



A school that provides a professional, stimulating and challenging learning environment

Principal

Mr John Southon

Head Teacher Secondary

Mr Gerry Capell

Assistant Principal

Mrs Fiona Sanderson



Reminders

Tuesday 7/11/17

Year 8 Valid Test

Year 7 vaccinations

Friday 10/11/17

Year 12 Construction

40 Overs cricket

@ Peak Hill

Week 6

Years 7-10 exams

See table inside

Thursday 16/11/17

Gobondery Shield

@ Tullamore

Years 2-6

P&C

President

Mrs Joanne Coster

Secretary

Elysse Coomes

Treasurer

Vacant



Education & Communities

Trundle Central School Newsletter

Term 4 Week 5

6th November 2017



Year 3/4 Excursion to Wellington Caves

Telephone: (02) 68921303 Fax: (02) 68921184 Email: trundle-c.school@det.nsw.edu.au
School webpage – www.trundle-c.schools.nsw.edu.au Facebook – www.facebook.com/TrundleCentralSchool

Principal's Message

This week is Year 8 Valid Science Test Tuesday, Year 12 Farewell Dinner on Wednesday, Year 12 construction practical day and 40 overs cricket against Peak Hill on Friday. This is another busy week right across the school as is normal.

The Year 12 Farewell Dinner is another important rite of passage for these students. This group of students are one of the best if not the best group of students that I have had the privilege of seeing graduate. I am sure during their school life they have wondered why this school worries so much about correct uniform, being on time for lessons, speaking correctly to each other and many other small aspects of life at Trundle Central School. In isolation, these might be small things but the cumulative effect of getting these things right in well-settled productive students is essential. There are two main rules at this school, be nice to each other and listen to and respect your teachers. Universities spend many hours and considerable amounts of money devising complex behavioural plans but the building blocks of successful education are in those two simple statements.

Last week I had the pleasure of accompanying our Super 8s cricket sides to Dubbo. A problem with being promoted to a non-teaching position is you are often away from the very thing that kept you in the service for a long time, positive interactions with students. These days refresh my enthusiasm for the job because the students on this trip were outstanding individuals. These students played the sport for the enjoyment of the contest accepting both victory and defeat in good spirit and humour. Well done to the students, their families and this outstanding school. Also, well done to Nicholas Williams that despite a painful injury continued to bat on for the good of the team.

During this day, I noticed the lack of mobility and flexibility of some students. This generation of children have available the latest range of labour

saving and passive entertainment devices than at any time in history. Increasing this problem is the easy availability of processed, often unhealthy, foods. These things are all reducing the need for our children to move. The research I read is pointing to young people needing to move more for not only physical development and flexibility but also cognitive development. Exercise either passive or active allows the two hemispheres of the brain to cross, promoting cognitive development. Even playing cricket, the most unsuitable sport for the Australian climate ever invented, is exercise. Maybe we should all make our children ride their bikes or walk to school rather than be a taxi service. I am guilty at times of being slave rather than forcing my children to contribute around the home and move rather than be passive.

This week we welcome Jordan Kolarik and Ashley Waterford two pre-service teachers to our school. I believe it is extremely important that we open our school to pre-service teachers as this allows the teaching profession to continue to grow and improve. The secondary effect of hosting pre-service teachers is they begin to understand that beyond the mountains is a viable option for teaching and life exists. This is vital if schools such as ours are to attract quality graduates.

I am very pleased to announce Mr Ryan Burley will be joining us next year in the Primary Department. Ryan has a proven record of pastoral care and mentoring of boys and a keen interest in sport especially swimming. I am sure Ryan will be welcomed by the Trundle Community as he is keen to contribute across the whole community. Once again finding suitable accommodation is the challenge.

Head lice is again common across the school. Despite the myths of the head lice being able to jump between heads they only spread through direct hair contact. The school will send home information to parents regarding the effective treatment of lice. Your child having head lice is also not a sign that their hair is dirty, as they do not discriminate. The school did not produce the lice as they breed in the community and are transported to school. Our head lice breeding program was a complete failure, as we could not

find a small enough dog to yard them so they definitely did not come from the school. The only way to reduce this problem is for us to work together. Head Lice is not a reason to exclude children from school as within 24 hours with proper treatment children should be clear of lice. You may scratch your head now.

