



*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**

**Wednesday 13/2/19**

K-6 Parent Info Afternoon

**Wed-Friday**

WAP Camp

**Next week**

**Monday 18/2/19**

SRC Induction Assembly

**Friday 22/2/19**

Gobondery/Narraf

Swimming Carnival @

Narromine

**P&C**

**President**

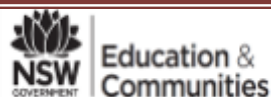
Mrs Rhonda Grady

**Secretary**

Mrs Kelly-Lee Dunn

**Treasurer**

Mrs Lubka Prebendarcik



# Trundle Central School Newsletter

Term 1 Week 3

11th February 2019

## 2019 Swimming Carnival



**House Champions  
Oxley**

## Age Champions



(Back L-R) William Taylor, Monique Morgan, Hamish Sanderson,  
Aliethea Stokes, Eric Fernando  
(Front L-R) Jessica Morgan, Thomas Sanderson, Delainie Zerafa-Coomes

# Principal's Message

Welcome back to all students and staff for the 2019 school year. I especially welcome our new Kinder and Year 7 students and our new staff. This year we have the largest Year 7 and Year 11 cohort for a considerable period. An excellent endorsement of this school. Overall, the school continues to grow but I have been disappointed with losing some students, therefore the expected 130 will need to be revised down, with some possible staffing implications.

Trundle Central School welcomes new staff. New staff are exciting because they bring new ideas to their roles. Our new staff are:

Miss Ranger: English / History

Ms Curtis: Science, Agriculture, Mathematics

Miss Waterford: Primary

Mrs Helen Gray: Art

Mrs Anna Gray: returns from maternity leave for Primary release from face to face.

Year 11/12 students study through The Western Access Program. This unique program provides our Year 11/12 students with opportunities for a level of individual support not available outside this program. Every student studying through WAP receives core instruction through video conference but also co-teacher time for each subject at their local school. This means, it is the norm in this school, that stage 6 students will have individual access to a trained teacher in that subject, rather than being placed in a large class. In addition, a trained teacher for supervision and support always staffs our senior room. In 27 years with the department, I have never seen a more supportive and inclusive model. The Western Access Program model, I believe, is a critical factor in all students who graduated from Trundle Central School over the last five years, successfully progressing to full time employment or further study.

Last year was an outstanding year in terms of the student outcomes achieved. However, it is not good enough and the job is far from finished. We must have the goal of continuous improvement across all areas. I spoke to the students on Wednesday about the Kaizen (Japanese for continuous) theory of small continuous improvement across all areas rather than setting unrealistic, stressful goals. If students and staff are in a Kaizen mindset, it creates enormous improvement across the whole school. The human brain, if confronted with unrealistic, unachievable expectations can freeze, almost shut down but a sequence of small achievable goals stimulates the brain into immediate, sustainable action. In short, run a marathon one-step at a time. The Japanese have been reasonably successful in re-building after the devastation of WWII, so I think the Kaizen model could have credibility. Maybe this theory should be published in the magazine *Just Life*. Alongside Keith and Nicole breaking up for the tenth time or 'I think my partner is a serial killer' or my favourite, 'I just found out my wife is my sister.'

Observant people would have noticed, the original school building and the hospitality room are being painted. I am very pleased that my application to have these buildings painted was successful. The next step is too, progressively have the rest of the school painted. We deserve to have our children in the best possible environment and I believe I am a custodian of this school as a community asset for future generations. This involves handing the buildings back in better condition after I retire or die (hopefully in that order). Other improvements happening in the near future include an extensive upgrade of our computer network including three additional Wi-Fi access points for outdoor classrooms and an air conditioning upgrade. Quotes have been obtained for a new bus. The problem at the moment is, the location of the decimal point, not the idea for a new bus. The various tables of knowledge will argue that students do not need the best possible air-conditioning. Happy to discuss the merits of upgrading facilities. Just hook up the sulky and come in for a chat. As long as I am Principal of this school, I will actively seek and embrace any opportunity to provide better facilities because other schools have these assets. I will be happy with just a little better than the rest.

