



Trangie Central School Newsletter 9th May 2019 Term 2 - Week 2



SCHOOL INFORMATION

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Anne Holden

Deputy Principal:

Dimiti Trudgett

Head Teachers:

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Jessica Skinner
Kate Wilson
Ted Wright

Assistant Principals:

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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



TCS Honours Indigenous Service Men & Women for ANZAC Day!



What's On

Wk 2	10/5	Yrs K-12 Harmony Day - Wear ORANGE - Everyone welcome!
	10/5	Secondary CRL Small School Knockout in Dubbo Good luck Kai Greenwood, Jayden Greenwood, Brock Kilgour & Rod Stephens!
Wk 3	14-16/5	Yrs 3, 5, 7 & 9 NAPLAN
	15/5	Yr 11 Visual Arts - Art Express Exhibition in Bathurst - Depart TCS at 7.30am
	17/5	Yrs K-12 Athletics Carnival at Burns Oval 9.00am-3.00pm - Everyone welcome!
Wk 4	20-21/5	Yr 11/12 Life Ready Team Building at Wambangalang - Depart TCS at 9.00am
	21/5	Yrs 3-6 CWA Public Speaking School Finals @ TCS 9.15am-10.15am

Teach your children well



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!**

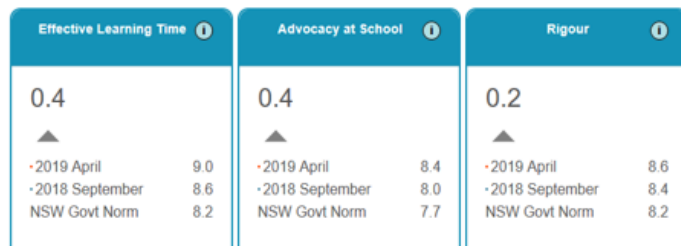
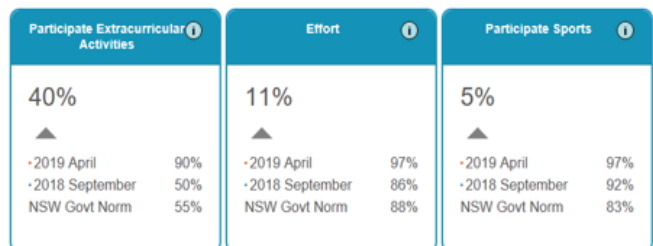
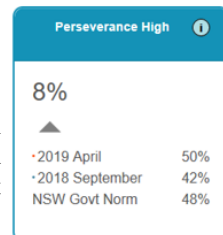
FROM THE PRINCIPAL

Hi everyone -TCS Get Better and Better!

TELL THEM FROM ME STUDENT SURVEYS

Primary

The feedback from the students, which we gain twice each year, continues to show both growth and also higher than state average results in a wide range of indicators, both in Primary and Secondary. These results justify our identification as a Case Study for excellence in student wellbeing.



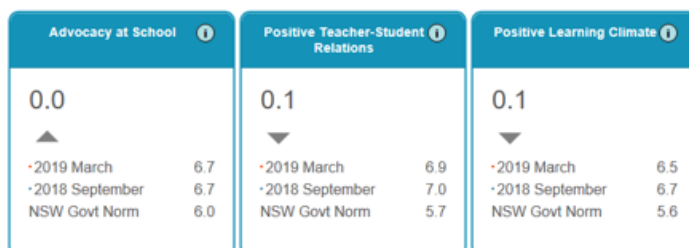
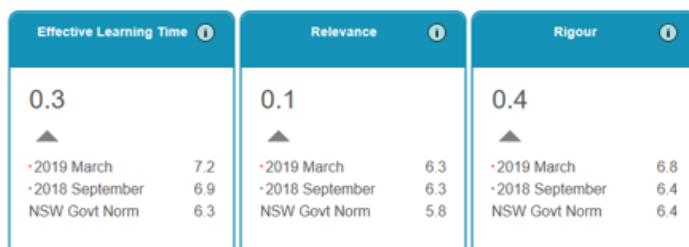
Secondary

The strategic directions in our 2018 – 2020 School Plan are Quality Teaching, Quality Learning and Staff and Student Wellbeing. These surveys, taken twice per year, tell us how the students feel and enable us to identify areas for improvement and also areas where we are successful.

Each year the student cohort changes slightly as Year 12 move on and Year 6 move up. This change does affect the dynamics within the school, depending on the make-up of the groups but the overall trend is really positive and frequently well above NSW Government norm.

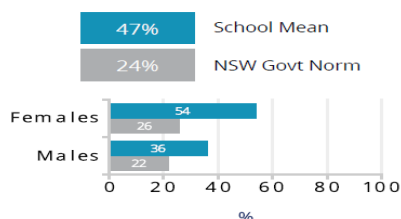
Our wellbeing programs are obviously highly successful, with students able to participate in a wide range of sport and extra-curricular activities that create engaged and positive students.

