



*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 5/3/19

Primary Basketball

Tuesday/Wednesday

Life Education Van

Wednesday, 6/3/19

P&C AGM Meeting @  
3:30pm in the Library

Next week:

Monday 11/3/19

Year 7, Year 10  
Immunisations

Wednesday 13/3/19

Primary Vet talk

Thursday 14/3/19

WSSA Swimming @  
Dubbo

Friday 15/3/19

WA Swimming

Primary Cricket @ Parkes

**P&C**

**President**

Mrs Rhonda Grady

**Secretary**

Mrs Kelly-Lee Dunn

**Treasurer**

Mrs Lubka Prebendarcik



# Trundle Central School Newsletter

Term 1 Week 6

4th March 2019

## SRC Induction



The 2019 SRC members had a great day team building and planning for the year.

(L-R) Harrison Williams, Brooke Morgan, Monique Morgan, William Taylor, Brodi Gavin-Rossiter, Hamish Sanderson, Paddy Williams, Aliethea Stokes, Nicholas Taylor and Jessica Morgan.

# Principal's Message

This week marks half way through the first term. Our school has started well with students quickly returning to productive work patterns and displaying a positive attitude towards school. This is an extremely busy week with Primary Basketball clinic on Tuesday and the Life Education Van for Primary on Tuesday and Wednesday.

If you do not believe, the Life Education message about healthy lifestyle has credibility, cast your eyes over Healthy Harrold. He has not aged a day; he still looks the same as he did in 1975 at St **Philomena's Primary. This is the second free visit of** the Life Education Van because of our school raising awareness of the difficulties drought and rural downturn creates for towns such as Trundle. I have had discussions with Kellie Sloane, Chief Executive, and we have a very good chance of a third free visit next year.

Children today are much more aware of the long-term health and social problems, addiction to cigarettes or other drugs create because of programs like Life Education. Indeed, smoking in schools is now an extremely rare event, as it should be. Consider what the children of a couple that smoke a packet of cigarettes between them per day misses financially. If we average the cost of cigarettes at \$40 a pack, multiplied by 365 days per year. This is about \$14600 per year. If a smoker manages to whiz themselves to the age of 70 assuming that they started smoking at 18 (yes I know that is a big assumption), over the next 52 years they spend \$759 200.00 on this habit as a **family. Over those 52 years, a smoker's family** could have without any interest saved enough for three very nice houses in Trundle, a reasonable farm, 19 brand new commodores or similar but good cars such as Toyotas. A new car is very much more appealing than reduced lung capacity to a young person so maybe this is the way to go when encouraging young people not to smoke.

The drug ICE is a major problem in larger regional

towns and even towns like Trundle. The problem of illegal drugs does not go away through denial, or policing alone. Departmental research states that ICE is not causing an increased amount of addicts. However, this drug is so addictive, once people are hooked, it will not easily let them go. Last year, we ran education sessions for High School students and we will again this year. Again, research indicates that education is the most powerful tool in reducing the devastating effects of this drug.

I am very happy with the Basketball clinic. Students are engaged, interested and they are enjoying moving. It is refreshing in a world where electronic games seem to be the preferred form of entertainment that students still love to embrace traditional team sports. The school has purchased a smaller basketball hoop for our primary students to use.

The bus shelter is progressing well. The School to Work students have assisted in the construction. This is a good opportunity for students to learn skills in a genuine workplace environment, so I was not going to pass on this opportunity. In addition, **the hardware for the 'Connecting country school bandwidth upgrade'** arrived last week. This is very exciting because now we will be able to operate outside classrooms but still utilise computer technology.

Schools are always analysing data to improve performance. Our data indicates, our school has a value added index at state and regional average. Indeed, in most years consistently well above. What this means in simple terms is, when students come to school, they are exposed to an environment that allows them to learn quickly. The problem is many of our students are starting school well behind where they should be in terms of speech and language, cognitive and social development and are always chasing this deficit. Exposure to a quality early childhood program is essential for success at school, the research is very clear. I encourage parents to access a quality Preschool because learning does not start at Kindergarten. When you enrol your child in Preschool, ask three questions of the provider:

- What are the qualifications of staff to provide a Preschool program?

