



# Trangie Central School Newsletter 20th February 2020 Term 1 - Week 4



## 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:

Gary Hansen (Relieving)

### Head Teachers:

Sarah Press (Relieving)  
Liddel Seymour (Relieving)  
Jessica Skinner  
Kate Wilson

### 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

**TBC**

# SWIMMING CARNIVAL



## What's On

Wk 4	21/2	G/N Swimming @ Narromine - Depart TCS at 8.30am - Good luck!
Wk 6	3/3	Yr 11 RYDA Program @ Dubbo - Depart TCS at 8.00am
	3/3	CHS Opens Netball @ Dubbo - Details to come
	3/3	Yrs 3-11 Moorambilla Skills Workshop @ TCS - 10.45am-3.00pm
	4/3	Yrs K-8 World of Maths @ TCS
	5-6/3	Yrs K-6 Life Education Van Visit @ TCS
	5/3	Yr 11/12 University Showcase 2020 @ Dubbo - Depart TCS at 11.30am
	6/3	Yr 7-10 2020 Ella Junior 7's Rugby Union @ Dubbo - Depart TCS at 8.30am
	6/3	Primary Assembly (hosted by Yr 4/5) in Room 1 - 2.00pm-3.00pm

Teach your children well

**position  
available**

**Trangie Central School  
Position Vacant  
(Job Share will be considered)**

**CANTEEN SUPERVISOR  
21hpw**

Requires a motivated & dedicated person to operate the school canteen.

Essential criteria:

- Reliability
- Current WWCC
- Adherence to DET Nutrition in Schools Policy  
(Copy available at Admin Office)
- Food Service Handling Certificate  
(Online course available through Narromine Shire Council Website)

Enquiries to: Trangie Central School  
6888 7578

Applications to: Principal  
PO Box 6  
TRANGIE NSW 2823

Closing date: Wednesday 11<sup>th</sup> March 2020



# FROM THE PRINCIPAL

## *Hi everyone – TCS – Talent, Tolerance and Team Spirit*

### **Swimming Carnival 2020**

Each year I say that the swimming carnival is the best ever, and this year is no different. The level of participation from all students was outstanding and this is a reflection of the culture of our school. It is not only the keen swimmers who get involved at our carnivals, everyone feels confident enough to participate at their own level. Strong and not so strong swimmers receive tremendous support and encouragement from our whole student body.

We have many talented swimmers, reaping the benefit of the fantastic swimming club in our town and several long-standing records were broken, but special mention needs to be made to Mylie Glase, who is not a strong swimmer but has a huge heart, and swam valiantly in every race possible. The support and kindness shown by our secondary students for Mylie was outstanding. Ularah Baxter was a standout for supporting the swimmers for the whole day.

This is what our school is about. We are hugely proud of those students whose talent and work ethic have been rewarded in outstanding results, broken records and the opportunity to represent our school and our town at higher levels. We are hugely proud also, and of the fact that so many students felt able to participate without discrimination despite not being great swimmers, about the level of support students gave to their fellow students and the love and care shown to those students who needed it. We are truly inclusive and this makes me the most proud.



### **Chicken Man Strikes**

We thought that he was going to chicken out, but no! Someone egged him on and Eggbound Quigley stole the show. We are expecting a possible Video Ref call, however and a fowl may be called for a decision on whether it is legal for a chicken to finish a race with his head off. We need to consider our decision carefully as this is a test case and may well be used as a precedent in all further cases.

### **Apology Day**

On Thursday 13<sup>th</sup> February I had the privilege of accompanying Kiah Edwards, Kira-Lyn Edwards and Sonny Morton who represented our school at the Apology Day Ceremony in Narromine. The address, made by Grace Toomey was very moving, telling a very personal story about stolen children and the hurt that this has caused through the generations. I felt very proud that we have two beautiful Aboriginal students as two of our School Captains who have a great future ahead of them. They, and the Aboriginal students from our school who are heading off to university this year, are a powerful force for change. TCS is so proud of them and excited for the opportunities they will have for making a difference to their lives and the lives of their families and their communities. Change will be achieved through education and we are dedicated to making this a reality.



### **Gymnastics**

We have so many opportunities at our school made possible by our staff who take the time to apply for the many grants available to Government schools and to our staff who have the talent and dedication to make exciting activities happen. This term our students have been lucky enough to participate in a term of Gymnastics. This has been run by Miss Alissa Miller and we are very grateful to her for being willing to plan this program in her holidays and come in an extra day a week to deliver this exciting program to all students K-6.



