CSIRO and World of Maths Workshops

On Wednesday and Thursday last week students enjoyed participating in workshops about science presented by the CSIRO.

The program engaged our students in an eye-opening interactive science theatre as well as hands-on experiments which have been developed around real-life CSIRO research. Our students enjoyed becoming scientists for a few hours.

We also had a visit from the ‘World of Maths Roadshow’ on Thursday and Friday.

Everyone from Kindergarten to Year 6 enjoyed problem solving, working in teams and seeing practical applications of various maths principles. This is part of the Maths curriculum this term.

We’re on the Web! View online at: www.coonabarab-rp.schools.nsw.edu.au
Willoughby’s Weekly Words

This week I had the opportunity to watch a group of our best rugby union players participate in a gala day of rugby union in Gunnedah.

A full report will appear in next week’s newsletter but I do want to make comment on the exemplary behaviour of the boys from our school. Ladies from the Gunnedah schools who were operating the canteen made comment to me about the very good manners they displayed.

As a school principal it is great to hear those sorts of comments made about our students.

Well done boys!

Combined K-6 Assembly for Term 1 will be on Thursday 11th April @ 2.20pm.

Canteen News

This week’s special!

Potato Pie - $3.00 and receive a free milk

Canteen Roster

Thursday 21st March .......... F Border
Friday 22nd March .......... M Evans
Monday 25th March .......... S Durant
Tuesday 26th March ..........
Wednesday 27th March ..........
Thursday 28th March ..........
Friday 29th March .......... Good Friday

P&C News

Donations of Easter Eggs and gift basket/bags for this year’s Easter Raffle will be gratefully accepted at the school office. The raffle will be drawn on Thursday 28th March.

The Uniform Shop is open on Thursday mornings 8.45 and 10.00 am. Orders via email are also accepted.

The email address is: coonapsuniform@gmail.com

Let us know the items you require, including the size, your child’s name and his or her class. An invoice will be sent home with the items or Paypal is an available option. I’m desperately seeking all current uniform items. Please make sure all items are in a good saleable condition and unstained.

Grandparents Day will be on Thursday 21st March. Donations of slices, cakes and sandwiches would be appreciated and can be left at the canteen.

The P&C will have a stall at this year’s Bunny Bazaar. Show bags and an Easter Basket raffle will be for sale. Please come along and support our school.

Library News

A reminder to all those who have overdue books at home ... please return them to the Library as soon as possible so you can borrow some more!

We have lots of new books arriving in the next few weeks including more of the well liked Beast Quest series!!!

Mrs Evans

What’s on at CPS?

Thurs 21 March: Southern Zone Boy & Girls Soccer Trials
Mon 25 March: Rugby League Trials
Thurs 28 March: Primary Assembly @ 2.20pm
Fri 29 March: Good Friday
Mon 1 April: Easter Monday
Early Stage 1 & Stage 1,2 & 3 Assembly Awards

KS: Elsie Kearney
  KS: Sharmyra Gall
  KM: Dainton Kuras
  KM: Rebekah Dicks
  1A: Piper Devenish
  1A: Jacob Baker
  1E: Jack Foster
  1E: Kayla Harris
  2i: Eliza Walker
  2i: Thalia Davis
  2N: Abbie Mitchell
  2N: Lewis Fuller
  3A: Polly-Anne Habbits
  3A: Wyatt Veldhuis
  3A: Jordan Dicks
  3A: Jared Menz
  3H: Huntah Robinson
  3H: Mathew Wood
  3H: Kiana Worthley-Cain Cronin
  3H: Blain Walker
  4K: Harry Willoughby
  4K: Brenna Kennedy
  4K: Jessica Meldrum-Bandman
  4K: Deshaane Plunkett
  4S: Haylee Kuras
  4S: Lawrence Little
  4S: Tashani Clarke
  4S: Lachlan Eshman
  3/6H: Dallas Hawley Burns
  3/6D: Gloria Romans
  3/6D: Phillip Whitten
  5/6C: Anna Goard
  5/6C: Hannah Deshon
  5/6C: Sapphira Knight
  5/6M: Argyle Park
  5/6M: Malty Kenyon
  5/6M: Jarrah Towers-Marr
  5/6M: Joel Thompson
  5/6W: Tom Young
  5/6W: Wade Frazer
  5/6W: Rachel Bennis
  5/6W: Tessa Smith

