



Trangie Central School Newsletter 22nd August 2019 Term 3 - Week 5



SCHOOL INFORMATION

Address:

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Website:

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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:

Holly Anderson
(Relieving)

Secretary:

Emma Roberts

Treasurer:

Jaye Milgate

P & C Meeting

Wednesday
28th August 2019
3.30pm
TCS library



Heart Foundation

Jump Rope for Heart



WE DID IT!!

What's On

| | | |
|------|----------|---|
| Wk 5 | 23/8 | Yrs K-12 Book Fair Parade-2.00pm Secondary Basketball Court-Everyone Welcome! |
| Wk 6 | 26/8 | Yr 7/8(W) Warrumbungles Field Trip - Depart TCS at 7.00am |
| | 26/8 | CHS Lawn Bowls @ Dubbo - Depart TCS at 7.30am - GOOD LUCK! |
| | 27-28/8 | 2019 School Wether Challenge @ Dubbo - Depart TCS 7.00am (both days) |
| | 28/8 | P&C Meeting @ TCS library 3.30pm - MADD Spring Fair organisation |
| | 29-31/8 | Yr 12 Sydney University Open Day with Dubbo Senior Campus |
| | 30/8-1/9 | Yr 11/12 Newcastle University Open Day - Depart TCS at 12.00pm |
| | 30/8 | Primary Assembly in Room 1 - 2.00pm - Everyone Welcome! |

Teach your children well



..... TRANGIE CENTRAL SCHOOL

MADD SPRING FAIR

FRIDAY
13TH SEPTEMBER 2019

PHOTOGRAPHY COMPETITION

Entry fee – Gold coin donation

CATEGORIES

Colour photos: People, Animals
Environment & Open subject

Black & White/Sepia: Any subject

Requirements: Postcard size and
no mounting or framing

AGE GROUPS

Kinder-Year 2

Years 3-6

Years 7-12

Adult/Staff

Prizes to be won!

ENTRIES CLOSE FRIDAY 30TH AUGUST – DROP ENTRIES TO TCS

For any queries, please contact the school on 6888 7578

FROM THE PRINCIPAL

Hi everyone - TCS - We Aspire to Excellence!

TCS Continues to Excel

Trangie Central School students have an endless number of opportunities to excel, and they certainly do.

We are very proud of Coopa Hull who has been accepted in to the Aboriginal Dance Company and will begin rehearsals for the NSW Public Schools State Dance Festival. Coopa will also perform in the Schools Spectacular next term, along with another 20 students.

The aim of our Middle School STEM project is to develop in our students the ability to work as a team, generate ideas, solve problems and design solutions. This then requires the communication skills to present their ideas to others. These are all real world skills that our students will need to develop in order to succeed and contribute productively to their communities in the future. An example of this would be Bryce Hannaford who has begun a degree at Newcastle University this semester in Project Management.

Our STEM project is 18 months old and we are now seeing our work being reflected in success in the wider arena. The Young Change Agents project was brought to our school a couple of weeks ago and 40 students participated in this exciting activity. From this, two teams of students were selected by the presenters and these students Jae-Lee Edwards, Jay & Kai Greenwood, Haleigh McCarney, Stacey Whitney and David Barclay will represent us in Melbourne at the beginning of September when they will present their pitch to the Telstra Vantage Presentation. I know that they will learn a tremendous amount from interacting with the best designers and being present at this prestigious event. Miss Press and Mr Hansen will accompany the teams and learn more about the design process to bring back to our school. This program is fully funded by Telstra and is a fantastic opportunity for our students.

This week Ms Murtagh ran her annual spelling bee, with competition providing an incentive to improve. Congratulations to Drew Evans for becoming Junior Primary Champion with Zalia Terry as runner up and Marley Kerr as Senior Primary Champion and Nate Mayes as Senior Primary runner-up. Well done to these students.

Also congratulations to K Ebsworth for being accepted into the Aurora College Pilot extension program for STEM. The Public Schools' Aurora College at present offers Stage 5 and Stage 6 subjects to regional academically able students so that they can continue to study academic subjects and still remain in their own communities.