### **Thumbs Up**

Huge thanks to Jo and Wendy, our dedicated and hard-working cleaners. They have kept going through dust storms, deluge and endless building work without complaint (mostly), and with never-ending good humour. We thank you and don't know what we would do without you!

Thanks also to all our staff for always being willing to fill in for others, help out and go above and beyond at every turn and all for the benefit of your children. The only payment required is their success.

### **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 definitely 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**

# SECONDARY

**Deputy Principal**  
Gary Hansen (Relieving)

**Head Teachers**  
Sarah Press (Relieving)  
Liddel Seymour (Relieving)  
Jessica Skinner  
Kate Wilson

## Deputy Principal Report

Congratulations to all the students who attended the swimming carnival on Friday. It was a great day and the weather was exceptional. A huge thank you to all the staff, parents and community members who helped make the day run smoothly, and of course, congratulations to Dandaloo who were the overall winners of the carnival.



The **Year 9-11 Boy's Wellbeing Workshop**, which was held last Thursday, went well with some positive outcomes. These workshops are essential to developing wellbeing strategies and a culture for the boys to learn to talk and support each other when times are difficult. These group sessions also help to explore and break down the misconceptions that boys can develop about how they think they are expected to deal with stressful situations and their emotions. Well done Mr McDonald for helping to facilitate this workshop.

Year 7 will sit their **Best Start** testing soon. This is an online computer test, which aims to assess the literacy and numeracy skills students have when entering Year 7. This then provides data for where each student sits on the Literacy/Numeracy Progressions, allowing teachers to target student needs in their teaching. This will be the first year that Trangie Central Year 7 students will sit this testing.

I would also like to remind all parents to keep an eye out for what students are doing with **social media and associated challenges**. Some of these challenges look innocent and spread like wildfire, however, they can also be very dangerous. There is one out at the moment which has caused many people to be hospitalised with broken bones and in the worst case scenarios, broken necks! So, important message - know what the kids are up to online and monitor this to keep them safe!

**Gary Hansen**  
*Deputy Principal (Relieving)*



Teach your children well



## Assistant Principal's Report

### Swimming Carnival...

It was wonderful to see a great many of our Primary students, decked out in their team colours and ready to participate in the swimming carnival. The events are a mixture of novelty events and then the more competitive races.



Standouts on the day included Jock Kater smashing not one, not two but FOUR records! Jock is a modest champion but has put in a great deal of effort and training to rise to the top in this sport. We are so proud of his achievements.

Other notable mentions include the Glase girls, Mylie and Angel, who competed in almost every event, even though they are not particularly confident swimmers. The sisters said they were trying to get points for their team, Dandaloo. What great team spirit they displayed.

Our Primary Sports Captains should also be commended for their great organisation of team cheering as well as their selection of relay teams for the final events.

Our town is very fortunate to have a great swimming pool, a terrific, family oriented swimming club as well as lessons and training. Families are encouraged to get involved and empower your children with the life-saving skill of swimming.

### District Swimming Carnival

Well done to the following students who have made it away to the Gobondery/NARRAF competition tomorrow at the Narromine Aquatic Centre.

Hugo Kinsey

Ethan Foster

Alex Cole

Matilda Anderson

Maddison Reynolds

Harry Miles

Dixie Morton

Remy Gleeson

Jake Foster

Skyla Hull-Riley

Tawhiao Selway

Christian O'Neill

Jock Kater

Willow Thomas

Reggie Thomas

Zalia Terry

Dakota Kennedy

We wish these competitors the very best of luck!



### Physical Education

Gymnastics has started well. Miss Miller has organised some very thorough sessions for our K-6 students beginning with stretching and flexibility drills, group rotations where a specific skill is practised and then a cool down that focusses on breathing. The children were delighted with the sessions last week.

Here are some thoughts from a few of our Year 6 girls....

"I liked balancing and stretching on the yoga balls. I had to do sit ups on the ball and I could feel my muscles in my belly getting a little bit sore."