In some exciting news. Last year in partnership with the P&C I applied for a grant to establish a fitness circuit in the vacant land adjacent to the tennis / netball court. This grant has been successful, so this year we will include a six station fitness circuit to our already impressive recent sporting upgrades. If we receive more rain to establish some soil moisture, we will be planting grass around this area, in preparation for the construction of the fitness track.

Many years ago, the bus shelter was removed from outside the school. As a project, in partnership with Parkes Shire Council, our School to Work students will assist in the construction of a new shelter. I do not know if we desperately need a bus shelter. However, the opportunity is there, so embrace it.

On Wednesday last week, I visited every class to remind students that this school has high expectations and as you progress through the years, these expectations increase. I do not care what happens in other schools, they do not set the standard, we do! This school is outstanding in terms of student behaviour and application but as this is the first newsletter, I think it is important that I re-state a few core expectations every student will follow:

- Our school is a hands off school. Physical violence is not tolerated.
- Uniform is an expectation. If parents cannot provide uniform, talk to the school for assistance.
- All staff and students are treated with respect. Swearing and other aggressive behaviour will not be tolerated from students, visitors or parents.
- All parents / visitors report to the front office before entering the school.
- All students behave in a fashion that allows themselves and others to learn.
- Mobile phones and other electronic devices are to be used appropriately. Cyber bullying will not be tolerated. Any incidents will be dealt with under the School Discipline and Welfare Policy and reported to police.
- Primary students are not to bring mobile phones to school.
- School and personal property is to be respected.
- Students will attend school every day the school is operational and for the whole day.
- Students need to bring permission notes and money to attend excursions unless prior arrangement with school.
- Trundle Central School is a Sun Safe School, so students wear hats.

This is not a comprehensive list. I most likely left some important expectations out. However, I do not believe any expectation of this school is unreasonable or unachievable. I believe, this school needs to be the safest physical and emotional environment possible for all children. To achieve this, we must have structure, expectations and that concept that seems controversial in our modern world, discipline. This school has high quality students and staff but we can always do better and that is what I want to achieve.

Over the summer, despite desperately missing the staff, students and the administrative tasks of managing a school, I had time to read many articles on education. You thought teenagers are wild and crazy, some of these articles were even from controversial sources! Mobile phones seem to be creating considerable controversy within schools. I view mobile phones in three ways:

- Even before the mobile phones bullying occurred in schools / society. Schools are not separate from a society, indeed in many ways they are reflections of it. The mobile phone has simply in many ways made the process of the dominant suppressing the weak more efficient. In tackling bullying, we therefore need to attack the reasons why people need to dominate others. I believe if you chiselled down into the minute brain of a bully you would find a scared person, who lacks the confidence to stand alone. Therefore, if we make our kids more resilient, the bully finds an easier target because they in themselves are weak.
- If you place a blanket ban on phones , you immediately achieve two things. The first is, you unnecessary punish those students who are using the device appropriately.



The second is, you create a situation where having a phone makes you the coolest kid in school. Similar to having a chewing gum in Sister Veronica's class in 1974. You were playing a dangerous game, but you felt like you were the coolest kid in school, despite the threat of a ruler across the knuckle and many additional prayers in church.

- The third is every generation has had some technological innovation that challenges current laws and excepted ways of behaving and thinking. The Walkman, personal computer, internet and many more. The difference is the pace of technological innovation; a level not seen in human history. My point is, the phone is here to stay. We cannot ban or suppress it, we need to manage the negatives and embrace the positives.

Those people who have taken the time to know and understand me would realise, that I take just as much pleasure in witnessing a student progress into employment as tertiary study. I am especially proud of Zac Longhurst and Amy Mallard who have both secured apprenticeships. These students will go on to be very successful in their lives, I am sure. I despair that our modern society views working physically as a lower status than white collar work. These two students will contribute to society, rather than leech off the wealth of this nation and should be congratulated.

Some very upsetting news over the holidays. I was informed of the death of Les Whiley (snr). I would like to pass on the school condolences to the family during this difficult time.

