



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



Western Access Program
Collaborative · Connected · Innovative

Reminders

Next Week

Stage 6 Study Week

Friday 26/2/2021

Gobondery Narraf

Swimming @ Warren

P&C

President

Mr Jono Sanderson

Secretary

Mrs Jo Randall

Treasurer

Mrs Lubka Prebendarcik



Education & Communities

Trundle Central School Newsletter

Term 1 Week 4

15th February 2021

Mitchell wins Swimming Carnival



Junior, Senior Primary and Secondary champions:

Vashti Williams, Thomas Sanderson, Jessica Morgan, Mikayla Penny, Lily Kirk, Seth Prebendarcik, William Taylor, Aliethea Stokes and Kayden Charlton-Little.

Telephone: (02) 68921303 Fax: (02) 68921184 Email: trundle-c.school@det.nsw.edu.au

School webpage – <https://trundle-c.schools.nsw.gov.au> Facebook - www.facebook.com/TrundleCentralSchool

Principal's Message

Last week was our annual swimming carnival. The day was an outstanding success because of the excellent organisation of Mrs Morgan and the enthusiasm and cooperation of our students. Our students were outstanding, as we expect and demand them to be. Indeed, the attendance rate at the carnival was over 90% across the school and participation was exceptional. Both are at levels other schools would see as an aspiration goal. At Trundle Central School however, it is an expectation. I thank Bruce and Mary Anne Flavel for the canteen, Parkes Shire for providing such an excellent facility and Trundle staff for their professionalism.

All students have started school well, settling quickly into positive work patterns and following our behavioural expectations. I am especially pleased with the transition students have made to Kindergarten and Year 7. This year we have seven Kinder students and eleven in Year 7. The red carpet is ready for more, but this is a solid building block for the future.

School data indicates we improved in every area in 2020, but I expect even better in 2021. We must have the mindset that we can do better each year, achieving at the same level or reflecting on the past, is not good enough. This is the St George Rugby League Club mindset, reflecting on the past premierships, rather than true analysis of the dismal performance of recent years. Talk to any supporter, they will tell you about the number of premierships in a row but are vague on when they won their last one. This cannot translate into improved performance on the field.

Positive news does not even make the gossip train, but negatives are in the first-class carriage, so we do not expect a pat on the back. However, the facts confirm, this town is blessed with an outstanding, comprehensive public school. The school numbers are currently 108 students with a

strong possibility of a few more in the near future. This maintains our 2020 numbers, but is still down on our pre-drought levels of 126 students across the school. Unless this changes, we will have staffing adjustments in the future. I ask people to positively promote the town, especially the fact you do not need three generations in the cemetery to be accepted as a local and valued. We need new families to maintain our quality of life and the vitality of the town.

This school provides an excellent product for the community. However, we cannot provide students with a place to hide socially, academically or terms of behaviour. If your children attend this school, they will be known to all staff and cared for. Social and learning problems will be identified. This creates a challenge to some students and families because with identification comes acknowledgement and responsibility. In my career, I have had many examples where parents have moved children because schools have identified learning deficits or behavioural difficulties. In addition, when mandatory reporters such as schools contact DOCS following student disclosures, the response is to move schools, rather than acknowledge the problem. I will never apologise for my passionate belief that I have a massive duty of care to children, not adults. At times, this offends people but it is not my job to be popular.

The school is currently developing our three strategic goals for 2021-2024 School Plan. These goals are the improvements the school hopes to achieve between the years 2021 to 2024. Our three strategic goals are:

1. Student growth and achievement.

Success in this will involve:

- Providing students in years 10, 11, 12 to skills, knowledge and confidence to clearly articulate their learning and career goals.
- Increase the number of Aboriginal students in the top three bands of the Higher School Certificate.
- Improve the school attendance rate to 92% of students attending every day for full days.
- 21% of students achieving within the top two bands of NAPLAN.

2. Engagement and communication, positive community partnerships and pastoral care.

Success in this area will involve:

- A 20% increase in the number of parents / carers actively engaged in and supporting the school's educational priorities through meaningful school partnerships.
- A 20% increase in parents attending school community events, including P&C meetings.
- A 20% increase in parent use of formal and informal communication practices.
- Year on year improvement in the 'Tell them from me', parent and student survey data.
- An increase in opportunities to recognise all student achievement.