Displaying good leadership skills.
Always trying her hardest.
Being a great listener and showing respect at all times.
Knowing her sounds.
Being a sensitive and caring class member.
For excellent ‘groups of’ work in Maths.
Giving fantastic answers at the CSIRO workshop.
Being a polite and thoughtful member of 1E.
Being a good helper in class.
Great ideas during writing time.
Being a kind and caring person.
Great effort in spelling.
Practising her ‘Getting Along’ skills.
Great spelling work.
Her prize winning show entry.
His great show entry.
Beautiful bookwork.
Quietly completing classroom tasks!
Getting along with her classmates!
Trying harder with his coursework!
Consistent effort in class.
‘Getting along’ and being a kind and thoughtful person.
Excellent work during literacy writing a great explanation.
An excellent explanation on rainbows!
‘Getting Along’ with others and being a valuable class member.
Being a helpful classroom member and cooperative worker.
Persistently trying to do ‘HER BEST’ in all areas.
Great sentence writing using his spelling words.
‘Getting Along’ so well in class.
‘Getting Along’ with her classmates.
Being a Quiet Achiever in spelling.
Getting along with everyone in 5/6C.
An impressive homework task.
An impressive homework task.
Getting along with all his peers within the classroom and on the playground.
For his hard work and dedication in Literacy.
A positive and happy attitude in class.
Being pleasant and kind to all class members.
Always working well with his classmates.
Having a great attitude in class.
Displaying enthusiasm in her Art.
Putting 110% effort in all her school work.

Personal Best Award

Darcy Weatherall

has received the Personal Best Award for the following reasons …

Darcy is a very keen and enthusiastic learner who always gives 100% effort in everything he does.
He takes pride in all his work and strives for excellence. He is always willing to assist others and is becoming confident in his abilities.
Darcy follows the five keys of success and is especially persistent when he is given a challenge.
Darcy is a reliable friend and an absolute pleasure to have in 1A.

Congratulations Darcy!

SRC BOOK OF THE WEEK

This book is brand new to our library and is part of a series written by Lincoln Peirce. The book is set out as a comic strip of which Big Nate is the star.
Nate is also the start goalie of his school football team.

I rate it: ★★★★★
A reminder to parents to notify the school about your child’s health.

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes, and other health issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or the contact details of other people nominated as your child’s emergency contacts.

We appreciate your assistance and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

HEALTHY EATING HABITS

Environmentally friendly packed lunches

Waxed paper can be a better option for wrapping lunch than plastic. Limit packaged snacks these generate lots of waste at home and school. Packaged snacks may seem an easy option but fresh fruit requires very little effort to pack, is healthy, and creates little waste.

Write a shopping list and plan your family meals

A little thought and planning put into mealtime generally yields big health and economic advantages.

Teach your child to cook

* Preparing food with your children is a great way to teach them good nutrition, PLUS they will enjoy eating what they helped prepare.
* Try assigning a ‘kids night’ to older kids where they are in charge of menu planning, cooking and clean up.
* Involve your child at the supermarket by giving them a list of foods to find. Add a few unusual foods to the list each time (for example, avocado or kale).

Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

* Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
* Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
* Serve meals or snacks at a table rather than in front of the television. Children and adults can miss their body’s cues when they are full and are more likely to overeat. Limiting television also reduces their exposure to junk food advertising.
* Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.
* You play an important role in promoting healthy habits. Set a good example by eating healthy foods and enjoying regular exercise. It may not be apparent, but your child is watching you!
A Day in the Life of Mr Lowe

It’s my turn to report to you all about what happens ‘in my little part of the world.’ First of all, if you don’t know who I am or what I do, I am Mr Lowe and officially work as an LAST - Learning And Support Teacher - (but it really stands for Lively-Awesome-Super Teacher). I work mainly with students in Kindergarten to Year 2 assisting with reading groups and also support my fellow teachers where and when they need help. I try to encourage students to read more fluently and increase their reading levels. With the introduction of the Literacy and Numeracy Continuums across schools, it has made it much easier to plot the progress of students and set clearer personalised goals for each student. Go and ask your child’s teacher about where your child sits on the continuum.

I also teach a Year 6 maths group most days and love the challenge!! It brings great satisfaction when students get that ‘light bulb moment’ – when they finally understand a concept or have worked out the process of working something out! Last week we learned about the ‘vinculum’* and the challenge was to use the word at least three times in different contexts.

I run the chess club which meets in the library most Monday and Thursday lunch times. Our past successes have been satisfying but we now need a new generation of players who are willing to learn and commit to playing chess. Some students have been asking to be on the Chess Team, but selections won’t be made till later in Term 2. Team players will be selected based on ability (not age). At this stage the suggested thing to do is come regularly, play different students and try to learn some different strategies to win. For beginners, focus on learning how the pieces move and interact together. For more able players, the challenge is to develop strategies to win and learn tactics to pin and fork your opponent’s pieces. Try to be the best that you can be!

For any adults out there who can play chess and would like to help out on Mondays and/or Thursdays (1:05pm-1:35pm) your assistance will be greatly appreciated. There is only one of me and to try and teach 15-20 other students all at once is a challenge!

There is so much more I could talk about in my day, but I’m probably out of room. Here’s a summary about me: 10 years 2 months; Beverly Hills; three and zero; sleeping in; Cantonese; food; encouragement; Christian; cooking yummy stuff; eating gross stuff; night owl; grocery shopping; commitment; personal and professional improvement; brain food; musicals; board games; singing; navy, black and red; hippos; IKEA; Hong Kong and Singapore; delicious food!!!! Come and ask me if you want to know more.

