



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

22/8/2018

Girl's Self—Defence class
Years 6-10

Book week Assembly
Book week Activities

P&C Meeting 3.30pm
Library

Week 6

Mon—Wed

27—29/8/2018

Secondary Ski Excursion

Tuesday 28/8/2018

CWA Country of study
day

Friday 31/8/2018

Continental 'Country Fair'
1.30 pm—6.00pm

Blue Day (K-12)
Blue Mufti

P&C

President

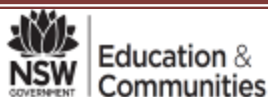
Mrs Rhonda Grady

Secretary

Mrs Kelly-Lee Dunn

Treasurer

Mrs Lubka Prebendarcik



Trundle Central School Newsletter

Term 3 Week 5

20th August 2018

Just another week at Trundle Central School



Bottles and bottles of donated shampoo, conditioner and other products have been arriving all week from all over Australia.



Last Friday we had a surprise visit from Healthy Harold and Kellie Sloane—CEO of Life Education NSW with a special guest, The Mayor of Parkes, Cr Ken Keith.

Principal's Message

The new initiative we are trying this week on Wednesday is the girl's self-defence class. If this class is successful it will become a regular part of our extracurricular program. Girls are reminded to wear their sports uniform on Wednesday, hair up and jewellery removed. I expect our girls to become a combination of wonder women, Bruce Lee and Mother Theresa in the future. I have won my only two physical fights easily by a colour bond fence and fifty metres so I am certainly not a fighter and that is definitely not what we are trying to achieve by this program. Making our girls safer in this complex world is our goal.

Welcome to Ryland, Katanah and Corey to our school. It is refreshing to receive new enrolments as this year we have lost many excellent students and families. If this did not occur for reasons outside our control our enrolment would have been well over 130 securing an extra teaching position. Hopefully, next year will be different.

The last couple of weeks have been unusual in the life of Trundle Central School to say the very least. The school has received a high level of media coverage and feedback both regionally and nationally. In recent weeks the school and town has been on/in ABC radio, Prime, Channel 7 Weekend Sunrise, BTN, Telegraph, Australian Newspapers and has even been mentioned in the Washington Post. This coverage started because we wrote to Sydney schools to send us some toiletries after opening the showers to make care packages for our students because these products are expensive and in these hard dry times can increase a grocery bill significantly. After this the mainstream media came on board and it has just spiralled. It must have been one of those unexplained leaks common in the Rudd era of government. You know nobody is responsible, it just happened.

Large companies did not come on board but the public and schools in Sydney have been fantastic. The ironic aspect is that the big companies are now receiving the profits from their purchases but this is unavoidable. In the next couple of weeks, each student of this school will bring home a care package for mothers and families and not just farming families. Please accept it in the spirit it is intended, even if you do not need it desperately. Use the saved money from your grocery bill to treat yourself and your kids. As we have had such

an amazing response, I have offered the packages to St Patrick's school as well.

The fund raising for a hay drive for the farming families is going well with donations steadily coming in. At present our boutique school has raised \$11655 dollars for our farmers. I refer to them as our farmers because it is better to do a smaller localised hay drive since every bale is going to our community. I am sure we will reach our goal of \$22000. Our hay distribution, if we can get it, will be fair as we will have students distributing it to all the farming families enrolled at our school. It is not up to me to determine who needs it more than others do; I am just offering it to help. If you genuinely do not need it and it is your brain making the decision not your pride, I ask you to think carefully about it; we can re-distribute it but remember this drought is not over yet.

I see the hay as a mechanism of protecting and maintaining the mental health of our students living on farms not a cure for the drought. Your children are witnessing the effects of this drought financially, on stock and on you as parents. Unfortunately, besides their labour and 2 minute showers they are powerless to help. If this natural disaster continues, I fear some of our children will have lasting emotional damage.

Allowing them to help through their school is a huge step in reducing this possible long term damage. I can see the various tables of knowledge saying they have lived through many droughts and they got over it and moved on without any long term affects but ARE YOU CERTAIN THAT IS TRUE??? I do not want to be an alarmist and I am not an overly emotional person but the fact is suicide is the most common killer of males aged 18-24 and country people have a suicide rate almost twice that of urban people. The recent spike has been in people over 50. This drought, if it continues much longer, I believe could be a major factor in a possible increase of mental health conditions in our community in the near future.

