



*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**

**This 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 5

22<sup>nd</sup> February 2021

## Introducing our new Student Representative Council



**School Captains for 2021:**

Hamish Sanderson (Yr 12) and Ryan Dorman (Yr 10).

**Representatives:**

Stage 3: Thomas Sanderson (Yr 5), Seth Prebendarcik (Yr 6)

Stage 4: Dani Lowe (Yr 8), Ella Jablonskis (Yr 8)

Stage 5: Paddy Williams (Yr 9), Blair MacDonald (Yr 9)

Stage 6: Jaxson Whiley (Yr 12), Matthew Moloney (Yr 12)

# Principal's Message

This week is the Western Access Program (WAP) Study days. These days involve students travelling to other WAP schools for intensive face to face sessions with their coordinating teachers. The additional benefit of these days is, students establish or reinforce peer networks that are helpful especially during times of stress or poor motivation. This is especially important in Year 12 as lost time often translates into poor results. A third benefit that cannot be under-estimated is the chance for students to socialise. The opportunity for young people to form 'special relationships' can be limited in small towns such as Trundle. I believe it is important for students to have the opportunity to meet other people as this is an important part of adolescence.

An indication that this school is providing a contextually appropriate education is our very low absentee rate. To date, 97 of our 106 students have not missed a day of school. A further 7 have only had one day absent and unfortunately 2 are having an absolute shocker. Our attendance rate is a credit to our parents and the school. It is also a pleasure to walk around classrooms and witness the excellent behaviour and effort of our students. Occasionally, students come to this school with poor attendance and behaviour records. Most of these students quickly change the negative behaviours because not only the teachers expect them to maintain a high standard, the students do as well.

This week is Gobondery-NARRAF swimming in Warren. I wonder if South Sydney bunnies could play the Forestville Ferrets in Warren, as an exhibition game. This would be an outstanding promotion for Rugby League and an excellent late-night ABC documentary. I congratulate our swimmers for gaining selection and remind them, it is a 50m pool, so keep going, the wall will come. Well done, to all the students who are training in the afternoon to improve their times. Just remember to have fun, as first prize is not a sheep station.

Last week, our SRC elections were conducted. The SRC is an important link between the students and the management of the school. The NSW Department of Education is one of the biggest corporate entities in the world, with 3200 schools across a vast geographical area. Because of the size of the department, it is very important that we provide students with a mechanism for individual voice through the Student Representative Council. This year I have decided to allocate \$10,000 to the SRC for a student created and managed project. This project needs to be sustainable and benefit students across the whole school for many years to come. Students managing this project will quickly realise that outside tradesmen only quote in multiples of a hundred and Trundle is a million kilometres away, unless they have two jobs in the town at once, so there will be challenges. That is the whole idea of the exercise!

Our sign has malfunctioned and is not worth repairing. We are currently obtaining quotes for a new sign. My mantra is always going better when replacing equipment. To me, replacing the sign with one the same is a form of failure. A new sign will be operational shortly. When we first placed the sign on the corner, I was warned of mass traffic carnage because people would be distracted. To date, a magpie has flown into the sign and several ants have been permanently blinded by the flashing LED lights. I suspect this collateral damage is sustainable and we will go ahead with replacing the sign.

Australia has had 28 years of positive economic growth. Indeed, even in COVID turmoil the real-estate market continues to make paper millionaires, especially in major cities. However, I passionately believe, our ability or willingness as a society to protect and nurture children has declined over my 30-year career in education, despite our increased wealth as a nation. Every day I see families in crisis, as do all principals. Even those who are not allowed, or too afraid to acknowledge the problem, for fear the veneer of perceived elitism may be scraped off to reveal their schools are too, a reflection of society's challenges.

The result is neglected, abused children trying to survive the failings of adults and unfortunately inter-generational neglect. Inter-generational neglect

occurs because children start to believe the level of dysfunctionality in the home is normal and pass this on to their children.

Over the last 10 years in particular, across many communities, I have witnessed an increase in families where alcohol, cigarettes and/or drugs become as important, or more, than feeding children. All communities have families in crisis and adult support services are vital as well, but children's voices are not being heard in many rural communities. Our support services are over worked and ineffective because of flawed operational models, and at times they are non-existent. In my experience, the people working at these agencies are exceptional, but the level of the problem is exceeding their capacity. It takes a community to raise a child and I appeal to the community to support schools across the country and these agencies by reporting neglected or abused children. The best number is 132111. The small piece of information you provide, could be the chance for a child to break the cycle of abuse. This is a confidential service.

