



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

Wednesday 2/5/18

Stage 6 tertiary Day

P&C meeting

3:30pm in

School Library

Thursday 3/5/18

Pink Ribbon Day

P&C

President

Mrs Rhonda Grady

Secretary

Mrs Kelly-Lee Dunn

Treasurer

Mrs Lubka Prebendarcik



Education & Communities

Trundle Central School Newsletter

Term 2 Week 1

1st May 2018



Thank you to the Ex-Servicemen who attended our school ANZAC Service today.
(l-r) Mr Barry Harmer, Mr Paul Heavers and Mr Colin Wheeler
with school captains Harrison Williams and Monique Morgan



Mr Paul Heavers who gave the address to our students

Principal's Message

This week is extremely busy as usual at this great public school. The week includes School Anzac Day Service, Stage 6 Tertiary Awareness Day and Pink Day. Unfortunately, the busload of gifted and talented students did not arrive to enrol over the holidays so our numbers have not increased but on Tuesday morning, I walked through the school to find a goat and two kangaroos grazing on the school oval. A quick skim of the Department enrolment policy indicated they can not be counted.

Anzac Day is one of the most significant days on the Australian calendar. Australia is a cohesive multicultural society that is the envy of other countries. Indeed, we tend to fight more about sport than politics. An indication of our egalitarian nature is the fact we allow The New Zealand Warriors into the National Rugby League. The NRL needs to employ a Geography teacher as well as the team of extra accountants based in Parramatta and chemists in Cronulla. A significant reason for our social cohesion is the values instilled in us by the people that have fought and continue to fight for our lifestyle and culture. It is true every country has some protected oxygen thieves but in general, our lifestyle and wealth are at a level that other countries can only dream to achieve. There is a vocal minority that believe that traditions such as ANZAC Day and singing the National Anthem are outdated and have no place in schools. I actually believe the opposite; I think schools are the perfect place to teach children to respect the traditions and values of this great country and develop a mindset so that they want to contribute rather than be a social or financial burden on this great country.

Students from Trundle Central School rarely let me down. ANZAC Day was no exception with all our students being respectful throughout the whole service and a very pleasing attendance considering it fell in the middle of the school holidays. Some adults need to model their behaviour on our students. Some even spoke loudly during the raising of the flag and the last post. Even our kindergarten students know that is just wrong on so many levels.

The Pink Ribbon fundraiser is an event I am looking forward to immensely. There would not be a family in

Trundle that has not been affected directly or indirectly by the curse of breast cancer. Congratulations to the organisers for contributing in a significant way to beating this condition that does not discriminate in any way. I especially like to support activities that distribute funds to a cause that affects all people not concentrate on supporting a select group within a community. The SRC will be raising money this week to support cancer research. I encourage people to get behind the efforts of these students, attend the Pink Ribbon fund raising event and make sure the visitors to our town are aware that the event is on at the club. The fact that humans have not been able to cure cancer indicates the complexity of the human body. Humans have developed artificial intelligence computers, driverless cars and even the Boy George Hat but we are still yet to cure cancer or explain to me why he needs to wear a hat inside a television studio.

The last week of school last term was hectic with a film crew from the Department's film and media unit visiting. Our students were yet again a credit to their school and families. The head of the Production and Media Unit sent an email congratulating our staff and students for their cooperation, attitude and effort. Ms Jessica van Put especially mentioned our students who filmed the buddy bench segment. These students answered all questions in a mature selfless fashion stating that if they were given money they would put some of it back into their community. It is very rare that this type of personal email would be sent so our students and staff obviously made an impression at a high level. The finished product will appear on Twitter, Facebook, Instagram and on the Departments Website.

