



# Trangie Central School Newsletter 6th May 2021 Term 2 - Week 3



## 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:

Gary Hansen (Relieving)

### Deputy Principal:

Jessica Skinner (Relieving)

### Head Teachers:

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

### Assistant Principals:

Jacky Murtagh  
Cheryl Rowley (Relieving)

### School Admin Manager:

Jaye Milgate

## Parents & Citizens Association

### President:

Holly Anderson

### Vice President:

Emily Seccombe

### Secretary:

Krystle Haines

### Treasurer:

Jaye Milgate

### Executives:

Emma Flinn  
Ashlea Miles

## P & C Meeting

**Thursday  
6th May 2021  
3.30pm  
TCS library**



# SYDNEY WRITERS FESTIVAL



## What's On

Wk 3	7/5	Yr 11/12 Hospitality Practical Assessment Day @DSODE - Depart TCS at 8.30am
	7/5	Yrs 2-12 Cross Country @ Trangie Golf Club 11.30am-1.30pm
	7/5	Primary P&C Mothers Day Stall @ Primary COLA 1.30pm
Wk 4	11-13/5	Primary Digital Technologies Workshops @ TCS
	12/5	Yrs 3-6 CWA Public Speaking Competition @ TCS 9.30am-11.00am
	13/5	Yrs K-11 CSU In-Schools Workshops @ TCS 9.00am-3.00pm
	14/5	Yr 9/10 CSU Future Directions @ Dubbo - Depart TCS at 8.45am

Teach your children well

# FROM THE PRINCIPAL

## **Hi Everyone! Welcome to Week 3!**

### **Parent and Teacher Interviews**

Thank you to all those families who were able to make it to Parent and Teacher Interviews on Tuesday afternoon. These interviews are a great way to build relationships with your child's teachers so that learning partnerships are strengthened with the school and that we, as a team, can support individual student education. If you were unable to make your child's interview this week, I would encourage you to contact the school and make a time to speak to their teacher. Also, a reminder that student reports are due out at the end of this term.

### **Aboriginal Partnerships**

This week, Miss Skinner and myself attended a meeting at Dubbo College South Campus to start discussions with our Aboriginal community in the "Walking Together, Working Together Partnership Agreement 2020-2030" which was signed last year by the NSW DET and Cindy Berwick. This partnership agreement is in place to ensure that all Aboriginal children achieve their potential through high expectations in education, ensuring schools are welcoming and respectful places that are culturally safe for all people, and that Aboriginal culture and languages are taught, understood and accepted by all.

At this first meeting, discussions were started about where we needed to go in order to strengthen our school partnerships with our local Aboriginal community organisations such as the Three Rivers Regional Assembly (TRRA) and Trangie Aboriginal Lands Council, as well as looking at formalising our own school's Aboriginal Education Committee. Protocols for educational delivery were outlined, as well as identifying policies which have been developed to guide decision making around Aboriginal Education in schools. We are proud of where our school is currently at, but excited about how we can better link into our local Aboriginal community and support all staff and student's education in Aboriginal culture. I would like to thank Aunty Di Smith for being our community representative at the meeting on Monday. Aunty Di is our regional delegate for the Three Rivers Regional Assembly (TRRA) and the chairperson for the Trangie Aboriginal Lands Council, and we look forward to continuing our positive relationship and support moving forward.

### **Stage 6 Curriculum Evaluations**

As part of our Situational Analysis from 2020, it was identified that we needed to look at the barriers which our Stage 6 students (Year 11 and 12) face and ways to support their achievement in the HSC. This forms a strong part of our School Improvement Plan for 2021-2024. At the moment we are implementing strategies to strengthen study routines, structures to remind students and parents around assessment task due dates, check-in interviews for students as well as looking into other innovative curriculum structures which may support student achievement from 2022. This includes models which allow us to increase subject offerings, reduce some workload pressures on students, increase competition within the cohort and increase teaching support.