Community participation

As always, our school is committed to contributing to and participating with our community. We offer our resources, our expertise and our manpower to make our community better for everyone who lives in it. We recognise the benefits to our students' wellbeing and self-esteem of volunteering and we actively encourage and develop opportunities to contribute for our students.

This year our students have played an integral role in the Seniors Olympics, the Autism Day and more recently the Disability League Tag Day. On all of these occasions our students have demonstrated empathy, kindness and patience and I have been immensely proud of them, as you all should be.

The Trangie Truck and Tractor Day was another example of the community pulling together with fantastic results. I am sure my feet will never recover and I hope I don't see another sausage sandwich for a while, but what an achievement! We were so not ready for the number of people but yet, having been told to cater for 1000 as everyone's best guess, thanks to our amazing new butcher, Lewis Varty we survived. Lewis not only delivered the meat to the venue, but when we ran out of meat before we had even got to lunch time he produced another huge number of steaks and sausages and saved the day. Also a very big thanks to the staff, students and community members who worked so hard on the day. It was an amazing event and a credit to the organisers.

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. I do teach, so if you need to talk to me for any reason, just call the office and arrange a time that I am not on class or in a meeting. Also, don't forget our suggestion box at each side of the school.

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!

Also, give your child the most valuable gift in the world – a good education – so send them EVERY day. We have a great school and it is such good value for very little money.

Walanginya Yawarra-ndhu (Be good, be careful)

Anne Holden

Staff Smile of the Week (Week 4)
Goes to Alex for helping prepare props for
MADD Spring Fair.

Teach your children well

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Head Teacher's Report

It has been another busy week in the life of TCS, as our packed newsletter and calendar show! Between HSC Trials, the Trangie Disability Challenge Cup and a number of other sporting and teamwork opportunities, our students have been experiencing a very rich and varied curriculum indeed.

It was fantastic to see so many staff and students at the Trangie Truck and Tractor Show on the weekend, supporting our community event and our school's fundraising barbecues. It was a fantastic day, and the weather smiled on us to really showcase our town. Congratulations to all involved, especially Coopa Hull, Xander Cummings, Mrs Anderson, Mrs Seymour, Mr and Mrs Holden and the countless others who ensured that we kept the masses fed and happy!

Years 7-12 Schools Spectacular Matinee Tickets

Secondary students are reminded if they would like to attend the 2019 Schools Spectacular Matinee Performance on Friday 22nd November to see our talented students, to please return the note and \$50 payment as soon as possible.

Kate Wilson
Head Teacher

Karate Wins!

On the 4th August, our brave Karateka who train at the Te-Ashi Kai-Shin Australasian Karate Club contested their interclub tournament at Dubbo. Everybody who competed put in an exemplary effort, embodying the etiquette and integrity of martial arts. Kae-Jae Roberts gave an outstanding performance and Tawhiao Selway showed excellent technique throughout the day, whilst Simon Stoneman demonstrated his improving skills by winning Kumite. Sonny Morton continued his successful ways while Naia Selway and Xander Cummings put in solid efforts. All the results are as follows:

| | |
|-----------------|--------------------------------------|
| Tawhiao Selway | 1st in Kata, Kumite & Sumo |
| Sonny Morton | 1st in Kumite, Kata & 2nd in Weapons |
| Kae-Jae Roberts | 2nd in Sword, Kata & 3rd in Sumo |
| Naia Selway | 4th in Kata & Sumo |
| Simon Stoneman | 1st in Kumite & 3rd in Kata |
| Xander Cummings | 3rd in Kumite & Kata |
| Mr McDonald | 1st in Kumite & Kata |

Scott McDonald
TCS Karate Coordinator

If you like to
purchase tickets,
please see one of
our Year 12 students
or contact the school
on 6888 7578.





