



*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:**

**This Week:**

**Tuesday 6/11/2018**

Dad's in Schools

**Thursday 8/11/2018**

Secondary Movie Night

**Next Week:**

**Tuesday 12/11/2018**

Year 10 Orientation

**Wednesday 13/11/2018**

Senior Dinner

**P&C**

**President**

Mrs Rhonda Grady

**Secretary**

Mrs Kelly-Lee Dunn

**Treasurer**

Mrs Lubka Prebendarcik



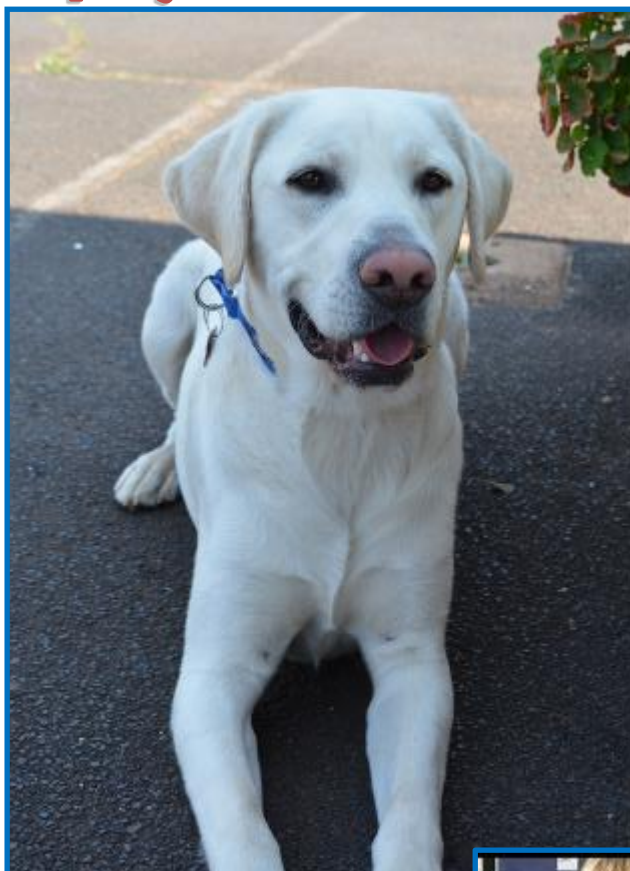
**Education & Communities**

# Trundle Central School Newsletter

Term 4 Week 4

5th November 2018

## Help Ajax on His Road to Recovery



Ajax, our 'Pets as Therapy' dog was involved in a car accident. He has had couple of surgeries and will need further surgery on his legs. Any financial help the parents and friends of Trundle Central can give us, however small will be greatly appreciated.

Visit our Facebook page to access our **Go Fund Me** page or follow this link to donate:

[gofundme.com/help-ajax-on-his-road-to-recovery](https://gofundme.com/help-ajax-on-his-road-to-recovery)

Read more about Ajax in the Principal's report.



# Principal's Message

Another busy week at this outstanding public school. WAP study days take place this week. This term, the school is subsidising the cost of travel to study days through the generosity of people who donated money to the school to help our students during this drought. This will significantly reduce the cost of these activities.

On Saturday, I had the privilege to attend the retirement dinner of Mrs Anne Mawbey. Anne has given 31 year's service to public education in this area and has certainly earned her retirement. People like Anne allow a positive school culture to be built and maintained and I have appreciated her contribution over the four years I have been at this school. I wish both her and Bob a long and happy retirement. The extent that Anne is part of our school culture was indicated to me last week when a young child that I offered a band-aid to told me that Mrs Mawbey gives the band-aid, not you.

Attendance at school is compulsory from the year a child turns six years of age through to seventeen. A student can leave school earlier if they are in employment at least 20 hours per week or enter some other form of training. School attendance data is electronically harvested regularly. If a child receives a Centrelink payment, the school legally has to provide accurate information. Even if we wanted to protect information, we cannot because data is easily harvested in this electronic world.

