



# Trangie Central School Newsletter 27th June 2019 Term 2 - Week 9



## SCHOOL INFORMATION

### Address:

Derribong Street  
(PO Box 6)  
Trangie 2823

**Phone:** 6888 7578

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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

Wednesday  
7th August 2019  
3.30pm  
TCS library

# WARRUMBUNGLES OUTDOOR RECREATION CAMP



## What's On

Wk 9	28/6	Yrs K-12 Make 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 @ TCS 11.30am-3.00pm
	5/7	Last Day for Term 2
Wk 1	22-26/7	Yr 9/10 Canberra Excursion - Depart TCS at 7.00am - Enjoy the snow!
	23/7	Students Return for Term 3

Teach your children well





**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**



**SRC** 

**Music** 

**Day** *Friday*  
**28th June 2019**

**Years K-12**

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

*Gold coin donation*

*Raising money for house banners*



*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!**



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.



# FROM THE PRINCIPAL

## Hi everyone - TCS - opportunity for all!

### Kindergarten Information day

This afternoon, on Thursday 27<sup>th</sup> June, we will be holding our information evening for Kindergarten 2020. There will be information about our Early Action for Success (EaFS) program where individual progress is measured constantly throughout the year and used to plan for targeted intervention for each child. It is an outstanding program with proven success and, with a straight kindergarten class is an opportunity not to be missed. You will be able to meet our teachers and find out more about how 'big school' works.

If you miss this meeting for any reason, do not hesitate to contact me and I can arrange for you to visit our Kindy and meet our teachers at another time.

### Fame at Last!

This week our school was centrefold in **Education**, the *Journal of the NSW Teachers Federation*, June 2019 edition, which is posted out to all Teachers Federation members in NSW. The launching of the Stolen Generation Schools Kit was big news this month and this launch took place at our school. We were very proud to host this prestigious event and hear the stories of members of the Stolen Generation first hand.



## Schools kit sheds light on Stolen Generation stories

Students at Trangie Central School have started a valuable conversation — to understand the truth, progress the collective healing journey of the Stolen Generations, and acknowledge and correct the past.

The national launch of the Stolen Generations Resource Kit for Teachers and Students was held at the school in term 1, after its secondary students trialled the kit last year.

Deputy principal Dimi Trudgett said the teaching resource has been developed to introduce students to the firsthand experiences of the Stolen Generations, Aboriginal and Torres

their families and communities through race-based policies set up by both state and federal governments from 1910 to the 1970s.

"The resource kit supports schools in teaching students from foundation/Kindergarten to year 9 about the Stolen Generations," said Ms Trudgett, who with another Aboriginal teacher Jessica Skinner, taught the trial.

"The lessons include first-hand experiences of the Stolen Generations members, told through stories, music, poetry, dance, art and writing.

"From this, both of us and the students provided feedback on the resources to the Healing

asked to launch the kit nationally at Trangie Central School."

Ms Trudgett said the resources are not only educational, but are genuine and very engaging, and "introduces the students to the Stolen Generations and makes it easy for school communities to start these conversations".

The kit's activities are linked to the Australian Curriculum.

Chair of the Stolen Generation Reference Group Ian Hamm and previous chair Florence Onus launched the kit.

"We were also lucky enough to have both Ian and Florence speak about their stories and experience to most of our



Telling truth Stolen Generation members Ian Hamm and Florence Onus launched the resources at Trangie Central School

the Stolen Generations," Ms Trudgett said.

"They were able to not only access these extraordinary people but also use the kit to increase their knowledge and understand-

Trangie Central now has the kits available for staff to utilise in their programs in a safe and age-appropriate way.

"Learning about the Stolen Generation encourages recon-

"Being an important part of Aboriginal and Torres Strait Islander education, it supports the healing process of those affected both directly and indirectly by acknowledging, compen-

# FROM THE PRINCIPAL

## TCS is Very Proud

This week our school was very proud of Kayne Pratt for graduating from the iProwd program. Kayne has persevered with this program and graduated successfully this week. Congratulations, Kayne, staying power is a huge component of success.