Many people contacting the school have offered to buy a load of water for a farmer. I have declined this offer and asked for bottled water or donations to the hay drive. Again, it is impossible for me to determine need in relation to a water drop and I refuse to say one of our families are more deserving than another. An equal amount of bottled water will be part of the care packages for farming families as well as some food items. They have been donated and I will not knock back a reasonable donation, as it is the thought that counts rather than the item or amount.

A new service available is two donated washing machines for people to use. These were donated by Rego's Plus in Parkes and Rachel Rice from Parkes. Thanks to Mrs Lowe for transporting a washing machine to the school. These are set up outside the old canteen

available to use at any time after school or weekends. The front loader can do a twenty minute wash and the larger machine can do big loads. The set-up of the machines is a Jacko original and is creating a deal of interest on Facebook. He may make some money with a patent on this design minus my usual 10 percent administration fee. Please feel free to use this service provided to you by your school. This is an absolutely guilt free service as every person deserves to be able to wash clothes in clean treated water. The machines are placed in an accessible spot near the old canteen, as I am sure they will be safe as the community of Trundle will not tolerate any vandalism or theft from this school. I note two families have taken advantage of the Trundle Central Laundromat and I encourage people to use them rather than precious drinking water.

Contrary to some people's belief I do not enjoy being in the spotlight as I have massive feelings of self doubt and fear of failure that I fight constantly when these events occur. However, I passionately believe in promoting this school and town so I am willing to put myself out in the public and risk the possible criticism. I quickly realised Trundle people are very lavish with praise and recognition upon death or retirement but very sparing at most other times so my motivation is certainly not self-promotion but helping with the drought. I have immense respect for all the staff and students at this school because the school is still settled and students are learning in this disruptive but hopefully productive time.

The latest articles that have been written for news media are encouraging people in nearby centres to drive to Trundle and spend money in our businesses. Outside money has a massive multiplier effect and could help our local businesses to ride out this very dry time. I have been very definite in all media that our farmers are efficient custodians of the land and prepare for drought but this is a prolonged unusual event. It does not matter how good a farmer is they can only prepare to the capacity of their land.

In some disappointing news two stray dogs killed six of our chooks last weekend. The dogs killing the chooks were witnessed by people and caught on security camera. I do not know who owns these animals so it is now in the hands of Police. If your dog enters the school and kills our animals, I believe even if you are not legally responsible you are certainly morally responsible to replace these animals.

Finally, in some positive news we were successful in a grant for 6000 dollars to replace our high jump mats. This means the school only has to contribute 1000 dollars towards the cost. Yes, I was surprised as well

with the cost. These mats are replacing mats many of our parents would landed on, having done the Fosbury Flop over the bar in the past, so replacement was well over due. To open the mats, wouldn't it be amazing if our three PE trained teachers would compete in a jump off to display the various skills in high jump?

In some further good news Mr Rick Colless, Parliamentary Secretary for Western NSW has agreed to fund 10,000 dollars towards our new bus shelter. This combined with 10,000 dollars from Parkes Shire Council leaves us very close to the cost of the construction. The bus shelter will allow students to be protected from the sun and rain whilst waiting for buses. It will also give the school valuable display space to promote the constructive programs run in this school.

Our site assessment for gaining a Pets as Therapy Dog was conducted on Friday. In some very positive news, we are allocated a golden Labrador currently named Ajax. Ajax is especially trained to provide support to students with anxiety related disorders but will be a great asset to this school. Ajax is currently puppy sat by Abbotsleigh Girls School in Sydney so he should not see much difference in the environment and facilities. The Pets as Therapy Dog is both an academic and welfare strategy. Extensive research indicates that students reading and talking to pets significantly increased academic, speech and social development and engagement as well as a being an effective pastoral care tool for students. This is a left field strategy but what have we got to lose?

On Friday, Life Education visited the school to talk to our students and distribute packs containing items for school. Life Education is evolving its programs to be more relevant in our social environment. I am looking forward to their continued involvement with our school, as I want to run ICE Awareness Programs in the school as this drug is affecting rural communities. We have excessive packages so they have been distributed to St Patricks and Tullamore Central School.

Happiest man in Trundle



Trundle Central School Monster Rugby League Raffle



Trundle Central School are holding a monster Rugby League raffle to help raise funds for a new School Bus.