Over the coming weeks, we will be investigating other schools who have different and innovative curriculum models operating, evaluating if they would not only be suitable to our school and students, but if they would help our students further their HSC attainment.

### **Student Wellbeing**

Yesterday the Batyr Program came to Trangie Central School to work with Years 9-11 students around mental health. This initiative aims at addressing mental health issues early in young people, encouraging them to seek help and develop strategies before these issues become crippling for some individuals. This program fits well into our wellbeing strategies for our older students, dovetailing into the Find-ya-Feet program which Tommy Hershel conducted earlier in the term. I thank our wellbeing team, especially our wellbeing coordinators Sarah Press and Scott McDonald, for their efforts in coordinating these programs.

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

# SECONDARY

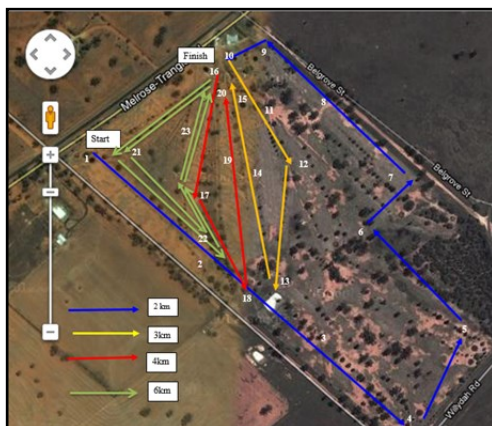
**Deputy Principal**  
Jessica Skinner (Relieving)

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

## Deputy Principal Report

**ON YOUR MARKS...  
GET SET... GO!**

This Friday is our annual school cross country. Students will head down to the Trangie Golf Course 11.30am with a 12pm start. Parents are more than welcome to come and cheer their child on. All secondary students have walked the course and are feeling confident. However below is an outline of the track and what distance the students run based on their Age Division as a reminder. Good luck to all students.



### Age Divisions

Infants

Fun Run held at school

Junior Primary

8, 9, 10 year olds (2 km)

Senior Primary

11, 12, 13 year olds (3 km)

Secondary

12, 13 Years secondary (3km)

14, 15 years (4 km)

16 year old GIRLS (4 km)

16 + years old BOYS (6km)

Highlighted colours correspond to the map below.

ALL STUDENTS to start at the same point (6km – 2km)

## Interest Group Update

Interest groups are in full swing. We have so many activities that students are involved in and each week will give you an update on each of them. The philosophy around Interest groups is providing students an opportunity one hour a week to participate in activities that suit their interest or a new experience that they may not normally participate in and work with students outside of their class cohort building positive relationships and self-esteem. Each group has a community focus to achieve, therefore building students sense of belonging. Idea's around this could be community visits where community members come and share their knowledge and expertise, creating work for a community organisation or projects, running a community event such as the Elders Olympics etc.

This week we would like to talk about the Training with Teens. This is an amazing opportunity for our students to work with Jodie and her staff at Empower with the aim of increasing students' physical activity, improving lifestyle behaviours and educate students on technique when performing certain activities. For some of our students this is the first time being in this setting and the most important aim of this program which students enjoy is that the program helps build students' self-esteem and confidence.



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# SECONDARY

**Deputy Principal**  
Jessica Skinner (Relieving)

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

## What's coming up in Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
	NAPLAN Year 3,5,7,9	NAPLAN Year 3,5,7,9	NAPLAN Year 3,5,7,9 Future Moves In-School Years K-11	CSU Future Directions @ Dubbo Year 9 & 10

## NAPLAN next week for Years 3, 5, 7 & 9

After the reprieve in 2020, NAPLAN testing will occur for Years 3, 5, 7 and 9 again over three days next week.

Students in Years 7 and 9 will be withdrawn from class on Tuesday, Wednesday and Thursday mornings next week to sit these tests. These tests will assess students' reading, writing, language conventions and numeracy skills and knowledge over four tests across these three days. Students should come prepared each morning with a 2B pencil, rubber, sharpener, and a calculator for the numeracy testing on Thursday. We will begin during NRL time, so please ensure that your child is at school on time.