The Indigenous Police Recruitment Our Way Delivery Program (IPROWD) supports Aboriginal and/or Torres Strait Islander people to join the NSW Police Force or other Justice and Emergency Services Agencies. Since 2008 more than 700 Aboriginal students have enrolled, with many going on to gain employment with NSW Police as sworn and unsworn officers, or working in other government agencies.

The IPROWD program is designed to prepare students for the University Certificate in Workforce Essentials (UCWE), the Associate Degree in Policing Practice (ADPP) offered by Charles Sturt University (CSU) at the NSW Police Academy, or other Vocational and Study Pathways.

Find out how you can make a difference today!



## Secondary Schools Student Leadership Program

Thanks to Warren Central School and Robyn Taylor their relieving Deputy Principal for being so generous and inviting our school captains, Morgan Adams and Karly Edwards to accompany them to Sydney to the Parliament of NSW. Whilst there, the students went to a reception with Her Excellency the Honourable Margaret Beazley AO, QC Governor of NSW and had an insight into how our parliament works.

## Congratulations

Congratulations to Mrs Mel Corcoran for being successful in her entry of the **Meet the Author** Competition. Our school received a giant activity pad for each family as our prize. Thanks Mrs Corcoran for taking the time to enter this competition. I know that all our students were very excited at receiving this lovely prize.

## SRC Music Day

Don't forget that Friday (tomorrow) is Make Music Day. We love music at TCS and in fact every day is make music day! On Friday though, we get to dress up as our favourite musicians. I think that Mr Holden may turn up as Mick Jagger, as he is his idol and we may see him get off his cloud and not fade away, if we look long enough or even paint it black. I am thinking of coming as myself – Sporty Spice, but I may possibly have to settle for Vera Lyn (or even Gracie Fields) and we may meet again over the white cliffs of Dover. Should be a good, if interesting, day.

## P&C Uniform Accounts


As you may be aware, our uniform shop is run and funded by P&C. The uniforms are purchased by the P&C and are sold at cost price with P&C not making a profit from their sale. All money held by P&C is raised from fundraising activities. Therefore, if uniforms are not paid for it makes it very difficult to replenish our stock. There is, at present, a substantial amount of money outstanding from uniform sales and the P&C has asked me to send out reminders of unpaid accounts on their behalf. These accounts are being sent out this week and our P&C would really appreciate it if these accounts, some quite old, could be paid as soon as possible. A payment plan is always available if families find an up-front payment difficult. Do not hesitate or be too embarrassed to ask.

## Bus Behaviour

There have been a few issues on some of the buses in relation to unfastening seatbelts and eating on the bus. The students have been reminded of their responsibility to behave responsibly and not be a distraction to the driver and there will be a consequence in school if students fail to comply. This is essential for the safety of all those who travel on the bus.



## Thumbs Up

 This week we give a thumbs up to our staff for coming in early to make breakfast for both primary and secondary students. It seems that many students are starting the day without eating and this is not a good foundation for learning. We think that having breakfast is essential for good concentration. This is just another example of the staff at TCS going above and beyond, for the physical and mental wellbeing of our students.

## 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!

**Staff Smile of the Week (Week 8)**

Goes to Scott for excellent and timely reports.

*Anne Holden*

**Staff Smile of the Week (Week 8)**  
Goes to Scott for excellent and timely reports.

## Teach your children well



# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## Head Teachers' Report

### TCS Sport

Good luck to our U14's Rugby League team who travelled to Dubbo today to compete in the CHS Small Schools competition. Thanks to Ms Stoneman for driving the bus!

*Good Luck!*

Also, a reminder to students in the CHS Lawn Bowls team, to please return your notes ready for next week. We wish you all the best! Thank you to Mrs Seymour for all your organisation and extra training you have put into the team in your own time.

