



# Trangie Central School Newsletter 4th April 2019 Term 1 - Week 10



## SCHOOL INFORMATION

### Address:

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Trangie 2823

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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:

Holly Anderson

### Secretary:

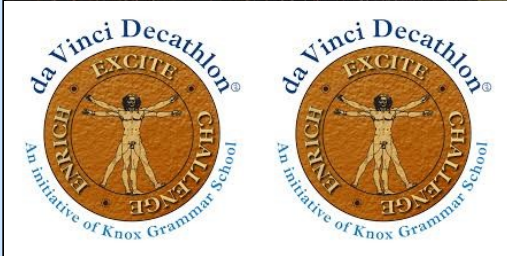
Emma Roberts

### Treasurer:

Jaye Milgate

## P & C Meeting

**TBC**



## What's On

Wk 10	5/4	Yrs K-12 School Photos-Please wear formal SUMMER uniform
Wk 11	8-10/4	WSSA State Swimming - GOOD LUCK Zoe Andrews!
	8/4	PSSA Rugby League - GOOD LUCK!
	9/4	Yrs 10-12 Tomorrow Men & Women Workshops at TCS 9.00am-1.30pm
	9/4	<b>Yrs K-12 Assembly in MPSC 2.00pm - Everyone Welcome!</b>
	10-12/4	Secondary ANZAC Poles for Wungunja Cultural Centre 9.00am-3.00pm
	10/4	Yr 9/10 PASS Autism Day 9.00am-2.00pm
	10/4	4T's Gala Day @ Trundle - Depart TCS at 8.30am
	10/4	Primary Easter Hat Parade @ Primary COLA 12.30pm - Everyone welcome!
	11-12/4	PSSA State Swimming - GOOD LUCK Jock Kater!
	12/4	Yrs K-12 RAMS Reward Day @ TCS 2.00pm-3.00pm
	12/4	Students Last Day for Term 1
Wk 1	30/4	Students Return for Term 2
	1/5	TCS Cross Country
	2-4/5	Primary Sydney Writers Festival - Depart TCS at 8.00am
	2/5	Yrs 10-12 2019 Careers Information Day @ Dubbo - Depart TCS at 10.00am

**Teach your children well**



# Trangie Central School

School Photo Date:

Friday

5th April 2019

Tomorrow

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>

# FROM THE PRINCIPAL

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

## **Continual Improvement**



Thanks to the hard work of Donna Terry and Mark Haines, our gardens continue to improve. It was a huge task to dig out the beds by the hall and replant and mulch the whole area. It is the gateway into our school on that side and we are proud of how good it is looking. The pots are just the finishing touch. We intend to put edging around next to finish it off completely.



## **Mural Installation**

This week we waited with anticipation for our murals to be installed. The artist Jack Randell had put the finishing touches to them and they were finally put in place. They look really wonderful on the side of the canteen under the lovely trees and the bright colours are already attracting other birds.

Huge thanks to Jack once again for adding more beauty to our school.

We are now considering what our next artwork will be.



## **Da Vinci Academic Challenge**

At TCS we have a wide range of activities to suit all interests and abilities and we are very excited this week to see a team of students head off to Bathurst to participate in the Da Vinci Academic challenge. This team of intrepid, creative problem solvers has been in intense training in preparation for their challenge. They have been coding and problem solving with Mr Holden, learning about cartography with Mrs Amanda Kater, writing with Mrs Kate Broughton and brushing up on their Science & Engineering skills with Ms Ebsworth. We are indebted to our supercoaches for giving their time and expertise to help the students develop their ability to 'think outside the square'. This trip is an investigation about what is involved. Once we know, watch out next year!

## **Mobile Phone Policy**

In order to make the rules associated with the use of mobile devices very clear we have reviewed our procedures and edited our document: ***Responsible use of Mobile Phone Procedures***. The consequences for not following the rules are made very clear and no student will have any excuse for saying they did not know what is expected of them. My advice is always that phones should be left at home. Come to school and interact with your peers, play sport and talk!