Included in the raffle will be:

- ♦ **Trundle Boomers jersey signed by 2018 First Grade team**
- ♦ **2018 hand signed Knights jersey**
- ♦ **2018 Roosters supporters pack featuring cap, scarf & pennant**
- ♦ **2018 Gold Coast Titans supporters T-shirts**
- ♦ **Cowboys football**

\$2 each

3 for \$5

Tickets go on sale 13th August at

Trundle Central School

Trundle Foodstore

Trundle Services Club

Boomers Presentation night, 8th September

Winners choose their prize in order drawn

Raffle drawn after Woodbridge Cup Grand Final



**\$2 each or 3
for \$5**



You are invited to

K-6 BOOKWEEK ASSEMBLY

Wednesday • 22nd August • 2pm

TRUNDLE CENTRAL SCHOOL
LIBRARY



All Welcome!

Trundle Central School P&C Inc.



Meeting



Where: Trundle Central School Library

When: Wednesday 22nd August 2018

Time: 3.30pm



Agenda Items

Continental



Trundle Central
School
P&C

Continental
Country Fair

Raffle

First prize – Camping bundle

Kindly donated by Mr & Mrs Sanderson, Mr & Mrs Wykes, Mr & Mrs Randall
and Trundle True Value Hardware

Second prize – Half a dressed pig

Kindly donated by Mr & Mrs Whiley

Drawn on:
31st August at
the Country Fair

\$2 each or
3 for \$5



'Country Fair'

Annual Continental

P&C Committee are calling on all parents/grandparents/carers/family friends to volunteer an hour or two of their time on the rosters below. Please remember that *many hands make light work*. It is a wonderful way to get to know other parents. Please contact the Office on 68921303 and nominate yourself on a roster or two.

BBQ				
	BBQ Cooker	Server 1	Server 2	Till Operator
1.00pm - 2.00pm				
2.00pm - 3.00pm				
3.00pm - 4.00pm				
4.00pm - 5.00pm				
5.00pm - 6.00pm				

Jumping Castle		
	Volunteer 1	Volunteer 2
Set Up 1.00pm - 2.00pm		
2.00pm - 3.00pm		
3.00pm - 4.00pm		
4.00pm - 5.00pm		
5.00pm - Pack up		

Cake Stall		
	Volunteer 1	Volunteer 2
Set Up 1.00pm - 2.00pm		
2.00pm - 3.00pm		
3.00pm - 4.00pm		
4.00pm - 5.00pm		
5.00pm - Pack up		

Hot Food Court				
	Volunteer 1	Volunteer 2	Volunteer 3	Till operator
1.00pm - 2.00pm				
2.00pm - 3.00pm				
3.00pm - 4.00pm				
4.00pm - 5.00pm				
5.00pm - 6.00pm				
6.00pm - Pack up				

'Country Fair'

Annual Continental

P&C Committee are calling on all parents/grandparents/carers/family friends to volunteer an hour or two of their time on the rosters below. Please remember that many hands make light work. It is a wonderful way to get to know other parents.

Donut Stall

	Volunteer 1	Volunteer 2	Volunteer 3
1.00pm - 2.00 pm			
2.00pm - 3.00pm			
3.00pm - 4.00pm			
4.00pm - 5.00pm			
5.00pm - Clean Up			

Raffle Ticket Sellers

	Volunteer 1	Volunteer 2
1.00pm - 2.00pm		
2.00pm - 3.00pm		
3.00pm - 4.00pm		
4.00pm - 5.00pm		

Chocolate Throw

	Volunteer 1	Volunteer 2
1.00pm - 2.00 pm		
2.00pm - 3.00pm		
3.00pm - 4.00pm		
4.00pm - 5.00pm		
5.00pm - 5.30pm		

White Elephant Stall (trash 'n' treasure)

	Volunteer 1	Volunteer 2
1.00pm - 2.00 pm		
2.00pm - 3.00pm		
3.00pm - 4.00pm		
4.00pm - 5.00pm		
5.00pm - 5.30pm		

P&C Committee are also asking for donations of baked items that could be used on our cake stall and in our Tea/Coffee Cake Place.