3. High impact professional learning and quality curriculum delivery through the Western Access Program.

Success in this area will involve;

- Students will be provided with learning opportunities that extend, enrich and improve learning outcomes.
- Collaboration within and across schools will result in improved curriculum and pastoral care opportunities for students.
- Improvement in HSC results across all subjects.
- Improvement in the provision of information to students about post school opportunities,

Plans are not set in stone. Each week, I plan to win Powerball but it does not happen, it is an aspirational goal. Our plans will be constantly reviewed and modified to the contextual

environment of the school. That is a long way of saying, if we need to change we will do so. I will be undertaking staff and community consultation this term in regards to our plan. If you are contacted, I will ask you to think of the big picture of improving education across the whole community.

John Southon, Principal

Congratulations Jacko!
All School to Work students gained
Apprenticeship/Traineeship!



Congratulations Ron!

Congratulations to
Ron Klein on 40 years of
employment at
Trundle Central School



IMMUNISATIONS

Year 10 & Year 7 have received their Immunisation packs. Please complete and return to school by this Wednesday 17th February.



**Trundle Central School P&C Inc.
Annual General Meeting
10th March 2021
3.30pm
All Positions will be declared vacant**

Lockers available now!

Locker keys will be available from Tuesday, 9th February for all students in Year 7- 10.

All students must comply with the Locker Policy.

Registrations can be filled in the library at lunch time on Tues-Fri by Mrs P.

Deposit: \$10

Refund : \$10 (at the end of the school year unless the key is misplaced)

Students who still have their locker keys from last year can keep using them; however, they are asked to bring them to the library for registration.



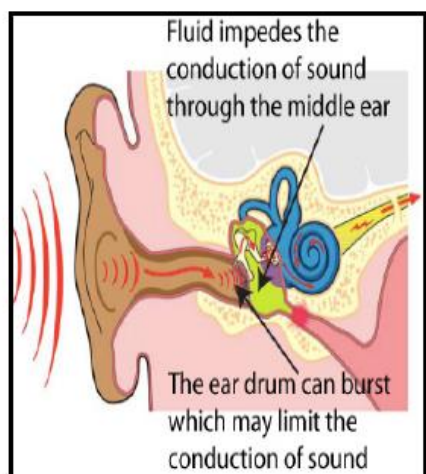
What is Otitis Media?

Provided by Department of Education Hearing Support Teachers

Dear Parent/Caregiver

Recently your child participated in the 'Healthy Ears' lessons. A **major focus** of the show was to teach the children the importance of blowing their blocked nose, one nostril at a time, to help them **hear well**.

Please take the time to read this Parent Information Brochure and contact us if you have any concerns about your child's hearing. Donna Rees 0419534447 and Rachel Mills 0413687671, Department of Education Hearing Support Teachers.



Ear infection = an active infection in the middle ear with an inflamed eardrum, often with fever and pain. VERY common in toddlers.

Medical name; Acute Otitis Media.

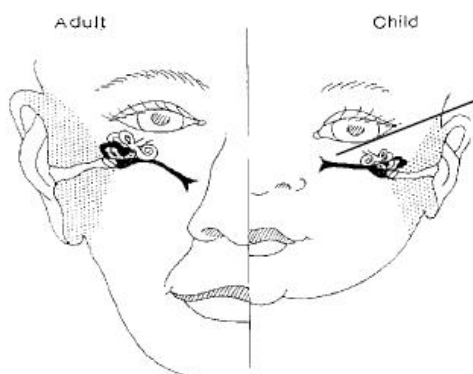
'Pusy Ear' = a hole in the ear drum with continuing pus from the middle ear. Medical name; Suppurative Otitis Media

Glue Ear = fluid in the middle ear with an eardrum that is **not** inflamed. This can last for **several months**, and often there is little discomfort and no fever. It has **hidden hearing loss** and often **behaviour issues**.

Glue ear is the **most** common of all ear infections BUT is the **least** commonly diagnosed due to lack of regular hearing testing. Medical name; Otitis Media with Effusion

Why is nose blowing important to your child's hearing?

