North West Region Cross Country Trials

It was a very cold and wintry day last Friday when our school’s top cross country runners ventured to chilly Coolah to participate in the North West Region Cross Country Trials.

All of our students showed a lot of courage, resilience and confidence to contend with the prevailing weather conditions and the large numbers of competitors in each age group.

Our school is very proud of their efforts!

Congratulations to Harry Willoughby and Marcus Colantonio who will compete at Eastern Creek at the State Cross Country event in late July.

Good luck boys! Keep up the training over the coming weeks.

... see more pictures from the Cross Country Trials on page 7

This Friday 20th June is our annual Infants Athletics Carnival at the High School Oval. This event is being conducted on NSW Department of Education and Communities grounds and as such, is a smoke and alcohol free zone.

The carnival start time is 10.30am and lunch will be available from the canteen. You will need to order your lunch from the canteen prior to the carnival starting. Alternately, the P&C will be operating a Sausage Sizzle at the oval and will be available from 12.30pm.

We hope to finish the carnival around 2.30pm. Parents are welcome to take their children home at the conclusion of the Carnival, however, please tell your child’s teacher before doing this.

It is also important to remember this is an Infants Athletics Carnival and all Primary children must attend school as a normal Friday.

Children are encouraged to dress in their House Colours...

Asteroids = Yellow
Comets = Blue
Meteorites = Green
Satellites = Red

We look forward to seeing you there!

K-2 staff

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

It was great to have so many new faces at the P & C Meeting on Monday night. The P & C now has an injection of new ideas and enthusiasm and can move forward for the rest of the year. Thank you to all the new people and congratulations to the new office bearers, Mel Jenner (Secretary) and Brenda Grant (Treasurer).

Well done to Marcus Colantonio and Harry Willoughby on qualifying to run at the State Cross Country Carnival early next term in Sydney. Their performances at Coolah were outstanding and a fine reward for the great effort they put in training over the last month or more. Well done also to the other competitors from here who represented our zone exceptionally well on the day.

Student Absences

Please ensure if your child misses a day of school that a note explaining that absence is sent to school with your child on their return. Departmental policy indicates that unexplained absences may come to the attention of senior Departmental officers if they become excessive.

At the end of each term the school has an attendance draw with a prize of a scooter going to the person whose name is drawn out. All students whose attendance record is satisfactory for that term will be eligible. Excessive and/or unexplained absences will rule your child out of the draw.

P&C News

We encourage and welcome all parents, carers, grandparents and friends of Coonabarabran Public School to come along and join the P&C.

Our aim is to provide extra learning opportunities and resources for our students and we do this through fundraising. Early next term the P&C will operate the BBQ at the Primary Athletics Carnival. If you are able to volunteer some time at the Carnival please contact Sallie Turner. Your help will be appreciated.

This year’s Spellathon is currently being finalised and we encourage all students to continue to collect their promised donations.

President: Sallie Turner - 0422 981 199

As the term quickly draws to a finish, please check all those hiding spots at home for any library books and return them to the Library ASAP!

The latest issue of Book Club is due this Friday, 20th June to your class teacher. Remember if you are a Minecraft fan that if you order from Lucky, Arrow or Extra Book Club catalogue, you are eligible to enter the Minecraft competition. Complete the entry form on the back of the respective catalogues and send them into the school office in a labelled envelope. Good luck!

Until next time ... keep reading!

Last chance ...

Stage 3 students who would like to visit Canberra in November must have their deposit to school by the last day of this term, ie, Friday 27th June 2014.

What’s on at CPS?

Wed 18 June: Spelling Bee Finals
Fri 20 June: Infants Sports Carnival
Wed 25 June: Anti Bullying Show
Thurs 26 June: Spellathon Assembly
Fri 27 June: Last day of Term 2
Mon 14 July: First day of Term 3 for staff
Tues 15 July: First day of Term 3 for students

Canteen News

The canteen will be open to all students from K - 6 on Friday.

Parents, friends and preschool children are also welcome to order their lunch from the canteen menu. Please send your orders with your children or place your order before the start of the carnival.

Updating Contact Details

Coonabarabran Public School is currently updating the contact details for parents, carers and emergency contact people for each student at our school. It is important for the school to be able to contact you or your nominated contact person quickly.

Please either confirm the current information as correct, or supply new contact details as soon as possible, then return the form, to your child’s classroom teacher.
Early Stage 1 and Stage 1 Assembly Awards

Kh: Jarrod Wood  * Working cooperatively in Maths groups.
Kh: Jaylah Fuller  * Being more resilient in class.
Ks: Harrison Mathews  * Being an organised class member.
Ks: Klancy Owers  * Being persistent with her writing.
1A: Tahni Bowmaker  * For always using punctuation in writing.
1A: Blain Clarke  * For writing more interesting stories.
1E: Katie Richards  * Writing great information and answers during writing tasks.
1E: Bryce Butcher  * Trying his best to do five-star neat writing.
2i: Jack Foster  * His enjoyment of reading.
2N: Holly Regan  * Being a kind and organised learner.
2N: Lincon Goard  * Being an organised learner.

and Stage 2 Assembly Awards

and apologies to the following students who were accidentally omitted from last week’s newsletter ...

4M: Billy Rutland-Davey  * Getting along well with all his classmates.
4M: Darnell Dumas  * A fantastic effort on his China assignment.
4M: Hannah Sutherland  * A wonderful Chinese dragon.
4M: Kianna Worley Cain-Cronin  * Trying really hard during Literacy.

