Stage 3 Forensics Excursions to Warrumbungle National Park

5/6K had a wonderful day in the Warrumbungles on Thursday for our forensics excursion. The weather was perfect for a day outdoors and the students all represented our school beautifully.

Our first activity tested our ability to work as a team. We all had to stand on a tarp and attempt to turn it over without anybody stepping off it! This was tricky but we did it.

Our next activity involved using GPS trackers to find various numbered discs in the bush around the Centre. This was challenging but it was exciting whenever a team found the disc. Nils and Harald were the most successful at this activity and found nearly all of them!

After a quick break for lunch, the students then worked in their investigative groups to collect evidence regarding the death of a brush-tailed wallaby. Soil samples were taken, water was tested, microscopes were used and animal tracks were identified. All of the evidence was collated and the mystery surrounding the wallaby’s death was solved.

5/6S enjoyed the same excursion on Friday and 5/6L today.

View online at: www.coonabarab-p.schools.nsw.edu.au
Willoughby's Weekly Words

In my last column for the term I would like to acknowledge both Cooper McGlashan and Charley Isedale for their efforts representing our Region at the State Swimming Trials at Homebush last week. The boys did their best and performed most creditably against the best swimmers from across N.S.W. Well done both of you.

A great deal happened at the school this term and some of the achievements have been wonderful. Next term will be equally if not more busy so I want to wish everyone a happy and safe holiday and hope you return after the break refreshed and enthusiastic for the learning ahead.

What’s on at CPS?

- Wed 1st Apr: Yrs 3-6 Social - 7:00 to 9:00pm
- Thurs 2nd Apr: Last day of Term 1
- Mon 20th Apr: Staff Development Day
- Tues 21st Apr: First day of Term 2 for students
- Mon 27th Apr: Is NOT a Public Holiday
- Fri 1st May: School Cross Country @ Golf Course
- Wed 6th May: School photos

P&C News

Raffle tickets for the annual Easter raffle are being sold by students. Please assist and support your children to sell their raffle tickets. There are lots of terrific easter egg prizes to be won.

The Easter Raffle will be drawn on Thursday 2nd April (the last day of Term) and winners will be contacted by phone on that day.

Donations of Easter eggs and baskets for the Easter raffle are still being received at the office.

The next P&C meeting will be held at 6.30pm on Monday 20th April in the School Library.

Have a safe and happy holiday everyone!

Canteen News

This week

Hot Cross Buns

$1.00

Coonabarabran Public School

Newell Highway, PO Box 169
COONABARABRAN NSW 2357
Ph: 6842 1771 Fax: 6842 2416
email: coonabarab-p.school@det.nsw.edu.au

STRIVE TO ACHIEVE

Melinda Ryan has received the Strive to Achieve Award for the following reasons ...

Melinda puts effort into her work and takes pride in what she produces.

She is organised and submits her work on time.

Melinda is well mannered and shows respect to all her teachers and fellow students.

She gets along with a lot of people and is helpful to all.

Melinda deserves this award because she always strives to do her best.

Congratulations Melinda!

STRIVE TO ACHIEVE

Asha Wortley Cain-Cronin has received the Strive to Achieve Award for the following reasons ...

Asha Wortley Cain-Cronin has earned her ‘Strive to Achieve’ award this term.

In class she has demonstrated an excellent attitude towards learning. She has demonstrated organisational skill by always being ready with her equipment. She has demonstrated resilience and getting along by always being positive with the students not only in her classroom but in the playground.

