

Coolamon Central School Newsletter

WEEK 8 TERM 1 2019

BE RESPONSIBLE

TERM ONE

MARCH

- 19 Whole School Photos
- Legal Studies Court 20 visit @ Wagga
- 21 Whole School Cross Country @ Coolamon Golf Course
- 22 K-6 Assembly featuring Topaz @ Hall 2.10pm
- 29 **RYDA Driver** Awareness Year 11 @ Wagga Showground
 - K-6 AFL clinic

APRIL

(Please note Year 12 only Yrs 7-11 Term 2)

- 2 Year 12 Parent Teacher Interviews 4pm-6pm
- 5 **Girls League Tag Gala** Day @ Leeton
- 6 K-6 Assembly featuring Early Stage 1 & Stage 1 @ Hall 2.10pm
- 8 Far West Bike Ride visit
- 9 Year 7 2020 Information Evening
- 10 Riverina Rugby League Trials
- Easter Hat Parade 11 11.40am
- **ANZAC Day Assembly** 12 11.10am

FINAL DAY TERM

BE RESPECTFUL

BE READY TO LEARN

FROM THE PRINCIPAL

On Tuesday March 5th all staff undertook an evening training in anaphylaxis and CPR training. This is a compulsory course to help ensure the safety of all students, staff and visitors to the school. On the evening of Tuesday March 19th all teachers will be undergoing training in data analysis and evidence collection so that we can better evaluate student results and improve future



learning outcomes. These two evenings will replace the scheduled Staff Development Day on Friday December 20th.

The Coolamon Central School staff are very concerned about some of the negative aspects of social media that affect our students as result of the misuse of these platforms by others. Studies have found that over 90% of eight to eleven year olds have surfed the net and about half have logged onto social media. These children are creating a public persona even if they don't realise it. Over the last two years we have engaged providers, such as Bully Zero Australia, to run courses for our students that emphasis the safe use of social media. It is important that students are aware of "Digital citizenship" and their associated rights and responsibilities.

Here are 5 tips for kids to build their personal brand:

Be mindful of your actions and words Stay true to your values Focus on your own skills and talents Build positive relationships Stay safe, stay kind

The eSafety Commissioner, Julie Inman Grant, says that kids should apply the "grandma test", which is to only post pictures or comments they think their grandparents would approve of.

The mass shooting in Christchurch last Friday is a tragedy that has shocked us all as well as being deeply confronting. It is hard not to be moved by the loss of innocent life. The content is still circulating on social media and is not suitable for anyone to view. The social media companies are attempting to remove content however students may have access to it and all reasonable steps should be taken to minimise their exposure to the graphic and distressing content. Please contact the school if you have any concerns regarding your children over this matter.

John Beer Principal

futuremoves

Year 6 students were treated to a workshop by CSU program Future Moves. The program encourages students to think about a range of careers and different pathways to achieving success after school. Students had to think about their own skills and attributes and what careers that could lead to. The best part of the lesson was where students were able to dress up as a graduate and have a polaroid photo taken after they had set their own career goal. I would like to thank the Work Education Class for assisting in the workshop.

I hope Year 6 look forward to visiting CSU later in the Year.

Mrs Vogt







9/10 iSTEM ZIP LINE CHALLENGE.



9/10 iStem students -Ben Dennis, Jakob Taylor, Bailey Spry, Lewis Thain and Stella Rose.

The winning design pictured right.







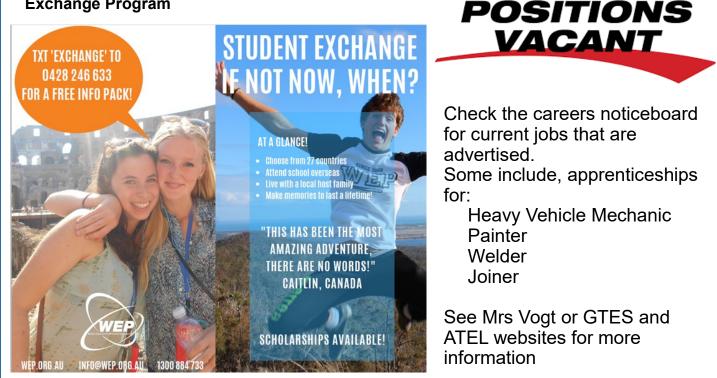
FREE CSU Parent Information Sessions

If your child is in Year 10, 11 or 12, you're invited to a Charles Sturt University (CSU) parent information session at your local CSU campus.