## **Thumbs Up**



Thumbs up this week goes to Trangie Lions Club. Trangie Lions work quietly behind the scenes to provide the community bus for everyone's convenience, the establishment of a defibrillator at the hospital and pool tickets for Trangie families over the holidays during those hot summer months. Trangie Lions also donated money to last year's Hay Drive. Our school makes a contribution by managing the bus for community use and we are happy to provide this service but Lions membership numbers are only small and we would really love to welcome new members into our club so that we can continue our work for the community. Give me a call if you are interested - Anne Holden on 0428791488.

Thumbs up also to Mel Gleeson for taking the time to come in to school and do some fun football training fitness activities with all our students from Year 1 to Year 6 and working with the Primary netball team. A huge THANKS from all of us.

## **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**

**Teach your children well**

# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen  
Jessica Skinner  
Kate Wilson  
Ted Wright

## Head Teachers' Report

### **New Murals Installed**

Jack Randell returned to the school this week to install the four mural panels that were painted by many of our students, under his guidance, earlier this term. Each colourful panel depicts images of native birds in a natural setting. The students and staff are most impressed with the finished product and are keen to suggest several more ideas to continually improve the Secondary playground aesthetics. Thank you to Jack and the students for creating this masterpiece.

### **State Swimming Championships**

Zoe Andrews will be representing our school next week at the NSW State Swimming Championships at Homebush Olympic Park. This will be a great experience for her as she competes at such a high level alongside so many talented swimmers from across the state. We wish her well.

### **End of Term Assembly**

Our end of term assembly will be held on Tuesday 9th April. Parents/carers and community members are invited to attend to recognise the achievements of our students through Term 1. Our students who have been elected to the SRC will be formally inducted and many of our students will perform for your entertainment.

### **4Ts Sports Competition at Trundle**

The 4Ts schools (Trangie, Tottenham, Tullamore, Trundle) will be competing in several sports next Wednesday the 10th April. It's great to see our students still making connections with our neighbouring small schools and developing friendships that often last for many years.

### **Secondary Reward Day**

Our secondary students will have the first of their Reward Days on the last Friday of the term. We like to recognise the consistent effort and positive behaviour displayed by our students with a Reward Day each term. Each year group chooses an activity that they wish to participate in on the day. Lunch will be held early to enable sufficient time in the afternoon to enjoy these activities.

### **ANZAC Day**

The school will conduct our ANZAC day commemoration on Friday 12th April. I would also like to encourage students to participate in the community memorial service 25th April, as this will fall in our holiday break.

### **School Photos**

A reminder that school photos will be tomorrow, Friday 5th April. Full formal summer uniform is to be worn by all students. Payments for packages can also be made online.

Have a happy and safe Easter holiday break.

*Ted Wright - Head Teacher*

### **Science & Engineering Challenge**

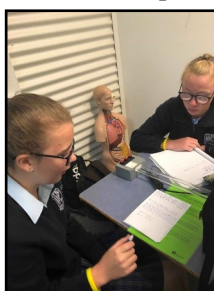
This week, eight of our Secondary students travelled to Dubbo to participate in the University of Newcastle Science & Engineering Challenge. Our school was teamed with Warren Central School and Coonamble High School. The inter-school camaraderie was high-spirited and collegial.

Students were involved in a range of activities that required 'out of the box' thinking, teamwork and creativity. These activities included creating an earthquake-proof building (the Helter Skelter Shelter), building a Mars Rover, communication via morse code, connecting a myriad of towns to an electricity grid in the most efficient manner possible and the annual mainstay, building a bridge.

Our team performed admirably, coming third overall!!

In particular our bridge engineers constructed an impressive structure that withstood three rounds of intense testing before collapsing in the fourth round. Some bridges did not pass the first test, so Caleb and David should be very proud of their achievement!

