Hayley
	26/9	Yr 12 Farewell Assembly in MPSC 2.00pm - Everyone Welcome!
	27/9	Yr 12 Formal at Trangie Showground 6.00pm - Congrats & have a great night!
	28/9	Students Last Day for Term 3
	29/9	Moorambilla Voices Gala Concerts Well done Kestrel, Christian, Bridie, Katelyn & Hayley
Wk 1	15/10	Students Return for Term 4

Teach your children well



Teach your children well

FROM THE PRINCIPAL

Hi everyone – TCS goes from strength to strength!

NAIDOC Week

NAIDOC Week was launched on Monday with an assembly celebrating the theme 'Because of Her, We Can' and we voiced this sentiment with great pride, having all the wonderful women in our lives in mind when we said it. Our school and our community would be so very much the poorer without the women who work tirelessly in the community, who bring up so many children and those who make our school such a rich and compassionate place to work and go to school. Because of them, we do.

Each year I always say that our NAIDOC Activity Day is the best ever, well this time it really was. Once again Miss Skinner and her NAIDOC team delivered a fantastic set of activities, the staff worked energetically and enthusiastically all day and the students delivered fantastic behaviour to order! I always say they never let us down – well they never do and I am extremely proud of every single person involved.

We were honoured with a number of elders and guests who came in to deliver interesting and entertaining sessions designed to give all involved a greater understanding of culture. Thanks to Nat Heath, Uncle Ralph, Danielle Burford, Aunty Di, Aunty Beth and our own Pat Skinner.

There were several highlights of the day with retired (or so he tells me) singer Pat Skinner with his Minnie the Moocher and the Year 12 class who took the Early Birds to their activities and showed so much care for our newest members.

Great News

We were very excited to receive notice last week that we have another full time Mathematics teacher appointed to our school for 2019. This new graduate comes to us from Sydney and has been appointed to replace Mrs Larkings. She will be visiting us next week to learn more about her new school.

We are also seeking the appointment of a permanent Music teacher for 2019. This process is underway at the moment and hopefully will be completed by the end of term.

Primary Classes for 2019

We are currently working out class groupings for 2019 and we will be very fortunate to have five classes, several being straight classes, one of which will be the Kindergarten class. We will be delighted to welcome Miss Druce back after her year in Ireland and she will be stepping back into Kindergarten to continue her outstanding work on this class. Do not hesitate to call in if you have any queries.

HSC information Evening

Due to the number of activities that have been held in the last couple of weeks we would like to spare our families from another trip to school this term. We will therefore postpone our HSC Information evening until Thursday October 18th. This is in relation to the transition into Year 11 for 2019 and all the information that relates to the Higher School Certificate. Year 10 students have been given their information booklet and subject choice form and these choice forms need to be returned to the office by Friday 21st September. Please bring any questions along that you might have and we will answer them for you.

And last but not least

This is the last newsletter for the term and so I would like to wish the current Year 12 all the very best for the HSC exams and the future. Last week we went to the Western Access Program formal presentation and we were very proud of how our students conducted themselves and of their outstanding achievements. Daniel Flannery, as Dux of 2017 sent in a video clip and spoke beautifully. Congratulations to the organising team led by Mrs Crystal Stanford for such a well organised event. Next week we hold our own formal in Trangie, with an assembly to celebrate the achievements of the outgoing students and to send them on their way with all of our best wishes going with them.

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!


Staff Smile of the Week (Week 8)

 Goes to Maryann for going way above and
 beyond the call of duty.


All the best,
Anne Holden

ENROL IN TCS! Be a member of a true team!

Teach your children well

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner (Relieving)

Ted Wright

Deputy Principals Report

NAIDOC Week

Trangie Central School has hosted another fabulous NAIDOC Week starting with our assembly on Monday and activity day on Wednesday. The assembly saw a lot of students and community members recognised for their continual effort and tireless work, along with some amazing performances. This continued to Wednesday where everyone had a fantastic time for our activity day with the variety of cultural activities to partake in. Thanks to Miss Skinner and her team for their organisation and to our Senior students who hosted the Early Bird students earlier in the day.