Just a reminder that the school is likely to have significant construction/repair work happening this month. This is not ideal, as there will be some disruption to classes. However, the alternative is the first two weeks back next year that I believe is very unacceptable.

Observant people would have noticed the school has constructed two small notice boards in the main street. This is to allow the public to be better informed of what is happening at school and display the quality art work that is being produced under the guidance of Mrs Williams. These noticeboards were constructed by our school to work students and I believe are of exceptional quality.

I was upset to hear the Wendy O-Bryan Turner is in very poor health. Wendy was my first parent interview that could only be described as a challenge but Wendy did not hold a grudge and has been a loyal supporter of this school. Wendy has raised two fine young men and I feel for them in this very difficult time.

Another great day in Trundle
John Southon.



Central Schools Super 8's Cricket

Last Wednesday our three secondary teams participated in the Super 8's Cricket at Dubbo. The Under 14's boys came away with one win, the OPENs girl's two wins and the OPENs boys three. We now wait to hear from Cricket NSW to find out if any of our teams have qualified for the State finals. As expected all students are to be congratulated on their effects and behaviour on the day.





PERSONALISED BOARDS



Use as a Cheese/Chopping/Bread Board

Great gift idea!

Made from recycled timber from the old school stage.



YOUR MESSAGE IS
ENGRAVED ONTO THE BOARD

\$15 each

ALL PROCEEDS GO TOWARDS SECONDARY REWARD TRIPS

ORDER FORM

Name: _____

Phone Number: _____

Personalised message to engrave on board:

Please drop order form into the Front Office with cash or cheque payment. NO online payments available.

Primary



Students of the week

K/1/2 - Peter Cotter

3/4 - Nicholas Taylor

5/6 - Erin Fernando

Mrs Curtis - Harrison Grady

Special Reward - Harry Wu, MacKenzie Smith and Grace Hartig

Sportspersons - MacKenzie Smith and Sam Charlton

Upcoming Events

Event	Date	Students Involved
Gymnastics	Thursday 9 th November	All K - 6 Please wear sports uniform
Swimming for Sport	Friday 10 th November	All K - 6
Gobondery Shield	Thursday 16 th November	Years 2/3/4/5/6

Year 3/4 Excursion to Wellington Caves

Last Monday Year 3/4 went on an excursion to Wellington caves. We had a fabulous day exploring a cave and a disused phosphate mine. The students were full of questions and were in awe when exploring the amazing structures created thousands of years ago. **Thank you to Mr Tim Taylor** for driving the bus.

THANK YOU!

K/1/2 Homework



No homework in K-2 this week as we are end of year testing!

K-6 Swimming For Sport

K-6 will be going to the pool for Sport this Friday. **Please ensure you have returned your permission note to the front office.**

Please ensure your children have **swimmers**, a **towel**, **sunscreen**, a **swim shirt** and **\$2** for entry to the pool unless you have a season ticket. We will be walking back to school at the end of sport unless we have been notified of alternative arrangements.

Gymnastics sessions

This Thursday 9th November all K-6 will have the opportunity to experience some gymnastics with a qualified instructor. The students are asked to wear **sports uniform** on this day.

Gobondery Shield

Notes were sent home last week to inform parents and students about the Gobondery Shield day which will be held on **Thursday, 16th November**. This event is for students from Year 2 through to Year 6. It is a fantastic day of sports, trivia, swimming and dancing. This year it will be held in Tullamore.

Sun Safe Policy

This term is a **No Hat No Play** term. Students **MUST wear a wide brimmed hat**. This means that if they do not have a hat, they cannot participate in any outdoor activities including lunch time play. We keep a small selection of spare hats for those students who accidentally forget their hats. These hats are washed regularly but are not to be used every day by the same students. We will endeavour to call parents to let them know their child has forgotten their hat so that it can be found. Please make sure you put your child's name inside their hat.

Kindergarten/Year 6 Transition

This week will be the fifth week of Kindergarten/ Year 6 Transition sessions that will run throughout the term. This year the sessions will run on Tuesdays from 8:55am – 11:20am. This will allow the Pre-schoolers and Year 6 to engage in some fantastic activities to ensure the transition from both Preschool and Primary School is a smooth and enjoyable experience. All classes in primary will be moving up into the next group for these sessions. It is a great way for the students to practise being in a new class.