TRANGIE CENTRAL SCHOOL

YEAR 12 RAFFLE

\$2/TICKET OR 3 FOR \$5
PRIZES DRAWN ON THE 6TH OF SEPTEMBER

- 1st prize: \$50 Bevo's voucher & sweet hamper
- 2nd prize: \$50 L&J Quality Meats voucher
- 3rd prize: Beauty & Care Hamper
- 4th prize: Gourmet Food Hamper
- 5th prize: NSW Blues & Kids Hamper
- 6th prize: Misc. Gift Hamper

SECONDARY

Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

Same Game Our Way!

Last week Haleigh McCarney, Narelle Shillingsworth-Budd, Nikeata McMaster and Emma-Jean Edwards all participated in the National Rugby League Girls Tackle Gala Day held in Dubbo last Thursday. The students joined forces with Walgett for the day, winning two games, drawing one and having a loss. It has been a great opportunity that we are able to provide to the girls who are interested in the contact format, especially being a small school and not being able to field a TCS team at this stage. The feedback from the organisers and the Walgett teaching staff has been extremely positive. Thank you to the parents who took time off work to get their child there for the day. Without your continued support we would not be able to support these days.



Trangie Challenge All Abilities League Tag Day

We are so proud to have been involved with the running of the day for this event. Our Year 11 SLR students played a huge role in the administration and running of the day, one in which our boys now see as being so rewarding as they all enjoyed the day as much as the 80 athletes involved. This event was hugely supported by various communities such as Dubbo, Parkes, Peak Hill and our very own Trangie. With perfect weather and excitement buzzing, this was the atmosphere for the start of the successful day that was. Congratulations to all the athletes and services involved!



Jessica Skinner Head Teacher



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Deputy Principal

Dimiti Trudgett

Head Teachers

Gary Hansen

Jessica Skinner

Kate Wilson

Ted Wright

WINTER WARRIOR

Once again, Trangie Central School competed in the Winter Warrior Inter School Challenge held at Lake Keepit. I was accompanied by nine enthusiastic Trangie Central students along with students from across the state to tackle the 18km obstacle course. With obstacles titled Flipin Hell, The Washing Machine and The Gun Show our team soon felt the lactic acid drowning their newly discovered muscles. Our team demonstrated mental and physical strength and most importantly teamwork. The team was glad to see the finish line or a warm shower. A thank you to the students for actually having an early night prior to the competition and keeping the whinging to a minimum. As always, I have collected some great photos of you all and we have some stories to talk around the campfire for quite some time....

Troy Jones

Winter Warrior Coordinator



Teach your children well

PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Assistant Principals' Report

Jump Rope for Heart

Thank you to ALL the students who got involved with Jump Rope for Heart!

A huge thank you for the effort skipping and fundraising for the Jump Rope for Heart program this term. Together we raised an incredible \$1,546 and this money will all go towards vital heart research and education programs.

Our highest fundraiser this year was Amelia Hall, closely contested by Willow and Reggie Thomas. Thank you also to Harry and Tommy Ashby, Hugo Kinsey, Indiana and Stella Davies, Remy Gleeson, Indie and Mylee Bond, Eddie Ferguson and Marley Kerr for their generous donations.

We've loved seeing so many smiling faces skipping on the playground and in sports lessons.

Our Jump Off Day was a huge success and each class showed some competitive and skilled skipping.

Congratulations to the winners from each class:

- K Shayleigh Hull-Riley
- 1/2 Neveah Adams & runner up Sianna Hull-Riley
- 3/4 Angel Glase & runner up Tawhiao Selway
- 4/5 Jack Andrews & runner up Remy Gleeson
- 6 Charlie Kerr & runner up Ulahra Baxter.

Here you can see a few action photos from the day.

Mel Corcoran
Organising Teacher



Heart Foundation

Jump Rope for Heart



PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

Thanks!

Schools are most successful when parents and teachers work together, with the support of the broader community. We are fortunate to have a number of families that are willing to get involved.