The last week of term our school and community Netball/Tennis court was poured. The contractors allow the court a month to cure completely and then come back to apply the surface. This project created a significant short term boost to the local economy with workers requiring a bed and it appears considerable rehydration after work. Thank you to those people who have congratulated me for achieving this project. Thank you also to those who have stated nobody will use it as I looked on the school roll and we do not have any nobodies but plenty of important somebodies so I am confident it will get used by plenty of somebodies and at least it appears one nobody. As I have stated numerous times, this school as long as my name is on the letterhead will work towards having all the facilities and programs available in larger centres.

We did not have cricket nets, sensory gym and a netball/tennis court last year, now we do. Simple really. I do not believe the theory that distance from a city reduces entitlement.

Next week is our semester one *parent teacher night*. This time we are incorporating a BBQ to make it more convenient for parents who need to attend both High School and Primary interviews. Please support this opportunity to discuss in a casual but informative environment your child's progress. I certainly will be attending and to meet and discuss my child's progress with her class teacher.

In some wonderful news for our schools, *Smiles on Site Dental Service* have agreed to service Trundle Central, Bogan Gate and St Patricks School. I thank the two other schools for partnering with us to allow this service to come to town to replace the dental service which was temporarily suspended last year (I was not prepared to wait as temporary seems to be a long time as the service stopped 6 months ago). When I was negotiating with *Smiles on Site* a significant barrier was the size of our student population with a minimum of 150 students required. The addition of the two schools pushed us over the line. This service starts with education sessions and the distribution of permission notes. Every student receives a free check-up and professional clean. Families who qualify (any family that has a taxable income of under 150,000 per year) will also receive if they agree, free filings or extractions if required. Families should check their eligibility before agreeing to the work. Work that is more complex is referred to local dentists. The dentists have also agreed to stay for the weekend and see members of the community as well. I believe this is an outstanding commitment to this community. The Commonwealth Government through Medicare funds this service.

The P&C recently agreed to fund the purchase of tables and benches for an outdoor learning space for Primary. This is to be located under the new shade area where primary assembly is conducted. Also over the holidays, Mr Grady constructed an open library for Primary students to use. The idea of an open Library is students can access a selection of books through essentially an honesty system and return them when finished. This gives students another avenue to develop the joy of reading. This library along with the community art spaces allows students alternatives to traditional sport at break times. I am very impressed with the professionalism and enthusiasm of the P&C and thank them for their continued support.

Making the school more sun safe is a goal for 2018 and beyond. The danger of prolonged sun exposure for children is now beyond dispute and as a result, I consider it a professional and moral responsibility to improve the school facilities. There is unfortunately still too many children presenting to school sunburnt so we still need to continue to reinforce the sun safe message.

It does not appear to affect children at the time of exposure but I can guarantee when they are older they will be visiting a surgeon and helping pay for his/her BMW.

At the start of a new term, I always remind students and parents of the standard that is expected in terms of effort and behaviour. The staff at this school will not tolerate students through their behaviour stopping others from learning. Our school culture is to support students struggling to maintain expected standards of behaviour and effort. However, students and parents should be aware that I will have no hesitation in using suspension and expulsion powers if in consultation with executive I feel it is necessary. Parents can be assured if they receive a phone call from executive at this school, it is to support your children to access the curriculum and remain safe. In 26 years with the Department, I have not seen one occasion where a teacher has the time, energy or will to pick on a student. I am being picked on in my experience is a throwaway line used by cranky students and desperate parents to justify poor behaviour or effort. Parents developing an effective working partnership with the school coupled with the school providing appropriately targeted curriculum and welfare and discipline is the most effective method of supporting students not either party generating excuses.

It is very disappointing that the locks on our school notice board in the main street are regularly damaged. A reason could be a frustrated intellectual damaging the locks because they are protesting against art and information being locked behind closed doors and not easily accessible to the common person but I suspect it is just opportunistic moronic vandalism. In response to a senseless act of vandalism I had camera's installed around the school last year. They appear to have worked as to date we have only caught a fox, stray cat and a few people struggling home from the golf club after an obviously emotional day on the course. I hope we are better as a community than needing a camera to stop this damage to our noticeboard.