Department Home School Liaison Officers access our data and visit fortnightly to discuss concerns. This is a long way of saying referrals to Liaison Officers and other government agencies are totally out of my control.

This school is lucky to have a school bus. As people are aware we have had some fund raising activities to try and update the bus. The ultimate would be if we could purchase a slightly bigger

bus and have the 12 seat bus as a back up unit. The conservative price of a replacement is round about 73,000 dollars. I have approached the variety club for assistance, other charities and some mining companies. We have raised 1000 dollars so even with my poor accounting I realise we are very short of our goal. This will mean our current bus will have to hold together for a few years yet unless one of the sticks that falls out of a tree is a magic wand.

An immediate problem for any school that runs a bus is the cost of fuel. I priced the km rate for our bus on fuel being around \$1.50 per litre. The price could reach \$2 per litre especially if there is further destabilisation in the Middle East; A Donald Trump late night tweet for example. The ultimate is to run at a cost neutral basis but this is impossible at current fuel prices because parents simply cannot afford to pay what it actually costs to run the bus and this would restrict opportunities to our students a situation I am not willing to accept. We have an excellent photocopier but I am sure it is illegal to print money so I will need to trim from other programs to continue to subsidise the cost of travel to extra-curricular activities. Another option I am looking at is a capped price for excursions. None of the options available actually stops the bus costing considerable money to maintain.

Tuesday is our 'Dad's in School' activities in partnership with Catholic Care Forbes. This is an opportunity for fathers or significant male figures in a child's life to enter the classroom to be hands on in the education of their children. It is vitally important that children see both parents value education equally because this automatically increases the credibility of the classroom in the child's eyes.

The weather is warming up and naturally, the flies and mosquitoes are active. These are special public education mosquitos and flies because they do not discriminate in any way. Aerosol cans are banned in schools so please do not provide your child with a spray on repellent. Roll on repellents are fine with Bushman's tropical the best I find. The others unfortunately seem just food for our annoying little Aussie friends.

This time of year, it is even more important that any cuts and abrasions be covered to reduce the chance of infection. Recently we have had children suffering from mild dehydration because of this burst of heat. Water is the best for children so please make sure your child has a drink bottle. I cringe when I see over-weight inactive students drinking power-aide or similar. This drink is designed for re-hydration of elite athletes not for a child who has just had a spirited game of handball.

The dry weather is continuing to cause problems. The level of the irrigation dam now is so low we have had to take our watering system off automatic and now only water on a Sunday night. This will ultimately lead to the oval drying back as with this hot weather one irrigation run will not sustain an area the size of the oval considering the amount of foot traffic that crosses each day. I realise this is very small sacrifice when the battle of farmers is considered. However, I believe it is very important that the appearance and usability of the school is maintained. I am currently reading research that states the very positive effects of passive environments and colours on a child's mental health and ability to learn. In short, aggressive hard colours such as a dead oval create a poor learning environment.

Head lice is a problem in communities. If your child has lice, they should be treated immediately if not yesterday. After treatment the eggs and dead lice should be brushed out with a fine tooth comb. Head lice are not an indication of poor hygiene it is simply your child's turn. However, if all parents were vigilant and treated immediately the problem would certainly be reduced. In addition, it is not correct that they are more common in public schools as Australia only has public schools we just call other schools faith based or private. If the taxpayer funds it, it must be a public school. In some exciting news, the school has negotiated a visit from a driving simulator. No not the stig but an audio visual machine that re-creates actual on-road situations for students to deal with. This is a unique opportunity for our students who are progressing towards their licence to experience simulated driving conditions to help better prepare them for the challenges of the road ahead. The machine can also slow down and distort reaction times to mirror drink driving conditions to raise

awareness of the dangers. To experience genuinely the pressures of driving students need at least two screaming, fighting children in the back and a partner instructing / criticising them about driving technique. I imagine this reality is to come for our students. I invited other schools to visit the simulator as well but it did not fit into their schedule. This will however allow more of our High School students to experience the program.

