

Coolamon Central School

Newsletter



WEEK 9 TERM 1 2024

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM ONE

MARCH

- 26 Easter Hat Parade
Secondary Parent Teacher Night
- 27 Whole School Photo Day
- 28 Secondary Assembly
- 29 Good Friday

APRIL

- 1 Easter Monday
- 5 Whole School Cross Country
Primary Assembly @2.10pm in Hall
- 9 K-2 Mixed League Tag Gala Day
Primary Parent Teacher Evening
- 11 Years 7 & 10 Vaccinations
Secondary Assembly
- 12 ANZAC Day Ceremony @ CCS

FINAL DAY TERM ONE

TERM TWO

APRIL

- 29 Staff Development Day
- 30 Students Return

MAY

- 1-8 Book Fair

from the Principal

We are entering Week 9 of the Term and only two weeks to go until the holidays. This week's principal's report is full of congratulations, with so many students achieving and giving their best in sport and other pursuits.

We have a big day for primary on Tuesday with the much anticipated Easter Hat parade. I can't wait to see some of the creativity and look forward to parents participating and spending time with students at school.

Please note our Primary Parent Teacher night has been moved to the last week of Term, Tuesday the 9th of April. Bookings will be via the Sentral Portal . A notification has gone out by email today.

Congratulations to the following students and good luck in your upcoming competitions and performances.

- Hayden Gardiner-Riverina AFL
- Harry Maddox, Noah Hatty, Lacey Harris, Emmerson Buchegger, Lennard Stone - Riverina Swimming Team
- Isabella Baulch, Makayla Baulch, Aaliyah Coleman - AFL Representatives
- Ricky-Lea Campbell - Riverina Central Choir 2024

Please note I will be on leave during the last two weeks of this Term. Mr Atkins will relieve as Principal and Mr Lyons will relieve as Deputy Principal. I thank them in advance for their efforts.

Easter will be a nice break for families. Take care and enjoy the time with family and friends.

PHOTO DAY REMINDER

School photography day is this **Wednesday 27th March**. Group and portrait photographs can be purchased by following the link below or by returning the order envelope with your payment to our photographer on school photo day.

Two easy ways to purchase:

1. Visa, MasterCard or PayPal
2. Cash – complete the envelope supplied and return it to our photographer on photo day

Or visit: www.advancedlife.com.au

And enter online order code: VFE MCV QF9

School Photos 27th March 2024

Dear Parents and Carers,

School photography day is this Wednesday 27th March. Group and portrait photographs can be purchased by following the link below or by returning the order envelope with your payment to our photographer on school photo day.

Two easy ways to purchase:

1. Visa, MasterCard or PayPal
2. Cash – complete the envelope supplied and return it to our photographer on photo day

Or visit: www.advancedlife.com.au

And enter online order code: VFE MCV QF9



School photography information:

- **Online orders** - do not require an envelope returned to your school
- **Sibling Photos** - Don't forget to pre-order your sibling photos online up to 24 hours before photo day. We provide your school with a list of sibling orders right up to the day of photography, so no one misses out. If you miss the online order deadline, you can submit a completed sibling order envelope first thing in the morning of the day of photography, so your school is aware you want the photo taken and can bring your children together in time for it. Sibling photographs only apply to children enrolled at your school. Please note not all schools offer sibling photos
- **Late fees** - a late fee will be applied to each package purchased after photo day due to the additional cost of producing these packages separately
- **Package delivery** - School photographs will be returned approximately 6 weeks after the day of photography. Please note this delivery timeframe is dependent on proofing and additional photography days at your school.
- **Previous Years' photos** - Past years' photographs including sports, co-curricular and representative groups are also available to order under the "previous years or group photo" tabs at your school's **advancedorder** site when you click on the "Order School Photos Here" button above. You can also order past packages, portrait images and gifts from your child's unique, individual and secure **advancedyou** image archive site using the unique 9 digit image code found on packages you have ordered in the past

advancedlife would like to express our appreciation to Coolamon Central School for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience please contact us at: www.advancedlife.com.au/contact

Our Values





Responsible

Be Responsible

'Own your action, know the reaction'



Respect

Be Respectful

'Fair go'



Ready

Be Ready to Learn

'Look, Listen, Learn'

Week 7 Secondary Assembly

Congratulations to our award winners from the recent Secondary Wellbeing Assembly held in Week 7. Our students were recognised for their outstanding application in all English and HSIE subjects.



