



# Trangie Central School Newsletter 28th March 2019 Term 1 - Week 9



## SCHOOL INFORMATION

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### Website:

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### 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

# Healing Foundation Stolen Generation Resource Kit Launch



## What's On

Wk 9	29/3	Yrs 4-12 Aunty Beth Visit to TCS - POSTPONED
	29/3	Yrs K-6 Primary Assembly in 1/2 classroom - 2.00pm - Everyone Welcome!
Wk 10	1-2/4	Yr 12 First Aid Course - POSTPONED until Term 2
	2-3/4	Yr 4/5 Davinci Decathlon Academic Challenge @ Bathurst - Depart TCS at 2.00pm
	3/4	Yr 9/10 Science & Engineering Challenge @ Dubbo - Depart TCS at 8.00am
	3/4	Yrs K-12 SRC Pink Day @ TCS - Wear pink - Bring a gold coin donation!
	4/4	Yrs 7/8 (G & Y) Warrumbungles Excursion - Depart TCS at 7.30am
	5/4	Yrs K-12 School Photos-Please wear formal SUMMER uniform (NOT sports uniform)

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# PINK DAY

WEDNESDAY

3rd APRIL 2019

Years K-12

MUFTI DAY – WEAR PINK  
GOLD COIN DONATION

CUP CAKES WILL BE SOLD AT  
RECESS AND LUNCH  
ALL FUNDS RAISED WILL GO TO THE



  
McGrath  
Foundation





# advancedlife

photography

## 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>**

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# FROM THE PRINCIPAL


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

## Bollywood comes to Trangie

This week we saw a return of Bollywood to our school. The students, both boys and girls, had great fun wearing Bollywood costumes and learning all the moves.



This activity strongly promotes the idea that all the different cultures that are represented at TCS have their own dance and how important it is for each of us to know our own culture and also to respect and understand the cultures of our friends and fellow community members.



We were congratulated on how well our students participated and behaved. The presenter, a talented young Indian woman lent our students her precious dancing costumes and the students were careful and respectful of her lovely things and really enjoyed using them to enhance their dancing. We definitely have some Bollywood stars in the making.



## Bangarra Dance Workshops

Last week we sent a group of students to participate in the Bangarra Dance Workshop in Wellington. We have been very excited by the growth in numbers of the dance group, especially in the number of boys who are really loving the dance. We believe that the Creative and Performing Arts play a huge part in promoting wellbeing in our students and the success of our programs are evident in high attendance and low suspension rates and strong positive feedback from our students in the *Tell Them from Me* Surveys.

Huge congratulations to Karly Edwards and Coopa Hull for being shortlisted for the next level, but then, we know at TCS how great they are.



## Thumbs Up

Thumbs up this week goes to our wonderful cleaners – Wendy Dennis and Jo Gibson. They cleaned the hall ready for the election so that it was as spotless as usual and then the dust storm came through. Despite only a few minutes for each room and no allowance for huge weather events like this one, they just take it on the chin and keep going. Everyone at TCS appreciates the wonderful job that they do.

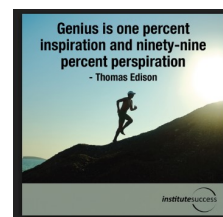
## Year 11 ACEs Year 12!!



Twice each term Stage 6's teachers will be giving them a score out of 10 to rate their attitude, commitment and effort, with the scores for each subject averaged to provide an overall score out of 10. This score has nothing to do with academic ability or the subjects that are studied but only about the effort that is being put in.

This term Year 11's overall score was higher than the Year 12 score, so Year 11 have won the right to the Senior Study for a whole week. Year 12 graciously agreed to this only because if they win I have to shout them lunch in town so they are geared up for a competition. My bank account is feeling the chill already!

Congratulations to the students listed below who achieved an ACE score of 8.5 or more. Well done to the Year 11 group who have started their senior studies so enthusiastically.



Aleea Cole	Jesse Cole	Kira-Lyn Edwards	Stacey Whitney
Millie Boland	Kiah Edwards	Jessie McKeown	Jess Mills

Huge thanks to Miss Skinner who has coordinated this. Amazing how competitive PE teachers are!

## 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 8)

Goes to Scott for giving up his lunch breaks to work with kids keen to do martial arts!