In some more exciting news last week we received four new primary enrolments for 2019. This is very good news and confirms the high regard Trundle Central School is held as these students are willing to travel considerable distance to attend our school. At this stage, we have 64 students confirmed for primary and 65 for High School. This is ten more than current enrolment. After this very difficult year in terms of losing students through circumstances beyond our control to expect an additional 10 students in 2019 is a huge vote of confidence in our school. In addition, considering the school had declined to 92 students in 2013 it is extremely positive. However, there is still plenty of room especially in primary with the school running four primary classes next year. I realise many people have a long tradition of attending other types of schools but all I am asking is parents to visit to make a truly informed decision. There will be no pressure placed upon them as the programs and facilities available at this school sell themselves.

Life at times is an emotional roller coaster. Normally weeks are full of laughter at Trundle Central School and it is a pleasure to come to work. This week has been extremely difficult with the news that our office manager Ann-Marie Taylor has been diagnosed with breast cancer. It is often hard to find many positives with a cancer diagnosis but she is young, healthy and the cancer is in the early stages. Ann-Marie has two beautiful children to live for and certainly would not want Tim to raise them alone. In addition, she realises that I have no idea how to run this school and needs to come back quickly to keep me in line as every good office manager does. Ann-Marie is displaying courage beyond what I could possibly muster, and my respect for her has only been enhanced over the last week. She will have surgery in the near future and then chemotherapy.



I hope the surgeon's instruments are sharp and strong because we breed them tough in Trundle.

Cancer is a curse on humans and I also wonder if we have lost perspective in the world. Australia spends approximately 35 billion on the military every year but only 126 million on cancer research. America spends 589.5 billion on the military but only 90 billion over the last four years on cancer research. I completely understand the need for security and support our military but I just wonder if the world has the balance right. Some may dispute these figures but I got them off the internet students so they must be right. Imagine if I also watched a Youtube clip, no dispute possible then.

Another stressful event that happened last week was our 'Pets as Therapy' dog Ajax, being hit by a car. Ajax ran onto the road following another dog. When his collar is removed just like any other working dog he becomes a normal Labrador full of fun and a little naughty. The driver of the car was not at fault and it was just a tragic accident. The latest report is he is sitting up, has eaten and passed urine. He has two very badly damaged legs and required skin grafts to close extensive wounds. He will be in the Forbes Vet hospital for a considerable period yet, not return to school this year and will need further surgery. He will most likely have permanent damage so his movement may be restricted. If Ajax were not such a special dog I most likely would have asked the vet to reduce his suffering and put him to sleep. However, the truth is he is a special dog and he belongs to the students at this school so it was not my decision if he lived or died.

It was certainly my decision to bring Ajax into this school so I feel morally and financially liable for the vet bills that are considerable. No school money will be used to fund the vet bills, as I cannot take away from the students to save the dog even though he has been an amazing addition to this school. Unfortunately, however I have not been a good personal financial manager over my lifetime and do not have immediately the approximately six thousand dollars required for his current recovery and future surgery. We have set up a 'Go Fund Me' page that can be accessed through our Facebook page for people wishing to help. I will be applying for a short term personal loan to cover any

shortfall so the school community can be assured that no school money will be used to cover any costs associated with the injuries to Ajax.

Still the happiest man in Trundle  
John Southon



## 7-10 EXAMINATION TIMETABLE TERM 4

<b>WEEK 5</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1 9.00-10.00		7 MUSIC	9/10 PDHPE		8 LOTE 9/10 ART
2 10.00-11.00				8 PDHPE	
<b>RECESS</b> 11.00-11.30					
3 11.30-12.30			7PDHPE		7 ART 9/10 AG
4 12.30-1.30		8 MUSIC			8 ART
<b>LUNCH</b> 1.00-1.30					
5 2.00-3.00	YR 7 LOTE 9/10 PASS				

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9.00-10.00	ENGLISH	HSIE	SCIENCE	MATHS	
2 10.00-11.00					
RECESS 11.00-11.30					
3 11.30-12.30					
4 12.30-1.30					
LUNCH 1.00-1.30					
5 2.00-3.00					

Note reminders!!!

