



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 13/3/18

Stage 6 Future Moves
@ Peak Hill

Wednesday 14/3/18

SRC Conference
11:30am—1:30pm

Stage 6 Hospitality and
metals @ Peak Hill

P&C MEETING

**3:30pm in the school
library**

Thursday 15/3/18

CHS Swimming @ Dubbo

PSSA Cricket @ Parkes

Friday 16/3/18

PSSA Swimming @ Dubbo

P&C

President

Mrs Rhonda Grady

Secretary

Mrs Kelly-Lee Dunn

Treasurer

Mrs Lubka Prebendarcik



**Education &
Communities**

Trundle Central School Newsletter

Term 1 Week 7

12th March 2018

Hopscotch

Games we played before electricity



Great style boys

The boys practicing their
cricket skills in our new
cricket nets



Principal's Message

This week is incredibly busy as it should be in good schools. Stage 6 will be attending the future moves program on Tuesday. This is a program designed to encourage students from rural and remote areas to attend University. In addition, this week is Stage 6 Hospitality and Metals excursion, CHS and PSSA Swimming and PSSA cricket. This school continues to provide numerous opportunities for your children. The challenge for the school is to fit all these events into some sort of workable calendar.

Recently we have broken our trend of growth and lost some students. Naturally, I am disappointed to lose students especially for reasons outside the school control. I also deeply and passionately believe in the parent's right to choose. Therefore I encourage parents to come and talk to us and view our facilities without any judgement or pressure. This school has programs and facilities that are as good or better as any school both public and private and a caring personal environment. Also in 24 years of teaching, I have never been involved with a more cohesive and happy student body. That does not mean they cannot improve and we continue to work hard to maintain and improve our standards but we are lucky to be doing so from a very strong foundation.

One area we can improve on is our student's ability to accept a decision in sport. Recently I observed cricket at lunchtime. The game lasted for 24 minutes. During this time only 11 minutes was actually continuous play. The rest of the time was spent arguing about the process or decisions. The selection of captain took longer than the selection of the American president it seemed. The cause I believe is the resent button on electronic games etc. Students cannot accept defeat because they never truly lose.

One of our extra programs is the small motors elective. Congratulations to Nicholas Williams who completely dismantled and reassembled a motorcycle engine and it runs like new. Nick has set the challenge for Jason Lowe who is stripping down an ag bike that has not run for several years and is seized tighter than my wallet. I love to view these extra programs in the school as it reinforces that all learning is important and preparing students for the workforce has to be a goal of the school.

These types of programs often cannot run without the generosity of our parents and community. Thank you to Stephenson Sawmill for the donation of timber to allow the construction of chopping boards to raise money for the major excursion. Also, thank you to Boyde Aveyard for travelling a considerable distance to pick-up our sheep for the Merino Wether Challenge. Last year we did very well in this competition so it is great to be able to yet again punch above our weight and show other schools how it is done.

On the weekend I inspected the progress of the new teacher residences. The configuration of these buildings is a large family home in each block and a two bedroom flat. Both are fully self contained with garages and private courtyards. These are outstanding additions to Trundle and will allow teachers at this school to live in the town they work in and improve the schools ability to attract and maintain quality staff. Currently many of our teachers are forced to commute from Parkes or Forbes which I believe was not an acceptable situation. The construction of these residences is proof that government departments will listen to a well thought



A before shot of the motorbike with Nicholas, Will Longhurst and Mr John Grady



Nicholas with his fully restored motorbike

out factual argument and progress can happen. I regularly write letters to private businesses and government agencies to lobby for improvements to the school. About 1 in 20 reply with some positive news or at least a nice rejection if there is such a thing. I remember a girl in Year 9 back in 1984 could improve her nice rejection technique but I will never let the fear of failure stop me trying to gain funds to improve the facilities in this school.

Last week I attended a Principals meeting for two days. Mr Mark Scott, Secretary of the Department of Education, Murat Dizar, Deputy Secretary School Operations and Georgina Harrison Deputy Secretary Educational Services addressed this meeting. These people are at the very top of the tree in terms of educational leadership in this state. I was pleased to have the opportunity to listen to the directions the department is moving in. One of the most pleasing statements Mr Scott made during this meeting was that a quality education system is a place where every student is known and valued. This is even the Manly supporters. Achieving this is in a big High School is difficult but I believe it is certainly achievable at Trundle Central School. Indeed, I would like to think it is one of the massive advantages of attending this school. As is my nature, I asked the following questions about issues I feel affect my school:

Are Universities putting in place strategies to better prepare beginning teachers for country service? I feel there is a real deficit in cultural knowledge and skills in new graduates to the detriment of our students. The more we alert and teach people that there is intelligent life after Parramatta the easier staffing our schools will be.