Asha has worked extremely hard for this award. She always tries her best in every aspect of her school work. She always demonstrates great persistence skills in her work and helps those around her do the same.
Early Stage 1 & Stage 1 Assembly Awards

KH: Sean Holder
KH: Fern Tucker
KH: Bailey Weatherall
KH: Angus Young
KM: Levi Heywood
KM: Monique Bowmaker
KM: Lucy Hartberg
KM: Tayla Byrne
1A: Randall Rumble
1A: Ebony Griffin
1E: Soulah Petuha-Hughes
1E: Damien Preston
1/2N: Liam Russell
1/2N: Zoe Wark
1/2N: Tanha Bowmaker
1/2N: Kayla Campbell
2l: Kylara Walker
2l: Savannah Robbins
3/6P: Jayde Dumas
3/6P: Matt Duncan
3/6P: Brad Fuller
3H: Logan Fyfe
3H: Piper Walker
3H: Western Waterhouse-Peck
3H: Isaac Menz
3R: Jack Foster
3R: Keizer Wood
3R: Kiera Walker
4E: Jet Thomas
4E: Darryl Hollis
4E: Ru Brown
4/5M: Tyson Heywood
4/5M: Declan Eshman
4/5M: Clover Hippisley
5/6K: Maria Tauoi
5/6K: Charlene Griffiths
5/6K: Joey Al Kreedy
5/6L: Evan Suter
5/6L: Melinda Ryan
5/6S: Byron Ritchie
5/6S: Jace Weatherall
5/6S: Billy Devenish
5/6S: Jessica Meldrum-Bandman

* Being resilient in class.
* Working hard in reading groups.
* Being such a lovely friend.
* Participating in Learning Centres.
* Being persistent with all tasks.
* Five star work in Literacy and Numeracy.
* Fantastic work writing sentences.
* Getting along with fellow class members.
* For writing and typing four complete sentences.
* Showing more resilience during hard tasks.
* Excellent reading and answering questions.
* Fantastic writing about Morocco.
* Always putting in 100% effort.
* Her wonderful attitude to learning.
* Trying really hard in her writing.
* Always trying hard in all work.
* Persistence...always being persistent in class.
* Trying his best in Maths.
* Making to the next stage of football.
* Persistence...being persistent with his persuasive writing.
* Always doing the right thing and having beautiful manners.
* Making good choices and staying on task in class.
* Being a good role model for his peers.
* Persistence...for showing wonderful persistence in all areas.
* For showing a great attitude toward his learning in class.
* For being a happy and polite happy class member.
* Persistence...being persistent with writing tasks.
* Sharing interesting news with the class.
* Reading with wonderful expression.
* Persistence...always showing persistence and giving everything your best.
* Creative story writing.
* Always being involved in class discussions.
* Persistence...for being persistent in all areas of learning.
* For always having lovely neat bookwork.
* For an improved effort in Literacy.
* Persistence...persistent work in Literacy with good planning, drafting and editing.
* Always being organised and on task.
* Persistence...with his maths work.
* Always trying his best and for his efforts in spelling.
* Neat writing in handwriting.
* Quietly completing her work and helping others.

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Personal Best Award

Lachlan Conn

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

Lachlan is a quiet, friendly and conscientious member of 1A. He completes all activities to a very high standard and often asks for more.

Lachlan is an extremely reliable student and is a good friend to all his classmates. He is a confident reader and he listens intently to all our shared stories in the classroom.

Lachlan displays a great sense of fairness and respect to everybody in and out of the classroom by using our ‘You Can Do It’ five keys of learning.

Lachlan is an asset to our school and a valued member of our class. Congratulations Lachlan, you are an absolute pleasure to teach!

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Personal Best Award

Clover Hippisley

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

Clover is an active member of 4/5M. Clover enthusiastically participates in all class activities. She is always ready to be involved in class discussions. Clover always tries her best in class and constantly provides neat and legible work. Clover continuously gives her best in all school activities and is willing to try something new that comes her way.

Well done on achieving your Personal Best award, Clover!
School Holiday Fun

National Parks and Wildlife Service are offering lots of fun and inexpensive activities for families during the upcoming Easter break. Take a look at some of the activities on offer.

**DISCOVERY WALKS, TALKS AND TOURS**

**PILLIGA FOREST - BARADINE**

**Pilliga Tag-Along Historical Adventure Driving Tour**

Join our experienced Discovery Ranger for an adventure full of historical discovery, a great way to learn about the amazing history of the Pilliga forest from a local history buff. A perfect opportunity to visit little known sites and see what this vast forest has to offer.

