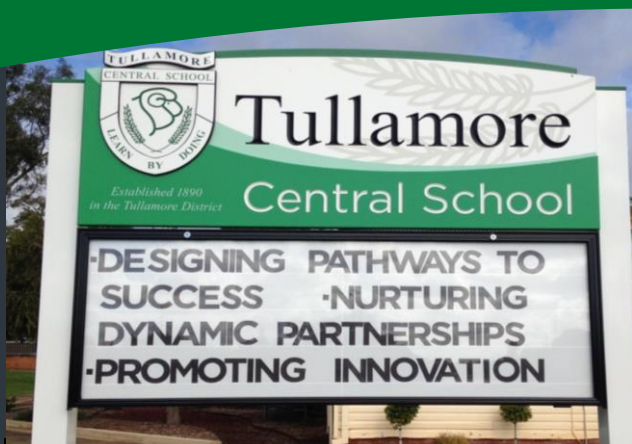




TULLAMORE CENTRAL WEEKLY

Tullamore Central School
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Executive Staff

Principal:
Mr Peter Nichols

Assistant Principal
Mrs Donna-lee Horsburgh

Head Teacher Secondary Studies:
Miss Natasha Shankelton

Parents & Citizen's Association

President:
Mr P.J. Edwards

Secretary:
Mrs Sherryn Perks

Treasurer:
Ms Alarna Zammit

Tullamore Central School is a Positive Behaviour for Learning School. At Tullamore Central School we are:

RESPECTFUL
RESPONSIBLE
COOPERATIVE
HONEST



OUR SCHOOL IS AN ALLERGY AWARE COMMUNITY

CONGRATULATIONS TO OUR SCHOOL LEADERS FOR 2017



HATS OFF TO THE BAND, MUSIC TO OUR EARS!



COMING EVENTS 2016

TERM 4

DECEMBER

16 Final Day 2016, Market Day, Christmas Muffi Theme

2017

FEBRUARY

3 Staff Development Day
6 Students return 2017 (Years 1 – 12)
7 Kinder, 2017 commence
10 Swimming carnival
13 P&C meeting Club 7:00pm

PBL MARKET DAY

Change of Routine

When: Friday 16th December

What: Early lunch at 12:20pm

Followed by the Market Day commencing at 1:00pm.

PRINCIPAL'S REPORT

Presentation Night

I would like to thank everyone involved in all aspects of our Presentation Night. Special thanks to Mrs Horsburgh for her hard work organising this annual event, there is a lot involved and she does it very thoroughly. Thank you also to everyone who donated and presented awards, your support for our students is greatly appreciated. Congratulations to all of our students who were recognised for their achievements in 2016, you should all be very proud. Finally thank you to all the families and friends of our students not just for your attendance on Tuesday night but for your contributions and good will over the 2016 school year.

School Leaders 2017

Firstly, thank you to every student who nominated for leadership positions in 2017. As is always the case there were some very high quality candidates who missed out but I would encourage them to keep

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trying in the future, your day will come. Congratulations to the following students who have been democratically elected into leadership roles, I am sure you will all rise to the challenge and make the most of this opportunity your peers have given you.

Secondary Captain - Dominic Lopez
Secondary Vice Captains - Lachlan Curr and Jye Langley
Primary Captains - Lisa Edwards and Jeffrey McLean

SRC representatives:

Year 1 – Maya Williams, Tristan Laing; Year 2 – Archie Aveyard; Year 3 – Tom Ortl; Year 4 – Sophie Laing, Kayliah Alvey; Year 5 – Ava Curr; Year 6 – Abbey Larkings; Year 7 – Mackenzie Horsburgh; Year 8 – Bailee-Jane Merriman; Year 9 – Paris Curr; Year 10 – Aimee Walker; Year 12 – Jake Cashman.

Apologies to Jake Cashman who I did not announce at Presentation Night (a typo!). We will include a photo of our whole SRC in 2017 when we elect the Kindergarten representatives and to include Jake.