Could school counsellor time be linked to the facilities available and the complexity of the town rather than absolute numbers in the school? I feel allocation on numbers disadvantages country schools because we lack the private facilities of other towns.

I was very happy that these three important people took the time to listen to a Principal of a central school (mind you the best central school in the state). The answers to these issues are complex but people at this level I believe need to be aware of the unique challenges that we face in rural towns.

In another session at the conference, a presenter highlighted the distractibility of the human brain. Biologically our brain is programmed not to focus too intently for long periods. This is because in the cave people time focusing only on one thing would allow the woolly mammoth time to sneak up and make you

lunch. Despite some locals best impression we seem to be short of woolly mammoths in Trundle. However, this characteristic of the brain has not yet been modified by evolution. The trick is to learn to control and minimize the distractions especially for High School students. Consider these facts:

Each time the teenage brain is distracted it takes at least 64 seconds to re-focus. This is approximately ½ a day per week-wasted time (more for some).

The human brain has approximately 70,000 thoughts per day but only 5000 are linked directly to the current situation a person is experiencing. I hope surgeons are dramatically less than this but it indicates the challenges of learning.

In any conversation or listening task, a person is only focusing completely approximately 50 percent of the time.

If you think this research is incorrect, how many times when tired or stressed do we drive somewhere and not really remember the journey. Our brain is distracted.

One of my pet hates is prolonged use of video games by students especially before school or late at night. Gillian Coutt's research which was discussed indicates that these games actually re-wire the brain further decreasing its ability to focus for long periods. These conferences are wonderful information transfer mechanisms but do not provide the answer to how we increase a student's ability to concentrate. Maybe turn off the internet at 8pm on a school night is a start.

One of the biggest negatives I have seen in 24 years of teaching is the massive increase in traumatised children through parent separation or continued conflict. This problem is unfortunately increased by the delay in the Family Court being up to three years for non-urgent cases. How non-urgent is defined when young children are involved is difficult to comprehend from an outsider looking in at the system. Further complicating this already tragic situation is the cost of legal representation forcing many parents to abandon the fight feeling powerless and defeated by what appears to be a sterile, emotionless system dealing with the most traumatic time of their lives. These are not only my thoughts but those expressed by parents over my time leading schools. The effects of separation on children are increased I believe in the country because often we lack the services and our friendship groups are formed geographically and often restricted. Therefore a relationship break-up often results in friendship groups being placed under great strain. The effects on children I have observed are numerous:

Children often internalise hurt and emotion especially older boys. This eventually is released in inappropriate behaviour or aggression. This is because many times students do not have the language to express their hurt or understand it so they punish either parents or themselves.

Children often blame themselves for the break up. Loose focus or sometimes try so hard to be 'good' they place unrealistic and unsustainable pressure upon themselves.

Significant increase in risk taking behaviours. This could be alcohol or drug consumption in teenagers or early sexual experimentation.

Loss of focus in class, poor hygiene, self harm and a dramatic change in habit or friendship group are also very common signs of students suffering trauma.

A common statement by psychologists is if parents are feeling the stress and tension of separation your children are drowning.

Parenting during separation is one of the most difficult tasks any couple can undertake and there is no perfect

answer to problems created. However, I do know it affects students and as a carer educator I am now seeing more pronounced effects on children. I am not an expert in this topic and probably handled it very poorly in the past but one thing I am sure about is that children cannot handle adult problems and concepts and should not be exposed to them if at all possible.

Some people do not believe a Principal should comment about these types of issues in the newsletter. I believe totally the opposite. I believe this forum should be used as an awareness raising forum of issues that are affecting students just as much as a mechanism for information transfer.

Congratulations to the Trundle Boomers/Sunflowers Rugby League Club for their Jersey Auction on Saturday night. This is a great concept and fundraising idea for the club. Another year has started and we should always remember one-off premierships are great but stringing a few in a row creates a dynasty.

Another great week in Trundle
John Southon

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:



Stewart House 2018 Donation Drive

If you would like to donate to the Stewart House Donation Drive please fill in ***your information with your donation*** in the *envelope attached to today's newsletter* and return it to the office by Monday 14th May 2018. Thank you.

P & C NEWS



P&C Monthly Meeting

When - Wednesday 14th March

Where - School Library

Time - 3.30pm

Items to be discussed

1. Black Friday Mufti/Hot Food day
2. Continental
3. Athletics Carnival
4. Fundraising Ideas



Black Friday Mufti Day

13th April

Term 1 Week 11

Nacho's , Ice Cream and soft drink day.