We will also be running the White Elephant Stall (Trash 'n' Treasure) this year. If anyone has items that they would like to donate towards this they can be dropped into the Office at Trundle Central School or brought to the Continental on the day.

Remember all money that is raised at the continental will go directly back to the students of Trundle Central School.

Thankyou
P&C Committee

Primary

Students of the Week

Kindergarten - Declan Stuckings

1/2 - Cooper Dunn

3/4 - Lucy Hartig

5/6 - Paddy Williams

Miss Fitzsimmons - Sarah Smith

Special Reward - Austin Kirk, Delainie

Zerafa-Coomes, Haley Lowe, Oliver Dunn

Sportspersons - Indigo Heard, Jessica Morgan



Look what is happening in Primary this week:

Event	Date	Students Involved
Book Week Dress-up	Wednesday 22 nd August	All K-6
Book Week Activities	Wednesday 22 nd August	All K-6
Book Week Assembly	Wednesday 22 nd August	All K-6
CWA Country of Study day	Tuesday 28 th August	Years 3/4/5/6
Self defence course	Wednesday 22 nd August	Year 6 girls only

Dress Up and Assembly – Book Week – Wednesday 22nd August 2018

The annual CBCA Book Week is this week! This year the theme is 'Find Your Treasure.' Book Week is about enjoying the experience of exploring stories.

We will be hosting a **book week assembly** at **2:00pm** in the **library** and **dress up parade** on **Wednesday 22nd August**. The students are asked to think about some of their favourite book characters and come to school dressed up.



WSSA Boys Cricket Trials

This Friday Paddy Williams and Eric Fernando will participate in the WSSA Boys Cricket Trials in Dubbo. We wish them all the best in these trials. We know that they will represent our school with pride.

Premiers Reading Challenge

The Premiers Reading Challenge aims to encourage a love of reading for leisure and pleasure and enables them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. K-6 are well under way with their challenge targets. As students read book at home, please add them to a book list and send them into school so that we can fill in their personal reading logs.



3/4/5/6 Excursion payments

Just a gentle reminder that excursion payments are due each fortnight during this term. The next instalment of \$20.00 is due this Friday 24th August.

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.

Self - defence course

Year 6 girls are asked to wear sports uniform on Wednesday, 22nd August for the Girl's Self-defence class. Thank you.



Blue Day

Next Friday, on the 31st August, our SRC will be holding a 'Blue Day' to support a local event and help raise funds for testicular cancer. Students are asked to come dressed in blue mufti clothing and bring in a gold coin donation. This is the same day as our annual Continental 'Country Fair' so students are to wear sensible clothing but can be as adventurous as they like. A prize will be awarded to the most creative outfit.



advancedlife
photography.design.printing

PHOTOGRAPH ORDERS ARE AVAILABLE FOR THE NEXT
14 DAYS

School: Trundle Central School

Suburb: TRUNDLE

Job Number: WS074-1A



www.advancedlife.com.au

Go to our site and enter the 9 Digit Online Code

PXP WMT QKQ

9 Digit Online Code

\$18.00

per Group

Groups include (Also check if there are groups you may have missed from previous days of photography)

SRC	School Captains	Whole School
Year 12 Muck Up		

PAYING ONLINE

- (1) To view and order please go to advancedlife.com.au on any computer, tablet or smart mobile device and enter the 9 Digit Online Code at the prompt box.
- (2) Select "**BROWSE GROUP PHOTOS**" from the menu.
If your school has given permission you will be able to view low resolution copies of the new Groups and past groups available. If not, make selection from the list.
- (3) Once you have chosen all groups to order, select the **VIEW SHOPPING CART** option and follow the prompts.



CHEQUE | CASH | MONEY ORDER

Envelopes are available for collection from the front office should you prefer to pay cash, cheque or money order. Envelope orders need to be returned to the school with 14 days. No discount applies to envelopes based orders.

IMPORTANT INFORMATION: Credit card payment is only available online. Please select your groups carefully as under no circumstances will a refund or exchange be available on incorrectly ordered photographs.

Secondary

The next 2 weeks our Year 12 students will be sitting their Trial HSC Examinations and the time table is published in this newsletter. This Year 12 students have been working extremely well in their video conferences and co-teacher time and also in their individual study and revision. Good luck team and we hope you get the results you deserve!

Today Mr Lynn has taken the Chemistry students to Trangie for a study day with their teacher.