- ◆ Huge thanks to the small group of Mums and Dads who helped man the BBQ at the Trangie Truck and Tractor Show last weekend. The event was an overwhelming success and the BBQs run by the school made thousands of dollars in profits for the P&C and Schools Spectacular team.
- ◆ Thanks for the recent donations of tin cans and glass jars for the fete stalls.
- ◆ Thanks to the Gleeson family for being super involved in last Friday's netball event in Warren. Mark Gleeson very kindly drove the bus and Mel was very helpful with mentoring our teams throughout the day.



Can You Help?

Year 6 would LOVE donations of small items eg lollies, pegs, hair elastics, soaps, stickers, Christmas decorations, socks etc etc to fill their jars for the bottle stall.

Reminder - Book Fair & Parade

We LOVE books at TCS and to celebrate Book Week our students will be participating in a dress up parade TOMORROW – Friday 23rd August. Parents are invited to attend the parade from 2-3pm at the Secondary basketball court. Children are asked to come dressed as their favourite book characters.



Improve your child's Maths in 10 minutes per day!

Are you looking for a quick, fun way to improve your child's maths? Each week this term we will publish instructions for a fun card game that you can play at home with your children.

24 – Addition and subtraction using mental strategies

Deal out all the cards, an equal number to each player. The person to the dealer's left goes first and the game continues clockwise. The first person turns over a card and places it face up in the centre of the play area. The next player turns over a card and adds it to the card already played, says the sum out loud, and places the card on top of the previously played card. The next player turns over a card and adds the card to the sum of the first two cards. Play continues in this way until someone adds a card that makes 24 or more. If the sum is exactly 24 that player wins. If the sum is over 24 the value of the card is taken away from the previous total. Play continues until someone gets a total of exactly 24.

Primary Calendar

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|-------------------------------------|--|---------------------|--|
| Wk 5 19/8 | | | | | Book Fair @ TCS library Yrs K-12 8.00am-8.30am 3.00pm-4.00pm Book Fair Dress Up & Parade Yrs K-12 2.00pm-3.00pm Basketball Court on Secondary side |
| Wk 6 26/8 | | | P&C Meeting 3.30pm TCS library Everyone Welcome! MADD Spring Fair organisation. | | Primary Assembly Yrs K-6 2.00pm Room 1 Everyone Welcome! |
| Wk 7 2/9 | WSSA Cricket @ Dubbo Good luck Jake & Jock! | ICAS Digital Technologies Online | Alphabet Fun Day @ Narromine Kinder + Early Birds Depart TCS: 9.00am | ICAS Science Online | G/N Netball & Touch Footy @ Warren Selected students Yrs 3-6 Depart TCS: 9.00am |

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PRIMARY

Assistant Principals

Jo-Anne Ellis
Jacky Murtagh

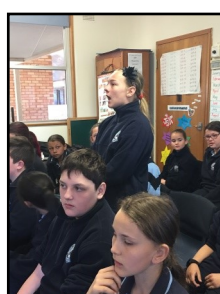
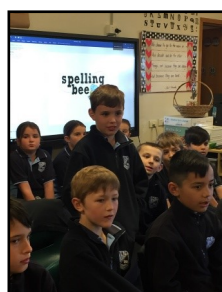
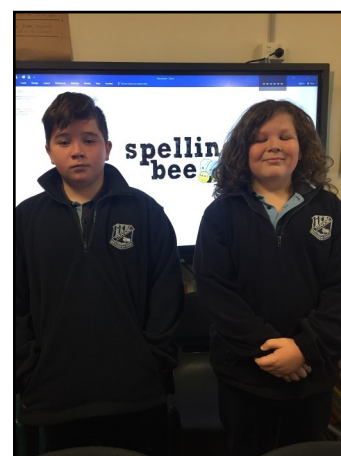
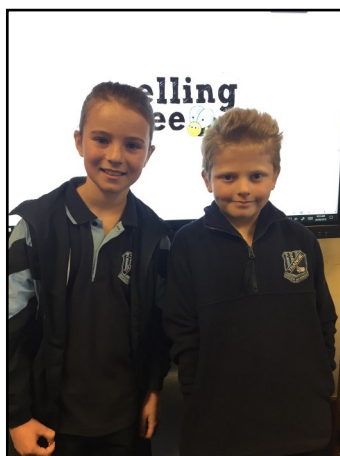
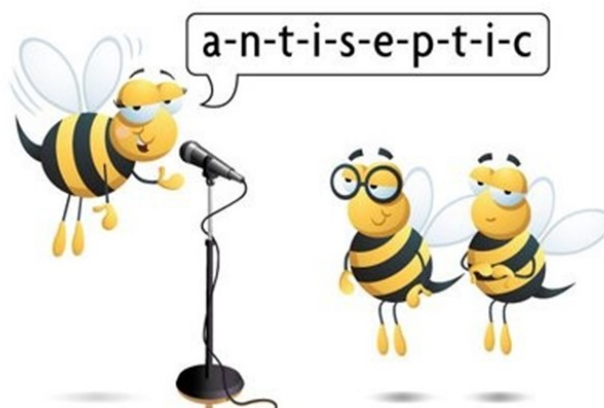
Premier's Spelling Bee