Meal Deals will be available.

More information to follow





Student Fundraiser

1st Prize - a trailer load of fire wood

2nd Prize - a wooden chopping board with your own logo/font printed on it



Tickets - \$2 each OR 3 for \$5

Drawn Friday 13th April

All proceeds go towards the 2018 Secondary Snow Excursion.

Tickets available at:

TCS front office

Trundle True Value Hardware

Trundle Foodstore



Primary

Students of the Week

Kindergarten - Phelly Robson

1/2 - Thomas Sanderson

3/4 - Lucy Hartig

5/6 - Noah Wilson

Miss Fitzsimmons - Tyrone Kirk

Sportspersons - Lucy Hartig, Harry Wu and Riley Randall

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.



Swimming

K-6 Swimming For Sport

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. Students must bring swimmers even if the temperature is cool in the mornings.

Those who paid money last Friday will not need to pay this week.

If you are picking up your child/ren from the pool, please make sure you are outside the pool gates at 2:50pm. Students are required to get changed at the end of sport, a roll will be marked and your child/ren will then be able to leave.

If your child/ren catches a bus, the buses will be picking students up from the pool.

PSSA Boys Cricket

We wish our boys the very best of luck for their first game against Middleton Public School on Thursday the 15th March. They have been training hard with Mr Burley and he is very confident that they will play with enthusiasm and a positive attitude.



PSSA Swimming – Dubbo

Good luck to **Paddy Williams** who will compete in the 12-13 years Boys Butterfly event on Friday in Dubbo.

Yellow Awards



Bianca Last, Cameron Strudwick,
Phelly Robson, Sarah Smith, Austin Kirk and
Andrew Lynn
(in front) Annabelle Cotter

Thursday morning assemblies are our favourite morning assembly as it is when the teachers give out yellow awards. **Yellow awards** given to students for many reasons including working hard in class, positive attitudes to school, working well with others, etc.

These yellow awards accumulate and when each student has received 5 yellow awards, they receive a **grey award**. For every five grey awards, the students receive a **green award** and after accumulating five green awards, they receive a **red award** and a **book voucher**.



Crunch and Sip

Children are encouraged to bring **FRESH fruit or vegetables** to school for Crunch and Sip. They are also able to have a **sipper bottle of water** in the classroom.



Primary tennis

We are pleased to announce that we will be running Hot Shots Tennis Club after school this term for students from Kindergarten to Year 6.

These activities are free of charge and will be held after school on Monday from 3.15-3.45pm every week until the end of Term 1, Starting on 19th March – Week 8. (Apart from Week 10 which is Easter and the lesson will be changed to Wednesday after school for that week only). The class will consist of 20 students.

Please telephone the school if you would like your child to attend this afterschool club. The session will not be in time for the students to catch the bus and other collection arrangements must be made and communicated to the school.

This activity will be filled on a first come, first serve basis.

Kind Regards

Mrs Morgan & Ms Downes

Secondary

Each week I speak of our students' strengths at TCS, of which there are many. Note returning, however, is not one of these! Could we please encourage our students to return any notes by the due date. Without confirmation and permission of attending an excursion cannot go ahead and often this means that students are missing out on various opportunities. It is also very frustrating for the staff who are organising these to have to cancel them.

Speaking of excursions - depending on notes our Stage 6 students will be attending a Future Moves day in Peak Hill which will focus on various aspects of being successful in school. These days are organised by Charles Sturt University who we have a strong partnership with. The aim of this partnership is to strengthen our students' academic outcomes to enable them to leave school with as many options as possible open to them. Thank you to Mrs Morgan for her organisation of this excursion.

Our Year 9 students are commencing their work placements this week in various businesses around town. This gives our students an invaluable insight into real work situations and helps to shape their goals for the future. Huge thank you to the businesses who are hosting students and again thank you to Mrs Morgan for her tireless organisation when it comes to our students career programs.

On Wednesday our Hospitality and Metal and Engineering students have a practical day in Peak Hill. As always these days allow for our VET students to have face to face time with their teachers and have some of their competencies marked off. Thank you to Miss Rowlands for her organisation of this day.

As always if there are any questions in regards to Secondary please contact me at school.

Have a great week

Gerry Capell

Head Teacher Secondary Studies

Secondary Sportspersons of the Week



Xander Hartig, Hamish Sanderson, Isabel Aveyard and Robert Stokes

Western Area Swimming

Best wishes to the following students who will be competing in the Western Area Swimming Trials in Dubbo on Thursday:

Aliethea Stokes in the 13 years 100m backstroke
William Taylor in the 13 years 50m and 100m Freestyle
Monique Morgan in the 16 years 50m and 100m Freestyle

Careers Information

NSW Police Force – Now Recruiting

There have been many changes over the years in regard to the NSWPF recruitment process. As such, we have a new web-site and a new Facebook page that would be a great source of information to those students wanting to join.