- For children aged 4-9 yrs with speech, learning, behaviour or hearing problems, best practice is to have hearing testing every 3-4 months as fluid or glue in the middle ear can take up to 3 months to subside.
- Fluid or glue in the middle ear can take up to 3 months to subside
- In many cases a lack of regular nose blowing added to an immature eustachian tube (see below) is the main cause of ear problems.
- Sickness from cold / flu's as well as hay fever / seasonal allergies further increases this risk.**



- The Eustachian tube** leads from the back of your nose to your middle ear.
- The adult's Eustachian tube is **sloping and longer** which allows fluid to drain naturally.
- Children up until the age of 8-9 years old have horizontal tubes that **don't** allow for natural drainage.
- This is why nose blowing is important.**

Having **regular** ear health and hearing checks is important to help monitor your child's overall hearing health. Up until the eustachian tube fully develops (8-9 yrs) children can have a good hearing test one week and the following week may show signs of poor middle ear health and hearing loss.

How do I know if my child has otitis media?

Because otitis media can be **fluctuating** and may have no obvious outward signs, it can often be difficult to identify- especially **GLUE EAR** as it has no obvious medical signs like ear pus.

However, there are some things to look for which may indicate otitis media;

BEHAVIOUR

- Short concentration span and often stares out the window going into own 'little world' a lot.
- Says 'what' a lot.
- 'Off task' and may be reluctant to participate in activities.
- Disrupts others and copies others behaviour.
- Very noisy and can be frustrated- bursts of aggression.
- Disobedient/ doing the wrong thing / doing their own thing / doing nothing!
- Frustration, anxiety and avoidance - As a general rule, people with hearing loss tend to experience more frustration and anxiety than other people do, in comparable situations.

SPEECH AND LANGUAGE

- Speech maybe unclear- have to ask the child to repeat
- Child may be reluctant to chat and have an overly loud or soft voice
- Language is slow to develop see chart ➡

Age that sounds are produced clearly:

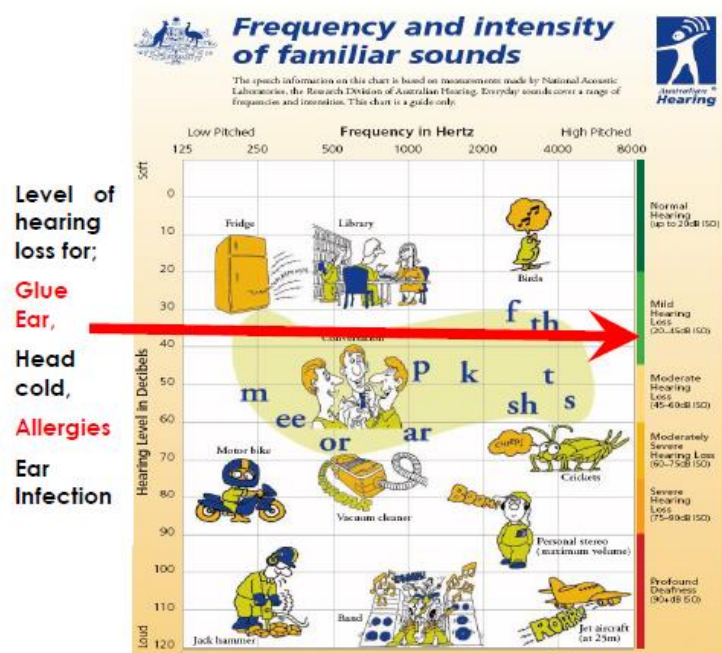
3 years - p, b, m, w, t, d, n, k, g, h, y

4½ years - s, z, sh, ch, l, j, f

8½ years - v, th, r, blends (e.g. tr, pl)

GENERAL HEALTH AND WELL BEING

- Sore, red or runny ears (although children who have had constant ear problems become immune to the pain as they think it is normal, so often won't complain)
- Sensitive to loud noise and be upset by loud group work
- Poor balance or seem uncoordinated
- Unhappy at school. May lack confidence, be quiet and withdrawn
- May have **frequent** colds and a **frequent/constant** runny nose
- May appear to have blocked nose and breathe through their mouth. A good trick;
 - get your child eat and keep their mouth shut when eating. Those who can't keep their mouth shut have blocked eustachian tubes. Mouth breathers often have glue ear.



Examples of how a child with glue ear would hear (approx 40dB loss)

"HELLO HOW ARE YOU"

SOUNDS LIKE....