Wednesday 27 March, 5.30–7.30pm Charles Sturt University Cellar Door (Winery), Building 413, Wagga Wagga campus

This free evening event is a great opportunity for you to get the information you need to help your child apply for uni. We'll walk you through the application process, as well as things like early entry, accommodation and scholarships. We'll even have Universities Admissions Centre (UAC) reps there to answer all your questions.

Applications closing soon for Year 10 Exchange Program



Calculators

With the term well underway, a scientific calculator is an essential item for success in Mathematics. A phone calculator is generally not permitted in class and is banned from assessment items. A scientific calculator also has much more functionality and is more intuitive to operate for complex functions.

If your student does not yet have a calculator, the preferred model of a Casio FXAUPlus II can be purchased from the front office for \$20 (cheaper than stationary stores).

Mr Pollard

Head Teacher Mathematics

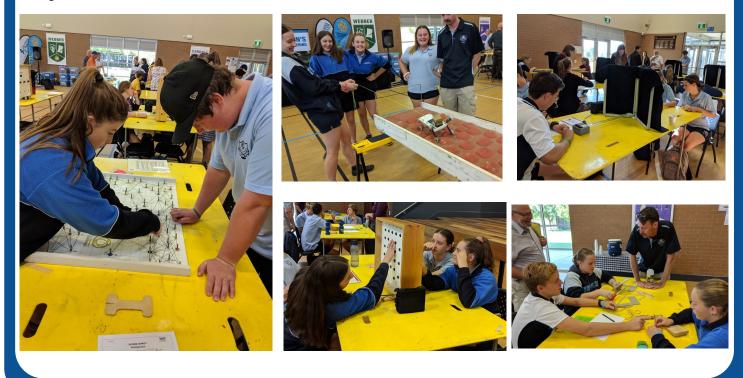


Science Engineering Challenge

The Aspire and iSTEM students went to the Science and engineering challenge last Thursday. The students participated in activities such as designing and building a small set of furniture, making a robotic hand, designing and earthquake proof building, constructing a 'Mars' rover that can move over difficult terrain without losing its load, developing a code to communicate with each other via lights and building a bridge for a weighted load to travel over.

The students had a great day and Coolamon Central School came sixth overall for the day, in a very competitive field. On an encouraging note, the Bridge building team came first overall with the most weight carried over their bridge before it finally failed with the bridge buster mass.

Congratulations to all the students.





Rotary Club - The Iron Lung

Coolamon Central enjoys a strong relationship with the Coolamon Rotary Club who continue to involve and support us in a number of ways. Rotary International has been working to eradicate polio for more than 30 years, and have made incredible progress in the fight to rid the world of it forever. As a founding partner of the <u>Global</u> <u>Polio Eradication Initiative</u>, Rotary has helped to reduced polio cases by more than 99.9 percent. It's crucial to eliminate polio from the last three countries where it remains endemic and to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.

The Rotary Club of Coolamon attended CCS with an 'Iron Lung' and provided students from K - 12 with the opportunity to learn more about this historic scientific invention and to deepen their knowledge of the issues that Polio presents in society.

I would like to thank the Rotary Club for continuing to provide our students with opportunities to deepen their knowledge of wider world issues and in supporting a climate of continued social awareness.



Introducing Year 7 2020 Advisor

It gives me great pleasure to announce the Year 7 2020 Year Advisor, Mrs Vogt.

Mrs Vogt is a valued member of our team and is currently the relieving Year 10 Advisor and she is looking forward to being heavily involved in our transition program.

In receiving feedback from key stakeholders from last year it was decided that we will begin our information sessions and school visits earlier than in previous years. The first of two information evenings will occur in the coming weeks and we will advertise this further on Facebook and in the next newsletter.

We are looking forward to meeting prospective students, parents and carers.