Many of our students have been spending a fair amount of their spare time studying and preparing for the annual Premier's Spelling Bee. This competition is for students in Years 3-6 and challenges students to draw on and expand their spelling strategies. Students all around NSW are invited to participate with the winners from each school competing in a regional competition. The winners from those events then meet in Sydney for the state wide competition.

Staff were very pleased with the effort demonstrated by our students. The Junior competition was exceptionally hard won with Reggie Thomas, Tawhaio Selway, Christian O'Neill, Drew Evans, Tom Hill, Ethan Foster, Cooper Mitchell, Zalia Terry and Remy Gleeson all progressing past four rounds! In the end, after seven rounds, Drew was our junior winner and Christian and Zalia battled it out for second place and the chance to go to regionals. Well done to Zalia who managed to defeat Christian....this time!

The seniors also proved a tough competition with Amelia Reisterer, Carmen Su, Marley Kerr and Nate Mayes defeating the other students in the first few rounds and then battling it out for spelling supremacy. Congratulations to both of the boys – Marley in first place and Nate placing 2nd. We wish the students much success when they represent our school in Nyngan on the 11th of September.

Jacky Murtagh
Assistant Principal



Teach your children well

PRIMARY

Assistant Principals

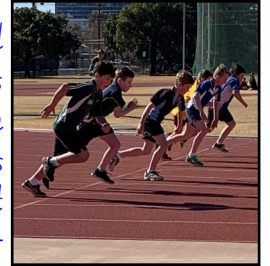
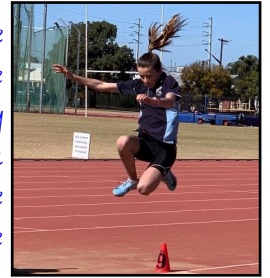
Jo-Anne Ellis
Jacky Murtagh

Gobondery/NARRAF Athletics

Last Tuesday a bus load of our students from Years 3-6 travelled to Dubbo to compete in the Gobondery/NARRAF Athletics Carnival. It was a fun day because we got to race different people from different schools. Lots of people have made it away to Western – the junior boys relay team and the senior girls relay team. Jock Kater, Phoenix Fahey, Hayley Stephens, me, Montanna Gall, Piper Mitchell, Noah Clarke, Ethan Foster, Carmen Su and Tawhiao Selway, who was the overall winner of the 100m sprint. Special congratulations to Jock Kater for being the boys age group champion!!

Everyone had a good time and we all cheered each other on. We met new friends and Lyndel was definitely screaming the loudest! I love athletics carnivals because I like running but this year I didn't do my best because I hadn't been training. I came third in the 100 and 200m races. Normally I come second because there is a girl called Nyasia from Narrromine who always beats me. She is really fast! I hope we all do our best at Western and I wish the team the best of luck. Thanks to my Mum for taking me and Zalia. Thanks to the school and teachers for coming with us.