A very big special thank you to the following community members for coordinating activities: Uncle Ralph Naden, Aunty Di McNaboe, Nat Heath, Aunty Beth and Uncle John Wright, Aunty Iris Reid, Danielle Burford and Pat Skinner and also Aunty Ruth Carney who was our guest speaker for our NAIDOC Assembly.



Dimiti Trudgett
Deputy Principal

Year 10 into Year 11 2019

Students who are thinking of studying a TAFE course as part of their Preliminary HSC studies, you need to apply by next Thursday. This doesn't lock students into a course, but allows TAFE to decide which courses they will run. Students will not be able to choose to study TAFE after this date, unless they are a school based trainee. Please see Mrs Rush or myself for more information.

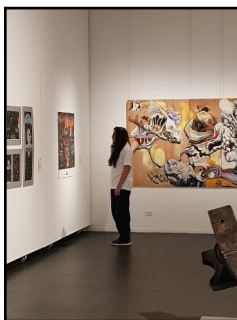


Gary Hansen
Head Teacher

Preliminary Visual Art - HSC Artworks

Last Thursday, our Preliminary Visual Arts students travelled to the Orange Regional Art Gallery to view the ARTEXPRESS exhibition. The unique collection of selected artworks showcases some of the talent of the Visual Arts HSC students from 2017. The exhibition provides insight and direction for our students in preparation for the development and implementation of their own body of work for the HSC course. It was a great day out to view and discuss the artworks expressing a range of views in 2D, 3D and time based forms being social, political and personal. Students' interests and concerns about personal identity, family and friends and particularly the environment were reflected. It was a pleasure to take these students to the exhibition and hopefully it gives the students some inspiration for the year ahead.

Troy Jones
Visual Arts Teacher



Karate Success for Ben Cannon!

- ◆ 2nd in Kata
- ◆ 2nd in points Kumite (sparring)
- ◆ 2nd Continuous Kumite
- ◆ Representing Te Ashi Kia Shin Karate Club in National Tournament this Sunday
- ◆ Compete in International Tournament at Roturua, New Zealand in November



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SECONDARY

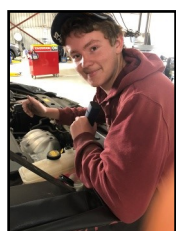
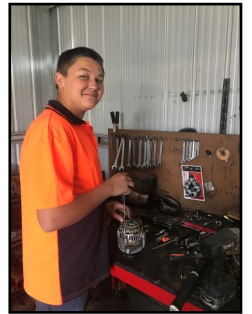
Deputy Principal
Dimiti Trudgett

Head Teachers
Gary Hansen
Jessica Skinner (Relieving)
Ted Wright

Year 10 Work Experience

What a fantastic week our twenty one Year 10 students had last week with each attending an industry that interested them in either Trangie, Narromine, Warren or Dubbo. These ranged from nursing, aged care, community work, mechanic, tourism, animal care, agriculture, architecture and design and pharmacy. With so many out in the field I had to enlist the help of staff to conduct visits to each student. All came back with fantastic reports of how well our students were adapting to working life. Congratulations on being such excellent representatives of Trangie Central School.

Skye Rush
Careers Advisor



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2018 Preliminary Examination Timetable

Peak Hill / Yeoval / Trangie / Tottenham / Trundle / Tullamore

Week	Monday 17 September 2018	Tuesday 18 September 2018	Wednesday 19 September 2018	Thursday 20 September 2018	Friday 21 September 2018
9 (A)	9.10- 11.15am Hospitality Visual Arts Primary Industries Assessment Day Tottenham	9.10- 11.15am Physics 9.15- 11.50am Agriculture	No Exams Naidoc Activity Day	9.10-11.15am PDHPE Industrial Technology 9.15- 10.50am Music	9.10-11.15am Mathematics Standard 9.10-11.15am Mathematics
Week	Monday 24 September 2018	Tuesday 25 September 2018	Wednesday 26 September 2018	Thursday 27 September 2018	Friday 28 September 2018
10 (B)	9.10- 11.15am Community and Family Studies	9.10- 11.15am Modern History			

WAP Graduation (Check out our Facebook page for more photos!)