### 'The Amazing Race'

On Wednesday, July the 3<sup>rd</sup> from 11:30am to 3:00 pm, Trangie Central School is hosting our 2<sup>nd</sup> Amazing Race for our Rams Rewards Day. Students will be divided into teams and allocated colours to compete against each other, visiting 12 countries they've always wanted to! Including but not limited to America, Russia and France. The day has been organised and will be run by the SRC. Don't forget a gold coin donation and to wear clothing and shoes appropriate for physical activity. Ready, Set, Go!

### Celebrating Music!

Tomorrow, students are encouraged to dress up as their favourite musician to celebrate all things musical! I hear there are a few Spice Girls making a come back!



### PDHPE Online HSC Study Day

Yesterday, our Year 12 students took part in an online HSC Study Day. They walked through some of the best ways to study and prepare themselves for their upcoming HSC exams along with advice on how to approach the actual exams.

*Jessica Skinner*  
Head Teacher

### Secondary Schools Leadership Program

On the 20th June, Morgan Adams and myself had a great opportunity to attend the Secondary Schools Leadership Program in Sydney at the NSW Parliament. At the beginning of the day, all of the teachers and students assembled and listened to twelve politicians give short inspirational speeches about how they reached where they are and what qualities a good leader should possess. This was followed up by a brief lunch and meet and greet with one of the NSW representatives. It was nice to hear from him directly and get an insight into how important his job is and what it takes to fill this role. It was nice to have a calm morning but it was time we got into the gritty stuff and headed in to sit in on two different debates. The first debate that took place was about the passing of papers and the second debate was aiming to reduce the funds for NDIS (National Disability Insurance Scheme). Neither debate went in the governments' favour but that's not what captured our attention.....politicians have to be one of the highest paid people to yell and backchat! Once this excitement ended, we had the honour of meeting Her Excellency The Honourable Margaret Beazley AO QC, Governor of NSW and her husband Mr Dennis Wilson. Everyone had the once in a lifetime chance to be escorted through the Government House, learning about the beautiful history of the castle. Silence and engagement filled the room when Her Excellency entered and spoke. Her Excellency spoke about her upbringing, what her job is, how she was appointed to the role and what we can do as leaders to continue the path we are headed in now. This opportunity opened our minds and eyes to what the big world really offers us. I believe that every student and leader that attended took away something new, exciting and inspiring. Everyone is encouraged to walk through an open door, even if it's through the slightest crack. You never know what you can achieve if you don't take the opportunity with an open mind and strong grip. Anyone can be a leader and everyone is a leader in their own unique way, all you have to do is speak up, take chances and accept your failures. Thank you to Mrs Taylor from Warren CS for supervising and allowing Morgan and me to attend this great day with her and her fellow school captains.

*Karly Edwards*  
School Captain



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# SECONDARY

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Dimiti Trudgett

## Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## STEM

Last week in STEM the student groups rotated around, so that students were able to participate in the activities from the previous week, all in relation to water quality and testing. In one group, students were able to look at a sample of water taken from the Goan Waterhole and test it under the microscope for bacteria. The sample was teeming with microscopic life and students were able to identify other factors about the water sample which made it unfit for consumption and recreation. Students were able to discuss the importance of looking after community water resources so that they would be fit for future generations to use and enjoy.

Next week, students will be given their Design Brief in regards to their focus on clean water and what they need to do over the next term. Have a conversation with your children and ask them what they are learning about water and our local Trangie resource of the Goan Waterhole.

This semester will also see the first reporting period where students will receive a STEM report. This report has been designed as a simple tick box, indicating the skills which the student have displayed over the term in STEM. These skills include - Independent work, working in teams, scientific thinking and design thinking skills, communication skills, critical thinking and problem solving and digital literacy skills.



