



# Coolamon Central School Newsletter

WEEK 2 TERM 3 2019

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

## TERM THREE

### JULY

- 29 Primary Footsteps  
Dance all week  
  
Biology Depth Study  
@ Kindra Forest  
  
Central Schools Lawn  
Bowls @ Ardlethan
- 30 Stage 5 Information  
Night 5pm-5.45pm
- 31 U15 Boys Basketball  
Gala Day  
  
2019 Premier's  
Debating Day @  
Junee North Public  
School  
  
Primary Footsteps  
Disco @ Hall 4.30pm-  
6.30pm

### AUGUST

- 1 Australian Maths  
Competition Yrs 3-12  
  
'Leadership Values for  
Life' workshop
- 2 Riverina Secondary  
Athletics
- 7 Koorinal High School  
Show visit @ Hall
- 12-16 Science Week
- 15 PSSA Touch Gala  
Day
- 16 Selwyn Ski Trip @ Mt  
Selwyn
- 20 Kinder 2020 Parent  
Information Night

## FROM THE PRINCIPAL

Welcome back to all students and staff for another busy term at CCS. The Up2Date Art exhibition opened on Friday and it was exciting to see so many people attend. It is an outstanding exhibition and a major fund raiser for the school. Congratulations to Mrs Crocker and her students for the outstanding food and service provided. The funds raised are used to assist in the employment of our Community Youth Worker, Mr Lewis Grear. He is employed for one day a week in this position. Lewie is involved in organising student activities including Breaky Central, the SRC, community consultation as well as assisting our partner primary schools with bus transport. If you have the opportunity I would like to invite all parents and community members to visit the exhibition which runs until Saturday August 10th.



As part of the Up2Date Art Exhibition Merrin Glasgow, the artist in residence, ran a weekend "Fabrication" workshop, which was very successful and well supported by the community. Merrin also ran a creative art session at the end of term which involved our primary students as well as those from Matong and Ganmain. The students were very involved in learning new creative skills.

Over the past 18 months Coolamon Central has been able to spend over \$500,000 in improving the school facilities, in addition to the normal running costs of the school. All of these expenditures are aimed at improving the school environment and general wellbeing of students and staff. Our aim is to provide the best learning opportunities for all K-12 students.

Some of the major items of expenditure include:

- additional teaching and executive staff in primary and the middle school
- the leasing of two buses
- air conditioning classrooms
- concrete and paving, new playground seating and water coolers
- nine new smartboards and three sets of laptops
- electrical safety work and improved security lighting
- new educational programs for both primary and secondary students
- increased student assistance to help with financial hardship
- library upgrade and new furniture

Coolamon Central is continually improving as is shown through our NAPLAN, HSC and other results, both academic and non-academic. With your support we will continue to strive for even greater student success and improvement. If you would like to become more involved in school activities I would invite you to attend our P&C meeting this Wednesday in the library from 6.30pm.

Mr John Beer



# Riverina Country Team

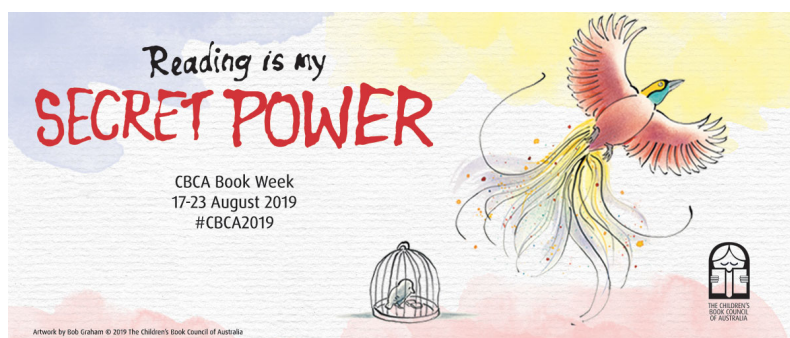


Congratulations to Year 11 student Paige Hilton who recently played in the 16's League Tag for Riverina Bulls at the Country Championships in Yass.



## COLOURING COMPETITION

Book Week will be held in Week 5 of this term. This year the theme is 'Reading is my Secret Power'. Students will be able to enter a colouring competition. There will be different competitions for each stage. Mrs White will have a prize for each winner.



## Lids4Kids

Leave us the plastic lids from your milk, water, juice and soft drink bottles and they'll be converted into prosthetic hands for kids.