One of the focus areas for this term is to reduce the number of students arriving at school late. The main reason for this is reducing the amount of learning time lost for these students. A secondary reason is the disruption these students often cause when entering classes late. The education act clearly states students should attend school all the hours the school is operating. This school does not operate flexible hours. Please help the school to reduce this problem as missing a few minutes a day can mean the loss of weeks over the school year.

There is one common factor when I attend public events in this town such as the football, Bushtucker or events at the Services Club. Ronald Jones Jnr is working usually for free to help his community. Well done Ronald. Has he been citizen of the year? I do not know but I would like to start the campaign for recognition of the big fella and others across our community because the world has plenty of gunnas but very few people who get in and do. Who knows even some of my staff members who volunteer their time to improve this community may be recognised.

Another great day in Trundle

John Southon



School ANZAC Service



Primary Interviews will be held on Wednesday 9th May 2018

Time	Time	Mrs Sanderson	Mr Burley	Ms Downes	Miss Fitzsimmons	Mrs Southon	Mrs Budd
3.00pm	3.05pm	Lisa Hartig	Rhonda Grady	Elysse Coomes			
3.05pm	3.10pm	Elysse Coomes			Lisa HArtig		
3.10pm	3.15pm		Rhonda Grady	Jes Robson			
3.15pm	3.20pm		Elysse Coomes				
3.20pm	3.25pm		Elysse Coomes				
3.25pm	3.30pm		Elysse Coomes		Libby Wykes		
3.30pm	3.35pm	Louise Tosetti		Tash Warner		Lauren Badman	Libby Wykes
3.35pm	3.40pm	Leanne Budd	Libby Wykes	Lauren Badman	Louise Tosetti	Tash Warner	
3.40pm	3.45pm		Leanne Budd		Elysse Coomes		
3.45pm	3.50pm	Kylie Strudwick			Lubka Prebendarcik	Elysse Coomes	
3.50pm	3.55pm	Lubka Prebendarcik		Kylie Strudwick	Elysse Coomes		
3.55pm	4.00pm	Trish Morgan			Kylie Strudwick		
4.00pm	4.05pm				Elysse Coomes		
4.05pm	4.10pm	Shannon Lewis			Elysse Coomes		
4.10pm	4.15pm				Elysse Coomes		Kelly-Lee Dunn
4.15pm	4.20pm	Jo Randall			Shannon Lewis		Elysse Coomes
4.20pm	4.25pm		Kelly-Lee Dunn		Jo Randall		Elysse Coomes
4.25pm	4.30pm				Kelly-Lee Dunn		
4.30pm	4.35pm						
4.35pm	4.40pm		Jo Bridger				
4.40pm	4.45pm		Kristy Davison				
4.45pm	4.50pm		A&T Taylor				
4.50pm	4.55pm		A&T Taylor				Kristy Davison
4.55pm	5.00pm		A&T Taylor		Kristy Davison		