## STEM Stars of the week

Jake Foster

Toby Greenwood

Locklon King-Heterick

Jack Andrews

Cam Broughton

*Gary Hansen*  
*Head Teacher*

## Stage 5 Food Technology

Stage 5 Food Technology have been studying New Food Product Development this term. For their assessment task, they have to design a new flavoured packet cake. Firstly they made and evaluated some of the current packet cakes. The general consensus was not very positive, with plenty of room for improvement. Students then researched the different packet cakes on the market before developing a recipe for a new flavoured cake. This week the students have produced and presented their cakes for class evaluation. Most students were happy with their final product and impressed with their styling skills when plating.



*Holly Anderson*  
*TAS Teacher*

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# SECONDARY

**Deputy Principal**

Dimiti Trudgett

**Head Teachers**

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

## Literacy at TCS

### Fortnight Focus

Maintaining the apostrophe rage, this fortnight we're focussing on possessive pronouns (which don't require an apostrophe, e.g. his and hers); pronoun-verb combos that might need an apostrophe to indicate a contraction (e.g. *there is* becomes *there's*), and the fact (again) that you never need an apostrophe to make a regular noun plural.

The main focus is on possessive pronouns, a common point of confusion - e.g. *its* versus *it's* and *whose* versus *who's*.

As a possessive pronoun, *its* functions in the same way as *his* or *our*: "Did you find *its/his/our* bag?" When used as a contraction for *it is*, you need the apostrophe to make *it's*: "*It's* impossible to find!"

It's the same situation for *whose* and *who's*: "*Whose* bag is this?" "I've been wondering *who's* the right person to ask about that."

The easiest way to check if you're unsure is to try and swap out the pronoun for *it is* or *who is* (or *there is*, *you are*, etc) and see if the phrase/sentence still makes sense. If it does, it needs the apostrophe of omission to create the contraction. If it sounds absurd, then it's the possessive pronoun you need.

Finally, we are reminding students of the importance of not using what's known as "the grocer's apostrophe" in our writing – even when a noun ends in a vowel (e.g. *banana*, the culprit generally blamed for the origin of the term), we never ever need an apostrophe to create the plural, *bananas*. It's a trap that is commonly found all over the place, so it's a pernicious one to try to stamp out.

These might seem small (literally), but apostrophes (and correct punctuation and grammar generally) assist us in communicating clearly – an essential skill throughout our lives.

**Kate Wilson**  
**Head Teacher**



**APOSTROPHES,  
POSSESSIVE PRONOUNS  
AND COMMON ERRORS**

Getting it straight so you  
can get it right!



### APOSTROPHES FOR NOUNS

Apostrophes indicate **possession** when used with a **noun**, e.g. *Jay's hat*



### POSSESSIVE PRONOUNS

**Possessive pronouns** *do not* require an apostrophe to indicate possession, e.g. *its, yours, theirs, and whose*



### APOSTROPHES FOR PRONOUNS

Apostrophes indicate a **contraction** when used with a **pronoun**, e.g. *it's cold outside*



### APOSTROPHES FOR PLURALS

**Plural nouns** *never* require an apostrophe to indicate their plurality, e.g. *bananas*



### APOSTROPHES FOR PLURALS

Apostrophes indicate **possession by many** when used with a **plural noun**, e.g. *the students' wonderful writing*



# SECONDARY

## Deputy Principal

Dimiti Trudgett

## Head Teachers

Gary Hansen  
Jessica Skinner  
Kate Wilson  
Ted Wright

## WARRUMBUNGLES OUTDOOR RECREATION CAMP

Four of our senior students travelled to the Warrumbungle National Park during Week 7 to participate in an outdoor education/Duke of Edinburgh excursion with the Environmental Education Centre staff and students from Binnaway and Dunedoo Central Schools. Over the course of two and a half days, the students were faced with team building challenges, a full-day hike and orienteering (where they had to use compasses and bearings) to find their way in scrubland.

