



Trangie Central School Newsletter 14th February 2019 Term 1 - Week 3



SCHOOL INFORMATION

Address:

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Email:

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

Website:

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

Principal:

Anne Holden

Deputy Principal:

Dimiti Trudgett

Head Teachers:

Gary Hansen
Jessica Skinner
Kate Wilson
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 AGM

Wednesday
13th March 2019
3.15pm
TCS Library



What's On

Wk 4	19-20/2	Best Start Year 7 Assessments
	20/2	Early Birds Program Starts 9.00am-12.00pm
	22/2	G/N Swimming @ Narromine
Wk 5	26/2	Yrs 10-12 Australian Tax Office Webinar @ TCS
	27/2	Marathon Health Hearing Screening @ TCS
	28/2	Seniors Olympics @ Kurrajong Court
	1/3	Yrs K-12 Clean Up Australia Day

Teach your children well

FROM THE PRINCIPAL

Hi everyone – Enrol in TCS- inclusive, quality Public Education at its finest!

2019 What a great start!

We have had a fantastic start to 2019. We have had very few changes to our staffing and we continue into 2019 with the same quality of staff and the same enthusiasm and dedication to providing a quality and inclusive education to all comers. After being identified as a case study for our excellence in providing an environment that promotes the wellbeing of our students, our culture remains the same in 2019 and as always, we are continually seeking ways to improve even further on what is already excellent.

We started by recognising that student wellbeing was fundamental to excellence in learning outcomes. We have always said that once students felt valued and confident and happy in our environment, then the academic achievement would follow and this is definitely the case. We now see our students with higher than state average expectations and the confidence to aspire to exciting career choices.

Students have returned to school in 2019 determined to do well and engaged in their schooling. This is both rewarding and exciting for their teachers.

In Primary we are delighted to see Miss Druce back in Kindergarten. We have a beautiful straight Kindy class and with the Early Action for Success program (EAFS) supported by our Instructional leader, Mrs Julie Whiteley, these students have the very best chance for success. We are committed to a strong Early Intervention program and our program of Early Birds, followed by EAFS has proven to be outstandingly successful. The EAFS is a DET initiative which is an opportunity not to be missed.

Year 6 is also a small, straight class and this will be an excellent preparation for High School with Miss Bailey as their teacher with her Science background – how exciting. Year 5 and 6 will continue to be involved in our Middle School STEM project and after our Market Day at the end of last year I know we are in for great things in 2019. We have three 3-D printers coming shortly, so it should be very exciting.

Bird Mural

On 27th February for three days we will welcome Jack Randell into our school once again. Jack will be creating 4 panels to go on the canteen, as I have already mentioned and now that we have a date I would like to extend an invitation to our community to come in and watch the process or even have a paint. All students will cycle through and will be active participants in the creation of the murals. It will be a wonderful opportunity for our newest members to learn how special it is to be a part of the TCS family. An invitation will appear on Facebook nearer the time.

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

**Let's all support
our businesses!
Use Them or Lose Them!**

Staff Smile of the Week (Week 2)	Staff Smile of the Week (Week 2)
Goes to Mary for a great start with your first class.	Goes to Cheryl for a productive start to Term 1.

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SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Head Teachers' Report

Best Start Year 7 Assessment

Our school will participate in Best Start Year 7, an online literacy and numeracy assessment available to secondary schools at the start of Term 1, 2019. TCS is conducting this assessment on Tuesday 19th and Wednesday 20th February, 2019.

Best Start Year 7, undertaken within the first five weeks of the school year, assesses key literacy and numeracy skills of Year 7 students. It is designed to assist teachers to identify students who may require additional support in developing their literacy and numeracy skills.

Best Start Year 7 is just one of a range of assessments the school uses to assess students.

Please inform the school if your child has special needs requiring support to complete an online assessment.

School Equipment

All students are expected to be prepared for each of their lessons with basic equipment such as pens, pencils, ruler etc. A specific list of book/folder requirements has been provided and is included in this newsletter to assist parents and carers to prepare their students for individual subjects. Please ensure that all necessary items are organised for a productive start to the new school year.

Please note: practical subjects require students to wear fully enclosed leather footwear at all times - joggers are not considered to be adequate.

