



Coolamon Central School Newsletter

WEEK 6 TERM 4 2018

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM FOUR

NOVEMBER

- 21 Kindergarten 2019
Orientation morning
- 23 Primary Assembly @
2.10pm featuring
Sapphire in Hall
- 28 Koorungal High School
Band visit K-6
- 29 Year 6 Graduation
Dinner @ Coolamon
Sport & Rec Club @
5.30pm

DECEMBER

- 3-14 K-6 Swim School &
PE swimming
- 4 **K-12 Wellbeing
Assembly**
- 13 Yr 7 2019 Orientation
Day
- Whole School
Presentation Night
@ CCS Hall 6pm**
- 17-19 Surf Trip @ Killalea
State Park
- 19 **FINAL DAY 2018
STUDENTS & STAFF**

TERM ONE 2019

JANUARY

- 30 Primary & Yrs
7,11,12 Return
- 31 Yrs 8,9,10 Return

FEBRUARY

- 1 Kindergarten Start

FROM THE PRINCIPAL

Week 6 in term 4 and the HSC is all but a memory and the remainder of the school is deep in assessment with the reporting process well under way. Before we know it we will be talking about presentation night and the last days of school. I remind all students that learning in classrooms continues every day and period up until the last day of term.

Can I make a couple of acknowledgements of outstanding contributions to both the school and community.



Firstly, I would like to thank all staff who were involved with the preparation and running of our Yr 12 Formal. Especially, Mrs McDonald and ALL the Office staff, you made the event a special one that all students and parents will remember for ever. The evening was held at The Ganmain Hall on Tuesday. Apart from a bit of rain to hinder the photos it had no impact on the smiles and enjoyment had by everyone who attended. Our stage 5 Food Technology students did a great job with the food service and the flowers and decorations in the hall were a picture. I look forward to seeing the official photography as the venue and Yr 12 all looked pretty spectacular.

Coolamon Central School held a remembrance ceremony on Friday the 9th in the quadrangle near our flags. The entire school participated and participated in a respectful and moving event. The Kapooka Catafalque party and a bugler gave the whole thing an extra level of impact to engage us all to stop, think and remember all who have served for us in the many conflict over the years. Our captains led the ceremony and did a wonderful job. A big thankyou to Mr Celi for your organisation to ensure things go off without a hitch.

Our School Captains also spoke at the Coolamon Shire remembrance day ceremony and were commended by many of the local community well done Maddie and Chloe.

I have one individual recognition this week. Sam Carmichael - Yr 10 has been accepted to attend the Honeywell Engineering School for a week in early December. This is a unique opportunity that engages students in many facets of engineering and the study of engineering after school. We wish you luck Sam and look forward to hearing about your adventure.

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FROM THE PRINCIPAL (CONTINUED)

Kindergarten 2019 transition began on Wednesday last week and will continue this week. It is great to see the new faces walking through the school gate as our yr 12 walked out to their formal. Thank you to Miss Looby, Mrs Manley and the Yr 5 Kinder Buddies.

I would like to take this opportunity to welcome and acknowledge the three practicum students in the school at the moment. It is great to be able to help the teachers of tomorrow and to allow our students to experience some different ideas and approaches to teaching and learning.

Mr Kahili is working in 3/4 Opal with Mrs Lucas, Ms Bulgin is working in the English /HSIE faculty with Mr Brookes and Mr Colquhoun is working in TAS with Mr Hewson.

Kingsley Ireland
Relieving Principal

Primary school captains

2019

Year 5 candidates will be delivering their speeches this Friday at the assembly from 2.10pm. Parents and friends are invited to attend.

Victor Chang Award



Chloe Griffith was awarded the prestigious Victor Chang Award for outstanding effort and application in Science at the Riverina awards ceremony last Friday. Congratulations Chloe, your dedication and motivation to achieve is to be commended.

