



# Trangie Central School Newsletter 20th June 2019 Term 2 - Week 8



## SCHOOL INFORMATION

### **Address:**

Derribong Street  
(PO Box 6)  
Trangie 2823

**Phone:** 6888 7578

**Fax:** 6888 7602

### **Email:**

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

### **Website:**

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

### **Principal:**

Anne Holden

### **Deputy Principal:**

Dimiti Trudgett

### **Head Teachers:**

Gary Hansen  
Jessica Skinner  
Kate Wilson  
Ted Wright

### **Assistant Principals:**

Jo-Anne Ellis  
Jacky Murtagh

### **Welfare Coordinator:**

Cheryl Rowley

### **School Admin Manager:**

Jaye Milgate

## Parents & Citizens Association

### **President:**

Kimble Appleyard

### **Vice President:**

Holly Anderson

### **Secretary:**

Emma Roberts

### **Treasurer:**

Jaye Milgate

## P & C Meeting

**Wednesday  
7th August 2019  
3.30pm  
TCS library**

# TRANGIE CENTRAL SCHOOL 2020 KINDERGARTEN INFORMATION EVENING



- ◆ FIND OUT ABOUT OUR  
EARLY ACTION FOR SUCCESS PROGRAM
- ◆ INFORMATION PACKS PROVIDED
- ◆ MEET OUR STAFF

## THURSDAY 27TH JUNE

### 5.15PM IN KINDY ROOM (ROOM 2)

## REFRESHMENTS WILL BE PROVIDED

## What's On

Wk 8	21/6	Yrs 3-6 G/N Soccer Gala Day at Burns Oval 9.30am-2.30pm - Everyone welcome!
Wk 9	26/6	Yr 12 PDHPE HSC Online Study Day at TCS
	27/6	Yrs K-8 '3 Experiments That Changed the World' at TCS 9.30am-10.30am
	27/6	<b>2020 Kindergarten Information Evening 5.15pm - Everyone Welcome!</b>
	28/6	Yrs K-12 Music Day - Dress up as your favourite musician - Gold coin donation!
Wk 10	1/7	CHS Lawn Bowls @ Tottenham - Depart TCS at 9.00am
	2/7	<b>Yrs K-12 Term Two Assembly in MPSC 2.00pm - Everyone Welcome!</b>
	3/7	NSW Primary Schools Chess Competition @ Dubbo - Depart TCS at 8.00am
	3/7	Yrs 7-12 'The Amazing Race' RAMS Reward Day at TCS 11.30am-3.00pm
	4/7	Secondary Disability League Tag - details to come!
	5/7	Last Day for Term 2

Teach your children well

*SRC*



*Music*



*Day*

*Friday  
28<sup>th</sup> June 2019*

*Years K-12*

*Dress up as your favourite  
musician for a day!*



*Gold coin  
donation*

*Raising money for house banners*



# FROM THE PRINCIPAL

## *Hi everyone - TCS - Opportunity for all!*

### **NSW Department of Education Gifted and Talented students**

Trangie Central School Primary Department is excited to announce that we have been accepted into Phase 2 of the Aurora College Opportunity Class Pilot program! We are hoping that this opens the door for our Gifted and Talented students to partake in further specialised learning offered by the Department.

Below is some information from their website.



**Aurora College** is a virtual selective high school for rural or remote students. Students enrolled at Aurora College attend their local government high schools and join the selective stream in English, Mathematics and Science using an online conferencing system. Students interact with teachers and other students through the virtual learning environment and residential school programs. Students can access a challenging academic program without leaving their community to do so.

*Gifted students are those whose potential is distinctly above average in one or more of the following domains of human ability: intellectual, creative, social and physical.*

*Talented students are those whose skills are distinctly above average in one or more areas of human performance.*

### Gagné, Differentiated Model of Giftedness and Talent, 2003

Some general characteristics of intellectually gifted children and young people are listed below. Academically gifted students will not necessarily demonstrate all of these characteristics.

A gifted student:

- learns rapidly and quickly grasps new concepts
- has an excellent memory
- is creative or imaginative, for example, produces many ideas or is highly original
- is independent – may prefer to work alone
- has a keen sense of humour
- may be highly-motivated, particularly in self-selected tasks
- has unusual or advanced interests
- demonstrates exceptional critical thinking skills or problem-solving ability
- may have superior leadership and interpersonal skills
- frequently asks in-depth, probing questions
- may demonstrate a high degree of social responsibility or moral reasoning
- possesses a large, advanced vocabulary
- has superior insight and the ability to draw inferences or is intuitive
- is an advanced reader either in English or in the home language.