Our commitment to setting and maintaining high expectations is clearly evident in the high rating for Effective Learning time and high ratings for Relevance and Rigour. We also have a higher than NSW Government Norm for Effort, where students identified that they are trying hard to succeed in their learning - in every single secondary year group. This is worth mentioning as it is generally Primary students who communicate this, but in our school we also have secondary students who are working hard in a positive way.



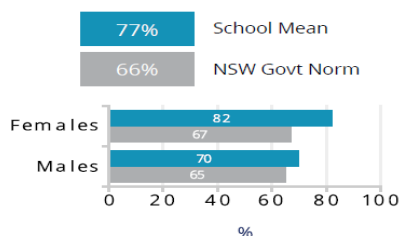
Student participation in extracurricular activities

Percentage of students with a high rate of participation in art, drama, or music groups; extracurricular school activities; or a school committee.



Effort

Students try hard to succeed in their learning.



Teach your children well

FROM THE PRINCIPAL

Finally – a Beautiful Shade AND Bus Shelter

After much anticipation it is finally finished – and so much better than I thought it would be. Once we have our new coloured tables it will look even better. Thanks to the Gillespies, Graham McAnally and Ken Hilder, we are delighted.



Community Road Safety Program

We would just like to remind anyone with a Learner's Permit that we have funding to offer Driving Lesson Vouchers with CeeBeez Driving School in Dubbo. Each voucher is for a 1.5 hour driving lesson in Dubbo and is valued at \$110. Once students have used one voucher they may then apply for a second one. I know that the students who have taken advantage of this great opportunity said it was an invaluable way to learn how to manage the traffic conditions in Dubbo. Just apply at the school office with your Learner's Permit.

Facebook

There are often serious disadvantages to social media, but it is also a great way for our community to see what excellent opportunities are available at our school. Don't forget to keep an eye out on the TCS Facebook page for all the videos we post of the fun and learning that takes place at our school. Check out all the happy faces! We have hundreds of views and is obviously being enjoyed by many already.

High Expectations

At Trangie Central School we set the bar high on behaviour, uniform and classwork. Each term I collect the students' workbooks and take a look at the quality of the work that the students are presenting to their teachers. We recognise quality work in our assemblies with merits, and work that is unsatisfactory is followed up to be rectified. Feedback from teachers to students is a very powerful force to drive improvement in learning outcomes and teachers mark students' books regularly and give students advice on how they can improve.

In order for all staff and students to have a common understanding of what is expected in book presentation, our staff has developed a Bookwork Policy that is consistent for all subjects. This will be pasted into the front of all exercise books.

There were a few students whose books were far from satisfactory, particularly in the junior years and we will be remedying this by firstly making our expectations absolutely clear and also achievable and then by giving consequences for those who continue to present substandard work.

Learning Logs

This term we have reintroduced our learning logs. At the end of each lesson students write key vocabulary from their lesson and one or two sentences to describe the learning that had taken place in the lesson. The focus this fortnight is full stops and capital letters and spelling of course. This constant reinforcement of grammar and punctuation has a huge impact on the students' writing and is also consequently reflected in improved NAPLAN results.

Moorambilla Success

Last weekend Bridie Hayden, Athena Metcher and Katelyn O'Neill were invited to attend a talent workshop which will lead later this month to sing for a recording in Sydney. Congratulations to all three extremely talented girls and particularly to Katelyn O'Neill who has been identified as one of the soloists on this recording.

FROM THE PRINCIPAL

TCS Gifted and Talented Program

At our school a great deal of time and effort is given to ensuring that students who have trouble engaging with the curriculum because of problems with literacy or numeracy receive the support they need. We have an active Learning Support Team who develop special programs and we spend a considerable amount of funds ensuring that there are student support officers in classrooms. It is often the case, however that students who are gifted and talented in a particular area do not have their needs met in quite the same systematic way – but this is not true of TCS.

At TCS we have a gifted and talented program where we ensure that we offer opportunities for those students who display talents in a wide range of areas. We have a strong commitment to the Creative and Performing Arts and many sporting opportunities it is true, but we also identify students with writing abilities and the Sydney Writers' Festival has become an annual event. The da Vinci Challenge was an addition to our G&T program this year and the Engineering Challenge, Chess Competition, Moorambilla, Schools Spectacular, Public Speaking and Robotics all give an opportunity to be creative and to think outside the square. Each year we add more and more to our repertoire.

Chess Champions

Congratulations also to our Secondary Chess Team, Damon James, Andreas Gordon, Rod Stephens and George Hutchison for three wins and a tie. We have just entered the Chess world and this is a great result so early in our career. Well done!



Thumbs Up

Everyone at TCS gives a Thumbs Up to the many parents, grandparents and carers who do so much for us, coaching teams, going on excursions, supporting our uniform and Mobile Phone Policy and generally entrusting their children to us. We appreciate that you engage with us by coming to all our events and making our care of your children such a team effort. We are so much stronger because of it , so thank you.