Proud and Deadly Awards

On the 15th of November four of our students received awards at the Proud and Deadly Awards held at the commercial club in Wagga Wagga. For their completion of Year 12 Toneka Dixon and Jennaya Clark, and to Chloe Clark and Aliesha Krogh for dedication to learning. These students are always positive and committed to their learning showing they are truly deserving of the recognition they received.



Book Club



ISSUE 8 ORDERS DUE 30TH NOVEMBER 2018

When ordering through book club, please ensure that you include your full name and class. If payment is to be made by cheque, please make it payable to the school.

GRIP Leadership Conference

CCS students participated in the GRIP Student Leadership Conference training at Albury last Monday. The three school captains for 2019 engaged in unique experiences concentrated specifically on training student leaders for their role as school leaders. The style, topics and content of this conference focused on what the students can do right now. They were valuable contributors to many activities including exploring the character of good leaders, how to involve more people in school events and how to make an amazing school culture. Through discussions with other student leaders from all over NSW and Victoria, the students developed thinking outside the square strategies that will be used to challenge the systems around them now and into the future.



Koorringal High School Funk Explosion

Koorringal High School Funk Explosion are a school band that play a wide range of hits. Ranging from funk classics like Stevie Wonder, to modern bands such as The Cat Empire. KHS Funk Explosion loves to perform and always bring an upbeat and entertaining show. This year we have performed at Education week in the marketplace and at Relay for Life, but our school tour is always a highlight of the year for us. This is the first year we have travelled outside of Wagga Wagga during the tour and Coolamon Central School is the first school we will play for outside of our home town.

Our students range from years 7-12 and our band consists of singers, guitars, bass, drums, congas, trumpets and saxophones. All combining to perform some excellent songs for your school.

We are very lucky to have our VET Entertainment students accompanying us to your school to add to the visual experience of the performance. We will have a wide range of equipment from lights to smoke machines all operated by Koorringal High School students.

Koorringal High School would like to thank all of you for the opportunity to perform at your school and we hope you enjoy the show!

The KHS Funk Explosion for all primary students and the stage 4 and 5 Music classes will be on Wednesday 28th November at 11.30am.

Entry is by gold coin donation.

Kindergarten Transition

Our 2019 kindergarten students enjoyed their first taste of big school. Our next transition session will be held on Wednesday 21st November from 9am to 12 noon. We look forward to seeing all their happy faces again.



Primary STEM

Mr Kahili our practicum teacher and the students in Opal have been building pirate ships out of recyclable materials. The students enjoyed testing their ships to see if they could carry treasure.



Bully Zero Workshops

Last Thursday students from Year 3 – 11 participated in workshops around the different forms of bullying and the role that we play as citizens. Students looked at;

- What is bullying/What is not
- The different types of bullying
- Facts and Australian statistics
- Who is involved
- The role of the Upstander
- Responses to bullies
- Empathy and respect
- Online and offline behaviour
- Strategies
- Cyber safety; and,
- Where to seek help.



The program was a timely reminder for our students to ensure they do not accept bullying behaviour as normal and to encourage them to inform staff if this is occurring. As a school we are committed to supporting your child's social development; however, to do this we need to empower our students to seek support.

If your child believes they are being bullied please do not hesitate to contact the school.

Wellbeing Team

Remembrance Day



On Friday 9th November Coolamon Central School held a whole school assembly in recognition of the sacrifices made by those who fought in World War I. We were joined by members of the Australian Defence Force in the form of an official catafalque party and bugler. It was a truly inspiring moment to see our students stand and reflect on what it means to be a democratic nation and in remembering those who fought for the rights and privileges we have today.

A further highlight was listening to our 2019 School Captains and their address to the school and wider community on why it is important to continue to recognise this day and its value for youth. It was also a privilege to watch these same leaders and other

students attend the town ceremony on the 11th November. Below is an excerpt from the leader's speech; "As we stand here today, at Coolamon Central School remembering those who fought for our freedom take time and pause to consider what the true meaning of this significant part of our national identity actually is.