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school. Nutrition Australia provides the following steps to planning a healthy lunchbox.

1. Make time to prepare. Have fresh fruit and vegetables, milk and yoghurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example make snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiched and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the five food groups.
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather, freeze a water bottle or put a small ice pack in the lunchbox.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Nutrition</th>
<th>Suitable examples to include in a lunchbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and Cereals</td>
<td>Source of carbohydrate which is a major energy source for the brain and body.</td>
<td>All types of bread - wholemeal, multigrain, white, pita or other flat breads, fruit loaf. Also includes rice, pasta, crackerbreads or crispbreads, rice crackers,</td>
</tr>
<tr>
<td>Fruit</td>
<td>Contains lots of vitamins fibre. Aim to include one to two serves of fruit per day.</td>
<td>Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Good source of fibre and vitamins.</td>
<td>Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears, carrot, celery or cucumber sticks. Salad vegetables or coleslaw in a sandwich.</td>
</tr>
<tr>
<td>Dairy</td>
<td>Major source of calcium. Include one serve in the lunchbox everyday.</td>
<td>Low fat milk, cheese or yoghurt.</td>
</tr>
<tr>
<td>Lean meats, fish, poultry, egg, nuts and legumes</td>
<td>Protein for growing bodies.</td>
<td>Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hummus.</td>
</tr>
</tbody>
</table>
3-6P and 3-6K have been learning about life skills every Tuesday afternoon with Mr Lowe. Over this term we have made many wonderful yet simple delights. We have learned about safety in a kitchen, using cutting implements correctly and proper cleaning of hands and hygiene. We hope to developed a love for cleaning up the dishes too!

The goal of these sessions is also to put into practice RESPECTING each other as we cook together and share a meal together.

As an end of term 'assessment' the students will be making one of the dishes we have studied this term and try to recreate it with minimal adult assistance. I hope they can do that for you parents back at home!

Mr Lowe

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**Friday 27th June**

(the last day of term) will be an

**Out of School Uniform Day!**

Students will need to bring a gold coin to donate to the SRC for the privilege of not wearing a uniform!

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**Level One Activity**

On Friday 27th June, students in Years 3 - 6 who are on Level One will be rewarded with a movie morning.

You are invited to bring a treat to share with your friends!

Congratulations and thank you to all students who have made such a great effort to do the right thing this term.

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**My Friends and I**

Suggested areas of study:


English: Rhyme, Verse, Imaginative Texts.

**Easy to remember positive strategies to deal with bullying:**

With a winning blend of drama, poetry, puppetry and staging, this light-hearted, humorous production tackles the problem of bullying head on. Throughout the show students are assured that if they are being bullied it is not their fault and there are things they can do about it.

The show explores the effects of bullying on the victim as well as offering strategies to deal with bullies. Strategies such as self confidence, walking away and talking to someone who can help, are presented as useful tools to disarm bullies. Students are also reminded that we all need friends and that to have a good friend you must be a good friend.

With its colourful cast of puppets, masks and student volunteers, My Friends and I gets its serious anti-bullying message (bullying is not acceptable and cannot be tolerated) across in a fun, entertaining way.

**On Wednesday 25th June, our school will host the performance of ‘My Friends and I’ for students in Years 2 - 6. This performance will further enhance the welfare programs being conducted in our school that focus on bullying and positive strategies to deal with it.**

* This performance presented with no cost to students.
2N have been very clever creating murals and story reviews about the three little pigs. They have even had a go at sewing a button and writing the procedure. They have also been organised and persistent while following a list of jobs each morning.
KidsMatter, Kids Helpline and Kids Helpline @ School share the goal of promoting wellness and increasing resilience in young people. These initiatives aim to improve the capacity of primary schools to support the mental health and wellbeing of students.

What is Kids Helpline?

Kids Helpline is a free, 24-hour private and confidential counselling service for young people aged five to 25 years. Fully qualified, professional counsellors provide information, support and counselling to young people all around Australia.

Kids Helpline, with the support of Optus, runs a program for primary schools called Kids Helpline @ School which KidsMatter schools can use to support their implementation.

What is Kids Helpline @ School?

Kids Helpline @ School is a free early intervention program that allows Australian primary schools to invite a Kids Helpline counsellor into their classroom via a video or phone link. Teachers can specify the topic that they'd like their class to engage with or can choose from a range of previously developed sessions, which have been created in response to the most common issues children and young people seek information about on the Kids Helpline website (www.kidshelp.com.au). Teachers are involved in booking the session and play an important role in co-facilitating the session with the Kids Helpline counsellor. Topics currently available include:

- bullying
- staying safe online
- feeling sad
- family arguments
- friendship (making/keeping friends)
- cyberbullying
- transition to high school
- introduction to Kids Helpline
- worry
- coping with change at school
- developing resilience.

Teachers can access activities and resources to help prepare for the sessions online at www.kidshelp.com.au/school.

Each Kids Helpline @ School session has been developed to align with the general capabilities of the Australian Curriculum. The classroom-based sessions do not offer individual counselling; however, students are introduced to Kids Helpline services and invited to contact the service should they indicate the need for assistance during the session.

Over the next few weeks, different aspects of the KidsMatter, Kids Helpline and Kids Helpline @ School will be published.
North West Region Cross Country
Coolah - 13th June 2014