PARENT / TEACHER INTERVIEWS - SECONDARY – Wednesday 9th May

		Mr G Capell	Miss L Rowlands	Mrs T Morgan	Mr Lynn	Ms G Rush	Mrs L Budd	Mr B Ridges	Mrs K Williams
5.30 pm	5.35 pm	H Longhurst			C Harper	T Morgan		T&A Taylor	
5.35 pm	5.40 pm		H Longhurst		C Harper	T Morgan		T&A Taylor	L Prebendarcik
5.40 pm	5.45 pm	R Grady	H Longhurst		T Morgan	C Harper		L Prebendarcik	A Aveyard
5.45 pm	5.50 pm	T Morgan	R Grady		H Longhurst	T&A Taylor	L Prebendarcik	C Harper	L Hartig
5.50 pm	5.55 pm	T Morgan	R Grady		T&A Taylor	C Harper		A Aveyard	L Hartig
5.55 pm	6.00 pm	C Harper	T&A Taylor	R Grady	H Longhurst	L Prebendarcik	A Aveyard	L Hartig	J Bridger
6.00 pm	6.05 pm	J Bridger	C Harper	R Grady	L Prebendarcik	H Longhurst	L Hartig		
6.05 pm	6.10 pm		C Harper	L Prebendarcik	R Grady	H Longhurst	L Hartig		
6.10 pm	6.15 pm		L Prebendarcik	H Longhurst	R Grady	A Aveyard	C Harper		J Tomlinson
6.15 pm	6.20 pm		L Hartig		J Bridger	J Tomlinson			
6.20 pm	6.25 pm	F Sanderson	L Hartig	J Tomlinson	A Aveyard				
6.25 pm	6.30 pm		F Sanderson	L Hartig	J Tomlinson		R Grady	H Longhurst	
6.30 pm	6.35 pm	J Tomlinson	A Aveyard	F Sanderson	L Hartig		H Longhurst	R Grady	
6.35 pm	6.40 pm		J Tomlinson		L Hartig	F Sanderson		R Grady	H Longhurst
6.40 pm	6.45 pm				F Sanderson	L Hartig			
6.45 pm	6.50 pm					L Hartig			
6.50 pm	6.55 pm								
6.55 pm	7.00 pm								

SRC PINK DAY EVENT

WHEN: This Thursday, 3rd May.

WHAT: Students are to wear pink mufti and bring a gold coin donation. Pink cupcakes will also be for sale during recess for 50c each.

WHY: We want to raise money to help give women's cancer the boot. All money raised will be donated by the SRC at Trundles PINK NIGHT event at the Trundle Services Club Friday 4th May.



Trundle Central School is collaborating with Smiles Onsite to promote healthier, happier smiles at our school! This incredible service is being offered for FREE under the federal government's Child Dental Benefits Schedule (CDBS), and comes along with the chance to grab some amazing prizes.

All students will be given a consent form to bring home so that they can participate, and also so that they can go in the draw to win prizes!!

How does it work?

The Child Dental Benefit Schedule grants all eligible parents with \$1000 worth of Medicare towards dental per child, over a two-year period. Eligible parents should receive a confirmation letter; however if you are still unsure, Smiles Onsite can check for you on completion of their consent form.

Can I make use of this service if I'm not eligible?

Of course! Smiles Onsite can do almost everything that your local dentist can do on board their state-of-the-art mobile Clinic. If you would like them to see your child for a scale and clean, fillings, fissure seals etc., these services can be offered with NO GAP payable.

This service is a great opportunity to get kids into the habit of good oral hygiene, and we hope you're as excited about it as we are!

You can fill out the dental consent form for your son or daughter by inserting this link on the web browser -

<https://form.jotform.co/81010283352848>

If you have any further questions about this program or your eligibility, please contact Smiles Onsite directly on 1800 276 453.





Student Fundraiser

Thank you to everyone who bought a raffle ticket in our wood raffle last term. The fire wood was won by Nancy Abernathy and the Chopping Board won by Garry Williams. In total we raised \$322 to go towards our ski excursion.



P & C NEWS

Continental - Will be held Friday 31st August from 1.30pm. Please come along to our next meeting to have your say about what you would like to see at the continental.



P&C Monthly Meeting
When - THIS Wednesday 2nd May
Where - School Library
Time - 3.30pm



Items to be discussed

1. Athletics Carnival - Dubbo
2. Parent/Teacher Interviews - BBQ
3. Food Handling Courses
4. Return and Earn
5. Continental - Friday 31st August from 1.30pm

Come along and have your say

Secondary

SCHOOL CROSS COUNTRY

The whole School Cross Country will be held on Friday the 11th May. Please look in next week's news-letter for more information.