Thank you Elva

Early in the week at our Christmas Scripture Service we farewelled Mrs Elva Horsburgh and thanked her for the enormous contribution she has made teaching scripture at Tullamore Central School since the mid-1970's. Mrs Horsburgh is one of the kindest, loveliest human beings I have ever had the pleasure to meet with who is held in enormous regard by the students, staff and school community. I wish her and Ron all the best for the future.



Thank you and all the best Elva

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2017 timetable changes

There are some minor changes to daily organisation in 2017. Secondary will be going from a 7x45 minute period day to a 5x60 minute period day. This fits in better with Western Access video conferencing timetables and is easier logistically. This leaves 15 minutes daily spare which I will discuss under the heading Stronger HSC. Both Primary and Secondary will be going from a 20 minute recess and a 40 minute lunch break to 2x30 minute breaks. The breaks will be from 11:00-11:30am and 1:30-2:00pm. This works organisationally much better and also gives greater flexibility having two breaks where activities can be scheduled. Secondary lunch passes will be able to be used at either break as stipulated by the parent (a new note will be issued in 2017). Lunch orders will be delivered at the second break. There is no change to the start and finish times for the school day for Secondary or Primary.

Year 6 Graduation

Last week we held an assembly to recognise Year 6's completion of their Primary school years. Thank you to all of the families and friends who attended and to Mrs Laing for all of her great work with Year 6 this year. We wish all of our graduating students the very best as they enter the next phase of their lives as High Schoolers !



All the best for High School!

'Stronger HSC'

As mentioned last week the NSW Government has made changes to the HSC including mandating the attainment of higher levels of literacy and numeracy as part of gaining the "full" HSC, commencing with the Year 9, 2017 cohort. To support this we are

employing Valeena Fidock every Friday to coordinate our 'Stronger HSC' program. This will involve a daily 15-minute lesson for all students 7-12 focussing on improving aspects of literacy and numeracy tested in NAPLAN (and the online testing which will be part of the regime.) All of our Secondary staff will be involved in the delivery of the lessons and to provide individual support for those who need it. Valeena will analyse the data, prepare the lessons and mark the work ensuring individual feedback is provided. More details to follow in 2017.



Congratulations to the Reindeers who were the winners at yesterday's PBL Reward day!

Best Wishes Mrs Foley

We all wish Mrs Foley and her husband Jake the very best for her pending maternity leave and thank her for all of her work at Tullamore over the past three years. I am sure we will see her around!

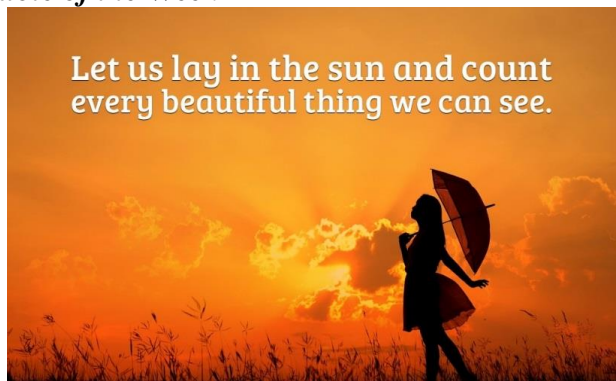
Thank You Mrs McCosker

Mrs McCosker will be retiring during 2017. We thank her for the enormous contribution she has made at Tullamore CS and despite her humble protestations there will be much more mention of this next year! Stay tuned!

Happy Holidays

I would like to wish everyone all the very best for the school holiday period. Please stay safe and take some time to relax, energise and do whatever pumps up your tyres! I look forward to seeing everyone again in 2017 for another exciting and productive year at Tullamore Central School.