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 1)
Goes to Jess for an outstanding staff workshop
at the Wungunja Cultural Centre.

Kindness
Changes
Everything

Teach your children well

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Head Teachers' Report

'The Nest'

You will start to see a new article in the newsletter, which will keep you up to date with what TCS is doing at The Nest. The Nest is the old Principals' Residence, which we are now using to cater to students', parents' and staff's well being. There are four rooms, which are being using specifically for supporting our students and their families. We have our school counsellors there 3 days a fortnight. We now also have Ursula Ryan who will be there every Wednesday 10am-3pm, with the aim to bring on more services. Lastly keep an eye on the weekly newsletter so you can be informed as to what you can access.

Athletics Carnival

On Friday 17th May, our annual Athletics Carnival is being held at Burns Oval. This is a massive event with a lot of organisation prior to the day of the carnival and we value any support that we have from our parents. Please contact Miss Bretag if you are able to help on the day. Many hands make light work as well as a nice flowing carnival. Students are encouraged to dress in their house colours. Dandaloo won the Swimming Carnival, can they make it 2 out of 2 this year?

Cross Country

Congratulations all students who participated in the annual school cross country yesterday. Uniform, behaviour and participation were exemplary. Results will be in next weeks newsletter.

NRL Small School Rugby League

We would like to wish Kai and Jayden Greenwood, Brock Kilgour and Roderick Stevens all the best this Friday at the Small School Rugby League Knockout held at Dubbo. The boys will be combining with Baradine and Gulargambone to field a team to challenge the cup. The last 2 years this team has been very successful making the finals, however yet to take the cup home. Fingers cross this is the year for the team.

Harmony Day

Year 7 and Miss Trudgett have been working hard to organise this year's Harmony Day celebrations being held this Friday. Harmony Day celebrates Australia's cultural diversity and celebrates inclusiveness, respect and a sense of belonging for everyone. Students are encouraged to wear orange and appropriate clothing for practical activities on this day. Activities on the day involve tasting traditional foods from many countries, participating in a variety of sports, cultural walks and many more. If you haven't seen the video Year 7 have created then head to our Facebook page to watch it for more information.

Excursions and Notes

At TCS, we are extremely lucky to have many dedicated staff who go above and beyond with providing extra curricula activities and excursions to our students. This term we are really focusing on students who attend these activities to have their money and notes in prior to the excursion. Our policy now is if students do not have their notes and money returned by the day before, they will not be able to go. These excursions take many hours of organisation, so please help our staff by returning everything early. If you do have any issues with money for the excursion please let our office staff or the organising teacher know so we can make other arrangements for you.

What's Happening in 'The Nest'

We have Ursula in The Nest on Wednesday if you want to make a booking to see Ursula you can call her on [0436 634 649](tel:0436634649). The Dental Van was here on Monday who saw over 40 students and lastly we had a visit from Matt March who came to speak to our secondary students. Matt is a part of the recently formed Drought Support Team based in Dubbo covering the whole Western NSW Local Health District. He specialises in working with youth whose lives are affected by the drought. If you have any concerns for your child's mental wellbeing and think that Matt is someone you could use to help out please give him a call on [0436 810 542](tel:0436810542) to seek further assistance.

Week 3 'The Nest' Calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
	Emily School Counsellor	Ursula Ryan Alcohol and Drugs Clinical Support Worker 10-3pm	Sally School Counsellor	

Jessica Skinner
Head Teacher

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Literacy at TCS

The importance of reading

We all “know” how important it is to read every day – but do we practise what we preach?

So many of us are increasingly spending more time on our devices and at work, and less time reading a book – whether that be a paperback, on an e-reader, or listening to an audiobook. But however we consume fiction, it is so important that we do it, and that we do it daily.

Reading fiction has a whole suite of benefits, which include:

- **Vocabulary expansion** – the more you read, the more words you gain exposure to, and the more likely it is that you’ll use that language yourself. This helps in school, the workplace, and in getting yourself heard and listened to wherever you go.
- **Improved focus and concentration** – we are so used to “multi-tasking” that we don’t concentrate as well as we used to. When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you’re absorbing.
- **Stronger analytical thinking skills** – whether you’re trying to work out “whodunnit”, or figuring out the motivations of a shady character, you are developing skills of analysis and inference, which help us navigate the world around us daily.
- **Better writing skills** – along with expanding your vocabulary, when you read the writing of various composers, you learn to craft your own writing to more exactly communicate what you mean to say.
- **Tranquillity** – (what a great vocabulary word!) Reading fiction has been shown to help us to calm our emotions and create better empathy in the lives and feelings of others.

