



# Peak Hill Central School Newsletter

**We are a Respectful, Responsible, Safe and Successful School**

Caswell Street, PEAK HILL NSW 2869

P: 02 6869 1304 E: [peakhill-c.school@det.nsw.edu.au](mailto:peakhill-c.school@det.nsw.edu.au)



## Western PSSA Swimmers



L-R: Isabella Read, Taliyah Keed-White, Ruby Bell and Kaya Gavin

On Thursday, 14th of March 2019 our senior girls freestyle relay team (pictured above) represented Peak Hill Central School at the Western PSSA Swimming Carnival. The carnival was held in Dubbo where they competed against numerous school in the Western Area. Our students displayed great sportsmanship on the day.

**Miss Teagan Heraghty**  
Sports Co-ordinator



## Principal

Mr Darren Hamilton  
(Rel)

## Deputy Principal

Miss Deb Sharkey

## Head Teachers

### Secondary Studies

Miss Lucy Dempsey  
(Rel)  
Mrs Catherine Doyle

### Administration

#### Manager

Mrs Tanya Stanford

### Aboriginal

#### Education Officer

Mrs Vicki Sharah

### Assistant Principal

Miss Grace Stewart

### Head Teacher

#### Access

Mrs Crystal  
Stanford

## P & C Committee

### 2019

#### President

Ms Kim Dern

#### Vice President

Mrs Kelly Dart

Miss Renee Keed

#### Secretary

Mrs Melanie Naden

#### Treasurer

Ms Tammy Gavin

## Western Access Program Work Placement

Congratulations to our Stage 6 Work Placement students who were fantastic representatives for our school at their respective Work Placements last week in and around Dubbo. Each had glowing reports from their work place managers and were able to get the most out of their experiences over the week.

## Rugby League Trials

Best of luck to Joseph Dargan, Taigan Brennan-Ingram and Malachi Dart who will be representing Peak Hill Central School at the first round of the Western Rugby League Trials in Narromine on the 21<sup>st</sup> March.

## Western AFL

Best of luck to Cooper Dart who was in Orange on Wednesday, 13<sup>th</sup> March for Western Region Primary AFL trials. This is certainly a big event with all primary players from around the Western Region being in attendance for this event.

## Support Programs

Over the coming months there will be department of education and external support agencies running support programs before, during and after school. These programs will involve a range of academic, cultural and personal skill building aspects. Parents and students will be contacted and invited to attend information sessions around the design and running of these programs to support students as they transition through their schooling life.

- **Nanyabura** – Dennis Moran from Parkes will be running a program that will start Wednesday 20<sup>th</sup> March and have links with Aboriginal culture, resilience building and a range of personal aspects around respect. Other guest presenters will be utilised over the year to support Aboriginal cultural perspectives.
- **Parkes PCYC** – Senior Constable Simon Lockwood from Parkes PCYC will be running a sport and physical activity program one morning a week starting in Term Two.
- **Police Schools Liaison Officers** – Jane Heffernan from Orange Police will provide talks and guest speakers around building respect and the use of social media

Spots for some of these programs will be limited. More information will be posted in coming newsletters and the school's Facebook page.

## Attendance

It is important for children to be attending school each day. Regular attendance at school is essential for students to achieve quality life outcomes. Schools, in partnership with parents, are responsible for promoting the regular attendance of students.

*The importance of arriving on time; arriving at school and class on time:*

- *Ensures that students do not miss out on important learning activities scheduled early in the day*
- *Helps students learn the importance of punctuality and routine*
- *Give students time to greet their friends before class*
- *Reduces classroom disruption*

If your child is away for any reason, it is important that you provide a note to explain their absence the day they return to school.

*Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.*

## Uniform

It is great to see students are in full school uniform each and every day. It shows they

## Principal's Message Continues

are connected and feel part of a supportive school environment. The school has uniform to purchase at the front office. If you require support with the provision of uniform as the weather cools in the coming months, please make an appointment to see me through the office contact number.

### Youth Worker

I am pleased to announce we have employed a Youth Worker through a merit selection process in conjunction with Fusion Australia, an external provider. **Charlie Johnson** will be employed for 2 days a week to support students in a range of capacities over the year. Charlie will support our School Counselor and our Learning and Support Team in meeting with students and developing personal coping skills.

**Mr Darren Hamilton**

**Principal (Rel)**

## Deputy Principal's Report

Australia is a vibrant multi-cultural country, from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. Harmony Day originated in Western Australia originally taking place on the United Nations International Day for the elimination of Racial Discrimination. The day is observed on March 21<sup>st</sup>, the date of the 1960 Sharpsville massacres when police fired on a peaceful demonstration against apartheid in South Africa. Since 1999 more than 77 000 Harmony Week events have been held in childcare centres, schools, community groups, churches and government agencies to celebrate the successful integration of migrants into our communities. Harmony Week is about inclusiveness, respect and belonging, regardless of cultural background. Inclusiveness, respect and belonging are constantly being modelled by teachers to students through classroom conversations across all key Learning Areas, but are particularly strong themes across English, History and Personal Development classes. If we want people to treat us with respect we must all give respect to others. Happy Harmony Week!