In addition, during the holidays, our school community lost in a road accident Loanna (Anna) Malliaridou mother of Stacey, George and Caytlin who attend our school. In many conversations, I had with Anna, one thing that was always abundantly evident, was her deep love for her children and her passion for giving them the best possible opportunity. In my 52 years on this planet, I still cannot understand why people are taken away from their children so suddenly, when they still have so much more to give. Big questions cannot be answered on YouTube. Do not tell a teenager.

John Southon  
Principal

**Welcome Year 7 !**



## Did you know that you can make payments to your child's school online?

Trundle Central School accepts online payments via a portal linked to your school's website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

### What expenses can be paid online?

- Voluntary School Contributions
- Subject Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other

### When?

Available now

### How?

Log onto our website at [www.trundle-c.schools@det.nsw.edu.au](http://www.trundle-c.schools@det.nsw.edu.au). Click on "Make a payment" and follow the prompts to make a payment via Visa or Mastercard.

## **P&C—Annual General Meeting**

Date: Wednesday 6th March 2019

Time: 3.30pm

Where: School Library

All positions will be declared vacant

Monthly meeting to follow afterwards



### REMINDER K –4 STUDENTS

Return Marathon Health Hearing screening note by  
19th February.  
Limit of 25 students.

Don't miss out on this fantastic opportunity!



*Staff & Students  
Of  
Trundle Central School*

*Invite  
All Community Members  
to the*

*Trundle Central School  
Captain & SRC Induction Assembly*

*at*

*Trundle Central School  
Croft Street, Trundle*

*on*

*Monday 18th February, 2019  
9.00am*

# Ajax's Weekly Woof

## Woof Woof awards:

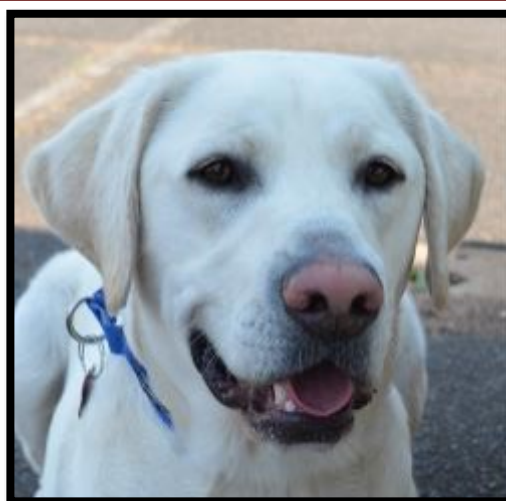
**Five big woofs** go out to all our new students. Reports from the boss indicates everyone has settled in well. I will be back next week. I am returning to school on Monday to check up on my old friends and meet my new friends.

**Five big woofs** to the people who approved the air-conditioning up-grade for our school. It is true as Southo states that they did not even have air conditioning when he went to school. Just because it was not available before does not mean we are not entitled to the best now. I know those people who do not think that because they are driving their horse and buggy past my house every day. Trundle deserves the best.

**Four big woofs** to those people who are still having a game of golf despite the condition of the course because of the drought. Southo states the course has more run than the Darling. He said that and I am made sleep in the shed.

**A thousand angry barks** to people who do not restrain their dogs properly in their yards. Harry and I should be able to take Southo for a walk in the morning without being attacked by other dogs.

Until next week, Ajax



**Bark with laughter with  
Ajax:**

**How do oceans say hello to  
each other?**

*They wave!*



**Welcome back, Ajax!**





# Primary

## Welcome Back!!!

We had a fabulous start to the year with a three day week for years 1-6 and a two day week for Kindergarten, ending with a swimming carnival.

### Swimming Carnival

Last Friday's carnival was a great success. It was fabulous to see all the students participating in events, cheering for their friends and keeping cool. Thank you to Mrs Morgan for a well-planned and enjoyable carnival!

### Parent Information Afternoon

The K-6 staff would like to welcome all Parents/ Carers to our parent information sessions on Wednesday 13<sup>th</sup> February starting at 3pm in the classrooms. All students will be given an invitation. These sessions will provide you with all the information about your child/ren's class for 2019. We look forward to seeing you there.

### 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.

### Gobondery/NARRAF Swimming Carnival

The Gobondery/NARRAF swimming carnival will be held on Friday the 22<sup>nd</sup> February in Narromine. If your child/ren is eligible to attend this carnival, they will be given a permission note and list of events.