Student Profile

Student Profile –

What is your name?

Delainie

How old are you?

6

Who are your friends?

Vashti, Lily and Mia

What do you like most about School?

We sometimes get free time

Who is your favourite teacher? Why?

Ms Downes because she lets us have free time

What do you like most about living in Trundle?

School

What do you want to be when you grow up?

A dancer



Student Profile –

What is your name?

Nick

How old are you?

10 years old

Who are your friends?

Tyrone, Riley, Sam, Eric

What do you like most about School?

You get to do fun stuff!

Who is your favourite teacher? Why?

Mrs Gray because she does fun Science experiments

What do you like most about living in Trundle?

There are a lot of nice people

What do you want to be when you grow up?

A farmer



Gymnastics

We are very pleased to have Mandy Karaitana from Tullamore Gymnastics running a gymnastics program for the whole of primary in Term 4. We are increasing our flexibility, coordination, body strength and developing strong, healthy bones. Plus we have a lot of fun with our friends



Secondary

Congratulations to all our students involved in the Super 8s cricket carnival held last week. As usual for our students their behaviour and sportsmanship was of an extremely high standard. This week we have the full cricket side playing on Friday. Good luck to our students in this team, and thank you Mr Ridges for your organisation and supervision.

Our non-core examinations start next week and English, Science, Mathematics and HSIE will be the following week. There is a timetable of both Week 5 and 6 in this newsletter. Year 10 have a slightly disrupted time table in Week 6 due to an orientation day at Peak Hill for Stage 6 classes on

Tuesday coupled with the Gobondery Cup being on the Friday. This has meant that they will be doing their Mathematics exam the same day as HSIE, on the Wednesday.

I have re-emailed all students the study pack for exams. The teachers have put these together to assist students in their preparation for the exams. Wednesday our Senior Science students in Year 11 will be attending a face to face assessment day with their teachers. Thank you to Mr Lynn for his organisation and supervision.

As always if there are any questions in relation to secondary matters please contact me at school. Have a great week.

Gerry Capell

Head Teacher Secondary Studies

Congratulations to the following students who have received the correct amount of pink slips to move to a higher level.

Level 4 (15+ pink slips)	Stacey Conin, Jennet Dorman, Tommy Morgan
	Nathan Howarth
	Caitlin Taunton
Level 5 (30+ pink slips)	Will Charlton, Lionel Hartig, Aidan Kirk
	Kylie Fernando, Carla Valentine, Skye Wilson, Dylan Martin, Jaxson Whiley
	Amy Mallard, Holly Tomlinson, Bryce Gavin-Rossiter, Ryan Taylor, Ethan Pascoe, Codie Wilson
	Paige Fox, Eloise Hiller-Stanbrook, Sasha Karaitiana, Ryan Cohen-Wilding, Lawrence Karaitiana
	Niamh Hiller-Stanbrook, Leah Martin, Brodi Gavin-Rossiter, Adam Smith, Maddie Coster
Level 6 (75+ pink slips)	Isabel Aveyard, Jamie Harper, Will Longhurst, William Taylor
	Ashlee Bartijn, Hamish Sanderson, Nicholas Williams
	Ella Bridger, Emily Harper, Monique Morgan, Zac Longhurst, Robert Stokes
	Brooke Morgan, Harrison Williams
	Chelsea Taylor

Secondary Assessments & Homework

**All assessments must be submitted to the teacher before 8:55am on the due date.
Penalties will apply after this time.**

YEAR 9/10 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
PASS	20/10/17	9/11/17	Class and Home	Drugs in Sport

WEEK A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9.00-10.00	7 TECHNOLOGY			8 ART	
2 10.00-11.00	8 TECHNOLOGY		8 MUSIC 9/10 AG 9/10 IST	7 ART	
RECESS 11.00-11.20					
3 11.20-12.10		8 PDHPE 9/10 FOOD 9/10 PASS			
4 12.10-1.00				8 LOTE 9/10 ART 9/10 TECH	7 PDHPE
L1 1.00-1.22					
L2 1.22-1.45					
5 1.45-2.35	7 LOTE	7 MUSIC 9/10 PDHPE	SPORT		
6 2.35-3.25				INTEREST ELECTIVES	INTEREST ELECTIVES