Bronze Award Winners



Book Fair is Back Weeks 1 & 2 Term 2



Book Fair is designed to give kids access to more books they want to read, from relevant new releases to classic award winners. As your children grow, book fairs make it easy to be sure their home libraries grow with them. All proceeds benefit your child's school, so parents can rest assured that their children's classroom libraries will be growing as well.

As the largest publisher of children's books, Scholastic's expertise comes with your Book Fair. Featuring a selection from over 100 publishers - not just Scholastic - kids discover books for their interests and reading level.

Students will have the opportunity to view the books for sale at set times prior to purchasing. They will bring home a wish list and be able to purchase books during the time detailed below. (Look closely - you can purchase before, after and during both recess and lunch). Remember, the vast mass of knowledge in the world is often gained by reading; now is the perfect opportunity to encourage your children to acquire a love of this valuable tool.

Purchasing Date	Time
Wednesday 1 May	8:30 – 9:00, 11:10-11:40, 1:30-2:10
Thursday 2 May	11:10-11:40, 1:30-2:10
Friday 3 May	8:30 – 9:00, 11:10-11:40, 1:30-2:10
Monday 6 May	8:30 – 9:00, 11:10-11:40, 1:30-2:10
Tuesday 7 May	8:30 – 9:00, 11:10-11:40, 1:30-2:10
Wednesday 8 May	8:30 – 9:00, 11:10-11:40, 1:30-2:10

NB: Cash is accepted. All cheques are to be made payable to Scholastic Australia. EFTPOS facilities will be available. Books may also be purchased online - please follow the instructions on your child's wishlist.

We look forward to seeing you in the library. Parents and carers are welcome to call in during our purchasing times. We also have prizes to give away!



Fabulous New Blinds

Our blind installation in the school library is now complete.

Don't they look awesome!

Beyond the Line

On Wednesday 6th March we were lucky enough to host 20 pre service teachers from Teach NSW for the Beyond the Line program. The program aims at showing the benefits of working in rural and remote areas. We loved showing them all the amazing aspects our school has to offer!



Country Secondary Schools Chess Competition



The first round of the Country Secondary Schools Chess Competition was underway this week. TRAC were gracious hosts and winners, defeating our team 4-0. Even though the result was not what we had hoped there were many positives, including Declan and Aaron getting a PB for playing time and everyone enjoying themselves. We will continue to practise our skills in Chess Club each week, ready for Round 2.



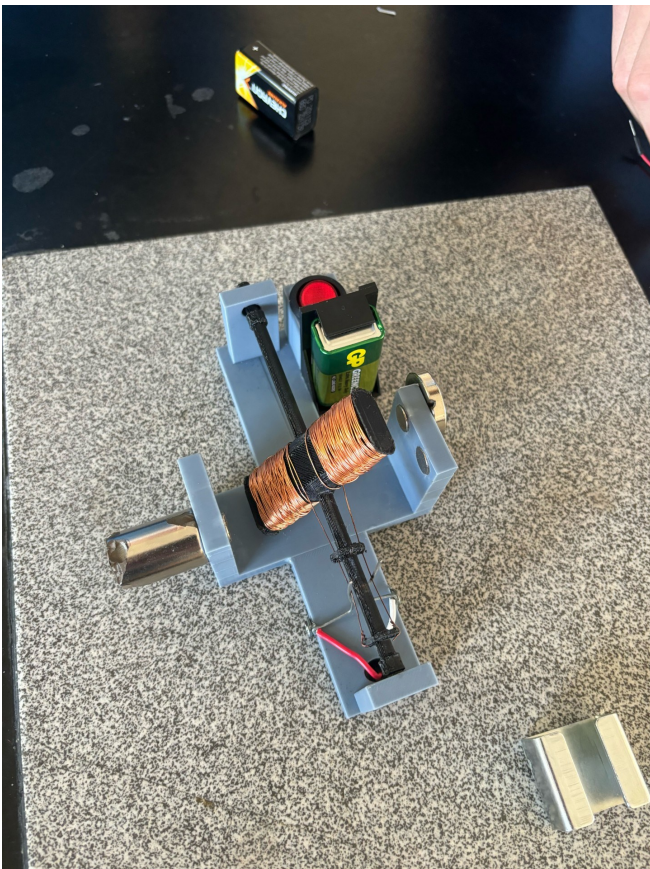
Street Library

You may have noticed the big blue box at the front gate of our school. It is a fabulous community book swap available to anyone who would like to swap or donate books. This has been placed here in memory of Tania Gillett who had a passion for books and reading.