**Miss Debra Sharkey**

**Deputy Principal**

## Head Teachers' News

### Covered Shoes

A reminder to all Parents and Carers that students need to wear FULLY covered leather shoes or joggers to school each day.

### Jumpers

With the cooler weather coming in, it is a good time to remind families that new school jumpers can be purchased from the Front Office. For any families who would like to arrange a payment plan with the school, please do not hesitate to pop in to the office and organise this so that you are ready for winter.

### Tell Them From Me Surveys

This year PHCS will be involved in the Tell Them from Me (TTFM) Surveys.

This is an excellent way for Parents, Carers and Students to provide the school with feedback on the things we are doing well and areas where we can be even better. More information will be forthcoming regarding these surveys. This term students will be involved in an online Student Survey, notes for this survey will be going home early next week.

**Mrs Catherine Doyle**

**Head Teacher**

It has been a busy two weeks at Peak Hill Central School, with our Parent and Carer/Teacher Afternoon Tea, Lawn Bowls at Forbes, the STEMShare Program and Western Access Program Work Placement.

The Parent and Carer/Teacher Afternoon Tea was held on Monday 4th March, and gave parents the opportunity to join us for nibbles and discuss their child's start to the school year and contribute to their learning plan. A big thank you to Catherine Doyle who put on an amazing spread as always.

On Wednesday 6th March Tia Cohen, Jada Read, James Robinson and Garth Jackson competed in the Western Lawn Bowls Knockout against Forbes High School. The team was very competitive and represented the school with pride.

Tanya Riach from the STEMShare Program has been visiting our school to help educate our students and staff about the use of our film kit in lessons. This is a great opportunity for students to use advanced technology in their lessons and it looks like we may have some future actors and directors amongst us.



## Head Teachers' News Continues

Tanya will be visiting again in Week 8 to do some more work with our students.

In Week 6, students from Year 11 and 12 attended their Work Placement. Bayn, Lauren, Haidee, Jade, Marissa, Sky and Taigan had fantastic experiences working in industry and were excellent ambassadors of our school values.

**Miss Lucy Dempsey**  
Head Teacher

positive thoughts  
generate  
positive feelings  
and attract  
positive life  
experiences

## Assistant Principal

### Assistant Principal Star of the Fortnight!



Nikki has been putting in an enormous effort across all learning areas, in particular her writing. Awesome effort Nikki, Keep it up!

This morning we went to the Ag plot to see Mr McAlister and the chickens.

When we got there we looked at the chickens. They were in a cage with a light, food, water and shreds of paper on the bottom.

Mr McAlister gave us a chicken to hold. We had to hold them under the legs and on top of the feathers. We measured them on a scales. After that we got some water and food.

We went in to the green house and saw chilli and picked mint leaves. Mr McAlister told us to look for red grapes. I got to eat some. The last thing we looked at was the corn. Mr McAlister said we can pick them next week. xxx

Very good sentence structure Nikki!!

Miss Stewart

Mr Shankley

LEARNING FROM THE AG PLOT

Miss Stewart  
Assistant Principal

## Term 1 Calendar

Term 1 2019	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	11	12	13 Year 11 WAP Metals Practical Day at Peak Hill	14 P&C Meeting at 4pm in the School Library	15 Primary Assembly 10:10am  Secondary Assembly 12:30pm
Week 8	18	19	20	21	22 Primary Assembly 10:10am  Secondary Assembly 12:30pm  Gobondery NARRAF Cricket Gala Day at Peak Hill Year 3-6
Week 9	25	26	27	28	29 Primary Assembly 10:10am  Secondary Assembly 12:30pm
Week 10	1 April	2	3 Year 11 WAP Hospitality Practical at Peak Hill	4	5 Primary Assembly 10:10am  Secondary Assembly 12:30pm  PBL Colour Run
Week 11	8	9	10 Whole school Cross Country	11 Rugby League Trials at Peak Hill	12 Primary Assembly 10:10am  Secondary Assembly 12:30pm  Easter Hat Parade 12:30pm  <b>Last Day of Term 1</b>

## Triple Lawn Bowls Knockout



On Wednesday 6th March James, Garth, Tia and Jada travelled to Forbes to compete against Forbes High School in the Triples Lawn Bowl Knockout.

The game was incredibly close, with only a couple of big ends separating the sides at the end of the game. In the end we lost 22-14.

Jada and Tia should be congratulated for their amazing effort, competing for their first time in a lawn bowls competition. Both girls demonstrated a willingness to learn and played incredibly well on the day.

Well done to all students involved. We look forward to playing again!