We always acknowledge that NAPLAN is just one test on one day, and not the whole picture of each student's learning and ability, but we still remind students to try their best in answering the questions to the best of their ability and understanding.

**Jessica Skinner**  
**Deputy Principal**

**Week 3 Info Bite: According to EatforHealth.gov.au website**

**What is a serve of fruit?**

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



## Year 7: Best You Can Be. Charlie Morton

This term, Year 7 is working alongside the NRL Illawarra Dragons as a part of their outreach program. We will be learning about being the best version of ourselves and will look at topics such as nutrition, mental health, physical activity and resilience. Students will be able to engage with both male and female NRL players throughout the term.

To kick off the unit students decided to look at the consumption of fruit among the secondary students and were alarmed that only 20 out of 101 students brought a piece of fruit to school for consumption. Students also worked out that only 6 out of 22 students in Year 7 eat breakfast before coming to school. Year 7 decided to jump into action and we want to respond.

So, what will you expect to see? Year 7 will be writing newsletter updates and Info Bites providing education around healthy eating and the importance this has on your overall wellbeing. They will also be seeking support from community about donations of fruit, and approaching executive staff to propose the idea of incorporating a fruit break each day at 10am in line with our primary students. We still have some data collection to do particularly around the reasons why students don't bring fruit or eat breakfast and we look forward to keeping you all updated.

**Charlie Morton**  
**Year 7**

# SECONDARY

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Kate Wilson



Mental health and wellbeing were again at the forefront at TCS this week, with the batyr@school workshop held yesterday. This workshop is aimed at engaging young people in positive conversations about mental health and wellbeing through education. In addition, we had two guest speakers also share their lived experience stories which were extremely honest, powerful and engaging for our students. Our goal at TCS aligns with this wonderful workshop, in that we want to empower young people by giving them the knowledge and skills to lead mentally healthy lives. In the lead up to this program, our students also took part in an anonymous survey, to further create a picture of mental health issues and access to support in rural areas. This was to assist batyr, who is partnering with the Brain and Mind Centre at the University of Sydney, to understand the effects of the batyr@school program on attitudes toward mental health, wellbeing and help-seeking in regional communities. We look forward to sharing with you more of the wonderful programs that support mental health and wellbeing in students over the coming months.

**Sarah Press**  
**Wellbeing Teacher**



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Jessica Skinner (Relieving)

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

## KEEP UP TO DATE WITH OUR SENIORS

### Year 11 Assessment and Classwork

#### **Maths Advanced:**

In-class test: Wednesday 12th May

Assessment task: Wednesday 26th May (Draft Wed 19th May)

#### **Hospitality:**

Practical Assessment: Friday 7th May

Assessment: Week 5

#### **Visual Design:**

Analysis completed in booklet

Research for each client based on their interests

#### **Community and Family Studies:**

Up to page 28 (Thursday Week 2)

#### **Physics:**

Classwork assigned by Dr Mark

**Madeleine Bretag - Year 11 Advisor**

#### **Study Tip!**

Do you have a test coming up? Jump onto [www.quizlet.com](http://www.quizlet.com) or download the Quizlet app on your mobile device to create flash cards to learn content/vocabulary and then test your knowledge! You can use pre-existing sets that others have created on the website or make your own to suit your subject. The predictive text tool makes the creation of new sets very quick and easy!



### Year 12 Assessment and Classwork

Subject	Task	Due Date	Teacher
Hospitality	Practical Assessment Day in Dubbo	7 <sup>th</sup> May 2021 (This Friday)	Mrs Anderson
Visual Arts	Case Study Essay	12 <sup>th</sup> May (Week 4)	Mr Jones

This week Year 12 have kicked off working with Miss Skinner on Wednesday and Friday afternoons in the library. This is a great opportunity for our senior students to enhance their writing, reading, study and thinking skills. Students will be using this time to work on their assessments, homework and any outstanding class tasks, all while being provided guidance to improve the quality of their work. The time management skills and pointers provided in these sessions will be invaluable as our senior students develop greater independence and efficiency.

