



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
APC&I
Mrs Leanne Budd



Reminders

Tuesday 9/4/24
White Card

Wednesday 10/4/24
Secondary Welfare Lunch
Primary Games Afternoon
Secondary History Club

Friday 12/4/24
Whole School Cross Country

Last day of Term 1

Students return Tuesday 30/4/2024

P&C President
Mr B Kerin

Vice President
Mrs H Orr

Secretary
Mrs R Walter

Treasurer
Mrs J Randall

PR Officer
Ms J van Akker



Trundle Central School Newsletter

Term 1 Week 11

8 April 2024

All Round Success at The Royal Easter Show



Trundle Central School students spent four days at the Sydney Royal Easter Show as part of The All Roads to the Sydney Show program. Every day, the students had an opportunity to experience behind the scenes activities and various parts of the show. While in Sydney, Trundle Central School was awarded the heaviest melon prize, Max Longhurst competed in state finals for the Merino sheep young judges competition and our agriculture teacher, Miss Earney was awarded the Royal Agricultural Society Youth Medal for her ongoing contribution to the show. Congratulations to all.

Pictured: above - Laney and Blair with Stuart Muller - Western District Exhibit Manager.

Below - Miss Earney with Joseph Byrnes, chair of RAS sheep and wool committee. Max holding certificate of participation.

More photos on p.13.



Laney helping with the merino sheep judging.

Principal's Message

This week is the White Card course Tuesday, Secondary Welfare lunch, History movie afternoon, Primary games afternoon Wednesday, PSSA Swimming Thursday and Friday at Homebush in Sydney, Cross Country and SRC activities Friday. A very busy week to end another term at this outstanding public school.

Emma Rippon, Year 10, is an outstanding young person and a talented cricketer. I do not usually highlight individuals in this forum, but Emma deserves recognition. Emma has natural talent but most importantly shows commitment and determination. She came to us from the Popes care at Red Bend Catholic College. I thought Emma could struggle in a boutique school such as ours but have thankfully been proven very wrong. She is travelling to India to play cricket this month and is currently away representing the combined high schools in the under 15 girls cricket side against combined Catholic and independent schools. Yes, Trundle Central School is taking all the credit for this student.

Last week I spoke to the whole school about how students attending excursions such as the Royal Easter Show is an achievement every student should be proud of. Consider this, if the behaviour and effort of all students is not of a high standard, staff do not have the good will to give up their time to organise and supervise excursions. It is a simple equation, get the small things right and they add up to big rewards. Miss Earney deserves to be congratulated for embracing the opportunity to take students to the show through entering the **All Roads to the Easter Show** competition. The executive of this school also need recognition for creating the culture within the school that allows staff to be informed risk takers and grasp opportunity.

The secondary major excursion is planned for August. Yes, I can hear the various tables of knowledge saying the students are never at school. Extra-curricular activities improve academic results, research confirms this. Also, this school has a goal of producing well rounded, socially aware, and tolerant students. To achieve this, they must travel outside the boundaries of Trundle to experience many different lifestyles and cultures. Our students should not fear cultural diversity and need to be challenged by moving outside their social and geographic comfort zones. When I arrived at this school, a year 9 student told me he is never leaving Trundle. I asked him where he had been previously, he said regularly to Parkes and Orange for the day. This conversation made me determined to unlock opportunity for our students through extracurricular events. There is absolutely nothing wrong with living in Trundle, I have been here 10 years and will be for many more. The problem occurs when our students do not know or understand what is beyond the 50-kilometre signs. This generates fear and in some extreme cases, an irrational hate of racial and sexual diversity. Miss Rowlands should be congratulated for raising considerable money through Trundle Eats to reduce the cost of this excursion. This, combined with the generous money received from the REST hotel and accommodation group the cost to families has been reduced by hundreds of dollars.

Technology has contributed amazing things to our society. I sometimes wonder where it will end. If we believe the late Steve Jobs co-founder of Apple Inc, the limit is our imagination. Technology has also created significant challenges in society and therefore schools. I can see a time when we return to on paper supervised assessments because software programs such as Grammarly and Artificial Intelligence have corrupted the assessments. Even Blind Freddy and his mate Dumb Dale are aware of the massive cheating which is occurring in formal assessments and job applications across the whole country. Unfortunately, at this stage the checking mechanisms are lagging well behind the software and artificial intelligence. The HSC exam will moderate itself because 50% is written under exam conditions, but I wonder how many absolute muppets obtain job interviews courtesy of smart software. Readers do not need to worry about the principal's message it is completed by two fingers

typing and a misguided sense of self-importance.

Another problem is young people lacking social and communication skills because technology has allowed them to isolate in a virtual world. I especially see the problem in young boys. Some boys lack purpose and identity because the internet throws up so many conflicting ideas and images. They struggle to regulate emotions and behaviour; some are de-sensitised to violence and have misguided ideas of appropriate sexual behaviour. Recent research on the effects of pornography on young males indicates over half of males 9-16 can regularly access pornographic images through the internet. Regular viewing of pornography increases the chance of early inappropriate and unsafe sexual encounters. It is also believed to strengthen the chance of a young male being involved in sexual violence. I have written countless times in this forum. Parents need to regulate what their children are watching on the internet. It is your house, and you most likely purchased the phone and pay for the internet. Hard for a child to argue who is in control in your house. The major platforms will not remove dangerous content, so we must! Children also should not have televisions or computers in their room. The research is very clear about the emitted blue light from electronic devices increasing the incidences of poor mental health.