**CONGRATULATIONS
DANIEL FLANNERY!**

WAP DUX FOR 2017

**See the Trangie Central
School Facebook page
for Daniel's lovely
acceptance speech.**



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Assistant Principal's Report



She'll Be Apples!

On Monday afternoon, just after the school bell rang, we were surprised by the donation and delivery of over 500 delicious red apples. Darren Phillips and his young sons Jessie, Syd and Beau from Kearsley Primary School have

taken it upon themselves to do something to help those affected by drought. They spent the money that they had planned to spend on a holiday to buy five crates of apples and do a good deed by dropping them off at schools in the Western Districts. So far they have been to eighteen schools including Quambone, Marra Creek, Hermidale, Burren Junction and Nyngan.

They have been overwhelmed by the dryness of the country out this way, the dust and starving animals but also by the generous, friendly nature of the people and children they've come across in their travels. We were happy to welcome them to our school and of course, our students have been enjoying lots of fresh, free apples during Crunch and Sip, recess and lunch times.



Bedtime

Teachers are noticing a number of children turning up at school tired. Please refer to the flyer (adjacent) that has lots of practical, ideas for establishing a sleep routine and why this is important for your child.



Sleep Tip!

Turn off TVs, computers, and other blue-light sources an hour before you go to bed. Cover any displays you can't shut off.



Home / School Age / Sleep / Understanding sleep

School-age sleep: what to expect

By school age, your child is probably sleeping through the night regularly without waking up. A good night's sleep is important for her growth, learning and development.

About sleep for school-age children

When your child sleeps well, he's more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps him to be a successful learner.

Getting enough sleep also strengthens your child's [immune system](#) and reduces the risk of infection and illness.

At this age children need **10-11 hours sleep a night**. They're usually tired after school and might look forward to bedtime from about 7.30 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. The first few hours of sleep are usually the most restful. Most dreams happen in the second half of the night. You can read more about [sleep patterns for children](#).

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep she needs.

Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day.

A bedtime routine might look like this:

- 6.45 pm: put on pyjamas, brush teeth, go to the toilet.
- 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about many of the day's events and worries. If he's still thinking or worried when he goes to bed, it can cause a restless night or bad dreams.

You can help your child settle and [relax for sleep](#) by playing gentle music or a reading story together.

Good sleep habits

Your child might sleep better at night if she:

- keeps regular sleep and wake times, even on the weekend
- turns computers, tablets and TV off an hour before bedtime
- has a quiet and dimly lit place to sleep
- gets plenty of natural light during the day
- avoids caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon.



Some [sleep problems](#) are behaviour issues that you can manage at home with [good sleep habits](#). It's a good idea to talk with your GP if you've been trying good sleep habits and they don't seem to be helping. [Sleep medications](#) usually aren't the solution to children's sleep problems.



Helping Children Learn - Part Two

Learn about the world together

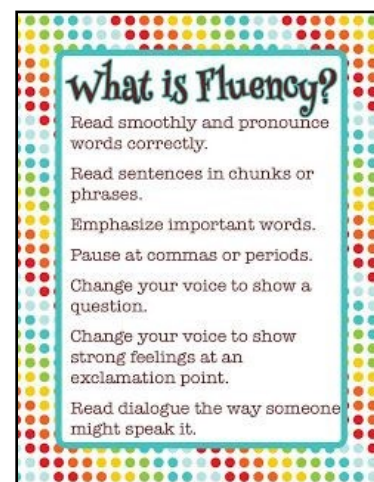
Parents, more than anyone, can help their children enjoy learning new things. Children learn by exploring and finding new interests. Children can learn about the world by doing everyday things like cooking, shopping, cleaning, gardening, or playing sport. There are plenty of free things to do too.