*Ms Ebsworth - Science Teacher*



## Assistant Principals' Report

### Da Vinci Decathlon



#### WHAT IS DA VINCI DECATHLON?

The da Vinci Decathlon is an academic competition designed to challenge and stimulate the minds of school students. Students compete in teams of eight across 10 disciplines: engineering, mathematics and chess, code breaking, art and poetry, science, English, ideation, creative producers, cartography and general knowledge.

The Decathlon is designed to celebrate the academic gifts of Australian youth by providing a stimulating and challenging competition run in the spirit of an Olympic Decathlon.

Our school entered the competition for the first time this year. Our team consisted of Cam Broughton, Austin Ball, Jake Foster, Jock Kater, Kestrel, Carmen Su, Remy Gleeson and Amelia Riesterer. The students travelled from school and overnighed in Bathurst, ready for the rigorous challenge on Wednesday. Here are the students' thoughts about the event;

*The DaVinci challenge was fun! One social memory was that we got to see other uniforms from different schools and one academic memory was that in code breaking there was a question that was really tricky. At lunch we were telling Miss Murtagh about what we did and what we were going to do. The Principal of the school talked about the word 'yet' and said we haven't grown 'yet' and we don't know everything 'yet'. I liked that.*

**Austin Ball**

*On the way to the Da Vinci challenge it was pretty quiet compared to the way back. On the way back Jock's Mum gave us two buckets of easter eggs, grapes and strawberries. So everyone was very excited.*

**Amelia Riesterer**

*One of the memories from the DaVinci challenge was that we won 3rd place five times and it was our first try to do the challenge. My second memory is the temperature was below 10 degrees. I think it was a really good experience.*

**Kestrel**

*In 'Art and Poetry' the theme was stained glass, so you had to make the art look like it was a piece of glass. I was the artist and Cam was doing the poems. We did our poem about trees and flowers. My second memory is that they called the winners and we were all shocked that we came 3rd in five subjects.*

**Carmen Su**

*I liked when I worked on the poem and I remember reading the rules and thinking it would be really hard but in the end I did really well and had lots of fun. I also remember having the lunch and talking to everyone about what we had done, what was to come, how we thought each other went and if we were liking it or not.*

**Cam Broughton**

*One of the hard things we did was cartography (mapping), mathematics and other subjects too. We all had to work together and try to do all the hard questions the best we could.*

**Remy Gleeson**

*One social memory was lunch when we talked to Miss Murtagh about the last session which was very hard because we had to make a scale that moves to show heavier and lighter. We could only use certain things eg 1 metre of twine. One of my academic memories was when I was in engineering and they were calling out that we had won 3rd place.*

**Jake Foster**

We would like to say a huge thank you to the following parents and staff who gave up their own time to come into school and train our team; Amanda Kater, Ms Ebsworth, Kate Broughton and Mr Holden. Your help was invaluable in supporting our students' achievements on the day.



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh



### Pink Day Fundraiser

On Wednesday our school was awash in pink, as the students and staff all joined together to support a worthy cause. The Student Representative Council ran this event. Please read the following report about the day by our Primary SRC leaders.



*On the 3rd of April we had pink day. It was great to see so many people in pink, raising awareness and money for cancer and the McGrath Foundation. We are very grateful to all the families who baked lots of beautiful sweet treats for our cake stall. All the money we raised will go towards research to help treat cancer and hopefully put an end to it. With everyone's gold coin donation and our successful cake stand we raised a whopping \$207.25c. Well done Trangie Central!*

**Troy Sibley, Hayley Stephens & Ella Day**  
Primary Leadership Team



### School Photos

REMINDER – all children are asked to wear their SUMMER uniforms for our school photos tomorrow (Friday the 5<sup>th</sup> of April). Girls should wear their school dress, white socks and black school shoes. Boys need to wear their grey shorts, grey socks and black school shoes.