Again, Congratulations Mrs Vogt.

Mr Celi Wellbeing



As many would have already seen, two of our talented students have been involved in the design and construction of a new mural on the basketball court wall facing the Coolamon Caravan Park.

It is important to acknowledge the immense planning and research that has been undertaken in the selection of an appropriate image. The most important consideration that artists must ask themselves is what the image would look like as it dates, that is, will it still look good and relevant in 10, 15 or even 20 years and will it appeal to most onlookers? We are confident that this artwork will.

Brianna Seary, Diana Watts and I spent over 6 months exploring examples of murals from around the world as art is a reflection of society. After careful consideration, the image which was decided upon was drawn on A3 paper and transferred to the wall to scale. Using various art techniques both Brianna and Diana painted the artwork in its entirety. These students displayed outstanding commitment, coming in over the Christmas holidays and worked on the mural during the heat and bad weather. I would also like to pay credit to Rhonda Seary who supervised and supported the girls throughout the process; Mr Beer for giving myself and the young artists the artistic license and Allan Turner from 'Inspiration Paints' for supplying the paint at an extremely reduced rate and also donating the anti-graffiti coating.

I encourage all students, parents, carers and the wider community to visit the mural and, even if you don't particularly like the image, appreciate the time and effort these students have given to brightening our open spaces during a time of hardship within our rural communities. If you see these students, please commend them on their outstanding efforts.

Mr Schulz - Art Teacher





The School's supervision roster starts from 8.40am. There are no staff available to supervise students in the playground prior to this time.

We understand that many parents may have commitments at work which require them to start early. As an alternative, you may be able to make arrangements with

friends or neighbours for the supervision of your children before school. Some families in our School who have working parents take turns to take each other's children to school.

Whatever arrangements you make, you need to understand that you remain responsible for your child prior to 8.40am when the School's supervision begins.

Please feel free to contact the Principal, Mr John Beer if you wish to discuss this matter.

From the Welbeing

I recently read a paper which discussed the nature of adolescent development and the factors that impact on student decision making. The premise of the article was that as Humans we are unlike animals in that we have the ability to choose how we will respond in the different circumstance in which we find ourselves in. We do not simply act out in instinct but we make conscious decisions. The way we are treated or the circumstances around how we react may cause significant struggles in how we respond; however, it is true that we are judged on how we respond to various stimulus or situation. Situations sighted in the document include; He hit me, so I hit him back! He yelled at me, so I yelled at him! We lost the game, but it was the Ref's fault.

Thus, it is important that we take responsibility for how we react in every situation and circumstance. I know, at times, this can seem extremely tough; however, in taking responsibility and making positive conscious decisions will have a greater and profound effect on how you manage situations tomorrow. As being respectful and responsible individuals forms two thirds of our school values, it is ever more important that we seek to build capacity, build our peers and friendships – A tougher task then becoming a victim; however, never the less a more beneficial outcome for your mental health and wellbeing.

Mr Celi

School Leadership - SRC

Recently, the school held nominations and election of students to the School Representative Council. This is a great opportunity for our students to have a voice and in playing a role in decision making around key school initiatives and processes. This year we have made a decision to change the structure of this group. Upon feedback from students the SRC will follow the same nomination and election process K-12 with student representation coming from classes as opposed to having year representatives. This allows the student leaders to better represent their peers' interests. I would like to congratulate all those who have been elected to the SRC and they will begin to undertake internal nominations and elections to determine the SRC Executive. A formal leader induction will occur in the coming weeks.

Wellbeing Team



It is important that students know who to turn to when they need help with their studies. Students may gain assistance or guidance from a variety of staff members. Most often, help can be given by the class teacher of the Learning and Support Teacher. Class teachers are best placed to give subject specific help and advice. The student's careers advisor, year advisor and support teacher are best placed to help students with goal setting and general study advice.

If you think your child requires further assistance please do not hesitate to contact me to discuss further.

Mr Celi



2019 Key Dates:

March 4: Challenge opens. Students will be able to log books on their Student Reading Record. **August 30:** Closing date for student entries.

