



# Trangie Central School Newsletter 21st March 2019 Term 1 - Week 8



## 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.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:**

Holly Anderson

### **Secretary:**

Emma Roberts

### **Treasurer:**

Jaye Milgate

## P & C Meeting

**Wednesday  
3rd April 2019  
3.15pm  
TCS library**

# Congratulations



## **Congratulations to Jock Kater and Zoe Andrews for making it to State Swimming!**

## **What's On**

Wk 8	22/3	G/N Cricket Gala Day @ Peak Hill - Depart TCS at 8.30am
		Yr 5/6 Sydney Excursion - Return TCS at 7.00pm (ETA updates via Facebook page)
Wk 9	25/3	Yrs K-6 Life Education Van Visit @ TCS
		Yrs K-6 Hip-Hopping from Bollywood to Brazil 9.30am-11.30am
	26/3	Yr 11/12 Study Skills with CSU Future Move @ TCS
		NSWJCL Country Schools Chess Comp @ TCS 11.30am-1.30pm
	27/3	Early Birds Parent Information Session @ TCS 8.30am-9.00am
	28/3	WSSA Rugby League Trials @ Narromine
	29/3	Primary Assembly in 1/2 classroom - 2.00pm - Everyone Welcome!

**Teach your children well**



# Trangie Central School

School Photo Date:

Friday

5th April 2019



Dear Parents,

School photo day is coming up very soon. Group and portrait photos can be purchased by following the link below or by using the envelope (to be distributed soon).

#### Important Information:

- School photos purchased online DO NOT require envelopes returned to school
- Don't forget to order your sibling photos now
- **Late fees/additional charges will be applied for purchases after photo day**
- Photos will be returned to your school for distribution approximately six weeks after photos are taken
- Past years' photos including sports, co-curricular and representative groups available at school's **advancedlife** & your **advancedyou** photo sites (follow the link below).

\*Sibling photos must be ordered either online or by order envelope prior to the day of photos. A photo will not be taken without an order. Sibling photos only apply to children enrolled at the school.

**advancedlife** would like to express our appreciation to Trangie Central School for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience please contact us at-

**[enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au)**

**ONLINE ORDER CODE: ZXN BFF DJE**

**Online Order link: <https://www.advancedimage.com.au/keycode/keycodefinder.aspx?keycode=ZXNBFFDJE>**

Teach your children well



# FROM THE PRINCIPAL

***Hi everyone - TCS is fantastic on the inside and beautiful on the outside!***

**Making progress - More beautiful every day and more to come!**

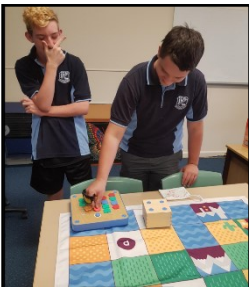


It is very exciting to see our new primary tables finally assembled and in place. Now that all the colours are there and thanks to Morgan Gale, our cola floor has been repainted, it looks wonderful.

The shade sails over the playground and sandpit are in progress, with 2 metre holes being dug this week to create secure footings for the poles, which went in today. They are red too and look fantastic! Just think, shade AND beauty.



## **Cubetto**



Last year we purchased Cubetto for our primary students, suitable for infants up. Last week Mr Holden's trusty tech experts put it through its paces and showed how very versatile it is, providing coding education from infants right through to secondary.

Cubetto teaches students to program the cube to follow directions. It also allows students to write procedures and teaches left, right, forward and back and the compass directions.

The boys are also adept at coding using EV3 and along with a growing group of fellow students are definitely developing excellent 21<sup>st</sup> Century thinking skills.

## **Thumbs Up**

I would like to pay tribute to the generosity of our staff for their donations of supplies for our breakfast club and also to Rachel at Trangie Bakery for donating any bread she has left over each day for the children's toast each morning. Many students are making a much better start to the day and ready to learn and work productively and we really appreciate everyone's generosity.

