



Coolamon Central School Newsletter

WEEK 6 TERM 1 2019

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM ONE

MARCH

- 5 PSSA Zone Netball Trials @ Kindra Park Coolamon
- 7 Science & Engineering Challenge @ Wagga
- 8 Yrs 7 & 10 Vaccinations
K-6 Assembly featuring Ruby @ Hall 2.10pm
- 13 Riverina Primary Swimming Carnival
- 15 PSSA AFL Trials @ Arianah Park
- 19 Whole School Photos
- 21 Whole School Cross Country @ Coolamon Golf Course 9am-11am
- 22 K-6 Assembly featuring Topaz @ Hall 2.10pm
- 29 RYDA Driver Awareness Year 11 @ Wagga Showground

APRIL

- 1 K-12 Parent Teacher Interviews 3.30pm-7.30pm
- 4 K-6 Assembly featuring Early Stage 1 & Stage 1 @ Hall 2.10pm
- 11 Easter Hat Parade 11.40am-12.40pm

FROM THE PRINCIPAL

Congratulations to all of our students who participated in the area swimming carnival and the touch trials and also to those students competing in the regional swimming carnival and netball trials this week.



It is very important to protect your children against disease. This week NSW Health will be at the school to offer human papillomavirus (HVP) and diphtheria-tetanus-pertussis (dTpa) vaccines to Year 7 students in a school-based vaccination program. Meningococcal vaccines will also be offered to all Year 10 students.

Our P&C will be meeting on Wednesday at 6.30 in the school library. New members and ideas are welcome as it is hoped that the P&C can be invigorated as both a fundraising and social organisation to benefit both parents and students at the school.

I am sure that every parent is concerned about their children's online safety. As well as the dangers from scammers and predators, too much screen time has an adverse effect on students sleep patterns and their ability to concentrate at school.

The following advice has been provided by experts on **"How to protect your child online"**:

- If your child is under 13, don't allow them to play online games unless you are sitting next to them.
- No child under 13 should be allowed to play Fortnite under any circumstances.
- Never link your credit card to the online gaming account of your child, no matter their age.
- Consider putting in spyware and/or parental barriers limiting what your child can access while online.
- Enforce a timetable that allows a set amount for gaming as well as sleeping, eating and time with the family.

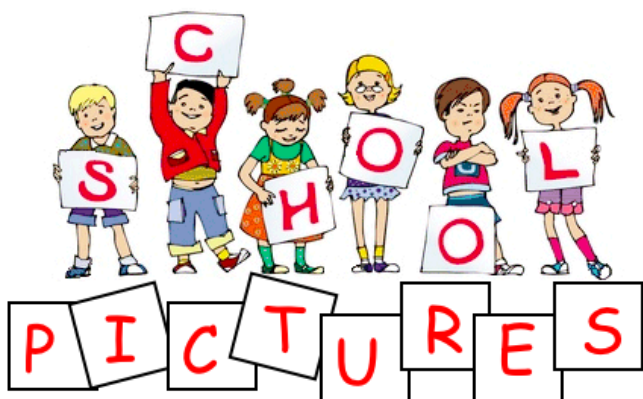
John Beer
Principal

Work Education

Students studying Work Education have been considering their own personal values and learning what skills are important in the workforce. An excursion to Rural Supplies and Barty's Café on Tuesday 19th February, consolidated their understanding of employer expectations. Students were able to practise their communication skills and ask important questions about different industries and learnt about the importance of passion, reliability, honesty and punctuality with real life examples.

We would really like to thank Colin from Rural Supplies and Ryan from Barty's Café for taking time out of their day to assist our learning, it was very much appreciated.

Mrs Vogt



School photos will be taken on Tuesday 19th March, 2019. Full summer uniform is to be worn, which includes black shoes. Photo order envelopes have been handed out and must be returned **BEFORE** photo day, whether you are ordering photos or not. Please include correct money as no change is available.

Family photo envelopes are available at the school office.

IMPORTANT: Every student must return their envelope – even if not purchasing photos.

District Swimming Carnival

Coolamon Central School students had a fabulous day representing our school at the 2019 Zone Swimming Carnival in Arianah Park on Thursday 21st February.

It was a hot day, however spirits were high throughout the day whether it be from our competitors or cheer squad.

Coolamon won the carnival with many students and three of our relay teams making it through to the Riverina Carnival in Albury on Wednesday 13th March.

A special mention to Emmerson and Lawson Buchegger who both won the 11 Years Age Champion medallions.

Several of our other students including: Jorja Clarkson, Reagan Crocker, Hannah McDonald, Olivia Walker, Aaron de Haan and Keenan Crocker all received a place in the Age Champions points.