From this



To this



For more information check out:

@Lids4KidsAU  
@EnvisionESI

<https://envision.org.au/envision-hands/>

Coolamon Central School is participating in the "Lids4Kids" initiative, a program that recycles plastic bottle tops and lids and turns them into prosthetic hands for kids. We have a collection box located in the front office so make sure you send in your plastic lids from milk, water, juice and soft drink bottles, as well as bread tags. Thankyou for your assistance for this worthy cause.





# District Athletics

On Wednesday the 3rd of July Coolamon Central School attended the District Athletics Carnival in Ardlathan for 2019. It was a nice change in the weather and it was quite warm throughout the day, although it was a little bit chilly in the morning.

There was some tough competition with eight different schools from around the district competing on the day. Mrs Taber and Miss Barker were the two teachers who supervised us for the day and they were also in charge of high jump. Everyone did brilliantly in each event they participated in and when not competing we did a great job of cheering everyone else on.

Well done to Lawson Buchegger and Hannah McDonald who were the 11 year Age Champions.

Coolamon also took out the win at the end of the day against the other schools.

Well done to everyone who participated in the carnival and special thanks to Mrs Taber and Miss Barker for taking us to the Athletics carnival and to any other people who organised the day.

By Hannah McDonald

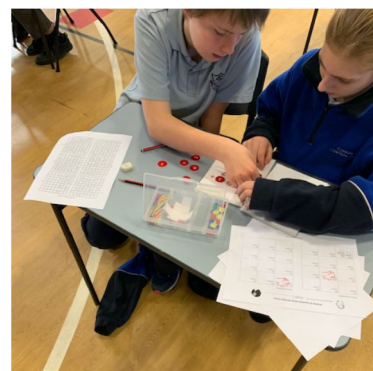






A group of nine students travelled to Mater Dei Catholic College to showcase their mathematical prowess to solve a variety of hands-on problems. These students challenged themselves against six other schools and exemplified great teamwork and perseverance. The workshop presenters taught a number of strategies to unpack and solve probability and arrangement questions before students attempted problems of a practical nature themselves. All students had a great day, came away with some goodies and even made a friend from another school! Looking forward to students participating in this fantastic opportunity again in the future.

Mr Pollard | Head Teacher Mathematics



Congratulations to Year 10 students Peter McCallum and Jack Christopher who have both been umpiring first grade in the AFL Riverina Competition. Peter started at the beginning of the season and Jack made his debut last Saturday.

# Book Club



ISSUE 5

ORDERS DUE - Friday 9th August

Scholastic Book Club orders for issue 5 are now open and orders will close on Friday 9th August.

The easiest way for families to order and pay for Book Club is to use the online **LOOP** platform. This will ensure that students get their orders, which are delivered to school for free, and that the correct payment is received. Please use the link to register and start your order [www.scholastic.com.au/loop](http://www.scholastic.com.au/loop) **LOOP** is also available as an app, for both apple and Android devices.

**Families who order via LOOP will receive a free reusable book bag with their second order for the year, and a poster and bookmark for those who place their third order.**

For cash payments, please ensure you have the correct money and that the envelope is securely sealed with your completed order form. This makes it a lot smoother to process all orders and ensures the order can be submitted to Scholastic in a timely manner.

Thank you to everyone who orders from Book Club as 20% of what you spend goes back to the school. Your support, in ordering from Book Club has allowed the school to buy additional books and classroom supplies.

Rhonda

Book Club



**Are you a young person (14-24 years) impacted by the NSW drought? UNICEF Australia invites you to apply for the first NSW Youth Summit on Living with Drought!**

UNICEF Australia, with support from the NSW Government, is hosting the first Youth Summit for young people living with drought in NSW. The Summit will be a forum for meaningful, action-oriented discussion between young people, policy-makers and service providers about how to more effectively support young people and children experiencing drought. It is also a chance to have a break from the land, build new connections with others going through similar struggles, and to **connect, engage and reflect**, surrounded by beautiful Lake Macquarie.

If you're aged 14-24 years and are impacted by drought, participating in the NSW Youth Drought Summit is a unique and exciting opportunity to speak up for drought-affected children and young people.