The students had to investigate and decide upon a walk to complete as a group on our second day at the park. We walked up to the Information Centre to assess the distance and difficulty of a range of tracks and all students voted on completing the longest and highest walk in the park, Mount Exmouth! After an early wake-up on Wednesday morning, we bundled into the car to drive to the start of our walk and commenced the journey up many stairs and rocky surfaces to reach the summit (at 1200m!) just after lunch. There were times when groups of adventurers became separated as a result of fitness levels and ability and it became questionable if all could make it to the top....but determination prevailed! As we descended down the fire trails, we never lost track of Jesse Cole as she made us all aware at all times of the blisters she was suffering with. With the support of her peers and Dunedoo's commando Lachlan, she made it down in one piece. We all enjoyed hot showers and the warmth of the fire more than ever before that evening.

We look forward to hopefully collaborating with Wes at the EEC again in the future, with a potential for a longer hike across the Overland Track in Tasmania!

**Madeleine Bretag**  
**DOE Coordinator**



## CENTRAL SCHOOLS NETBALL

Last week, our girls travelled to Dubbo to take on three other Central Schools in their pool for the Central Schools U15's competition. They started the day strong with a fantastic win against Molong, demonstrating fantastic cohesion as a team that hadn't played together before. Our spectacular shooters, Bailee and Narelle made quick work of their goals after being delivered strong passes from our very capable centre court girls, Haleigh, Erika and Stacey. Our new recruit, Mia didn't stop all day as she held up the play from making its way into the opposition goal. Cheyenne, Alexi and Emma defended the circle with finesse as they kept Molong at only five goals all game.

After a rocky start against Warren and having to overcome an injury on court, the girls played a fantastic second half to come up only two goals short of taking the game. Having lost one of our shooters, the girls unfortunately could not sustain their effort into the final game against Lake Cargelligo. Even though they couldn't quite edge their way into the finals, the girls demonstrated fantastic sportsmanship and have definitely shown the potential to develop into a formidable force. A big thank you to Mel Gleeson for coming down to support the girls and umpiring some games for us and Tash Edwards who came down to cheer our girls from the sideline!

**Madeleine Bretag**  
**Secondary Netball Coordinator**



Teach your children well



## Assistant Principals' Report

### Gobondery/NARRAF Soccer Gala Day

Last Friday, on perhaps the coldest ever day in Trangie's recent history, 17 teams of primary school students gathered for a fun day of soccer competition. The schools participating were from Trundle, Warren, Tullamore, Tottenham, Peak Hill, Narromine and Trangie. It was a terrific day, with all children competing displaying great sportsmanship and some standout talent.



Our school's teams did well on the day. Our Junior A team got runners up and Senior A team won the day!



A day like this cannot be run successfully without the help and support of our community. Thanks firstly to the **Trangie Redbacks Soccer Club** for once again, allowing us the use of their goals and line markers. **Mark O'Neill** the President, braved the freezing dawn conditions to erect the goals and mark out the fields. **Zac Herbert** also kindly volunteered his time to referee on the day and support our junior referees who are in the process of being accredited. We are very grateful for the soccer club's support.



Thanks also to our student volunteers;

Refereeing – **Bonnee Morton, Ben Skinner, Ben Cook and Will Anderson**

Running the Canteen – **Mia Gleeson, Zoe Andrews, Alexi Everett, Katelyn O'Neill and Bridie Hayden**, ably supported by **Noelene Rose**.



Finally, thanks to our families for baking delicious items for the Year 6 cake stall and also to the many parents and friends who came along to watch the children compete.





# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

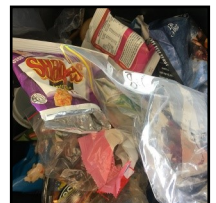
### Are You Feeding Your Kids Well?

Junk food consumption at our school has reached alarming levels. Our bins are overflowing with empty plastic packets from the 'zero nutrition' food the children are eating. Strolling around the eating area at recess and lunch, staff are noticing lunch boxes crammed with processed, packaged foods. Some children do not have any actual, real food in their lunch boxes at all. This is not good enough. We all know better and our children deserve better.



Expecting your child to be able to concentrate in class and develop their brains properly when they are fed only packaged junk throughout the day is ridiculous. Parents are responsible for what their children eat. A hungry child will eventually eat the healthy option if there are no other choices. Pack an apple instead of a packet of chips. Pack carrot sticks instead of biscuits. Give your children real food and they will thrive.