Ted Wright
Head Teacher



Clean Up Australia Day

Students in Years K-12 will be participating in the annual Clean Up Australia Day initiative on Friday 1st March 2019. They will be involved in collecting rubbish around school and the local community. Please ensure your child has their TCS hat, comfortable fully-enclosed shoes, water bottle and sturdy gardening gloves.

Ms Ebsworth
Organising Teacher



PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Assistant Principals' Report

Seventeen keen and eager students began their learning journey at Trangie Central School this week. They have all been very busy settling into their classroom and learning how to be Safe, Respectful, Learners. Each Kindy student has a Year 6 buddy that is helping them at eating time and in the playground where they might need some help.

Their learning has commenced straight away as they engage in social skills lessons, shared reading, fine motor activities, number games and craft along with learning where to line up and about classroom routines. We wish them all the best for the year ahead and look forward to watching their growth.



Library

At Trangie Central School we have a beautiful library full of wonderful books to discover. Each week the Primary classes visit the Library with Mrs Corcoran. During this time the students borrow for their class reading collection and if they bring a bag they borrow to take home.

Please supply your child with a Library bag for their lesson, even a pillow case would be suitable (with name clearly marked).

The Library program is designed to develop student's confidence in their book knowledge and information skills through guided inquiry.

This term we are looking at how to care for books, how to choose a suitable book, Fables and how the Dewey System works in our Library.

Library days for each class:-

K	Thursday
1/2	Thursday
3/4	Thursday
4/5	Tuesday
6	Thursday



Teach your children well

PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Learning and Support

Cheryl Rowley is our Learning Support at Trangie School for the Primary side. Her roles are many and varied. As part of our Early Action for Success program she supports learning happening in K-2 classrooms to ensure recommended benchmarks are met for students in Literacy and Numeracy. Additionally she works with students in Years 3-6 on individual and small group programs. This includes organisation and implementation of Multilit and speech programs. These programs boost achievement and also extend student learning. She coordinates with outside agencies to provide specific services for all students. This includes Marathon Health Hearing and Speech along with many others. Cheryl is a caring teacher who is always looking out for the wellbeing of all our students. Alongside this she also has a secondary role as the LOTE teacher for Year 7 students teaching traditional Wiradjuri Language.



Random Act Of Kindness Week

Next week 17-22 February is Random Acts of Kindness week. We encourage all students to conduct at least one Random Act of Kindness throughout the week and share it with their class.

The Ripples Kindness program we implement underpins our anti-bullying policy. Our school curriculum is a positive alternative to traditional anti-bullying programs helping to improve social, emotional and mental health in primary aged children. We have included some ideas to get you started.

Jo Ellis

Assistant Principal

Early Birds Program

Commences
Wednesday
20th February

9.00am-12.00pm

Enrolment forms can be
obtained from the
Primary office



Kind ideas for Kids

- help an elderly person with their shopping
- leave a chocolate for the cashier
- make a card for someone in a nursing home
- donate unwanted toys and games to a hospital for sick kids
- clean someone's car
- help your parents cook dinner
- include people when you play
- make someone's bed for them
- ask why someone looks sad
- put a nice note on your teacher's desk
- help someone with their homework
- open the door for an elderly or disabled person
- smile at strangers in the street
- tell someone how much you love them
- hug the people you love
- share your toys
- leave flowers on someone's doorstep
- say sorry even if you weren't wrong
- return a shopping trolley left in the street or carpark
- pick up rubbish/trash you see on the ground and put it in the bin
- tell someone they did a good job
- make cheer up cards and deliver them to a hospital
- walk someone's dog
- give a flower to everyone you see
- talk to someone who looks lonely
- make someone breakfast
- say please and thank you
- pick something up for someone
- always thank your friend's parents for having you over
- surprise someone with home baked cake or cookies
- mow your neighbour's lawn
- stand up in the bus or train to let an elderly person sit down
- call your grandparents just to say hello
- don't talk behind someone's back
- stand up for someone who's being picked on
- share your umbrella on a rainy day
- have a "pay it forward" birthday party and ask for donations for a charity instead of gifts
- treat everyone the way you'd like to be treated
- do a job without being paid
- pick up things that have fallen on the floor in shops
- run an errand for your teacher
- do the dishes without being asked
- help tidy your classroom
- read someone a bedtime story
- help out when someone is sick
- make someone a birthday cake
- help hang the washing
- be grateful for what you receive
- do someone else's chores
- ask someone why they look sad
- do your best at school