Tomorrow we have scripture during period 5.

On Wednesday our 7-10 female students will be taking a class in self-defence from 9.00-12.30. Students will have needed to return the permission note and be in sports uniform for the day.

Next week the vast majority of our students will be away on the snow excursion or the sheep showing excursion in Dubbo. For those students at school there will be a collapsed class with 7-10 students working in the same classroom but with different set work.

Just on excursions, I'd like to thank all of the staff here at TCS on their willingness to be involved in these which enables us to extend our students experiences. Staff who accompany students on excursions are often giving up significant amounts of their personal and family time to do so and this needs to be acknowledged. However, it is not only those teachers who are on the excursion that are giving their time to allow these to happen. Teachers who remain at school are often asked to go beyond the scope of their daily duties to cover lessons and playground duties for those staff who are away.

All of our staff are more than happy to take on these extra roles and duties and we genuinely appreciate these attitudes. Thanks to all staff for helping create these experiences for



**Secondary Snow Excursion
Payment Reminder
ALL PAYMENTS ARE NOW
OVERDUE
Please pay final amount before
Wednesday 22nd August**

our students!

As always if there are any questions in regards to secondary matters please contact myself at school.

Have a great week.

Gerry Capell
Head Teacher Secondary Studies.

Self - defence course note

Year 7-10 girls—please return the permission note to the office as soon as possible.
Thank you.



Congratulations to the following students who have received the correct amount of pink slips to move to a higher level. All students start at **Level 3 each semester**. Each level has rewards with Level 6 being the highest.

Level 4 (15+ pink slips)	Year 7 – Grace, Mya, Casey, Aliethea, Ryan, Harrison, Xander, Alex, Cameron Year 8 – Isabel, Stacey, Jenet, Will C, Lionel, Jamie, Will L, Jye, Jason, William Year 9 – Ashlee, Skye, Dylan, Hamish, Jaxson, Nick Year 10 – Ella, Emily, Amy, Monique, Zac, Ethan, Bobbie, Robert, Ryan, Codie Year 11 – Brooke, Harrison Year 12 - Leah
Level 5 (30+ pink slips)	N/A
Level 6 (75+ pink slips)	N/A



Western Access Program

Peak Hill / Yeoval / Trangie / Tottenham / Trundle / Tullamore

2018 HSC Trial Examination Timetable



	Monday 20 August	Tuesday 21 August	Wednesday 22 August	Thursday 23 August	Friday 24 August
Week 5	9.15am- 11.25am Paper 1 English Advanced English Standard 12.30pm- 3.05pm Mathematics General 2	9.15-12.20pm Community and Family Studies	9.15am-12.20am Mathematics Ancient History 9.15-11.20am Primary Industries	9.15am-12.20pm Senior Science	9.15am- 11.20am Paper 2 English Advanced English Standard
Week 6	Monday 27 August 9.15-11.20am Construction 9.15- 10.50am Industrial Technology	Tuesday 28 August 9.15-12.20pm Agriculture Modern History 1.00-3.05pm Hospitality	Wednesday 29 August 9.15-12.20pm Biology	Thursday 30 August 9.15-12.20pm PDHPE	Friday 31 August

Printing in the Art Room



This term Year 7 are using insects as a source of inspiration in their art, creating relief prints using foam and a wooden stylus.



The Year 9/10 Art elective students have been inspired by Margaret Preston's art practice and have created these effective Lino prints.



Novelty Cakes for the Show

A range of students had the opportunity to participate in the Novelty Cake making for the Trundle Show. This has become a great tradition at TCS and Miss Rowlands is always impressed with the end product by the end of the day. Students from the Cake Making Elective, 9/10 Food Technology and 11/12 Hospitality all participated.



Yr 10 - Robert Stokes



Yr 10 - Emily Harper



Yr 10 - Ella Bridger



Yr 7 - Grace Hartig



Yr 11 - Brooke Morgan



Yr 12 - Chelsea Taylor



Yr 10 - Amy Mallard



Yr 10 - Bobbie Smith



Yr 11 - Paige Fox



Yr 7 - Casey Lowe



Yr 7 - Aliethea Stokes



Yr 12 - Leah Martin



Yr 8 - Aidan Kirk



Yr 9 - Skye Wilson



Yr 10 - Codie Wilson



Yr 10 - Shelby-Lee Dellow



Cake Making Fun!!