– **Piper Mitchell**

"I thought it was different to what we usually do for Sport. My favourite part was rolling down the triangle wedge. I had to do the log roll, stay straight and point my toes. I'd like to thank Miss Miller for teaching our class." – **Dakota Kennedy**

"Jumping off the high block onto the mat was my best part because it was really fun. I had to try and do a motorbike pose landing. On my first go I couldn't do it but by my fourth turn I could do it." – **Carmen Su**

"I enjoyed the balance beam, particularly the part where you had to work with a partner to get around them and not fall off the beam. It was challenging but I could eventually do it." – **Amelia Riesterer**



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

### Coming Up.....

#### CWA Public Speaking

Topics have been released and are as follows;

Years 3/4

1. I must eat my vegetables
2. If I were a bee
3. Do we need trees?

Years 5/6

1. The day the teacher overslept
2. Growing your own
3. Hello

Time limit is 2 minutes. Competition will be held Week 3, Term 2.

#### Moorambilla Workshops – Tuesday 3<sup>rd</sup> March

The Moorambilla team will be coming to our school to conduct free music workshops for all students from Years 3-6. There will be singing, drumming, storytelling and dance involved.

There will be students and adults from other schools participating too. The sessions will be held in the Year 4/5 classroom, with supervision from Primary staff and Miss Roberts.

Primary Boys (Years 3-6)	10.45am-11.45am Boys will have a short recess break supervised by Miss Roberts from 10.20am and then again from 11.45am-12.00pm
Primary Girls (Years 3-6)	12.00pm-1.00pm
Secondary Students	2.00pm-3.00pm

### Reminders

Just a few small reminders about day to day practice at TCS

- ⇒ Primary students must have a school broad brimmed hat to wear when outside. They are available from the front office for \$15.
- ⇒ All classes expect children to participate in daily home reading. Parents please have your child read to you or with you for at least 15 minutes each night. Teachers will provide books or in the older classes, students may have a novel on the go.
- ⇒ Crunch and Sip happens each morning. Children can eat a piece of fruit or vegetable to tide them over until recess. Examples of what other children eat are bananas, grapes, carrots, snow peas, watermelon chunks etc.

**Jacky Murtagh**  
*Assistant Principal*

## Crunch&Sip® Pack ideas

Stuck for ideas to make your kids Crunch&Sip packs more interesting? Try these ideas:



1

#### Use texture

Make a pack that includes vegetables or fruits with varying textures.



3

#### Go for colour

Use a variety of colours in your packs to make them appealing.



4

#### Is it in season?

Vegetables or fruit in season will taste better.



2

#### Make it tasty

Pack chopped vegetables or fruits that taste great together.



5

#### Add a fun fact

Include a post it note with an interesting fact about the vegetable or fruit in the pack.

More information? Download the parent brochure from the Crunch&Sip webpage:  
[www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx)



# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

# YEAR 5/6

In Year 5/6 we have been settling into our new roles as school leaders. We are learning to take on new responsibilities and how we can act as positive role models for the younger students here at TCS. We have been reminiscing about our time spent as Kindergarten students and some of the challenges we faced back then. We have shared some of our favourite memories and all the fun activities we participated in.

We decided to write a welcome letter to our new Kindergarten buddies letting them know we will always be there for them as they settle into their first year at primary school. We hope to be students they will look up to and come to should they need help. We can't wait to get to know each and every one of you.

**Mary Bailey**  
**Year 5/6 Teacher**



Teach your children well

# PRIMARY

## Assistant Principals

Jo-Anne Ellis  
Jacky Murtagh

To Jack,

I hope you are having a great time at big school and you enjoy the rest of your time here. I can't wait to get to know you and learn about what you like. When I was in kinder I loved playing football with the older kids and I liked playing tips as well.

In kinder some of my challenges were writing the number seven and fitting in with other kids that were not really friends with me. I think you fit in really well with your class mates.

When I was in kindergarten the big kids were really nice to me and I hope I can do the same and be really nice for the rest of the year. If you are sad at all you can come and tell me what is wrong. I will try to help.

My favourite memories were when we danced to 'Shake it off' and when we got to make astronaut helmets out of papier mâché. I also liked sitting with my buddy when I was in kinder and meeting my teacher. I hope you enjoy having Miss Druce and have a great first year at school.

From your buddy |  
Jock

Dear Archie,

This year is going to be amazing for you because Miss Druce is one of the teachers. But there's a lot of rules that you need to follow, you need to keep your hands and feet to yourself and be kind to others. I will tell you some things that I did. I played with my friends. I was lucky to have faithful friends.