The PRC student site is available again this year. Students can search for books to read, add books to their reading logs, and track their progress throughout the challenge. <u>https://online.det.nsw.edu.au/prc/studentExperience.html#/</u>

The first update of new books on the PRC booklist has gone live on the website. You can find these on the <u>BOOKLISTS</u> page. There were over 680 new books added, along with 27 new series. PRC staff are constantly reviewing and evaluating new books for inclusion on the lists.



COUNTRY KIDS RIDE

Coolamon Monday 8th April



The ride is one of Royal Far West most important fundraising events and it's coming to Coolamon!

You are invited to Coolamon Central School, Methul street from 9.00am on Monday 8th April 2019 to welcome over 60 dedicated cyclists and their support crew who will be riding from Albury to Lake Cargelligo over three days.

They will be raising awareness and much needed funds to connect country kids and their families to the care they need.

Royal Far West has supported many children within the Coolamon area over the years and the riders would love to meet them, their families and any other members of our community.

There will be a coffee van on site and morning tea supplied by Children's Medical Research Institute, Wagga Wagga Committee.

For further information visit www.royalfarwest.org.au

This invitation is extended to everyone within our community wishing to come along, have a cuppa and show your support of these fantastic cyclists!

WHEN: MONDAY 8TH APRIL 2019 9.00AM - 9.45AM

WHERE: COOLAMON CENTRAL SCHOOL

(Please enter through front gates, Methul Street)

SPOTLIGHT

Introducing... Suzanne Selfors!

AUTHOR SPOTLIGHT

- Suzanne realised she wanted to write fiction and fell in love with Lemony Snicket's A Series of Unfortunate Events and Suzanne Collin's Gregor the Overlander books.
- After completing writing courses, she decided to write historical fiction novels set in Ancient Greece, but these were rejected by publishing houses. She hopes to revisit them one day.
- After the rejections, she decided to write a children's novel, To Catch a Mermaid, inspired by her children, which she had publishers competing against each other to publish.
- She said she's never had writer's block as she has been creating stories in one way or another her whole life.
- Her favourite writer of all times is Roald Dahl.
- Suzanne is married to Bob, an airline pilot, and has two children, Walker and Isabelle and Skylar the dog and Daisy the cat.

AGES 3+

A Mother's love is very special!

Snuggling up for a bedtime story. Kissing a sore knee to make it better. Pushing the swing as high as the sky. There are a million different reasons to say...*Thanks Mum!*

AGES 5+

Can you find the Easter Bunny?

Uh-oh! Cheeky Foxy has run off with the Easter Bunny's chocolate secrets! Follow the chase as they swing over the Amazon, cycle through Paris, have tea with the Queen, go diving off Easter Island and lots more! Will the Easter Bunny get his recipes back? Or will Foxy spoil everything... again!

AGES 8+

Can Lucky fit in and find friends in the Wild West?

Lucky Prescott craves adventure, but as a young lady of society, she's only been allowed to experience adventure through books. That is, until one fateful day when her family moves from the city to the Wild West! She begins to worry if she'll be able to make new friends and fit in!

AGES 10+

The amazing Auggie Pullman!

This beautiful special edition contains the original text of *Wonder*, and also its companion novel, *Auggie & Me*, which follows the stories of Julian, Charlotte and Christopher, and their relationships with the unforgettable Auggie Pullman.

MAKE SURE YOU GET YOUR ORDERS BACK TO SCHOOL BY:

25th March 2019

JONDER

Wonder: The Complete Collection R J Palacio Item 049-Page 05

Thanks, Mum!

Matt Cosgrove

Item 046-Page 5

Where's the Easter Bunny? Around the World Louis Shea Item 007– Page 01

The Adventure Begins Suzanne Selfors Item 050-Page 05





Suzanne Selfors

FUN FACT

The Flying Fish.

Book Club

ISSUE 2 2019

She can often be found on her boat,

elfors le 05 SUZANNE SELFORS



School Bullying: Red Flags and Advice for Parents

We've all heard the horror stories. Every day brings another news story of an Australian child who has had their life impacted by bullying – the 13 year old girl who had a tooth knocked out by a classmate or the 7 year old boy who left a heartbreaking suicide note on his teacher's desk. We see these stories and we fear for our children.

