



Coolamon Central School Newsletter

WEEK 3 TERM 2 2022

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM TWO

MAY

- 10 Primary Parent Teacher Interviews
- 11 RYDA @ Wagga Showgrounds
- 13 Secondary Assembly
- 16 Little Champion Gymnastics
- 20 Primary Assembly
- 23 Little Champion Gymnastics
- 26 Sorry Day
- 27 Combined Primary & Secondary Zone Cross Country Carnival @ Coolamon
- Secondary Assembly
- 30 Little Champion Gymnastics
- 31 Yr 11 & 12 Fast Five Netball @ Wagga

JUNE

- 2 Primary Zone Athletics Carnival @ Barellan
- 3 Secondary Zone Athletics @ Barellan
- Primary Assembly
- 6 Little Champions Gymnastics
- 10 Primary Assembly
- 13 Public Holiday

from The Principal

The whole school offers their condolences on the sad passing of Mrs Tania Gillett, a valued staff member and caring parent. She was a dedicated teacher and her effort and enthusiasm with all school activities will be greatly missed. Tania's passion for education and her positive personality were always appreciated by our students.

I would like to thank our students, parents and staff for their continued understanding through the disruptions and the effects of people suffering with Covid and its enforced isolation. We will continue to do our best in covering classes for ill staff and providing opportunities for students to catch up on work they may have missed while at home. Unfortunately, flu season has arrived early this year. I would encourage you to have a discussion with your doctor about having you children vaccinated. Please do not send your children to school if they are unwell.

Congratulations to Mrs Sparkes Carroll and her class for their outstanding participation in the Da Vinci Decathlon in which they came a close second overall. Primary are also participating in Little Champions Gymnastics throughout the term which they find very enjoyable as well as providing healthy exercise. Many secondary students have been involved in touch football and rugby league trials.

Thank you to the students and staff who marched and were involved in the ANZAC Day ceremonies at Coolamon and Ganmain. Last Tuesday we had a large parent involvement in the Secondary Parent/Teacher evening. This Tuesday is the primary evening and I hope to see a large number of parents take this opportunity to meet their children's teachers.

Our students in Years 3,5,7 and 9 will be sitting the NAPLAN tests starting on Tuesday. Please encourage your children to relax and just do their best in these tests. The individual results give the school and teachers the information that will help us in providing the best education that we can for your children.

John Beer
Principal



SCHOOL FEES 2022

There has been a delay in processing school fee invoice for 2022, due to a technical issue in our invoicing system which is taking longer than expected to resolve.

As soon as the issue is rectified your family will receive your 2022 school fee invoice by mail.



From the Office

Parent/Carer information regarding making online payments for Excursions, Performances, Special Programs eg Gymnastics, sport etc

Method's for payment to the school office include:

- ✓ **Payment online through the school website's Payment tab**
- ✓ **Eftpos - located in the front office**
- ✓ **Cash – handed in at the front office**

- The departments preferred option for payment is online payment through the school's website.
- Please ensure that you make payments for your child for any school events 2 full business days (not weekends) before the event.
 - * This time is needed to process payments as when you make an online payment it can take up to a day and sometimes longer for the payment to drop into our system
 - * Office staff then reconcile the payment in our system during the morning of the next school day and mark your child as paid on event lists ready for the staff member involved in that activity.
 - * If you pay online the day before the event you risk your child not being included. It is not possible for office staff to process overnight payments in time for a list that teaching staff need by 9am on that day, particularly for events that have large student numbers attending.
 - * We are therefore asking that all online parent portal payment, cash and Eftpos payments be made at least 2 business days before any event.
- Include the receipt number on your child's permission note if you are paying via the school website online portal. This must be included unless prior arrangements have been made with the office. Please be aware that notes without receipt numbers will not be accepted and will be handed back to your child.

Please be aware that notes involving payment will have a **"Final date for Payment"**, which will take into account the time needed to process all payments.

If you have any difficulties with payments, please contact our Principal Mr John Beer or the Administration/ Business Manager Mrs Cath Roberts on 69273209.