Year 12 Senior Dinner - RSVP and payment is now overdue to the front office

Year 10 Shirt - \$35 per shirt paid to the front office by 8th November

# Cinnamon Donut Day

TCS Secondary Students are hosting a Donut Day to raise funds for our Reward Trip this term.

**Thursday 29th November**

**Bags of 6 for \$5**

Students and community members need to pick orders up at **3pm** from the TCS Food Technology Room on the day.

Please return your order with your **payment by 26th November** to the front office.

Cash payment only please



## Donut Day Order Form

Name: \_\_\_\_\_

Name of person picking them up? \_\_\_\_\_

How many bags would you like?

☐ 1 (\$5)      ☐ 2 (\$10)      ☐ 3 (\$15)      ☐ 4 (\$20)

Please enclose the correct cash amount with this order.

Any queries, please phone the school office on 68921303.

Thank you for your order, Miss Rowlands & Secondary Students.

# Ajax's Weekly Woof

## Woof Woof awards:

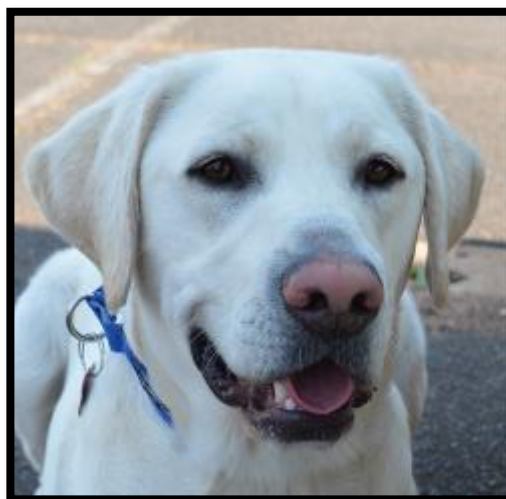
**5 big woofs** go to Will Bolam for the compassion he displayed after my accident last week. It was my fault not yours I should not have run onto the road.

**5 big woofs** to the generous people that have donated to the **Go Fund Me** page to help with the vet bills. I have only been in Trundle a short time but I know this community helps out when needed. I am very sorry I have caused people to be upset.

To my special friends, especially Billy, I will not be back at school this year and will need to be in a little cage for at least eight weeks so I don't further damage my legs. Southo said he will bring some kids down to see me when I come home. I will look forward to that because I miss my friends.

To the students of Trundle Central School remember Trundle is a very safe place but we should never run out onto the road chasing a ball or something like that. I was very silly and I have upset many people.

Until next week, Ajax



**Bark with laughter with  
Ajax:**

**Why did the dog stay in the  
shade?**

*So he wouldn't turn into a hot  
dog!*





# TRUNDLE CENTRAL SCHOOL P&C INC.

*- Curry Night -*

## You are Invited to attend our Curry Night

*Butter Chicken and Rice*

*Thai Red Curry and Rice*

*Massaman Beef Curry and Rice*

*Panang Curry and Rice*

*\$10.00 per plate  
12 yrs and under*

*\$15.00 per plate  
13 yrs and over*

**Take-Aways Available**

**\$15.00 per meal**

**When: Saturday 24th November 2018**

**Where: Trundle Golf Club**

**Time: from 7pm**

**Bar Facilities available**

Please phone 68921303 to book and indicate what meals you will be requiring - This will help for catering purposes.

Bookings close Monday 19th November @ 3pm



# Primary

## Students of the week

Kindergarten - Sabrina Ferguson

1/2 - Thomas Sanderson

3/4 - Riley Randall

5/6 - Sam Charlton

Miss Fitzsimmons - Paddy Williams

Sportspersons - Alecia Zerafa, Micheal Ede



## Sun Safe Policy

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

## Gymnastics sessions

This Wednesday will be the final session for all K-6 to experience some gymnastics with a qualified instructor. These sessions have been enjoyed by all the students. They have been able to experiment with some of the gymnastic skills, gaining more confidence each week.

The students are asked to wear sports uniform on this day.

## Kindergarten/Year 6 Transition

This week will be the third week of Kindergarten/Year 6 Transition sessions that will run throughout the term.