Across the Careers Advisers Desk

The University of Sydney Information Pack



**Secondary Snow Excursion
Payment Reminder**
#4 - 3rd May - \$50
**Do not pay payment #9 and #10 as
initial note was incorrect**



**KEEP WATCH AT ALDI IN THE COMING
WEEKS**

**Snow Gear is coming to sale and your
child needs snow goggles and snow
gloves to attend the Snow Excursion**

More reminders to come

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 7 – Mya, Ryan
	Year 10 - Ethan
	Year 11 - Paige
Level 5 (30+ pink slips)	Year 7 - Grace, Aliethea, Harrison, Xander, Alex, Cameron
	Year 8 - Isabel, Jennet, Lionel, Jamie, Will L, Jason, William
	Year 9 – Ashlee, Carla, Skye, Dylan, Hamish, Jaxson, Nicholas
	Year 10 - Ella, Emily, Amy, Monique, Holly, Bryce, Zac, Robert, Ryan, Codie
	Year 11 – Sasha, Brooke, Ryan, Harrison
	Year 12 – Leah, Chelsea, Maddie, Brodi

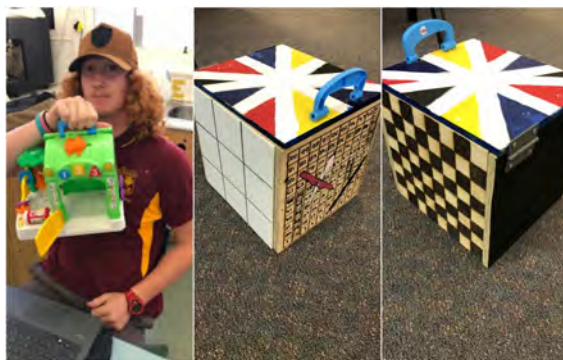
9/10 Design and Technology

Last term, students in 9/10 Design and Technology were asked to 'Hack A Toy'. They chose an existing toy and had to remake it into a new toy. The students worked hard over 10 weeks to complete their project and folio. Some used the 3D printer, sheet metal, timber and even the laser burner to create their toy. A great project with very happy students. Well done from a very happy teacher,

Miss Rowlands.



Nick Williams



Bryce Gavin-Rossiter



Robert Stokes



Carla Valentine



Ryan Taylor



Emily Harper



Ethan Pascoe



Zac Longhurst

4 T's Sports Day

On the last Wednesday of Term 1 25 secondary students attended the 4T's gala day in Tullamore. The students played League Tag, Soccer and King Ball against Tullamore, Tottenham and Trangie. Although it was a very warm day the students participated with enthusiasm and displayed excellent sportsmanship. Overall Trundle finished 2nd only .6 of a point behind Trangie.