**State Schools Rule! Of the top 10 performing schools, based on ATAR results of Year 12 children, State schools take 8 of the top 10 places.**

# FROM THE PRINCIPAL

## **MADD Spring Fair Photography Competition**

The MADD Spring Fair is coming up rapidly, on the 13<sup>th</sup> September. Our P&C and staff are already in the planning phase, starting to organise stalls and entertainment items. We would love to see you at P&C if you can lend a hand, or just let us know that you are available on the day if you can't make the meetings.

We will be having a Photography competition as a part of our fete, with photos being accepted from Monday 24<sup>th</sup> June until Thursday 29<sup>th</sup> August. Judging will take place the week before the fete with photos and prize winners displayed on the day in the secondary AV room, off the library. Details of categories and age groups will be advertised shortly.

Many thanks to Kristy Hill who will be organising, displaying and judging the photos, assisted by our senior Art students. We much appreciate Kristy for sharing her artistic expertise and her time with us.

## **Uniforms**

Thanks to all parents and caregivers for supporting our expectation that our school is a uniform school. Our students stand out in the community wherever they are looking so proud of their school. Uniform is also expected for all sporting and other excursions and students will not be permitted to attend if they turn up out of uniform. This is distressing for the student and for the teachers, so please remind your child of what is expected and what the consequences will be if our expectations are not met.

Also a reminder that on non-sport days we have a formal uniform that should be worn. A discount for new skirts is available if a pre-worn skirt is returned in good condition. All our uniforms are managed by P&C and are provided on a not-for-profit basis. Also, there are still many uniform purchases that remain unpaid and this makes replenishment of stock for P&C difficult. If you still have uniform purchases outstanding the P&C would be really grateful if you could pay these off. Small regular payments are fine.

## **Multi Purpose Sports Centre**

Our school has always stayed true to the intention of the MPSC as being a resource for the whole community. We have a long and harmonious agreement that the community uses the hall without a great deal of red tape, a small donation for electricity is made and the hall is left as you find it. The community has never let us down and we know that this arrangement could only happen in Trangie. I would ask a big favour, though on behalf of our school and particularly on behalf of our hard working gardeners that groups who have children in the hall do not allow them to run around all over our gardens. We have all worked very hard, and at great expense, to create gardens that reflect our pride in our school so please help to keep them beautiful. They can only enhance our lovely town.



## **Thumbs Up**

This week we would like to thank The Church of Jesus Christ of Latter Day Saints in Dubbo for their generous gift of 80 chairs to our school. We regularly need to empty classrooms when we have a large event in our hall so the gift of these chairs will save us a lot of work and disruption. Also, as always, we are committed to being a community resource and our chairs are constantly being borrowed/hired by community groups. We will be happy to loan these chairs free of charge to anyone who wishes to borrow them. There will just be a refundable deposit once all are returned in good condition.

## **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*

\*\*\* TCS \*\*\*

**Where kindness underpins everything.**

**Teach your children well**

# SECONDARY

## Deputy Principal

Dimiti Trudgett

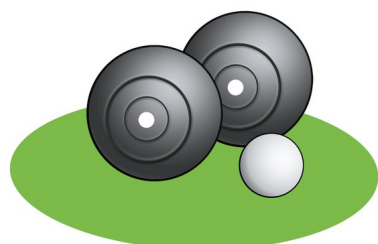
## Head Teachers

Gary Hansen  
Jessica Skinner  
Kate Wilson  
Ted Wright

## Head Teachers' Report

### PDHPE HSC Study Day

Just a reminder to Year 12 students that next Friday is our PDHPE HSC Study Day which is being held at school. Students need to bring their laptops and all working materials.



### CHS Lawn Bowls

This week, Mrs Seymour held trials for the lawn bowls team and is looking to take two teams to this year's competition in Week Ten. Just a reminder to students and their families, to be eligible to represent our school in such events you need to have great attendance and behaviour, and on the day be in full school uniform.

## What is happening in 'The Nest'?

Our very own Mr Jones has been working with graphic designers to finalise our logo for The Nest and we are excited to see the final product. In addition, the Wellbeing Team are currently working on the grand opening of The Nest and will keep everyone informed for when this happens. So watch this space.

Trangie Central School staff are dedicated to improving the Wellbeing of our students. We have three of our staff members attending the community Aboriginal Mental Health course being held here in Trangie next week, which will strengthen our ability to further support students. If you have anything you would like to see improve in regards to the wellbeing of our students, there are suggestion boxes in both the primary and secondary offices or give us a call on 6888 7578.