- **How will my child's progress be monitored** across the early childhood continuum and communicated to me?
- What experience do the staff have in identifying possible delays and referring to specialist agencies?

When we are selecting an early childhood provider, you are making a decision that is one of the most important that you will ever make. Providers should be able to answer the above questions and continue to provide the service that you expect.

Recently, a report in the media highlighted violence, both physical and verbal, against school principals. In 2018, 45% of school principals were assaulted across NSW schools including government, faith based and government funded but categorised as private. In my career, I have been threatened, abused, pushed and I have had my family threatened and my property vandalised. This is whilst Principal of this school. Unfortunately, violence towards people working for the community such as Ambulance drivers, Police and Nurses is increasing across Australia. The reasons are complex but I believe it could be linked to the reduction in trust and a trend to place parenting tasks onto institutions. In the current environment we are living in, maybe for good reason, there is a lack of trust in some institutions, however people expecting schools to perform tasks that were formally the domain of the home, is just passing on parental responsibility to the detriment of students.

The current media frenzy around George Pell is another dent to the confidence of young people. Unfortunately, there are no institutions that have not been tainted by the immoral behaviour of a few and children are right to question. Blind faith, unfortunately, could have contributed to some people having the environment for abuse. When asked by students about these situations where high profile community leaders are accused or convicted of crimes against children, my response is simple. These people are flawed individuals but that does not mean the value of the lessons or service of the whole institution is also flawed. However, I also add that we all need to value ourselves to the extent that we will speak out and

not accept any form of abuse. It is a very complex issue but a simple matter is, our children need to be protected from exposure to concepts they are not cognitively able to rationalise. For example, if a **Police officer is convicted of a crime, in a child's mind every police officer commits crime.** Young brain categorises everything under the label, not the person. Complex thing, parenting.

Congratulations to the Trundle Progress Association and other members of our community. Our town is surviving in very difficult times because people are willing to get off their backsides and have a go. Well done.

Finally to those people who have enquired about the alleged Sharks salary cap breaches. It is understandable the percentage is placed upon each salary to compensate for the increased real estate prices in the shire.

Happiest man in Trundle  
John Southon  
Principal

School to Work students assisting in the construction of the bus shelter.



### Guitar fees are now due

If your child is participating in the guitar program this term, please pay \$15 to the front office at your earliest convenience. Thank you.

## 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

We welcome all new parents to attend our meeting and encourage you to get involved. Fresh faces, fresh ideas. P&C needs you!

## **Calling for Feathers!!**

Mrs Williams and Mrs Gray are asking for donations of feathers for students to use in their Waste to Art competition entry this year. We are looking for pretty feathers, peacock feathers, large white feathers.... just any interesting feathers you may want to send in for us! There will be a feather collecting box at the office!

Thank you.



## Note from the office



Vaccination forms for Year 7 and Year 10

were sent

home today. Please complete and return to the office ASAP.

Vaccinations will take place next Monday. Thank you.



# Ajax's

## Weekly Woof

### Woof Woof awards:

**5 happy woofs** to students playing sport. I love to run and it is great seeing young people being active.

**5 happy woofs** to those people building the bus shelter. This will allow for students to sit down and have their name marked off in comfort before getting on the bus. I cannot wait to place my Labrador mark on one corner.

**4 happy woofs** to those students who are now making sure their rubbish actually goes into the bin not just around the bin. We have a long way to go but we are improving. I thought Southon was going to blow a fuse last week at the rubbish. He is an old man without funeral insurance, give him a break.