Ella Day
Vice Captain



Ridley/Trudgett Netball Carnival

On Friday 16th August, a group of girls from Years 3-6 went to Warren for the Ridley/Trudgett Netball Carnival. We took 2 teams and both teams played 5 games each. Even though it was really hot and a few of us got sunburnt, we all had a great day. A big thank you to Mark Gleeson for driving us to Warren on the school bus and Mel Gleeson for helping us on the day. Thank you to Mia Gleeson and Zoe Andrews for being amazing umpires throughout the day!

Jessie Druce
Primary Netball Coordinator

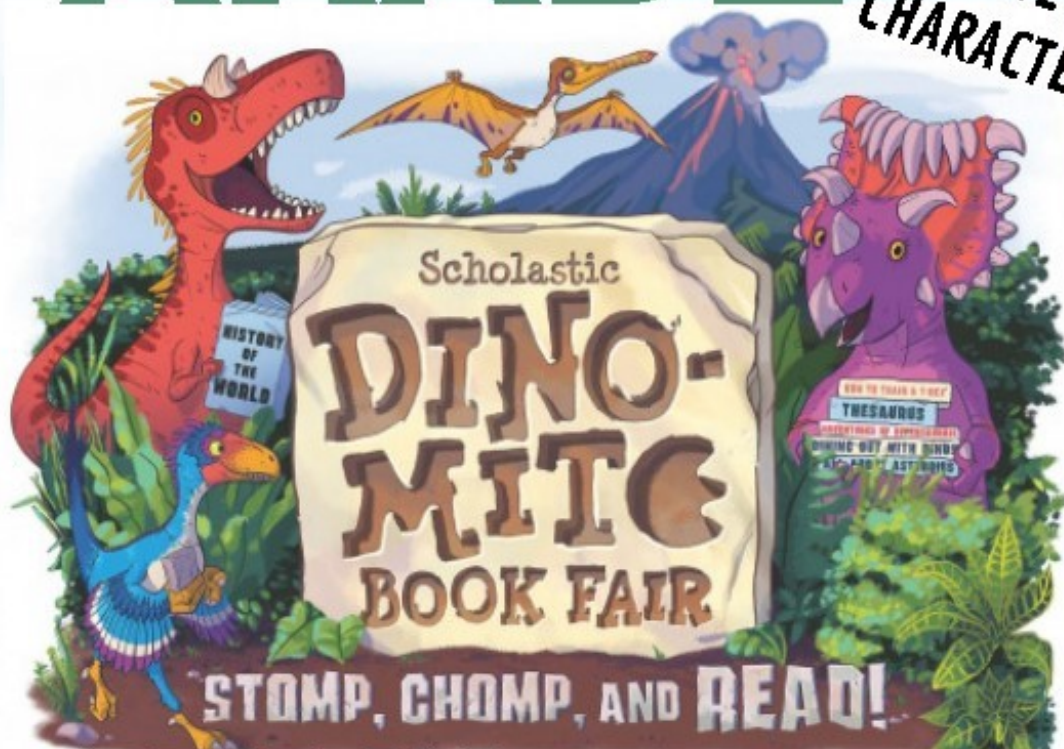


Teach your children well

LIBRARY NEWS

YEARS K-12 **BOOK FAIR** **PARADE**

*DRESS UP AS YOUR
FAVOURITE BOOK
CHARACTER!*



FRIDAY AUGUST 23RD
2-3PM

SECONDARY BASKETBALL COURT
EVERYONE WELCOME!

WELLBEING

Meningococcal Awareness

As we head into late winter and spring, NSW Health are urging everyone to be alert to the symptoms of meningococcal disease.

NSW Health have launched a state wide campaign about identifying the symptoms of meningococcal disease.

Meningococcal disease is caused by a bacterial infection that can lead to serious illness if not recognised and treated in time. While anyone can contract meningococcal disease, infection rates are higher in children aged 0 - 4 years and young people aged 15 - 24 years.