WEEK B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9.00-10.00	7-10 ENG- LISH	7/8/9 MATHS	7-10 HSIE	7-10 SCIENCE	
2 10.00-11.00					
RECESS 11.00-11.20					
3 11.20-12.10			10 MATHS		
4 12.10-1.00					
L1 1.00-1.22					
L2 1.22-1.45					
5 1.45-2.35			SPORT		
6 2.35-3.25				INTEREST ELECTIVES	INTEREST ELECTIVES

9/10 Design and Technology

Year 9/10 Design and Technology have been designing and producing their very own skateboards during practical lessons with Miss Rowlands. They were taught about marquetry using veneer timbers and used vacuuming forming to form the skateboard into shape. Students could choose either a long board or street deck to produce.

The students and Miss Rowlands have loved this project, although very challenging at times. The range of designs and patterns was vast and the boards were produced to a professional standard. This will be a project that students will keep for years to come.



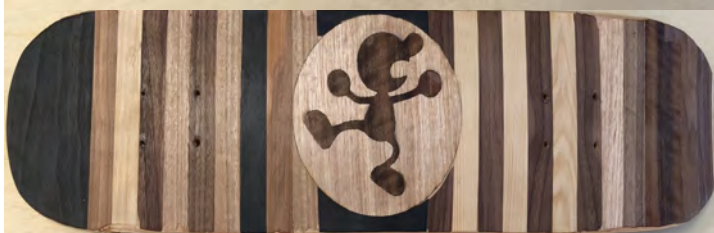
Ethan Whalen



Caitlin Taunton



Bryce Gavin-Rossiter



Isaiah Houston



Amy Mallard



Bobbie Smith



Ethan Pascoe

Library

New Books



The stocktake of books in the Library continues.

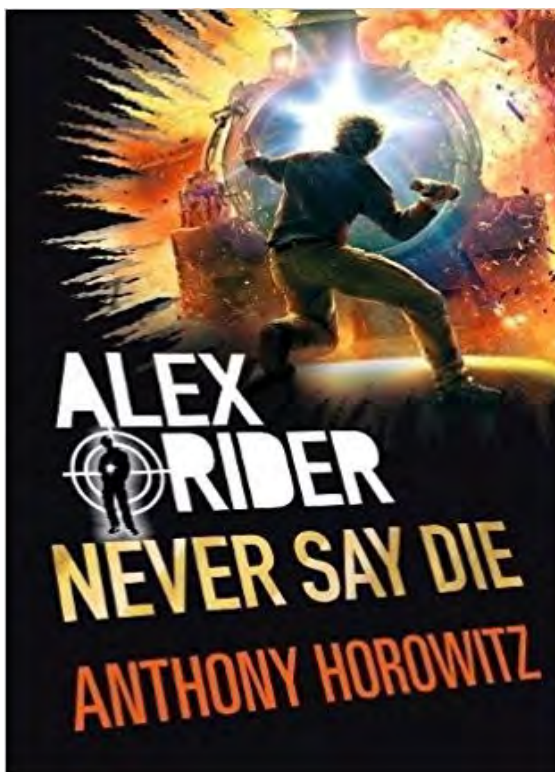
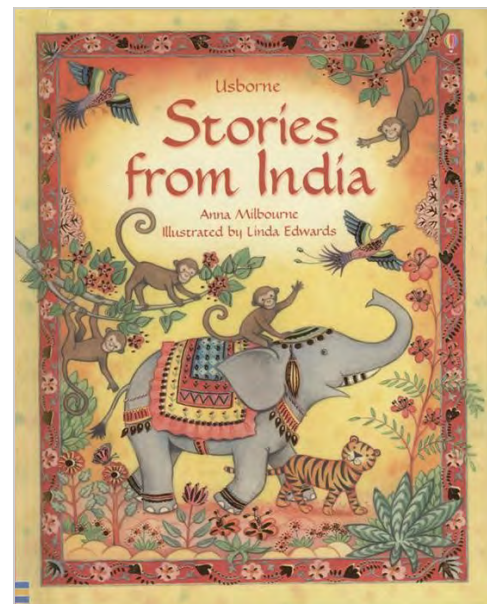
This week the **Fiction** area will closed.