\* Numerous studies have linked processed, factory food with ADHD, diabetes type 2, developmental delays, hyperactivity disorders and defiance disorders.

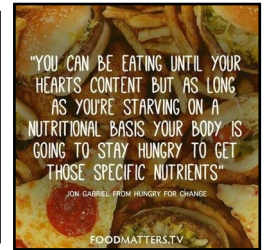


**"Ultra-processed foods are extremely harmful to health. They cause disease and increase waistlines. They're nutritionally barren and loaded with sugar and salt. Eating more whole, natural foods that have been minimally processed, including more home-cooked meals, should be a top priority for all."**

*Liz Pearson, RD ([www.lizpearson.com](http://www.lizpearson.com))*



**REAL FOOD  
DOESN'T HAVE  
INGREDIENTS.  
REAL FOOD  
IS INGREDIENTS.  
JAMIE OLIVER**



### Jump Rope for Heart

This amazing fundraiser will again be taking place at school next term, Wednesday 14th August. A note outlining the details for registering your child will be sent home next week, so students can get a start on fundraising during the holidays.

Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps to raise funds for vital heart research and education programs.

Heart Foundation

Jump Rope for Heart



Teach your children well



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Reminders

- ♦ Make Music Mufti Day (tomorrow, 28th June) - come dressed as your favourite musician - Gold coin donation
- ♦ CWA Research poster project. Country - New Guinea. **Due by end of this term!**
- ♦ Premier's Spelling Bee - words available now. Competition in Term 3.
- ♦ If you have any books that are no longer used at home, why not send them in for others in our school community to enjoy? They can be placed in our Street Library. **Thank you to Zalia Terry, Remy Gleeson and Phoebe King Heterick for their recent donations!**



### Primary Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 9 24/6					Make Music Day (Mufti) Yrs K-12 Come dressed as your favourite musician! Gold coin donation Popcorn available at recess for \$1.
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		Primary RAMS Reward Day Yrs K-6 2.00pm-3.00pm  Last Day for Term 2. Have a great holiday!
Wk 1 22/7	Staff Development Day	Students Return for Term 3. Welcome back!			

**Jacky Murtagh**  
Assistant Principal

happy  
holidays!

Teach your children well



# PRIMARY

Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh



## Early Birds



Early Birds have had fun being Scientists. We borrowed some Secondary equipment and learnt all about rainbows using prisms and simple experiments.

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



Teach your children well



# CANTEEN

## Healthy Canteen

Trangie Central School Canteen is soon to be a Healthy Canteen, as per the NSW Healthy School Canteen Strategy.

### **Why are we changing our canteen?**

The NSW government has introduced a Healthy School Canteen Strategy which all schools are required to undertake by the end of 2019. Our canteen has been slowly moving towards our goal of having 75% + of Everyday Healthy foods on our menu.

### **What does a Healthy Canteen look like?**

No Sugary drinks!

At least 75% of the menu is Everyday foods and drinks? (Everyday foods are healthy, fresh, non-processed foods)

Occasional foods will make up 25% of the menu and will have a Health Star rating of 3.5 stars or above.

Portion limits for flavoured milk, juices and hot meals.

### **What does this mean for our canteen?**

We will no longer have poppers that have less than 99% fruit juice.

Our Zooper Doopers are now Quelch, which are 99% juice.

We will no longer have chips for sale, replaced by popcorn.

### **We Will Have!**

Fresh sandwiches, wraps and salads.

We will use fresh chicken not processed chicken for wraps & salads.

Locally made pies and sausage rolls.

Regular specials of soups, pasta, quiches etc. *(Watch the newsletters for specials.)*

Fresh fruit, fruit salads etc.

Healthy Snacks both hot and cold.

### **What can you do to help?**

Encourage your children to make healthy choices.

Encourage your children to try new things.