**5 happy woofs** to the seniors. I really enjoyed working with you, people. I graduated second in my class from puppy school, therefore I understand the pressure of exams so you will be right. I would have been Dux rather than chewing the slippers.

**10000 angry woofs to my back leg.** I am going to remain on light duties until I can get back to the vet. After a long day teaching I am limping a bit and cannot put much weight on it. Just a little more time I suspect. Maybe I could get a doggie disability pension.

As a highly trained professional educator, I notice things. I have noticed some people seem to take pleasure out of spreading stories. Some of them are hurtful and not true. I could tell you some stories about the poodle at number 6 but I am a dog with high standards and do not enter into this behaviour. I have some very simple advice. Before you spread the story, ask yourself if it is true and how would you like it if someone said it about you.

Until next week, Ajax



**Bark with laughter with  
Ajax:**

**Why don't dogs make good  
dancers?**

*Because they have two left feet!*



# Primary

## Students of the week

K/1 - Izack Bolam

1/2 - Hailey Bolam

3/4 - Delainie Zerafa-Coomes

5/6 - Noah Wilson

Mrs Sanderson - Beau Longhurst

Sportspersons - Harrison Glasson,

Jed Spicer, Cameron Strudwick (absent).



## 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.**

## 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.

## K-6 Basketball

This Tuesday, all primary students will be participating in Basketball clinic.

Please remember to wear joggers.



## Premiers Reading Challenge 2019

### The Premier's Reading

Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable 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. The challenge is now open.

## PSSA Boys Cricket Knockout

We are entering a Boys Cricket team in the PSSA Boys Cricket competition again this year. We are combining with Tullamore and will be selecting a team of 12 boys ranging from Years 3-6. Our first game will be against Parkes East Public School on Friday the 15<sup>th</sup> March. A permission note for this excursion was sent home last Friday. Please return these permission notes to the front office as soon as possible.



## 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.

# Secondary

This week is another settled week in Secondary. These weeks are so very important as we know how busy our days get later in the year.

Congratulations to our SRC and Mrs Budd on another successful convention. Some of the ideas which have come back are incredibly interesting and extremely new. In particular the SRC were talking about becoming more involved with the reinforcement of our school culture, demonstrating the calibre of our students taking on these roles.

Our Stage 6 students are starting to receive assessments and work tasks from their co-ordinators. This can appear daunting at first. However, our students need to realise that they have many layers of support at our school. Firstly they can always contact their co-ordinating teacher for clarification through Google Classroom or email. They can also seek guidance from their co-teacher in the school. Our co-teacher lessons have a small number of students to teacher ratio.

At TCS we also have another less formal relationship in between Stage 6 students and the staff which adds another level of support for the students and their work. Each year the students choose a mentor who they feel comfortable with. This mentor is there for the students to access when they need guidance in any area. This is an extremely unique relationship which has seen our students have the opportunity for extra support in all areas of their lives if they feel the need for it. Thanks to Miss Rowlands who organises this each year. Hopefully the students will see the value of this and access it when needed.

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

Have a great week  
Gerry Capell  
Head Teacher Secondary Studies

## **Across the Careers Advisers Desk**

Please find below a range of interesting information on careers, grants, surviving Year 12 and holiday programs.

## **Australian Theatre for Young People**

School Holiday Program 15 to 18 April - Burn the Seats - Escape rooms, choose your own adventure and live action role playing! Increasingly audiences love to be physically involved in the story and become the focus of the action. <https://atyp.com.au/product/years-10-12-burn-the-seats/>

**Country Education Foundation** Uni Survival Guide Accommodation, part time work, health services and support advice for country students. <https://cef.org.au/university-survival-guide/>

## **Country Education Foundation Grants**

Your local Country Education Foundation (CEF) supports youth in your area through financial grants for education and employment expenses. Our grants contribute towards apprenticeships, traineeships, cadetships, diplomas, certificate level studies, university qualifications or employment. <https://cef.org.au/our-grants/>