Quote of the Week



Peter Nichols
Principal

AWARDS

Congratulations to all our Award winners

Lily Aveyard, Charlotte Darcy

BRATS Kalista Perks, Lisa Edwards

Bailee-Jane Merriman, Dylan Davison

Riley Horsburgh, Jack Bye

Primary and Secondary Work Ethic Awards

K/1 Dougal Horsburgh

2/3 Thomas-Jnr Ortl

4/5/6 Mackenzie Horsburgh

7/8 William Bolam



PRIMARY PIECES

This week has been a very busy one with Presentation night, Reward Day, Year 6 Graduation lunch and then our end of term Market Day planned for tomorrow. In fact, what a busy year!! Children have been and may still be taking home books and work from throughout the year.

Thank you parents, grandparents, friends and family for supporting your children in so many ways this year. The staff, and of course the students appreciate your input into their education.

I wish you all a very happy holidays, enjoy Christmas with your loved ones and be safe wherever you are.



K/1 News



I'm going to miss my lovely class over the holidays, I've had such an enjoyable year with them all. Thank you for all your support and cooperation with homework and all things school. It would be great if the children could do some reading during the holidays!

Enjoy spending time together, be safe and I look forward to seeing you in February 2017. Merry Christmas.



Donna-lee Horsburgh
K/1 Teacher

Year 2/3

I would like to take this opportunity to thank the wonderful parents of Year 2/3. I have thoroughly enjoyed my first temporary position, and glad that it was working with your lovely children.

I hope your Christmas is a special day to remember, and wish you all the best for the new year.

Breanna Horsburgh
Relieving 2/3 teacher

Year 4/5/6

Wishing you all a Merry Christmas and a safe and happy holidays. We have had a fantastic year filled with learning and laughter. I would like to thank the Year 4/5/6 parents for their support throughout the year. Best wishes to the Year 6 students who begin their new schooling adventure. I look forward to seeing you all after the break!



Carmel Laing
Classroom Teacher

SECONDARY NEWS

There are a number of announcements this week for secondary students and their parents.

Western Access Program Updates – Access Camp

This week has been very busy for students. We have had Primary Industries Assessment days, HSC Agriculture Lab practical days, Whole School Reward Days and then there is market day on Friday.

The work does not stop for our senior students as they have commenced their HSC studies. Students in Year 11 and 12 will also be preparing for the upcoming Access Camp. Students who are attending the camp (which is compulsory for all students in stage 6) will need to complete an online registration form using the following link details:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

Booking Number 498274

Booking Start Date 13/02/2017

Booking Venue Lake Burrendong Sport and Recreation Centre

Booking Name Western Access Program

Students will need to register **as soon as possible** for the camp. They will require their Medicare Card to do their registration. If students need assistance to complete the form they can bring their Medicare card number to school on either Thursday and Friday this week and Miss Shankelton will assist them to do their form.

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The cost of the camp will be \$50.00 Permission notes will be distributed during the first week back.

End of Year Reminders – Years 7-10

Students in Years 7-10 need to ensure that their tote trays are cleaned out on Friday and all materials are either disposed of or taken home. This also applies to the secondary fridge. If you own one of the containers in the fridge it needs to go home or it will be disposed of when the fridge is cleaned out. Students who have lockers also need to ensure that their lockers are cleaned out and their key is returned to the front office.

Have a safe and happy Christmas!
Natasha Shankelton
Head Teacher Secondary Studies

SPORT

SPORTS PERSONS OF THE WEEK

Secondary:	Zarli McAneney, Mackenzie Horsburgh
Primary:	Lisa Edwards, Blake McMahon

Upcoming Events

Primary/Secondary

School Swimming Carnival

Friday 10th February

Tullamore Pool

THANK YOU

Thank you to everyone who has contributed in one way or another to the school sports program this year. Schools like ours simply don't function without the parents, staff and students who all make contributions with volunteering their time for the enjoyment of others. Your efforts are greatly appreciated!

SWIMMING CARNIVAL 2017

This will be held on Friday 10th February at Tullamore Pool from 9:00am - 3:05pm. All students who are turning 8 in 2017 and above are invited to attend. Family and friends are most welcome to come along and cheer. We always appreciate the assistance we get with time keeping and I'd like to thank those volunteers in advance for helping with this. Please note that students will need to be dropped off and picked up from the pool.