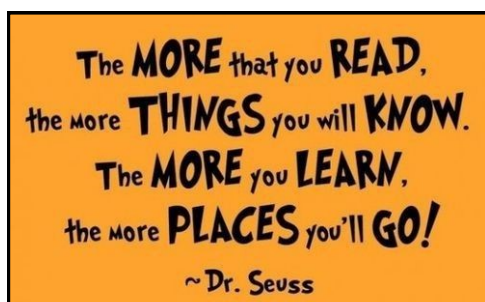
Reading for just 15-20 minutes every day will make a great difference in your child’s life, and is a fantastic way to get family conversations going as well. Our Library is well-stocked, and Mrs Anderson can look at getting new titles in if we’re missing something you consider essential!

Weekly competition

Our competition word this week is ‘dem’, coming from the Greek word *demos*, meaning people. With an election looming, it is important that we think about *democracy*, and how the *demographics* of our communities influence decisions. This Greek root also finds itself in the middle of words like *epidemic*.

The entry forms are available from the Library, and are a great way to win a prize. Work together with your family or your friends to come up with as many words as you can. You’ve got to be in it to win it!

Kate Wilson
Head Teacher



Why Your Child Can't Skip Their 20 Minutes of Reading Tonight

James

reads 20 minutes per night,
5 times per week



Travis

reads only 4 minutes per night
...or not at all



In one week:

100

minutes of reading



20

minutes of reading

In one month:

400

minutes of reading



80

minutes of reading

In one school year (9 months):

3600

minutes of reading



720

minutes of reading

By the end of eighth grade:

28,800

minutes of reading



5760

minutes of reading

Which student would you expect to read better?
Which student would you expect to know more?
Which student would you expect to write better?
Which student would you expect to have a better vocabulary?
Which student would you expect to be more successful in school and life?
How do you think each student will feel about himself as a learner?



IT'S ALL

GREEK

TO ME

'DEM'

DEMOS = PEOPLE



Democracy
is where people are
involved in decision-
making

Demographics
is the study of groups
of people in society

An epidemic
describes a disease
that spreads to many
many people



When is the next
federal election in
Australia?

How many people are
there in Australia the
same age as you?

What was the biggest
killer during WW1?
(Hint: it wasn't guns,
cannons, or bayonets.)

Teach your children well

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Middle School (Years 5-8) STEM Program

STEM for Term 2 has begun with a short project called “The 3 Little Pigs” which looks at the effects of extreme weather that Climate Change will have on the design and construction of Australian buildings. Last week students were able to choose their focal area of bushfires, extreme winds or flooding. Then they were broken up into smaller groups which they will work with over the next couple of weeks to either build a structure which can withstand their chosen force of nature or create a model which will show how a structure should be constructed to protect it in extreme conditions. Students will present and test their models to the group in Week 4.

This week, students will complete their research and ideas, identify the materials which they will need, as well as designing their project so that next week they can start creating their structures.

We are currently in the planning stage for the following project which will investigate water quality and use in Australia. We hope to build on the great work of collaborative learning, effective group work, leadership skill development, problem-solving and critical thinking skills which students developed during Term One to create solutions to one of our country’s greatest issues – water quality and quantity.

3D Printers

This week we took charge of three 3D printers which were acquired through a Federal Government grant. We were very lucky to receive this grant to create a “Maker’s Space” for students, as there are a very limited number of schools who are successful in receiving the grant. Currently arrangements are in progress to set up this space permanently within the school, so that all students and teachers K-12 can have access to them. These printers will be invaluable in utilising and accessing digital technology, design and prototype development as well as concept creation.



Gary Hansen
Head Teacher

Trangie LALC ANZAC Poles

Trangie Central School students had the opportunity to work with the Trangie Local Aboriginal Land Council in designing and creating ANZAC Poles to acknowledge local indigenous service men/women who have served in the Australian Armed Forces. These poles were displayed at the Memorial Hall during the Trangie ANZAC Day Service and will have a permanent residence at the Wungunja Cultural Centre alongside other poles that were completed by local families. As always a big thank you goes to Terrie, Georgina, Tanya and our talented students!

Troy Jones
Art Teacher



SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen
Jessica Skinner
Kate Wilson
Ted Wright

2019 Careers Information Day

On Thursday 2nd May, eighteen students from Years 10-12 attended the Careers Information Day at Dubbo Senior Campus. This was an opportunity to speak to over 50 providers including universities, colleges, industry representatives and government agencies. There was also a UAC (Universities Admissions Centre) talk to further arm our students with information about their ATAR (Australian Tertiary Admission Rank) and the application to tertiary study. With plenty of pamphlets, pens and stress balls, students left fuelled with excitement about their future possibilities.



Skye Rush

Careers Advisor

NSW Junior Chess League Secondary Schools Competition

Last Friday, our Secondary Chess team travelled to Geurie to play against a team from Molong Central School for the second round of the Country Secondary Schools Chess Competition. I am very pleased to announce that Trangie won 3 out of the 4 games and the last game was a stalemate (draw). This was the best result we have achieved so far in the few years of being involved in the competition. Well done to Andreas, Damon, Rod and George!

I was very happy to hear that our team displayed exceptional sportsmanship on the day, embodying the idea that it is not so important to win or lose, but to win or lose graciously.