<http://www.police.nsw.gov.au/recruitment>

<https://www.facebook.com/nswpoliceforce/>

Parent Information Evenings Charles Sturt University (CSU)

Parent Information Evenings for parents of Yr 11 and 12 students will be held in Albury-Wodonga, Bathurst, Dubbo, Orange, Port Macquarie and Wagga Wagga in March. Students and Career Advisers free events.

www.csu.edu.au/parents

Charles Sturt University 2018 MyDays

Parents are also very welcome to attend any MyDay events. Register for an event at:

www.csu.edu.au/myday

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)

Year 8 – Stacey, Will C, Jamie, Jye

Year 9 – Ashlee, Carla, Skye, Dylan

Year 10 – Mitch, Holly, Bryce, Zac, Ethan, Ryan, Codie

Year 11 – Matthew

Year 12 – Leah, Chelsea, Maddie, Brodi

Level 5 (30+ pink slips)

Year 7 – Grace, Mya, Aliethea, Ryan, Harrison, Xander, Alex, Cameron

Year 8 – Isabel, Jennet, Lionel, Will L, Tommy, Jason, William

Year 9 – Hamish, Jaxson, Nicholas

Year 10 – Ella, Emily, Amy, Monique, Robert

Year 11 – Sasha, Brooke, Ryan, Harrison



WEEK 7 NEWS:

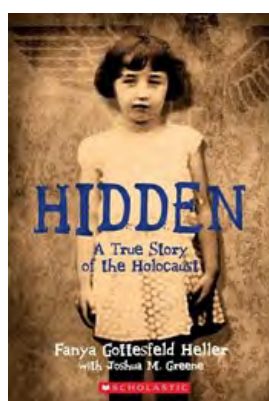
Another week has flown by and our library continues to be very busy. Our 21st century learners are embracing the technology that our library offers, using all technology safely and collaboratively. As we continue to hurtle into the digital age our students are embracing it with our guidance and support.

It's always so terrific to see the students helping each other with finding books, getting logged on to computers and teaching others about new and exciting electronic games by coming alongside them and walking them through the steps of the game to ensure their success.



WONDER

August was born with a facial difference that has prevented him from going to a mainstream school. He wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past extraordinary face. A bestseller begins from Auggie's point of view, but soon switches to include his classmates, his sister, her boyfriend, and others. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.



HIDDEN

In this suspenseful true story of the Holocaust, Fanya and her family must hide for their lives when Nazi soldiers appear on their street. The Germans were carrying rifles and kicking in doors of houses up and down the street. Will she survive? Will her family survive? This is true tale of Fanya's incredible story of courage and survival.

Have a great Week 6

Ms Gaye Rush & Mrs Anne Mawbey (the library's Dynamic Duo)





MEDIA RELEASE

Norman Lindsay Exhibit in Parkes

Parkes Library is to host an intimate exhibit of works by Australia's greatest all-round genius artist and writer Norman Lindsay.

Parkes local, Peter Tom, has been passionate about the creative arts since he was a boy. In the 1920s and 30s his grandfather subscribed to the Bulletin. Mr Tom spent much time reading the cartoons and from this reading his appreciation for Norman Lindsay grew.

Norman Lindsay, who died in 1969 at the age of 90, built his artistic reputation on his paintings and drawings, but he was also a sculptor, newspaper cartoonist and a gifted writer. His charming children's book *The Magic Pudding* can be found in homes and libraries across Australia.

Over the ensuing years Mr Tom has collected sketches, posters, etchings, block printing and limited edition copies of Norman Lindsay's work, as well as many early editions of his numerous books.

Parkes Library is working with consultant Margot Jolly to arrange and install the exhibition.

"Margot is bringing her arts, curating and research skills to the project to create an exhibit that shares Mr Tom's love of Norman Lindsay with the community, said Shellie Buckle, Manager Cultural, Education, & Library Services.

The exhibition will open on 8 March and conclude on the 27 March just before Easter.

The local and wider community is invited to experience this wonderful exhibition of a renowned Australian artist.

Trundle Junior Cricket Club Presentation

We will be having our presentation for both Milo and Junior Cricket on **Thursday 15th March at 5pm at Berryman Park.**



We will play some social cricket with parents and kids, presentation and a BBQ tea to follow at 6pm. A sausage sandwich and drink will be supplied for free to children but there will be a charge of \$2 for parents. We hope you can all join us for the end of a wonderful season of cricket.