**Mr Mitchell Thomas**  
**Bowls Co-ordinator**

L-R: Tia Cohen, Jada Read, Garth Jackson and James Robinson



## PBL - Positive Behaviour for Learning

### PBL Students of the week for Primary Week 5



L-R: Clair Sellers - stage 3, Charlee Beeby - Stage 2 and Henry Stanford - Stage 1

### PBL Students of the week for Secondary Week 5



L-R: James Robinson - Year 10, Bindi Judd - Year 7 Hunter Judd - Year 8

Absent from photo: Tia Cohen - Year 9

### Russel Draw Winners for Primary Week 5



Indika Gavin - Stage 1



Jock Strahorn - Stage 2



Ruby Bell - Stage 3



L-R: Marissa Robinson - Year 12 and Bayn-Jemon Schnitger - Year 11



## PBL - Positive Behaviour for Learning

### Russel Draw Winners for Secondary Week 5



Shanekwar Wright -  
Stage 4



Kerryanne Watson -  
Stage 5



Rhett Gavin – Stage 6

### PBL Students of the week for Primary Week 6



Jaylee Robinson -  
Stage 1



Willo McLachlan -  
Stage 2



Ruby Bell - Stage 3

### Russel Draw Winners for Primary Week 6



Jaylee Robinson -  
Stage 1



Taliyah Keed-White  
- Stage 2

### PBL focus for week 6 & 7

The PBL focus for week 6 and 7 is Safe. The colour for Safe is red and students will receive red Russels for these two weeks.

To be a Safe learner students can:

- Use equipment appropriately
- Report dangers and hazards to staff members
- Be aware of their surroundings
- Be in the right place at the right time
- Wear safety equipment in designated areas
- Be prepared and ready to learn in class



Ruby Bell - Stage 3



## PBL students of the week for Secondary Week 6



L-R: Tamika Read - Year 12, Jaedyn Murray - Year 9, Vincent Barlow - Year 8, Lamia Bell - Year 10 and Emma Beeby - Year 7

## Russel Draw Winners for Secondary Week 6

Stage 4: Vincent Barlow

Stage 5: Chenaya Cohen

Stage 6: Tyden Barlow

## COLOUR RUN DAY @ PHCS!

On Friday 5 April, Peak Hill Central School will be holding a COLOUR RUN DAY, for all students in Kindergarten to Year 12, as an acknowledgement day for PBL.

Students are asked to bring a white t-shirt for the colour run day.

Miss Heraghty & Mrs Levick



## P&C News

Reminder: P&C Meeting TONIGHT at 4pm in the School Library. Everyone is welcome to attend.

Ms Kim Dern  
President



### Peak Hill Central School P&C Association

# Easter Raffle

**can you help by donating....**

- **Chocolate Eggs**
- **Easter Egg Baskets**
- **Chocolate Packs**
- **Other Easter Gifts**

**TICKETS ARE \$2 EACH OR 3 FOR \$5 OR 7 FOR \$10**

TICKETS CAN BE PURCHASED AT THE SCHOOL FRONT OFFICE, THE SCHOOL CANTEEN AND VARIOUS SHOPS IN TOWN



The Easter raffle will be drawn at the school after the Easter Hat Parade. If winners are unable to attend the parade they will be notified via phone call.

All funds raised go directly to the PHCS P&C Association

fundraising  
 volunteer  
 help  
 organise  
 spare  
 time  
 community  
 support  
 parents



Throughout the term students in K/1/2 have been studying bears. We have read non-fiction books about polar bears and grizzly bears, watched informative videos about bears, read fairy tales such as Goldilocks and the Three Bears and also other fiction stories with bear characters.

Last week students researched polar bears and wrote a report with information they found. Students then published their work on Microsoft Word.

Here are some examples for you to enjoy!

**Miss Grace Stewart & Miss Elsie Woodley  
Classroom Teachers**

**Polar Bear**

A polar bear is a mammal.  
Polar bears have big paws.  
Polar bears eat seals and fish.  
They live in the North Pole.  
They have black skin.



Billy

A polar bear is a mammal.  
Polar bears have big paws.  
Polar bears eat seals and fish.  
They live in the North Pole.  
They have black skin under their two layers of fur.



Darius

**Polar Bears**

A polar bear is a  
mammal.  
Polar bears have big  
paws.



Ethan

A polar bear is a mammal.  
Polar bears have big paws.  
Polar bears eat fish and seals.  
Polar bears live at the North Pole.  
Polar bears have 2 layers of fur and  
underneath their fur they have black  
skin.



Aarna

Polar Bears are mammals.  
Polar bears have white fur.  
They eat fish and seals.  
They live in the North Pole.  
They have 2 layers of fur with black skin  
underneath.



Brooklyn



## Welcome to Stage 2 News

### Let's meet our PBL Students of the week

**Name:** Charlee Beeby

**Favourite Sport:** Soccer

**Favourite Subject:** Science

**I like coming to school because:** I learn

**On the weekend I like to:** ride horses



**Name:** Willo McLachlan

**Favourite Sport:** Soccer

**Favourite Subject:** Art

**I like coming to school because:** I can meet my friends

**On the weekend I like to:** play with play dough



### Cooking with Mrs Doyle

This week Stage 2 were lucky enough to use the vegetables they picked at the Ag plot to cook some bacon and vegetable quiches.



### Ag Plot and chicken visits with Mr McAlister

Stage 2 had their second visit to the Ag plot this week to check on the chickens.





## Stage 2 visit to the Ag Plot – Nikki Cohen

This morning we went to the Ag plot to see Mr McAlister and the chickens.