## Teach your children well



# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## Head Teachers' Report

### **The Healing Foundation**

Wednesday was a significant day for Trangie Central School as we were selected to be the venue for the official launch of the Healing Foundation's Stolen Generation Resource Kit. This teaching resource has been developed to introduce students to the firsthand experiences of Stolen Generation members. It enables school communities to start the conversation and inform classroom discussions using facts, real examples and stories.

Many special guests and media organisations attended the official launch at our school as Ms Trudgett, Ms Skinner and their students have been participating in the pilot program that has helped to develop the resource kit. Congratulations to all of those involved.

### **SRC Pink Day**

Next Wednesday 3<sup>rd</sup> April our SRC will be holding a fundraising day in support of Breast Cancer. Students are encouraged to wear 'pink' clothing and accessories, and to contribute a small donation. Pink cupcakes will also be available to buy at recess. The secondary students will participate in special sporting events in the afternoon that will be coordinated by the SRC students.

### **Science and Engineering Challenge**

Ms Ebsworth will be taking a team of students to compete in the Science and Engineering Challenge to be held in Dubbo next Wednesday 3<sup>rd</sup> April. Our students will form part of a combined team from neighbouring schools such as Warren Central that will compete against schools across Central and Western NSW. The team will be put to the test in designing and constructing things such as bridges, electricity supply grids and robotic hands.

### **Year 7/8 Geography Excursion**

Our Year 7 and 8 students will be participating in a Geography excursion to the Warrumbungles National Park on Thursday 4<sup>th</sup> April. This day will provide the students with the opportunity to conduct research in the field as a mandatory part of the course.

### **Careers in Trades**

Students in Years 9 -12 will have the opportunity to gain further information relating to traineeships, apprenticeships and a career in a trade. Interested students can participate in an online program for 1 hour on Thursday 4<sup>th</sup> April where they can talk to a 'tradie'.

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

Last week I mentioned there would be First Aid training for the Year 12 students next week (Week 10) however this training has been postponed until next term.

### **School Photos**

A reminder that school photos will be Friday 5<sup>th</sup> April. Full formal summer uniform is to be worn by all students.

### ***Ted Wright - Head Teacher***

### **NSW Junior Chess League Country Secondary Schools Chess Comp**

This week saw our Secondary Chess Competition run against visiting students from Trundle Central School. Our team consisted of Damon James, Rod Stephens, George Hutchison and Andreas Gordon.

The lads were straight into fast-paced and high-tension games! Trundle played exceptionally well, and while our students kept them at bay, we ultimately lost three games and came to a stalemate in the fourth game (we won't mention the win-in-4-moves, which had everyone stunned!)

BUT, as we know, it's not about winning, it's about how you play the game. All of the students played with determination, grace and admirable sportsmanship, so in my view that makes them all winners! Every student came away from the competition with new skills, better tactics and a deeper understanding about the rules and strategies of chess. Well done team!

*'Every chess master was once a beginner.'* - Irving Chernev

**Ms Ebsworth - Chess Coordinator**



# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## 2019 NSW Public Schools Aboriginal Dance Workshop

Our Aboriginal Dance students from TCS were invited to participate in a one day workshop run by the Department of Education in collaboration with the internationally renowned Bangarra Dance Theatre.



This workshop aims to foster the development of dance skills and cultural significance for Aboriginal and Torres Strait Islander students for boys and girls in Years 7-12. During this workshop, the students learnt contemporary indigenous dance repertoire from some of Bangarra's leading choreographers. The day always sets the tone for the remainder of the year with our dancers. We look forward to sharing our stories through dance with our community throughout the year.



*Jessica Skinner - Head Teacher / Aboriginal Dance Coordinator*



## Far West Academy of Sport Success!

On the 15th March, we had numerous students travel with the Far West Academy of Sport to Newcastle and Sydney.

Stacey Stoneman, Narelle Shillingsworth-Budd and Cheyenne Kemp, along with other netball academies from around NSW participated at the NSW High Performance Camp at Netball Central in Sydney. The girls had the chance to develop their skills from many experienced and prestige players and coaches such as the head coach of the NSW Swifts and the captain of the Swifts, Maddy Proud. The camp was a great opportunity for the girls to get together with their teammates in a high performance setting in preparation for their 2019 FWAS campaign. Also, to play and train against other netball athletes around NSW has given them the experience of playing netball at such a level.

