Major P&C Problem

The P&C has reached a point where it may have to cease operating. This is of great concern to the school as it has been a major contributor in the providing of services and the raising of funds for many years, probably as long as the school existed.

At the present moment the P&C has neither a secretary nor a treasurer. It can’t continue to operate in these circumstances. If P&C ceases to exist, things such as catering for the Grandparents’ Day and the School and Zone Athletics Carnivals may not occur. It is also quite possible the canteen will have to cease operation as it is run by the P&C.

These problems can be overcome if capable people are prepared to give their time and fill the positions that are now vacant. If you feel you are prepared to have a go at filling one of the positions please contact the President, Sallie Turner and discuss the matter with her.

Mr Atkinson and Mrs Willoughby had big shoes to fill this year as Mr Lowe was unable to attend the annual chess competition.

We arrived at Werris Creek Public School to a bustle of mainly boys and just a handful of girls setting up their chess boards. Mr Atkinson slid into his head combat role with ease and was able to steer our boys with flair to prepare for a day of “the battle of the boards”.

Just before start time Mr Atkinson was a little concerned when a student from another school asked him “What does the horse do?”.

Our boys played with gusto and consistently delivered skill and courage until the end. The boys behaviour was impeccable all day.

Mrs Willoughby

Chess Team Success at Werris Creek

Last Wednesday the chess team of eight went to Werris Creek to play chess for the day. Coonabarabran Public School played very well, winning most games and we enjoyed the day.

We would like to thank Mrs Willoughby and Mr Atkinson for driving us.

We look forward to our next Chess tournament in Nemingha on 25th June.

Nils Thomas

The Infants Sports Carnival will be held on Friday 20th June on the High School oval (which is a smoke and alcohol free area).

Students are encouraged to wear their House Colours and parents and friends are welcome to come along and join in the fun. The P&C will be operating a BBQ. Helpers for the BBQ will be appreciated.

We’re on the Web! View online at: www.coonabarab-p.schools.nsw.edu.au
Pincham’s Pearl of Wisdom

We are quickly approaching our annual Spellathon and spelling bee. The Spellathon is a major P&C fund raiser so I would encourage all our students 3-6 to collect sponsors and give the test their very best effort. The test will be next week and then the presentation will be in week 9 which will reward those children who bring in money. Combined with the Spellathon is our annual Spelling Bee. Each class will conduct their own Spelling Bee and then have representation in the School Spelling Bee finals which will be run by Mr Lowe.

I was lucky enough to see all our students enjoying their mid term Level 1 reward which was a very loud and exciting social. Thank you to all those Level 1 students for making our school a great place to be. Also thank you to the staff for your help, especially to Mrs Music, Mrs Crawley.

School Uniform: Please encourage your child to wear the correct school uniform. Please note that hoodies do not form part of our school uniform.

This coming weekend is the Queen’s Birthday long weekend so if you are travelling over this period I wish you safe travel.

What’s on at CPS?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3/4/5 June</td>
<td>PSSA 11yrs Rugby League @ Cronulla</td>
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<tr>
<td>Wed 4 June</td>
<td>UNSW Science Competition</td>
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<tr>
<td>Mon 9 June</td>
<td>Queen's Birthday Long Weekend</td>
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<tr>
<td>Tues 10 June</td>
<td>Primary Girls Regional Softball Trials</td>
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<tr>
<td>Wed 11 June</td>
<td>Spellathon</td>
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<tr>
<td>Fri 13 June</td>
<td>Regional Primary &amp; Secondary Cross Country @ Coolah</td>
</tr>
<tr>
<td>Mon 16 June</td>
<td>Semester 1 Reports delivered</td>
</tr>
</tbody>
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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 several fundraising activities and support with programs offered at school. The next meeting of P&C will be held on Monday 16th June at 6:30pm at the Gecko Red Restaurant.

Contact: Sallie Turner - 0422 981 199

Library News

The most recent Book Club to be sent home is due back to school on Friday 20th June 2014.

Included with the Book Club is a Minecraft competition for all those Minecraft fanatics out there.

All you have to do is purchase Book Club from either Lucky or Arrow and complete the entry form for your chance to win one of eight Minecraft packs.

Send the completed entry form to school in a labelled envelope and hand it to the office with your Book Club order.

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. All students should have brought home a form last week. Please either confirm the current information as correct or supply new contact details as soon as possible.

A returned form, even if there are no changes, is necessary to verify your details.

spellathon

Only one week to go for our Annual Spellathon! We hope you have been seeking sponsorship and learning your spelling words!