Archie I really think that you will be kind to everyone. You will have a lot of adventures in your years here from kinder to year six and until you're older, if you need someone to help you, come to me.

You are going to have fun painting, doing Jollyphonics and making Gruffalo crumble. I will treat you how I will want to be treated.

My favourite memory was when we had the rocking chair in our class and having hermit crabs. I hope you have hermit crabs in your class. The challenges what I faced was when I couldn't say chips and pronounce yellow.

I wish you all the best.

From Remy

To Bertley,

Welcome to big school! Thank you for coming here. The best thing that ever happened to me at school was learning music. I was playing a xylophone like a CRAZY person! I am a friendly, kind and a fun person, who you can always talk to.

Some of the challenges I had in kindergarten were very hard to control. For example, my anxiety and staying calm was a huge problem especially at my old school. It was called Duaringa State School. I didn't have much fun at my old school but my favourite memory was when I met my first friend. Her name was Kara Milgate.

Here's something very weird and funny I noticed; my brother's name is Lockton and my old principal's name was Mr. Lachlan! They were just spelled differently! We were at that school for three and a half years! I hope u make lots of memories here by the time you get to Year Six.

I think you're a star  
From  
Phoebe King Heterick

# YEAR 5/6

To Hargun,

I hope you're having a great time at big school. I can't wait to get to know all about what you like to do in play time and who your friends are. When I was in kinder I loved playing in the sandpit with my friends, sitting on top of the monkey bars and running around in the playground.

Sometimes in kinder you will be challenged and have struggles but you need to keep working and trying hard. My challenges at kindergarten were staying awake, having to sit still and not getting to play all day like at home.

When I was in kinder the older kids didn't treat me well and they were mean. I will make sure to be nice and kind to you. If you need someone to play with or talk to because you are feeling sad or lonely, you can come and talk to me and I will play with you and keep you company.

My favourite memory in kinder was doing show and tell because I could bring in my favourite toys from home and show them to all my friends.

I know you'll have a great year in kindergarten and have lots and lots of fun.

From your year six buddy  
Cam.

Dear Hugh,

I hope you have lots of fun in kindergarten. You will get to do things like dressing up, book covering, fun trips and much much more.

When I was in kindergarten we did things like Jollyphonics, which I found very fun. I liked playing with my friends and dressing up. Here are some challenges you might face; writing your name, doing maths and making friends, but don't worry these will get easier.

Also, you will be doing some performances, like dancing and singing for everyone. On one special night you will be going to MADD night. It's when you dance and sing on a stage which can be scary but lots of fun.

Some of my favourite memories are dancing, playing, MADD night and dress up days, where you can dress up as a book character and have lots of fun.

I hope you have lots of fun in big school

From your Year Six buddy

Carmen

Dear Jasmine

I hope you have a good year. I will always be there for you if you need me. I hope you help Miss Druce and show all the kinder's around.

When I was in kinder I loved playing with my friends. Having brain breaks was also fun when I was your age. Kinder can be hard but you will get better at being a good friend and learning new things.

My challenges in kinder were reading and writing and making my sounds. I hope you try really hard.

My favourite memories in kinder were meeting my teachers and my friends and telling lots of stories.

You can do it Jas! You have got it! Good luck for this year.

From your caring buddy  
Matilda



# SPORTS

## SWIMMING CARNIVAL

TCS had a fantastic swimming carnival last Friday! We had a great turnout with students from Years 2-12 turn up to compete or support their house. Many students rocked up in a variety of colourful and diverse outfits.....special mention to Coopa Hull for a very uncomfortable looking green number, Brock Kilgour for his courage to rock the Pamela Anderson look and a certain staff member who had a quick outfit change in order to swim 25m of a relay in a chicken suit!



Our day ran efficiently and smoothly thanks to the hard work of all staff members throughout the day and also the assistance that we received from parent volunteers. A HUGE thank you to the following helpers: Mel Gleeson for starting our events all day, Amanda Kater for judging the strokes of all races, and Kayla Nolan, Renee Reynolds, Hugh Kater, Jillian & Mick Foster and Sam O'Neill for timekeeping throughout the day. We wouldn't be able to run our carnival without volunteers who are willing to help us out, so we really appreciate it!