Speaking out makes me un-popular and accused of being arrogant and judgemental. This is for others to decide, but I cannot be quiet when I know children in all communities are going hungry, abused and neglected. If you are offended by this principal's message, feel free to complain, however I believe this issue needs to be spoken about.

Thank you to Trundle Services Club for returning to sponsor our Breakfast Club. Most of the children who attend are just receiving a brain power top up after a long bus trip but some are genuinely hungry. It is pleasing to see the club giving back to the community.

John Southon  
Principal

## SPORT UNIFORM

Reminder to students and parents that the students are required to wear sport uniform on Wednesday for Secondary and Friday for Primary.

Sport uniform consists of: Maroon shorts, Maroon Polo, white socks and a hat.

We are phasing out yellow sport shirts, however students are still allowed to wear yellow shirts for the transitioning period of 2 years.

School Captains for 2021, Hamish Sanderson and Ryan Dorman receiving the Captain's badge from their parents during last week's SRC Induction Assembly.



**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 24th February**

**Meat Pie - \$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 will apply as always & students  
preparing orders will wear gloves**



**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 now 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?

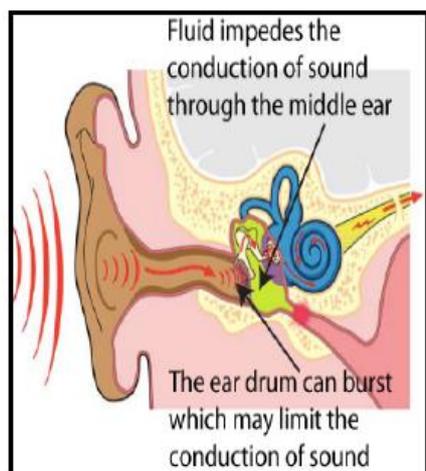
Provided by Department of Education Hearing Support Teachers

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.

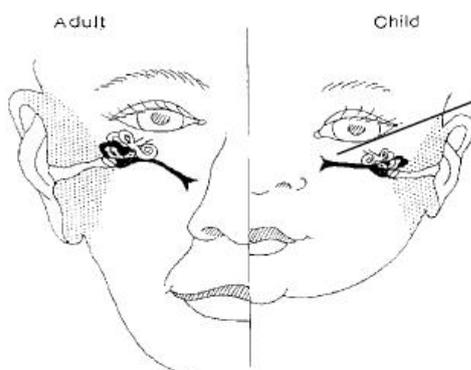
**'Pusy Ear'** = a hole in the ear drum with continuing pus from the middle ear. Medical name; Suppurative Otitis Media

**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:

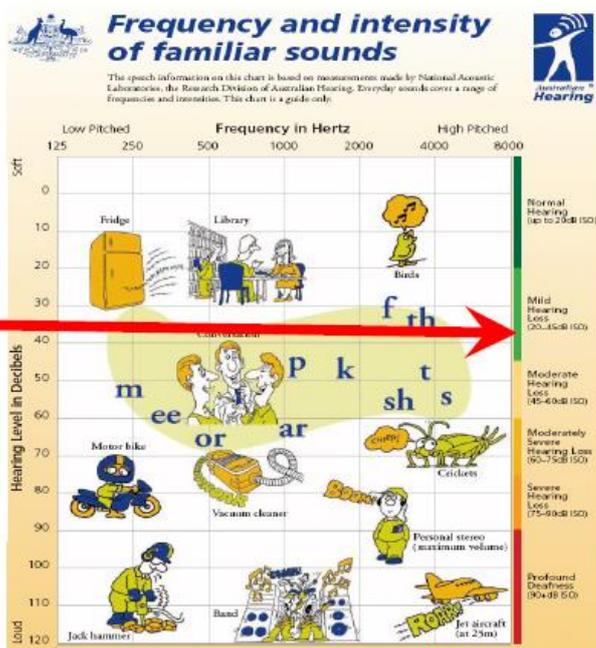
**3 years** - p, b, m, w, t, d, n, k, g, h, y

**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;
  - o 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**

# Nugget's Golden Nuggets

**10 golden nuggets** to all our students who have not missed a day of school in 2021. Well done to parents as well, as you must be valuing education.

**20 golden nuggets** to those students who put their name forward for SRC. The world is full of gunner's. We need some doers.