### Reminders

- Children need healthy lunches and broad rimmed hats EVERY day.
- Year 3/4 Lake Burrendong Excursion payments can be made at any time at school, online via the TCS Website or over the phone. Please return the Medical & Consent form ASAP so your child can be registered for camp.
- You're invited to our Easter Hat Parade on Wednesday 10th April from 12.30pm. Students will be making their 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
Wk 10 1/4					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!
Wk 1 29/4	Staff Development Day	Students Return to School	TCS Cross Country Yrs 3-12	Sydney Writers Festival @ Sydney Selected students Depart TCS: 8.00am	Sydney Writers Festival @ Sydney Selected students

**Jacky Murtagh**  
Assistant Principal



# PRIMARY

Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

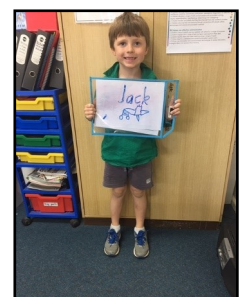
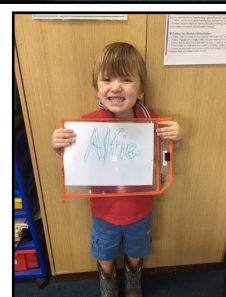
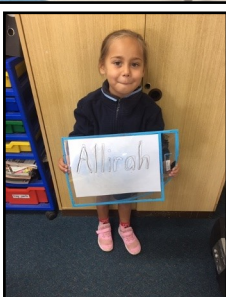
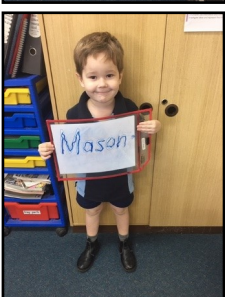
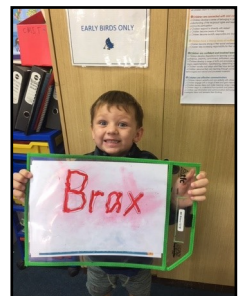
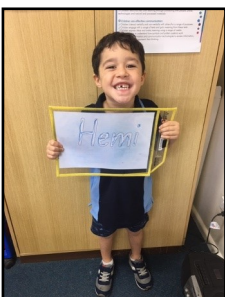
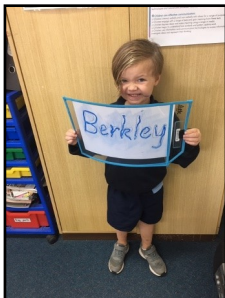
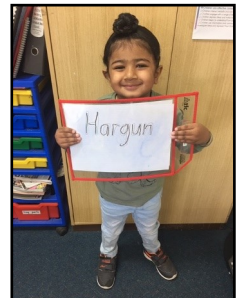
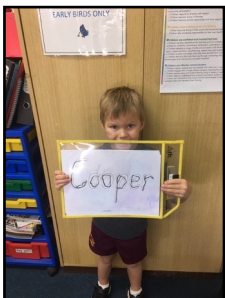
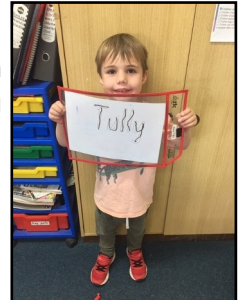
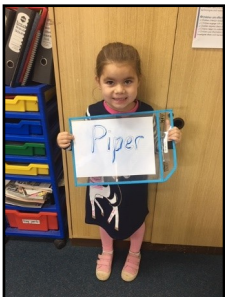
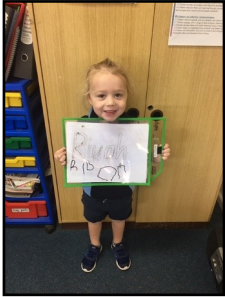


## Early Birds



Welcome to the Early Birds class of 2019. Everyone is settling in very well and we are all getting to know each other and getting used to some new routines.

**Mel Corcoran**  
**Early Birds Teacher**



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# SPORTS

## KARATE SUCCESS!

On Sunday 24th March, members of the Te Ashi Kai Shin Karate Do Club competed in an inter-club tournament at Dubbo. Here at TCS we have a significant number of students who train at this exceptional club. Our Kindergarten Karateka, Naia Selway and our Year 1 student, Kae-Jae Roberts competed in the 6 years and under white/yellow belt Kata, Kumite (sparring) and Sumo with Kae-Jae triumphing in Kata and Sumo and Naia showing her fighting spirit by winning Kumite.