**Scott McDonald - Year 12 Advisor**

#### **Study Tip of the week: Time Management**

To avoid being overwhelmed, break projects down in tasks with a deadline.

Clear tasks provide simple and achievable instructions, they're the steps taken to cross the bridge whereas the project is the land on the other side. If you're project focused rather than task orientated, you'll likely procrastinate because the job seems TOO BIG, but always remember, "Inch by inch, life's a cinch!"

Right: Made up Example

Tasks	Deadline
Project: A completed essay for my English course.	
Complete plan using scaffold	7.5.21
Write draft from plan	10.5.21
Submit draft for feedback	11.5.21
Re-edit essay using feedback	13.5.21
Submit essay	17.5.21

## Assistant Principal's Report

### Reminders

- **Cross Country for students in Years 2-6 is tomorrow, Friday 7th! Students are to wear sports uniform and bring clothes in their house colours to change into for the race. K-2 students will participate in a mini Ninja Warrior course at school and are to wear sports uniform.**
- Year 6 Shirt permission notes and payment are due by next Friday 14th May. The sooner we get them all in, the sooner we can get the order submitted!
- Marathon Health Hearing Screening notes are due back. Please return all necessary documentation.
- Now the weather is cooling off, please make sure that your child has a school jumper and all clothing is clearly labelled with their name.
- A reminder for our parents who have concerns or issues and would like to discuss them with our teachers, could you please ring 6888 7578 to make an appointment. As our teachers are busy teaching or supervising in the playground, they are not always immediately available.

### G/N Netball Trials

Well done to Zalia Terry, Remy Gleeson, Narelle Edwards, Dixie Morton, Lacey Davis and Sianna Hull-Riley who travelled to Narromine last week to trial for the G/N Netball team. They all put in a super effort!



A big CONGRATULATIONS to Remy who was selected into the team and will now compete in the PSSA District Netball Trials in Dubbo today. If she gains selection into the Western PSSA team, they will then contest the NSW PSSA Netball State Championships in Sydney next term. Good luck Rem!

Cheryl Rowley  
Assistant Principal

# PRIMARY

## Assistant Principals

Jacky Murtagh  
Cheryl Rowley (Relieving)

## Coonamble Peachey & Richardson Football Competition 2021

Tuesday 30th March, saw 19 primary students travel to Coonamble to participate in the Peachey and Richardson Football competition. All 19 students had an amazing fun filled day.

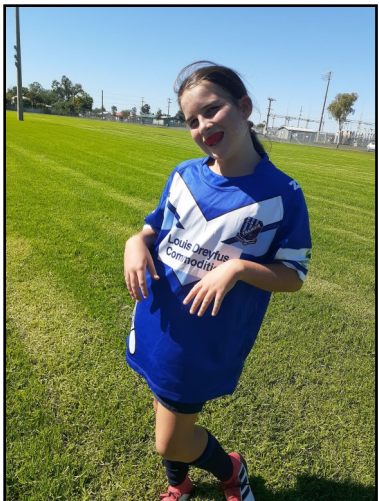
Ronny Gibbs topped off our day by taking the students and warming them up. No mucking around with him. He is certainly a force to be reckoned with, yet he has the utmost respect from all our kids and staff.

The skills, confidence, sportspersonship, friendship, leadership and determination were certainly some aspects of the day.

Thank you very much to Miss Bailey for attending on short notice, along with Mark Haines for driving the bus and of course Miss Brittany Hill.

It was certainly a top day from the moment we left, playing and until we got home. The car/bus trip was eventful with conversations that remain 'top secret'. I cant wait for Miss Britt to have a child and they play footy. Help us and them. Hilarious.

