NRL Clinic

Last Tuesday our school was very lucky to be visited by the NRL Development Squad. The entire K-6 had a fantastic day of learning new skills and having fun while practicing ball handling techniques. We would like to thank the Development Squad for their time with us developing the many skills needed to participate in Rugby League.

Mr Hardy

Basketball Trials

Coolah and Tamworth

Last Monday 23rd of February, four boys from our school travelled to Coolah to compete in the PSSA Zone trials for basketball. Lachlan Sutherland, Brad Fuller, John Martin and Nick Wham-Campbell were excited to showcase their skills near the hoop in the hopes of making it to North West Regional trials. After two hours of running up and down the court, all four boys got the great news that they had progressed to the next round of trials.

Thursday 26th February saw the boys get away early from Coonabarabran to travel to Tamworth to compete against the rest of the North West Zones. With many of the larger centres having graded competitions it was hard for our boys to compete against the other teams.

All four boys tried really hard but unfortunately did not progress to the next round. Well done on making it as far as you did, you should be proud of your efforts.

Mr Hardy
Willoughby’s Weekly Words

Last Tuesday I had the opportunity to watch the best swimmers from our school compete against the best swimmers from all public schools from across north west N.S.W. at the North West S.S.A. Swimming Carnival at Armidale.

It was great to see the sportsmanship and positive attitude displayed throughout the day from all our students who competed in a fashion of which we should all be very proud.

Special congratulations go to Cooper McGlashan and Charley Isdale whose performances saw them selected to represent North West at the State Swimming Trials to be held later this term. Well done.

Coonabarabran Show

On Thursday students in Year 4 will be walking to the Showground to construct their Scarecrow entries for the Coonabarabran Show.

Students will be under the supervision of their class teachers. Students are to come to school to be marked on the roll and then walk to the Showground at 9:00 am. Year 4 will return to school prior to recess.

Library News

- Issue 1 of Book Club was distributed to students on Friday. Thank you to all who purchased. Please contact me if there are any problems.
- Orders for Book Club Issue 2 are due back at school by Wednesday 18th March.
- Students have been working hard on their entries for the Coonabarabran Show.

Canteen News

This week’s Meal Deal is a Chicken Burger. Tell us which salad items you would like to add and receive a FREE flavoured milk drink!

All for only $5.00!

What’s on at CPS?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 11th Mar</td>
<td>Solid State Circus Performance</td>
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<tr>
<td>Thurs 12th Mar</td>
<td>3 - 6 Assembly - 2.20pm</td>
</tr>
<tr>
<td>Fri 13th Mar</td>
<td>ANZAC Performance - Yrs 3 - 6</td>
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<tr>
<td>Fri 13th Mar</td>
<td>Boys &amp; Girls Tennis Trials - Tamworth</td>
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<tr>
<td>Tues 17th Mar</td>
<td>Rugby League Trials</td>
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<tr>
<td>Thurs 19th Mar</td>
<td>Grandparents Day</td>
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</tbody>
</table>

Coonabarabran Public School

Newell Highway, PO Box 169
COONABARABRAN NSW 2357
Ph: 6842 1777 Fax: 6842 2416
email: coonabarab-p.school@det.nsw.edu.au
Early Stage 1 & Stage 1 Assembly Awards

KH: Archie Mathews
   * Being the first student ready for learning activities.
   * Quietly completing her work and helping others.

KH: Sarah Whittall
   * Being resilient in Kindergarten KM.

KM: Ciara Martin
   * Being resilient in Kindergarten KM.
   * Settling in well to 1A and Coonabarabran Public School.
   * For fabulous counting on and back in Maths.

1A: Lachlan Conn
1A: Jarrod Wood
   * Doing beautiful, neat work and lovely drawings!
   * His amazing effort and skills in 'Dice Champion!'

1E: Kelsey Holllis
1E: William Fuller
   * Making better work choices in learning centres.
   * Superb reading.

1/2N: Jolyon Somervaille
1/2N: Jack Harris
   * Trying extra hard in writing.
   * Sounding out his words when writing.

2l: Lily Burton-Turner
2l: Bryce Butcher
   * Fantastic work in maths.