Remembrance Day in Australia commemorates the noble sacrifices of armed forces and civilians during times of war. At the 11th hour of the 11th day of the 11th month, one minute of silence is observed across the country to mark the cessation of hostilities on the Western front during WW1 after over four years of gruesome warfare.

Unlike ANZAC Day, Remembrance Day is not a public holiday in Australia but services are held at 11am at War Memorials and cenotaphs in suburbs and towns across the country. It is observed across the world in the United Kingdom, Canada, France, South Africa, The United States of America, Bermuda, Ireland and New Zealand.

As the youth of Australia, the future of this nation, it is not only our birthright to hear and learn of the legacy of those Australians who engaged in conflict for our peace and sovereignty, but to ensure that we continue to recognise, value and remember those who served. That we live by the values that enriched our forefathers and foremothers, and seek to achieve peace" (2019 School Captains)

Mr Celi
History Teacher

Orientation Day for Year 7 - 2019

To all Parents and Carers of students in Year 6, 2018

Coolamon Central School is holding our Orientation Day for incoming Year 7 students in 2019. This will be held on Thursday 13th December 2018. This day is only for current Year 6 students who will be attending Coolamon Central School in 2019. The day itself will involve a brief welcome meeting and students will be involved in a variety of activities on the day:

- Peer building programs
- Wellbeing and health activities

The afternoon will be held at the Coolamon Pool with a BBQ lunch provided. A permission slip will be distributed to students on Tuesday 20th November 2018. If you require further information or your child is not currently enrolled at Coolamon Central School please let me know and I will endeavour to have all correspondence emailed/sent to you.

Look forward to welcoming your children to Coolamon Central,

Mr Celi
Head Teacher Wellbeing



Ready for high school checklist

Tick each item when it has been done (not all tasks will apply to you).

This year

- Does your teen have allergies, a health condition or additional needs? If so, talk to the high school principal as soon as possible.
- Encourage your teen to participate in any transition to high school program offered to them.
- Watch videos about high school at education.nsw.gov.au/high-school.

At high school orientation

- Find out about school uniforms (including sports uniforms) - where and when to buy them.
- Get a map of the school to identify buildings, entry points and bike racks.
- Note school start and finish times.
- Discuss safe travel routes to and from school, and find out about forms for your teen's travel pass or subsidy if applicable.
- Get details on programs the school offers.
- Make a list of book packs and school supplies.
- Learn how you can become involved in the school.
- Meet the Year 7 adviser.
- Connect with other parents on Facebook and Twitter.



Next year

January

- Buy school uniforms, books, stationery, school bag, drink bottle, house key, and any other supplies.
- Label everything.
- Break in school shoes to make them more comfortable.
- Practise travelling to and from school with your teen using their new transport or travel route. Let your teen buy travel tickets, if applicable.
- Teach them how to read the timetable for the bus, train or ferry as appropriate.
- Join your school and the department on social media to get all the updates.

At home

- Talk positively to your teen about the move to high school.
- Ask them what's exciting about high school. Does anything worry them?
- Make sure your teen has a quiet work area and extra stationery supplies.
- Organise personal hygiene items in school bags.
- Decide what your teen will do before and after school, and what time they need to be home.
- Discuss emergency and safety issues with them.


The first day

- Help set your teen's alarm. Encourage them to get themselves ready on time.
- Provide your teen with money and your contact numbers in case of emergencies.
- Make sure you have the school's phone number with you.

The first week


- Photocopy school timetables to place in school diaries, inside locker doors and on the fridge.
- Remind your teen to note all assignments, homework and events in their diary.
- Check through the timetable each night while your teen packs their bag. Encourage your teen to eat healthy food and get a good night's sleep.
- Give the school your current contact details.