ELLO OW ARE OU

**Trundle Central School Hospitality students
present...**

Trundle Eats

Every Wednesday

**Orders to the front office by 9am
(Name, Year & Sauce type needed please)**

This week:

Wednesday 17th February

Sausage Roll - \$4

**(Tomato or BBQ sauce available)
Correct change will be appreciated**

**This service is only available for students enrolled
at Trundle Central School.**

**All money raised will contribute to secondary
welfare excursions**

Our strict hygiene procedures will apply as always

Swimming Carnival

Our annual swimming carnival was held on Wednesday with mild summer conditions. It was great to see students dressed in house colours, showing great house spirit and participating with enthusiasm. A special mention to the following students who were Age Champions:

	GIRL	BOY
Junior Primary	Vashti Williams	Thomas Sanderson
Senior Primary	Lily Kirk & Mikayla Penny	Seth Prebendarcik
Junior Secondary	Jessica Morgan	Kayden Charlton-Little
Senior Secondary	Aliethea Stokes	William Taylor

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

Thomas Sanderson 10 Years 50m Freestyle

Jessica Morgan 13 years 100m Freestyle

Paddy Williams Senior Secondary 100m Backstroke

William Taylor 16 years 50m Freestyle, 100m Freestyle and Senior Secondary 100m Butterfly

Hamish Sanderson All Age Secondary 200m

Mitchell Senior Secondary Relay

A special thank you to the parents and past students who helped on the day either timekeeping, taking photos or helping with 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, Bruce and Mary Anne for running the canteen and Lachie Curr who was the Lifeguard.

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

Before the presentation we had a house chant competition with Mr Southon as the judge. It was a close call, but Oxley came away with the win.

This year the house points were very close with Mitchell finishing with 607 and Oxley 589. As a results Mitchell came away with the win and were awarded the P&C house shield.

See photos on the next two pages.





Nugget's Golden Nuggets

20 gold nuggets to all the students who attended the swimming carnival. Your spirit and sportsmanship were first class. Southo would not let me race. He obviously has not heard of dog paddle! It is an example of discrimination. Surely some group is offended for me. It is 2021, we have to be offended by something.

10 gold nuggets to those students who broke records and were age champions. The challenge is for you to go on to the next level and represent yourselves and your school.

10 gold nuggets to Trundle pool. The facility is good and the service and professionalism is excellent. I am sure the council is planning major renovations and extension of facilities as part of the Berryman Park proposal. Parkes Shire Council knows how important we are in Trundle.

10 gold nuggets to the front office ladies. Southo tells me it is the best start ever to school. He has short arms and long pockets so only expect a smile. He still has 40c wrapped in a hanky from primary school.

10 gold nuggets to Trundle store. This is a great facility for the town. We need to support it, so it can continue to provide this service for many years to come.

5 steaming nuggets to students who leave their rubbish on the ground instead of walking a few metres to the bin. This is not what we do at Trundle Central School.

Being a dog, I can sometimes over hear conversations between students. I am shocked and surprised when I hear some students are going days without proper food because there is no money in the house. Please come to breakfast club



or talk to a teacher if you are hungry. No child should be hungry in a wealthy country such as Australia. I am sure there is also no money for smokes and grog in these houses!

Until next week, Nugget.

Brain teaser from Nugget

A farmer has 17 sheep. All but nine die. How many left?

(Nine.)



Primary

Parent Information session

Thank you to all those parents who attended our Parent Information sessions last Thursday. It was lovely to see parents welcomed back into our school.

Year 3/4 Headphones

All students in Year 3/4 will need a set of headphones for many different classroom tasks over the coming year. We are asking parents to provide a set of headphones for their child to use in the classroom.



Year 3/4 Homework

Homework for Year 3/4 will be handed out on a Monday. It can be returned on a Friday or a Monday. Homework will include spelling, reading and a homework grid.

Year 3/4 Classdojo

Students were sent home with a specific class invitation inviting them to join Classdojo. This requires downloading an app and logging in using a specific code for each student. Over the year we will be adding tasks, pictures and messages for parents. Please log-in and take a look to familiarise your self with this app. It will be a great way for parents to see what amazing work you child is producing in the classroom.

Lego

Do you have unwanted Lego? We are looking for donations of any genuine Lego (not Duplo) that you no longer have a use for.

Please ensure that the pieces are in a reasonable condition.



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.