Senior Team 1



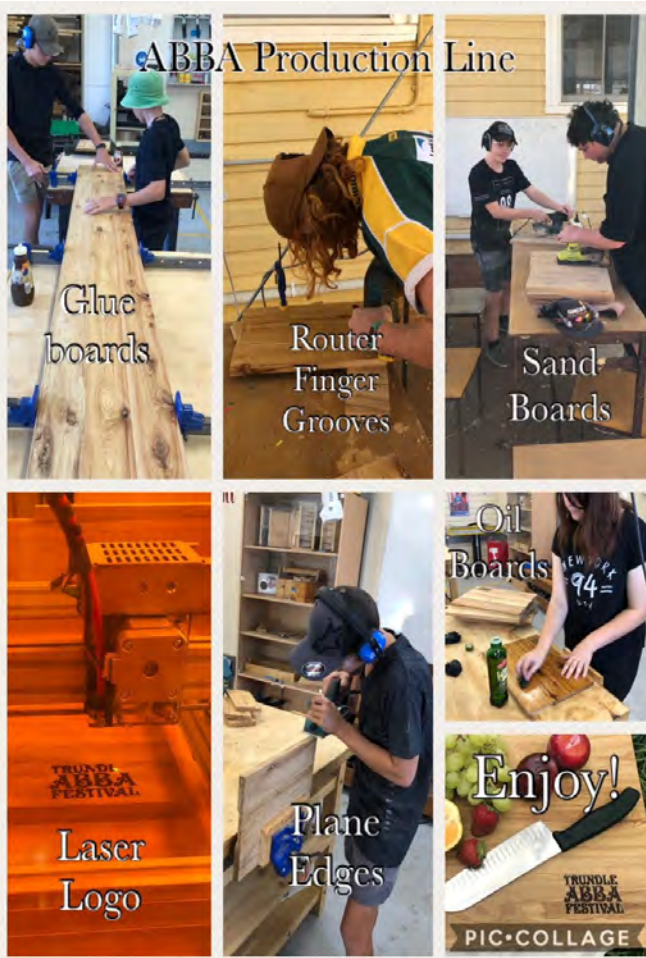
Senior Team 2



Junior Team



Thank you to Leah Martin of Year 12 for designing some word art for the Hospitality Room. It looks



Last term our school service interest elective was busy making chopping boards to sell at ABBA. A big thank you to the 9/10 D&T class for also working hard to produce these great boards. We had a ABBAazing production line happening on the last day of term, well done!



ABBA chopping boards will be on sale at the ABBA merchandise tent this Saturday. The chopping boards cost \$25 each and all proceeds go towards the Secondary Snow Trip this year. A big thanks to both Trundle ABBA Festival and Stephenson Saw Mill for supporting us.

Community

Dolly's Beauty and Beyond

Opening hours:

Wednesday from 2pm

Thursday afternoon

Friday, Saturday all day

I am also looking for someone to help in the shop.

For more information contact Dolly on 0428 921 092.

TRUNDLE SERVICES & CITIZENS CLUB

2018 Pink Ribbon Fundraiser

- UNITE IN PINK -

ALL FUNDS RAISED FOR WOMENS CANCER
FREE ADMISSION

THURSDAY NIGHT, 3rd of MAY

5pm MORDIALLOC BOYS
\$10 STEAK & SCHNITZEL NIGHT

FRIDAY PINK NIGHT, 4th of MAY

PRIZES FOR BEST PINK COSTUME

RAFFLES & AUCTION

ENTERTAINMENT

CHINESE SMORGASBORD

TRUNDLE CHILDRENS CENTRE BBQ

DARRYL TOWNEY 5pm – 9pm

FOLLOWED BY "FABBA"

SATURDAY, 5th of MAY

ALL DAY & NIGHT ENTERTAINMENT

KERRY ELLEN / COL HEWETT

CHINESE SMORGASBORD ALL DAY

SUNDAY, 6th of MAY

1pm MORDIALLOC BOYS



During the **ABBA FESTIVAL** pop in to the Trundle CWA Hall on Thursday 3rd or Friday 4th from 10am til 6pm or Saturday 5th May from 10am to 2pm. On display there will be heaps of beautiful quilts as well as homemade goodies and handicrafts for sale.

Admission for adults is \$10 including morning or afternoon tea. Families: first school age child \$5- rest free.

Enquiries: Marion 68921444; Carmel 68921216

Trundle Anglican Women's Association (AWA) Street Stall Friday 11th May 2018

Donations of cooking and all saleable goods welcome.

Donations of food for the 'dinner hamper' raffle appreciated.





MEDIA RELEASE

3D CODING AT PARKES LIBRARY

High school students have an opportunity to add to their coding skills at “Blender Code Club” being held by Parkes Library.

What is Blender? Blender is free software which allows you to design 3D models and animate them. It is similar to the software that games designers use to create virtual 3D worlds and characters for computer games.

At the Parkes Library “Blender Code Club” teens will take on mini-projects that will increase in complexity developing coding skills.

Librarian Gillian Hunt is running the Club.

“The teens and I will learn together during this free seven week coding club. The goal is to learn about the software and to make some 3D creations” said Gillian.

Blender Code Club is for high school students and meets at 4pm on Tuesdays, 8 May to 19 June. Previous experience in coding is not needed – this course is suitable for people who have never used Blender before.

Bookings are required in person at Parkes Library.