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We look forward to seeing you in our Lovely Library in the new year.

Have a Merry Christmas and a safe and happy holiday.



See you in 2017!

Belinda Lindsay and Julie Porter

Age Groups Are As Follows:

Junior Primary:	8 – 10 Yrs
Primary:	11 Yrs
Senior Primary:	12 - 13 Yrs
Junior Secondary:	12 – 14 Yrs
Senior Secondary:	15 – 18Yrs

Points Are As Follows:

First	8
Second	6
Third	4
Fourth	2
Participation	1

Entries:

25m races – Breaststroke, Backstroke and Butterfly will only attract participation points. If you choose to swim in a 25m race you will be unable to compete in the 50m race of the same stroke. The only exception for this is the 25m Freestyle sprints. These are open to everyone and will attract both place and participation points.

The canteen will be in operation if students would like to order their lunch. We are looking forward to another exciting parent versus teacher relay so dust off those budgie smugglers and get training these holidays! Students are encouraged to come dressed in their house colours. I look forward to seeing everyone bring their team spirit on the day ☺

Library News

We have been so happy to see the amount of students borrowing this year and making use of our wonderful library. We have lots of lovely new books in the library that have been borrowed regularly by the students and we hope that this will continue next year.



Reminders



Students with outstanding loans are asked to PLEASE return books by the end of this week.

If books have been misplaced or damaged, please let us know so arrangements can be made to have these replaced.



BIOLOGY – MARYANN EBSWORTH - TRANGIE

In the Preliminary course we study Ecosystems and the interactions between living and non-living factors in them. The Patterns in Nature module covers the structure and function of cells, and how they obtain nutrients to grow and repair themselves. The Life on Earth module explores how life came to exist on Earth. We investigate evolution from simple molecules to complex organisms, and the conditions needed to support life here (and elsewhere in the Universe!). The Evolution of Australian Biota module focuses on the evolution and adaptations of Australia's unique animals as a result of isolation and the influence of varied climatic conditions.



Biology is amazing!

POSITIVE BEHAVIOUR FOR LEARNING



What a fun day we had yesterday for our Reward Day. Thanks to Miss Richards for all her hard work in organising the day. The children had lots of fun playing a giant board game. Congratulations to all children on their excellent behaviour and participation on the day also.



Remember Market Day is tomorrow with a Christmas theme. You may wear mufti and may also choose to dress in Christmas theme.



PBL WHOLE SCHOOL REWARD DAY



COMMUNITY NEWS

TULLAMORE POOL

The Tullamore pool will be open on a *Tuesday* throughout January 2017

Thank you,
Lee

TULLAMORE PONY CLUB

Tullamore Pony Club are having their Christmas Party/Presentation Night this Sunday 18th December 2016.

At Tullamore Swimming Pool

11:00am Fun and games in the pool

11:30am Presentations and awards

12:00noon BBQ lunch (meat provided) Please bring a salad to share.



**COMMUNITY CAROLS
SUNDAY 18TH DECEMBER
TULLAMORE WAR MEMORIAL
HALL**

7-30PM

**MUSIC, SINGING OF
LOCAL TALENT**



Tea and Coffee, and please bring a plate.
Gold coin for admission to help hall.

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PORTER'S STORE

Orders are now being taken for Christmas hams, turkeys, seafood, fruit, vegetables, salad and more. Please order by 19th and pick up the 22nd -23rd December.

Merry
Christmas

everyone

Lee, Bonnie & Kath

Closing Days

over Christmas and New Year
Closed 26th & 27th December
& 2nd January

Uniting



Hi Tullamore Families. I am Angela from the Western Family Referral Service. If you have any issues or concerns you would like support with, I am more than happy to meet with you. Some issues may include: Housing, Centrelink, Mental Health, Medical Services, Drug and Alcohol Services, Counselling, Legal Services, Domestic Violence Services, Parenting programs and other support services identified by you. If you would like to meet, please give me a call for an appointment on 02 6885 8888. Look forward to hearing from you.