Gobondery/NARRAF Swimming Carnival



The Gobondery/NARRAF swimming carnival will be held on Friday the 26th February in Warren. If your child is eligible to attend this carnival after our school swimming carnival they will be given a permission note and list of events over the coming week.

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.



Closed-in lunchbox

We remind students to bring closed-in lunchboxes due to increased numbers of mice seen at the school. Also remember to zip up your school bag at all times. Thank you.



Secondary

This term is now in full swing and our students have been so impressive in all their school endeavours.

Last Wednesday we held our swimming carnival for 2021. This was an outstanding day with both sides competing to the highest level. I feel the fact that with just the relays left the difference between the 2 teams was a mere 4 points. Congratulations to Mitchell for their win on the day and to Oxley for the incredible spirit they displayed right till the very end! I would also like to mention Zac Clayton from Oxley whose effort in organising and providing support to his team has earmarked him for a future role as a House Captain.

Today we will be having our SRC elections. Once again I thank all the students who have the courage to put their hands up for an important and challenging role within our school which ultimately works towards providing a better educational experience for our school community. It is a serious role which carries weight within our school, and at times it can be difficult. It is through this service that our students develop the skills to become future leaders. Well done everyone involved and thanks to Miss Price who has accepted the role of secondary SRC co-ordinator for 2021.

Our interest electives commenced last week. We are trying to encourage all our students to try different experiences and learn new skills. I was extremely pleased to see the new faces at Small Motors keen to learn about the dark arts of lawn mowers, whipper snippers and water pumps.

Next week our Year 11 & 12 students will be attending this term's study week. We will be traveling to all the other WAP schools on different days so that the students can spend face to face time with their teachers. We will be at Tullamore Monday, Yeoval Tuesday, Tottenham Wednesday, here at Trundle Thursday, and then at Peak Hill on Friday. A permission note with all details will be given to Stage 6 students today.

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

Secondary Welfare Levels

All students start the semester on Level 3. Levels will be advertised in the newsletter each week.

15 pink slips = Level 4

30 pink slips = Level 5

45 pink slips = Level 5 + Zooper Dooper

60 pink slips = Level 5 + Zooper Dooper & Blue

Award

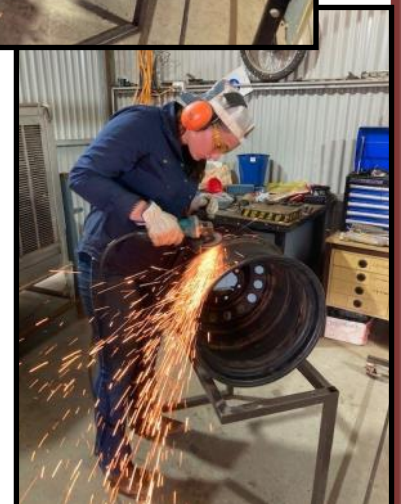
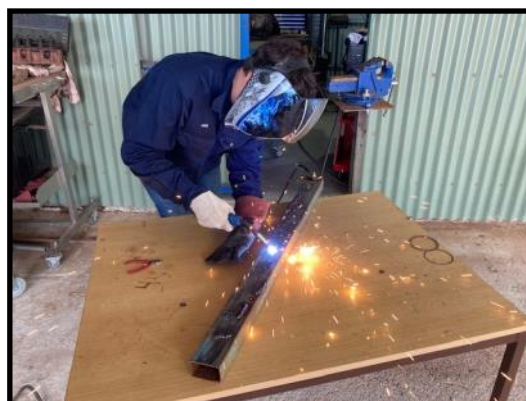
75 pink slips = Level 6 + Mufti Day and an invite to the Semester 1 reward trip

Small Motors





School to Work students worked on the welding and grinding skills last week with the supervision of very talented Mr Grady. We can't wait to see what they will produce this year!



Choosing a career in Transport is a good move

Day in the life of an Aboriginal HSC Scholar



If you are looking for a diverse workplace which can offer you work experience and assist you in finding a career path, Transport provides you with the perfect platform to give you exposure to a wide range of career possibilities.



Reimbursement up to the value of \$2,500 each year for educational items such as technology, tutoring, books, uniform and school excursions.



Work experience for up to two weeks with Transport.



Diverse opportunities across a number of teams and projects



Rewarding, impactful projects that will help make NSW a better place to live, work and visit.



Ongoing career development and access to Transport employment opportunities.