2/6B: Brock Fyfe

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Breakfast with Li Yean

Students enjoyed their first of many breakfasts with Li Yean and her volunteers from the Uniting Church. Mrs Kenyon and Mrs Fretwell were on hand on Tuesday morning to serve toast and juice to the students.

Each Monday morning, breakfast is served from the Canteen by volunteers from the Presbyterian Church and on Tuesday mornings, students are served breakfast under the bus shelter awning near the BER classrooms. The demand was high and the turnover of toast too slow! If you have a four-slice toaster that you would like to donate, the volunteers would be very grateful.

Thank you to all the volunteers from our grateful students!

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Personal Best Award

Ella Atkinson

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

Ella is a delightful student who participates whole heartedly in every activity. She always arrives at school with a big smile and her wonderful manners. Ella has a great enthusiasm for learning and she consistently strives to be her best every day.

Ella always follows the school rules and is willing to help teachers at play time. She always does as she is asked. She looks after the equipment she uses at school and takes great care of her own belongings.

Ella follows all of the five keys carefully and is always willing to help out other students who may need assistance or a special friend.

Ella is a five-star student in the 1/2N classroom. Well done!

---

Personal Best Award

Savannah Robbins

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

Savannah always works quickly and quietly in class and completes all her work to the best of her ability.

She takes pride in all work completed, producing ‘five-star’ work at all times.

Savannah is a well-respected member of the class who wears her uniform with pride.

It is such a pleasure to teach Savannah, and her Personal Best is very well deserved.
Grandparents Day
at our school will be held on
Thursday 19th March
10.30am to 1.00pm.

Students, please invite your grandparents or grand friends to come along on this day.

Our Grandparents Day will start with a performance from our Kindergarten, Year One and Year Two students. Following the performance, morning tea will be provided by the Cooenabarabran P&C Committee and then we’ll be entertained with performances from students in Years 3, 4, 5 and 6. The day will conclude with open classrooms for senior citizens to visit and to see the wonderful work our students do at school.

Friday Sport - Week 7
* Stage 2 students will go to the pool. Students will need to bring their swimmers, a towel, a hat, a long-sleeved lightweight shirt or rashie and sunscreen. The cost of entry in the town pool is $3.00 unless you have a Season Ticket. Please provide your Season Ticket number.

* Stage 3 students will have school sport activities.

The ANZAC Story
is a live interactive performance based on the HSIE Unit ‘Gallipoli and the ANZAC Tradition’.

Every state, place and school across Australia commemorates ANZAC Day and offers the community the opportunity to remember those who lost their lives for those who are still living now. The ANZAC Story is a wonderful addition to your commemoration ceremony as it depicts the courage and mate ship that gave birth to the ANZAC spirit. It tells the story of the Australian and New Zealand Army Corps under orders from London landing at the wrong spot at Gallipoli Beach on the Turkish coast. Our brave soldiers faced sheer cliffs and a barrage of defence fire from the Turkish Forces which became a military disaster.

Australia as a country was fourteen years old and was made up of colonies. This was the first time we had been to war as a nation and as part of the British Commonwealth they acquitted themselves as a nation under extreme circumstances.

The performance uses state of the art lights and audio to stimulate the senses of the students to involve them and give them an insight into Australia’s role and all it asks, is that we remember the service men and women past and present and keep their memory alive. It is hoped that this production will go a long way in helping the younger generation to understand a little more about why we celebrate ANZAC Day.

The Anzac Story is a 90 minute show that will be presented to students in Year 3 - 6 at our school on Friday 13th March 2015 at 1:00pm. There will be no cost for students to attend.

It is a perfect way to encourage, stimulate and enhance our learning and understanding of Australian culture, the development of our nation and its recent history.

SOLID STATE CIRCUS
is an Australian comedy acrobatics troupe.

You’ll learn the difference between a backflip and a backsault from this dynamic, inspirational trio!

Our school will host a performance of SOLID STATE CIRCUS featuring the trio of Hemlock, Luth & Ty.

The performance will be held on Wednesday 11th March at 9:30am. The cost of the performance is $5.00.

Students should return this note along with the cost of the performance to their classroom teacher.