Thank you to all staff, parents and students for making the day so wonderful.

Mrs Taber

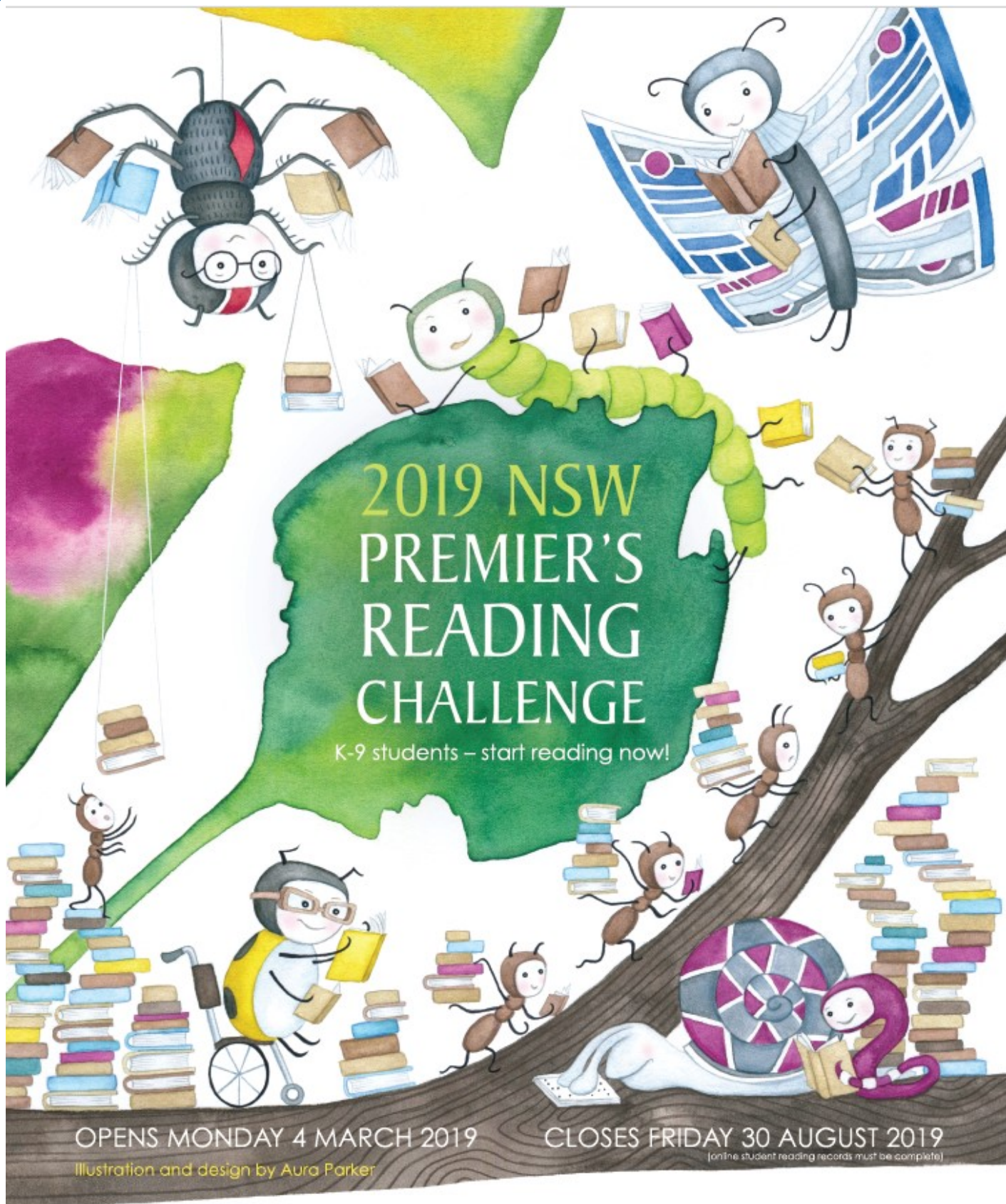




Stage 3 Topaz

Stage Three students in Topaz have been enjoying their fortnightly music lessons with Mr Szery. Currently they are learning the notes and tune to The Lion Sleeps Tonight using keyboards and glockenspiels.





OPENS MONDAY 4 MARCH 2019

CLOSES FRIDAY 30 AUGUST 2019

(online student reading records must be complete)

Illustration and design by Aura Parker

www.premiersreadingchallenge.nsw.edu.au



Media Partner



Supporting Partner





On Friday, March 1st, students from Kindergarten to Year 6 put on their gloves & headed out to clean up, in and around Coolamon Central School. Classes worked together to clean up surrounding streets and parks.