Thumbs up also to Sam Dumbrell for her gift of books for our students and to Ash Rae for donating Literacy games.



## **Better Safe than Sorry!**

Please remember that it is the law that bike riders must wear helmets. This is not a rule that has been created just for the sake of it, it is designed to prevent head injury when a child or adult falls off their bike. Many of our students are riding to school without a helmet along roads also used by trucks and other vehicles and this is a recipe for disaster. Please keep your child safe by never letting them ride without a helmet, no matter where they are.

No child will be permitted to bring their bike to school if they have ridden without a helmet, so please, be safe.

## **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**

**We are EVERY BIT  
as good as we look!**

**Teach your children well**

# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## Head Teachers' Report

### **Congratulations to our WSSA swimmers**

Well done to all of our representatives who competed at the Western Area Swimming Championships last Friday. Congratulations to Zoe Andrews for qualifying to compete at the NSW State Championships to be held at Homebush Olympic Park later this term. We wish her well as she competes at such a high level.

### **Year 10 Immunisation Program**

Next Tuesday March 26<sup>th</sup> our Year 10 students will be receiving their vaccinations. Medical staff will be visiting our school to conduct this vaccination program. Parents are requested to complete and return the consent form to the school.

### **Years 9 & 10 Excursion**

Initial planning is underway for the Years' 9 and 10 excursion to Canberra in Term 3 this year. Parents/caregivers of these students will soon receive a letter from the school providing further details of the proposed itinerary and costs. In order for the school to commit to bookings for accommodation and activities, we need to get an idea of the number of students that will be attending. Parents are requested to complete and return the permission note and make an initial deposit to secure their child's place on the excursion.



### **First Aid Training (Year 12)**

Our school has made arrangements for the delivery of a registered First Aid course for our Year 12 students on the 1<sup>st</sup> and 2<sup>nd</sup> April. Certificates in First Aid are often required in many workplaces and it will benefit our Year 12 students as they transition towards entering the workforce. These courses can sometimes be quite expensive however the school will be subsidising the cost to each student to make it more affordable. I would like to encourage as many students as possible to take up this opportunity and gain this valuable qualification. Full cost is \$170.00 but school subsidised cost is \$120.00 per student.

### **School Photographs**

School photographs will be taken on Friday 5<sup>th</sup> April. Parents/carers wishing to purchase any individual, class or group photos are requested to complete the forms including payments.

*You're Invited*

### **End of Term Assembly**

Our end of term assembly will be held on Tuesday 9<sup>th</sup> April. Parents/carers and community members are invited to attend to recognise the achievements of our students through Term 1. This will also be an SRC induction assembly and an opportunity for some of our students to perform musical items.

*Ted Wright*  
*Head Teacher*

**HOMEWORK  
CENTRE**  
**THURSDAYS**  
**3PM-4PM**  
**TCS LIBRARY**

**LIGHT AFTERNOON TEA PROVIDED**

**HOMEWORK ONLY**  
**STRICTLY NO GAMES**

**ALL STUDENTS ARE TO REMAIN IN THE  
LIBRARY FOR THE WHOLE HOUR UNLESS  
COLLECTED BY BY A RESPONSIBLE ADULT.  
PLEASE COLLECT STUDENTS BY 4PM SHARP!**

www.MYval.com



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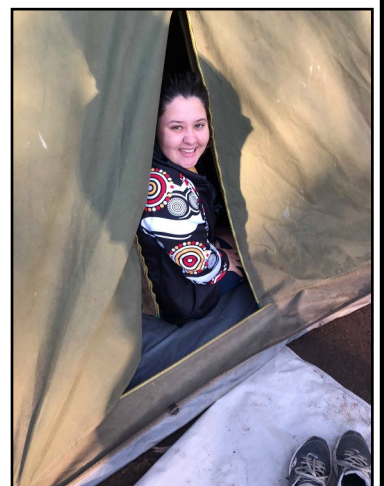
### **Year 11/12 Biology Warrumbungles Excursion**

This week, Year 11 and 12 Biology students had the privilege of travelling to the Warrumbungles and staying there overnight. While we were there, we conducted ecological field studies to examine the impact of biotic and abiotic factors within the ecosystem. We also went into Coonabarabran to visit the Australian Diprotodon Museum. The 2 hour drive to the Warrumbungles was made worthwhile by witnessing some of the most captivating views, being a part of a fantastic camping experience and getting up close and personal with some amazing native species, including an eagle, a bearded dragon, a goanna and a sugar glider.