A greater number of traumatised children as a direct result of relationship breakdown is also a feature of modern society and therefore schools. Many times, adults are asked about the trauma associated with their relationship breakdown, but children are often forgotten. Childhood / teenage trauma is acted out in many ways. Some younger children regress back to baby talk because that is when they gained the most attention, others start to get in trouble at school often because this is a method of eventually telling another adult or parent they are suffering, older children can become involved in risk taking behaviour or self-harm. Research indicates self-harm such as cutting, and friction burning is not solely for attention seeking but the sight of blood releases some of the internal pain the young person is suffering. What ever the function of deliberate harm, it is becoming more common, especially in my observation for young girls.

I am not an expert of parenting, nobody is. It is the hardest job any person will ever do and there is absolutely no correct method. However, 34 years of working in education has allowed me to know:

- ◆ Separated parents should never criticise former partners in front of children. Your children do not have your level of anger towards your former partner, they have unconditional love. Indeed, they will personalise the comments as a reflection of themselves. For example, if my dad is a useless, violent man, he is my father, so that is what I will become.
- ◆ It does not matter what age children are they will suffer during relationship break down. It is a myth that waiting until children are older is better.

The balance is always staying in a poor relationship is not a good situation for children either. However, the damage separation does to children is in the hands of adults.

Mr John Southon
Principal





**Dear parents, family and friends,
please come along and support your school community!**

Organisation

Students will walk to the golf course at 9:10am

- 9:20am Infants Boys & Girls 900m (5,6,7yrs)
- 9:30am Senior Secondary Girls & Boys 4000m (15+ yrs)
- 9:40am Senior Primary Boys & Girls 3000m (11, 12, 13yrs)
- 9:50am Junior Secondary Boys & Girls 3000m (12, 13, 14 yrs)
- 10:00am Junior Primary Boys & Girls 2000m (8,9,10yrs)

A whole school presentation of medallions will occur at the completion of the carnival.

All students from Kindergarten to Year 12 will be involved in this carnival and are encouraged to wear house colours.

All asthmatics should be equipped with medication.

APCI Corner

WORD OF THE WEEK

Week	Word	Type	Dictionary Meaning	Did you know?
11	Affable (AF-uh-bul)	Adjective	Friendly and sociable.	Beware the <i>affable</i> fox, the folk tales warn us. From the gingerbread man who hitches a fatal ride on the back of a friendly fox, to Aesop's crow, tricked into dropping its cheese by a sweet talking fox, to Henny Penny, who gets invited into Foxy Loxy's house for tea without realising she is to be the main course – the message is clear: foxes cannot be trusted.

AFFABLE

Primary and Secondary Writing Competition



TRUNDLE RSL SUB-BRANCH
 TRUNDLE WAR MEMORIAL HALL/SCHOOL OF ARTS
 PO BOX 5 TRUNDLE POST OFFICE NSW 2875



SPIRIT OF THE ANZAC AWARD

The Trundle RSL Sub-Branch Literacy Awards is a competition by the Trundle Central School and the St Patricks School aimed at any student attending the schools can submit a short poem or story no longer than 200 words to capture the Spirit of the ANZAC.

All submissions must be handed in to the front office by Thursday, 11th April 2024. Thank you.

ANZAC DAY

ANZAC day falls in the holidays this year. ANZAC day is a day to remember the many Australians and New Zealanders who gave their lives in all wars, conflicts and peacekeeping missions around the world. It is also a time to reflect and be thankful for all those who have served and continue to serve in the Australian and New Zealand armies.

We would love to see as many students as possible participating in the Trundle ANZAC Day parade on Thursday 25th April.

We will meet outside the school at around 10:30am to march down to the hall for the service.

Students are to wear full winter uniform.

TRUNDLE RSL SUB-BRANCH

Flag Placing



ON MONDAY 22ND APRIL 2024,
STUDENTS WERE ASKED TO ASSIST IN
PLACING MINIATURE AUSTRALIAN FLAGS
NEXT TO THE GRAVES OF OUR
SERVICEMEN AND WOMEN FROM THE
ARMY, NAVY, RAAF, NURSES, MERCHANT
NAVY AND OUR ALLIES BURIED IN THE
TRUNDLE CEMETERY.