**Applications close on Friday, 30 August at 11:59pm AEST.**

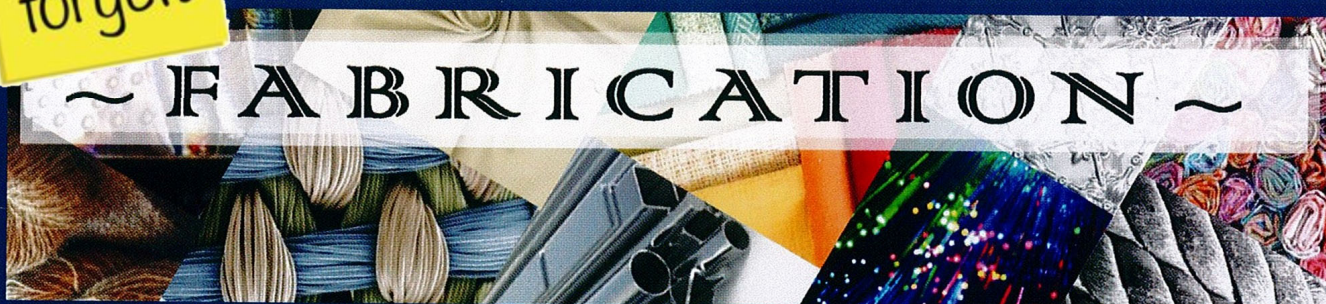
For more info: [www.unicef.org.au/droughtsummit](http://www.unicef.org.au/droughtsummit)



Don't forget!

Make sure you take the opportunity to attend the Up2Date Art Exhibition which will be open daily from 10am-4pm until Saturday 10th August.

## ~ FABRICATION ~



## 2019 COOLAMON UP2DATE ART EXHIBITION

AT THE UP TO DATE STORE, COWABBIE STREET, COOLAMON

OPENING NIGHT, FRIDAY 26TH JULY FROM 6.30PM - \$20PP  
EXHIBITION OPEN FROM 27TH JULY TO 10TH AUGUST  
10.00AM TO 4.00PM - ENTRY \$5PP

Find us on  
**Facebook**



HEALTHY LUNCH BOX

## The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## A Quick Bite ...

Eight (8) food swaps you can make today

If you want to make some changes to your family's eating you could start swapping some of the common occasional foods for healthy everyday foods. Swap foods like:

- White bread, muffins, crumpets, and pasta for *wholemeal varieties*
- Soft drink or cordial for water. Try fruit pieces added in for extra flavor.
- Sour cream for reduced fat *greek yoghurt*.
- Sugary cereals for *porridge with banana and dates*.
- Biscuits or cakes for *fruit bread or wholemeal crumpets and pikelets*
- Packet of chips for *popcorn or rice crackers*
- Fruit roll ups for *dried fruit (30g)*
- Pre-packaged fruit yoghurt for *plain yoghurt with fresh, tinned or frozen fruit*.



For more information visit

[www.mhhd.health.nsw.gov.au/services/health-promotion-1](http://www.mhhd.health.nsw.gov.au/services/health-promotion-1)

Live Life Well  
@ School



Health  
Murrumbidgee  
Local Health District





## Aboriginal and Torres Strait Islander Online supports

Aboriginal Fathers  
**STAYIN' ON TRACK**

### Stayin' on Track

Website for aboriginal dads, providing mentoring and support to stay on track and be good dads. FREE  
[stayinontrack.com](http://stayinontrack.com)

**MindSpot**

### MindSpot

An online indigenous wellbeing course, providing information and skills to allow participants to gain better control over their symptoms and get back to living a full, satisfying life. FREE  
[mindspot.org.au/indigenous-wellbeing](http://mindspot.org.au/indigenous-wellbeing)

**Black Dog Institute**

### iBobbly

A suicide prevention app for Aboriginal youth, currently under trial.  
[blackdoginstitute.org.au/research/digital-dog/programs/ibobbly-app](http://blackdoginstitute.org.au/research/digital-dog/programs/ibobbly-app)

**Beyond Blue**

### The Invisible Discriminator

A promotional campaign, run by Beyond Blue, aimed at increasing awareness of racism. FREE  
[beyondblue.org.au/who-does-it-affect/the-invisible-discriminator](http://beyondblue.org.au/who-does-it-affect/the-invisible-discriminator)

**YARN SAFE**  
NO SHAME IN TALKING IT OUT

### Yarn Safe

A promotional campaign run by headspace encouraging people to come and discuss issues in a safe space. FREE  
[headspace.org.au/yarn-safe](http://headspace.org.au/yarn-safe)