# PARENT SUPPORT GROUP - TRANGIE

PARENTING IS REWARDING BUT HARD WORK  
**COMMUNITIES FOR CHILDREN**  
ARE HERE TO SUPPORT YOU !!!!

**This is a group for parents/  
carers to come learn and feel  
supported.**

**Lots of parenting  
ideas & tips, life skills,  
craft, fun and laughter.**

## FORTNIGHTLY

**Tuesday's from 1pm to 3pm**

**May — 7/5/19 & 21/5/19**

**June — 4/6/19 & 18/6/19**

**July — 2/7/19**

**Trangie Bowling Club Hall**

**Dandaloo St, Trangie**

**FREE — KIDS WELCOME**

**Afternoon Tea Provided**

**Facilitated by: Sharon Milnes (Communities for Children)**

**Enquiries or Referrals please call or email:**

**0428894180 or sharonm@narrominecommunityskills.com.au**

## COMING SOON TO TRANGIE Mobile Oral Health Centre



### Who is Eligible to Attend?

#### Children

(Under 18 years old)

- ◆ Must hold a Medicare card

#### Adults:

(18 years old or older)

- ◆ Hold a Medicare card, and
- ◆ Hold or be listed as a dependent on a valid Australian concession card:
- Health Care Card
- Pensioner Concession Card
- Commonwealth Seniors Health Card

All adults and children must be normally a resident within the boundary of the Western NSW Local Health District

### To make an appointment you can:

- ◆ Call our Contact Centre on 1300 552 626
- Or
- ◆ Drop into our Mobile Oral Health Centre during opening hours

**When:**  
Every Tuesday and Thursday  
from the 14<sup>th</sup> May to the 4<sup>th</sup>  
July 2019

**Where:**  
Dandaloo Street Trangie  
At the Men's Shed



**Health**  
Western NSW  
Local Health District

## Sensory Detective® Workshop Autism Training

For Teachers, Health Professionals & Families

Nelle Frances – author, consultant, parent, educator,  
sensory guru....

Provides a detailed description of individuals with  
Autism/Asperger's Syndrome, including profiles on the  
neurology, biology, cognitive processing, perception  
differences and learning styles of those on the spectrum.

You will learn specific techniques for dealing with challenging  
behaviours and meltdown and how to de-escalate situations with  
students and clients on the Autism Spectrum.

The training includes Nelle's high-impact Sensory Detective®  
Workshop – an interactive exercise that allows you to look at Autism  
from the inside out! You will learn first-hand that the response to  
sensory stimuli influences all behaviour, emotional development and  
academic progress of those on the Autism Spectrum.

### OUTCOMES

- deep understanding of Autism/Asperger's
- in-depth knowledge of characteristics
- knowledge of common biological traits of Autism
- in-depth knowledge of physiology of meltdowns
- recognize sensory agitation
- link sensory issues + all behaviour
- ability to establish accommodations / differentiations

You'll learn how to become a 'Sensory Detective' to decode  
behaviour.

Book online now at <https://www.trvbookina.com/BBKDW>



Parkes, NSW

**When:** 22 July 2019  
**Time:** 9:00am – 3:00pm  
**Where:** Parkes Christian School Hall  
243 Back Trundle rd  
Parkes  
NSW 2870

**Cost:** \$70 Parents  
\$100 Teachers &  
Professionals

**Morning tea & light lunch**  
REGISTRATION FROM 8:30AM



Continuing Professional Development 6 hours  
NESA Accredited: **Decoding Autism/Asperger's behaviours through sensory awareness**  
Australian Curriculum  
General Capabilities | Organising Elements | Personal & Social Capabilities  
Critical & Creative Thinking | Ethical Behaviour