Do you know the symptoms of meningococcal disease?

Symptoms of meningococcal disease include:

- * Sudden onset of fever
- * Headache
- * Neck stiffness
- * Joint pain
- * Dislike of bright lights
- * Nausea
- * Vomiting
- * Irritability
- * Rash of red-purple spots or bruises that doesn't disappear when pressure is applied. (A rash does not always appear or it may occur late in the disease).

Some or all of these symptoms may appear and can mimic other common illnesses. Symptoms usually occur suddenly and can get worse quickly, so it's important to seek urgent medical treatment.

Vaccination is the best way to prevent the spread. The NSW School vaccination program provides free vaccination against meningococcal disease for year 10 students in 2019. Students ages 15-16 can access free vaccine from their GP.



IMPORTANT

Act fast and seek medical advice quickly

People infected with meningococcal disease can become extremely unwell very quickly. People who could have meningococcal disease should seek urgent medical advice.

For more information about meningococcal disease and vaccinations, or to obtain information to promote this within your school community, visit www.health.nsw.gov.au/infectious/meningococcal.



PLANT/GARDENING DONATIONS

With only 4 weeks until
the TCS MADD Spring Fair,
we would be extremely
grateful for any donations
of plants or all things
garden related!

If you would like plants/items
picked up, please call Meredith on
0429 456376.

Your Health Link Photographic Competition

COMPETITION NOW OPEN
GREAT PRIZES TO BE WON
Competition closes 13 October 2019



Competition Theme
HEALTHY LIFE HEALTHY YOU

Grab your mobile phone or camera and start snapping

yourhealthlinkphoto.com.au

Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Prizes

- A family holiday to New Zealand
- Cameras and iPads
- Healthy School Canteen prizes and a lot more...



Health
Mid North Coast
Local Health District

Competition Partners



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|--------------------|----------------------|
| laptops & tablets | lessons & activities |
| uniforms & shoes | books & supplies |
| sports fees & gear | camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact
your local Saver Plus Coordinator
Phone or SMS
your name and postcode to
1300 610 355
Email
DubboSP@
thesmithfamily.com.au
Online
saverplus.org.au
Find us on Facebook



Women's Health Week

BETTER AND BETTER: GROWING & CHANGING THROUGH MENOPAUSE

SEPTEMBER 3RD 2019 • 6PM UNTIL 8.30PM
DUBBO RSL THEATRETTE

REGISTER AT <http://bit.ly/WomensHealthForum> or PHONE 68 09 6054

- COST - FREE.
- LUCKY DOOR PRIZES TO BE WON.
- GIFT BAG FOR ALL ATTENDEES.
- LIGHT REFRESHMENTS AVAILABLE.

Guest Speakers

Dr Kelly Teagle - Wellfemme Women's Health Services

Dr Jennifer Geraghty - Dubbo General Practitioner

Natalie McConochie - Women's Health & Paediatric Physiotherapist

Camilla Kenny - Rural Adversity Mental Health Program



Health
Western NSW
Local Health District



Help us plan the next NSW Carers Strategy

Come to a Carers Co-design Workshop with Justin Noel, Origin Communications

Carers support family and other people who need it because of their disability, chronic illness, mental ill-health, dementia, frail age or drug and alcohol issues

Carers, family members, community members, service providers welcome

Please come to one of these workshops:

Thursday 29 August 2019 10am – 3 pm (Aboriginal carers)

Thursday 29 August 2019 4pm-6pm (Young carers)

Friday 29 August 2019 10am – 3pm (All carers)

Where: Dubbo Neighbourhood Centre
1/80 Gibbs St, Dubbo

We will provide free coffee/tea, morning tea and lunch

RSVP to CARERSTR@facns.nsw.gov.au by Friday 22 August 2019 or phone Melissa Gow on 9716 2488 as early as possible to make sure that you get a place!

If you can bring along other carer(s) or have any other questions, please call Karen Turvey on 8753 9344

Teach your children well