MEET AT THE CEMETERY AT 10AM

TRUNDLE RSL SUBBRANCH WILL SUPPLY
THE FLAGS

Trundle Mart Lunch Order
Available
Monday & Wednesday.
2024 Menu

<i>Hot Food</i>	
Plain Beef Pie	\$5.00
Cheese & Bacon Pie	\$5.00
Plain Sausage Roll	\$4.50
Cheese & Bacon Sausage Roll	\$4.50
Tomato or BBQ Sauce	\$0.50
<i>Sandwiches</i>	
Cheese	\$3.00
Ham, Cheese & Tomato	\$6.00
Corned Beef & Pickles	\$6.00
Corned Beef & Salad	\$7.00
Chicken or Ham & Salad	\$7.00
Salad	\$6.00
Toasted Sandwich 10c Extra	
<i>Wraps</i>	
Chicken or Ham & Salad	\$7.00
Salad	\$6.00
<i>Drinks</i>	
Bottled Water	\$2.00
Apple or Sunshine Punch Popper	\$2.00
Mumblepeg Orange or Orange & passion Fruit Juice	\$2.75
Chocolate or Strawberry Moo Milk	\$2.00

Please hand lunch order bag into the front office by 9am.
Correct money would be appreciated.
Prices are for school only.

Trundle Central School Hospitality students
present...

Trundle Eats

Every Friday in 2024

Orders to the front office by 9am
- If handed in late students will receive a sandwich
(Name, Year & Sauce type needed please
on a lunch order bag)

This week:
Friday 12th April
Meat Pie
\$5

(Tomato or BBQ sauce)

**This service is only available for students enrolled
at Trundle Central School.**
All money raised will contribute to secondary

Nugget's Golden Nuggets

200 golden nuggets to our students for their excellent behaviour during excursions. This behaviour prints your ticket to another trip. Well done.

200 golden nuggets to Sam Wu's father. He must have a few miles on the clock but still out exercising most days. A great example to young people to keep fit and active.

300 golden nuggets to Trundle Food Mart. Wrapping the lunch change in paper saves it getting lost. A great little touch to help the school.

300 golden nuggets to our local police. There have been some distressing incidents recently, but our police continue to work professionally and compassionately. What a terrible job but thankfully we have good people.

400 golden nuggets to Mudgee. Our school is an example to others because of his hard work. Good luck with your knee replacement.

400 golden nuggets to the 58 students who have achieved above 90% attendance this term. Eleven students have 100% attendance. That is about half the school. This is an amazing achievement, but it needs to keep going.

300 steaming nuggets to the army of gossips in this town. I am sure if you looked at your own life you would find some skeletons in the cupboard. Maybe the town needs an honesty wall where people write the actual truth about things that happen. Unfortunately, the truth is often far too boring.

350 steaming nuggets to the heroes in 4WD drives that cannot wait for a little bit of rain to charge around ripping up local roads. I am sure most 4WD's come with optional spray on mud packs if that is the image you are going for.



The end of term break is rapidly approaching. Trundle is a very safe place for our children, but families often travel during the holidays. I ask parents to keep all my friends safe and I look forward to next term.

NUGGET'S FAVOURITE QUOTES

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralf Waldo Emerson

Primary

Students of the Week (Week 10)

K/1/2 - Myall Orr
3/4 - Aubriarna Spicer
5/6 - Harlen Corney

Students of the Week (Week 11)

K/1/2 - Darcie White
3/4 - Braith Deaman
5/6 - Austin Randall
Mr Burley - Tanika Alvos

Special Reward—Donny Orr, Henry Nixon,
Thomas Walter

Special reward is awarded fortnightly for a range of reasons—thoughtfulness, helping others, working in groups. It is given out on a Thursday alongside You're A Star awards. The students then choose their prize to be redeemed during class time.

Cricket Gala Day – Peak Hill

The annual Cricket Gala day in Peak Hill was held on Thursday 28th March. There was very warm weather – just perfect for cricket, fabulous friends to play with and four well organised games of cricket. This is always a fun day for everyone! Once again our students tried their best, learnt new skills with enthusiasm and showed extreme kindness to all those around them. It is such a pleasure to take these students on excursions! Thank you to Mr Burley for driving the bus! More photos on the next page.



Congratulations Cameron Strudwick

Congratulations to Cameron Strudwick who attended the PSSA cricket trials in Dubbo on Thursday 28th March. He thoroughly enjoyed the day, relishing in the new experience. Thank you to his parents for transporting him to Dubbo.



NO HAT NO PLAY

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

REMINDER

Please remember not to send your child to school with any product including nuts. This includes Nutella.

PLEASE



**NO PEANUTS
OR
NUT PRODUCTS**



**ALL K-6 STUDENTS ARE
INVITED TO OUR:
Games Afternoon**

WEDNESDAY 10th APRIL
3:30-5:00pm

WHERE: Trundle Central School playground.

WHEN: Wednesday 10th April from 3:30-5:00pm. Students are able to stay at school after 3:00pm or they can go home at 3:00pm and return at 3:30pm.

There will be teacher supervision in the playground from 3:00pm.

Students are able to bring a set of clothing to change into after school.