**Cheryl Rowley**  
**Assistant Principal**



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# PRIMARY

## Assistant Principals

Jacky Murtagh  
Cheryl Rowley (Relieving)



## SYDNEY WRITERS' FESTIVAL

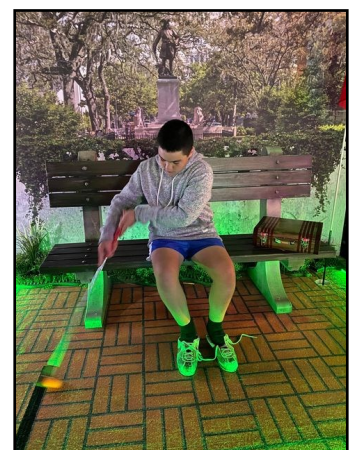
Last week from the 28<sup>th</sup> to the 30<sup>th</sup> of April Indie, Ethan, Drew, Rakaia, Eli and Amelia as well as Mrs Van Staden and Mr McDonald went on the Sydney Writers' Festival excursion.

When we got to the Writers' Festival we went into the theatre and sat down. First, we saw Nat Amooore who introduced us to the creators of *The Real Pigeons*; Andrew McDonald and Ben Wood. They created a live mystery for us to solve. Then we met Kirli Saunders who is a poet that wrote *Bindi*. Drew and Amelia bought the book *Bindi* afterwards. After that we went outside for recess. In the last session we saw authors Jessica Townsend and Emily Rodda. Both Ethan and Indie bought the book, *Glimme* and had it signed by Emily.

We all had a brilliant time playing at the adventure playground, putting some holes at Holey Moley and listening to the authors speak about their experiences.

If you or your child ever gets the chance to go they should definitely take it.

*By Ethan Foster and Indie Bond*



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# CANTEEN

TRANGIE CENTRAL SCHOOL

# CANTEEN **SPECIAL**

**TUNA & CORN PATTIES**  
with **SALAD**



**\$5**

**Week 4, Term 2**  
**Monday 10th – Friday 14th May**

ORDERS MUST BE PLACED

# PARENT INFO

## TRANGIE CENTRAL SCHOOL 2021 UNIFORM ORDER

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Item	Size	Cost	Size Required	Number Required	Total Cost \$
Primary Summer Tunic	4-16	\$20.00			
Boys Grey Long Pants	4-16 S-XXL	\$20.00 \$25.00			
School Polo Shirt (Blue or White)	4-Large XL-4XL	\$25.00 \$30.00			
Navy Sports Shorts	2-20	\$16.00			
Stretch Navy Shorts	14-22	\$22.00			
Boys Grey Shorts	2-20	\$18.00			
<b>School Bucket Hat</b>	<b>S,M,L,XL</b>	<b>\$15.00</b>			
<b>School Navy Cap</b> <i>Secondary Students Only</i>	<b>One Size</b>	<b>\$15.00</b>			
Secondary Skirt	8- 20	\$70.00			
Primary Winter Tunic	4-16	\$55.00			
Long Sleeve Blue Blouse	4-16	\$30.00			
Navy Tights	4-Ladies	\$12.00			
Navy Long Socks	4 - Ladies	\$10.00			
Secondary Girls Blue/White Blouse S/S	8-18	\$25.00			
Knitted Pullover	4-16 (Youth) S-XL	\$45.00 \$55.00			
School Jacket	6-16 (Youth) 14S-22XL	\$40.00 \$45.00			
Navy Polar Fleece Jumper	4-16 (Youth) 14S-22XL 3XL & 4XL	\$30.00 \$32.00 \$35.00			
Navy Track Pants	4-16Y S-XXXL	\$25.00 \$27.00			