When we got there we looked at the chickens. They were in a cage with a light, food, water and shredded paper on the bottom.

Mr McAlister gave us a chicken to hold. We had to hold them under the legs and on top of the feathers. We measured them on a scale. After that we got some water and food.

We went in to the green house and saw chilli and picked mint leaves. Mr McAlister told us to look for red grapes. I got to eat some. The last thing we looked at was the corn. Mr McAlister said we can pick them next week.



## Stage 3 with Ms Michelle Ross & Miss Georgia Stewart

Stage 3 students have been learning about Place Value this term. During Mathematics groups this week they have been adding fractions.

### Ms Michelle Ross & Miss Georgia Stewart Classroom Teachers



Pictured above: Jacob Bell, Brock Rez, Jayden Ryan, Ben Ridgeway-Dreier & Ethan Ridgeway-Dreier



Lillianna Bendeich



Bella Robinson & Missy Beeby

### Stage 3 Yarn Up!

My name is Bobby-Joe Wright.

I am in Year 6.

My favourite sport is, I don't have one.

I don't follow the NRL.

I'd like to travel to LA in the future.

My favourite subject is Maths.

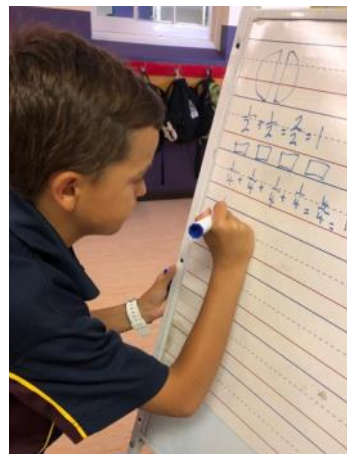
If I had a million dollars I'd give some to charity and buy a car.

My favourite fruit is watermelon.

Unspeakable, Morgz and Logan are my role models.



Trai James & Cooper Dart



Cooper Dart

## Stage 4

### Year 7 Science – Matter

Year 7 has been studying the properties of different 'states' of matter – solids, liquids and gases. Acknowledging that it is the exception that proves the rule, we created a 'Non-Newtonian fluid' called 'Oobleck' from water and corn starch that has properties of both liquids and solids.

The 'Oobleck' in the picture (a Non-Newtonian fluid) will hold a solid shape briefly before it slowly 'slumps', changing shape like a liquid. These types of fluids can react more like a solid as they experience more

impact, giving rise to interest in their use as body armour for police and soldiers and speed bumps that hit your car as hard as your car hits them!

### Mr Mitchell McAlister Science & Agriculture Teacher



Brent Murray



## Stage 5

Year 9 & 10 have been working on basic guitar, including melodic ostinato played on one string.

**Miss Kate Ellem**  
Music Teacher



Justin Ellis



Billy Cohen



Kerryanne Watson

## Science Spotlight

This year marks the International Year of the Periodic Table as it celebrates its 150<sup>th</sup> birthday at the hands of Dmitry Mendeleev, much to the delight of students, chemists and physicists everywhere!  
*For more on his story check out: <https://youtu.be/ORRVV4Diomq>*

As a result of this Stage 5 (Years 9 & 10) started the year looking at some of the trends and patterns of the Periodic Table and how it effects chemical reactions. Finishing the topic with an Assessment Task which is due this Thursday.

Moving on from Chemistry they are now looking into the Biology topic: **DNA & Genetics**.

So far they have looked at common traits that get passed on in humans, and are currently exploring how DNA is copied for new cells to form. As part of the course they will attempt to extract DNA from peas, look at how genes and the environment work together to impact on living things, mutations and gene technology.

Stage 4 Science:

Mr McAlister is taking Year 7 through an introduction to Science and laboratory skills while working through the Mixtures and Separations topic, for more information see his article.

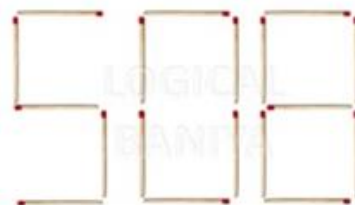
A standard periodic table of elements, color-coded by groups. It includes the title 'Periodic Table of Elements' at the top. The table shows elements from Hydrogen (H) to Oganesson (Og). It also includes the Lanthanide and Actinide series at the bottom.

Mr Cain has finished the Mixtures and Separations topic with Year 8 and they have begun looking at Cells.

Both years are currently working on an assessment task about Skin Cancer and Sun Safety to create a newsletter article, Facebook post or Web article that you may see here later in the Term!

**Mr John Grubb**  
Science Teacher

**Puzzle Corner:** What is the biggest number you can get by moving only two matches?



### VET WORK PLACEMENT

As part of the HSC requirement for all VET (Vocation Education Training) subjects, students must complete 70 hours of work placement over Year 11 and 12.

During Week 6 of this term, students from Yeoval and Peak Hill Central School, had the opportunity to stay at the Midstate Caravan Park in Dubbo and participate in one full week of Work Placement. For some of the students who attended this was their final HSC Placement. It was a wonderful opportunity for all the supervising staff to spend some quality time with an amazing group of young adults. We were constantly impressed by the: polite, positive, cooperative, punctual and well organised students who represented themselves, their families and schools so admirably during the week. These students have certainly set a high benchmark for behaviour, attitude and work ethic for future Work Placements.