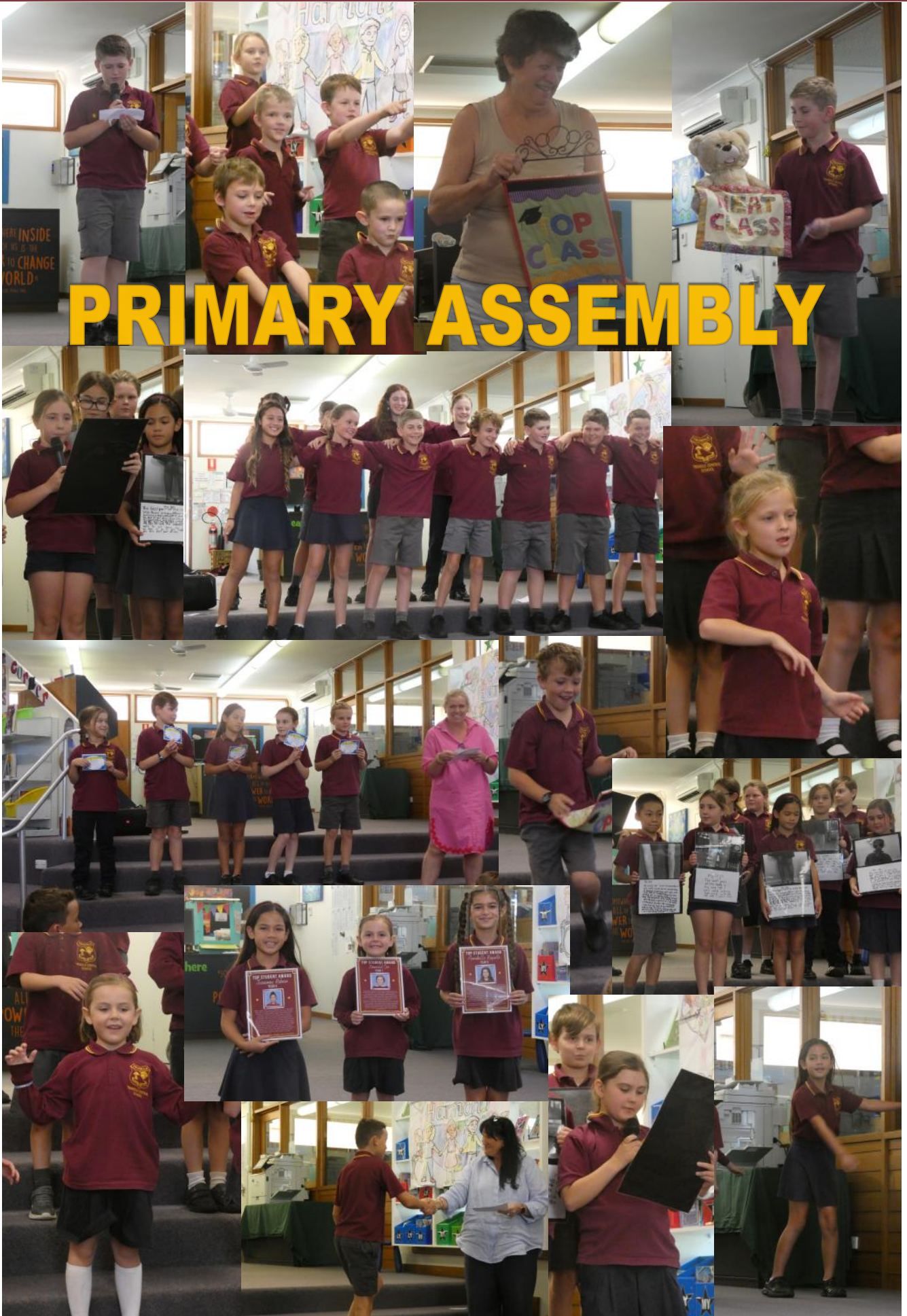
IF YOUR CHILD IS NORMALLY ON A BUS AND IS STAYING AFTER SCHOOL, PLEASE LET THE FRONT OFFICE KNOW BY WEDNESDAY MORNING.

WHAT TO WEAR: We will be playing active outdoor games so the students need to wear clothing they can move easily in and their joggers.

Please ensure they have a hat and a water bottle.

Students will also need to bring a snack/afternoon tea to eat in between 3:00-3:30pm.

**PLEASE PICK YOUR CHILDREN UP
FROM THE FRONT OF THE SCHOOL
AT 5:00PM**



STEM

Year 3/4

Maths



During the four day week before Easter (while Mr Flavel was enjoying the Royal Easter Show) Year 3/4 worked exceptionally hard on their understanding of directions, maps and co-ordinates. They were given a set of instructions to create a map of Loch Ness Lake. They worked hard on interpreting multi-step directions, finding specific co-ordinates on the map and writing multi-step directions to find the Loch Ness monster.

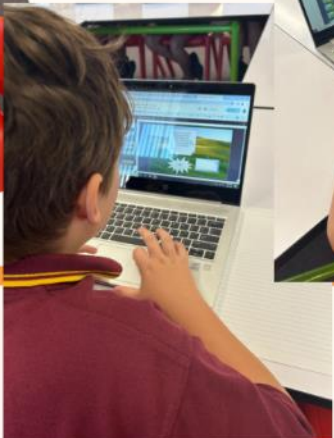


STEM

Year 5 Maths



Year 5 were challenged with the activity of creating an interactive game using Google Slides based around multi-step addition and subtraction questions. Their task was to create multi-step word problems for other Year 5 students to solve. They had to learn a variety of tech skills including how to create Google templates and link various slides together. They then had to create addition and subtraction questions that would challenge other Year 5 students. What a great week it has been! Their games were colourful, interactive and show their solid understanding of multi-step word problems. Well done Year 5!