In the 8 years all belts competition, Tawhiao Selway, who is an established blue belt at the club, almost took a clean sweep, winning Kata, Kumite, Sumo and placing second in Sword.. In the Open Junior Weapons 12 years and under, Sonny Morton placed first in Weapons and Simon Stoneman came second in Sumo. Sonny and Simon's successful day continued with Sonny achieving second in Kata and first in Kumite, while Simon came third in Kata and Kumite.

Ethan Churchward showed his developing skills by taking first place in Kata and second in Kumite to myself, who showed that 'over the hill' phrase isn't applicable just yet.

All-in-all, it was a great day where friendship, technique and sportsmanship triumphed!

**Scott McDonald**  
**Karate Coordinator**



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## Notes from the P&C

As parents, our children are the most important things in our lives. We trust our school with our children. We trust that schools will keep them safe, to provide them with a healthy environment in which to learn and grow, and we trust them to do this for about 40 weeks a year.

Participating in the P&C gives parents an opportunity to take an active role in the school by consulting directly with teachers and the school leadership group. The P&C also play an important role in fundraising for school infrastructure and activities.

A P&C is an important part of a healthy school community. However, a healthy P&C relies on participation from a diverse group of parents and citizens to ensure the needs and views of the entire school community is represented.

That's where your P&C needs you. We need your voice, your input and your help. By participating you get to take part in an active partnership with the school executive to consult on school policy, decisions that affect our kids, and fundraising activities to improve the school for kids today and into the future.

I understand that attending a committee meeting is not everyone's idea of a good time. I also understand that you may not be able to attend the meetings when they are scheduled for all sorts of reasons like work or family commitments. Attending the committee is not the only way to contribute:

- ⇒ You can send me an email at [pandc.tcs@gmail.com](mailto:pandc.tcs@gmail.com) and I will raise matters on your behalf (anonymously if you prefer)
- ⇒ You can let me know if you are interested in helping with fundraising
- ⇒ You can donate goods or services
- ⇒ You can let me know if you are interested in taking part in consultation groups

Our next meeting is next term. I would love to see you there.

Kimble  
P&C President  
[pandc.tcs@gmail.com](mailto:pandc.tcs@gmail.com)

fundraising  
help  
volunteer  
organise  
community  
parents  
support  
spare  
time

## Balancing extra-curricular activities for flourishing kids

by Dr Jodi Richardson



PARENTING BOYS

Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

### We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

### The cost of busyness

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

### Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

### How much is too much?

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young

person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier:

*'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?'*

Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar, *Balancing extra-curricular activities for flourishing kids*, at no cost!

### About the webinar

Join Dr Jodi Richardson in this webinar to understand the trend towards increasing enrolments in structured after-school activities, the benefits and the drawbacks for kids, the importance of free play for children, the implications of over scheduling on children's mental health and how to create balance in the lives of your children.

### When

Tuesday 2 April 2019 8:00 pm AEDT

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-balancing-extra-curricular-activities>

2. Click 'Add to cart'

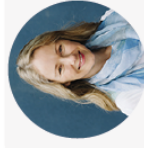
3. Click 'View cart'

4. Enter the voucher code **BALANCING** and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 2 May 2019.

5. Click 'Proceed to checkout'

6. Fill in your account details. These are the details you will use to login to your account and access your parenting material

7. Click 'Place Order'



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](mailto:drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)

# 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

TOTEM PRESENTS  
skateboarding

## TOTEM TOUR

APRIL 2019

### TRANGIE SKATE WORKSHOP

**TUE 16TH APRIL  
FREE EVENT!**

**LESSON SESSION**

**10:00AM TO 12:00PM**

**TRANGIE SKATEPARK**

36 GOAN ST, TRANGIE NSW



FOR MORE INFO & TO REGISTER ONLINE  
GO TO [TOTEMSKATEBOARDING.COM](http://TOTEMSKATEBOARDING.COM)