**10 golden nuggets** to Trundle Services Club for returning to sponsor our Breakfast Club. This will help a variety of food to be offered in the school.

**10 golden nuggets** to the ladies at Royal Far West. We missed you, ladies, during the COVID lockdown.

**20 golden nuggets** to the organisers of Trundle Pride. Hopefully, these types of celebrations allow open minds and tolerance. Well done because I imagine trying to organise something that involves people committing early, is a big task. ABBA that loud on a Saturday night and Southo singing along, you have to be kidding.

**10 golden nuggets** to the Junior Cricket Club for using the school facilities. The crusts and sandwiches left on the ground are an added bonus for the four-legged vacuum cleaner. Remember to put rubbish in the bin, he has a bad heart and he could blow a valve if rubbish is left behind.

**20 golden nuggets** to those people who will have the COVID-19 vaccination. We need to knock this virus out of our community.

**10 steaming nuggets** to those smokers that believe the garden beds in the main street are ash trays.



Smoking is killing you health wise and financially. Give the plants a break.

**10 steaming nuggets** to dog owners that allow their dogs to do their business on the foot path. I would hate to see your houses.



## Brain teaser from Nugget

**Which word is written  
incorrectly in the dictionary?**

(The word 'incorrectly')



# Primary

## Students of the Week

K/1/2 - Callum Deaman

3/4 - Vashti Williams (absent)

5/6 - Joshua Lynn

Mr Burley - Benjamin Wu

## Gobondery/NARRAF Swimming Carnival

The Gobondery/NARRAF swimming carnival will be held on Friday the 26<sup>th</sup> February in Warren.

**IF YOUR CHILD IS TRAVELLING ON THE BUS, PLEASE ENSURE THEY ARE AT SCHOOL AT 6:50AM SO THAT WE CAN ARRIVE IN WARREN ON TIME.**

## Year K/1/2, Year 3/4 and 5/6 Headphones

All students in Year K/1/2, Year 3/4 and 5/6 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. This will be labelled and kept in a snap lock bag with their name on it and only used by the child who owns them.

## 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.

A big thank you to those families who have already generously donated Lego!

## Library Days K-6

Monday	Wednesday	Thursday
K-2	Year 5-6	Year 3-4

All K-6 students will go to the library with their teachers during the week. During this time they will learn more about the library and are able to borrow books to take home. It is preferable for students to bring a library bag on these days.



Students can also borrow and return books at any other time during week. The library is open at lunchtimes.



## 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.

## 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 our Stage 6 students will be travelling to all our WAP schools for various study days. Notes have gone home with all details and I encourage you to check these as not all students are required every day. If your child is not at a study day then they will be supported at school to continue on with their independent study. Below are the departure and return times.

- Monday 22 February 2021 to Tullamore Central - 8.30am/2.30pm
- Tuesday 23 February 2021 to Yeoval Central -7.30am/3.30pm
- Wednesday 24 February 2021 to Tottenham Central-7.50am/3.30pm
- Thursday 25 February 2021 to Trundle Central School -DNA
- Friday 26 February 2021 to Peak Hill Central School-8.00am/3.00pm

Our Stage 6 students are also in the process of completing their Minimum Standard tests which is a requirement for being awarded the HSC. This process is being refined this year and the students' success rate is a reflection of the new system. Thanks to Mrs Budd for the overseeing and co-ordination of this.

Students have the opportunity to have a locker at school that they are able to leave their books and other supplies in during the day. If your students wish to have a locker then they need to see Mrs Prebendarcik in the library during lunchtime on Tues-Friday.

Year 7-10 have continued on with their extremely pleasing start to the year and should be congratulated. The next few weeks we are concentrating on positive peer pressure to ensure that our classrooms are a place of 100% engagement where all students are able to learn. I can comment from first hand experience that this is common place in 9/10 Mathematics, and many of the other classes that I have witnessed.

As always if there are any Secondary issues please contact me at school.