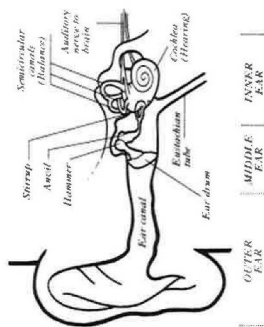
Don't forget to give a Ripple Kindness Card to remind others to pass your kindness on!
Visit ripplekindness.org for more kind ideas.

Ripple Kindness Project

WELLNESS



BLOW, BREATHE, COUGH, WASH & CHEW (BBCWC) for Healthy Ears



WHY?

- To clear the nose – this helps unblock our ears so we can hear better.
- To clear the lungs – to get lots of air for the energy we need
- To teach kids why and how

IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER

You need: Tissues, Garbage Bag, Kids, Soap and water

BLOW, BREATHE, COUGH, WASH & CHEW

- Blow your nose till it's empty!
- Take deep breaths
- Cough to clear the lungs
- Exercise to get the air into our lungs
- Wash your hands
- Chew yummy crunchy fruit & vegetables



HOW? FOLLOW THESE SIMPLE INSTRUCTIONS:

- To Clear the Nose (Blow)**
 - Sit down with tissues and bin.
 - Blow each nostril, one at a time into a tissue until the nose is empty.
 - Check by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril.
 - Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).
 - Pop the ears by pinching the two nostrils together, take a deep breath, close mouth tightly and blow gently against the fingers keeping the nose blocked.

2. To Clear the Chest (Breathe & Cough)

Take five deep breaths counting with the fingers. Give two strong coughs to get the rubbish out.

3. Exercise

Do ten big jumps.

4. Repeat 1, 2, 3 several times

5. Wash your hands after you blow & cough

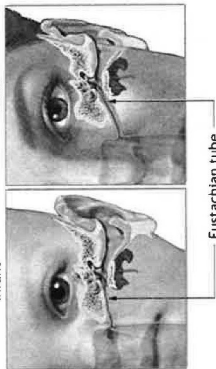
6. Chew

Chewing hard crunchy fruit and vegies helps open the Eustachian tube and allows air into the middle ear space, therefore keeping the middle ear healthy.

Sometimes when a child has a cold, croup or a runny nose the Eustachian tube gets blocked. This can be the start of ear disease.

The Eustachian tube is the tube that allows air into the middle ear space to keep it healthy. It is the space between the back of the nose & throat and the middle ear.

When children are very young, this tube is very narrow and doesn't drain well so it easily becomes blocked. As they grow up the tube becomes wider and changes angle to drain better.



#ADAM.

IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER. IF KIDS HEAR BETTER THEY LEARN BETTER

For further information contact your local
Community Health Centre

Trangie Multi Purpose Service
28 Harris Street, TRANGIE

Ph: 02 6880 8200

Open: Monday-Friday 9am-5pm

Audiometry Nurses Association of Australia Inc
May 2015



SENIORS GETTING ACTIVE 2019

KURRAJONG COURT, MULLAH STREET, TRANGIE

Thursday 28th February 2019

Morning tea and lunch provided

9:30AM – 2:30PM

Join in the fun and participate in sporting and recreational activities that will promote good health and active ageing.

All participants will take home a prize that has been funded by the 2019 NSW Seniors Festival Grant.



- Netball
- Bocce Ball
- Trivia
- Thong throwing
- Team events
- Quoits

- Traditional Indigenous games

Everyone is welcome to join in the fun at this **FREE** event

For information on the event call Terrie Milgate on 0427887476



"When the dust has settled on our lives, all we get to keep and take with us is our dignity, our integrity and the love and respect we shared with people" Tom Powell (Founder)

Red Dust Healing Workshop

(Including new tools on Anxiety, Fear & Suicide Safeguarding)

For all Community Members and Service Providers

Red Dust Healing is a self-evaluating awareness program derived from an ancient Aboriginal perspective that helps individuals deal with the hurt, anger, grief, loss and issues in their lives.