This year the sessions will run from 8:55 – 11:20 for Preschoolers – Year 5. The Year 6 Transition program will run from 10:00am – 12:30pm.

This will allow the Pre-schoolers and Year 6 to engage in some fantastic activities to ensure the transition from both Preschool and Primary School is a smooth and enjoyable experience.

All classes in primary will be moving up into the next group for these sessions. It is a great way for the students to practise being in a new class.

## Musica Viva

Students who attended the Musica Viva performance by B'Tutta were enthralled by the music. They thoroughly enjoyed listening to the music and participating in the activities. What a great afternoon.

## Dad's In Schools

This Tuesday the students in years K-4 will be participating in the CatholicCare 'Dad's In Schools' program. The students have invited their Dad's, Grandfather's, Uncle's, etc to join them in some fun activities and a sausage sizzle lunch.

## Swimming For Sport

This Friday the 9<sup>th</sup> November will be our first swimming for sport. This term we are reducing the size of our groups by sending one group to the pool at 1:00pm. This group will return to school at 2pm, have lunch and return to class for half an hour.

The second group will walk to the pool as per usual and can be picked up at 3pm at the pool.

Alternatively, if your child catches a bus home, they will be picked up at the pool.

Please check your child's note carefully.

If your child is in the group from 1:00-2:00pm, it is preferable for your child to bring their lunch and suggested that they also bring extra recess. If your child is ordering their lunch, it would be preferable to order something cold rather than hot food as the lunch orders will be dropped off at 1:00pm and the students in the 1:00-2:00pm session will not be eating their lunch until 2:00pm.

# Secondary

This week our Year 12 students are involved in a series of study days. Today sees them at Yeoval for English, tomorrow they will be at Tottenham for Physics, Wednesday Peak Hill for Chemistry, Thursday we will be hosting the students at Trundle for Mathematics and Friday it will be PDHPE at Tullamore. The idea behind this is to minimise disruption by having all the study days out together and this will hopefully leave the rest of the term uninterrupted. Study days which allow teachers and students to work face to face are an invaluable resource.

The 7-10 Yearly examination timetable is included in this newsletter. The non-core examinations begin next week. English, HSIE, Science and Mathematics will be held in Week 6. We have been working with our students to develop a positive approach to these exams. Hopefully this will keep stress to a minimum and maximise the students' results.

We will only be having 2 scripture sessions this term due to how crowded our calendar is! These will be this Tuesday and Tuesday in Week 8.

Thursday night there will be a movie night. Our Year 7 for 2019 have also been invited. Thanks to Miss Rowlands for her organisation of this event.

Monday next week our students will be attending the Red Cross "Save a Mate" program which will be held here at school. This promotes health and wellbeing focusing on choices around various social situations. Could you please have your child return the permission note?

Next Tuesday all of Year 10 will be attending the WAP Orientation day being held in Peak Hill. This is to assist the transition of our students into Year 11. There is no cost for this. Could students please return the permission note this week.

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

Have a great week  
Gerry Capell  
Head Teacher Secondary Studies



## Snow Excursion Reimbursements

We have received our final donation so the reimbursement process has started for students who attended the Secondary Snow Excursion this year. Each family will receive a cheque in the mail over the coming month. A HUGE HUGE thank you to CleanTeq, Miss Rowlands and school service fundraising events, the local community for supporting these events and for the drought relief donations.

We had an amazing excursion and the students are still talking about it.

Any queries, please contact Miss Leisa Rowlands at the school.