## Aboriginal and Torres Strait Islander Online supports

**STAY STRONG**

### Stay Strong

The AIMhi Stay Strong App is designed to focus on wellbeing and is for use with Indigenous clients by Aboriginal Health Workers, nurses, GPs, allied health professionals, community workers and others within clinical and community setting. FREE  
[menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App) (Apple)  
[menzies.edu.au/page/Resources/AIMhi\\_Stay\\_Strong\\_Android\\_App](http://menzies.edu.au/page/Resources/AIMhi_Stay_Strong_Android_App) (Android)

**Australian Indigenous Alcohol and Other Drugs Knowledge Centre**

### Health Infonet

An online resource that informs practice and policy on Aboriginal and Torres Strait Islander Health. FREE  
[aodknowledgecentre.ecu.edu.au](http://aodknowledgecentre.ecu.edu.au)



### Proppa Deadly

A project encouraging Aboriginal and Torres Strait Islander people to take action by sharing their stories. FREE  
[bimaprojects.org.au/our-work/proppa-deadly](http://bimaprojects.org.au/our-work/proppa-deadly)

**SMILING MIND**

### Smiling Mind

A meditation app with recorded meditations in Kriol, Ngaanyatjarra and Pitjantjatjara languages. Women from Central Australia's NPY Women's Council have helped create recorded meditations. FREE  
[smilingmind.com.au](http://smilingmind.com.au)

**be you**

### be you

A resource to embrace Aboriginal and Torres Strait Islander ways of being, knowing and doing, especially in regards to mental health. FREE  
[beyou.edu.au](http://beyou.edu.au)

NSW  
Health  
Murrumbidgee  
Local Health District

## HAVE YOU HEARD ABOUT #NURSECAMPMLHD?

### WHAT'S #NURSECAMPMLHD?

Challenge yourself to experience a day in the life of a nurse and learn how you can become one. #nursecampMLHD is a fun 3 day camp where you will learn from our awesome nurses and test your skills on practice dummies, before you team up to run your own ward on day 3. There will be prizes for the team that provides the best patient care experience!

## ABOUT #NURSECAMPMLHD

**When:** 24th - 26th September 2019

**Where:** Narrandera Hospital

**Accommodation:** Lake Talbot Tourist Park, Narrandera

**Travel:** You'll need to make your own way to Lake Talbot Tourist Park

**Cost:** \$\$\$\$ZERO.....just come and give 100%

## WHAT WILL I LEARN?

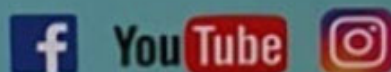
Over 3 days you will learn and practice skills including:

- \*Stitching and dressing wounds
- \*Giving medication
- \*Resuscitation
- \*Taking blood
- \*Infection control
- \*Handing over care and much more!!!!

## HAVE YOU GOT WHAT IT TAKES?

More information on how to apply for this adventure will be provided to your school. Keep an eye out for more details. We will be in touch with Career Advisors soon.

*Please note: To be considered for this project minimum industry standards apply. For more information speak to your Career Advisor.*



Type in Murrumbidgee Local Health District or Murrumbidgee\_LHD for Instagram

# Community News

## Coolamon Town Library

### Plastic Free July—Bee Wax Wraps

The Library is holding a workshop 'Bee Wax Wraps' to conclude our Plastic Free July events. It will be held on Tuesday 30th July @ 10.30am—cost \$20.00. Come and learn how to eliminate plastic wrap in your home by making your own bees wax food wraps.

### Lego Club

Lego club will commence again in Term 3. Lego club is held every Wednesday from 4.00pm—5.00pm and then on Saturday mornings from 10.30am—11.30am at the Library. The aim of the Lego club program is for children to have fun, learn to communicate with others and to develop problem-solving skills. This is a free program and is being offered to children from 5 years to 15 years of age.

### Writing for Pleasure

Join us here at the Library for some writing workshops—'Writing for Pleasure'. The workshops will encourage you to write, share and interact with others in a group. They will be held every Tuesday afternoon from the 30th July until the 24th September from 2.00pm—4.00pm. Our facilitator is Sally Farmer from Coolamon—cost is free.