Access to mentors and buddy support for as long as you need it.



Equal Opportunity Programs
Indigenous Programs
LGBTQI+ Support
Disability Programs

"The Aboriginal HSC Scholarship Program provided for an easy transition into the workforce"

Briannah, Aboriginal HSC Scholar.

"With the help of Transport I was able to gain work experience and achieve my goal of getting into university. The employees were very welcoming and encouraging"

Shania, Aboriginal HSC Scholar.

MAKE
YOUR
MOVE
with Transport

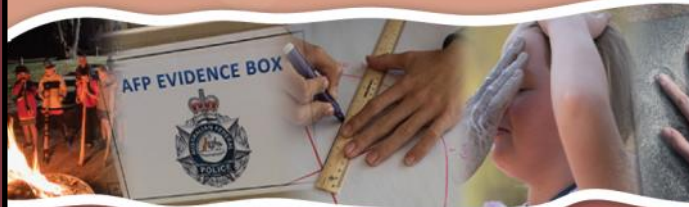
ABORIGINAL HSC
SCHOLARSHIP
PROGRAM



EXPRESSIONS OF INTEREST

STEM YOUTH DEVELOPMENT CAMP

Lake Keepit
24th - 25th March 2021



Head to the NSW AECG Inc. website link below to find out more information and to download a registration form. Alternatively you can contact the NSW AECG Secretariat on 9550 5666 and info@aecg.nsw.edu.au

<https://aecgservices.com.au/programs/stem-camp/>



Expression of Interest (EOI)

Science, Technology, Engineering and Mathematics
(STEM) Youth Development Camp
Lake Keepit
24th – 25th March 2021

The New South Wales Aboriginal Education Consultative Group Inc. (NSW AECG Inc.) in conjunction with the Department of Education's, Aboriginal Education and Communities, will be conducting a STEM Youth Development Camp for Aboriginal students from Years 5 to 11. To commence the process the NSW AECG Inc. is calling for Expressions of Interest from schools with Aboriginal students in the nominated years.

The camp will contribute to creating the generational change required for students to achieve better outcomes at school and access post-school learning and employment pathways, in the areas of Science, Technology, Engineering and Mathematics. Camps such as these assist in opening up careers of the future for Aboriginal students.

The NSW AECG Inc. is committed and actively involved in supporting and raising the academic achievement of Aboriginal students. We aim to empower students to be active learners in their education and training by providing opportunities to develop skills in leadership roles within their schools and communities. This camp will look at opportunities that can inspire and motivate students who may be thinking of a career in STEM or who simply want to challenge themselves.

Schools should forward Expressions of Interest (EOI) on behalf of students hoping to attend the camp. EOIs can be completed through a [google forms process](https://forms.gle/PMse9PgPJs7hBT889) using the following link:

<https://forms.gle/PMse9PgPJs7hBT889>

EOIs must be received by COB, Friday 19th February. No EOIs will be received after the Friday 19th February 2021.

If you would like a PDF version of the EOI application form, please contact kyara.nean@aecg.nsw.edu.au

The maximum numbers of students for the STEM camp is 100.

EVENT: STEM Youth Development Camp
TARGETING: Aboriginal students from Years 5 to 10 (inclusive)
(To keep this camp a COVID Safe event, we will only be accepting EOIs from local schools).
DATES: Wednesday 24th – Thursday 25th March 2021.
VENUE: Lake Keepit Sport & Recreation Centre, Fitness Camp Road, Rushes Creek NSW 2380
EOI: Close by COB – Friday 19th February 2021.
COST: Accommodation and meals provided by the NSW AECG – information regards food allergies etc. must be highlighted on the schools EOI and managed through the schools RISK Management process.
TRANSPORT: Responsibility of and organised by individual schools – cost met by schools
SUPERVISION: Individual schools must send a teacher to supervise students
TEACHER RELIEF: Cost met by individual schools

For more information, please contact Kyara Nean at the NSW AECG Secretariat on (02) 9550 5666 or kyara.nean@aecg.nsw.edu.au