We learned how native species of plants and animals interact with each other, and are influenced by their environment as well as how human impacts have caused serious losses of biodiversity. However, we also learned that environmental scientists are doing amazing work and trying new and innovative ways to conserve and protect our native species.

This excursion wouldn't have been possible without our awesome Biology teacher, Ms Ebsworth, so thank you!

*By Morgan Adams & Kiah Edwards*



Teach your children well



## Assistant Principals' Report

### Sport

Last Week we had 5 students compete in the PSSA swimming carnival in Dubbo. Congratulations to Remy Gleeson, Ella Day, Alex Cole, Montanna Gall and Jock Kater who had a successful day of competition. A special congratulations to Jock Kater who will be heading to Sydney to compete in the State Championships later this year. Best of luck Jock!

*We had to arrive at 8am in Dubbo. There were lots of people there, even more than last year. It was a busy day. The competition was hard and we tried to swim as fast as we could, as well as have some fun. It was really hot so we were glad when we could get in the pool. We have all trained hard to keep becoming better swimmers. Next year we hope that we can achieve more Personal Bests and have more people make it to the next level.*

*By Alex and Remy*



### Life Education Van

Our annual visits to the Life Education Van begin this week with K-4 attending today and Years 4/5 and 6 will have their visit on Monday. This is a wonderful opportunity for us. The mission for the van and this wonderful organisation is about empowering our children and young people to make safer and healthier choices through education. This year they are celebrating their 40 year anniversary. I am sure many of you can remember visits to the van to visit Healthy Harold. Feel free to visit

their website and have a look at the resources and memorabilia they have. If your child would like to buy a souvenir from the van this can be done through the office.



### Football Skills

This week saw the start of our football skills sessions with Mel Gleeson. Thankyou to Mel who has volunteered to come in and spend time with each of our classes learning and practising football skills. All students enjoy this opportunity and are building skills and love of sport at the same time.



*Jo Ellis*

*Assistant Principal*



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**CENTRE**  
**THURSDAYS**  
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# Autism Awareness Fun Day

Wednesday 10th April 2019

Trangie Respite Centre

32-35 Temoin St Trangie

9:30am – 2:00pm

- BBQ LUNCH
- MUSIC
- GAMES
- MURAL PAINTING
- MAKE AND TAKE CRAFT
- FIRE TRUCK VISIT



**Gold Coin Donation-** All Donations will go to Trangie Community Connect for the purchase of sensory equipment for our town.

**Wear your brightest clothes and biggest smile**



CHALLENGE  
Community Services

Disability Services

Take the challenge!

Join the Big Aussie Hearing Check



FREE SCREENINGS @

DUBBO 10-12 COBRA STREET

'JUST POP IN'



we support  
**HEARING  
awareness  
WEEK**

Over 18 yrs

• 131 797  
• hearing.com.au

**FRIDAY 29 MARCH 2019**

6pm – 9pm

**NARROMINE  
FAMILY  
MOVIE NIGHT!**

**NARROMINE GLIDING CLUB**

NARROMINE AIRFIELD, MITCHELL HWY NARROMINE

ALL WELCOME!