**Careers Harvest Great** website on all career fields and pathways on the land, environment and agriculture. Explore career options, scholarships and internships on offer. <http://www.careerharvest.com.au/>

**How to Survive Year 12** The thought of embarking on your final year of school can trigger a range of emotions — excitement, nervousness, stress, nostalgia, anxiety, sadness or just impatience **to get out into the world. Whether you're excited** to have taken the next step or are just hanging out for the end, we provide some tips to help you get through Year 12. <https://www.gooduniversitiesguide.com.au/education-blogs/tertiary-study/year-12-survival-tips>

## **Secondary Sportspersons of the Week**

Ryan Dorman, Maggie Anderson and Anthony Jones





# SRC News

Last Wednesday on the 27th February, the new Student Representative Council team had the opportunity to go to the Trundle hotel for our first conference of the year.

We began the morning with some team building, leadership and confidence boosting games. It didn't take long for the group to begin working successfully together and demonstrate their abilities as leaders. With our brains stretched out, we took to the table to begin our conference where we discussed matters involving activities, mufti days, interest electives, fundraisers, things we need, things we want and a great deal of other awesome ideas that the school will experience throughout the year.

As School Captains that have run the day before, we had our own expectations and we can both easily say that those expectations were more than exceeded.

The SRC's contribution to ideas and solutions were incredible and we are extremely excited to work alongside the team this year.

A big thanks to Mr Burley and Mrs Budd, our coordinators, for allowing for this day to happen, thanks to Danielle for hosting us and thanks to all the SRC.

Your captains, Monique and Harrison.



## 11/12 School Leavers Jersey Reminder

A reminder for Year 11 and 12 students to return their notes and pay their deposit if they would like to order a school leavers jersey. Deposit needs to be paid by 20th March to ensure the jerseys arrive before winter.

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 – Charlie, Maggie, Harry, Sam, Zac, Sasha, Ollie, Erin, Jason, Abby, Hannah, Jim, Paddy, Alecia Year 8 – Ryan, Harrison, Grace, Xander, Casey, Alex, Aliethea, Cameron Year 9 – Will C, Jennet, Lionel, Aidan, Jason, Will L, Jye, William Year 10 – Ashlee, Dylan, Hamish, Jaxson, Nick, Skye Year 11 – Emily, Ethan, Ryan, Codie Year 12 – Harrison, Brodi
Level 5 (30+ pink slips)	Year 11 - Ella, Monique, Robert, Year 12 - Brooke
Level 6 ( 75+ pink slips)	





## WEEK 6 NEWS !

This month the library is featuring books with a 'dragon' theme. We have quite a variety from picture books for our youngest readers, right through to very dense and exciting novels for our fluent readers. Come and see the display of books and choose an adventure that will take you 'out of this world'.

## IMPORTANT NOTICE:

There are still a few students who **haven't chosen their books for their** award voucher from 2018 Presentation Night.

Any student who still needs to use their award voucher must select a book from the Scholastic School Essentials website <http://www.scholastic.com.au/schools/bookclub> by Friday 8th March (this week). \*\* Please see the Library staff asap for help if needed.



**CHESS CLUB**  
meets in the  
Library  
everyday @  
**lunchtime ...**

**Board Games**  
available in  
the Library  
everyday @  
**lunchtime ...**

**Don't forget: you can read a book**  
anytime you want online with our  
eBooks and audio books – access  
4,500 books on your electronic device  
at: <https://trundlecentral.wheelers.co/>

Have a great Week 6  
Mrs Rush and the Library Staff



# Community

## Trundle Junior Cricket

On Saturday the Trundle Juniors hosted the Condobolin Waratahs. After a few weeks of knocking on the door the juniors finally claimed a win. The Waratahs won the toss and elected to bat and on the back of a fine fielding performance the juniors batted well to reach the target of 67 runs for victory with 7 overs to spare.