Student Name: ________________________________________

of Class ______________________
Class Focus: 3H

3H is a wonderful class this year filled with enthusiastic young students that enjoy learning in and out of the classroom. Science this term has students learning about the life cycles of different animals, insects and plants. Be sure to come along to assembly this Thursday to see a very creative way of showcasing their knowledge on a particular insect’s life cycle.

As part of the You Can Do it Program our class has been learning about success and what it means to be successful. It is wonderful to hear the discussions in class about the definition of success. We found the definition to be somewhat simple, “Success is finishing something you set out to do”. This is important to learn as it does not mean that you have to be the brightest, fastest or best but just be the best that YOU can be.

“Success is working hard and listening to your teacher”.

“Success is trying hard and not giving up”.

Bee Life Cycle

Bee

Eggs

Pupae

Larvae

Honey
Sleep - are we getting enough?

Children and sleep – especially with daylight saving and all the electronic media distractions we now have – can be a difficult ask! After we have been working, playing and doing all sorts of exercise during the day, we start to feel tired. It is our brain’s way of telling us that it needs some time to catch up on all the jobs that have to be done to keep our bodies working well.

Why do we sleep?

Regular sleep is an important health habit because:

* our bodies need time to repair themselves after a hard day of work and play.
* our minds need to rest and relax.
* sleep is growing time.
* a lack of sleep affects the way we work and play.

Too much TV or computer games can affect sleep, so can worry. Exercise during the day can help us to sleep.

Lack of sleep causes:

* tiredness and yawning
* bad temper and feeling irritable
* lack of concentration, you just don’t feel like you can be bothered to work
* sluggishness - you feel slow and your body systems don’t work as well
* poor school performance - you find it hard to concentrate, listen or do your work as well as you are able.

Are you getting enough sleep? - Quiz

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel too tired in the morning and want to stay in bed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you yawn a lot?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you irritable or bad tempered when you get up?</td>
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<td></td>
</tr>
<tr>
<td>Do you find it hard to concentrate on what you are doing?</td>
<td></td>
<td></td>
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<tr>
<td>Do you make mistakes in really easy work?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does it take you ages to learn anything new?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you try to get out of physical exercise because you don’t feel like it?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you want to sleep during the day?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you spend lots of time daydreaming?</td>
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</tbody>
</table>

If you do not have any health or learning problems and if you answered ‘yes’ to at least half of these questions, your body could be telling you that maybe you need to check how much sleep and exercise you are getting - and did you have your breakfast?

If you answered ‘yes’ to all of these questions, it’s surprising that you managed to stay awake long enough to complete the quiz!

ZZZZZ ..... zzzzz ..... ZZZZZ ..... zzzzz ..... ZZZZZ ..... zzzzz ..... ZZZZZ

Photos from the Regional Swimming Trials held at Armidale on Tuesday 3rd March

Finlay McElhinney and Tameka McGlashan  Briarna Tighe and Myah Sullivan  Charley Isedale, Nick Wham-Campbell, Johno Evans and Harry Willoughby
Photos from the NRL Clinic on Tuesday 3rd March 2015
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
3.15 - 5.30pm Monday - Friday
at St Lawrence’s School
Coonabarabran Public School students
catch the Rocky Glen bus.
You could pay as little as $8.50 per day with CCB.
You only pay the gap.
Check your CCB subsidy by ringing 130150.
Enrol at Family Support Services Centre
phone: 6842 2222
Affordable - Fun - Safe

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 Junior League
and Netball
Registration and
training commences on
Thursday 12th March,
4.30pm @ No. 2 Oval.
Contact: Mel Jenner
0427 438 213

N & L Computer Repairs
COONABARABRAN
Norm Arkell
Ph: 6842 1697 • Fax: 6842 6555
Mobile: 0429 421 697
Email: nandl@multiply.com.au

Yuluwirri Kids Coonabarabran Preschool & Long Day Care Centre
Providing Long Day Care from 6 weeks up to
6 years old
and Preschool from 3 years to up to 6 years
ENROL NOW
There are a number of places
available across the service.
Further enquiries: 6849 2184 or
yuluwirrikids@warrumbungle.nsw.gov.au

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

Coonabarabran
Pony Club
Entries now open for
April CT/ODE and Clinic
Enter online at:
www.nominate.com.au
Lucy Evans
Ph: 6842 3636
Mob: 0488 422 171

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