A big THANK YOU to Jennifer Gordon for transporting the team to Geurie. Our parent helpers are greatly appreciated and play an important role in enabling students to participate in these types of extracurricular activities.



Ms Ebsworth

Chess Coordinator



Year 7/8 Warrumbungles Field Trip

'On the 4th of April, the Year 7/8 classes went to the Warrumbungles. It was really fun and everyone was slipping over. We had to record the temperature and other stuff at every site. The view from the top was so cool, you could see all the other formations. We took us around and told us stories about how the Warrumbungles were formed. Overall it was a fun day and I really enjoyed it'. **By Mia Gleeson**

'On the 4th April, the 7/8G & Y classes left Trangie at 7am to get to the Warrumbungles National Park near Coonabarabran. When we got there we met our tour guide, Wes. He told us what to do and how to stay safe on the walk. We took 3 recordings at different sites throughout the walk. The first site was at the carpark where we gathered, the second site was halfway up the mountain in a valley and the third site was the top of Split Rock Mountain. We appreciated Miss Bretag and Blake for organising the trip and helping students throughout the day and educating us about the Warrumbungles'.

By Jay Greenwood & David Barclay



4T's Gala Day

On Wednesday 10th April, we travelled to Trundle to play Capture the Flag and Touch Football in the 4T's Gala Day. When we played Capture the Flag, we won all of our games but one. Halfway through the day we changed over and went and played Touch Football. RJ, Alexi, Toby and Jayden D received Best & Fairest awards for the junior team. When we were playing, the junior team showed lots of sportsmanship and encouragement towards the other players. At the end of the day, a lot of our senior students were also awarded for Best & Fairest. The best part of the day was playing with the dog that the school owns and cares for.

By Alexi Everett & Emma-Jean Edwards



PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Assistant Principals' Report

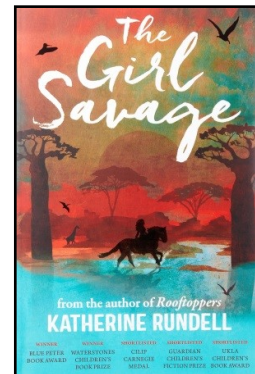
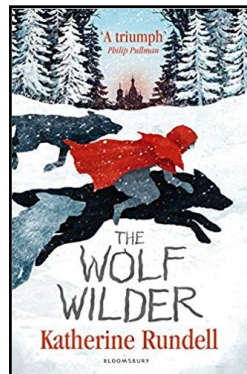
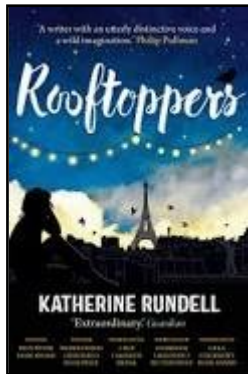
Sydney Writers' Festival

Last Thursday, Friday and Saturday a small group of students travelled to Sydney, primarily to attend the Sydney Writer's Festival. The festival aims to give students the chance to meet and hear from successful authors from all around the world. They learn strategies to make their own writing more interesting, they learn about the writing process and the importance of editing and they hear about how writers get their ideas....usually from real life!

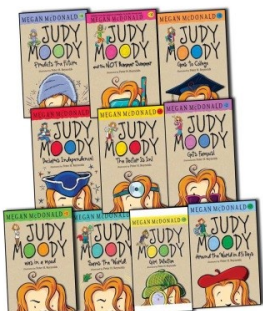
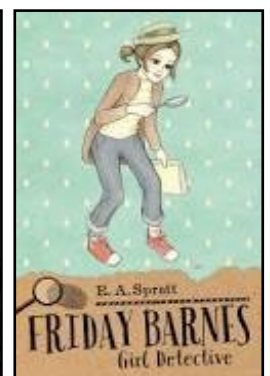
Our students met four authors who each gave an hour long presentation. It is hoped that the students further develop their love of reading and writing by being involved in this enrichment activity.

We are very thankful to Shay Stephens for accompanying us on the trip as the 'Dad Volunteer.' Shay drove the bus through peak hour Sydney traffic, found parking, hiked across the city and shared accommodation with four boys! This is a legendary effort which is very much appreciated by the school and students.

Katherine Rundell is an English author and academic. She is the author of *Rooftoppers*, which in 2014 won both the overall Waterstones Children's Book Prize and the Blue Peter Book Award for Best Story, and was short-listed for the Carnegie Medal. She is a Fellow of All Souls College, Oxford and has appeared as an expert guest on BBC Radio 4 programmes. Rundell's other books include *The Girl Savage* the winner of the 2015 Boston Globe-Horn Book Award for fiction, *The Wolf Wilder*, and *The Explorer* winner of the children's book prize at the 2017 Costa Book Awards.