Libby Wykes



Trundle Ladies' Social Golf 2018

EVERYONE WELCOME ENJOY A
RELAXED, FUN, FRIENDLY
ENVIRONMENT

COMMENCING WEDNESDAY 4 APRIL 2018

EVERY WEDNESDAY

Always wanted to play golf – have a laugh and get fit at the same time?

Never played before? Not game? Here's your chance!

No previous experience or knowledge required.

Play with other beginners!! Or experts if we are lucky!

Sticks not necessary! (CLUB HAS SOME WE CAN BORROW)

Bit rusty?

Let's learn together!

When: Wednesdays

Time: 9.00am for 9.30am tee off

Where: Trundle Golf Course

Cost: \$5 for 9 holes

Morning tea: Provided

Bring your own lunch if you can linger on – no worries if you have to rush off.

A little bit interested???

ENQUIRIES WELCOME TO:

Suellen Taylor 0429 921026 or Sue Morrison 0429 921325

Lindy Randall 6864 2423 or Sharon Wright 6892 1056



From Your Community Nurse ... Sun Safety on the Farm



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

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.



Australia has the highest rate of skin cancer in the world, and outdoor workers, such as farm workers, are at the greatest risk of developing skin cancer. The effect on the skin of these rays from the sun builds up over time. The signs of a mild level of damage such as mild sunburn or freckling gradually increase with exposure and can eventually lead to a skin cancer. The damaging solar radiation or ultra violet rays affect the skin and the eyes. The most damaging time of the day is between 10am and 2pm (11am to 3pm during Daylight Saving). Natural barriers to ultraviolet (UV) rays are the ozone layer and cloud cover. However, skin damage still occurs with cloud cover, depending on cloud thickness.

So consider the Hazard:-

Consider the characteristics of the worker:- skin type, family history of melanoma, presence of moles, knowledge about protection from the sun.

Consider the work process to be carried out: time of day when jobs outside are done, length of time spent working outside, season in which the work (non seasonal work eg:- fencing) takes place.

Consider the environment:- presence of shade and extent of reflection from work surfaces.

Also, consider people who take certain medications (such as tetracycline or chloroquine) or are in contact with certain farm chemicals such as creosote are more likely to be sunburnt which increases the risk of skin cancer.

Protect yourself in 5 ways



Slip on clothing that covers your shoulders, arms and legs. Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees.

Slop on SPF30+ or higher broad-spectrum water-resistant sunscreen. Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone.

Slap on a broad-brimmed hat that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.

Seek shade whenever you can especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving).

Slide on sunglasses that meet Australian Standard AS1067 and that fit your face well.

Read more at <https://www.cancerouncil.com.au/60346/cancer-prevention/sun-protection/tips-for-being-be-sunsmart/tips-for-sun-protection/reducing-your-risk-of-skin-cancer/#hG6YWGb533hGwrj.99>

From Your Community Nurse ... Farm Workshop Safety 1



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web pages for more information.



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



Farm Workshop Safety

People working in the farm workshop are exposed to risk of injury and illness associated with a range of hazards. Up to 20% of farm injuries presenting to hospital Emergency Departments are caused by farm maintenance work. More than 30% of these are eye injuries and more than 30% are hand injuries.

Hazards associated with work in the farm workshop include:

- Poor workshop design and layout
- Electricity
- Welding
- Oxyacetylene welding and cutting
- Grinding
- Using power hoists
- Using power and hand tools
- Battery charging
- Tyre changing



The types of injury range from death, serious injury requiring hospitalisation and down time, to “nuisance” injuries that stops work for a short time, or makes work slower and reduces productivity.



THE TRUNDLE P&A SOCIETY
INVITES YOU TO THEIR

2018
Showgirl Luncheon

Saturday April 14, 2018 • 12-5pm

Trundle Golf Course

Dress Code- Cocktail

4 Course Meal - The Dish Cafe

Marquee

Entertainment Provided

RSVP - 6/4/18

TICKETS \$80 -THE TRUNDLE HOTEL

FURTHER DETAILS -
SALLY TAYLOR (0407066117)



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



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\$250,000



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- 2 main bedrooms with BIR, 2 bathrooms
- Closed-in Northern verandah provides extra sleeping space, office and sun-room
- Large, inviting lounge room with wood fire
- Modern kitchen with stunning bay window
- Disabled access
- Large block w fowl/dog yard, rear lane access, rain water tank and established trees

Don't miss this Trundle gem - contact us today!



Contact us to arrange
an inspection!

Phone
0427 347 194

Find us on
Domain.com.au
sandra@gsinsurance.com.au