Payment Enclosed: \$ \_\_\_\_\_ CASH or CHEQUE

Parent Online Payment: My receipt number is: \_\_\_\_\_

**EFTPOS PAYMENTS:** (This information will be destroyed once transaction has been completed)

Visa  Mastercard

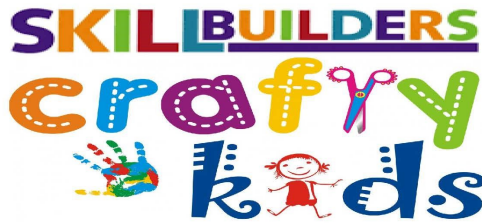
Cardholder's Name: \_\_\_\_\_

Card No: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiry Date: \_\_\_\_ - \_\_\_\_ CCV No: \_\_\_\_\_ (3 digit number located on back of card)

Teach your children well

**FREE, FUN AFTER SCHOOL ACTIVITIES**



**TRANGIE MASONIC LODGE**

**Cnr Dandaloo & Derribong Streets Trangie**

**TUESDAYS 3:15 to 4:15 pm**

**Starting 27th April to 8th June**

**Pkt snacks Provided**

**BRING OWN WATER BOTTLE**

**& PHONE NUMBER for COVID safe check-in**



**PLEASE REGISTER KIDS—LIMITED NUMBERS ONLY**

 Text or Call Ann-Louise on 0400 828 984

 **Communities for Children—Narromine**



**14th, 15th & 16th May 2021**

**Free Entry to the Challenge, however BOOKINGS ARE ESSENTIAL!**

Please call Dubbo Show Office 6882 4364 or Simon 0418 298 151

**Heats: 20 minutes approximately & will be run as follows:**

**Friday 14th & Saturday 15th**

- 10.30 - 3yrs to 7yrs
- 11.30 - 8yrs to 14yrs
- 12.30 - 3yrs to 7yrs
- 1.30 - 8yrs to 14yrs
- 2.30 - 3yrs to 7yrs
- 3.30 - 8yrs to 14yrs

**Sunday 16th**

- 10.30 - 3yrs to 7yrs
- 11.30 - 8yrs to 14yrs
- 12.30 - 3yrs to 7yrs
- 1.30 - 8yrs to 14yrs

**FINALS**

- 2.30pm - Junior final
- 3.30pm - Senior final



- = Up to 30 contestants per heat
- = All contestants receive a Bookmark of Excellence
- = 1st, 2nd & 3rd places are awarded a LEGO prize
- = 1st & 2nd are asked to return Sunday afternoon to compete in the finals
- = Total prize package is approx. \$800 worth of LEGO products over the event!



**MENTAL HEALTH AND WELLBEING**

*Information evening*

**IN TRANGIE**

**Tuesday 11 May**  
**from 5.30pm-7.30pm**  
**CWA Rooms,**  
**33 Derribong Street**

*Free supper provided*

If you know someone who is living with a mental illness, please know that support from friends, family and health professionals play a significant role in their recovery process.

If you recognise that you are living with a mental illness, help is available!

Brought to you by



RSVP to Karen Hubatka  
 Trangie Local Aboriginal Land Council  
 on 02 6888 7661 or mobile 0427887 476

**Come and Try Athletics 2021**

For students with disability

Come and Try Athletics, gives students the opportunity to experience athletics, in an enjoyable, non-competitive setting.

Students have the chance to participate in a variety of races on the track, as well as field events.

These days also provide teachers with the opportunity to gain a greater understanding of the sport of athletics, the classification process and multi class pathways.



Term 1		
Homebush	Sydney Olympic Park	30 March
Term 2		
Campbelltown	Campbelltown Athletics Centre	27 April
Campbelltown	Campbelltown Athletics Centre	4 May
Nowra	Shoalhaven High School	6 May
Newcastle	Fearnley Dawes Athletics Track	11 May
Central Coast	Mingara Athletics Centre	12 May
Dubbo	Barden Park Athletics Centre	1 June
Tamworth	Tamworth Athletics Centre	2 June

Come and Try athletics is open to all students with disability, turning 8 years or older in 2021.

Registrations are now open, so jump online and register your school today.



To access more information and registration forms visit:

<https://app.education.nsw.gov.au/sport/disabilities/ParticipationOpportunities>

or contact our Disability Inclusion Officers on 9508 5534