Secondary

What an awesome term! So full of educational and social experiences. Our students and teachers are very deserving of their holidays to recharge batteries for next terms experiences.

With no newsletter last week, I would like to mention once again the Easter Show excursion. By now I am sure you have seen all the wonderful photos on our Facebook page. It was an incredible experience for all of our excellently behaved students. Massive thanks to all the staff who attended for supervision, Mr Flavel, Mrs Emery and Mr Deaman, and of course a giant thank you to Miss Earney for organising this whole experience. It was truly wonderful for our students.

Tomorrow we will be holding a White Card course at school for our students who require this for their future work placement and employment. We are very lucky to have a staff member who is qualified and willing to deliver this course. Thanks Miss Rowlands for this.

On Wednesday we have a reward lunch for the students who are on the correct welfare level. Congratulations to the students on the correct levels through their positive behaviour. Thanks to Miss Rowlands for her ongoing organisation and support of our welfare system.

Also on Wednesday we will be having a games Movie afternoon + Dinner. This will be from 4.30-7.00pm. Thanks to Miss Ranger for running the movie and Miss Rowlands for the provision of dinner for those attending.

Friday we will be having our cross country carnival in the morning. Hopefully total domination by Mitchell.....but we'll have to see. Thanks to Mrs Morgan for her organisation of our sporting events.

Finally...after lunch on Friday the SRC will be running a games session for the whole school. A fitting finale for what has been a hectically full and positive term. Thanks SRC members and Miss Ranger and Mr Burley for this event.

Have a safe and relaxing holiday, and we look forward to doing it all again next term!

Gerry Capell
Head Teacher Secondary Studies

Secondary Sportspeople of the Week

Emma Rippon, Harrison Budd, and Joshua Charlton



Reminder to all secondary students to return their Expression of Interest note for the 2024 Major Excursion. All students received a note last week.

Students only need to return it if they would like to attend the excursion. Notes are due this Friday 12th April.

Thank you, Miss Rowlands.

9/10 Industrial Technology—Metals Excursion

Last week students studying Metals in Years 9 and 10 travelled over to Peak Hill for an Industry visit. James Dunn of Dunn’s Metal Fabrication was our host for the day. James demonstrated the use of a variety of machinery that he uses in his workshop. The most impressive piece of machinery was the CNC Plasma cutter. James kindly donated his time to cut out several pieces of sheet metal that Jacko and his workskills students will weld into chairs and firepits to raffle later in the year. The students also received a name plaque that they will finish off in class. Students completed theory work throughout the day where they listed and described a range of tools, machinery and safety aspects of the workshop. Thank you to James Dunn for allowing us this opportunity and to Jacko who assisted on the day.—Miss Rowlands



Congratulations Emma

CONGRATULATIONS TO EMMA RIPPON FOR HER SELECTION IN THE COMBINED HIGH SCHOOLS UNDER 15 CRICKET SIDE. SHE WILL COMPETE AGAINST THE COMBINED CATHOLIC SCHOOLS AND INDEPENDENT SCHOOLS.

EMMA WILL ALSO TRAVEL TO INDIA ON THE 12TH OF APRIL AS A MEMBER OF THE NORTHERN DISTRICTS UNDER 17 SIDE. THIS IS A TWO-WEEK TOUR PLAYING LOCAL AND REPRESENTATIVE TEAMS.





HISTORY CLUB MOVIE

Secondary students at TCS are invited to attend a movie afternoon.



NEXT GOAL WINS follows the infamously terrible American Samoa soccer team, known for a brutal 2001 FIFA match which they lost 31-0.

With the 2014 World Cup Qualifiers approaching, the team hires down-on-his-luck, maverick coach Thomas Rongen hoping he will turn the world's worst soccer team around in this humorous and heartfelt underdog story.

For parental guide to content go to the link below

<https://www.commonsensemedia.org/movie-reviews/next-goal-wins-0>

WHEN: WEDNESDAY 10TH APRIL

TIME: 4:30 TO 7:00PM

WHERE: TCS LIBRARY

COST: \$10 - DINNER IS INCLUDED.



Secondary Welfare System

What do the levels mean?	Reward
Level 3 = 0+ pink slips	Normal school privileges
Level 4 = 15+ pink slips	End of term free lunch
Level 5 = 30+ pink slips	End of term free lunch and mufti day
Level 5b = 45+ pink slips	Level 5 rewards plus a treat from the treat box
Level 5c = 60+ pink slips	Level 5 rewards plus a treat from the treat box
Level 6 = 75+ pink slips	Level 5 rewards, a mufti day and an invite to the reward excursion

How to receive pink slips:	How to lose pink slips:	<p>Students and parents are encouraged to contact Miss Rowlands by calling the front office if they have questions about the welfare system.</p> <p>Students below Level 4 are not named below.</p>
Complete school work Submit assessments on time Wear school uniform Attend school Be nice to others Follow teacher instructions	Receive an incident report Not wearing school uniform Not submitting assessments on time Attendance less than 80%	

TERM I	Week 11 Level
Alice	5
Beau	5c
Bella	5b
Benjamin	5b
Blair	5c
Braith	5
Chelsey	5c
Chloe	6
Cooper CL	5
Cooper D	4
Dani	5b
Daniel	5
Dylan	5b