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 8** – Jye  
**Year 9** – Anthony Jones  
**Year 10** – Holly, Bobbie

### **Level 5 (30+ pink slips)**

**Year 7** – Grace, Raymi, Harrison, Alex, Cameron  
**Year 8** – Stacey, Aidan, Will L, Jason  
**Year 9** – Ashlee, Skye, Dylan, Jaxson  
**Year 10** – Shelby, Ethan, Robert, Ryan  
**Year 12** – Brodi

### **Level 6 (75+ pink slips)**

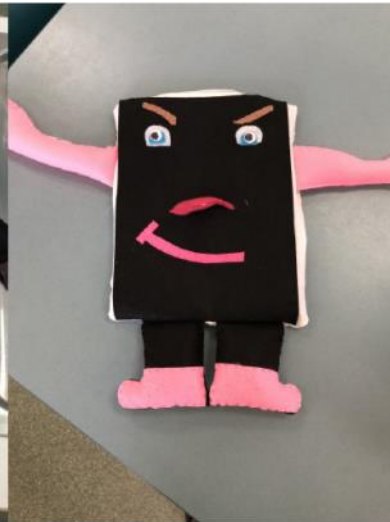
**Year 7** – Casey, Aliethea, Ryan, Xander  
**Year 8** – Isabel, Jennet, Will C, Lionel, Jamie, William  
**Year 9** – Hamish, Nicholas  
**Year 10** – Ella, Emily, Amy, Monique, Zac  
**Year 11** – Brooke, Harrison



Aliethea Stokes



Xander Hartig



Cameron Whalen



Harrison Grady



Grace Hartig



Casey Lowe



Ryan Dorman



Jason Lowe



Will Charlton



**7 and 8 Technology Mandatory**

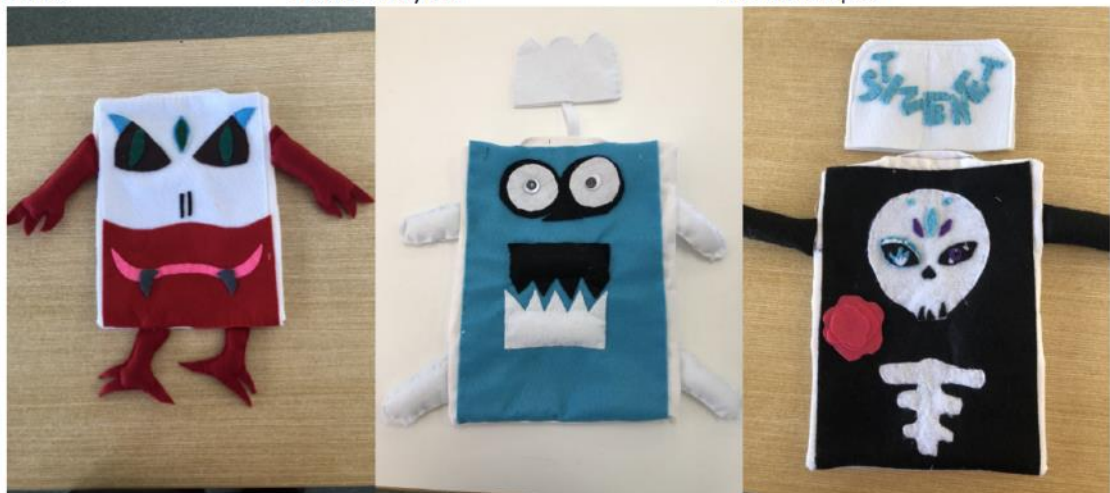
During Term 3 students in Technology Mandatory designed and produced a hot water bottle cover. Their design brief outlined that it needed to look like a monster. A hood was to be added as the optional extension task. Students learnt how to hand sew and most of them enjoyed the experience. They used felt and cotton as their main materials. Well done Year 7 and 8! They look fantastic. Miss Rowlands



Aidan Kirk

Isabel Aveyard

Jamie Harper



Lionel Hartig

Jye Pascoe

Jennet Dorman



William Taylor

Alex Prebendarcik

Raymi Howarth

## Secondary Assessments & Homework

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

YEAR 9/10 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
Mathematics	15/10/18	5/11/18	Home	Right Angled Triangles
Design and Technology	15/10/18	9/11/18	In Class and Home	Barangaroo
Food Technology	15/10/18	9/11/18	Home	Eating a Balanced Diet
YEAR 8 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
Technology Mandatory	15/10/18	23/11/18	In Class	Metal Toolbox
YEAR 7 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
Technology Mandatory	15/10/18	23/11/18	In Class	Metal Toolbox



**Secondary Movie Night**  
**Thursday 8th November**  
**6 - 8.30pm**  
**TCS Library - \$10 each**  
**(includes dinner, drink & movie)**  
**You must be on Level 3 to attend**

*Fundraising for rewards trips*

*Chocolates \$2*

# Sports Theme





What starts with "e,"  
ends with "e," and  
contains one letter?