NO borrowing from that area only.

All other areas are open for borrowing as usual.



Enchantingly illustrated by Linda Edwards, this book retells sixteen traditional Indian tales that will engage and amuse young children.



In this adrenaline-fueled, action-packed adventure, Alex Rider is trying to get his life back on track after the traumatic events of his last mission. But even Alex can't fight the past ... especially when it holds a deadly secret.

JOKE OF THE WEEK

Me: I Wish I had been born 1000 years ago.

Friend: Why is that?

Me: Just think of all the history that I wouldn't have to learn!

Community



GREASE & OIL CHANGE

A brain and body workshop for rural men and women.

SAVE THE DATE:

The 3rd annual **Grease and Oil Change** will be held in Trundle on Thursday February 22, 2018.

We can't wait to see you all there to have a full mind and body service! Inspirational guest speakers, practical activities, yummy food and fantastic conversations are guaranteed.

More details to follow and if you have any suggestions for guest speakers or workshops, or would like to sponsor part of this event, please contact Cherie via email cheriequade@hotmail.com

Trundle Primary Cricket

On Saturday Trundle Junior cricketers hosted the Gilgais who won the toss and elected to bat first. A determined and talented Gilgais side blasted 174 runs off their allotted 30 overs for the loss of 5 wickets. Wicket takers for Trundle were Reuben Kelly, Charlie Anderson, Paddy Williams and Blair Macdonald.

In reply Trundle struggled with the bat against some very good bowling managing 46 runs all out. Paddy Williams top scoring with 11 runs. Points went to William Taylor 3, Paddy Williams 2 and Charlie Anderson 1

Training 5pm Thursday and keep up the practice at home.

Next game – Saturday 11 November – Trundle v Waratahs @ Condobolin Association. 8.15 for 8.30 start.

TRUNDLE CWA AGM

The Annual General Meeting of the Trundle Branch of CWA will be held on Thursday, 30th November at 2.30 pm at the CWA Hall. All members and interested parties are invited to attend.

Visiting Trundle MPS

Women's Health Nurse will be in Trundle Monday, 20th November



Dietitian will be in Trundle on Wednesday 8th November



Early Child Hood Nurse is in town every Wednesday

Please ring 68921051 for an appointment with any of the above

Need help with the NATIONAL DISABILITY INSURANCE SCHEME? (NDIS)



We offer **FREE & INDEPENDENT** support for you to get a fair go with

Accessing the NDIS
NDIS planning
NDIS reviews and
complaints resolution

Contact us to find out more

☎ 1300 365 085 🌐 da.org.au 📺

Disability
DA
Advocacy

Aqua Aerobics

Will start on

Wednesday 8th November from
1pm – 2pm

And

Thursday's
5pm – 6pm.



Aqua is FREE you will only need to
pay to get into the pool.

You do not need to be able to swim to do Aqua..
Come along for a fun filled hour of light water
exercise.



For more information please contact:

Rhonda Grady 0447 699256.

GET ACTIVE

FAMILY FUN EVERYDAY



Health
Western NSW
Local Health District

Live Life Well @ School

Trundle Central School Playgroup

Date: Every second Thursday from 10.30 - 12.30

Venue: Trundle Central School, Croft Street Trundle

Term 4
November 9th
November 23rd
December 7th

What is playgroup?

Playgroup is about getting together with other parents, children, babies, caregivers and families to have positive parent/child interactions, share ideas, information and experiences in a casual environment that welcomes all community members.

What we gain from attending playgroup

Children learn through play and other daily experiences. Playgroup is a great environment for:

- Positive developmental growth
- Participation in new experiences
- Learning about the world around them
- Developing and increasing social skills & confidence
- Learning about sharing, co-operation and simple routines
- Interaction with other adults and children in a safe environment.



Through play, parent-child activities, caring and respectful relationships we help build a sense of belonging for our children.

Playgroup also provides the opportunity for parents and caregivers to have supported access to other services such as Early Intervention programs, Health and Education programs.