Emma	5
Hailey B	5
Haley L	5c
Harry B	5b
Harry W	5
Jessica	6
Jim	5b
Joshua Ch	5
Joshua Cl	5b
Kiarna	5b
Laney	5b
Leelan	5c
Lucy	5c
MacKenzie	6
Malakai	6
Max	5b
Meila	6

Melina	5
Mia S	5
Mikayla	5c
Narrella	5
Nicholas	5b
Paddy	5b
Riley	5b
Rohan	5
Samantha	6
Seth	5c
Taylah	5
Thomas	5b
Vashti	6
Zac C	5
Zac H	5b

**Term I Welfare lunch will be held this Wednesday 10th April.
Students received an invite today on assembly.**

Secondary Assessments & Homework

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

YEAR 7 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
PDHPE	4/3/24	10/4/24	In class and at home	Safety
Science	11/3/24	18/3/24 & 19/3/24	In Class	Introduction to Science – Practical and Theory Test
LOTE - Japanese	12/3/24	1/5/24	In class and at home	Japanese history, language and culture.
Music	12/3/24	1/5/24	In class and at home	Music research – instrument.
English	14/3/24	8/4/24	In class and at home	Novel Study - <i>Holes</i>
YEAR 8 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
PDHPE	4/3/24	10/4/24	In class and at home	Safety
Science	11/3/24	18/3/24 & 19/3/24	In Class	Introduction to Science – Practical and Theory Test
LOTE – Japanese	12/3/24	1/5/24	In class and at home	Japanese history, language and culture.
Music	12/3/24	1/5/24	In class and at home	Music research – Musician.
English	14/3/24	8/4/24	In class and at home	Novel Study - <i>Holes</i>
YEAR 9/10 SUBJECT	DATE GIVEN	DATE DUE	In Class or At Home	TOPIC
PDHPE	7/3/24	3/5/24	In class and at home	My Future
English	18/3/24	11/4/24	In class and at home	Novel Study

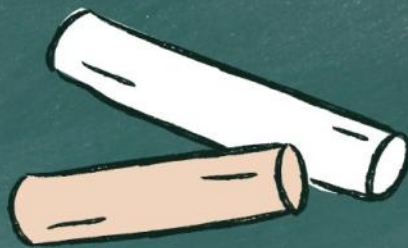
Library Newsletter



Looking Back - Term 1

It has been such a busy term in the Library!

Our library is a very friendly space where all students can come with friends or by themselves to create, explore, play, collaborate or read a book. They are always welcomed by teachers and the range of activities varies from week to week.



STEM in the Library

The term has been full of STEM activities, from creating interactive games, designing and building ramps, bottle flipping challenges, playing with numbers and searching for the Loch Ness monster. STEM fosters ingenuity and creativity, builds resilience and encourages experimentation and teamwork.

Next Term:

- Simultaneous Storytime
- Book Fair
- More STEM....

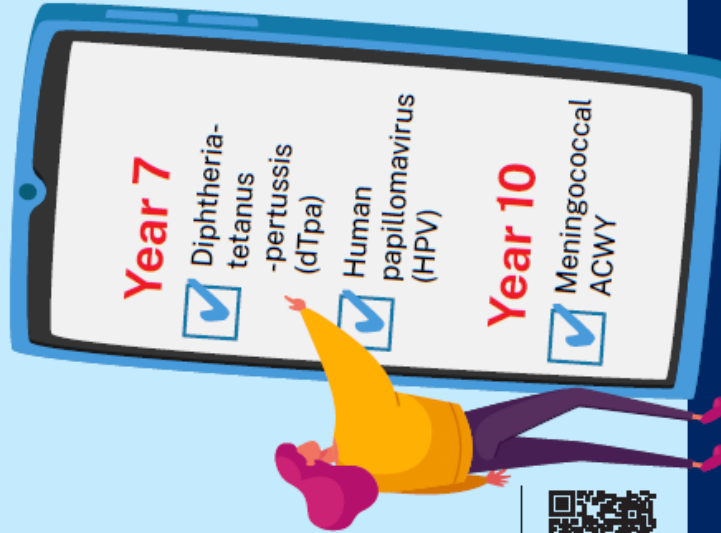


Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online

To provide online consent, you will need:

- to visit: <https://engage.health.nsw.gov.au/engage>
- your Service NSW log-in details
- medicare card details for you and your child – the name of the high school your child is attending in 2024.
- If you or your child do not have a medicare card, you can provide consent using a paper-based consent form at your child's school.



Scan the QR code to give your consent now

For more information on vaccination visit: health.nsw.gov.au/schoolvaccination

February 2024 © NSW Health, SHPN (HP NSW) 221060.



2024 Aboriginal & Torres Strait Island Talent ID Program

What is it?
WRAS, in partnership with Underwriting Agencies Australia (UAA), is again hosting a Talent Identification Day for young athletes of Aboriginal and Torres Strait Island descent.