The program introduces participants to visual holistic tools that provide understanding and then empowers individuals to make better choices in their lives. Though the program comes from an Aboriginal perspective but the program is not just for Aboriginal people it is for all people. To date Red Dust Healing has been delivered to over 16,000 people in over 380 communities Australia wide & internationally. We invite you to join us in attending this highly recommended program.

Venue: Wesley House, 64 Church Street, Dubbo

Time: 9-30am – 3.00pm

When: Thursday 28th February 2019

Morning Tea/ Lunch will be provided

For further information and RSVP please contact Jye Ryan Mission Australia on 02 6884 8526 Please be advised numbers are limited.



SUPPORT YOUR MATES, GIVE BACK TO YOUR COMMUNITY

Get involved with one of our free programs

Become a Facilitator

a free 2 day training course to learn to lead one of our Growth Rooms

16th and 17th February
Lifeline Central West
2/148 Brisbane St, Dubbo NSW

or

Register for one of our FREE Growth Rooms
Starting in March

To register or for more information: thebanksiaproject.org.au/growth-rooms



WHAT IS A GROWTH ROOM?

"A place to talk about challenges, set goals and stay focused."

The Growth Rooms are a place for men to come together, talk and discuss life's challenges and triumphs in a safe space.

We work together with men striving for healthier mind and bodies. The Growth Rooms are about empowering each other without judgement and setting positive goals for the month.

The Growth Rooms aim to prevent the on-set of mental health challenges through early intervention.



GROWTH ROOMS

Free community support groups

Peer to Peer

Evidence based

Facilitator lead

Confidential

MAJOR PARTNER



COMMUNITY SPONSORS



SUPPORTERS



For more information contact Jack Jones on 0431204579 or jack@thebanksiaproject.org.au
thebanksiaproject.org.au

Follow us:

FOR MORE DETAILS PLEASE CONTACT:
JACK JONES - PROGRAM DIRECTOR
E: JACK@THEBANKSIAPROJECT.ORG.AU



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EXPRESSION OF INTEREST TRANGIE SOCCER CLUB 2019 SEASON

Minis - Ages 5-7
Mids - Ages 8-11
Seniors - Ages 12-15
Opens - Ages 16 plus

Please contact Sue Winter on
0428 887689



2019 FWAS TENNIS Expressions of Interest 'Come and Try Day'

FAR WEST Academy of Sport

WHERE: Warren Tennis Courts
Victoria Park, Warren 2824

WHEN: Saturday 23rd February 2019

TIME: 10:00 am – 12:00 pm

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

- Athletes aged 9 and above are eligible to trial

For further information, contact our office on 5852 6000

PLAY HOCKEY 2019

JUNIOR BOYS & GIRLS

TOTAL SEASON FEES FOR JUNIORS - NO EXTRA FEES

UNDER 5's - \$ 38.00 - UNDER 7's - \$ 38.00

UNDER 9's - \$ 38.00 - UNDER 11's - \$ 65.00

UNDER 18's- \$100.00 - Youth A Grade - Youth B Grade

Under - 5's, 7's, 9's, 11's & Youth B - Saturdays & Youth A - Friday nights

Remaining ACTIVE KIDS VOUCHER monies can be used for equipment

SENIOR MENS & WOMENS COMPETITIONS

NEW PLAYERS WELCOME !!

--- FREE COME & TRY ---

11.30am - February 16th & 23rd - March 9th & 16th
No equipment needed

DUBBO HOCKEY ASSOCIATION

PIONEER PARK, HOWARD AVE

PH: JULIE 0439 400 768

EMAIL:

hockey@dubbohockey.com.au



Online Registration is open for Narromine Soccer Club

Go to www.playfootball.com.au/register

Firstly, please apply for the Active kids voucher through www.service.nsw.gov.au

If anyone is having issues with online registration please come to the following rego days

Saturday 16th February 10am-12pm downstairs at Narromine RSL club

Wednesday 27th February 530pm-630pm downstairs at Narromine RSL club

Thursday 28th February 5pm-630pm at Dundas park soccer sheds

There are also opportunities to ref and be paid for it!!

Please phone Lauren 0448 720079 for any inquiries



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