TOP

10 READING AT HOME TIPS FOR PARENTS

By expert literacy educator Annie Facchinetti



- 1** Find books you both enjoy - If you've read a book that you both love, read it again! Running short of time? Let your child choose the book they want you to read.
- 2** You can find things to read everywhere, not just in bookshops - Try local libraries, op shops or markets. Friends and family are often keen to share their books too!
- 3** Don't think books are the only thing to read ... you can read anything together, including the shopping list, road signs when you're in the car, and posters in shop windows. Or explore some audiobooks or podcasts at home or on the go.
- 4** Set aside a regular reading time that works with your life - Make it a habit that you both look forward to and finish every day with a story before bed.
- 5** Enlist the help of brothers and sisters - If your day gets too busy, siblings might like to read together! Ask them to tell you all about what they have read.
- 6** Ensure you're pitch perfect - Before reading, practice reading the book, so you know the story line and the expression required. Find any tricky words that you might need to explain to your child.
- 7** Remember to read slowly - Take your time and make it interesting to listen to. Encourage your child to join in too.
- 8** Judge a book by its cover - Look at the cover of the book together and have your child guess what it is going to be about. What is the book called? What can you see in the pictures? Talk about the book as you read.
- 9** Discuss the stories together - When you've finished the book (or a page or a chapter or whatever you are reading), talk about it together... who were your favourite characters, what happened, what was the ending like? This talk can happen while you're doing other things, such as getting dinner ready, or driving to footy practice.
- 10** Reading together can happen anywhere - The living room floor, the back veranda, or the kitchen table all make great reading spots. Take photos and make a book together of the funniest or strangest places you can find for reading time.

CUSTOMER SUPPORT

oup.com.au/help • 1300 650 616

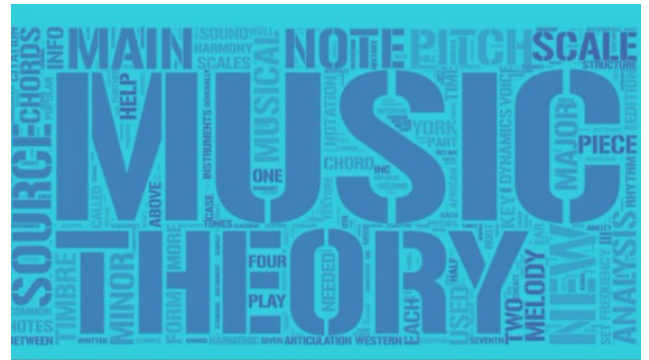


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Thank You



Thank you to Fiona Pattison for her donation of an Isa Brown Rooster for the Ag plot.



RCM Music Theory & Aural Classes Available:

Music Theory Classes helps with sight reading, ear work, understanding of music. It enables and enriches students understanding of music and their playing and performance. It also offers a social experience of learning music and encourages cross studio connections, vocalists, pianists, string players and woodwind players are together in one class.

If your child or someone you know is a student that is studying HSC Music, either Year 11 or 12, this class helps students listen and write answers for the aural part of the HSC Music course. Practice HSC aural, past papers, writing answers, learning to hear and understand the concepts of music.

For further information please contact:

Joanne Burrows: jburrows@rivconmusic.nsw.edu.au or the RCM front office: 02 69253 522

PARENTING & CHILDREN



123 Magic & Emotion Coaching



An education course for parents/carers about resolving difficult behaviour in children aged 2-12 years old, incorporating children with special needs.

WHAT IS 1-2-3 MAGIC...

1-2-3 Magic: Effective Discipline for Children 2-12 is an easy-to-learn, evidence-based parenting program.

1-2-3 Magic helps you create a loving, supportive family atmosphere through the following principles:

- Parents are in charge
- No arguing
- No yelling
- No spanking

YOU WILL LEARN:

- How to discipline behaviour without arguing, yelling or smacking
- Choosing strategies – the 3 choices model

You will receive:

- A Workbook
- Certificate of Attendance

This course is being run by a Parentshop® licensed practitioner | www.parentshop.com.au

WHERE: Online via Microsoft Teams

WHEN: Wednesday 11th, 18th, 25th May 2022

TIME: 10:00am – 12:00pm

FEES: \$80 (standard) or

\$50 (concession)

FACILITATORS: Kate and Stina

REGISTRATIONS CLOSE: 20th April 2022



Wagga Wagga, Albury, Griffith, Mulwala
1300 619 379 visit centacareswsw.org.au

PARENTING & CHILDREN



Engaging Adolescents



An education course for parents/carers about resolving difficult behaviour in teenagers.