On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

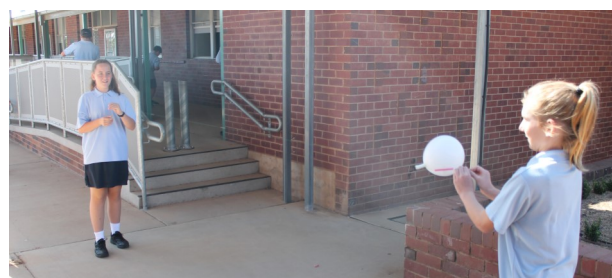
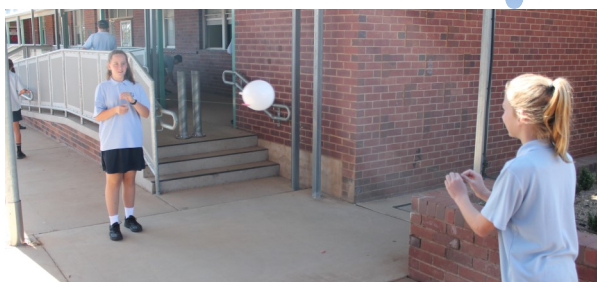
Following an absence from school you must ensure that **within 7 days** you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why. Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

The 2019 SRC has changed slightly from previous years. After consultation with students, it has been decided to move from 'Year Representatives' to 'Class Representatives'. This will result in the SRC reflecting a greater cross section of our student body.

Nomination forms were handed out last week with elections to be held this Thursday.

Stage 4 H - Balloon Rockets



Stage 4 H were investigating Newton's third law, with balloon rockets. As the air was released the balloon moved in the opposite direction.

Year 7 2020

After receiving feedback from members of our community, we have decided to bring forward our transition program. In week 10 we plan to visit our partner schools to meet prospective students and will advise families when we will have our first information evening for 2020.

Mathematics Wellbeing

Last fortnight we celebrated the outstanding efforts of our students who demonstrated the school values in their Mathematics classrooms. It has been extremely pleasing to see most students excelling in various areas of their learning. Congratulations to all students who received an award.



All students are welcome to come and enjoy a free, healthy breakfast to start the day. Breaky Central operates between 8:15am and 8.50am each Monday, Wednesday and Friday morning unless otherwise notified. (Please note: does not run on the last day of term).

We have recently received a donation of cereal from Kellogg's, to help us serve this to the students we would greatly appreciate donations of plastic bowls and spoons. For any further information please contact Mr Lewis Gear.

The Foggy Brain



Holiday periods are essential for health and wellbeing. By the end of a busy demanding term, students and teachers alike need to rest and refresh. Parents need a break from the school routine too. It is a time to reconnect with family and friends and have the luxury of having some choice in how you will spend your time. The problem comes when you've enjoyed a great break and it's time to gear up again for the new year. The body is willing, but the mind can still be in holiday mode. Some might say 'brain fog' has set in.

Whilst it isn't a clinical condition, brain fog is a general term that is

used to describe a dysfunction in focus, learning and memory. It feels like forgetfulness, slow thinking, those 'it's on the tip of my tongue' moments, and difficulty concentrating. It can create brief episodes of confusion, disorientation and frustration. For some people, brain fog isn't only experienced after a good long holiday. It can set in and cause considerable anxiety.

However, the positive news is that action can be taken to rid the mind of the foggy feeling and bring greater clarity back into your life again. Diet plays a key role in maintaining a sharp, nimble brain. Prof Felicia Goldstein from the Neurology Department at Emory University Brain Centre in Atlanta highly recommends a Mediterranean style diet, rich in fish, fruits, vegetables, nuts, beans, whole grains and olive oil. Antioxidant-rich produce also supports brain fitness. People should avoid carb-heavy meals and snack to counteract energy crashes which can block the activity of alerting neurons in the brain. Instead we should eat high-protein foods which contain amino acids that stimulate neurons. Keeping bodies well hydrated throughout the day is another important factor that will help brain clarity.

Sleep plays a critical role. A tired brain is one where learning will be limited. For children between the ages of 8 to 12, medical experts suggest 10 hours a day of sleep is an average requirement. More hours are recommended for those who are younger. Now that the school term is back in session, it's important that families get the children back into routines that ensure they get enough regular sleep.

Exercise keeps you sharp-minded. It increases blood and oxygen flow to the brain, improves sleep, and lowers the risk of health issues that can cloud thinking. A regular exercise routine as part of the weekly program will improve health and assist in eradicating the foggy brain.

Certain screen activities can have an impact on children's brain fog. It certainly impacts meaningful conversation in the home. It is ideal for families to establish clear, consistent boundaries in the home around screen time and ensure that these agreements are enforced. Children respond well to routine and where possible a regular, predictable routine will limit the conflict that can occur within a home as the pattern becomes established.