*Jessica Skinner*  
*Head Teacher*

## STEM

During this next unit of STEM, students are learning about water quality and why it is important to monitor the health of water ways, especially those which hold significance for local communities. Over this next project, students will be using the Goan Waterhole as the case study of a significant water resource for Trangie, in terms of both cultural significance and recreation. Over the last couple of weeks, students have learnt how to check for microorganisms under the microscope, identified the issues related to nutrient levels of the water, how to test for salt conductivity and turbidity (how cloudy the water is) as well as the history and physical attributes of the waterhole. Next week, students will be presented with their design brief and an outline of how this project will move forward.



*Stars of the Week*

### STEM Stars of the Week

Katelyn O'Neill  
William Anderson  
Simon Stoneman

*Gary Hansen*  
*Head Teacher*



*Youth drop in  
Support*

RFDS Alcohol and Other Drugs Outreach Program  
M: 0447 610 846 E: aodoutreach@rfdse.org.au

## Drop in clinic

Hi my name is Ursula and I'll be at The Nest every  
Wednesday 10am to 2pm.

Available to you as someone you can talk to  
about anything to do with drugs, alcohol or  
your mental health.

It doesn't have to be about you,  
we can talk about anyone else in your life that you may be  
worried about  
Call or txt 0436 634 649

**EVERY WEDNESDAY**



# SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

**Organised and run by SRC**  
**READY, SET, GO!**

# THE AMAZING RACE

Rams Rewards Day Term 2

Years 7-12

**Wednesday, July 3, 2019**

**11:30 AM to 3:00 PM**

VISIT THE COUNTRIES YOU'VE ALWAYS WANTED TO  
INCLUDING BUT NOT LIMITED TO:

AMERICA  
RUSSIA  
FRANCE

**Wear your team colours and  
bring a gold coin donation!**



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

## Assistant Principals' Report

### Our Street Library Has Moved!



Street Libraries are a beautiful home for books, planted in your front yard or in community spaces. They are accessible for passers by and are an invitation to share the joys of reading with your neighbours and friends.

Street Libraries are a window into the mind of a community; books come and go; no-one needs to check them in or out. People can simply reach in and take what interests them; when they are done, they can return them to the Street Library network, or pass them on to friends.

If anyone has a book or two (or more!) that they think others would enjoy, they can just pop it into any Street Library they happen to be walking past.

They are a symbol of trust and hope – **a tiny vestibule of literary happiness.**



Huge thanks to Mr Mark Haines, for taking the time to move our street Library to a better, more accessible position. If you have any children's books at home, cook books or any other great reading materials, why not drop them around to our street Library? Encourage your children to borrow a book and replace it with another, or return it when they are finished.

***Books = happiness!***



Teach your children well

# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Gobondery/NARRAF Soccer Gala Day

Just a reminder that all children from Years 3-6 will be involved in our Gobondery/NARRAF Soccer Gala Day tomorrow. Please make sure your child is prepared for the day!

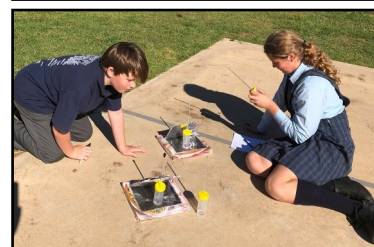
1. Pack warm, layered clothing, beanies and a picnic rug for in between game times. It is expected to be very cold.
2. All students MUST be in their sports uniform.
3. Bring soccer shin pads if you have them. There are enough at school for those who don't have their own set.
4. Pack plenty of water and food.
5. A canteen is available, as well as the Year 6 cake stall treats. Try to pack a little money for your child to spend.
6. Please bake something for the cake stall.



Come along and join in the fun of the day. Thanks to the Trangie Redbacks Soccer Club for their ongoing support, assistance and use of their equipment.

### Year 6 Science

Ms Ebsworth has been doing some Science team teaching with our Year 6 teacher Miss Bailey. Miss Bailey has a previous masters degree in Science, so our Year 6's are enjoying a great immersion in all things Science this semester. This week they were outside conducting experiments around the solar system. They made solar ovens and sun models.



### TCS is a Uniform School!

Well done to our school community and families for the massive improvement in children wearing their correct school uniform to school. We appreciate your support!

- \* Our uniform is inexpensive
- \* Available all year round from the front office
- \* Clothing pool is available.

Girls	Boys
Monday, Wednesday, Thursday	Monday, Wednesday, Thursday
Winter tunic dress	Long grey school pants
Blue long sleeve shirt	Grey socks
Dark blue knee high socks or stockings	Black school shoes
Black school shoes	Blue shirt
Knitted or fleece jumper	Knitted or fleece jumper

### Reminders

- ♦ Make Music Mufti Day (Friday-Week 9) - come dressed as your favourite musician - Gold coin donation
- ♦ CWA Research poster project. Country - New Guinea. Due by end of Term 2.
- ♦ Premier's Spelling Bee - words available now. Competition in Term 3.

### Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 8 17/6					G/N Soccer @ Burns Oval Yrs 3-6 9.30am-2.30pm Yr 6 Cake Stall fundraiser
Wk 9 24/6	Moorambilla Recording Tour Have fun Troy!			'3 Experiments That Changed the World' Yrs K-8 9.30am-10.30am 2020 Kinder Info Evening 5.15pm Kinder class room	Make Music Day (Mufti) Yrs K-12 Come dressed as your favourite musician! Gold coin donation
Wk 10 1/7	CWA Posters due Western Instrument & Vocal Camp @ Lake Burrendong All Week 10	Term Two Assembly Yrs K-12 2.00pm MPSC Everyone Welcome!	NSW Primary Schools Chess Competition Selected students Depart TCS at 8.00am		Last Day for Term 2. Have a great holiday!

Jacky Murtagh - Assistant Principal

Teach your children well



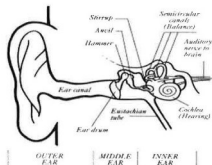
# WHOLE SCHOOL

## LST REPORT

Why not learn while having 'Crunch and Sip'. Please remember to pack some fruit for this time of the morning. During the cold and flu season, eating crunchy foods such as carrots, apples, cucumbers, help promote healthy ears. If you notice any hearing issues/concerns, please contact the school and we will ensure your child has a FREE hearing test next term with Marathon Health via a specialist Audiologist.



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



#### WHY?

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

#### IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER

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

#### BLOW, BREATHE, COUGH, WASH & CHEW

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



#### HOW? FOLLOW THESE SIMPLE INSTRUCTIONS:

##### 1. To Clear the Nose (Blow)

Sit down with tissues and bin.

Blow each nostril, one at a time into a tissue until the nose is empty.

Check by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril.

Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).

Pop the ears by pinching the two nostrils together, take a deep breath, close mouth tightly and blow gently against the fingers keeping the nose blocked.

##### 2. To Clear the Chest (Breathe & Cough)

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

##### 3. Exercise

Do ten big jumps.

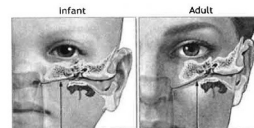
##### 4. Repeat 1, 2, 3 several times

##### 5. Wash your hands after you blow & cough

##### 6. Chew

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

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



Eustachian tube

#ADAM

#### IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER.

#### IF KIDS HEAR BETTER THEY LEARN BETTER

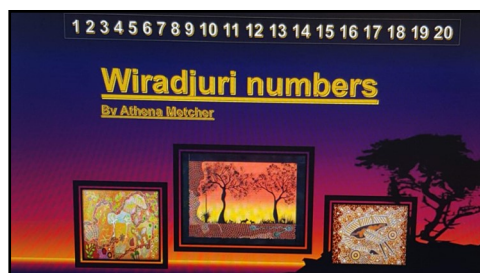
For further information contact your local  
Community Health Centre

Audiometry Nurses Association of Australia Inc  
May 2015

## LOTE

The standard of assessment tasks with 2019 Year 7 has been amazing and extremely creative. This year's Year 7 class is by far the largest class we have had, yet the respect displayed has been rewarding and inspiring.

**Cheryl Rowley**  
LST & LOTE Teacher



Teach your children well

# P & C NEWS

## P & C Executive Committee

President - Kimble Appleyard  
Vice President - Holly Anderson  
Secretary - Emma Roberts  
Treasurer - Jaye Milgate

The P & C held their bi-termly meeting last Wednesday afternoon in the school library. It was wonderful to welcome a new parent to a Trangie Central School P & C meeting. Our meetings are held twice a term on a Wednesday afternoon in Weeks Three and Seven. Children are welcome to come, as mine have to stay after school while the meeting in and would love some company to play basketball with on the court outside the library.

The MADD Spring Fair is getting closer at an alarming rate. It is the P & C's biggest fundraising event and is well supported by parents, students, teachers and the community. As the committee get closer to finalising arrangements, we desperately need parents and care providers to help on the day, even for only an hour. If you would like to run a stall or help out on the day, please let the P & C know by dropping a note to the school or by attending the next P & C meeting on Wednesday afternoon (Week 3, Term 3 - 7th August).