IN CONJUNCTION  
WITH:



**Narrromine**  
SHIRE COUNCIL

SUPPORTED BY:



**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@narrrominecommunityskills.com.au](mailto:als@narrrominecommunityskills.com.au)

FACEBOOK: Communities for Children Narrromine



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## 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

## Fan Favourites

School Holiday Activities  
April 2019

13-Storey Treehouse

Wed 17 April, 2.00 - 4.00pm

Diary of a Wimpy Kid

Wed 24 April, 2.00 - 4.00pm

Trangie Library

Enquiries: 6888 7501 · Ages 5 - 12 · \$2.00 per child



## 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

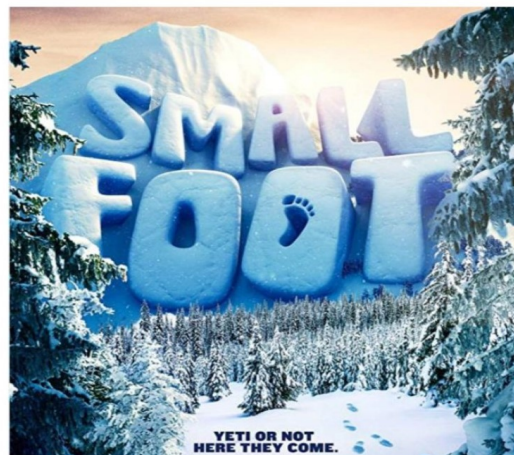
ACTIVITY BASED ON ‘STOREY  
TREE HOUSE’ SERIES

> \$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



## Cinema Under The Stars

A free family movie night at our pop-up outdoor cinema.

Come and enjoy a  
night out with  
family and friends  
whilst watching  
Small Foot.

For more than 100 years  
Uniting has worked with  
children, young people  
and their families,  
particularly those who  
are disadvantaged,  
vulnerable and isolated.

Cost

Free

When

Tuesday, 16th April 2019 at 6pm  
(movie to start on dark)

Where

Dundas Oval, Narramine

Contact

Janine Elmes - 1300 339 016

DOORWAYS - 6884 5254

\*This is a drug and alcohol free  
event and all children and young  
people need to be supervised by  
a responsible adult.

In the event of rain or severe  
wind, we will unfortunately have  
to cancel this event.



SUPPORTED BY:

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



Teach your children well

# TOTEM TOUR

APRIL 2019

## NARROMINE SKATE WORKSHOP

**TUE 16TH APRIL**  
**FREE EVENT!**  
**LESSON SESSION**  
**3:00PM TO 5:00PM**  
**NARROMINE SKATEPARK**

41 MITCHELL HIGHWAY, NARROMINE NSW

FOR MORE INFO & TO REGISTER ONLINE  
GO TO [TOTEMSKATEBOARDING.COM](http://TOTEMSKATEBOARDING.COM)

IN CONJUNCTION  
WITH:



SUPPORTED BY:



## Fan Favourites

School Holiday Activities  
April 2019

Captain Underpants

Wed 17 April, 2.30 - 4.00pm

13-Storey Treehouse

Wed 24 April, 2.30 - 4.00pm

Narromine Library

Enquiries: 6889 1088 · Ages 5 - 12 · \$2.00 per child



Visit the library these  
school holidays for fun  
activities based on the  
books that kids love!

## 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](mailto:als@narrominecommunityskills.com.au)

FACEBOOK: Communities for Children Narromine



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# COMING TOGETHER TO SHARE, CONNECT, SPEAK OUT AND CELEBRATE

## WHAT'S ON

FB.com/dubboyouth



### PEE FOR THREE —SEXUAL HEALTH CAMPAIGN

WHERE: DUBBO SEXUAL HEALTH 2019 DUBBO ST. DUBBO  
TIME: 9-10 APRIL 2019  
COST: FREE  
CONTACT: MARCO GOWLEY P: 6841 2480  
Chlamydia is on the rise in Australia. It is the most important thing for young people to test for, most people will have no signs or symptoms, so it's easy to miss without regular STI testing.  
The "Pee for Three" campaign is asking males and females to provide a urine sample after signing a consent form.  
ALL WHO PROVIDE A SAMPLE WILL GO INTO THE DRAW TO WIN A \$300 GFT VOUCHER.