#### WEEK 4 NEWS:

Last Saturday night we had a lovely get together to wish our amazing Library Assistant Mrs Anne Mawbey a 'Happy Retirement'. Anne has been a terrific support to me personally in my new role here at Trundle CS. Any questions I had were answered and quickly solved with her beautiful friendly smile. I will miss Anne being here everyday bringing her calm, positive and competent manner to the workplace, however I will be very excited to hear about her and Bob's antics during their retirement travel adventures and experiences – she definitely deserves to experience the best in life! Gaye Rush

Activities in our library continue to nurture collaboration, cooperation and teamwork. I love watching the students at this school help and support one another in all aspects of their education.



Answer to last week's riddle: a book. Answer to this week's riddle: envelope

Have a great Week 4

Mrs Rush, Mrs Prebendarcik and Mrs Hawke



# Community

**PLEASE NOTE:** Trundle Central School will only print advertisements free of charge for non-profit organisations. Businesses will be charged a fee to advertise. Please contact the office for more information.



## Trundle Junior Cricket

The Junior Cricket, now Under 14's, finally got under way on Saturday with Trundle hosting the Gilgais. The game proved to be very competitive with the home side maturing into a fine team.

The Gilgais won the toss and elected to bowl. Paddy Williams and Captain Noah Byrne opened the batting scoring briskly giving the home side a good platform.

The visitors through some good bowling put the clamps on Trundle and restricted the home side to a respectable 70 runs. After bowling very well, Trundle were unable to contain Greg Doyle and Cameron Stuckey of the Gilgais and went down in an exciting finish.

Runs for Trundle: Noah Byrne, 15, Paddy Williams, 9, Eric Fernando, 8, Charlie Anderson, Blair McDonald and Sam Charlton each with 3 runs.

Wicket takers for Trundle: Noah Byrne, 2, Eric Fernando and Sam Charlton with 1 apiece. Catches for Trundle: Charlie Anderson, 1

Points for Trundle: Kayden Charlton-Little, 3, Blair McDonald, 2, and Noah Byrne, 1.

Condo Pizza award to Sam Charlton.

Next week (Nov. 10) Trundle play Waratahs @ The Soccer Fields. Training 4:30pm Thursday Berryman Oval.

## Volunteers needed

**Do you have some spare time?**

**Why:** to assist at Day Centre setting up morning tea and making tea and coffees.

**When:** Fridays 9.30- 10.30.  
Whenever you're available

**Where:** Services and Citizens Club

Trundle Community Day Centre is a social group which meets for a chat and fun activities

**Contact** Julie 68921157

## Aqua Aerobics

**Will start on**  
**Wednesday 7th November from**  
**1pm – 2pm**

**And**  
**Thursdays**  
**5pm – 6pm**  
**Aqua is FREE**

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

**For more information please contact:**  
**Rhonda Grady 0447 699 256.**



Trundle Central School prints these advertisements as a community service. It doesn't necessary mean we endorse the content.

# TRUNDLE CHILDREN'S CENTRE



## NOW TAKING

## ENROLMENTS FOR 2019

Trundle Children's Centre is a not-for-profit long day care centre offering quality education and care for children aged 6 months to school age.