### COSTS FOR FORTNIGHTLY ADVERTISEMENTS IN THE COOLAMON CENTRAL SCHOOL NEWSLETTER

(Appear once in newsletter)

1/16 page	\$ 5.00
1/8 page	\$10.00
1/4 page	\$15.00
1/2 page	\$20.00
Full page	\$25.00

One off free advertisement for non-profit community event

All payments must be paid prior to placement of the advertisement



### Certificate of Appreciation

Presented to

**Coolamon Central School**

for their generous donation of \$600.80 to  
Cystic Fibrosis Community Care

Signed   
Rachoff Farmer  
Community Fundraising Coordinator

27 June 2019

Date



## Annual General Meeting

Coolamon Amateur Swimming Club Annual General Meeting will be held at the Coolamon Sport & Rec Club Monday 5th August at 5.30pm





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



**Turtle & Mel  
Walker**



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



The Uniting  
Church



St Andrew's  
Anglican  
Church,  
Coolamon



Coolamon Central School  
75 Methul Street  
Coolamon 2701  
Phone: (02) 6927 3209  
Fax: (02) 6927 3644

Email:  
[coolamon-  
c.school@det.nsw.edu.au](mailto:coolamon-c.school@det.nsw.edu.au)

Website:  
[http://www.coolamon-  
c.schools.nsw.gov.au](http://www.coolamon-c.schools.nsw.gov.au)

**Principal:**

Mr John Beer

**Deputy Principal:**

Mr Kingsley Ireland

**P&C**

The next P&C meeting  
will be held on  
Wednesday 31st July at  
6.30pm in the school  
library.



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](http://www.coolamon-c.school.nsw.edu.au)



**Education**



## ICAS Competitions 2019

Each year students from Years 2 to 12 are invited to enter the International Competitions and Assessments for Schools (ICAS). ICAS Assessments are online\* assessments, designed to recognise and reward academic excellence. The assessments are based on the curricula for the relevant year. Students are asked to demonstrate a deeper, integrated, and thorough level of learning. To ensure an engaging and beneficial experience for all students, new ICAS assessments are developed annually for each subject in every year level.

*\*ICAS Writing is paper-based only for Papers A and B*

The written competitions provide opportunities for students to gain a measure of their own achievement in an external assessment situation against other students from across Australia and Asia who demonstrate a high level of ability in these disciplines. The papers are not designed on, nor designed to test, the syllabus, unlike the NAPLAN papers designed to test literacy and numeracy skills in Years 3, 5, 7 and 9.

Every student receives a certificate and an individual student report. Entrants are encouraged to visit the ICAS website prior to their assessment: [www.eaa.unsw.edu.au/icas](http://www.eaa.unsw.edu.au/icas)

*Please note that as Coolamon Central School values the participation of its students in such international competitions, the fees have been **heavily subsidised** to make them more financially accessible.*

Please complete the participation slip for entry in one or more of these competitions. Return your slip with full payment by Monday 19<sup>th</sup> August, 2019.

Competition	Year Level	Sitting Date	Original Cost	Subsidised Cost
Digital Technologies	3 – 10	Tuesday 3 September	\$14.50	\$8
Science	2 – 12	Thursday 5 September	\$14.50	\$8
Writing	3 - 12	Tuesday 10 September	\$14.50	\$8
Spelling	2 - 7	Thursday 12 September	\$14.50	\$8
English	2 - 12	Tuesday 17 September	\$14.50	\$8
Mathematics	2 - 12	Thursday 19 September	\$14.50	\$8

### ICAS SCHOOL COMPETITIONS FOR YEARS 2 – 12

Please complete one form per student and return it to the school office with payment by Monday 19<sup>th</sup> August, 2019.

Student's name: (please print) \_\_\_\_\_ Year: \_\_\_\_\_

Competition	Year Level	Sitting Date	Original Cost	Subsidised Cost	Please tick
Digital Technologies	3 – 10	Tuesday 3 September	\$14.50	\$8	
Science	2 – 12	Thursday 5 September	\$14.50	\$8	
Writing	3 - 12	Tuesday 10 September	\$14.50	\$8	
Spelling	2 - 7	Thursday 12 September	\$14.50	\$8	
English	2 – 12	Tuesday 17 September	\$14.50	\$8	
Mathematics	2 - 12	Thursday 19 September	\$14.50	\$8	

Total amount enclosed: \$ \_\_\_\_\_