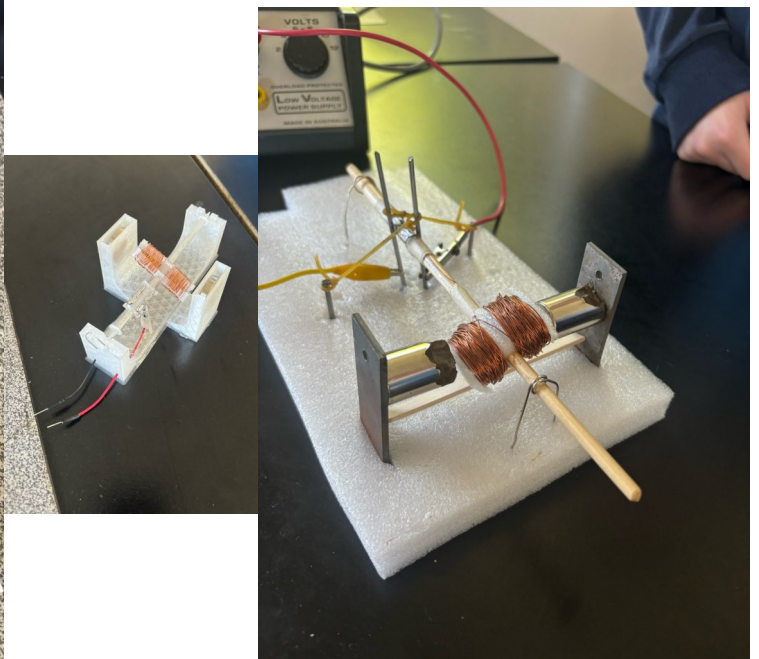




Year 12 Physics



Year 12 physics students build and test DC motors as part of their electromagnetics depth study.





LET'S TALK TRADES

- ARE YOU A STUDENT WHO WANTS TO KNOW MORE ABOUT A CAREER IN A TRADE?
- ARE YOU A PARENT WHO WANTS TO HELP THEIR CHILD IN CHOOSING THE RIGHT CAREER?
- ARE YOU AN EMPLOYER LOOKING FOR OPPORTUNITIES TO ENGAGE LOCAL YOUTH TO FIND YOUR NEXT APPRENTICE?

JOIN US TO LEARN MORE ABOUT TRADES IN OUR LOCAL COMMUNITY.

HEAR FROM CURRENT APPRENTICES ABOUT THEIR CAREER PATHS AND NETWORK WITH LOCAL EMPLOYERS.



DATE : WEDNESDAY 3RD OF APRIL 2024
TIME : 5.30PM -7.30PM
LOCATION: WAGGA RSL CLUB, MIRAGE ROOM

TO REGISTER TO ATTEND THIS EVENT PLEASE USE THIS LINK
<https://forms.office.com/r/4vcyCNDaVe>
OR scan the QR Code



This event is proudly supported by



For more information please contact Stacey Suidgeest on 0477 341 030 or stacey.suidgeest@det.nsw.edu.au



DO YOU WANT TO EXPERIENCE LIFE AS AN ENGINEER?

Do you enjoy STEM subjects and project based learning?

Build a Bridge... & Get Over It! Engineering Camp is for you!

Learn what it takes to become a Civil Engineer.
Design and build a real bridge!

When: Monday, April 29 to Wednesday, May 1 2024

Where: Borambola Sport & Recreation Centre, Sturt Highway, Wagga Wagga

Free to students that meet the application criteria and participate in the selection process!

Applications close Thursday, March 28 2024

If this sounds like you, speak to your Careers Advisor and apply today!