These notes need to be back at school by Monday 18<sup>th</sup> February for the nominations to be sent to the organisers.

### 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.

### NO HAT NO PLAY

In Term 1, children must wear a wide brimmed maroon hat. We have a NO HAT NO PLAY policy. Please ensure that your child has packed or is wearing their hat each morning. Please ensure you have written your child's name inside the hat.

# Welcome New Kindergarten Students!





# Secondary

What a fantastic start to the year last week was. In particular the swimming carnival was one of the best that I have been involved in at any of the schools I have worked at. Congratulations to Oxley on their win and especially their house spirit demonstrated through several hours of chanting at the top of their lungs!

This week our Year 11&12 students will be taking part in the Western Access Program Camp at Lake Burrendong. All students are expected to attend as this is a particularly important opportunity to meet their teachers and the other students in their classes. **We will be leaving on Wednesday at 7.15am** from school and returning before buses on Friday.

Our SRC elections will be occurring this week. The Student Representative Council is a very important part of our school and contributes immensely to student welfare. The number of students who are willing to nominate for the SRC is always impressive. We will be inducting the new SRC next Monday during our Whole School Assembly at 9.00am.

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

Have a great week.

Gerry Capell

Head Teacher Secondary Studies

## Swimming Carnival News

### House Captains

Congratulations to the following students who were elected by their peers to be house captains.

	MITCHELL	OXLEY
CAPTAINS	Brooke Morgan Harrison Williams	Monique Morgan Nicholas William
VICE-CAPTAINS	Skye Wilson Robert Stokes	Ella Bridger Hamish Sanderson

### Swimming Carnival

Last Friday was a very hot day for our annual swimming carnival. It was great to see students dressed in house colours, showing great house spirit and participating with enthusiasm. Congratulations to the following students who were Age Champions:

	GIRL	BOY
Junior Primary	Delaine Zerafa-Coomes	Thomas Sanderson
Senior Primary	Jessica Morgan	Eric Fernando
Junior Secondary	Aliethea Stokes	William Taylor
Senior Secondary	Monique Morgan	Hamish Sanderson

Also congratulations to the following students and teams who broke records on the day.

Chloe Budd 11 Yrs 50m Freestyle

Hamish Sanderson 16 Yrs 100m Freestyle

Monique Morgan 17+ Yrs 50m Freestyle, 100m Freestyle, 100m Breaststroke and 100m Butterfly

Mitchell Primary Relay

Oxley Senior Secondary Relay

A special thank you to the parents who helped on the day either timekeeping or providing food for morning tea your efforts were greatly appreciated. It was also good to see the parents and family members who came along to watch the children swim. Thank you to Mitchell Favel for providing such a wonderful faculty, where we can hold our carnival.

Once again it was good to see and hear the Kinder 1/2 kids in the baby pool swimming and dancing up a storm under the guidance of Ms Downes and Mrs Southon

**This year Oxley took out the P&C house shield with a 90 point win over Mitchell.**

### Secondary Sportspersons of the week

Aliethea Stokes, Erin Fernando, Jaxson Whiley and Casey Lowe



# Swimming Carnival









## Semester 2 Secondary Reward Trip 2018



On the last Tuesday of Term 4 last year secondary students who had reached level 6 on the welfare system attended the Semester 2 reward excursion. We travelled down to Bathurst for the day. We arrived at the Bathurst Car Museum first and car enthusiasts loved learning and seeing all the cars and motorbikes. A 'fast lap' around Mount Panorama then took place. Imagine going up Mountain Straight in a 22 seater compared to the school 12 seater bus. Yes, the 12 seater over took us at 40km so when we say a 'fast lap', it really wasn't. But it was heaps of fun anyway. We travelled down to a local park to play some backyard cricket whilst we waited for 30 Domino pizzas to arrive. We loved lunch and then travelled to Chifley Dam to go on the Inflatable Aqua Park. Now this was FUN! We literally smashed ourselves on this park and as it was 42°C we were all happy to fall into the dam. All of us had a go and some of us even conquered our fears by jumping off the big jump. After an hour most of us were exhausted and some even regretted eating so much pizza for lunch. It was a pretty quiet trip home until Parkes and then we all woke up again and sang some sweet tunes all the way home. A massive thanks to Miss Rowlands, Mrs Morgan and Mr Ridges for taking us for the day. We loved it and it was a great way to end the school year!