- Give your child the opportunity to discover new things, to explore new interests, and to participate in their family, community and culture. These all help to develop a positive attitude towards learning and school.
- Talk about your own learning – tell your child about what you are currently learning or what you remember about being their age. Share the message that learning is important at all ages. Explain how you plan, solve problems and think about the future.
- Head out to libraries, museums, free concerts, sporting and cultural events together. Check out activities for children such as after school programs, holiday activities and free community programs.

Make reading a family affair

Reading to children from a very early age has a lasting positive effect. Reading together can broaden vocabulary, create an environment for learning together and give you things to talk about later. Having your child read to you is also a safe and nurturing way for children to practise and learn.

- Tell your own stories. Share stories from or about your own family with your child. Tell the stories that have been passed down for generations or that are part of your cultural heritage.
- Read and talk about books and stories with your child. Ask about their favourite character in a book or what they think might happen next in the story. Ask what they liked or didn't like about a story.
- Shared reading activities do not have to be in English to help with learning. If you speak a different language at home, speaking and telling stories in your first language is excellent for your child's education and life experience.
- Praise your child when they make an effort and keep trying, when reading. You could consider setting small milestones for reluctant readers, and involving your child in choosing a book or content that appeals to them.
- Ask your child's teacher or school for advice or ways to support your child's enjoyment and skill development in reading.
- These days, we read more than just books – reading on hand-held devices (eg iPads) also helps to familiarise your child with technology as well as build their reading skills.



**THE LIBRARY
IS THE TEMPLE
OF LEARNING
AND LEARNING
HAS LIBERATED
MORE PEOPLE
THAN ALL
THE WARS
IN HISTORY
—CARL T. ROWAN**

Create a good homework environment

There are a couple of important things you can do to get the most out of homework. One is building your child's confidence and the other is to support them to learn on their own. The ways to help them will change as they get older.

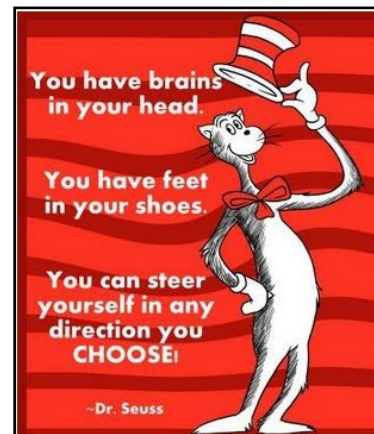
- Create space – children benefit from organisation. Create a special space for doing things like homework and try to make homework a calm experience.
- Be available to help if your child has a question. If you are helping your child, try to make it a positive time that you share together and minimise stress related to homework. Focus on building their confidence, rather than 'having the answer'.
- Talk to your child's teacher about homework, and find out what the school's guidelines are. It's good to have rules about homework, but it's confusing for children to be expected to do more or less than asked at school.
- Praise your child for their effort and persistence when they are doing homework.

Support good relationships

Parents can help children develop friendships and get along with other people, including their teacher.

Children tend to do better when they get on with their teacher and classmates. Children also tend to enjoy learning and being at school when they have strong friendships.

- Be positive about school and respectful of teachers – help your child to build and maintain a positive relationship with their teacher.
- Support good relationships with friends and classmates. Skills that help friendships include cooperation, communication, empathy and emotional control.
- Talk about:
 - * your child's friends and relationships
 - * how they respond to any problems they are having
 - * their ideas for resolving conflict positively.
- If your child has negative experiences at school, you can involve teachers and school staff to help with this.



PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Premier's Spelling Bee Regional Finals

Huge congratulations to the following students; Matilda Brennan, Marley Kerr, Cam Broughton and Brayden Hodge who represented our school at the Spelling Bee Finals last week. The students reported that it was quite an intimidating and nerve wracking setting. It was very formal and there was a large number of children competing in the event. Our senior students did particularly well with Marley making it into the top seven children and Matilda making it into the top four. That is an exceptional effort! Thanks to all of the mums who sent in photos of the competition for our newsletter.

"The best part of the event for me was getting words right when I wasn't quite sure of the spelling. The worst part was probably getting out on a word that I knew how to spell – 'marvellous'... I left out an 'L'. I progressed through six rounds and there were seven rounds in total. The winner was a girl from Dunedoo. I encourage other kids to try out for it because you may feel nervous at the start but then you're proud of yourself as you do it." – **Matilda Brennan**



Primary Concerns

It seems that a number of Primary school aged children are playing quite violent and inappropriate computer games at home. Apparently some students are playing 'Fortnite' which is actually rated M! Please monitor your children's computer usage and don't allow them to be exposed to inappropriate materials.

Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 9 17/9					NO Primary Assembly
Wk 10 24/9			Moorambilla Voices Camp @ Baradine Selected students Yr 12 Farewell Assembly Yrs K-6 2.00pm - MPSC Everyone Welcome!		RAMS Reward Afternoon 2.00pm-3.00pm Yrs K-6 End of Term 3! 29/9 Moorambilla Voices Gala Concerts
Term 4 Wk 1 15/10					Bike Safety Day Yrs K-6 Bring in bikes and helmets



Jacky Murtagh - Assistant Principal

PSSA Athletics

Congratulations to Phoenix, Tawhiao, Archer, Jock, Ryan, Ruby, Remy, Montanna, Piper and Audrey for a super effort at the PSSA Athletics carnival which was held in Dubbo last Friday. The competition from Public Schools in this region was hard to beat, however everyone gave it their best shot and didn't give up.

Well done, to Montanna who has made it to State for shot put.

Karla Parsonage - Primary Sports Coordinator



thank you!

Shout Out to our Senior Students from Early Birds

Early Birds and Mrs Corcoran would love to give a BIG shout out to our senior students for their dedication and commitment to buddying up with us yesterday for the NAIDOC Activity Day. We had a great time with you and Christian Cole went way above and beyond for his buddy!

Mel Corcoran - Early Birds Teacher

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FAR WEST Academy of Sport

Follow us on Facebook
fwas.com.au

2018-19 FAR WEST ACADEMY

RUGBY LEAGUE & LEAGUE TAG TRIALS

WHO IS ELIGIBLE?

Athletes that reside in the Far West Region (ie. area bounded by Lake Cargelligo-Lightning Ridge- Trangie- Broken Hill)

Rugby League Athletes must turn 15 - 18 years of age in 2019

League Tag Athletes must turn 14, 15 or 16 in 2019

WARREN

When: Sunday 28th OCTOBER, 2018

Where: Victoria Park, Udora Rd

WARREN 2824

Time: 10am - 2.00pm (lunch provided)

Please note:

To be eligible for selection, **ALL ATHLETES MUST** trial at Warren on the 28th October 2018.

If athletes are unable to trial on this date, a written explanation with your current team and Coaches details must be submitted via email to:

executive@fwas.com.au by Wednesday 24th October 2018

Far West Academy of Sport

PO Box 403, Warren NSW 2824 | fwas.com.au | (02) 6847 3638

Transport

Athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring

Rugby League training gear, boots, water bottle, towel, tape for strapping if required & snacks.

NO Representative apparel - FWAS, Western Rams, Group 14 etc. to be worn at this trial.

How to enroll

Please apply online on our web page fwas.com.au or by following the link on our Facebook page.

Phone (02) 6847 3638

Email executive@fwas.com.au

NOMINATIONS CLOSE

Wednesday 24th October, 2018



Supported by the



IMPROVING ABORIGINAL HEALTH

ABORIGINAL WOMEN'S HEALTH FORUM 2018 BECAUSE OF HER, WE CAN!