Runs for Trundle: Paddy Williams 7, Noah Byrne, Sam Charlton, and Eric Fernando 6 apiece, Oliver Dunn 5, Charlie Anderson 3, Blair MacDonald, Erin Fernando, Jim Ramsey with 1 each.

Wicket Takers for Trundle: Oliver Dunn 2, Charlie Anderson, Reuben Kelly, Jim Ramsey, Kayden Charlton-Little and Paddy Williams with 1 each. Trundle also featured a run out.

Catches for Trundle: Eric Fernando 2, Charlie Anderson and Jim Ramsey 1 each

Points for Trundle: Charlie Anderson 3, Jim Ramsey 2, Aliethea Stokes 1.

Condobolin Pizza Award: Blair MacDonald  
Trundle Food Store Voucher donated by Karlos: Jim Ramsey

Game Ball: Paddy Williams

Next week is the last game before the finals against the Colts at Condobolin. Training on Thursday 4.30pm.



TODAY UNTIL MAR 19

Stay longer ,stronger  
Healthy for your nails

**Fullset SNS ONLY 40\$**

OPEN Mon - Fri ,10AM - 6PM

By APP: 0403241659 (Sasi)

At Dolly's Shop (Trundle)

f Sasi Richly Nail & Lash

Sasi



*Save the date!*

**PINK  
NIGHT**

3<sup>rd</sup> May 2019 @ Trundle Services Club

*Official Cancer Council Event to  
**raise money for all women's  
cancers.***

*Live music, wine & cider bar, BBQ,  
Chinese Smorgasbord, auctions,  
monster raffl e, Pink Panther,  
prizes for best dressed, del icious  
treats, merchandise and much  
more.*

**GET YOUR PINK  
ON!**



# Community

## **Dolly's Beauty and Beyond**

### Opening hours:

This week:

Wednesday and Thursday

All clothes ½ price.

Call Dolly: 0428 921 092

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

### **Activity Program:**

**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
March 7 <sup>th</sup>
March 21 <sup>st</sup>
April 4 <sup>th</sup>



### **What is playgroup?**

Playgroup is about getting together with other parents, children, babies, caregivers and families to have positive parent/child interactions, share ideas, information and experiences in a casual environment that welcomes all community members.

### **What we gain from attending playgroup**

Children learn through play and other daily experiences.

Playgroup is a great environment for:

- Positive developmental growth
- Participation in new experiences
- Learning about the world around them
- Developing and increasing social skills & confidence
- Learning about sharing, co-operation and simple routines
- Interaction with other adults and children in a safe environment

Through play, parent-child activities, caring and respectful relationships we help build a sense of belonging for our children.

Playgroup also provides the opportunity for parents and caregivers to have supported access to other services such as Early Intervention programs, Health and Education programs.

**For more information: Phone or visit the team at CatholicCare Wilcannia-Forbes**

17 Church Street PARKES NSW 2870 Phone: 02 6863 5426



CatholicCare

Playgroup this Thursday!  
In the School's Library





**FORBES NETBALL**

**2019**

**SATURDAY**

**MIXED JUNIOR**

**COMPETITION**

**MIXED TEAMS**

**FOR BOYS AND GIRLS TO PLAY**

**FUN FOR ALL THE FAMILY**

● All uniforms supplied ●

Find us on Facebook "forbes netball page"



**NOTICE OF**

**TRUNDLE GOLF**

**CLUB MEETING**

**PAST PRESENT**

**AND FUTURE**

**GOLF PLAYERS**

**MEN AND**

**WOMEN**

After Twilight Golf Thursday 7 March  
Golf Club 8pm

Presentation and Explanation of New  
Golf Rules  
2019 Programme  
and **much more**

Your input into the running of the  
Trundle Golf Club is important and  
valued

## COMMUNITY UKULELE GROUP!



Everyone welcome to come and join in - learn the ukulele or cajon (sit-on box drum) and just have a good sing. Very beginners to seasoned professionals most welcome.