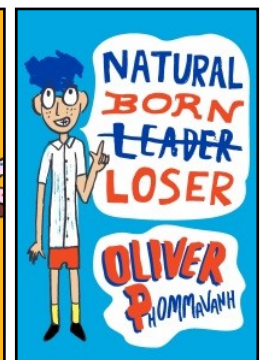
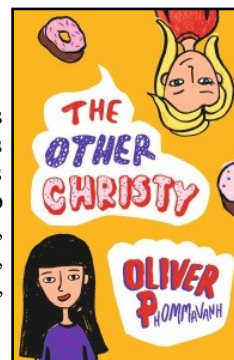


R.A. Spratt is the author of *The Peski Kids*, *Friday Barnes* and *The Adventures of Nanny Piggins*. In her previous life she was a television writer. Unlike the Peski kids, R.A. Spratt never fights with her brother, but only because he moved to Hong Kong to get away from her. R.A. lives in Bowral, NSW, where she has three chickens, two goldfish and a dog. She also has a husband and two daughters.



Megan Jo McDonald is an American children's literature author. Her most popular works is the series of books which concern a third grade girl named Judy Moody (written for grades 2-4). McDonald has also written many picture books for younger children and continues to write. Her most recent work was the *Julie Albright* series of books for American Girls.

Oliver Pommavanh is a young Thai-Australian writer for children. He has featured on panels at the Sydney Writers' Festival as well as in blogs. He has worked as a primary school teacher and now spends his time writing and sharing his writing passion with kids and engaging them with humour. He's also a stand-up comedian and has appeared on national TV and radio. His first book, *Thai-riffic!*, was published to critical acclaim, followed by *Con-nerd*, *Punchlines*, *Thai-no-mite*, *Ethan* in the *Stuff Happens* series in 2015, *The Other Christy* and, most recently, *Super Con-nerd*.



Teach your children well

PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

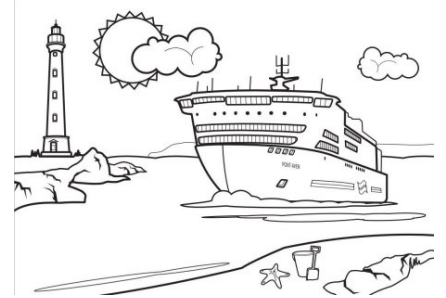


From May the 2nd – 4th, a group of people went to Sydney. They were Remy Gleeson, Zalia Terry, Tom Hill, Jake Foster, Jock Kater, Christian O'Neill and Hayley Stephens. The best part for me was the Writers' Festival. Katherine Rundell was telling us about when she went to Paris and Rio. She learned to fly a plane and walk across rooftops in Paris. She used these ideas in her novels.

By Remy

My favourite part of the trip to Sydney was going on the ferry. It was my first time on a ferry so we all went right up the front. We could see Luna Park and the Opera House. We also went under the Sydney Harbour Bridge. My favourite part about the Writers' Festival was meeting RA Spratt because she was very funny. I bought her book 'The Peski Kids' and she signed it for me. I'm going to start reading it this week and I think it will take me around three days to read it. I love reading.

By Tom

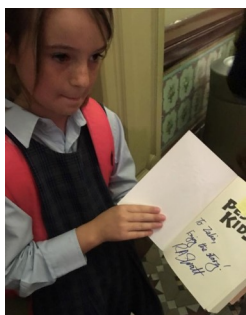


My favourite author was Katherine Rundell. She told us that she learnt to fly a plane and she swam with piranhas in the Amazon River. I got one of her books called 'Girl savage'. My favourite memory from the trip was when we listened to a beat boxer at Darling Harbour. His name was Voltak and he was really good. He made the sound of a boomerang coming back.

By Jock

On the 3rd of May I went to Sydney to participate in the Sydney Writer's Festival where you meet lots of different authors. My favourite was Katherine Rundell. She talked about all of her real life adventures and in her books she writes about where kids get lost in the Amazon jungle and they have to survive. They swim with piranhas and that was true because she actually swam with piranhas but the fish couldn't bite her because of the strong current. My favourite memory was when we listened to Voltak, a human beatboxer. He was really cool. He could make all different sounds and do three at once! That was awesome.

By Jake



Teach your children well

PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Musical Opportunities

Come along and join in the fun!

Primary Choir

Tuesdays at lunchtime 1.30pm-2.00pm

2019 Western Instrumental and Vocal Camp and Tour

Saturday June 29 – Friday July 5th



This camp is open to all Public School students from Years 5-12 and caters for musicians and vocalists of all levels from beginner to advanced. During the week students will participate in a wide range of programs including vocal workshops, concert band and instrumental group tutorials. If your child would like to attend, please collect an application package from Primary or Secondary offices.