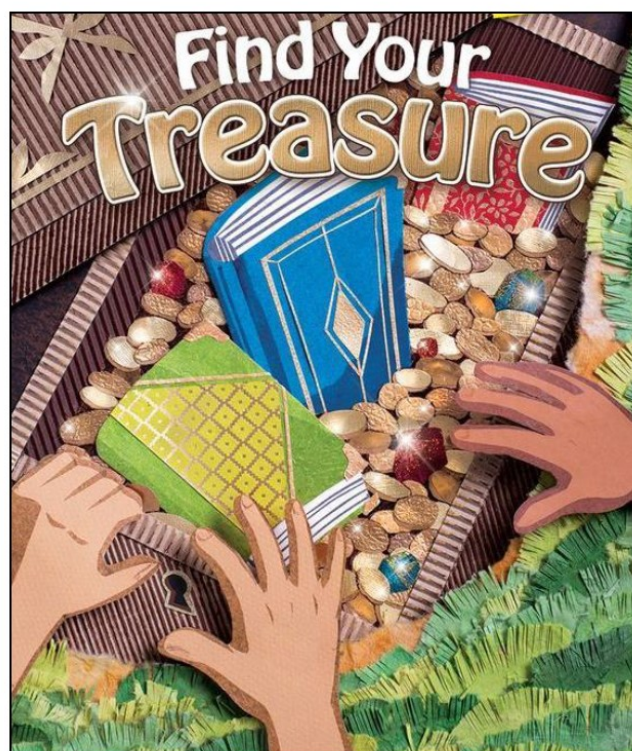


WEEK 5 NEWS:

BOOK CLUB catalogues will be out tomorrow (Tuesday) – please return asap with your money.

BOOK WEEK 2018 will be held this week.

Start thinking about how you can dress up to look like your favourite 'BOOK CHARACTER'.



This year's **BOOK WEEK** theme is '**FIND YOUR TREASURE**'. Everyone is welcome to come and visit our library during Book Week and see our display. There will be games, activities and competitions with prizes to be won.

So come along and join in the fun and continue to 'find YOUR treasure' in reading a great book.

Our Library staff would like to extend an invitation to all Parents and Carers to **join our eBook borrowing library**, when you join you can borrow our 2,600 eBooks (digital /electronic books). There are no worries with overdue books as they are automatically returned. Please contact the library staff through the school office if you would like more details or help you join. Here are a few examples of what is in our electronic range.



Our Library staff wish Mrs Anne Mawbey a wonderful break as she takes some leave until the end of the term. Mrs Mawbey is an extraordinary asset to our Library and her smiling face will be missed (for a few weeks anyway). Mrs Lubka Prebendarcik will replace Mrs Mawbey during this time, I'm sure her energetic and helpful persona will add another facet to the many talents of our Library staff. Mrs Robyn Hawke will continue to be here on Fridays to keep the ship running smoothly.

Have a great Week 5, Mrs Gaye Rush Teacher / Librarian

Community

Join us at Trundle Central School Playgroup

Date: Every second Thursday from 10.30 - 12.30
Venue: Trundle Central School, Croft Street Trundle

TERM 3 2018
August 23rd
September 6th
September 20th



TRUNDLE ROYAL FAR WEST

SUNSHINE CLUB

INVITES YOU TO ANOTHER GREAT

'OLD TIME DANCE'

SUNDAY 2ND SEPTEMBER, 2018

TRUNDLE MEMORIAL HALL, 2.00 PM--6.00 PM



DANCE TO THE WONDERFUL MUSIC OF
PHIL REDENBACH (OR - JUST COME
ALONG TO ENJOY AFTERNOON TEA AND
WATCH THE DANCERS)



HEAPS OF PRIZES, AS WELL AS CHILDREN'S PRIZES.

COST - \$10.00 FOR DANCERS, \$5.00 FOR NON-DANCERS
\$20.00 FAMILY TICKET.



FOR MORE INFORMATION CONTACT SECRETARY-ROBYN WHITSON 68 921006

Royal Far West OP SHOP

Please note new hours:

Mon—Fri 9am –3pm
Saturday 9am—12pm

Activity Program

31st August Visit to Child Care Centre
7th September Bill Looney – bush poetry
14th September Bingo

Morning Tea and activities. Gold coin donation.