We had many amazing competitors who broke several records (see next page) and will advance to the next levels but we also had students from each house jumping in races just for fun and to earn some points for their houses. Well done to our Year 11 and 12 girls, whilst they weren't super strong swimmers, they had a crack at most races and encouraged others to either participate or support from the sidelines. We had several standout supporters from the sidelines; Coopa Hull on his loudspeaker for Widgeree, Ulahra Baxter standing sideline ALL DAY to support Bundemar swimmers and Hailee, Tahleisha, JoJo, Katelyn and Sonny on the Dandaloo side with coordinated outfits and chants. However, all students were supportive of their peers and demonstrated fantastic behaviour all day. Well done and thank you to all of our amazing students for your cooperation.

Despite all these efforts from the 3 houses, there was one house that soared ahead with their points' tally throughout the day. Congratulations to Dandaloo (1722) for taking home the championship for swimming this year. Followed closely was Widgeree (1215) and Bundemar (1077). Mandatory training for athletics events might be introduced for Bundemar students so we can take it back this year!

Gobondery/NARRAF for primary students will be held this Friday 21st February and notes have gone home. Secondary competitors for WSSA can expect notes in the next fortnight for the carnival on Thursday 12th March.

**Madeleine Bretag**  
**Secondary Sports Coordinator**



# SPORTS

## SWIMMING CARNIVAL

### RECORDS BROKEN

15	Female	100m breaststroke	Haleigh <del>McCarney</del>	1:44.66	2020	Alicia Wallace	1:47.1	2000
17	Female	100m breaststroke	Erika Terry	2:06:41	2020			
12	Male	100m freestyle	Jock <del>Kater</del>	1:22.37	2020	<del>Keighan Hall</del>	1:23.9	2002
15	Female	100m freestyle	Haleigh <del>McCarney</del>	1:18.36	2020	<del>Meegan Seymour</del>	1:20.30	2015
12	Male	50m backstroke (p)	Jock <del>Kater</del>	0:44.22	2020	Carl Moss	0:45.9	1998
12	Male	50m breaststroke (p)	Jock <del>Kater</del>	0:43.25	2020	Carl Moss	0:51.6	1998
14	Male	50m breaststroke	<del>Koby Kilgour</del>	0:48.71	2020	Rodney Watt	0:49.9	2001
15	Female	50m breaststroke	Alexi Everett	0:47.41	2020	<del>Meegan Seymour</del>	0:48.87	2015
<sup>+</sup> 16	Male	50m breaststroke	Kai Greenwood	0:45:58	2020			
17	Female	50m breaststroke	Erika Terry	0:55:20	2020	Kiah Edwards	1:04.50	2019

### AGE CHAMPIONS

Junior Primary	Ethan Foster & Willow Thomas
Intermediate Primary	Alexander Cole & Remy Gleeson
Senior Primary	Jock Kater & Dakota Kennedy
Junior Secondary	Zachary Everett & Mia Gleeson
Intermediate Secondary	Jayden Greenwood & Haleigh McCarney
Senior Secondary	Coopa Hull & Erika Terry

### HOUSE CHAMPIONS

Dandaloo	1722
Widgeree	1215
Bundemar	1077



# PARENT INFO



Concern has been raised as to the safety of students, particularly Kinder to Year 6, when being dropped off at school in the mornings and being collected from school in the afternoons.

It has been noticed that some parents of Primary students are using the Goan Street entrance, which is difficult as this is a designated Bus Zone and as such students can be in danger with buses coming and going. We ask parents to consider using the Derribong Street entrance when bringing their children to and from school.

The school has now applied to the RMS for a Crossing Supervisor to monitor our Student Crossing in Derribong Street in the mornings and afternoons. This will be dependent on the numbers of students using the crossing before and after school. In coming weeks a survey will be completed by the RMS which will then determine if our school qualifies for a Crossing Supervisor.

**SCHOOL SAFETY:  
A SHARED  
RESPONSIBILITY**



**advancedlife**  
photography & print specialists

Trangie Central School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:  
**Friday 3 April 2020**

ORDER NOW go to [www.advancedlife.com.au](http://www.advancedlife.com.au) and enter the code  
**ZXN BFF DJE**

Dear Parents,

School photographs are scheduled to be taken by *advancedlife*. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at [www.advancedlife.com.au](http://www.advancedlife.com.au) using our school's unique 9 digit *advancedorder* code. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to [enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au)

All Students are to wear Full School School Uniform.