### AUGMENTED VIRTUAL REALITY DESIGN

WHERE: THURSDAY 11 APRIL 2019  
TIME: 5:30PM - 7PM  
AGE: 13 - 18YRS  
COST: FREE - BUDGET REQUIRED  
WHERE: MACQUEARIE REGIONAL LIBRARY, DUBBO  
CONTACT: EMILY BARNACK P: 6881 4310  
Design and build your own interactive augmented reality experience.  
Then try out the virtual reality headset!

### PUB CHOIR WITH OPPORTUNITY HUB

WHERE: THURSDAY 11 APRIL 2019  
TIME: 6PM  
COST: FREE - SPONSORED BY OPPORTUNITY HUB  
WHERE: GARDEN HOTEL, ONE GIPPS & TALBRAGGAR STS, DUBBO  
CONTACT: DIANA TURNER P: 6883 3000  
Everybody can sing and we can prove it!  
No voice is too big or small. No audition and no solos.  
Together we'll learn a song in 3 part harmony and get to perform to taste!

### UNITING CINEMA UNDER THE STARS

WHERE: FRIDAY 12 APRIL 2019  
TIME: GATES OPEN 5PM  
COST: FREE  
WHERE: WELLINGTON KENNARD PARK  
MOVIE: SMALL FOOT  
CONTACT: DOORWAYS P: 6884254  
Uniting Youth Services team DOORWAYS are taking this show on the road! We are inviting you to bring along your camp chairs, bean bags and your friends to watch a movie on the big screen. Enjoy the outdoors, popcorn and a relaxing night of entertainment while raising awareness of youth homelessness in Wellington.

### YOUTH WEEK 30N3 BASKETBALL COMPETITION

WHERE: FRIDAY 12 APRIL 2019  
TIME: 9AM - 5PM  
AGE: UNDER 18YRS  
COST: FREE  
WHERE: WELLINGTON HIGH SCHOOL  
CONTACT: MATTHEW DEVEREUX P: 6845 2590  
Get your team together for a friendly 30n3 (half court) street basketball competition!  
First to 21 points. Lunch provided. Plenty of giveaways to be won!

### BLUNTSIDE SKATE PARK TOURS CLINIC

WHERE: TUESDAY 16 APRIL 2019  
TIME: 1 - 5PM  
COST: FREE  
WHERE: WELLINGTON SKATE PARK  
CONTACT: MARCO THOMAS P: 6827 636 023  
Come and try your skating, BMX and scooter skills in the bowl with Rick and friends.  
Bring your own skateboards, scooters and bikes.  
Giveaways, Music, drinks and pizza.

### YOUTH FEST 2019

WHERE: WEDNESDAY 17 APRIL 2019  
TIME: 1PM - 5PM  
COST: FREE  
WHERE: DUBBO SKATEPARK & M3.3 OVAL  
ONE GIPPS & TALBRAGGAR ST  
LUNEL WOOD DUBBO REGIONAL COUNCIL  
CONTACT: P: 6843 288 974  
JOY HINES HEADSUP  
P: 6843 862 254  
• 3on2 basketball competition - may the best team win!  
• Mechanical ball riding - how long will you last?  
• Community mural - showcasing our local talent  
• Get along - freestyle style  
• Enjoy the BlueSide tours skateboarding show  
• Many prizes to be won throughout the day  
**THIS IS ONE FESTIVAL NOT TO BE MISSED!**

### YOUNG FILMMAKERS' BOOT CAMP

WHERE: WEDNESDAY 17 APRIL 2019  
TIME: 9:30AM - 3:30PM  
COST: \$10 PER PERSON, BOOK ONLINE AT FILMBOOTH CAMPWELLINGTONLEVENTHETOTHE.COM.AU  
WHERE: WELLINGTON LIBRARY  
CONTACT: VICTORIA HERRICK P: 6840 1708  
Presented by Dubbo FilmMakers: learn how to make your own short from start to finish! Open to ages 12-18 years.