What is involved?
The day will provide a platform for athletes to engage in and demonstrate their abilities in the presented sports. The sport-stations will include a combination of skill-based and game based activities designed to provide a welcoming and fun environment for the athletes to interact in. The coaches present are all highly qualified and have significant experience in talent identification.

After the talent ID Day, students that have been identified will be asked to participate in 2 further training events to be hosted by WRAS. There will be one session in June and one in July. The sessions will focus on holistic athlete development in a field-based and a gym-based setting.

At the conclusion of these 2 follow up sessions, athletes may either be offered a WRAS Future Stars Scholarship and/or invited to the appropriate WRAS-program trial for the 2024-2025 season.

Details
When: **Wednesday 1st May, 2024, 9am - 2pm (approx.)**
Where: **Orange PCYC, 2-10 Seymour St, Orange NSW 2800**
What to Wear: Sports clothes/shoes
What to Bring: Water and snacks. WRAS will provide lunch.
Cost? **FREE**

How to register?
Follow this link <https://forms.gle/ATQ8tdtuQHRbNbV7> to register.
Registrations close 12th April 2024.

If you have any questions, please contact dbunyan@csu.edu.au.

We look forward to seeing you there!



Community

Disclaimer:

Trundle Central School is advertising the following as a community service.

The school has no responsibility for the organisation and management of these events.

BOOMERS
ROUND TWO

TRUNDLE RUGBY LEAGUE **V** **MANILDRA Blues**

@ Home
Sunday 14th April
League Tag 12:40pm
First Grade 2pm

NO GLASS PERMITTED AT GROUND

TRUNDLE AMATEUR SWIMMING CLUB

PRESENTATION
AWARDS AND BBQ AFTERNOON
FOR 2023 - 2024 SEASON
MONDAY 8TH OF APRIL, 4PM AT BERRYMAN PARK
24/25 SEASON AGM TO FOLLOW PRESENTATION

2024 Trundle Golfers
Special Events
Save the dates!

May 25 18h Men 's / Ladies' Foursomes
Championship

June 2 Trundle Ladies' Open

June 15 18h Men's/Ladies' Club Championship
Rd1

June 22 18h Men's/Ladies' Club Championship
Rd 2

July 20 18h Mixed Foursome Championship

August 4 Trundle Men's Open

August 10 Vicar's Cup Rd 1 18h

August 17 Vicar's Cup Rd 2 18h

September 14 18h 2 Person Medley Ambrose
Championship

FOR PROGRAM UPDATES CHECK OUR
FACEBOOK PAGE
CONTACT
RYAN OR
JOHN 0427 642 423

What's on in April 2024 Trundle Golfers

Sat 6th 18h Stableford

**Sat 13th Arthur Pike Day
18h 4BBB + Ind**

Sat 20th 18h Stroke

**Sat 27th Col Locke Friendship Day
4BBB everyone welcome**

**11.30-12 tee off
\$15 18h**

**Barbeque available some days
Ladies Men Juniors
always welcome**

Check fb for updates

GARBAGE BIN'S

April			May			June		
4th	Red	Green	2nd	Red	Green	6th	Yellow	Green
11th	Yellow	Green	9th	Yellow	Green	13th	Red	Green
18th	Red	Green	16th	Red	Green	20th	Yellow	Green
25th	Yellow	Green	23rd	Yellow	Green	27th	Red	Green
			30th	Red	Green			
July			August			September		
4th	Yellow	Green	1st	Yellow	Green	5th	Red	Green
11th	Red	Green	8th	Red	Green	12th	Yellow	Green
18th	Yellow	Green	15th	Yellow	Green	19th	Red	Green
25th	Red	Green	22nd	Red	Green	26th	Yellow	Green
			29th	Yellow	Green			

Trundle Men's Shed

April School Holiday Work Shops

School Holiday workshops |
Gymnastics | Basketball



BOOK NOW

PCYC Parkes is offering additional activities this school holidays, please contact our club directly for bookings and further information. Spots are limited, so book in advance!

15/04/2024	Junior Gym (4-5yrs) 9-10am WAG 9-12pm Ninja Warriors (5-9yrs) 2-3pm
16/04/2024	Kinder Gym (1-4yrs) 9:30-10:15 Rec Camp (5+) 11-2pm Senior Rec Camp (adults) 5-6pm
17/04/2024	Junior Gym (4-5yrs) 10-11am
18/04/2024	Basketball Camp 12-2pm
19/04/2024	Kinder Gym (1-4 yrs) 09:30-10:15am
22/04/2024	Junior Gym (4-5yrs) 9-10am \$15.00 Intro to Indigenous Cultural Art 22nd & 23rd 10-12pm
23/04/2024	Kinder Gym (1-4 yrs) 09:30-10:15 Rec Camp (5+ Yrs) 11-2pm Senior Rec Camp (adults) 5-6pm
24/04/2024	Junior Gym (4-5yrs) 10-11am Basketball Camp 12-2pm
26/04/2024	Kinder Gym (1-4 yrs) 9:30-10:15am Ninja Warriors (5-9yrs) 2-3pm

Ph: 02 6862 3825 Email: parkes@pcycnsw.org.au



PCYC | PARKES
IS LIFE CHANGING

April School Holiday Program

Price: \$53 per day
April Special Offer- For every day booked, receive the 2nd day 1/2 price!