FREE BBQ & SOFT DRINKS \* FAMILY FUN \* OUTDOOR FILM  
SCREENING \* RFDS COFFEE FLOAT \* FIRE BRIGADE DISPLAY  
\* DROUGHT SUPPORT AND MENTAL HEALTH INFO

More info: April Allen 6889 4932

SUPPORTING DROUGHT-AFFECTED COMMUNITIES:



**TAFE<sup>NSW</sup>**

TAFE NSW Course

Statement of Attainment in Early Childhood

Inclusive Practices

FREE 10 week course

Anyone from any town can do this course which is delivered via Video Conferencing from their local TAFE Campus or from their own home.

Course Name - Statement of Attainment in Early Childhood Inclusive Practices

Course starts - 29/4/19

Duration of course - 10 weeks

Day & time - Mondays 5pm - 8pm

Cost - Fully Subsidised

Delivery - via Video Conferencing at local TAFE Campus or at their home.

Enrol - Click on <http://bit.ly/2UBHdw1>

Course Code - 166-56546V01 (The course they click on is under **Cowra College which is the correct course**)

Teach your children well

## Responding constructively to the Christchurch shooting

by Michael Grose

Last Friday's shooting of innocent people in two Christchurch mosques is an event that has shaken people to the core worldwide.

While we'd like to protect our children from such events, in reality it's impossible, as the news coverage is so widespread and the event itself has impacted so many people. The personal nature of this particular tragedy makes it even harder to stomach than some recent natural disasters that have made the news, as awful as they have been.

So how do you approach this with your children? There is no easy answer, but be assured that your child will benefit from talking to you. These ideas may help:

### Be available

Let your child or young person know that it is okay to talk about the events in Christchurch. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

### Filter the news

While we don't advocate censorship, we do suggest that you take particular care about your child's exposure to news events. The consistency of images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Older children and teenagers will probably be interested in the news events, but they probably need an adult available to answer their questions and reassure them.

### Engage in the news with older children

Many issues are now arising from this event that may be of significant interest to older primary-aged children and teenagers. Be prepared to engage in discussions about political leadership, gun laws, the coverage of the event itself by the media and other issues that will emerge. Increasingly, young people are demonstrating that they want to have a voice in shaping the world they live in. Give them a chance to air their concerns and formulate their ideas in the safe confines of home.

### Manage emotions raised

The Christchurch tragedy may raise many emotions for children and young people including sadness over the loss



POSITIVE PARENTING

## parenting\*ideas

of life, confusion over how such an event could happen, and outrage over injustice. Take your cues from your children and follow the threads that emerge. Demonstrate that you understand how that they may be upset and clarify their emotions if possible: "It's understandable to be angry when you hear news like this."

### Moderate your language

Currently, we live in very divisive times. The fact that this shooting was carried out on one particular group demonstrates just the extent of the divisiveness of our community. Encourage kids to be inclusive, steering clear of valued-laden, extreme language such as 'terrorists', 'evil' and 'horrors' when describing the events and the alleged perpetrators. Not only does this type of language encourage children and young people to take a position rather than focus on the problems, it risks desensitising them to the reality of the impact of this event. The use of more sedate, yet descriptive language such as 'gunman', 'awful' and 'tragedy' can take remove the emotional sting, while demonstrating the enormity of the event's impact.

### Keep to a normal routine

Your child may feel powerless. You may feel the same way as that's what events like the Christchurch shooting does to us. Maintaining the same sleeping, eating and daily routines can help to restore a sense of control over our daily lives.

### Show them how to change the world

Arguably, these are the worst of times in terms of social divisiveness. Our children in many ways are letting us know that they don't want to continue living this way. So how can they have an impact? Recently a timely clue came my way in the form of a notification from Facebook. Over the weekend, a parent shared an existing message to her Muslim friends as a message of hope. The quote reads:

*"Don't become too pre-occupied with your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good. This is how they will change the world."*

We get that power back when we start to impact the people around us in small ways, making positive changes for the better.

'Kindness', 'helping others', 'encouraging', 'sharing' and similar concepts don't make great political slogans but they form the basis of every strong community- which is precisely what kids need.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spooned Generation: How to raise independent children*.