### UNITING CINEMA UNDER THE STARS

WHERE: WEDNESDAY 17 APRIL 2019  
TIME: GATES OPEN 4PM  
COST: FREE  
WHERE: NUMBER 1 VICTORIA PARK, DUBBO  
MOVIE: SMALL FOOT  
CONTACT: DOORWAYS P: 6884254  
Uniting Youth Services team DOORWAYS are taking this show on the road! We are inviting you to bring along your camp chairs, bean bags and your friends to watch a movie on the big screen. Enjoy the outdoors, popcorn and a relaxing night of entertainment while raising awareness of youth homelessness in Dubbo.

### MINI GOLF

WHERE: THURSDAY 18 APRIL 2019  
TIME: 10:30 AM - 5:30 PM  
COST: FREE  
WHERE: CAMERON PARK, WELLINGTON  
CONTACT: MARCO THOMAS P: 6827 636 023  
Come and try your luck at "Wellington's Own" mini golf course and maze. Get a team together or come along on your own. Unlimited play. Free refreshments will be provided.



## Free School Holiday Art Workshop

### Making Art from the Heart

Wiradjuri Artist Alesha Lonsdale will work with students to create collage and artworks that connect with this years Schools Reconciliation Challenge Theme Speaking and Listening from the Heart.

Speaking and Listening from the Heart is about connecting and sharing what is important to each of us and creating art that is inspired and influenced by the voices, stories, culture and the history of Aboriginal & Torres Strait Islander peoples.



What	Free Art workshop & sausage sizzle
Who	Students and their families are all welcome (5-14 years recommended age for the workshop)
When	10:00am - 12:00 Wednesday 17 April
Where	Dundullimal Homestead 23L Obley Road, Dubbo NSW 2830 (02) 6884 9984
Bring	Old magazines, photos, posters, bits and pieces of paper, fabric, ribbon etc if you have any. We'll supply the rest.

Supervision: All Children must be accompanied by an adult during the workshop.

The Schools Reconciliation Challenge Exhibition will also be launched on this day with a special Wiradjuri Welcome to Country by Auntie Diane McNaboe (TBC). Come and see art by NSW school students exploring the 2018 theme Our Voices, Our Future!



## BECOME A VOLUNTEER HOST FAMILY THIS JULY



"If you're thinking about hosting, do it! It's the most rewarding experience for your family. Our daughter has a sister now, someone to talk to other than mum or dad."  
Nicole, three-time host mum.

### Need to know:

- You choose your student
- Hosting is voluntary
- Students attend high school
- You'll make memories for life!

Not-for-profit Australian organisation, WEP Australia, needs host families! **Can you help?**

Hosting an overseas high school exchange student is a wonderful way to bring a slice of the world into your home and heart!

INFO@WEP.ORG.AU  
1300 884 733  
WEP.ORG.AU/HOST

MORE PROFILES  
AVAILABLE AT  
WEP.ORG.AU/HOST



**LUCAS L**  
16 from France

I am a very active and dynamic boy. My favourite sports are cycling, soccer, boxing and street gymnastics! Thank you for welcoming me to your family. I cannot wait to discover Australia and your way of living!



**CAMILLA G**  
16 from Italy

Ciao from Italy! The list of activities I like to do in my free time is quite long, so I am never bored! I love reading. I also really enjoy photography. Thank you if you're going to choose me. I promise I'll be a perfect 'daughter'.

## BOXING & FITNESS classes with KORI WEST For students in Years K-12 SUNDAYS

Where: MPSC  
Time: from 10am  
Cost: \$10 per session + \$2 hall hire



Contact Tanya McMaster on 6888 7578 for more information

PosterMyWall.com

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