Each of the students found their placement an incredibly rewarding and exhausting experience. It was a pleasure to visit each of the work places and to hear the praise and enthusiasm the businesses had for our students. Work Placement is a wonderful opportunity for our students to demonstrate their skills and talents and historically, a number of our students are offered part time work and apprenticeships as a result of their work placement.

Congratulations go to the students for their professional presentation, positive attitudes and excellent work ethics. Well done to each of you! You are excellent role models and we are very proud of you.

**Mrs Catherine Doyle**  
**VET Hospitality Co-ordinator & Careers Adviser**



L-R: Marissa Robinson, Lauren Hando and Sky Welsh

Enjoying Work Placement in the Hospitality industry last week were: Lauren Hando, who was at Church Street Café, Marissa Robinson and Sky Welsh who were at the Dubbo RSL.



Congratulations to Haidee Hando for her excellent performance at her Hospitality work placement at the Coffee Club in Dubbo last week. Haidee's diligence and work ethic were incredibly impressive during the week and the business offered her the opportunity of paid work in the future. Well done Haidee!





Jade Gavin enjoyed her week working with the team at Skinner's Dairy in Dubbo for her Primary Industries placement. She had the opportunity to engage in a wide range of activities from: mustering and fencing to milking and feeding the adorable baby calves. Jade thoroughly enjoyed the week and the employability skills she gained at Skinners.



Bayn thoroughly enjoyed his week of work at MAAS Construction. He was consistently punctual, enthusiastic and put into practice the skills he has already learnt in his VET Construction classes.

### Tell Them From Me student Feedback Survey (Term 1, 2019)

I am pleased to inform you that Peak Hill Central School, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. **It will be administered during school hours between 11 March and 12 April.** Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by Friday 29 March, 2019. Copies of the form and FAQs are available from:

<http://surveys.cese.nsw.gov.au/information-for-parents>.

Please do not hesitate to contact me if you have any further questions.

**Mrs Catherine Doyle**  
Head Teacher

# Easter Hat Parade

On Friday, 12 April at 12:30pm Kindergarten - Year 6 are having an Easter Hat Parade.

Following the parade will be the P&C Easter Raffle draw.

Try and get creative with you child/children at home and create an Easter Hat. If you need supplies don't hesitate to come and see your child's classroom teacher.

Parents/Carers are invited to join us to celebrate the Easter Hat Parade and are welcome to sign their child/children out at the front office, following the completion of the Parade.

Here are a few designs to get you thinking.



## School Stream - School App

**Did you know Peak Hill Central School has its own FREE App?**

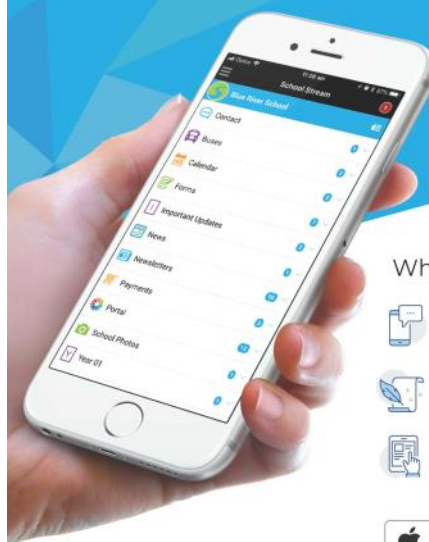
It's easy to download and simple to use. On our school app you can access the following information:

- School Newsletter
- Excursion forms
- Events
- Important notices
- Community information

Please ask the office staff to help you download the app if you'd like to keep up to date with what's happening at school.



## Download our school app for free!



Why download the app?

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.



### Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.



Peak Hill Central School is participating in the 2019 Premier's Reading Challenge. The challenge aims to encourage a love of reading for leisure and pleasure in students. It is not a competition but a challenge to each student to read more.

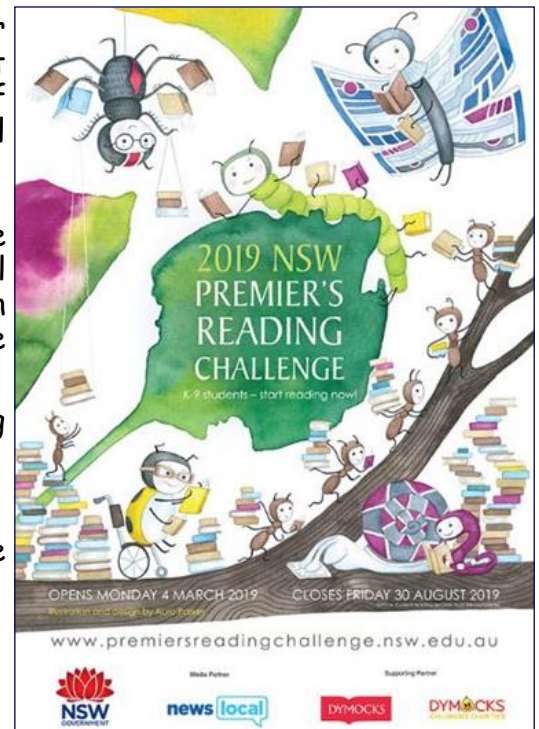
Students in K-2 will be undertaking the challenge in their class, with their teachers reading books from the PRC list and registering them. Students in 3-4 will have the option of reading books from the PRC list at home. However, they will also be supported by their teachers reading in class.