Angela Mathieson, Family Connector
Tullamore Community

Merry Christmas
& Happy Holidays!

PARKES SHIRE COUNCIL EMPLOYMENT OPPORTUNITIES

The region's youth are encouraged to take up the exciting career opportunities currently on offer at Parkes Shire Council. There are currently a number of positions available in various fields, tailored for young people including:

[*] Traineeships in town planning and ranger services

[*] Cadetships in civil engineering

[*] School Based Apprenticeships and Traineeships (SBAT) in business and information technology for students entering Year 11 in 2017
Parkes Shire Council's General Manager, Mr Kent Boyd said these opportunities are a fantastic stepping stone for students wondering what's next after they finish school.

"School leavers may be surprised to discover that Parkes Shire Council offers jobs in a broad range of fields, with vast opportunities for career development."

"These positions provide professional mentoring, applied learning, real life experience and an opportunity for our young people to gain training and practical skills without having to leave the region."

"Parkes Shire Council is full of people who have

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chosen to work in local government because they want to help others, make a difference to the community, and improve the environment in which we live." Mr Boyd said. Parkes Shire Council's Trainee Financial Services, Madelyn Swindle said working at Council has offered her an exciting range of opportunities. "I am enjoying constantly learning new things. There are some wonderful opportunities that come up, such as taking part in new initiatives and projects."

"There is such diversity in the positions available and it's great to see how all the departments work together to add value to our community," Madelyn added.

School leavers are encouraged to apply for the positions currently available through Council's website,

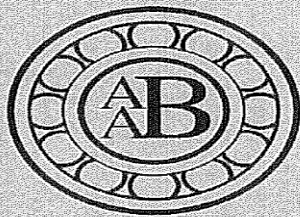
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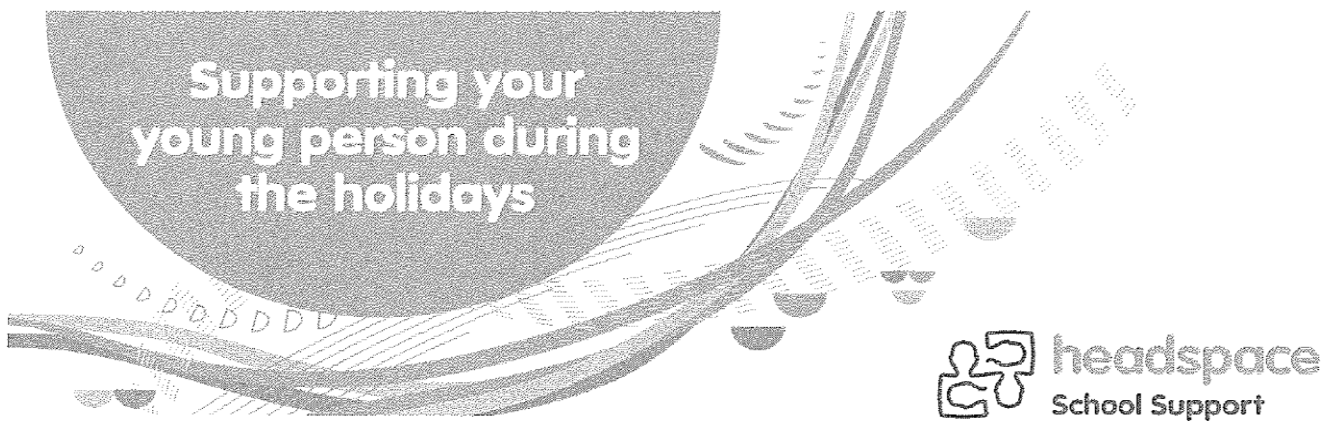
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Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.



Tips to help you support your young person

1. **Recognise** their distress or concerning behaviour
2. **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
3. **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
4. **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
5. **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.