Year 8 student Chloe Clark joined Mrs Lucas and the Kindergarten students in their history lesson. Chloe taught the students some words from the traditional Wiradjuri language.

bench marks **ART WARS & AUCTION**

**DON'T SIT ON THE BENCH
 MAKE YOUR MARK
 GET UP AND PAINT
 BRING YOUR FRIENDS
 GET A TEAM TOGETHER...
 OR JUST COME AND WATCH**

Your bench masterpiece will be auctioned
 at 12...

and the winner will take home \$100

Cowabbie St, Coolamon
 Pieper Park opposite the Fire Station
 Easter Saturday, April 20
 10am - 12 noon

**Participation is free
 All materials provided**

Contact Eileen 0427278510 for information and to register



**Limited to 12 teams - call
 NOW!!**



45TH BORDER MUSIC CAMP
 SUNDAY 7 JULY - SATURDAY 13 JULY 2019




45 years of excellence
 The first Border Music Camp was held in 1975, under the umbrella of the National Music Camp Association (now Australian Youth Orchestra Ltd.).
 The Camp's early years were precarious, and it benefited greatly from the formidable advocacy of the co-founder of NMCA, the late Ruth Alexander.
 The founding Secretary, Cate Davis, was Director for eighteen Camps, retiring at the twentieth Camp in 1994. Under her leadership Border Music Camp gained a very high reputation for musical excellence and creativity; as much as its continued existence, its characteristic musical vitality is her legacy. This tradition could be seen in 2005, when our composer-in-residence program won the nationally recognised Australian Music Centre/APRA Award for 'Outstanding contribution to Australian music in a regional area'.
 In 2014, our 40th year, we were honoured to receive an award from the NSW Government, as the region's Volunteer Organisation of the Year.
 Starting with 61 Campers, we now have around 230, and up to 60 staff. Past Campers include numerous professional musicians, teachers and music administrators, and thousands of people whose lives have been enriched by Border Music Camp.

7 JULY Important dates
 Bookings open 1 March
 Early Bird closes 12 April
 Applications close 5 June
 45th Border Music Camp 7 - 13 July

Get in touch!
 Director
 Alastair McKean - 0418 990 775

For further inquiries please
 contact Mr Szery.



The Coolamon Central School P&C is looking for new members to join the committee. At our recent Annual General Meeting, all board member positions were filled. Although this is encouraging we require more members to make the P&C as effective as possible.

The P&C will be holding another meeting on **WEDNESDAY 6TH MARCH** at 6.30pm in the school library, to encourage greater membership. Please be reminded that the P&C is not designed to be time consuming, but an opportunity for parents and citizens to actively be involved in the wider school community.

Look forward to seeing you there.



Stewart House Donation Drive 2019

Stewart House donation envelopes will be sent home with all students, for your chance to win a \$4,000 holiday destination of your choice

- Place a \$2 coin or equivalent in the envelope provided
- Complete entry details on the back of envelope
- Return to the school office to be eligible for the draw.

All entries must be returned to the school by Friday 24th May 2019.

Community News

Story-time

Story-time has commenced again for 2019, the next Story-time will be this Friday, 8th March @ 10.30am theme "Moo Cows". The morning is filled with lots of stories, songs and finishing up with a craft the children are able to take home– we welcome any new families to join us.

Coolamon Writing Workshop

The Coolamon Library is hosting a creative journaling workshop on Thursday, 21st March from 10.30am – 12.00pm. This workshop offers tips, tools, and techniques for using writing as a pathway to good health and wellbeing. It's been facilitated by award winning journalist and author Stephanie Dale. Cost of the workshop is a gold coin with all donations going to Riverina Bluebell. Phone the Library for further details – 69272492

Lego Club

Lego club has also commenced again for the year it is held on Wednesday's afternoon @ 4.00pm – 5.00pm and then on Saturday mornings from 10.30am – 11.30am. 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. All lego is provided and is held weekly at the Library. Any donation of Lego would be kindly appreciated.

Community Recycling Station

The Library has a Community Recycling Station available for our residents. Residents can drop off special wastes for recycling for FREE.

The Community Recycling Station accepts household quantities such as Fluoro globes, Mobile phones and accessories, Smoke detectors and Household batteries - Visit the Recycling Station today.



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

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



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**Turtle & Mel
Walker**

The Uniting
Church



St Andrew's
Anglican
Church,
Coolamon



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

Principal:

Mr John Beer

Deputy Principal:

Mr Kingsley Ireland

P&C

The P&C meet on the first Wednesday of each term. All

new parents are most welcome to attend. It is a great way to find out what is happening at our school and to meet staff and other parents.



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