As a parent, there is nothing scarier than the thought of your child being bullied at school – and feeling powerless to make it stop. It's important to know what the warning signs are, and what you can do to help your child if they are being targeted.

WHEN "BACK TO SCHOOL" MEANS "BACK TO BULLYING"

Recent studies have shown that 1 in 4 Australian children have experienced bullying, and school bullying has been cited by researchers as a major threat to the mental and physical health of children and teens. We all know someone who has been bullied.

No child should ever feel unsafe at school, and as we start another school year, there's no better time to talk about bullying: how to spot the warning signs and what we can do as parents to help them.

Warning signs that your child is being bullied

Every child will react differently to the experience of being bullied, but there are a number of common warning signs which may indicate that your child is being targeted. The following is a list of red flags that can alert parents to a potential bullying issue, kick starting important conversations about your child's wellbeing.

WARNING SIGNS THAT YOUR CHILD MAY EXPERIENCE BULLYING

- 1. School avoidance or excessive sick days
- 2. Uncharacteristic mood swings, crying or anxiety
- 3. Unexplained injuries, bruises or grazing
- 4. Missing or damaged personal items
- 5. Diminished academic performance
- 6. Being socially withdrawn and isolated
- 7. Loss of sleep or loss of appetite
- 8. Exclusion from social activities

MY CHILD IS BEING BULLIED. WHAT CAN I DO TO HELP?

It can be very distressing to realise that your child is experiencing bullying, but there are a number of things you can do to help.

Talk openly and honestly with your child

Open communication is key. Warm and supportive parent relationships can buffer the emotional impact of bullying, so let them know they have your unconditional support. Make sure you listen to the whole story without interrupting and show concern and support. Ask what they want to happen before you make any suggestions.

Take an interest in your child's online behaviour

Talk to your child about the social media platforms their peer groups are using, and encourage them to talk about their online experiences with you.

Share your own experiences of being bullied

If you've ever experienced bullying it can be helpful to share your story, so your child knows that they are not alone and feel that you understand their situation.

Talk to your child's teacher at school

It's important to contact the school for a calm discussion if bullying is suspected. Schools have procedures in place for bullying, so you can work together for a resolution and agree a plan for dealing with the current situation and future bullying incidents.

Teach your child to say "stop" or to go find an adult

Spend time role-playing assertive responses at home with your child, and teach them to seek out help from a teacher or adult if the bully does not respond to an emphatic "no".

Help your child build a strong social support system

Children who have friends are less likely to experience bullying, and having the support of friends can reduce the emotional impact of bullying. Organise those playdates! Help your child to develop positive strategies – such as assertively saying 'leave me alone', calmly walking away or avoiding situations that might expose them to further bullying.

Encourage them to talk to a counsellor at Kids Helpline

Sometimes it's best to call the experts. Gently encourage your child to call Kids Helpline on 1800 551 800 – their counsellors have a wealth of experience in this area.

What can I do if the bullying continues?

Sometimes bullying can continue despite the best attempts of parents and teachers to deal with the issue. Ongoing bullying is an unacceptable risk to any child, so in cases like these is it necessary to escalate the issue to higher education authorities or even to the police, if there is evidence of physical assault or cyberbullying.

In extreme cases, some parents may even consider moving their child to another school, when all other avenues have been exhausted. It's really important not to underestimate the impact that ongoing abuse can have on a child's physical and emotional wellbeing; thankfully we've moved past the idea that kids should just "toughen up".

As concerned adults we all have a stake in this, because seven year olds should be having fun in the playground – not writing suicide notes to their teachers. Together we can make a difference.

BULLYING

BULLYING IS NEVER OK. IT'S HURTFUL AND CAN IMPACT SOMEONE FOR A LONG TIME. REMEMBER, YOU'RE NOT ALONE. THERE ARE PEOPLE YOU CAN TALK TO AND THINGS YOU CAN DO TO STOP THE BULLYING.

https://bullyzero.org.au

NDS-services for kids aged 2-12

Therapeutic supports for children with Autism, Developmental Delay or Intellectual Disability living in rural and remote communities.