Just for laughs...



What is the tallest building in the world?  
The library, because it has the most stories.

What do you call a nervous javelin thrower?  
Shakespeare.

**WELCOME BACK to 2019!** A new year of exciting educational and literacy opportunities that can be found in our wonderful school library.

We are gearing up for our usual busy year ahead with plenty of activity and buzz inside the library walls. A place where our students attend fabulous music lessons with the talented Mr Orr, explore the wonderful technology of computers, discover life changing information in our huge range of books (including eBooks) and disappear into different worlds and situations when they delve into the literature filling our shelves and lining our walls.

**Attention: 2018 Presentation Night BOOK AWARD recipients:**

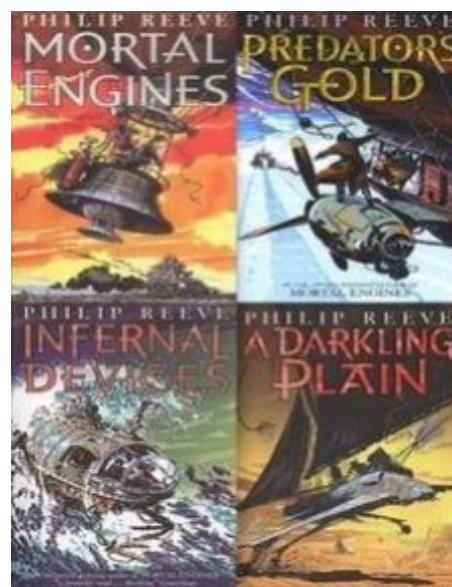
Those students that ordered their 'prize book' before Christmas, they have arrived and will be given to students this week (3).

Any student who still need to use their award voucher can select a book from the Scholastic School Essentials website <http://www.scholastic.com.au/schools/bookclub/> or Book Club Issue 1 - 2019.

**2019 SCHOLASTIC BOOK CLUB**

Students will receive the first Book Club Issue 1 on **Tuesday, 12th February** (Week 3).

Completed orders need to be **returned** to library by **Tuesday 19th, February** (Week 4)



Our **featured author** for February is the brilliant dystopian writer **Phillip Reeve**, who has just had a major film released on the first of his Mortal Engines series. This wonderful series is available in our library. The series is set in a distant future, a time thousands of years in the future, in which Earth has been reduced to wasteland by a devastating conflict known as the Sixty Minute War. The book series focuses on a futuristic, steampunk version of London, now a giant machine striving to survive on a world running out of resources.

**Have a great Week 3**

**Mrs Rush and the Library Team**

# Community

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

## Activity Program:

**15th February:** Welcome back; Bingo

**22nd February:** Beetle

**1st March:** Gentle Exercises; Pancakes

**8th March:** Trivia and word games

**15th March:** Olives. Shelley from Bogan Gate

**22nd March:** Hoy; Music

Morning tea and activities, gold coin donation

Join us at  
**Trundle Central School**  
**Playgroup**

**Date:** Every second Thursday from 10.30 - 12.30

**Venue:** Trundle Central School, Croft Street Trundle



Term 1 2019
February 21 <sup>st</sup>
March 7 <sup>th</sup>
March 21 <sup>st</sup>
April 4 <sup>th</sup>



## Trundle Junior Cricket

On Saturday the Trundle Juniors travelled to Condobolin to play the Waratahs. In a low scoring match the Trundle side narrowly went down by 9 runs. Trundle won the toss and elected to bowl. The bowling and fielding was of a high standard and restricted the Waratahs to 55 runs all out. Ryan Goodsell top scored with 7 runs.

What looked to be an achievable target became an uphill battle with an equally good fielding performance by the home side. Trundle was dismissed for 46 runs in the 25<sup>th</sup> over.