### Operating hours:

Long Day Care 8:00am to 6:00pm  
 Preschool 8:30am to 4:00pm  
 Morning Session 8:00am to 12:30pm  
 Afternoon Session 12:30pm to 6:00pm  
 X-Over Care 11:00am to 3:00pm  
 We can open at 6:30am if given 24 hours notice

Come in and see one of our friendly dedicated staff members, Hellen, Courtney, Kayleen or Tallise, to discuss how we can provide great quality education and care to your children

Or call us on 02 68921022  
 ENROLMENTS FILLING QUICKLY

### Fee Structures for 2019:

Long Day Care  
 Permanent Booking  
 Full Day \$53.00  
 Half Day \$27.00  
 Casual Booking  
 Full Day \$57.00  
 Half Day \$ 29.00  
 Preschool Booking  
 Non-Equity \$30.00  
 Equity \$17.00  
 X-Over Care Booking \$26.50  
 Before School Care Booking \$8.00  
 After School Care Booking \$16.00



## TRUNDLE SURGERY

**XMAS – NEW YEAR  
OPEN HOURS**

**LAST DAY OPEN WILL BE  
THURSDAY 13<sup>th</sup> DECEMBER**

**2018**

**RE-OPEN  
WEDNESDAY 2<sup>nd</sup> JANUARY  
2019**

If any scripts are needed over this period please contact the Surgery early December  
 Phone: 68921930

In case of emergency please contact Trundle MPS on 68921900 or contact 000 for an ambulance.

**Trundle MPS Visiting Health Professionals**

**Women's Health Nurse will be in Trundle on  
Tuesday 13<sup>th</sup> November.**



**Dietitian will be here on Wednesday 14<sup>th</sup>  
November.**



**Please ring the Trundle MPS for an Appointment  
68921900.**

**Join us at  
Trundle Central School  
Playgroup**

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



**November 8th  
November 22nd  
December 6th**



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## From Your Community Nurse ... Starting the Conversation

**Ramhph**  
Rural Adversity Mental  
Health Program

The following article appears in "Glove Box "Guide to Mental Health, 2018, Vol 7, p. 26.

There's a lot of positive to living and working outside of major cities – no commute, less people. Open spaces, closer social circles and knowing your neighbours, but life in regional and remote Australia can come with its own unique set of challenges. Fewer services, natural disasters – like the drought many people are coping with now – isolation if you're on the land and financial difficulties are just a few of the issues rural communities have to contend with. There can also be a 'harden up' or 'just get on with it' attitude which sometimes makes it difficult to open up about the things that keep us up at night or allow us the confidence to ask a mate or loved one if everything is ok.

□  
Last year, R U OK? Launched the Mateship Manual. A guide designed to help people in rural Australia learn steps and strategies to check in on the people around them and feel more confident, especially if they say, "No, I'm not ok". The Mateship Manual is a go-to guide to help break the stigma around asking and checking in with anyone in our communities who might be going through a rough time or who might just seem not themselves. (You might know they're struggling with something big or they may not have shared what's happening in their world with anyone.)

The hard copy of the Mateship Manual can be kept in the glovebox of the car for easy access, while there is a free downloadable version on the website. The guide also acts as a help seeking resources and lists numerous hotlines and organisations that can assist if someone is in crisis. It's also a beneficial resource to anyone who may be supporting the person going through a troubling time.

"We wanted to give people in regional and remote areas something they can keep in their glovebox in case they're worried about someone," said R U OK? Chief Executive Brendan Maher. "It's about activating a set of resources we all have no matter where we live – our eyes, ears and mouth – which are often kept hostage by fear and stigma. It's just a really practical guide on how to support someone who is doing it tough and we hope as many people as possible can access it and make use of it." The manual reminds us the signs demonstrated by someone struggling can be subtle and sometimes hard to spot, but there can be clues that someone's not doing so well.

For example, when somebody stops answering and returning calls, they don't turn up to a barbecue, they begin to isolate themselves, you don't seem them participating in activities they once enjoyed or their behaviour is just out of character – there's a good chance something's up. You might just have a gut feeling that there's more to the situation than meets the eye, so don't ignore it. Find some time to ask if they're ok in a genuine and meaningful way and at a time when they can open up – if they're comfortable doing so.

By asking and listening, we can help our mates and loved ones feel more supported and connected long before they even think about suicide. It's something we can all do by following a few simple steps.

The Mateship reinforces the 4 steps to starting a conversation:

- 1. Ask "are you OK?"**
- 2. Listen with an open mind**
- 3. Encourage action**
- 4. Check in**

**Copies of "The Mateship Manual" are available at Trundle Medical Surgery**

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