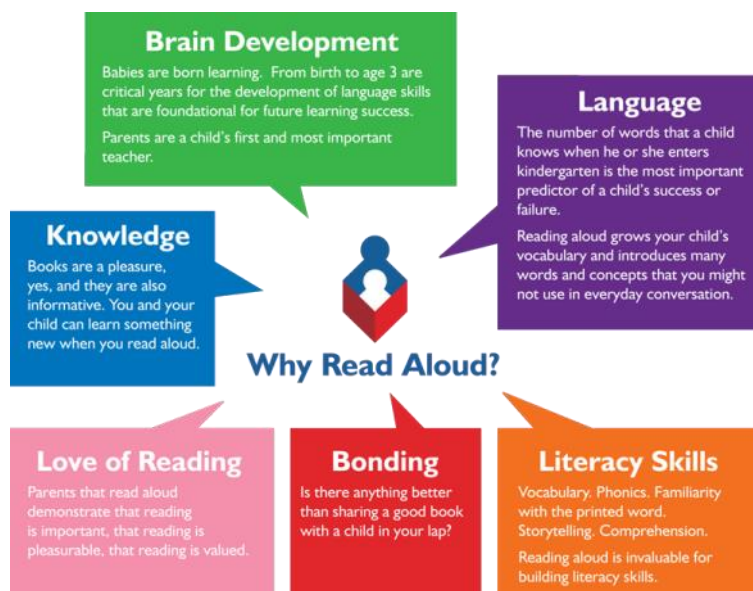
Welcome to our school library!

We are very excited to share our school year with you. At Trundle Central School our students are challenged to reach their full potential, as well as becoming prepared to be successful 21st Century citizens and life-long, self-directed learners.

Our library team will work to accomplish this goal throughout the year by conducting primary library lessons, promoting children's literacy and participating in events such as the Simultaneous Storytime, Book Fair and Star Reading!

Bring on 2021!

Reading aloud to your child:



SCHOLASTIC BOOK CLUB

2021

Students received the first Book Club Issue last week.

The orders are due on Thursday, 18th February.

Parents can also order books online via

<https://www.scholastic.com.au/book-club/book-club-parents/>
Select LOOP order, register and place your order.

The books will be delivered to the school and handed out to the students.

<https://www.speechbuddy.com/blog/language-development/reading-aloud-how-to-help-kids-succeed/>

LEGO

Do you have unwanted Lego? We are looking for donations of any genuine Lego (not Duplo) that you no longer have a use for.

Please ensure that the pieces are in a reasonable condition.



Community

THURSDAY TWILIGHT GOLF

- TRUNDLE GOLF CLUB
- FEB/MAR 2021
- 9 HOLES
- 2 PERSON
- AMBROSE
- NEW \$2 MONEY HOLE!!

TEE OFF FROM 4.30 PM
BAR OPEN
\$5 GOLF
\$5 SAUSAGE SANDWICH
EVERYONE WELCOME

Contact a committee member for more details

Bringing services to your community

February
23, 2021
9:30am to
3:30pm



We're bringing NSW Government services to communities with our Mobile Service Centres

Access frequently used services including:

- Driver Knowledge Tests
- Cost of Living service
- Birth, death and marriage certificates
- Driver licence and Photo Card applications and renewals
- Working With Children Checks.

Visit service.nsw.gov.au/msc to find out when we're next near you.

Next in town



23rd of February 2021 from 9:30am to 3:30pm at 45 Forbes Street Trundle NSW 2875



Teaching someone to drive can be a happy experience.

Join a FREE online workshop full of practical advice and information for parents and other supervisors of learner drivers completing the Graduated Licensing Scheme.

The next workshop in your area will be held online:

TIME & DATE:

Wednesday 24
February
6pm - 7.30pm

VENUE:

Via Zoom -
from the comfort
and safety of
your home

BOOK NOW:

Via Eventbrite, the
Councils' Facebook
pages or
(02) 6861 2364
Bookings Essential

Helping learner drivers
become safer drivers



TRUNDLE P & A SOCIETY



OUR COMMUNITY - OUR LIFE

Meeting Dates 2021
3rd Wednesday of each month
Services & Citizens Club meeting room
7:00 pm

No meeting January
17 February
17 March
21 April
19 May
16 June
21 July
17/18 August SHOW
(no meeting)
15 September
20 October AGM
No meeting November
No meeting December

Any enquiries please contact trundleshow@gmail.com

TRUNDLE PASTORAL AND AGRICULTURAL SOCIETY INCORPORATED
ABN 80 824 197 038

PO Box 16, TRUNDLE NSW 2875 email trundleshow@gmail.com president Sally Capell

TTT Local AECG

MEETING

22 FEBRUARY 2021

Where: Trundle RSL Club
(Also available via Zoom)