Canteen News

This week’s special: Order your lunch (it must be a healthy food item) from the canteen and receive a FREE warm Milo!

The canteen needs help on a Wednesday between 9:00am and 1.30pm and for Fruit Duty at 9:00am. If you have time and could come for an hour or two please call into the canteen or phone 6842 1771. Help is needed on Friday for Fruit Duty for one hour at 9:00am.
Early Stage 1 & Stage 1 Assembly Awards

KH: Anna Barkley
   KH: Jazmin Webster
   * Saying her words slowly during writing.
   * Being confident in reading groups.

KS: Monte McElhinney
    KS: William Fuller
    * Showing persistence with his handwriting.
    * Trying hard in writing.

1A: Hannah Evans
    * Wonderful spelling results.

1E: Sonny Bill Walker
    1E: Kaiser West-Kuras
    * For making great predictions in his writing.
    * For wonderful writing from the point of view of a crab!

2L: Alex Turner
    2L: Emily Hoffman
    * For great work!
    * For always being kind and considerate towards others.

2N: Toby Mills
    2N: Isaac Menz
    * Consistent effort and lovely manners.
    * Continued consistent effort in all areas.

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RESPECT

Stage 3 students have been participating in discussions and lessons as part of the You Can Do It Anti-Bullying program.

Stage 3 teachers led a discussion with their students about Respect ... what it sounds like, what it looks like, and how it feels.

The students participated in the brainstorming activity and came up with the ideas and suggestions photographed.

A famous singer once sang a song about Respect. The chorus goes like this...

RESPECT, Find out what it means to me
RESPECT, Take care, TCB
Who was the singer?

---

Personal Best Award
Allwyn Park

has received the Personal Best Award for the following reasons ...

Allwyn is a delightfully polite student who is always looking out for the welfare of others.

He cares about his friends and he makes sure his words are kind and thoughtful.

Allwyn always works to the best of his ability and asks for assistance when he needs it.

He works well in a group and contributes to group work at all times.

Allwyn is always in the right place, he follows the five keys and the school rules with care and diligence.

Allwyn is a pleasure to have in our class.
Congratulations!

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Please Shut the Gate!

For the safety of our students, please close and latch the gates as you enter or leave the school grounds.

If you need to see a student or teacher, please enter the school via the office and record your name in the Visitor's Book.
Four Ways to Reduce Stress

We need some stress in our lives, or we are not motivated. But stress is often too high in our busy lives, even as children. Too high stress and we suffer — especially in terms of physical health because stress is closely linked to hormone levels (like cortisol). Every now and then we need to be reminded to keep check on our stress levels. The following are important ‘tools’ to help:

1. **Sort out priorities ... learn to say ‘No’**

   We tend to live in a frenzy of activities and these are often not all that important to us. A simple way to improve this is to take a few minutes at the end of the day and write down the three most important tasks to get done the next day. In the morning take out your list and tackle the first task straight away. Then knock off the second, and then the third. Once you have done the big three, you can start on the little things, AND already have a sense of accomplishment!

   If you are better organised in this way, you are also more aware of what is important and what you already have to do. Being able to say ‘No’ to some requests helps in being organised and in doing what you value. There are two benefits — more satisfaction for what is achieved, and having more time to be more able to relax and recharge.

2. **Rejuvenate through Meditation**

   For some reason we are often wary of meditation — it’s only for monks and hippies! However it needs only be very short and basic — ten minutes spent just noticing your breathing, and your pulse slows, your muscles relax, your blood pressure declines and your mind enjoys the peace from just noticing your thoughts and feelings, instead of being pre-occupied by them. It is a learnt skill that helps us calm and be more focused on what counts. As well as reducing stress and boosting your immune system, it has been shown to produce beneficial brain changes. After 8 weeks meditation training your brain areas for positive emotions are more active, and you have improved attention span and ability to focus, even amidst distractions.

3. **The Free Three**

   These are: **LAUGHTER, MUSIC and NATURE**. Making room for these each day can “unplug us” from the chaos of daily life. Loosing yourself in music for a while is like a meditation. A short walk outdoors helps fitness, perspective and well being. And even just pretending to laugh can help to re-balance the hormones that come with being stressed.

4. **Making Time for Family ... and Pets!**

   It goes without saying that making time for your family is important and should be a priority. Few people at retirement say “I wish I spent more time at the office”. As well, a lot of research has shown that pets can improve your mental and physical health. Owning a dog is strongly associated with better cardio-vascular health and lower risk of heart attack (because they demand to be looked after!). Similarly, cats can reduce the anxiety you feel during stressful times.