Western NSW Local Health District (WNSWLHD) in collaboration with the Primary Health Network (PHN) Dubbo, invite Aboriginal women to their Aboriginal Women's Health Forum.

Friday 28th September, 2018
1:00pm - 5:00pm

Dubbo RSL Club, afternoon tea provided

This free event will acknowledge the committed contribution Aboriginal women have had in our lives, celebrate successes, while increasing health knowledge and engagement to services.

We look forward to your participation in this event, to register please contact Gabriella Calub on 02 6369 8084 or Gabriella.Calub@health.nsw.gov.au by Tuesday 25th September, 2018.



NARROMINE SHIRE OPEN GARDENS SUNDAY 14 OCTOBER 2018 9:30AM - 5:00PM \$20 PER PERSON

Narromine Gardens

- 'Kirkton' Burroway Road
- 'Bokhara' 43 Nymagee Street
- 90 Warren Road
- 'Glen Haven Park' 447 Ceres Siding Road
- 115 Murgah Street

Trangie Gardens

- 'Yarraman' Enmore Road
- 'Old Cathundral' Gordon's Lane
- 'Muntham' 282 Quigley Carroll Road
- 15 Albert Street
- 16 Campbell Street
- 29 Weemabah Street

Variety of garden stalls

Geoff Swane 'Talking all things Roses' at Muntham from 11am - 2pm

Morning and afternoon tea and a light lunch (sandwiches) available at 90 Warren Road, Narromine or 'Yarraman' Trangie.

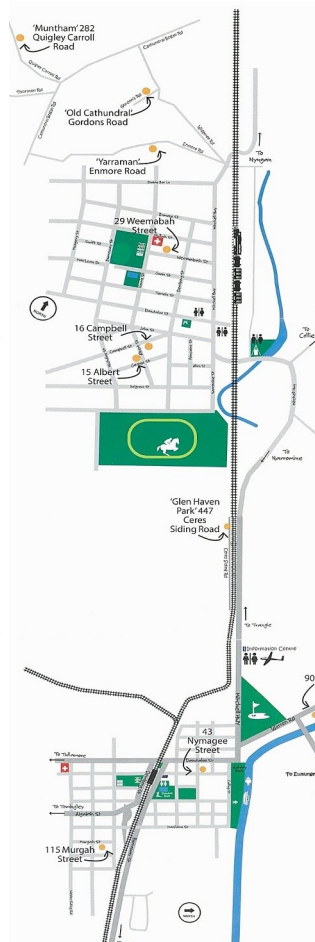
BBQ available at 447 Ceres Siding Rd

For further details contact:

Judy Barlow
0400936 682 | judybarlow86@msn.com

Nikki McCutcheon
0419 288 739 | anglebone@bigpond.com

ALL PROCEEDS GO TO NARROMINE SHIRE CANCER SUPPORT GROUP



OPEN GARDEN LOCATIONS

Narromine Gardens

- 'Kirkton' 535 Burroway Road (8km's from Narromine, right at Eumungerie Road and left down Burroway Road)
- 'Bokhara' 43 Nymagee Street
- 90 Warren Road
- 'Glen Haven Park' 447 Ceres Siding Road (4.5km's from Narromine, left to cross the railway to Ceres Siding Road and right onto Ceres Siding Road)
- 115 Murgah Street

Trangie Gardens

- 'Yarraman' Enmore Road (15km's from Trangie, out Enmore Road)
- 'Old Cathundral' Gordons Road (17km's from Trangie, out Widgerie Road and left down Gordons Road)
- 'Muntham' 282 Quigley Carroll Road (31km's from Trangie, out Widgerie Road, left on Cathundral-Bogan Road and right at Quigley Carroll Road)
- 15 Albert Street
- 16 Campbell Street
- 29 Weemabah Street



Teach your children well