*Holly Anderson*  
*P & C Vice President*

TRANGIE  
CENTRAL  
SCHOOL

MADD  
SPRING  
FAIR

FRIDAY  
13TH SEPTEMBER 2019

STALLS WANTED

NO FOOD STALLS REQUIRED

\$20 per stall

If you would like to apply  
for a stall, please contact  
the school on 6888 7578.

Made with PosterMyWall.com



## TRANGIE JUNIOR JUDGING



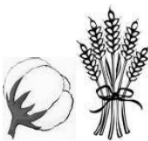
Monday 8<sup>th</sup> July 2019

from 8.30am Registration to approx. 5pm  
at Trangie Agricultural Research Centre

Cattle, Meat Sheep, Merino Sheep, Fleeces, Cotton & Grain Judging  
Angora goat & Mohair fleece Judging

Sub-Juniors under 10 years  
Juniors 10-15 years Seniors 15-24 years

GRAIN  
WOOL  
COTTON



MOHAIR



CATTLE  
MEAT SHEEP  
MERINO SHEEP

Senior winners qualify for Western Region Judging Finals.

No previous knowledge or experience necessary

Cash prizes to be won donated by NSW Farmers

Entry Fee: \$20 for the day (includes BBQ lunch)

Drinks and snacks will be available for purchase

\$25 ENTRY FEE FOR PREREGISTRATION & PAYMENT BY Friday 5<sup>th</sup> JULY

Enquiries / Rego forms: Kath Donoghue 0457823546 email: [trangiejuniordjudging@yahoo.com.au](mailto:trangiejuniordjudging@yahoo.com.au)

## HOLIDAY EXCURSION TO DUBBO



8 years old and over

**RED HOT SPECIAL : \$25 per child**

Cost includes 2 hours of flipping fun, transport,  
pair of non-slip socks & bottle of water—huge saving!

MUST BOOK IN, COMPLETE PERMISSION NOTE & PAY IN ADVANCE

**BE QUICK ... LIMITED NUMBERS**

Canteen open to purchase tucker, snacks and drinks

**Trangie Kids : Wednesday 10th July**

Transport leaves Trangie Lands Council **9.15** am SHARP, back by 2 pm

**NO REFUNDS FOR MISSING BUS**

**Narromine Kids : Thursday 11th July**

Transport leaves Community Skills **9.45** am SHARP, back by 1.30 pm



Proudly supported by : Communities for Children & Narromine Shire

To Book in contact : Ann-Louise 0400 828 984



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

FACEBOOK: Communities for Children Narromine



Teach your children well



PHOTO: SHANE NARR

**FREE**

Fun program for kids to become fitter, healthier and happier

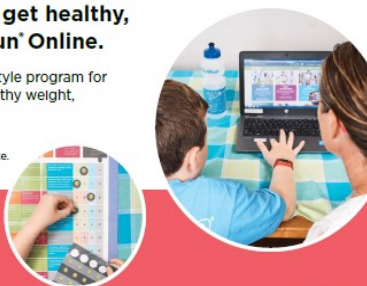


Help your 7-13 year old child get healthy, active and happy with Go4Fun\* Online.

Go4Fun\* Online is a free 10 week healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families.

Registrations are now open.

Call to find out more about the program, or visit our website.



TO REGISTER: VISIT  
[www.go4funonline.com.au](http://www.go4funonline.com.au)

SMS 0427 218 523 for a call back  
FREE CALL 1800 780 900

[www.facebook.com/go4funprogram/](https://www.facebook.com/go4funprogram/)



## PARENTS UNDER PRESSURE

### Support Group - Narromine



Are you stressed?

Are you feeling financially drained?

Are the kids driving you nuts?

Do you have relationship worries?

Do you have health concerns about yourself or your kids?

Are you feeling alone?

Are you feeling blue?

OR

DO YOU JUST NEED A MORNING  
OUT OF THE HOUSE?

If you answered YES to any  
of these questions then this  
group is for you!!!!



**FREE**

For all Parents/  
Grandparents/  
Carers and  
Foster Carers

Kids Welcome

Morning Tea

Wednesday Mornings During School Terms

MAY— 8/5/19, 15/5/19, 22/5/19, 29/5/19

JUNE—5/6/19, 12/6/19, 19/6/19, 26/6/19

JULY—3/7/19,

10am to 12pm

Narromine Community Skills

139 Dandalee St, Narromine (Rear Entrance)



Facilitated by:

Sharon Milnes— Communities for Children (Accredited  
PUP Facilitator)

Jess Phelps—Mission Australia

If you have any questions please don't

hesitate to contact Sharon on 0428894180 or

[sharonm@narrominecommunityskills.com.au](mailto:sharonm@narrominecommunityskills.com.au)



## 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



Teach your children well