## GLENN MCGRATH CRICKET NETS GRAND OPENING

# CRICKET SKILLS CLINIC



**What:** Glenn McGrath Cricket Nets Opening

**Where:** Dundas Oval, Narromine

**When:** Saturday 6th July 2019 - Opening at 2:00pm and FREE Clinic and BBQ at 2:30pm

**Who:** All welcome to attend

Clinic will be delivered by Cricket NSW Development Officers

For more info contact Emily  
mail@narromine.nsw.gov.au or 6889 9999



### The 'Chronic Condition' I Have Does Not Define Me

24 July 2019

**Dubbo Venue:**

Lecture Theatre [DB006], University of Sydney School of Rural Health, 11 Moran Drive, Dubbo

**Orange Venue:**

Function Room [OA054], Audley Building, University of Sydney School of Rural Health, Cnr Acacia Way & Canobolas Dr, Bloomfield Campus, 1502 Forest Road, Orange

**Cost:** Free of Charge

This program is supported locally by the School of Rural Health

**PLACES WILL BE LIMITED TO 32 in Dubbo & 45 in Orange** - so please register early  
*Please ensure when you register via phone or email that you state which venue you will attend*

**RSVP by Wednesday, 17 July 2019**

Please register by emailing: [rural.info@sydney.edu.au](mailto:rural.info@sydney.edu.au) OR  
call Helen Peacocke (Dubbo) on 5809 9400 / Sharon Boog (Orange) on 5310 4109

**NSW Ministry of Health ABN No 92 697 899 630**

The Forum Organising Committee includes representatives from Academic Department of Adolescent Medicine; Agency for Clinical Innovation; CAPTOS, Department of Psychological Medicine, CHW Children's Hospital School, CHW; Department of Adolescent Medicine, CHW; Department of Adolescent and Young Adult Medicine, Westmead Hospital; High Street Youth Health Service; Area School Link Coordinator, Northern Sydney Local Health District; Maternity, Child, Youth and Paediatrics, NSW Health and Transcultural Mental Health Centre

**Rural and Regional Video Conference Sites**

Video conferences are now available in more than 25 sites across NSW. For your [local video conference sites and local rsvp details](#), go to the [NSW Health website](#) and search for 'Youth Health Forum Video Conference sites' (video conference facilities are reserved for rural and regional sites only).

Program enquiries: Ms Ken Yap  
Maternity, Child, Youth and Paediatrics |  
Health and Social Policy Branch | NSW Health  
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🌐: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Program

- |             |   |
|-------------|---|
| 0850 - 0900 | Registration  |
| 0900 - 0910 | <b>Welcome and Introduction</b><br>Clinical Associate Professor Susan Towns, Adolescent Physician, Paediatrician; Head, Department of Adolescent Medicine, The Sydney Children's Hospitals Network (SCHN)   |
| 0910 - 0945 | <b>When Two Worlds Clash - Normal Life and Self-Management Regimens</b><br>Professor Kate Steinbeck, Medical Foundation Chair in Adolescent Medicine, The University of Sydney; Director, Wellbeing Health & Youth, Centre for Research Excellence (CRE) in Adolescent Health |
| 0945 - 1015 | <b>'Long term, school is part of the treatment!'</b><br>Ms Margot Braithwaite, Head, Liaison Unit, NSW Education Standards Authority (NESA)   |
| 1015 - 1050 | <b>MORNING TEA</b>  |
| 1050 - 1120 | <b>Managing Chronic Conditions in Adolescence</b><br>Ms Alexandra (Alex) Rushworth and Miss Nadishani (Nadi) Fernando, Clinical Psychologists, Department of Adolescent Medicine, The Children's Hospital at Westmead, SCHN   |
| 1120 - 1150 | <b>The Invisible Patient: Supporting Young People Who Have a Sibling with Cancer</b><br>Adjunct Associate Professor Pandora Patterson, General Manager, Research & Youth Cancer Services, CanTeen Australia   |
| 1150 - 1200 | <b>Voice of Youth</b><br>Mr Oscar van Niekerk and Ms Mariam Nazir, Young People from the Chronic Illness Peer Support (ChIPS) Program   |
| 1200 - 1230 | <b>Panel Discussion - Joined by all Program Speakers</b>  |