BOOK NOW

Ages- 5-13years | Time 8-4pm | Extended 7:30 - 8:00am - 4:00-5:00pm
WHAT TO BRING- Water bottle, morning tea, lunch & afternoon tea, hat, enclosed shoes

15/04/2024	Basketball, soccer, mixed games, gymnastics, arts and crafts, lego masters, Nurf wars
16/04/2024	Tennis, bubble soccer, archery tag, rockwall climbing, painting, playdough making
17/04/2024	Lego masters, gymnastics, bubble painting, mixed games, basketball, soccer
18/04/2024	Mixed games, gymnastics, tennis, bubble soccer, hockey, arts & crafts
19/04/2024	Rock wall climbing, taco making, tennis, mixed games, gymnastics, lego masters
22/04/2024	Tennis, bubble soccer, archery tag, rockwall climbing, painting, playdough making, Nurf wars
23/04/2024	My future career day theme, slime making, arts & crafts, basketball, soccer, mixed games
24/04/2024	Anzac cookie making, paper poppies, gymnastics, court games, mixed games, rockwall climbing
26/04/2024	Lego masters, gymnastics, bubble painting, mixed games, basketball, soccer, Nurf wars
29/04/2024	Basketball, soccer, mixed games, gymnastics, arts and crafts, lego masters

Phone- 02 6862 3825 | Email- parkes@pcycnsw.org.au



PCYC | PARKES
IS LIFE CHANGING



your life matters

free workshop for Trundle community

Do you need time out? Quest can help with a life-enhancing day to learn practical skills and strategies for living well in challenging circumstances.

An empowering, practical and non-confronting one-day workshop for people living with the difficulties and challenges of rural and regional life. If your financial, mental, and emotional resources are depleted, join us to learn ways to strengthen your resilience through practical tools, strategies and skills and live well in challenging circumstances.

During this workshop with a highly experienced facilitator, participants will learn:

- How to build resilience in the face of challenging circumstances
- The importance of self-care and how to incorporate into daily life
- Easy ways to incorporate relaxation into everyday life
- How to manage emotions and recognise burnout

"Empowering" | "Well presented, clearly explained" | "Clear, simple, and easy to understand"



Reserve a free spot today using the QR code or [click here](#)

Thursday 2 May, 9:30am - 3:00pm. Call 1300 941 488.
Trundle Memorial Hall, 54 Forbes Street, Trundle

It would be helpful to know numbers in advance, but you are welcome to turn up on the day.

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics, and neuroscience.

questforlife.org.au/regional-workshops

Marramorra Makerspace HOLIDAY WORKSHOPS



LEGO Games

timed, themed and fun
15th April, 10am-11.30m
Marramorra Makerspace
Kindy - Year 6, \$2

Waste Warriors

design and build a Waste Warrior
using packaging
17th April, 10am-12pm
Marramorra Makerspace
Year 5 - Year 12, \$2
Start collecting your packaging now



Hanging Out

create a mobile out of packaging
24th April, 10am-12pm
Marramorra Makerspace
Kindy - Year 6, \$2
Start collecting your packaging now

In person bookings are essential. Call into the library today.



April School Holidays Free Illustration Workshops with Sami Bayly

Author and illustrator of
The Illustrated Encyclopaedia of Ugly Animals,
The Illustrated Encyclopaedia of Peculiar Pairs in Nature
and more!

PARKES LIBRARY
(Marramorra Makerspace)

Tuesday, 23 April 2024

10:30am - 11:30am: for students in Kindy -Year 6

2:30pm - 3:30pm: for students in Year 7-12

In person bookings are essential.



TRUNDLE LIBRARY

Wednesday, 24 April 2024

10:30am - 11:30am: for students in Kindy -Year 12

Bookings are essential.
Phone Parkes Library 6861 2309



April School Holidays Art Activity



TULLAMORE LIBRARY
Wednesday, 17 April, 11:30am - 1:00pm
For students in K-6

\$2

Bookings are essential and limited.
Phone Parkes Library 6861 2309



4 BEDROOM HOME ON 1761m² FOR SALE - \$395,000



Built in 2007. Features include: Insulated roof and under floor, Cyprus pine construction, timber floor boards throughout, established garden, Solar panels, rain water tank, built-in wardrobes in single bedrooms with walk-in robe in main. Ceiling fans in all bedrooms. Modern family bathroom with separate toilet. Laundry with back door access. Ensuite in main bedroom as well as in the double garage. Split system air con in living and main bedroom. Modern kitchen with dishwasher, wall oven and stove top.

Separate area of vacant land under same title with rear lane access. Fully fenced.



Contact us to arrange an inspection!

0427 347 194

sandra@gsinsurance.com.au

96 FORBES ST \$395 000

Call Sandra at AJ Pike & Son Real Estate today on 0427 347 194 to arrange your inspection.

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:



The William Rubensohn Foundation



Wu's Chinese Restaurant Bi-Weekly Meat Raffles 18 Hole Golf Course Function Centre

Pool Comp Tuesdays Bi-Weekly Badge Draws Happy Hour Mon - Wed

02 6892 1075
admin@trundleservicesclub.com.au