From Your Community Nurse ... Healthy Eating

NSW Ministry of Health

Eating healthy food in a balanced diet is very important to help you get the energy you need, maintain good health and have strong bones and muscles. We all know what health food is – a wide range of fruit and vegetables, some protein sources such as meats, dairy and legumes/lentils, and not too much fatty or highly processed food. Drinking plenty of water is important too.

As we age, our bones are susceptible to becoming fragile and breaking. For them to stay strong, they need Calcium and Vitamin D.



Calcium

Calcium is only stored in your bones, although it is essential for many different part of the body such as muscles and nerves. If you don't eat enough calcium, it will be taken from your bones to other parts of the body where it is needed. As we get older, we absorb less and less calcium from our food. These means we actually need to eat more calcium as we get older.

People who smoke, who drink a lot of caffeine and soft drinks, and who eat a lot of meat, absorb less calcium from their diet than others. Milk, yoghurt, cheese, salmon, sardines, tahini, figs, almonds and brazil nuts are all good sources of calcium.

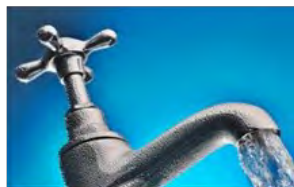
Bread, cereals, fruit and green vegetables such as broccoli and bok-choy also have calcium, although not as much.



Vitamin D and sunlight

Vitamin D is very important for strong bones. Being low in Vitamin D can affect your muscle strength and play a part in causing osteoporosis because without it calcium can't be fully absorbed by your bones.

You get Vitamin D in two ways – from your diet and from sunlight. Vitamin D is found only in certain foods. These are:- Milk. Oily fish (such as salmon and mackerel), eggs. Sunlight is another way of getting Vitamin D. Sunlight acts on the skin and converts it to Vitamin D. 6-8 minutes in summer and 13-16 minutes in winter is enough. For more information about the importance of Vitamin D visit www.osteoporosis.org.au/vitamin-d



Water

Many people don't drink enough water. Lack of water can lead to dehydration, weakness and dizziness, and is a common cause of older people falling and hurting themselves. Drink at least 6 glasses of fluid a day, preferably water.

From Your Community Nurse ... Farm Workshop Safety 4



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.

Welding ... cont'd

Welding is a potentially hazardous activity and precautions are required to avoid electrocutions, fire and explosion, burns, electric shock, vision damage, inhalation of poisonous gases and fumes, exposure to intense ultraviolet radiation, excessive noise and manual task hazards.

The electric arc welding process involves risk of injury and illness associated with electricity, emission of harmful fumes, sparks, the generation of heat and radiation emitted during the welding process. These risks apply not only to the person undertaking the work but also to bystanders. Below are some measure that will control the risk associated with these hazards.

Hazard and Risk

Inhalation of fumes from the welding rod or the surface being welded can result in respiratory problems.

Flash burns to the eyes and burns to the skin may result from exposure to radiation from the welding arc.

Heat generated during the welding process may result in burns to the skin.



Risk Controls

- ☐ Ensure adequate cross ventilation
- ☐ Use low fume welding rods
- ☐ Supply and ensure the use of face masks or respirators where necessary
- ☐ Weld in a screened area to protect other workers from radiation or use portable welding screens.
- ☐ Ensure clothing, gloves and hands are free from grease and oil.
- ☐ Do not weld with cigarette lighter in pockets.
- ☐ Take care when quenching hot items in water
- ☐ Mark hot items with soapstone.
- ☐ Supply and ensure the use of appropriate eye protection including welding helmet or hand held face shield and a fire retardant apron.
- ☐ Display signs which highlight the hazards associated with using the welder.

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:



THINKING OF SELLING YOUR HOUSE OR LAND?

Now may be the time!

Trundle is just too popular - AJ Pike is running low on stock!

WE INVITE YOU TO CALL US FOR AN APPRAISAL

Ph Sandra 0427 347 194 • sandra@gsinsurance.com.au