Trundle Community Day Centre
Every Friday at Services and Citizens Club
10am-12

Media Release



Friday 10 August 2018

Flu season kicks off in NSW

The flu season has officially started in NSW, two months later than in 2017, but the number of confirmed cases reported across the state is still a mere fraction of the total at this time last year.

The latest NSW Health [Influenza Surveillance Weekly Report](#) reveals 426 confirmed flu cases for the week ending 5 August, up on the 365 cases for the previous week but well below the 6,449 notifications in the same week in 2017.

Dr Kerry Chant, NSW Chief Health Officer, has praised the community for being more proactive in getting their flu jabs, following the deaths of more than 650 people in NSW from influenza last year.

"To date NSW Health has distributed more than 2.3 million doses of flu vaccine to GPs and other providers, over 50 per cent more than the total distributed in 2017," Dr Chant said.

"Around 200,000 of these doses are the special junior vaccine used in children from six months up to three years of age which the State Government is offering for free."

The NSW Government is spending a record \$22.75 million on state-wide immunisation programs which will assist with flu prevention this season. This includes \$3.5 million for free flu shots to children up to five years of age and a \$1.75 million immunisation and influenza prevention campaign.

Dr Chant encouraged those yet to have their flu shot to have it now.

"It's not too late to vaccinate and there are no shortages of government supplied vaccines in NSW for all age groups however, we do still urge people to call ahead to their GP or pharmacist."

Under the National Immunisation Program, the flu shot is free for pregnant women, people over 65 years of age, most Aboriginal people and those with medical conditions such as asthma, diabetes and heart problems.

Local Health Districts across NSW have prepared for this year's flu season, with winter plans in place for our hospitals, including procedures for allocating additional resources during periods of high demand, and promoting good hygiene practices amongst staff and visitors. Around 145,000 doses of influenza vaccine have been provided for health district staff, around 30 per cent more than in 2017.

The [Influenza Surveillance Weekly Reports](#) can be viewed on the NSW Health [website](#).

Media contact: NSW Health Media Unit – 02 9391 9121; after-hours – 02 9962 9890; email – media@health.nsw.gov.au.



OCCUPATIONAL THERAPY FOR CHILDREN

Is your child performing at an age appropriate level?
Are they meeting their milestones?
If you are concerned, an OT assessment can help with the following:

- Developmental assessments
- Handwriting difficulties.
- Attention and concentration.
- Coordination.
- Fine motor development.
- Gross motor control (e.g. hopping, skipping, jumping).
- Sensory processing difficulties.
- And much more.

CONTACT

Sarah Davis (Cutler)
Bach.App.Sci (OT) STMA Acc

Katelyn Tillack
B.OccThy (Hons)

0402 858 188
info@totalhealthorange.com.au
281 Lords Place, Orange 2800

www.totalhealthorange.com.au



MEDIA RELEASE

RESIDENTS ENCOURAGED TO MAINTAIN WATER CONSERVATION EFFORTS

The Parkes Shire remains on Level 1 Water Conservation Measures, and residents are encouraged to maintain good practice with water usage to conserve water where possible.

The brick pit is a welcome source of additional water for many residents during dry times, however, Parkes Shire Council advises residents that the water is only suitable for limited purposes.

The former brickworks site on Powder Street was repurposed as a stormwater storage basin several years ago and is freely available to residents to supplement their own supplies. However, even though brick pit water is accessed via standpipes, the water is untreated and is not suitable for human consumption.

Parkes Shire Council's Director of Infrastructure, Andrew Francis, said that Council has been monitoring the brick pit water quality, and recent analysis shows that the water is moderately saline, making it unsuitable for a wide range of uses.

"Our most recent electrical conductivity tests show that the water has 0.219% salinity which doesn't seem like a lot, but it is enough to put it outside the tolerable range for a lot of uses," Mr Francis said.

"The water is suitable for sheep, and can be used on lawns with caution as long as the area is irrigated with other sources of water between applications," Mr Francis explained.

"While it is currently suitable for horses, pigs and beef cattle, it is reaching the maximum salinity limit for those livestock."

"It is not suitable for drinking, and is also unsuitable for poultry, dairy cattle, and ornamental gardens."