The same weekend, we had Ben Skinner, Kai Greenwood, Haleigh McCarney and Nikeata McMaster travel to Newcastle. The athletes were treated to an NRL game where Newcastle took on the Sharks. On Saturday, Ben played in the under 18's against Kurri Kurri. The team got up against the home team however it was a washout due to the weather conditions. On Saturday, Kai then took the field with the under 16's against South Newcastle, a very physically tough team. Unfortunately the under 16's went down by one try however over all they were amazing to watch. To finish the weekend, Nikeata and Haleigh took on the Awabical Women's Open team. This is a newly established team to the Newcastle area. The game was physical and testing to the under 16's League Tag team as this was their first game ever together. Haleigh was a stand out on the day, snatching two tries out wide, demonstrating her agility and speed.

The opportunities that are on offer at the Far West Academy of Sport are astonishing and we are so grateful that we have these opportunities made available to our students. Congratulations to all students involved. We look forward to watching your success in the future.

*Jessica Skinner - Head Teacher / FWAS League Tag Coach*



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## Assistant Principals' Report

### Life Education Van

There was much excitement as Healthy Harold's Life Education van parked outside our primary playground. All of the classes each had a session inside the van and learned about the many ways they can ensure that they grow and remain strong and healthy. The children learned about making healthy food choices, the benefits of regular exercise, the effects of smoking, safety in the home around medications and how to maintain strong mental health. Each child has a work book full of follow up learning to do in class.



Life Education has been empowering children and young people to make safer and healthier choices through education for 40 years.

**Founded in 1979**, we are now Australia's largest preventative health organisation, endeavouring to empower children to live a safe and healthy life through education.

By placing preventive education at the core of our work, we want to instill in children the confidence to make safer and healthier choices now and in the future.



### Hip-Hopping From Bollywood to Brazil

On Monday, we were lucky enough to have a visit from Sharla, an amazing and inspiring dance teacher. She taught the students a little about her own Indian culture and the dances that come from that region. She then travelled the world of dance teaching some Samba from Brazil, some Hip Hop from New York and also encouraging the students to learn and embrace the dances from their own heritages. Marley Kerr was brave enough to perform a little Maori haka and Tiffany Brezzo did some Irish Dancing. The school funded this incursion, meaning children attended for free. Thank you to Mrs Holden for continuing to support and prioritise access to 'The Arts' for all students in our school.





# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Reminders

- ♦ Children need healthy lunches and broad rimmed hats EVERY day.
- ♦ Year 3/4 Lake Burrendong Excursion notes and deposit are due back.
- ♦ You're invited to our Easter Hat Parade on Wednesday 10th April from 12.30pm. Students will be making hats at school but can wear a home made hat (if you're feeling creative!) if preferred by families. Small prizes will be awarded.



### Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk9 25/3					Primary Assembly Yrs K-6 2.00pm 1/2 classroom
Wk 10 1/4		DaVinci Decathlon Academic Challenge Selected students Yrs 4/5 Depart TCS @ 2.00pm	DaVinci Decathlon Academic Challenge Selected students Yrs 4/5  Pink Day Yrs K-12 Wear pink! Bring a gold coin donation		School Photos Yrs K-12 Formal summer uniform must be worn. NOT sports uniform
Wk 11 8/4		Term 1 Assembly Yrs K-12 2.00pm MPSC Everyone welcome!	Easter Hat Parade Yrs K-6 12.30pm Primary COLA area Hats will be made at school		RAMS Reward Day Yrs K-6  PSSA State Swimming Jock Kater GOOD LUCK!

### Jacky Murtagh - Assistant Principal

#### Year 5/6 Sydney Excursion

Last Friday, our Year 5/6 students returned from a terrific school camp in Sydney. School camps are organised for the benefit of students. They support learning and bring learning to life. You can read countless books about the convict era, however that doesn't compare to actually being in a room built by convicts and feeling just how uncomfortable and inhumane it is. You can read adventures about submarines but actually walking the corridors of a submarine and witnessing the cramped quarters brings learning to life! Below are some excerpts of the children's memories from the trip.....



On the 18<sup>th</sup> of March 5/6 went on a trip to Sydney. On the first day we went to the NSW Art Gallery. We had tour guides who showed us around. We got to see lots of things including an art work called 'bailed up'. It was about bushrangers who stole valuable things like money. Then we saw the Asian Gallery. We got to learn about a teeny, tiny boat that was carved out of an olive pit. There were eight people in the boat and they all have different faces. The doors could even open.