Have a great week

Gerry Capell  
Head Teacher Secondary Studies

## Secondary Sportspeople of the Week

Hannah Lynn, Tyrone Kirk, MacKenzie Smith, Kayden Charlton- ittle, Ashlee Bartijn, Alex Prebendarcik



Attention Years 11 and 12

School Leavers Jersey

Deposit Due Friday 26<sup>th</sup> February

## Secondary Students Welfare Levels

TERM 1	Week 5
Chloe	3
Josh	3
Lucy	3
Tyrone	3
Haley	3
Mia	3
Jess	3
Iris	3
MacKenzie	3
Ben	3
Alice	3
Kayden	3
Corey	3
Cooper	3
Ella	3
Max	3
Dani	3
Jack	3
Daniel	3
Nicholas	3
Narella	3
Noah	3
Harry	3
Jake	3
Laney	3
Sam	3
Zachary	3
Jason	3
Hannah	3
Blair	3
Jim	3
Kiera	3
Paddy	3
Miranda	3
Ryan	3
Grace	3
Xander	3
Casey	3
Alex	3
Aliethea	3
Jordan	3
Jennet	3
Aidan	3
Jason	3
William	3
Matthew	3
Dylan	3
Hamish	3
Jaxson	3
Nicholas	3

What do the levels mean?

Level 3 = 0 - 14 pink slips

Level 4 = 15 - 29 pink slips

Level 5a = 30 - 44 pink slips

Level 5b = 45 - 59 pink slips = 1 hot chocolate

Level 5c = 60 - 74 pink slips = 1 hot chocolate & blue award

Level 6 = 75+ pink slips = Mufti Day , Broze Award and invite to the reward trip (end of each semester)

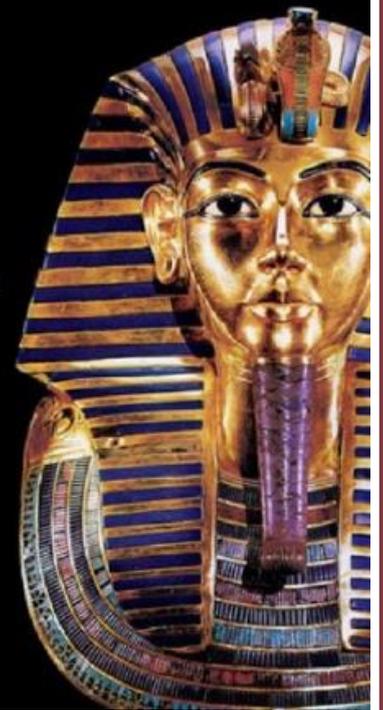
\* means the student has received the reward

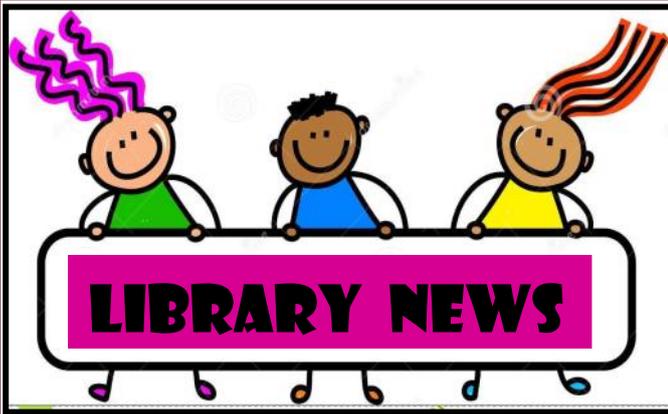
# HISTORY CLUB

Trundle Central School is starting a history club which will be open to all TCS secondary students.

Membership is free and will enable the student to participate in History Club events throughout the year.

There will be an information session during lunch time on Tuesday for students interested.





Scholastic orders have now been submitted and we are expecting the books within the next couple of weeks.

Please note, late orders are still accepted online via LOOP until the end of this week.

## 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 21<sup>st</sup> Century citizens and life-long, self-directed learners.

Last week, K-2 began to participate in some activities in the library. They worked on alphabetical order. This will ensure that they are able to find specific fiction books when searching.

Year 5/6 looked at the Dewey decimal system to enable them to find non-fiction texts. They participated in a game of Dewey Bingo. They learnt many new skills and had fun!



## What Can You Do In the Library?

- Read a book, return or borrow a book.
- Play a computer
- Draw/colour in
- Play a board game
- Complete an assignment
- Chat with friends

### 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.

A big thank you to those families who have already generously donated Lego!

**Have a great Week 5 from your Library staff.**

# Community

## Trundle Junior Cricket Report

Last Saturday, the Trundle Junior team played the Condo Waratahs at Berryman Oval.

Our side batted first and found that runs were hard to come by on a very slow outfield. The combination of this and the loss of a couple of early wickets put the Trundle side in a precarious position midway through the innings, but the Trundle tail rose to the challenge and held on to complete their overs and finish with a total of 86 runs.