NSW Department of Education



Starting high school

A family guide



For more information to help with the transition to high school go to the following link:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/our-public-schools/high-school/starting-high-school>

Year 12 Formal

Year 12 celebrated their graduation on Tuesday 13 November. This year showcased the small towns and businesses in our area. The formal was held at the historic Ganmain Hall, Grong Grong's 'Cakes by Ivy' made the amazing cake and the photos were taken by the talented Jodie Harris of 'Down Brushwood Road'.



Coolamon CWA - Nola & Jack Veitch Memorial Scholarship 2019-2020

Coolamon CWA is offering a Scholarship to a student 16-21 years for further education.

The value of the Scholarship is \$500 per annum and is tenable for 2 years, subject to a suitable report being submitted at the end of the first year. **ALL Students** who reside within 35km of Coolamon are eligible to apply. No student already holding a scholarship will be eligible. A reference signed by the Principal of the school attended by the student must be attached to the application form.

Application forms are attached and when completed must be returned to

The Secretary

Coolamon CWA

PO Box 75

Coolamon NSW 2701

Phone 69278202

PLEASE NOTE CAREFULLY

Should the successful applicant receive another scholarship after being awarded the Nola and Jack Veitch Memorial Scholarship, the Coolamon CWA must be advised immediately so that the CWA Scholarship may be awarded to another applicant.

Applicant must be available for interview on set date, which is:

Saturday 12th January 2019

Country Women's Association of NSW

Coolamon Branch

Nola and Jack Veitch Memorial Scholarship 2019-2020

APPLICATION FORM

NAME OF STUDENT.....

(BLOCK LETTERS PLEASE)

ADDRESS.....

TELEPHONE NUMBER.....

NAME OF PARENT.....

OCCUPATION OF PARENTS.....

AGE OF STUDENT.....

NUMBER OF CHILDREN IN FAMILY.....

POSITION OF CHILD IN FAMILY.....

NAME OF SCHOOL ATTENDED BY

STUDENT.....

NAME OF SECONDARY OR TERTIARY INSTITUTION APPLIED FOR

1).....2).....

3).....4).....

SIGNATURE OF PARENT.....

SIGNATURE OF STUDENT.....

PLEASE NOTE CAREFULLY

Should successful applicant receive another scholarship after being awarded the Nola and Jack Veitch Memorial Scholarship, Coolamon CWA must be advised immediately, so that the CWA Scholarship may be awarded to another applicant.

Please return this completed Application form with reference from the Principal of the School at present attending'

Please return **NO LATER THAN 31/12/2018 to:**

Secretary
COOLAMON CWA
124 Cowabbie Street
COOLAMON 2701



Health
Murrumbidgee
Local Health District



Got It! Program

Getting On Track In Time

Got It! is a unique and exciting early intervention program rolling out in Years K – 2, in primary schools across NSW as a partnership between NSW Health and Education. The aim of the program is to support and develop children's social and emotional skills, behaviour and well-being. **Got It!** is made up of two programs run through the school, *Fun FRIENDS* and *Exploring Together*.

Fun FRIENDS is a social and emotional learning program that all K – 2 students will take part in. This will be delivered in the classroom by teachers that have received the *Fun FRIENDS* training, and is made up of a whole lot of fun activities like drawing, yoga, puppet play, story-telling and group games.

Some parents will have opportunity to participate in the more targeted *Exploring Together* program. This program is made up of 10 sessions over 10 weeks where children, parents, teachers and clinicians work together to address any developing emotional and behavioural problems. This part of the **Got It!** program will be implemented by the Murrumbidgee Local Health District **Got It!** Team.

In the coming weeks, parents and carers of 2019 Year 1 – 2 students will receive a survey called the *Strengths and Difficulties Questionnaire (SDQ)*. Please read the information that comes with it, and if you decide to take part please fill out and return your survey through the school by Monday 10 December 2018. The **Got It!** Team will consider the results and contact you if they'd like to chat further.