Year 5-9 students will need to undertake the challenge individually by accessing PRC list books from the school library. Any interested students will be registered and given login details to record their reading progress (teachers are more than happy to assist).

Details and booklists can be accessed at the following website: <https://online.det.nsw.edu.au/prc/home.html>

If you have any questions please feel free to contact me through the school office.

Mrs Lisa Levick  
PRC Co-ordinator



## Community Notices

Hosted by RTAA & Sydney Trains

**RTAA RAIL  
INDUSTRY  
FIELD DAY**

**2019**

**3-4 APRIL, CLYDE**

### You are invited to the 2019 RTAA Rail Industry Field Day

#### FREE TWO DAY EVENT

Don't miss this opportunity to check out the latest in rail innovation and technology at **Australia's largest outdoor rail event.**

Hosted by the Rail Track Association of Australia (RTAA) and Sydney Trains, this Field Day is open to anyone interested in the rail industry.



**50+**  
Exhibitors



**30+**  
Demonstrations



**13+**  
Presentations



**1000+**  
Visitors

[rtaa.org.au](http://rtaa.org.au)

#### For more information:

Michelle Bye +613 9863 7606 or [michelle.bye@encanta.com.au](mailto:michelle.bye@encanta.com.au)  
Lynne Greenaway +618 9389 1488 or [businessmanager@rtaa.org.au](mailto:businessmanager@rtaa.org.au)

Hosted by RTAA & Sydney Trains

**RTAA RAIL  
INDUSTRY  
FIELD DAY**

**2019**

#### Exhibitors at our last Field Day included:

- Anric Rail
- Australasian Railway Association
- Arconic Fastening Systems & Rings
- Autech Rail Australia
- Bombardier
- Broadspectrum
- BST Group
- Delkor Rail
- Derby Rubber Products
- Gemco Rail & Total Momentum
- Geofabrics Australasia
- Hilti Australia
- Infraworks Rail
- Institute of Railway Technology, Monash University
- Kennards Hire
- Key Source Rail
- KH1 Pty Ltd
- Laing O'Rourke Australia
- Linmag Australia
- Martini Rail
- Melville Equipment Corp
- Nitto Kohki Australia
- Pandrol Australia
- Plasser
- Plasser Australia
- Progress Rail
- PT Hydraulics Australia
- Railtech Australia
- Rhomberg Rail Australia
- RKR Engineering
- rt health fund
- Rail Track Association of Australia
- Railway Technical Society Australasia
- SafeSmart Access
- Select Encompass Credit Union
- Specialised Force
- Speno Rail Maintenance Australia
- Sydney Trains
- Taylor Rail Australia
- The Energy Network Australia
- Thermit Australia
- Traffic & Access Solutions
- Voestalpine Vae Railway Systems
- Vossloh Cogifer Australia
- Zoellner Australia



Supported by the







## Balance For Better

You're invited to hear from local industry trailblazers in how they strive for balance.

Thursday 28 March 2019  
HART Bar, Railway Hotel

6pm | Bubbles, Nibbles + Networking  
6.30pm - 7.30pm | #BalanceForBetter Panel Discussion + Q&A

Tickets \$10 via [www.parkes.nsw.gov.au](http://www.parkes.nsw.gov.au)

### Balance For Better Panelists



**Leanne Heywood**  
MLH Solutions  
Non-Executive Director  
NSW Business Woman of the Year  
2019



**Roslyn Dalton**  
CMOC Northparkes Mines  
Manager of Processing,  
Fixed Plant Maintenance  
and Reliability



**Jane Kaczmarek**  
CSIRO  
Astrophysicist

Proudly supported by Parkes Shire Council in partnership with CMOC Northparkes Mines  
in celebration of International Women's Day



It all adds up

**PARKES**



## STRONG ABORIGINAL WOMEN

Dubbo

Breaking the silence about family violence: What do we say when she tells us  
about violence & abuse (AB20-82130): **01-05 April 2019**

WOMEN TOGETHER  
MAKING CHANGE  
LEARNING  
SUPPORTING  
ENJOYING



What do you do ...

She is your friend, neighbour or family member

She is experiencing violence in her home

What do you say?

WOMEN!