SCAN HERE TO APPLY TODAY
or see the link below
<https://compact.org.au/what-we-do/career-development/build-a-bridge/>



Rachel and Chris are getting slimed

To raise awareness for Epilepsy

Purple day 26th March

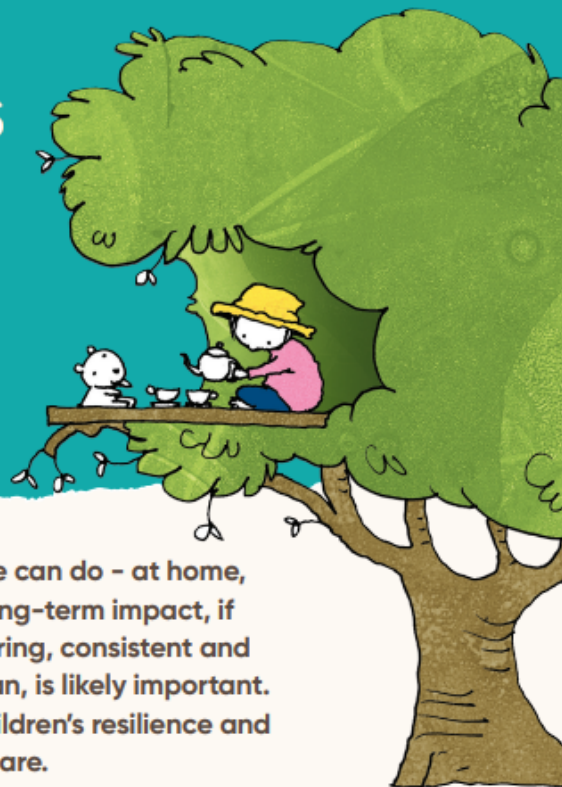
Every 33 minutes a person is diagnosed with Epilepsy.

To sponsor us head to the website on the QR code



Just a reminder that if you need to contact staff or if you need to get a message to your child, please contact the front office during school hours.

Supporting Children's Social and Emotional Wellbeing



COVID-19 continues to shape who we can see and what we can do – at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips...

Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

Do Things Together ... and Apart Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.



Mackillop Family Services acknowledges the Traditional Custodians and their Elders in each of the communities where we work.

Mackillop celebrates and draws strength from diversity and respects the dignity of all people. We value an inclusive culture where lesbian, gay, bisexual, trans, queer, gender diverse, intersex and asexual people (LGBTIQ+) have the right to be safe.

Supporting Children's Social and Emotional Wellbeing

Managing Big Feelings

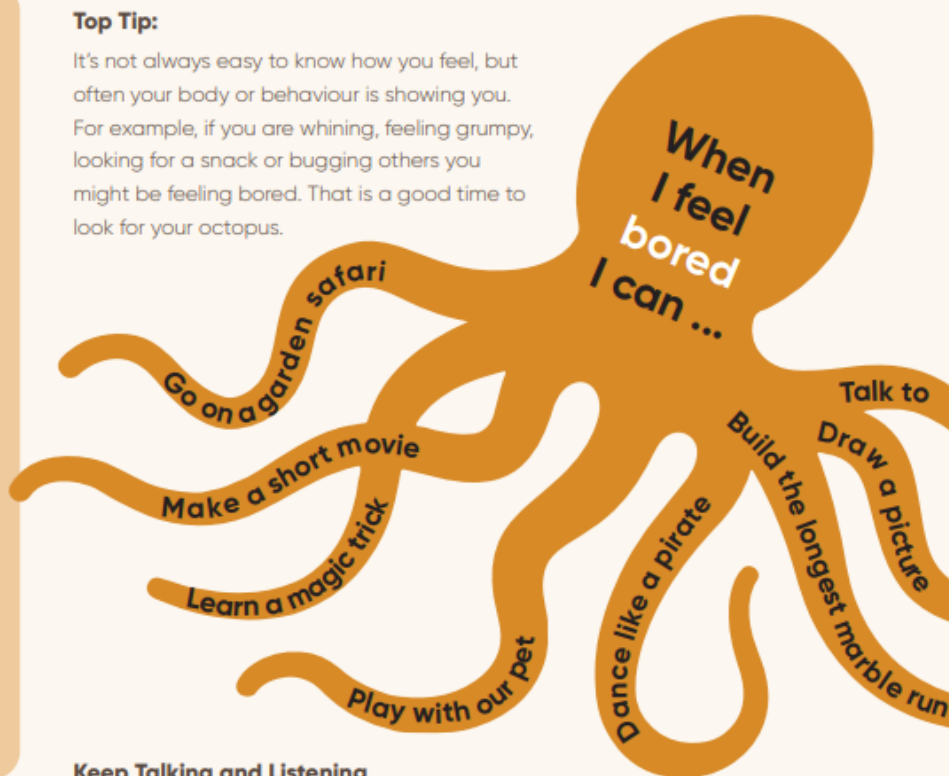
Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy

Handy Octopus Tool

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.
4. Now the tricky part ... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.
5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards...