Runs for Trundle: Charlie Anderson and Eric Fernando with 7 apiece, Noah Byrne 5, Paddy Williams with 4, Blair Macdonald 2 and Kayden Charlton-Little 1 run.

Wicket Takers for Trundle: Paddy Williams 1, Charlie Anderson 1, Noah Byrne 1, Blair Macdonald 1.

Trundle also claimed 3 run outs.

Points for Trundle: Charlie Anderson 3, Blair Macdonald 2, Erin Fernando 1

Pizza Award: Erin Fernando

Trundle Voucher: Reuben Kelly

Trundle to play the Colts at Berryman Oval next Saturday. Training on Thursday 4.30

**COME ONE, COME ALL!**  
**TRUNDLE COMMUNITY**  
**DAY CENTRE**  
**HELD AT TRUNDLE**  
**SERVICES & CITIZENS**  
**CLUB**

Every Friday 10am -12 noon

Recommencing Friday 15 February 2019

Have Fun

Enjoy catching up with friends or make new ones

Participate in a range of Activities

Morning Tea-gold coin donation

Just turn up or

Contact Sue 0429 921 325

Suellen 0429 921 026

Julie 0428 921 157

# **TED LITTLE MEMORIAL MERINO EWE FIELD DAY**

<b>When</b>	Thursday 14th February 2019
<b>Where</b>	Bus leaves Trundle Services & Citizens Club at 7.30am for a trip around the district
<b>Cost</b>	\$40-00 per person, includes air conditioned travel, morning tea, lunch and refreshments
<b><u>Major Sponsor</u></b>	Jemalong Wool

There will be an AWI Director travelling on the Ted Little bus trip

# **CENTRAL WESTERN PA&H ASSOCIATIONS MERINO EWE COMPETITION**

<b>When</b>	Thursday 28 <sup>th</sup> February 2019
<b>Where</b>	Bus leaves Trundle Hotel at 7.30am for a trip around Condobolin, Parkes & Trundle flocks
<b>Cost</b>	\$40-00 per person, includes air conditioned travel, morning tea, lunch and refreshments
<b><u>Major Sponsor</u></b>	Rabobank

**Organised by the Trundle P & A Society Inc**

**Bookings** Dominique Nixon - 0428 642 415





## Work at the biggest event in NSW

### NSW State election

### 23 March 2019

Get paid to help deliver democracy.

We offer a variety of roles based on your interests and experience.

You must be on the electoral roll to work at the election.

Apply now at [elections.nsw.gov.au](http://elections.nsw.gov.au)



#### FORBES DISTRICT SOCCER CLUB 2019 REGISTRATION

**WANTED – Male and Female Youth & All Age Players**

**For the Under 14s Mixed, Under 17s Boys / Mixed and All Age Ladies and Mens Teams**



The Under 14 and Under 17s play in the Forbes, Grenfell Young Saturday Competition, All age ladies play in the Parkes Competition and All age Mens play in the Lachlan Competition.

The Club is keen to grow the numbers in each of these teams and competitions. 15 year old girls are eligible to play Under 14s and 18 year old girls are eligible to play Under 17s. Boys and Girls 15 and above are eligible to play Adult competition.

Registration Fees: Under 14s - \$135, Under 17s - \$165. The same fees apply if you play Adult competition, and there are no extra charges if you play Youth league and Adult competition. Adult Fees: \$225.

**As part of registration you receive:** Deploy Training Ball, Socks, Forbes Gala Day free participation, Region Gala Day participation and FFA approved Club Training Program on Thursday nights by our FFA B and C Licence Coaches.

Registration Process: Online – Open now, Go to: [www.playfootball.com.au/register-now](http://www.playfootball.com.au/register-now).

Face to Face Registration: Forbes Services Memorial Club on Saturdays 23 February, 2 March, 9 March, 16 March.

Inquiries: Forbes District SC Facebook or Doug McKenzie (Registrar) 0412287810, email: [dougmc63@yahoo.com.au](mailto:dougmc63@yahoo.com.au).

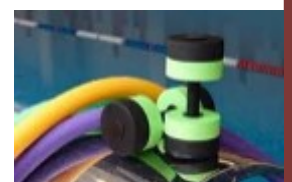
# Aqua Aerobics

Has started again  
for this year  
Wednesday's  
from 1pm – 2pm  
&  
Thursday's  
from 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 699256.