- **Date:** Saturday, 4th April 2015
- **Time:** 9:00am - 4:30pm
- **Cost:** $20 adult, $10 child, $55 concession
- **Meet:** Pilliga Discovery Centre, Baradine
- **Bring:** High clearance 4WD or 4WD vehicle, chair, sturdy footwear, hat, sunscreen, water, snacks and lunch.

**Sandstone Caves Aboriginal Cultural Tour**

This unique tour shows how times have changed for the Gamilaroi people. Join an experienced local Aboriginal Discovery Ranger and learn about the lifestyles of a time past. This easy walk meanders around a ridge honeycombed with beautiful Sandstone Caves containing Aboriginal rock art.

- **Date:** Tuesday 7th April 2015, 10:00am - 11:30am
- **Cost:** $20 adult, $10 child, $55 concession
- **Meet:** Pilliga Discovery Centre, Baradine
- **Bring:** Own vehicle, sturdy footwear, hat, sunscreen, water and snacks.

**Nginyiny gaarrny pakan (We are painting colours)**

**Aboriginal Art for Kids**

Join our Discovery Ranger for this special activity to learn about the role of art in Aboriginal Culture. Create your own Aboriginal Art inspired work using local ochres and paints.

- **Date:** Monday 6th April 2015
- **Time:** 1.30pm - 3:00pm
- **Cost:** $8 each (includes materials plus light snack & drink)

**Schedule in Week 10**

**Level 1 Activities**

Students will be rewarded for their fabulous behaviour this week with Level 1 activities planned for all Stages.

**Kindergarten**

- Year 1 and 2 students will enjoy time at the Park. Students will walk to the Park, have either recess or lunch (dependent on school timetabling), and then walk back to school. Students will be supervised at all times. Students’ recess or lunches will be delivered to the Park by a staff member.

**Year 3, 5 and 6**

- Year 3, 5 and 6 will enjoy some school-based activities and afternoon of fun and games between 1:40pm and 3:00pm.

**Year 4**

- Year 4 will go to the Bowling Club for lawn bowls between 1:40pm and 3:00pm with Mrs Evans and Miss Masters.

**Coonabarabran Junior Rugby Union**

- **Registration Day:** Wednesday 1st April, No. 3 Oval
  - **3:30 - 5:00pm**
  - **Cost:** $5.00
  - **Training dates and times:**
    - 3:45pm - Friday 27th March
    - 3:45pm - Wednesday 1st April
  - **No training over the school holidays**
  - **Training to recommence after the holidays on Friday 24th April**

**Under 6's, 8's, 10's, 12's and 14's for Boys and Girls**

**For all...**

- Parents included!
Term 1 has been busy for 4/5M; we have had a number of people try out for various sporting teams and been involved in a number of events.

Students in Year 4 had the opportunity to create scarecrows for this year’s Coonabarabran Show. All students thoroughly enjoyed this experience and a number of groups received ribbons for their creations. Year 5 had the pleasure to join the other 5/6 classes to create their boots for the Show. There were a number of marvellous creations.

4/5M students proudly welcomed their grandparents into the classroom for Grandparents’ Day. Students had a number of activities to complete with their grandparents; one included interviewing them about their life. A number of students learnt something new about their grandparents such as one student learning their grandparent was born overseas.

In Year 4 literacy students have been creating their own imaginary text. Students learnt about how to set out their story and how to create an interesting setting. The following are a number of settings students created about a haunted house.

"About two years ago two twelve year old boys with their small dog tried to walk on the creaky floor of a haunted house. The deathly smell was starting to get on the dog's nerves when all of a sudden the wind came through the window making the curtains flap. Dirt and dust flew into their eyes and before they knew it they were surrounded by ghosts. The dog crept behind the boys, the boys were shivering."

Chloe Schmidt

"We crept slowly and silently to the front door. I carefully opened the door and crept through trying not to make the floor creak. It was horrible! I saw spider webs, flapping curtains and a small dog in a cage! I also smelt roast chicken?"

Shafin Salim

4/5M have been demonstrating the 'You Can Do It' keys in the classroom through the 'You Can Do It' lessons. Students have been learning a lot about themselves and how the five keys will help them within the classroom and playground.