Primary:	Girls - Summer Tunic	White Socks	Black School Shoes
	Boys - Grey Shorts	School Polo Shirt	Grey Socks Black School Shoes
Secondary:	Girls - School Skirt	Blue Blouse	Navy Socks Black School Shoes
	Boys - Grey Shorts	School Polo Shirt	Grey Socks Black School Shoes

Teach your children well








# 2020 SENIORS GETTING ACTIVE

Join in the fun and participate in sporting and recreational activities that will promote good health and active ageing!

**MORNING TEA & LUNCH PROVIDED**

**COME JOIN IN FOR THIS FUN, FREE EVENT!**

**THURSDAY  
12TH MARCH  
9.30AM-2.30PM**

**Kurrajong Court,  
Mullah St, TRANGIE**

All participants will take home a prize that has been funded by the 2020 NSW Seniors Festival grant.

A bus will depart Narromine Library at 9.15am and return at 12.00noon. To book a seat, please call Narromine Shire Council on 6889 9999 by Friday 6th March.

THANK YOU TO SPONSORS

Narromine Shire Council, Trangie LALC, NSWALC, Aboriginal Affairs, Seniors Week Activity, Trangie Central School & St Johns Catholic School

If you have any questions, please contact Terrie @ Trangie LALC on 6888 7661 or Jessica @ Trangie Central School on 6888 7578.





## Would you like to play Soccer this year?

**Online Registration is now open for Narromine Soccer Club**

Firstly, please apply for the active kids voucher through Service NSW  
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

Then go to  
 Go to [www.playfootball.com.au/register](http://www.playfootball.com.au/register)

If you are having issues with online registration, or would like to speak with someone about playing soccer, please come to the following information and registration assistance sessions held downstairs at the Narromine USMC on;

**Tuesday 11<sup>th</sup> February from 6 - 7pm**  
**Thursday 20<sup>th</sup> February from 6 - 7pm**

We will be looking for coaches.

There are also opportunities to referee and get paid for it!

If you are interested please contact us via Facebook or email  
[narrominesoccer@gmail.com](mailto:narrominesoccer@gmail.com)



Please phone Lauren 0448720079 or email [narrominesoccer@gmail.com](mailto:narrominesoccer@gmail.com) for any inquiries



## Got an hour to spare each day, week, fortnight or month?

### Why not volunteer with Meals on Wheels!

**Hot Meal Deliveries**

**Monday to Friday 12 — 1pm**

You can volunteer as a group or individual

For more information contact  
Meals on Wheels Dubbo



**Meals on Wheels  
Dubbo**

3/74 MOUNTBATTEN DRIVE DUBBO NSW 2830  
 (02) 6882 4083 or 0474 882 088  
[Tash.May@mealsonwheelsdubbo.org.au](mailto:Tash.May@mealsonwheelsdubbo.org.au)  
[www.mealsonwheelsdubbo.org.au](http://www.mealsonwheelsdubbo.org.au)

More  
than just  
a meal

## More Than Words® The Hanen Program® for Parents

Learn how to develop your child's social communication, play and imitation skills.

Limited places. Book early. Free information session.

The More Than Words® is a family-focused parent program for children (0-6 years) with Autism Spectrum Disorder or social communication difficulties.

The program is run by Hanen-Certified Speech Pathologists Amy Sharkey and Hannah Jeffery. It is fully funded through NDIS.

The More Than Words® approach is easy to understand and easy to put into practice. With every strategy you learn, you'll be given ample opportunity to practice and discuss it so that you won't forget it.

Learn more here: <http://www.hanen.org/Programs/For-Parents/More-Than-Words.aspx>

**WHO**  
Parents and carers of children with ASD or social communication disorder aged under 6

**WHAT**  
12-week program

**Parent Group**  
8 group sessions of 2.5 hours each

**Individual child Sessions**  
4 individual sessions, home or clinic visits

**WHEN**  
Commencing April 2020

**COST**  
\$2670. Fully fundable under NDIS. Or use your private health insurance



### Find out more or book a place

**WHEN**  
Free information sessions: Thursday 27 February 1-3 pm  
 Tuesday 3 March 6-8 pm

**Call and let us know you are attending**

**WHERE**  
Cerebral Palsy Alliance 140 Gipps St DUBBO

**WHO**  
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**Cerebral Palsy  
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