Flexible delivery options to suit you. Use the internet to access services in your home, school or community, or stay with us at Manly Beach for a few days and see the whole therapy team. The choice is yours!



MILIIIII

Minimun II

benchmarks **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 req



Limited to 12 teams - call NOW!!

Tuesday 2 April

UOW Information Evening

bit.ly/uow-waggawagga

2019 RIVERINA SCHOOLS CHORAL CAMP

Borambola Sport and Recreation Centre Sunday 26 May—Friday 31 May, 2019

Information for Parents and Applicants

The Riverina Schools Choral Camp is one of a kind camp that features workshops in a variety of choral styles, along with camp activities led by Sport and Rec Centre staff. The camp includes a <u>bus tour (Thursday)</u> where the group will perform as a choir at local schools and concluding with a camp concert (Friday).

Year 5 to Year 12 students may apply. <u>Numbers are limited</u> for this camp and early nominations are recommended. <u>Please note that this camp is a pre-requisite for se-</u> lection to State Choir and Schools Spectacular taking place later in the year.

VENUE

Borombola Sport and Recreation Centre 1980 Sturt Highway

Borambola Via WAGGA WAGGA NSW 2650

COST

\$420

CLOSING DATE FOR NOMINATIONS

6 May 2019

PLEASE NOMINATE VIA THE LINK BELOW

https://goo.gl/forms/cdJwKsC9iAOiylyf2

I look forward to some wonderful singing at this year's choral camp. Yours sincerely Holly Rose Camp Coordinator



Camp Coordinator: Holly Rose Email: sturt-p.school@det.nsw.edu.au Host School: Sturt Public School



COOLAMON * WRITING WORKSHOPS



Creative Journaling Writing is a powerful tool for clarifying thoughts, solving problems and finding clear pathways forward as we

navigate life's challenges. This workshop offers tips, tools and techniques for using

writing as a pathway to good health and wellbeing. Thursday 21 March * 10.30am-12noon

erinc

Coolamon Library / 02 6927 2492

University of Wollongong

Information

Evening

IVERSITY WOLLONG STRALIA





Cost: gold coin donation to Riverina Bluebell .brilliant...profound...I believe in some way my life changed today. Journaling supported by: Facilitated by PLUS BUILDING ONLINE COMMUNITIES award-winning iournalist & author Stephanie Dale from

The Write Road

Increase your public profile! Learn how to leverage existing networks & maximise your promotional efforts. 21 March * 1pm-4.30pm * 15 places only Bookings 0422 138 103

REGISTER NOW: UOW.EDU.AU/FUTURE/EVENTS

Staff and cur

COMMUNITY NEWS

Self –Service Kiosk

The Library has a self-service Kiosk provided by Service NSW. The Kiosk will provide our community with access to a wide range of government services, including NSW Seniors Cards, Marriage and Birth Certificates and renewal of NSW Driver's licence and registrations. For further details phone the Library – 69272492.

Coolamon Writing Workshop

The Coolamon Library is hosting a creative journaling workshop this 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.

Story-time

Our next Story-time will be this Friday, 22nd March @ 10.30am theme "Counting". 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.

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.



Coolamon Auskick Centre Registrations NOW OPEN!

Register your child now for the 2019 Season. ACTIVE KIDS Vouchers accepted. Visit play.afl.

Sign up for junior footy **play.afl**

Coolamon Hoppers Junior Football and Netball Information Night

Kindra Park - Coolamon

Thursday March 21st

5.30pm – 6.30pm

- Registration information
- Meet the coaches
- Order Merchandise
- Light training run
- BBQ





COSTS FOR FORTNIGHTLY ADVERTISEMENTS IN THE COOLAMON CENTRAL SCHOOL NEWSLETTER

(Appear once in news	slett	er)
1/16 page	\$	5.0

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



Email: shane@steelsupplies.com.au

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

Email: coolamonc.school@det.nsw.edu.au

Website: http://www.coolamonc.schools.nsw.gov.au

Principal:

Mr John Beer

Deputy Principal:

Mr Kingsley Ireland

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.