On Day three we went to Madam Tussaud's and got to see lots of famous people made out of wax. We saw Taylor Swift, Superman, Spiderman and the drinks looked so real too. We took pictures of ourselves with the wax figures. We had lots of fun. *Carmen Su - Year 5*





# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh



On Wednesday we went to the Aquarium at Darling Harbour. We were broken up into three smaller groups. Miss Bailey had the boys, Miss Murtagh had some of the girls and Rod had the rest of the girls. We took pictures of all of the different sea life. There were heaps of sharks and sting rays. They also had one dugong at the aquarium and heaps of fish. There was a mini Antarctic penguin expedition. We went on a little boat and it was six degrees and snowy. I can't wait to go back.



On Thursday we caught a ferry to Cockatoo Island. We had lunch and found the tour guide. She gave all of us cards and we walked into a tunnel, called a dog leg tunnel. Then we walked into a room carved underground and she told us what happened in the room. We walked to a huge shed where they made ships. I saw lots of different places and I also found a bolt from a boat. **Jake Foster – Year 5**



Last week, Year 5/6 students went on an excursion to Sydney for a week. We did lots of activities including visiting the Jewish museum. We had a tour guide show us around and they told us the history of the holocaust. After we had done our tour we met a survivor of the holocaust. Her name was Eva and she told her story about her experiences as a child throughout this horrible time.

Another place we went to was the Sydney Observatory where we learnt about the stars, galaxies and planets. We all split up into two groups and each group had a guide to show us around and tell us information about Space.

My group learnt that a star named Bedelgeuce can hold one billion of our suns! We also learnt that the moon gets craters because it has no atmosphere so things can fly into it without burning up.

**Cam Broughton – Year 5**



In the afternoon of Tuesday the 19<sup>th</sup> of March we caught a bus to Manly beach to attend surf school. The instructors first showed us how to body board. Once we were confident enough we were allowed to test our new skills in the water. Once everyone caught a few waves we were taught how to surf. As much fun as it was, surfing was much harder than body boarding. I really think 5/6 had fun at the beach.



Before surf school we had all visited Taronga Zoo. We saw seals, crocodiles, snakes, chimpanzees and many more...oh and don't forget the turkeys, there were so many turkeys! We were lucky enough to have a hands on experience with a snake and an Eastern blue tongue lizard. We also had an encounter with Elma, an endangered native bird.

**Montanna Gall – Year 6**



Teach your children well



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh



Back in February 2017 the 3/4 class at the time created a time capsule. Students measured their hands, feet and height and wrote down some facts about themselves and had their picture taken. Although it was due to be opened at the end of last year the secrets inside the time capsule have only just been revealed with a lot of excitement and anticipation! Here are some of the student's thoughts:

**Kestrel:** We made a time capsule last year and put information about ourselves in it. We saw how much we had changed. Some people changed a lot but some like me did not change that much. This was an awesome idea and it was amazing how much some changed in a year!

**Zalia:** We made the time capsule so we could see how much we changed at the end of the year. I changed a lot, but my size didn't change!

**Remy:** We had written down what TV shows and music we liked and all different kinds of things. Nearly every one of my favourites changed a bit!

**Christian:** The time capsule was a very good thing to put our Maths stuff in when we were measuring our height with string. I've grown a lot taller since the start of last year.

**Elaine Sippel**  
Year 3/4 Teacher



*Left:*  
Alex had changed a lot from his picture!

*Right:*  
Amelia has almost grown a full head more!





# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

On Friday the 22<sup>nd</sup> 14 students went to Peak Hill to participate in the Cricket Gala Day. My team won 2 games and lost two. We had a fun day and tried our best.

*Tom*

Our teams were Trangie sixers and Trangie Thunder

*Phoenix*

In cricket I caught 4 balls and they were high. It was a fun and hot day.

*Dixie*

## G/N Cricket Gala Day

I hit 8 balls, it was a tough day the first game we versed Peak Hill Breakers we won by 34 points. Second game we lost by about 15 points with Tullamore Thunder. Our last game we played against Years 5 and 6 with only one Year 3 player.

*Christian*

It was a great day, but it was really hard because my team was only Year 3's and we had to verse Years 4's, 5's and 6's but we only lost by 6 points in one round!

*Ethan*

I liked cricket and we had fun but it was very hot. We had lunch and recess at Peak hill.

*Cloud*

It was a great day everyone was having fun. Charlie caught 4 balls. We also made some friends and I met my old friend Kaiyden Mc Master. Well that's all from me!

*Noah*

It was a sticky, it was hot, we were sweating but we did not care because we wanted to participate in the Gala Day!