The Waratahs then found that their run chase was also hampered by the slow batting conditions. This was combined with an outstanding display of fielding by Trundle and produced a small tally for the visiting side at the halfway point of their innings. The big guns of the Waratahs team then found form in the latter part of the innings to finally overtake Trundle's score in the 27th over. This game was by far the best effort in the field by our young side to date, showing off the skills they have developed at training.

Thank you to the parents and supporters that helped with scoring and preparing our players.

Fielding Points, Jo Mortimer – 3, Angus Quade – 2, Tyrone Kirk – 1

Next Saturday is against the Colts in Condobolin at the Soccer fields.

Training will be 4.30pm on Thursday. Let me know if your child wants to take a rostered game off this week.

Please call me on 0428975335 if you have any questions.

Cheers,  
Jono



## Trundle Amateur Swimming Club

Swimming Club Presentation and Championships will be held on Friday 19<sup>th</sup> March 2021 at 4:00pm. Our final point score meet will be on Friday 5<sup>th</sup> March 2021.

**Please return any perpetual trophies to Trundle Central School front office as soon as possible.**

There will be swimming training this Wednesday 4:00-5:00pm. Just a reminder that your child needs to be able to confidently swim 50m to participate in these sessions.

# TRUNDLE BACK IN TIME VINTAGE RALLY *and* TRACTOR PULL

## 20 & 21st March 2021

Hosted 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: [trundleshow@gmail.com](mailto:trundleshow@gmail.com)

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

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



**Kids HQ** specialises in infant, child and adolescent mental health and complex trauma. We know you come across kids and young people in your work who need a safe place to recover from mental illness, trauma and abuse. The Kids HQ team can work directly with kids, families as well as with you and your team to enable you to support the kids in your care.

**17 FEBRUARY**  
HEALTH FOCUS

**24 FEBRUARY**  
EDUCATION FOCUS

**Come for a cuppa and a chat at 10am**

**WE ARE OPENING OUR DOORS AT 153 LACHLAN ST, FORBES ON THE FOLLOWING WEDNESDAYS**

**Contact Katrina at**  
[admin@kidshqnsw.com.au](mailto:admin@kidshqnsw.com.au)  
**or call 63661 7557**



**Forbes District Soccer Club 2021**

Online Registrations are now open for the 2021 Winter Football Season Competition Starts Saturday 24 April

*Join and receive a \$100\* voucher*

**BECOME A PLAYER**  
**U4 & U5 - Miniroos**

Forbes DSC very successful Under 4 & 5s Miniroos program will continue into 2021.  
Online Registration: [www.myfootballclub.com.au/kick-off-finder](http://www.myfootballclub.com.au/kick-off-finder), type in 2871 for Forbes and select Under 4s or Under 5s program.  
(Face to Face rego details below)

**BECOME A PLAYER**  
**U6 - SENIORS**

Players turning 6 (U/6s) through to Seniors - both Ladies and Men need to register online at ...  
[www.myfootballclub.com.au](http://www.myfootballclub.com.au) and select Forbes District Soccer Club.

\*The NSW Government now provide a \$100 voucher to parents / guardians of school / TAFE enrolled children aged 4.5 to 18 via the Active Kids Rebate. The \$100 voucher can be used towards registration costs and requires you to create an account at [www.service.nsw.gov.au](http://www.service.nsw.gov.au) and enter your medicare details for each child that will be playing soccer. You will be given a voucher code for each child and can enter the voucher code at the payment section of Online registration plus the Club Gap Fee.

**Face to Face Registrations will be held at Forbes Services Memorial Club on the 20, 27 February, 6, 13, & 20 March from 10am - 12pm.**  
Entry from Templar Street

Inquiries: Doug McKenzie 0412 267 810, Ash Milford 0404 039 772

## 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**  
**MUDGE: 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**



## COMMERCIAL & RESIDENTIAL PREMISES FOR SALE

Older style building comprising two commercial premises and two residences, with combined potential rental return of \$420+ per week.

One shop is currently occupied by a hairdresser business. The two residences (2 & 3 beds) are located at the rear of the property, one is elevated with a balcony.

Could this be your next investment opportunity?

**53-55 Forbes St, Trundle \$170,000**



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, Cereal and Fruit daily
- Pancake days on random occasions



### PROUDLY SPONSORED BY:



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