JOIN US AT:  
**Connecting Community Services**  
Conference Room  
1/80 Gipps St Dubbo  
10am - 3pm

MORNING TEA, LUNCH & AFTERNOON TEA PROVIDED

Local Course Coordinator:  
Jade West ☎: 02 6889 4932 ✉: [jwest@ecav.org.au](mailto:jwest@ecav.org.au)  
ECAV Course Coordinator:  
Susan Isaacs ☎: 02 9840 3742 ✉: [susan.isaacs@health.nsw.gov.au](mailto:susan.isaacs@health.nsw.gov.au)

NSW Health Education Centre Against Violence  
Locked Bag 7118 | Parramatta CBD NSW 2124  
Ph: 02-9840-3735 | Fax: 02-9840-3754 | Email: [whed.ecav@health.nsw.gov.au](mailto:whed.ecav@health.nsw.gov.au) | Website: [www.ecav.health.nsw.gov.au](http://www.ecav.health.nsw.gov.au)  
ABN 48 702 394 754



Education Centre  
AGAINST VIOLENCE



NSW

# MUNGERY FAMILY FUN DAY

**FREE  
BBQ & SOFT  
DRINKS**

**10am, SUNDAY 17 MARCH  
MUNGERY HALL**

**LIVE MUSIC  
BRAD HALING +  
EMMA ROBERTS**

**KIDS ACTIVITIES**

**SUMO WRESTLING • AUCTION**

**DOG JUMPING COMPETITION**

**MUNGERY vs TOMINGLEY CRICKET MATCH**

**VINTAGE TRACTOR DISPLAY**

**BLACK DOG ST. PATRICKS DAY RIDE VISIT**

**MORE INFO:**  
**CONTACT SUSIE RAE**  
**0427 898 122**

**ALL  
WELCOME!**

**SUPPORTING DROUGHT-AFFECTED COMMUNITIES:**



## COMMUNITY AWARENESS



### Dementia Australia's Memory Van is visiting **PEAK HILL**

Dementia Australia's Memory Van is a mobile information service packed with helpful resources about memory concerns, dementia and information including the simple steps you can take to maintain brain health. Drop by for a chat and collect some brochures and information sheets. Material is provided free of charge.



#### MEMORY VAN LOCATION

Date Friday 15th March 2019

Cost **FREE**

Time 10am - 2pm

Venue Ex Services Club  
Caswell Street  
PEAK HILL

**No BOOKINGS required**

#### MAIN TOPICS INCLUDE:

- Dementia Australia's services
- Memory changes
- Memory concerns
- What is Dementia?
- Information for carers
- Dementia Risk Reduction including 5 Simple Steps to maximise brain health

Information sheets will be available for all visitors

**NATIONAL DEMENTIA HELPLINE**  
**1800 100 500**



**CONTACT**  
Building 21, 120 Cox's Road, North Ryde, NSW 2113  
P O Box 6042 North Ryde 2113

T: (02) 8875 4609  
F: (02) 8875 4665  
E: [awareness@dementia.org.au](mailto:awareness@dementia.org.au)



## NALAG NSW - Upcoming Events March & April 2019



### Drumbeat Facilitator Training (Dubbo) - FULLY BOOKED!

12-14 March 2019, Dubbo RSL Club

Become a certified trainer of the DRUMBEAT program, a powerful and effective program for young people, incorporating hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to strengthen the social and emotional skills for healthy relationships and values. FULLY BOOKED.



### Basic Loss and Grief Support Training (Hunter) - FULLY BOOKED!

14-15 March 2019, Tea Gardens Country Club

A two-day introductory course, equipping participants with the skills required to effectively support someone who is grieving. FULLY BOOKED.



### Mungery Family Fun Day (Gulgandra)

10am, Sunday 17 March 2019, Mungery Hall, Mungery NSW

Join us for a free community event with live entertainment, family activities, dog jumping competition, sumo wrestling, drought support information and much more!

More info: [www.nalag.org.au/ourshout](http://www.nalag.org.au/ourshout)



### Companion Training for Seasons for Growth (Dubbo)

22-23 March 2019, NALAG Dubbo

Train to become a Certified Seasons for Growth Companion (facilitator) in the Children and Young People's Program. Seasons for Growth, developed by Good Grief, incorporates a wide range of age-appropriate activities involving drawing, role-play, stories, discussion, playdough, music and journal activities.

More info: [www.nalag.org.au/seasonsforgrowth](http://www.nalag.org.au/seasonsforgrowth)



### Working Creatively With Children: Loss, Grief and Trauma (Mudgee)

Tuesday 26 March 2019, CWA Hall Mudgee - FILLING FAST!

This one-day workshop will explore how living through loss, grief and trauma affects children's behaviour. The workshop will provide participants with creative and effective play therapy support skills to assist children and explore the large range of "tools" for working with children experiencing loss, grief and trauma. More info:

[www.nalag.org.au/childtrauma](http://www.nalag.org.au/childtrauma)



### Farm First Aid Training (Multiple Locations)

26 March 2019, Coonabarabran NSW

27 March 2019, Coonamble NSW

28 March 2019, Walgett NSW

Develop skills and improve the safety of your farm or rural workplace by enrolling in this one-day training course, delivered by an accredited Red Cross First Aid Trainer. This free\* event is supported by NALAG NSW's Our Shout Program, Red Cross and West Dubbo Rotary. For more info, visit [www.nalag.org.au/ourshout](http://www.nalag.org.au/ourshout)