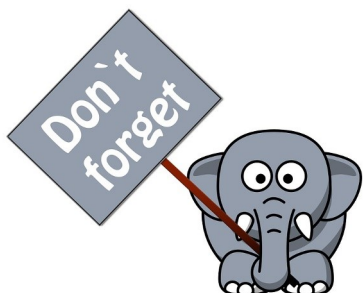
Reminders

- ♦ 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.
- ♦ Mother's Day Stall on Friday 10th May.
- ♦ CWA Public speaking competition.
Year 3/4 topics; Who was here 1st? / I can't reach / It wasn't my idea
Year 5/6 topics; Don't mention it / Dreaming / Our poor ocean
* 2 minute time limit
- ♦ CWA Research poster project. Country - New Guinea. Due by end of term.
- ♦ Premier's Spelling Bee – words available now. Competition in Term 3.

Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 2 6/5					P&C Mother's Day Stall @ TCS Harmony Day Yrs K-12 Wear orange
Wk 3 13/5		NAPLAN Language conventions & writing Yrs 3 & 5	NAPLAN Reading Yrs 3 & 5	NAPLAN Numeracy Yrs 3 & 5	Athletics Carnival @ Burns Oval Yrs K-12
Wk 4 20/5		CWA Public Speaking School finals 9.15am-10.15am			
Wk 5 27/5		CWA Public Speaking Western Finals @ Narromine Selected students	Lake Burrendong Excursion Yr 3/4	Lake Burrendong Excursion Yr 3/4	Lake Burrendong Excursion Yr 3/4

Jacky Murtagh
Assistant Principal



**Students who have
Music lessons with
Mr Screen are to
bring their instruments
to school
EVERY THURSDAY!**



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David Peachey & Russell Richardson Gala Day

On Tuesday, Ms Rowley, Lyndel Benson and two teams of students had a very early start to the day as they travelled to Coonamble to compete in a Rugby League event for Primary school children. The teams all worked well together with some tough tackling and good passes.

We are so grateful to our dedicated staff, who often give their own time so that our children can enjoy these opportunities. (teachers don't receive overtime for extra work eg sports, excursions, school camps and are under no obligation to run them).



Jacky Murtagh *Assistant Principal*

When we went to the tackle football, my team had 2 draws and 1 win. We all had a great day and had a great time. Luckily no-one in our team got hurt or had a sook.
By Zalia Terry

On the 7th May Year 3 to 6 students went to Coonamble to play football. My team was Jake, Jock, Jack, Cam, Charlie, Nate and myself. *By Connor Mitchell*

On the 7th of May we went to football and we had two teams. On my team I had Jack, Jock, Jake, Connor, Cam, Nate and myself. We had a good day. I played four games and the schools we played were Coona, Walgett, Gular and the Barbarians (mixed schools). *By Charlie Morton*

When we went to Coonamble, my team had Zalia, Tom, Phoenix, Noah, Cooper, Ethan and Tawhiao. We would like to thank Mel Gleeson (mum) and Mark Gleeson (dad). We drew 2 games and won one. We played St Mary's, St Lawrence and the Barbarians. *By Remy Gleeson*



WOW! WOW! WOW!!! Trangie Central School have some up and coming footy stars in the making. Such skills, sportsmanship, manners, spirit, humour, compassion and determination were displayed in every single game. I couldn't possibly name just one student that excelled on the day because every single student went beyond all expectations.

A massive Thank You to Mel and Mark Gleeson for training all students during lunch times and PE lessons over the past few weeks. They also travelled over to Coonamble and coached each team, provided jerseys, socks, boots and even shorts. Unbelievable dedication to football, our students and school.

Thank you to Miss Jo Ellis for the hours of organising this event, Lyndel Benson for inspirational words and running the water, to the Primary office for the endless hours of phone calls, note collection, creation of bus list, booking the bus, medical list of all students etc etc.

Look out Coonamble 2020 here come Trangie Central School!



Cheryl Rowley *Organising Teacher*



Teach your children well

Some infectious diseases of children

For more information please contact your local public health unit, community health centre, pharmacist or doctor

Chicken pox

Time from exposure to illness
2 to 3 weeks.

Symptoms
Slight fever, runny nose, and a rash that begins as raised pink spots that blisters and scab. Can be more severe in pregnant women and newborns.

Do I need to keep my child home?
Yes, for 5 days after the rash first appears and until the blisters have all scabbed over.

How can I help prevent spread?
Immunisation is available for children over 12 months old. It is recommended for people over 12 years who are not immune.

Conjunctivitis

Time from exposure to illness
1-3 days.

Symptoms
The eye feels scratchy, is red and may water. Lids may stick together on waking.

Do I need to keep my child home?
Yes, while there is discharge from the eye.

How can I help prevent spread?
Careful hand washing; avoid sharing towels. Antibiotics may be needed.

Gastroenteritis

Time from exposure to illness
Depends on the cause: several hours to several days.

Symptoms
A combination of frequent loose or watery stools, vomiting, fever, stomach cramps, headaches.

Do I need to keep my child home?
Yes, at least for 24 hours after diarrhoea stops.

How can I help prevent spread?
Careful hand washing with soap and water after using the toilet or handling nappies and before touching food.