For more information: Phone or visit the team at CentaCare Wilcannia-Forbes

17 Church Street PARKES NSW 2870 Phone: 02 6863 5426



From Your Community Nurse ... Fire Safety Plan (Part 5 of 6)



WORK SAFE  **HOME SAFE**

Four simple steps to making **your bush fire survival plan**

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.

www.rfs.nsw.gov.au

Decide to stay, but be prepared

Defending your home can be physically and mentally demanding. It's important that everyone knows exactly what to do if a fire happens.

BEFORE (well before the fire has arrived)

INSIDE

- Close doors, windows and vents
- Fill baths, sinks, buckets and bins with water
- Confine pets to one room
- Place ladder next to roof access hole so you can check for spot fires
- Soak towels and rugs and lay them across external doorways
- Move furniture away from windows

DURING (as the fire is upon you)

- If flames are on top of you or the heat becomes unbearable move inside until the fire front has passed (usually 5-10 minutes)
- Patrol the inside of the house, including roof space, looking for sparks and embers
- Shelter in a room on the opposite side of the house from the approaching fire and ensure you have clear access to an exit

OUTSIDE

- Turn off gas mains and/or bottle
- Move flammable items away from the house
- Block drain pipes with socks full of sand and fill buckets with water. Don't get on the roof to hose it down
- Move animals to a well grazed or ploughed area away from the house and wind
- Patrol the house well before the fire arrives to put out embers and spot fires
- As the fire approaches, wet the side of the house and garden that faces the fire
- Move your firefighting equipment to a place where it won't burn

AFTER (immediately after the fire has passed)

- Check the house both inside and out for fires, including roof cavity, under the house, deck, stairs, windowsills etc
- If possible, and safe to do so, check all your neighbours are OK
- Contact relatives or friends to tell them you are safe
- Patrol your home for several hours, looking for small fires and burning embers

PREPARE ACT SURVIVE

From Your Community Nurse ... Fire Safety Plan (Part 4 of 5)

Legal obligations of the people in agriculture production enterprises

WHS laws are similar in all states in that they lay down the responsibilities of key parties involved in reducing risk of injury and illness associated with work.

[Australian Centre for Agricultural Health & Safety](#), [Safe Work Australia](#)
or

[Rural Industries Research and Development Corporation](#)

web pages for more information.

For further information visit the WorkCover website at
workcover.nsw.gov.au,
phone WorkCover Assistance Service **13 10 50**.

Four simple steps to making your bush fire survival plan

Getting ready for a bush fire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home.

PREPARE ACT SURVIVE

www.rfs.nsw.gov.au



WORK SAFE **HOME SAFE**

Farmsafe Australia's Operations Centre is the National Farmers' Federation

Address:- NFF House, 14-16 Brisbane Avenue, Barton ACT 2600 Australia

Postal Address:- Locked Bag 9, Kingston ACT 2604 Australia

Phone +61 2 6269 5622

Email :- info@farmsafe.org.au

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INSIDE

- Close doors, windows and vents
- Fill baths, sinks, buckets and bins with water
- Confine pets to one room
- Place ladder next to roof access hole so you can check for spot fires
- Soak towels and rugs and lay them across external doorways
- Move furniture away from windows

Drink lots of water throughout so that you don't dehydrate

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- Patrol your home for several hours, looking for small fires and burning embers

27/11/17

Trundle Central School Breakfast Club:

- Every school day from 8:30am in the Food Technology Room
- All students are welcome to come and eat breakfast for **FREE!**
- Toast, Fruit, and flavoured milk daily
- Pancake days on random occasions



PROUDLY SPONSORED BY:



**Trundle Services
& Citizens
Club**

**Trundle
Food
Store**



49 Gobondery St \$239,000

Pretty and Appealing!

Modern, comfortable and functional 3 bedroom, 2 bathroom home.

- Freshly renovated and painted inside & out
- New plumbing and electrical
- Brand new kitchen w/ walk-in pantry
- New laundry
- Two modern bathrooms
- Fully fenced back yard
- Roomy back verandah

All the work has been done on this lovely home. Don't let this one get away - call today to inspect!

**AJ Pike
& Son
Real Estate**

Contact us to arrange an inspection!

Ph 0427 347 194

sandra@gsinsurance.com.au

Find us on Domain.com.au