*Tiffanie*



It was a great day because I caught a lot of balls and I hit the wicket 3 times with the ball. Some of the teams were not playing well. Phoenix and I nearly hit the wicket a lot of times. I was playing with my friends Noah, Phoenix, Alex, Tom, Kestrel, Christian and that is all I got to say today!

*Charlie*

It was a good day because I hit 10 balls and I was an awesome fielder but I was best at bowling. I was really good at getting lots of points for Trangie

Thunder 😊

*Tawhiao*



Teach your children well



Research has shown that parents treat their boys and girls differently right from infancy.

For example, infant boys are touched more frequently and handled more roughly before the age of three months. Also physical punishment is applied more significantly for boys than girls in many Western countries. This is despite the fact that research also shows boys are more vulnerable and fragile.

Why do we do this?

The stereotypical belief that the only way to get boys to do the right thing is by shaming them, hurting them or being hard on them needs to be challenged every day because it is so deeply embedded into our society's psychology. The scars this creates in early childhood fester deep inside and are often the source of future irrational rage and aggression.

This does not mean we do not discipline our boys or make them accountable for their choices and mistakes. It means we need to consciously choose the same warm discipline and communication that we tend to use around girls. We need to take much better care of our little boys — emotionally, psychologically, physically and socially. We need to stop shouting at them, hitting them, shaming them and speaking harshly to them ("Grow up!", "Be a man", "What's wrong with you?").

#### Communication for resilience building

We need to make it acceptable for boys and men to express feelings other than anger and this starts with how we speak to them day-to-day.

A good (generalised) example is how some people might respond if a child falls over. When a boy falls, he may be told by someone influenced by the old code: "You're right mate, up you get." A girl who's fallen on the other hand may be greeted with: "Oh no sweetheart, are you OK? Come here. Let me make it better." And offered a cuddle.

My issue with either approach is that neither child is being offered the opportunity to build resilience. The boy is being told he mustn't feel anything and not to take pause at all — just get up and move on. The girl is being disempowered as it's assumed she cannot pick herself up and brush herself off, but rather she needs help to bounce back from this hurdle. A more resilience-building response may be to say to either child: "Oops, you fell over. Are you ok or do you need my help?"

It's a subtle difference in communication but the message our children get is that we expect that they are capable, their feelings are welcome (but not dictated to them) and we are here for them if they need us.

#### The trouble with boys

It seems when it comes to getting in trouble that our boys fare much worse than our girls. One reason for this may be because boys seem to be naturally more impulsive than girls from a young age and this can lead to them being poor decision-makers.

Michael Gurian, author of *Saving Our Sons* (Gurian Institute Press, 2017), writes about how males and females tend to process emotion differently in the brain. He writes that males tend to move emotions very quickly from their brains into their bodies. They also tend to sense the emotion but then shift it to areas of the brain that will work to solve the problem causing the emotion.

Females, on the other hand, tend to quickly shift emotions into the brain's limbic system and to the 'word centres' of the brain. This could explain why many girls — not all, but a significant proportion — will tend to 'talk it out' when they have an issue but boys may be more likely to spring into action, and have a physical response, hurting someone or something in the process.

It is our responsibility to help our sons realise that they need to respect those around them when they are making these decisions.

A good starting point is for every family to implement the 'three rules': 1. try not to hurt yourself; 2. try not to hurt others; and 3. try not to damage things in the world around you ... this sets an expectation for everyone in the household.

#### Finally, when boys muck up...

- Try to see the world through his eyes and practise responding, not just reacting.
- Allow him time to cool down and process the situation.
- Gently ask what was his intention?
- Help with work out which of the three rules he broke and what other choices he might have made.
- Forgive him for making a poor choice.
- Reassure him you still love him — 'showing' rather than 'saying'.

Above all, our boys need us (especially we mums) to be firm, fair and fun, and to reassure them we love them unconditionally — no matter what poor choice they may have made.