**WHO:** Anyone and any age up to 110. Children will need to be of an age or maturity to be able to sit still for the session and join in, and must be accompanied by an adult if under Year 4. Children will need to be collected at 5.30 pm sharp.

**HOW MUCH:** A gold coin donation towards the hospital auxiliary committee (buys equipment for our hospital).

**WHEN:** Wednesdays 4.30-5.30PM all Term 1.

**WHERE:** Music room, Room P21, in front of the basketball courts at Trundle Central School.

**WHAT TO BRING:** Ukulele and a folder for music.

Ukuleles can be purchased quite cheaply - around \$27.00. If you order from Landers Music in Orange, and ask for a Helen Gray discount, they will give you 10% off the price.

A good student brand is Mahalo, which is usually available through Landers.



Enquiries and bookings to  
Helen Gray

0488991350



- Mending
- Alterations
- Repairs
- Bespoke clothing
- Quilts / curtains

Contact

**Jen Kelly**

**Trundle Creations**

**jen@kelly-gang.com**

**0417 697 770**

## COMING SOON TO TRUNDLE



### *Wings Out West* Paragliding Competition

will be held in Trundle on  
13th to 17th March 2019

Competitors and support crew will be camping at the showground.

A community BUSH DANCE will be held Friday 15th 7:30PM

Please make these visitors welcome to our great town.

For more information go to

[www.wingsoutwest.org](http://www.wingsoutwest.org)

Or contact Peter Kelly 0447821098



TRUNDLE BRANCH

## STREET STALL

FRIDAY - 15<sup>TH</sup> MARCH

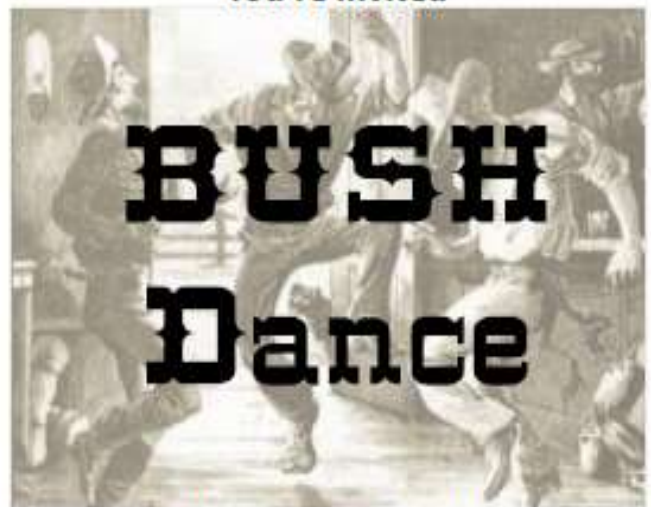
RAFFLE - 1<sup>ST</sup> PRIZE -

**FOOD HAMPER**

DONATIONS OF COOKING, PRODUCE AND  
PLANTS - GRATEFULLY RECEIVED

Money received to provide Therapeutic  
Bed for Physiotherapist Room - Trundle Hospital.

You're Invited



## BUSH Dance

Trundle Showground Pavillion

Friday 15th March, 7:30PM

Come and join the Competitors from  
**Wings Out West Paragliding Competition**

All dances taught on the night

Music by Kelly Gang Bush Band

Light supper provided

Adult \$15, School age child \$5, Family \$35

More info: Jen Kelly 0417 697 770





**NEW LISTING**

**7 Forbes St**

**\$220,000**



## Country Charmer

With lovely old fashioned features but modern where it counts, this is one of those properties that just feel like home as soon as you walk in the door.

Spacious family sized home with 3 bedrooms - all with built-ins - two living areas, modern kitchen, bath & laundry, and separate dining.

Situated on a quarter acre block with established gardens and huge shed.

Call today to inspect this country gem!

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**Real Estate**

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:



## In Trundle this week!

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