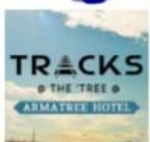


### Blue Healers (Mudgee) - FILLING FAST!

29-30 March 2019, Uniting Church Hall, Mudgee NSW

The Blue Healers program aims to help people manage mild to moderate depression, stress and anxiety, and develop learning strategies for coping. Blue Healers is a group program developed by NALAG and presented by trained facilitators. More info:

[www.nalag.org.au/bluehealers](http://www.nalag.org.au/bluehealers)



### Tracks @ the Tree (Armatree) - FUNDRAISING EVENT!

6 April 2019, Armatree Hotel, Armatree NSW

Drew McAlister and band LIVE at Armatree, with support acts from local musicians, Sarah Head and Brad Haling. Don't miss this special fundraiser event, coordinated by the Rotary Club of Dubbo Macquarie to raise funds for NALAG's Blue Healers stress, depression and anxiety program. Tickets: [www.123fix.com.au](http://www.123fix.com.au)



### Accidental Counsellor (Dubbo) - FULLY BOOKED!

4 & 5 April 2019, NALAG Dubbo, Dubbo NSW

Presented by Mira Tarabay (Psychotherapist, PACFA), this one-day interactive workshop aims to develop the knowledge and skills of people who frequently find themselves having to use counselling skills due to the nature of their roles, and effectively support people who are distressed. FULLY BOOKED.



### Farm First Aid Training (Multiple Locations)

2 April 2019, Narromine NSW

3 April 2019, Nyngan NSW

4 April 2019, Condobolin NSW

Develop skills and improve the safety of your farm or rural workplace by enrolling in this one-day training course, delivered by an accredited Red Cross First Aid Trainer. This free\* event is supported by NALAG NSW's Our Shout Program, Red Cross and West Dubbo Rotary. For more info, visit [www.nalag.org.au/ourshout](http://www.nalag.org.au/ourshout)



### Life and Death Matters Expo (Bellingen)

9am-3pm Saturday 13 April 2019, Bellingen Showground Main Venue, Bellingen NSW  
Coordinated by NALAG NSW's Bellingen/Nambucca branch (Mindala), this event is a free expo on how to do death and dying well, respectfully and affordably. There will be music, talks, crafts, information about upcoming workshops and examples of the Mindala library of books, as well as a quiet corner for listening. More info:

[www.nalag.org.au/events](http://www.nalag.org.au/events)



### Curban Twilight Market (Gulgandra)

3-6pm Saturday 13 April 2019, Curban Community Hall, Curban NSW

Join us for a twilight market, free BBQ and stacks of family fun at Curban Community Hall! Supported by NALAG's Our Shout Program, Curban Community Hall, Lions Club of Gulgandra, Coonamble District and Castlereagh Landcare.

More info: [www.nalag.org.au/ourshout](http://www.nalag.org.au/ourshout)

## DROUGHT SUPPORT TEAM

We are here to listen, connect and support you



If you or someone you know is experiencing stress because of the drought and would benefit from speaking to someone who has a similar experience, please contact us.

Monday to Friday 8:30-5:00pm  
6881 4000

After Hours call the  
Mental Health Line  
1800 011 511



Health  
Western NSW  
Local Health District



Peak Hill Vinnies Centre/Shop

### Summer Clothing Sale

For the month of March 2019 (whilst stock lasts)

Prices on all clothes reduced

Come in and have a look at our extensive range

#### Operating Hours

Tuesday 9am to 3.00pm

Thursday 9am to 3.00pm

Friday 9am to 3.00pm

Saturday 9am to 12 noon.

Our volunteers look forward to  
welcoming you to the Centre.

# SALE



# 7 Top Tips for Healthy Families

## 1. GET ACTIVE EACH DAY

Regular physical activity is an important part of getting healthy and staying healthy. Do something active everyday!



## 3. EAT MORE FRUIT AND VEGETABLES

Eat a variety of fruit and vegetables to make up 2 serves of fruit and 5 serves of veggies each day. Participating in **Crunch n Sip** or in a fruit break at school is a great way to do this!



## 5. EAT FEWER SNACKS AND CHOOSE HEALTHIER ALTERNATIVES

Healthy snacks in between main meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit n veg snacks.



## 2. CHOOSE WATER AS A DRINK

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and kilojoules found in fruit juice drinks, soft drinks and sports drinks.



## 4. TURN OFF THE SMALL SCREENS AND GET ACTIVE

Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks while you watch TV....turn it off and get active after school!



## 6. ACTIVE TRAVEL

Walk, scoot or ride to school! Families who live a long distance from school can 'Park and Walk or Ride'. And remember active travel is for the weekends too!



### FOR FURTHER INFORMATION VISIT:

Healthy Kids website

<https://www.healthykids.nsw.gov.au>

Healthy School Canteens

<https://healthyschoolcanteens.nsw.gov.au>

Healthy Lunch Box ideas

<https://healthylunchbox.com.au>

## 7. CHOOSE EVERYDAY FOOD AT THE SCHOOL CANTEEN

If your school has a healthy canteen make sure you choose **everyday** food and drink items filled with fruit 'n veg.