Drinking water would ideally have salinity of 0.012%, with the upper limit being no more than 0.16% salinity. In contrast, the salinity of ocean water is 3.5%.

"It's free to access brick pit water, so that certainly helps people in times of drought, but residents should use it with caution and avoid watering solely with brick pit water if they're unsure," Mr Francis said.



Parkes Shire Council 2 Cecile Street, PO Box 337 Parkes NSW 2870
P 02 6861 2373 F 02 6862 3946 E council@parkesnsw.gov.au
www.parkesnsw.gov.au

PARKES
It all adds up.

Trundle Anglican Women of Australia (AWA)

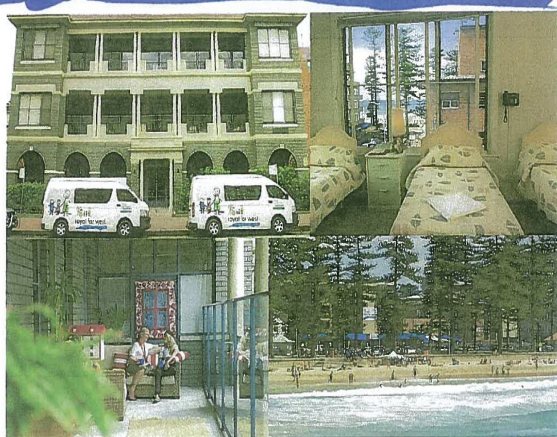
Street Stall

**Friday 31st August
2018**

**Donations of all saleable
goods welcome-
cooking, plants, produce,
sewing etc**



Raffle Prize: 7 Night Stay at Drummond House, Manly



'7 miles from Sydney and a thousand miles from care'

Relax on the beachfront at Manly for 7 nights staying at Drummond House, Royal Far West's historical country style 'Bed and Breakfast' located in the heart of Manly. Enjoy Manly on your doorstep and all that vibrant Sydney city has to offer just a short ferry ride away. 7 nights accommodation for 2 adults and up to 4 children, including bed and breakfast.

Valid for 12 months.

Contact Caroline, Branch Manager at Royal Far West on 02 8966 8540 or [cstewart@royalfarwest.org.au](mailto: cstewart@royalfarwest.org.au)

Value \$800



Dolly's Beauty and Beyond

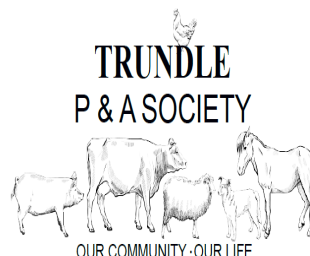
Opening hours this week:

Wednesday only

If needed Thursday afternoon

Thank you Dolly

0428 921 092



MEMBERSHIP RENEWAL 2018

Reminder to members who received tickets in the post and have not yet paid - membership fees are now overdue. Thank you to those who have already paid.

If unsure as to whether or not you have paid please email trundleshow@gmail.com.

Want to be a member next year please email to trundleshow@gmail.com.

Thanks – Stella Farmer - Treasurer



Trundle Central School P&C Association Inc.

invites you

to our 'Country Fair' Annual Continental

Auctions from 4.30pm

When: Friday 31st August 2018

Where: Trundle Central School Grounds

Time: 1.30pm-6pm

Tea/Coffe/Cake Place

Face Painting

Gumboot Throwing

Sack Race

Freshly Made Donuts

Green Machine Rally

Raffles

Hula Hoop Pumpkin

Cake Stall

Bottle Ring Toss

100 Club

Apple on a string

Dart Balloon Game

Art Exhibition

Nurf Gun Saloon Challenge

Virtual Reality World Experience

Kids Shearing Competition
(8 year olds and under)
@3.30pm

Guess the weight of the pig

White Elephant Stall

Hot Food/Drinks



FOR SALE: TRUNDLE CAFE

Located in a prime position, this property is well presented and ready to go. Inclusions are:

- 16m x 5m main shop building, air conditioned, with main street frontage
- 6m x 3.5m storage shed with coolroom
- 7m x 3m furnished accommodation with A/C, kitchenette, ensuite and carport
- Various equipment items (cooking, prep, tills, shelving, display, refrigeration, seating) for operation of food service business



Contact us to arrange an inspection!

Ph 0427 347 194

sandra@gsinsurance.com.au

Find us on Domain.com.au

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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