We are looking forward to term 2 being just as great as this term.

Miss Masters
During the upcoming school holidays there are lots of activities planned for children in our community. Below is a list of FREE activities to be involved in.

**Friday 10th April**
Opening of NYW – 2:00pm to 7:00pm at the Youth Club
activities include: Teenage Tennis, Shooting Hoops, Skate Skills & BBQ.
All welcome, all ages.

**Monday 13th April**
Cornflour Slime & Powder Making (Colour Run)
10:00am to 2:00pm at the Youth Club. For 11 - 17 year olds.

**Thursday 16th April**
Pool & Tennis Competition – 12 noon - 3:00pm
Drop In Centre – Youth Club - for 12 - 25 year olds

**Friday 17th April**
PCYC Blue Light Disco – 6:30pm to 9:00pm
Free entry and free Sausage Sizzle. Canteen available. For 11 - 18 year olds.

**Sunday 19th April**
“Colour Run” Fun Run – 10:00am to 2:00pm
At No. 1 Oval, 1km & 3km Fun Run, BBQ, all ages, all welcome – wear white!

For more information Contact Mandy Suter on 6849 2222.

www.youthweek.nsw.gov.au

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**State Swimming Championships**

Coonabarabran Public School had two representatives at the State Swimming Championships held at Homebush, in Sydney. Amid strong competition Cooper McGlashan swam in his 50m 8 years age race, shaving two seconds off his personal best with a 44.37 second swim!

Charley Isedale swam in the 50m backstroke recording a time of 47.56 seconds.

Well done to both boys for your great efforts in making it to Sydney.

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The Moorambilla selectors will be at our school tomorrow, Tuesday 31st March. The Primary Boys will tryout between 9:00 and 10:00am and the Primary Girls will tryout between 10:00 and 11:00am.

Good luck and good singing everyone! Moorambilla is a fantastic event and its great to be involved in.
Further to last week’s article about Anti-Bullying, activities in our school, here is some more information from the www.bullyingnoway.gov.au website. There are several links to other sites to assist parents in understanding the psychology of bullying and to address the effects of bullying, in addition to helping schools, in particular, stop bullying happening all together.

What is bullying?

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.

Bullying can happen:
- face-to-face (e.g. pushing, tripping, name-calling)
- at a distance (e.g. spreading rumours, excluding someone)
- through information and communications technologies (e.g. use of SMS, email, chat rooms).

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report bullying.

Online bullying (sometimes called cyberbullying) is bullying carried out through the Internet or mobile devices. Children who are bullied online are also often bullied face-to-face.

Examples of online bullying include:
- repeated hang up calls
- sending insulting or threatening text messages
- publishing someone’s personal or embarrassing information online
- creating hate sites or starting social exclusion campaigns on social networking sites.

Online bullying is one potential cybersafety issue for children when they use computers and mobile phones.

Why does it happen?

Some reasons why children might bully someone include:
- they think it’s fun, or that it makes them popular or cool
- they feel more powerful or important, or they want to get their own way all the time
- they feel insecure or lack confidence or are trying to fit in with a group
- they are fearful of other children’s differences
- they are jealous of another child
- they are unhappy
- they are copying what they have seen others do before, or what has been done to them.

As children get older, peer group relationships are increasingly important in how young people treat each other.

As children get older, they are also less likely to report bullying.

Because bullying often happens out of sight of teachers, it can take time to identify that a child is being bullied.

(Source: Australian Covert Bullying Study Executive Summary, p.xxii, May 2009, Edith Cowan University).

Most of the time bullying takes place with bystanders present. Bystanders are those who witness or know bullying is occurring. The way bystanders act has a major impact on bullying.

Bystanders who are passive (take no action) or behave in ways that give silent approval (watching, nodding, walking away) encourage the behaviour to continue.

Why don’t bystanders step in?
- for fear of their own safety (now and later) or position in the group
- they think that someone else will help
- they are worried about making things worse
- they don’t know what to do
- they think their actions won’t make a difference
- they think it’s none of their business
- they think the student being bullied deserved it
- they think it’s fun to watch.