Women's Health Nurse  
will be in Trundle Thursday 7<sup>th</sup> Feb

Dietitian will be in Trundle on Wednesday  
13<sup>th</sup> Feb

Please ring 68921900 for an appointment.



**FREE  
EVENT!**

## GREASE & OIL CHANGE 2019

A brain and body workshop for rural men and women

*Trundle*

**THURSDAY 21ST FEBRUARY 2019**

AT THE TRUNDLE GOLF CLUB  
FROM 9.00AM

*Corinella / Bedgerabong*

**FRIDAY 22ND FEBRUARY 2019**

AT THE OLD CORINELLA SCHOOL  
FROM 9.00AM

Join us to hear inspiring speakers share  
their personal stories, as well as learn new  
tips and tricks to keep your motor humming along.

**Dennis Holberg** | Lessons Learnt Consulting: Personal  
Development Focusing on Individual Resilience  
*Thriving Through Change*

**Dr Jo Braid** | Braid Health: Rehabilitation Medicine and  
Functional Medicine  
*Reaching Your Optimal Health Potential*

**Steve Matthews** | Riverina Bluebell: Promoting awareness  
of good mental health  
*Overcoming The Stigma of Mental Health*

Plus a range of practical workshops including fun physical exercise,  
mindfulness, the latest apps, the latest support, farm safety and more.

For catering purposes, please register by **Monday 18th February**  
either via Eventbrite: just search 'Grease and Oil Change',  
Cherie on 0411057745 or email [cheriequade@hotmail.com](mailto:cheriequade@hotmail.com)

## OUR SPONSORS



**Local Land  
Services**



**POWER  
TOOLS+**



*good works*



- AND -

Rob and Annette Collier, Marie Clayton, Patsy  
Howie, Adele Williams, Debbie and Robert  
Stephenson, Eileen Quade, G and M Burton

*And numerous donations from those  
who wish to remain anonymous.*

## NOTICE FOR LOCAL STALLHOLDERS

Calling any locals who would like to come and set up a stall at the

**Trundle Vintage Tractor Pull** on

**Saturday 30th and Sunday 31st March 2019.**

The Pavilion has been reserved for local stallholders.

To receive the application form to book your space, or if you require more information please contact Eliza at [trundleshow@gmail.com](mailto:trundleshow@gmail.com)

### Trundle P&A Society Meeting Dates 2019

3<sup>rd</sup> Wednesday of every month

**7pm at Services & Citizens Club meeting room, Trundle.**

New Members Welcomed!

January – No meeting

17<sup>th</sup> July

20<sup>th</sup> February

August – No meeting

20<sup>th</sup> March

18<sup>th</sup> September

17<sup>th</sup> April

16<sup>th</sup> October

15<sup>th</sup> May

November – No meeting

19<sup>th</sup> June

December – No meeting

Any enquiries please contact [trundleshow@gmail.com](mailto:trundleshow@gmail.com)

*From Your Community Nurse ...*  
*average noise levels*



Noise levels above 85dB over an 8 hr working day can damage hearing.

Hearing loss through noise injury is painless, permanent, progressive and preventable

Air compressors :	Noise level at ear:	86dB
Angle grinders	Noise level at ear:	98dB

Always wear hearing protection

*From Your Community Nurse ...*  
*unsecured items in your car*

**Did you know ... unsecured items in cars can be lethal missiles.**

- A sudden stop will have an impact approximately 20 times the item's weight.
- A litre bottle of water becomes 20kgs.
- A 5kg dog will become 100kg.







11 West St

**PRICE  
REDUCED!**  
**\$85,000**



## Looking for a Home or Project?

This property could be either or both!

This solid 2 bedroom home could really do with a make-over, but the potential is there for a charming and comfortable home.

Located in a central but quiet position, the house comes with a large fenced yard and back lane access.

Just a short walk to all town amenities.

Are you the one to bring this little hidden gem up to its full potential?



Contact us to arrange  
an inspection!

Phone  
**0427 347 194**

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



## PROUDLY SPONSORED BY:



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