Thank you for reading about a day in the life of Mr Lowe. Enjoy your week and share some joy!

*A vinculum is the line in a fraction that separates the numerator from the denominator. It’s basically the division line!! Aren’t I just full of trivia? Try using the word in 3 different contexts! Maybe at your mum’s place during the footy... Tee Hee 😊
The Drop-In Centre is now open!

This is a safe place for young people to hang out and a great place to have fun and socialise with friends.

* Pool table
* Table tennis
* Computers
* Free food

Monday: Open to all school age kids and young people from 3-6pm
Thursday: High school aged young people only... from 3-6pm
Friday: High school aged young people only... from 3-9pm

---

**Kids Introduction to Singing Workshop**

For kids aged 6 - 12 years

Date: Saturday 23rd March
Time: 10am - noon

Where: CWA Hall
Cassilis Street
Cost: $15 each or $20 for 2 siblings.

---

**Coonabarabran Junior Rugby League and Netball**

**Netball Training:**
- Under 9’s: Friday @ 4:00pm
- Under 11’s: Tuesday & Thursday @ 4:30pm
- Under 13’s: Thursday @ 4:30pm
- Under 15’s: Friday @ 4:00pm
- Under 17’s: Tuesday @ 5:30pm

**Football Training:**
- Under 11’s & Under 13’s at the Dog Track @ 4:30pm, Tuesday’s and Thursday’s.
- Under 15’s & Under 17’s at No.1 Oval @ 4:30pm, Tuesday’s and Thursday’s.
- Midgets, Under 7’s & Under 9’s at the Dog Track, Thursday’s @ 4:30pm.

---

**Public Speaking**

There is a newly formed Speakers Club.

It will run on Tuesday’s during the second half of lunch.

All primary children are welcome to attend.

Public Speaking helps develop confidence and build self esteem.

---

**Stage 3 Sport: Friday 23 March**

Stage 3 students will go to the town pool this Friday for sport. Students should bring their towel, swimming costume, sunscreen, hat and long-sleeved shirt.

Students also need to bring $2.00 pool entry fee or their Season Ticket number.

---

Knock Knock!!

Knock knock
Who’s there?
Mikey
Mikey who?
Mikey won’t fit in the keyhole!

Knock knock
Who’s there?
Tank!
Tank who?
You’re welcome!

Knock knock
Who’s there?
Wooden shoe who?
Wooden shoe like to hear another joke?

Knock knock
Who’s there?
Ice cream!
Ice cream who?
Ice cream if you don’t let me in!
Welcome to Year 3 Social
CPS Uniform Shop
Girls & Boys
Summer & Winter Hats, Jumpers & Coats
Email your purchase request to:
coonapsuniform@gmail.com
including your child’s name and class. An invoice will be sent by
return email and items sent home with your child.
Sally Turner
0422 981 199

Coonabarabran Town Bus Service
Free for Kindergarten,
Year 1 & Year 2
Available to all students
in the town limits.
Primary students have conditions applied
depending on distance travelled.
Cost $1 per day if ineligible for free travel.
More info: 6842 2763

KID’S CLUB
Wednesday afternoons full
of fun and good times with
your friends.
Bus available for pick-up and drop-offs.
3 - 5pm.
Gold coin donation

Coonabarabran Physiotherapy
Matthew Rouse
Physiotherapist B.App.Sc
68 Cassilis Street
COONABARABRAN
02 - 6842 2881

Grace’s Uniforms
For all your school uniform needs
From hats to socks,
backpacks and shoes.
Shop 3/48 Dalgarno St
Phone: 6842 1670

Newton’s Mechanical Repairs
Daedong Tractor Sales
For all your mechanical needs
Truck or Tractor Repairs
On-Farm Service or Workshop
• Hardi Sales & Service • Hydraulic Repairs
• Air Conditioning • Rego Checks
• Spare Parts • Consignment Sales
6842 1167
Crane St, Coonabarabran

Coonabarabran Physical Culture Club
Every Thursday afternoon
during school terms in the
Primary School Hall.
Classes from tots to adults.
Contact: Leanne McWhirter
Phone: 0439 833 832

Coonabarabran Junior Soccer
every Saturday
12 noon to 2.00pm
@ No.3 Oval
Registration = $40 if
paid before 31 March
No travel!
Contact: Sarah Evans
0410 093 152

Coonabarabran Pony Club
Entries open for Coonabarabran Pony Club’s April CTUDE @
www.nominate.com.au
Next Rally Day:
Sunday 7th April
Contact Rebecca Moxham
ph: 6844 1609

Coonabarabran Junior Golf
Coonabarabran Golf Club
River Road
Ph: 6842 1292

Affordable • Fun • Safe