German measles

(Rubella)

Time from exposure to illness
2 to 3 weeks.

Symptoms
Often mild or no symptoms; mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. Can cause birth defects if pregnant women are infected.

Do I need to keep my child home?
Yes, for at least 4 days after the rash appears.

How can I help prevent spread?
Immunisation (MMR) at 12 months and 4 years of age.

Glandular fever

Time from exposure to illness
4 to 6 weeks.

Symptoms
Fever, headache, sore throat, tiredness, swollen nodes.

Do I need to keep my child home?
No, unless sick.

How can I help prevent spread?
Careful hand washing, avoid sharing drinks, food and utensils and kissing.

Hand, foot and mouth disease

Time from exposure to illness
3 to 7 days.

Symptoms
Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.

Do I need to keep my child home?
Yes, until the blisters have dried.

How can I help prevent spread?
Careful hand washing especially after wiping noses, using the toilet and changing nappies.

Head lice

Time from infestation to eggs hatching
Usually 5 to 7 days.

Symptoms
Itchy scalp, white specks stuck near the base of the hairs, lice may be found on the scalp.

Do I need to keep my child home?
No, as long as headlice management is ongoing.

How can I help prevent spread?
Family, friends and classroom contacts should be examined and managed if infested.

Hepatitis A

Time from exposure to illness
About 2 to 6 weeks.

Symptoms
Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.

Do I need to keep my child home?
Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.

How can I help prevent spread?
Careful hand washing; close contacts may need to have an injection of immunoglobulin; immunisation recommended for some people.

Impetigo (school sores)

Time from exposure to illness
1 to 3 days.

Symptoms
Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home?
Yes, until treatment starts. Sores should be covered with a watertight dressing.

How can I help prevent spread?
Careful hand washing.

Influenza

Time from exposure to illness
1 to 3 days.

Symptoms
Sudden onset fever, runny nose, sore throat, cough, muscle and headaches.

Do I need to keep my child home?
Yes, until they feel better.

How can I help prevent spread?
Immunisation, is recommended for the elderly and people with chronic illnesses.

Measles

Time from exposure to illness
About 10 to 12 days until first symptoms, and 14 days until the rash develops.

Symptoms
Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.

Do I need to keep my child home?
Yes, for at least 4 days after the rash appears.

How can I help prevent spread?
Immunisation (MMR) at 12 months and 4 years. Contacts who are not immune should not attend school or work for 14 days.

Meningococcal disease

Time from exposure to illness
2 to 10 days.

Symptoms
Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness and rash.

Do I need to keep my child home?
Seek medical help immediately.

How can I help prevent spread?
Avoid sharing drinks. Close contacts should see their doctor urgently if symptoms develop, and may need to have a special antibiotic.

Mumps

Time from exposure to illness
14 to 25 days.

Symptoms
Fever, swollen and tender glands around the jaw.

Do I need to keep my child home?
Yes, for 9 days after onset of swelling.

How can I help prevent spread?
Immunisation (MMR) at 12 months and 4 years of age.

Ringworm

Time from exposure to illness
Varies (may be several days).

Symptoms
Small scaly patch on the skin surrounded by a pink ring.

Do I need to keep my child home?
Yes, until the day after fungal treatment has begun.

How can I help prevent spread?
Careful hand washing.

Scabies

Time from exposure to illness
New infections: 2 to 6 weeks; re-infections: 1 to 4 days.

Symptoms
Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.

Do I need to keep my child home?
Yes, until the day after treatment has begun.

How can I help prevent spread?
Close contacts should be examined for infestation and treat if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

Scarlet fever

Time from exposure to illness
1 to 3 days.

Symptoms
Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

Do I need to keep my child home?
Yes, until at least 24 hours of treatment has begun and the child is feeling better.

How can I help prevent spread?
Careful hand washing. Sick contacts should see their doctor.

Slapped cheek

(Erythema infectiosum, Fifth disease, Parvovirus B19)

Time from exposure to illness
1 to 2 weeks.

Symptoms
Mild illness; fever; red cheeks, itchy lace-like rash and possibly cough, sore throat or runny nose. Can cause foetal disease in pregnant women.

Do I need to keep my child home?
No, most infectious before the rash appears.

How can I help prevent spread?
Careful hand washing, avoid sharing drinks.

Whooping cough (pertussis)

Time from exposure to illness
7 to 20 days.

Symptoms
Starts with runny nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.

Do I need to keep my child home?
Yes, until the first 5 days of a special antibiotic have been taken.

How can I help prevent spread?
Immunisation at 2, 4, 6, and 18 months and 4 years of age. A special antibiotic can be given for the patient and close contacts. Unimmunised contacts may be excluded from child care until the first 5 days of a special antibiotic has been taken.

Worms

Time from exposure to illness
Several weeks.

Symptoms
Itchy bottom.

Do I need to keep my child home?
No.

How can I help prevent spread?
Careful hand washing. Whole household should be treated. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.



Drop in clinic

Call or txt 0436 634 649

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