If you have a child starting Kindergarten in 2019, we will be in touch early next year with surveys for those new students once they have settled in.

We look forward to working with you in 2019!



Fact sheet

CYBERBULLYING

Follow us:



@ThinkUKnow_Aus



facebook.com/ThinkUKnowAustralia

Cyberbullying is the repeated use of the internet, mobile phones and other technologies to bully, intimidate and humiliate others. It differs from other bullying because it often continues outside of school and school hours. It can be 24/7 and sometimes you may not know who is behind it.

What does cyberbullying look like?

Cyberbullying might occur over the internet, in instant messaging (IM), social networking sites, blogs or through online gaming. It can also occur over the phone, by SMS or MMS, or voice and video calls.

Why do people cyberbully?

There are a number of reasons why people might cyberbully others, including:

- think it's amusing
- don't like the person
- don't consider it to be a big deal, "it's just words"
- don't believe there are any consequences
- think they can be anonymous

None of these reasons, or any others, can justify cyberbullying.

What are the effects of cyberbullying?

Things that happen on the internet or mobile phones can have offline consequences. Some of the effects of cyberbullying are:

- anger
- embarrassment
- fear
- poor performance at school
- loss of confidence and self-esteem
- revenge cyberbullying or retaliation
- self-harm, even suicide

Cyberbullying hurts people. It can ruin lives. There could even be legal consequences for harassing or threatening someone online.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable online or on a mobile phone. You can also contact:

- Reach Out: www.reachout.com.au
- Bullying. No Way!: www.bullyingnoway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The website, application or phone carrier that you were using at the time

What can you do about cyberbullying?

Don't start it! Cyberbullying is never acceptable.

Think before you post something mean, or send someone a hurtful message.

Don't be a part of it! As a bystander, you can do something to stop cyberbullying. If someone tries to get you involved in cyberbullying, say NO.

Don't let it get out of control! You need to tell someone if you are being cyberbullied so that they can help you to make it stop.

How can you stay in control?

- learn how to block cyberbullying communications
- find out your school's policy on cyberbullying
- research what policies your Internet Service Provider (ISP) and any online sites and applications you are using have on cyberbullying
- tell someone!

How can you help your friends?

- encourage them to speak to a trusted adult if they are being cyberbullied
- don't forward or pass on any cyberbullying materials such as links to humiliating videos or gossip texts
- create a positive culture in your school and community which doesn't tolerate bullying in any form

thinkuknow.org.au



COOLAMON LIBRARY NEWS

Story-time

Our next Story-time will be held Friday, 23rd November @ 10.30am – theme “five fingers”. Books, songs and a craft to take to home – all families are welcome.

Xmas Card Making

The Library is holding a Xmas Card making workshop on Tuesday, 27th November @ 10.30am. Cost is \$10.00 per person with morning tea provided. Come along and make your very own Christmas cards.

Lego Club

Lego Club has started again – it's here at the Library on Wednesday afternoons 4.00pm- 5.00pm and Saturday mornings from 10.30am – 11.30am – Join in the fun.

Food for Fines

The Library will again be holding the “Food for Fines” campaign from the end of November. Food for Fines offers library members an opportunity to clear their outstanding overdue fines by donating non-perishable food in lieu of money. All collected food will be donated to local charities, who will distribute the food to local families.



The proven benefits of water based exercise for older people include...

- increased balance
- increased strength
- increased flexibility
- increased fitness

Venue - Coolamon Pool

Contact

Fiona 0429 692 629

Cost

\$5.00 (plus pool entry)

Dates and Times

Commencing from Monday 26th November 2018

and excluding Christmas Day, NYE and NYD.

Monday afternoons

5.15pm til 6.15pm

Tues and Thurs mornings

7.15am til 8.15am





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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Steelsupplies

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



**Turtle & Mel
Walker**
Your local Milkman

St Andrew's
Anglican
Church,
Coolamon



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
Public Schools**

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

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

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.