Top Tip:

It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for your octopus.



Get in touch

-  PO Box 1023, North Sydney NSW 2059 Australia
-  1300 379 569
-  seasons@mackillop.org.au

Keep Talking and Listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).

Top Tip for Parent/Carers:

Make sure you lay out the resources so children can find these themselves when they need to.

Community News

Coolamon Town Library

Storytime 2024

Our next Storytime will held Friday, 5th April @ 10.30am theme – “Pigs”. New families are most welcome to attend. Storytime will not be held over the School Holidays.

School Holiday Program

The April School Holiday program has lots of activities for the children to enjoy. They include: A Magic show for all the family, making an Emoji Pillow, colour in your very own backpack. Also a free Movie night featuring the movie “Trolls Band Together”. Bookings are essential – 69272492.

Lego Club

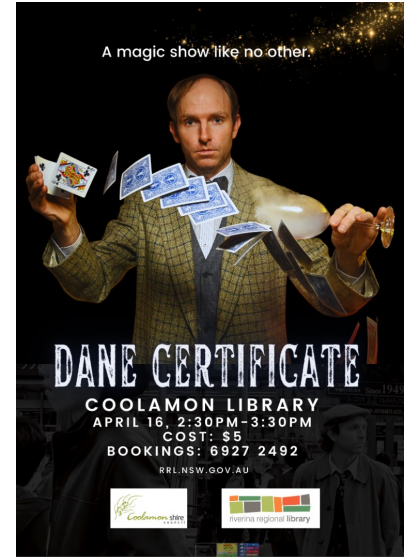
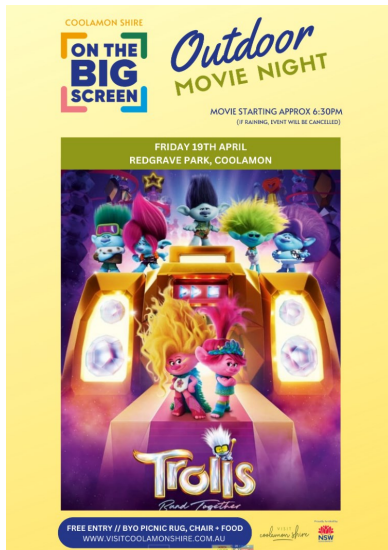
Lego Club is held on Wednesday afternoons @ 4.00pm – 5.00pm, then on Saturday mornings from 10.30am – 11.30am. Lego Club is a fun inactive program for all ages – everyone is most welcomed.

Homework Hub

The Library is offering assistance to students with their homework for primary aged students. It's available on Thursday afternoons from 4.00pm – 5.00pm. For further information and questions call the Library – 69272492.

Easter Closure

The Library will be closed over the Easter period this includes, Good Friday, Easter Saturday and Easter Monday. We will re-open on Tuesday 2nd April.





President: Holly Gray

Vice President: Lisa Piltz & Valerie McKelvie

Treasurer: Bec Forster

Secretary: Bronwyn Maslin

Email:

coolamonpandc@gmail.com

Meetings held Wednesdays in Week 3 and 8

The next P & C meeting will be held in Week 4 for this term only.

WEDNESDAY 21ST FEBRUARY @ 7PM

Breaky Central and our School Newsletter Proudly Sponsored by....



St Andrew's
Anglican
Church,
Coolamon



Woolworths
The fresh food people



Turtle & Mel

Walker

Your local Milkman



10 Say Street
Wagga Wagga 2650
Direct: (02) 69718 255
Fax: (02) 69718 266
Mobile: 0427273 254
Email: shane@steelsupplies.com.au

**The Uniting
Church**



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Email:
coolamon-c.school@det.nsw.edu.au

Website:
<http://www.coolamon-c.schools.nsw.gov.au>

Student and Parent Portal :
coolamoncs.sentrail.com.au

Principal:

Mr Kingsley Ireland

Deputy Principal:

Mr Jeremy Atkins

(Relieving)



To keep yourself up to date on all the great things happening in our school community, please like and share our Facebook page at 'Coolamon Central School' or visit our website at www.coolamon-c.school.nsw.edu.au



Education