When: Monday 22 Feb 2021

Time: 4pm

To Join Zoom Meeting –this link will
be forwarded upon receipt of your
RSVP.For further information
Contact: Dianne Darcy 0418 480 729

TOGETHER WE ARE

TOGETHER WE CAN

TOGETHER WE WILL

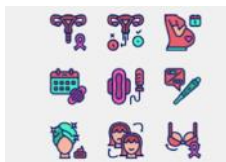
Trundle Amateur Swimming Club



There will be swimming training this Wednesday 17th February. Just a reminder that your child needs to be able to confidently swim 50m to participate in these sessions.

Services visiting Trundle MPS

The **Women's Health Nurse** will be here on the **15th Feb** - please call 68921900 for your appointment.



The **Dietician** will be here on the **3rd March** and the **14th April** – please call 68921900 for an appointment.



Remember if we don't use these services we will lose them in Trundle.

Please ring for your appointments.

TRUNDLE BACK IN TIME

VINTAGE RALLY *and* TRACTOR PULL

20 & 21st March 2021Hosted by Trundle P&A Society Inc
at Trundle Show Ground

Admission - Adults \$5 (COVID restrictions may apply)

Featuring Product Range of Ford Motor Company.



To mark the 75th anniversary of the release of the E27N Fordson Tractor, we have issued a challenge to find Australia's most powerful tractor of this type in our tractor pull.

Vintage engine, car & bike clubs & market stalls are all invited.

Bar & BBQ facilities available.

Market Stalls & General enquiries:

Email: trundleshows@gmail.com

Engines, Tractors, Clubs & Entries: Digger Anderson 0417 616 907

Powered and Unpowered Camping Sites at the
Rally Ground - camping fees apply.


Local Mental Health Services

ACUTE

EMERGENCY DEPARTMENT For a mental health assessment

CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

ORANGE: 6369 7320 CAMHS provides services for young people up to 18 years who have emerging, identified, or who are at risk of mental health problems. CAMHS is a tertiary specialist service for young people with moderate-severe mental illness & their families/carers.
BATHURST: 6330 5350
DUBBO: 6881 4000
MUDGEE: 6371 9800
COWRA: 6340 9050 PARENTAL OR CARER CONSENT IS REQUIRED FOR A REFERRAL TO CAMHS
PARKES: 6861 2570 Call intake to make a referral to CAMHS, if outside of these towns, please call the Mental health Line.
FORBES: 6850 7300

MENTAL HEALTH LINE 24hrs, 7 days per week) a state-wide 24 hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.
Mental Health Line
1800 011 511 

MILD TO MODERATE

COMMUNITY HEALTH Community Health service depends on town, but may include counselling, speech therapy, occupational therapy for children aged 0-12 years and their families.

GP A General Practitioner can provide a Mental Health Care Plan which allows access for a medicare rebate for up to 10 sessions with a **Private Practitioner**.

HEADSPACE headspace centres provide early intervention mental health services to 12-25 year olds. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

SCHOOL COUNSELLOR

OR SIMILAR For brief intervention or referral to **NGO, family support programs or other support service.**

DRUG & ALCOHOL SERVICES

ALCOHOL AND DRUG INFORMATION SERVICE

1800 422 599 (24hrs, 7 days per week) a state-wide telephone service providing education, information, referral, crisis counselling and support

YOUTH DRUG & ALCOHOL CLINICAL SUPPORT NETWORK (YDACS)

Provides clinical advice, education and training to service providers and professionals to support them in providing age-appropriate treatment to young people using alcohol or other drugs. Not a referral service or helpline for young people. phone on: (02) 6369 7920 or email WNSWLHD-YDACS@health.nsw.gov.au

PHONE & WEB SERVICES

WEBSITES:

Reach Out helps under 25s with everyday questions through to tough times.
<https://au.reachout.com/>

eheadspace is a confidential, free for young people 12-25 to chat, email or speak on the phone with a qualified youth mental health professional. <https://www.eheadspace.org.au/>

PHONE SERVICES:

Kids Helpline 1800 55 1800
 for under 25s telephone counselling

Lifeline 13 11 14

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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, Cereal and Fruit daily
- Pancake days on random occasions

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