When bystanders defend or support the student who is being targeted, often the bullying stops quickly.
Talking to your kids about bullying

Conversations are critical to ensuring your child feels safe at school. You can have a positive influence on your child’s social, emotional and academic development by talking with them and being engaged in their education.

While conflict is a natural part of growing up and learning how to socialise, bullying can have long-term effects on the wellbeing of your child.

What are the common signs that my child is being bullied?
Knowing whether your child is being bullied is sometimes hard to work out. Some common indicators to look out for could include:

- unexplained crying, moodiness or anger
- not wanting to go to school
- less social contact with friends
- frequent disagreements with you or their siblings
- unexplained missing personal property
- a decline in the quality of their school work.

How should I talk to my child about bullying?
If you think your child is being bullied, the most important thing to do is to talk to them about it. Try to:

- stay calm and let them know you’re happy they’ve told you
- listen to them and tell them you believe them
- explain that it’s not their fault and it’s never ok to be bullied
- ask them what they want you to do
- let them know you are there to help them practise responsible ways to respond to bullying.

You may also like to contact your school to ensure teachers know about the situation and find out if anything is being done to address it.

There is help available
There is also a range of resources out there to help you and your child deal with bullying, including:

Safe Schools Hub - www.safeschoolshub.edu.au

Through the Safe Schools Hub, the Australian Government is empowering parents with information and advice on how families can support a safe school culture and manage problems when they arise.
The Safe Schools Hub for Parents provides you with information and resources that you may find useful in helping to make your child’s school experience a positive and happy one. On the Hub you will find links to many of the websites listed below.


Bullying. No Way! has a dedicated parents portal providing useful information for parents and carers specifically about bullying, harassment, discrimination and violence in schools.

**Cybersmart** – [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

Cybersmart is a national cybersafety and cybersecurity education programme managed by the Australian Communications and Media Authority, as part of the Australian Government’s commitment to online safety.

**Department of Communications** - [www.communications.gov.au/online_safety_and_security](https://www.communications.gov.au/online_safety_and_security)

The Australian Government Department of Communications provides links to Australian Government measures to improve online security and fraud awareness and includes information about online safety for children.

**Think U Know** - [www.thinkuknow.org.au](https://www.thinkuknow.org.au)

ThinkUKnow is an Internet safety programme delivering interactive training to parents, carers and teachers.

**eheadspace** - [www.eheadspace.org.au](https://www.eheadspace.org.au)

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

**Mychild** - [mychild.gov.au](https://mychild.gov.au)

Mychild.gov.au is Australia’s online child care portal. The site also has information and links to other useful websites about children’s health and wellbeing, parenting and family support services.

**Raising Children** - [raisingchildren.net.au](https://raisingchildren.net.au)

The Raising Children network provides information that can help parents with the day-to-day decisions of raising children, and to also help parents and carers look after their own needs.


Parentline is a confidential telephone counselling service providing professional counselling and support for parents and those who care for children.
Tuesday Breakfasts with Li Yeann

Li Yeann is very excited about the number of students who are coming along for breakfast on Tuesday mornings. A number of students are having their breakfast and then helping out to serve and clean up. Li Yeann and the volunteers love your enthusiasm and thank you all for your help!

Breakfast is free for all students

and is available from 8.30am on Monday and Tuesday mornings. Monday morning breakfasts are served from the Canteen and Tuesday morning breakfasts are served in the Bus Shelter area.

Our School Garden’s Diary

Friday 20th March 2015:

Students from K-6B and 3R came to do some gardening today. They planted me with peas, beans, carrots, lettuce, beetroot and strawberries using their trowels and hand rakes.

Then they watered me with their watering cans.

Mr Keeler came along after the students had quenched my initial thirst and gave all of my new plants a good soaking with the irrigation system he installed.

It was great because it has been so hot and dry!!!
More photos from the **Stage 3 Forensics Excursion** to the

**Warrumbungle National Park**

on Thursday 26th March 2015.