**Maggie Dent**

Maggie Dent is one of Australia's favourite parenting authors, as well as an educator and resilience specialist. A mum of four sons and a former teacher and counsellor, Maggie is a passionate 'boy champion'. Her latest book, the bestselling *Monstrous Our Boys* (2018) is a warm, wise and humorous guide for mums of sons everywhere. [www.maggiedent.com](http://www.maggiedent.com)





## TRANGIE BOWLING CLUB—8 FREE SESSIONS

**TUESDAYS 3.15 to 4.15 : 7th May to 25th June**

**ZUMBA, Belly Belts, Parachutes, Peacock Feathers, Drum Stick Dances, Fitness Fun & more ! ALL WELCOME**



Communities for Children : Ann-Louise Mobile: 0400 828 984

als@narrominecommunityskills.com.au

FACEBOOK: Communities for Children Narromine



## HOOP GROOVE & DANCE FITNESS



**ONLY 30 SPACES**

## NARROMINE SPORTS CENTRE—8 FREE SESSIONS

**MONDAYS 3.15 to 4.15 : 6th May to 1st July**

If you attend ALL sessions you will be invited to make your own hoop on 8th July during school holidays

**8 years to 12 years old boys & girls**

**Can't just turn up—MUST book in with Ann-Louise**



Communities for Children : Ann-Louise Mobile: 0400 828 984

als@narrominecommunityskills.com.au

FACEBOOK: Communities for Children Narromine



Teach your children well



# 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

# FREE TRANGIE FAMILY FUN

All Welcome

Wednesday 17th April : Trangie Showground

4-5 pm HOOP GROOVE & MOVE Fun Kids Hula Hoop Activity

5-6 pm SAUSAGE SIZZLE

6 pm LARGE SCREEN INDOOR FAMILY MOVIE

Bring your own chairs, blankie, family, friends, nibbles & drinks



Need more information: Contact Communities for Children (Ann-Louise 0400 828 984)

Supported by : Narramine Council, Catholic Care, Trangie Action Group, Communities for Children

## YOUTH WEEK IN NARRAMINE & TRANGIE 2019

“  
COMING TOGETHER  
TO CONNECT,  
SHARE, SPEAK OUT  
AND CELEBRATE!  
”

### TUESDAY, 16 APRIL

10am - 12noon

SKATEBOARDING WORKSHOP  
> Free / Morning tea provided / Trangie Skate Park

3pm - 5pm

SKATEBOARDING WORKSHOP  
> Free / Narramine Skate Park

5pm - 6pm

FREE SAUSAGE SIZZLE  
> Narramine Dundas Oval

6pm start

FAMILY MOVIE NIGHT  
"SMALL FOOT"  
> BYO blankets, pillows, picnic dinner, drinks etc.  
> Narramine Dundas Oval

### WEDNESDAY, 17 APRIL

10am - 10:45am

HULA HOOP GROOVE &  
DANCE FITNESS  
> 3-7 years (limit to 30px) / Morning tea provided  
> Narramine Sports Centre

11am - 12noon

HULA HOOP GROOVE &  
DANCE FITNESS  
> 8-12 years, (limit to 30px) / Morning tea provided  
> Narramine Sports Centre

2pm - 4pm

ACTIVITY BASED ON  
'TREEHOUSE' SERIES  
> \$2 each / 5-12 years / Trangie Library

2:30pm - 4pm

ACTIVITY BASED ON 'CAPTAIN  
UNDERPANTS' SERIES  
> \$2 each / 5-12 years / Narramine Library

4pm - 5pm

HULA HOOP GROOVE &  
DANCE FITNESS  
> Trangie Showground

5pm - 6pm

FREE SAUSAGE SIZZLE  
> Trangie Showground

6pm start

FAMILY MOVIE NIGHT  
"DUCK DUCK GOOSE"  
> BYO blankets, pillows, picnic dinner, drinks etc.  
> Trangie Showground (indoor)

### WEDNESDAY, 24 APRIL

2pm - 4pm

ACTIVITY BASED ON 'STOREY  
TREE HOUSE' SERIES  
> \$2 each / 5-12 years / Trangie Library

2:30pm - 4pm

ACTIVITY BASED ON 'DIARY  
OF A WIMPY KID' SERIES  
> \$2 each / 5-12 years / Narramine Library



SUPPORTED BY:  
Communities for Children • Breakthru Solutions  
• Catholic Care • Narramine USMC • Macquarie Library  
• Uniting • Trangie Action Group



**youth FRONTIERS**  
a NSW Government youth mentoring program

### INFORMATION SESSION

The Youth Frontiers mentoring program is now available in Trangie.

Maybe you're interested in being a mentor?  
Maybe you're a young person who'd like to be mentored?  
Come and learn about the program and be inspired.

When: 12:30pm - 1:30pm, Tuesday 2 April 2019  
Where: Studio Coffee Shop, Derribong Street, Trangie  
Contact: Cindy on 02 5852 1900



Save the Children

Teach your children well