Rendale Hannah, School Counsellor
Class Focus:
Creative and Practical Arts

Most classes have been learning about the songs and instruments of the Chambermaids, a wind quintet who will be visiting our school early next term.

The children have performed dance moves and musical interpretation to Harry Belafonte’s ‘Turn the World Around’, ‘Sand Waltz’ and ‘Tom Cats’, where they have created a class movement to alley cats in backstreets fighting. In the photos, 5/6W are creating movements from a piece that could be backing music in movies and performing a dance they have learnt called ‘Kliezner Wedding’ which is a Jewish celebration dance often performed at weddings.

Mrs Clifton
A Story about a Cranky Bull

Once upon a time there was a mother cow and mother said you are getting too big, you have to move out. The three little cows left home together, the first little cow built his house out of hay.

The second little cow made his house out of sticks. The third little cow made his house of bricks. The little cows were having a lovely time in their house. Then a big cranky bull came along and said little cow little cow let me come in and the little cow said you can’t come in I am making cake and the bull said little cow if you don’t let me in I will knock down the house, and he did.

Then a big cranky bull came along and said second little cow little cow let me come in and the little cow said you can’t come in I am making jelly and the bull said little cow if you don’t let me in I will knock down the house, and he did. Then a big cranky bull came along and said third little cow little cow let me come in and the little cow said you can’t come in I am making cupcakes and the bull said little cow if you don’t let me in I will knock down the house.

The cranky bull decided not to knock down any more house the three little cows and the big cranky bull became friends and ate jelly and cake for dessert every night.

Written by Keizer Wood, Luke Barkley and Lincon Goard (2N)
Early Action for Success (EA4S)

The Department of Education and Communities aims to improve student's performance through a targeted approach to learning and the strategy that is planned to achieve this is Early Action For Success (EA4S). Coonabarabran Public School has recently become an EA4S school.

The EA4S strategy uses the evidence that well-developed literacy and numeracy skills are essential to students' success at school and fundamental to improving their life chances in a diverse and ever-changing world. A key feature of this strategy is the appointment of an Instructional Leader of Literacy and Numeracy.

I have been fortunate to be appointed the Instructional Leader role at Coonabarabran Public School as well as at Baradine Central School. I work with teachers in the K-2 to assist in the organisation and delivery of High Quality Professional Learning and also implement Personalised Learning Plans for students who have specific learning needs. It is a very hands-on position that has me working in classrooms, with small groups and individual students. A lot of my time is taken up with data collection and presenting this data in a way to make it meaningful to the teachers and students.

I have really enjoyed my first few weeks in my Instructional Leader role. I am very privileged to work with some amazingly dedicated teachers and many terrific students!

Mrs Sharyn Cox
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 2783

Coonabarabran After School Care
5.15 - 5.30pm Monday - Friday
at St Lawrence's School
Coonabarabran Public School students
catch the Rocky Glen bus.
You could pay as little as $4.50 per day with CCB.
You only pay the gap.
Check your CCB subsidy by ringing 1300 50
Eligible at Family Support Services Centre
phone: 6849 2222
Affordable: Fun: Safe

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

XLR8 Promotions
For all your promotional products and apparel
Trophies • Clothing • Embroidery • Bags
Printing • Headwear • Graphic Design • Signs
Sporting Equipment • Uniforms
(02) 6842 3663
Email: info@xlr8promotions.com.au
www.xlr8promotions.com.au

N & L Computer Repairs
Coonabarabran
Norm Arkell
Ph: (02) 6842 1497 • Fax: (02) 6842 6555
Mobile: 0428 421 627
Email: nandylcomail.com.au

Coonabarabran Junior Rugby Union
Training will resume on the 1st Friday after the
school holidays at No.3 oval at 3:45pm.
This weekend: Bye
Contact: Todd Roberts
Mob: 0408 236 547

Coonabarabran Physical Culture Club
Fun, Fitness and Friendship
Classes on Thursday
afternoons & evenings
for ages 3 through to Ladies
Contact: Leanne McWhirter
Phone: 0439 833 832

Coonabarabran Pony Club
Next Committee Meeting:
Wednesday 11th June,
7:00pm at ‘The Hut’.
Next Rally: Sunday 6th July
9:00am Gear Check
Contact Lucy Evans
ph: 6842 3636

FOX Electrical Installations
Sebastian Fox
Licenced Electrician
0407 805 164
A/H 6843 4495
foxelectrical@outlook.com