YOU WILL LEARN...

- Some common ground shared by parents and reasonable expectations to have about adolescents.
- New understanding of adolescents.
- A three-option model and flow chart for decision-making.
- Self check-in for parents.
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

THIS PROGRAM IS DESIGNED TO:

Provide easy-to-use techniques to teach parents and carers skills they can use to engage adolescents to manage their own behaviour problems and emotional reactions.

You will receive:

- A workbook
- A certificate of completion

This course is facilitated by a Parentshop® licensed practitioner www.parentshop.com.au

WHERE: Online via Microsoft Teams

WHEN: Monday 9th, 16th, 23rd May 2022

TIME: 6:00pm – 8:00pm

FEES: \$60 (standard) or

\$40 (concession)

FACILITATORS: Keryn and Greta

REGISTRATIONS CLOSE: 25th April 2022



Wagga Wagga, Albury, Griffith, Mulwala
1300 619 379 visit centacareswsw.org.au

PARENTING & CHILDREN



Families Connect Seminar



To celebrate Families Week Centacare SW NSW invites you to attend our FREE online seminar;

WHAT IS FAMILIES CONNECT SEMINAR...

How to connect more effectively with your children in a fun and engaging one hour seminar.

YOU WILL DISCUSS:

- **Connect:** How to emotionally connect with your child.
- **Fun:** How to strengthen relationships through joy and laughter.
- **Engage:** How to use your time with your child more effectively.

YOU WILL RECEIVE:

A toolbox of ideas, tricks and resources that support family connection.

WHERE: Online via Microsoft Teams

WHEN: Wednesday 18 May 2022

TIME: 11:00am – 12:00pm

FEES: FREE

FACILITATORS: Maree and Tammy

REGISTRATIONS CLOSE: 16th May 2022



Wagga Wagga, Albury, Griffith, Mulwala
1300 619 379 visit centacareswsw.org.au

FAMILY SEPARATION SUPPORT



Keeping Kids In Mind



Keeping Kids in Mind (KKIM) is a 5-week program for separated parents who are experiencing ongoing conflict.

WHAT YOU NEED TO KNOW ...

Parents love their children and want the best for them.

However, after separation, parenting often gets much tougher.

This program aims to help parents adjust to co-parenting and be able to co-parent effectively, even in situations of high-conflict.

THIS PROGRAM IS DESIGNED TO:

- Assist parents to see the experience of parental separation through their children's eyes.
- Develop a greater understanding about how to support children following family separation.
- Help to cope with the changes after separation for you and your child.

- Offer considerations in care-coordination for children when co-parenting (what is best for the children).
- Help with effective communication (particularly in conflict).

By attending this program, you will also receive:

- A workbook
- A certificate of completion

WHERE: Online via Microsoft Teams

WHEN: Thursday 19th, 26th, and May 2nd, 9th, 16th June 2022

TIME: 6:00pm – 8:00pm

FEES: \$100 (standard)

or \$60 (concession)

FACILITATORS: TBA

REGISTRATIONS CLOSE: 5th May 2022



Wagga Wagga, Albury, Griffith, Mulwala
1300 619 379 visit centacareswsw.org.au



RIVERINA

June 6th-10th 2022

Strings & Recorders Camp

A five day, live-in camp for
NSW Public School
students in Yr 3 to Yr 12
who play Violin, Viola,
Cello, Double Bass,
Classical Guitar
or Recorder.

Contact Judy: 0428295227
judith.gollasch@det.nsw.edu.au



APPLICATIONS NOW OPEN

Community News

Coolamon Town Library

Storytime 2022

Our next Storytime will be held this Friday, 13th May @ 10.30am – theme “Rain” then Friday 27th May – theme “Zoo”. Come and join us – new families are most welcome.

Delivery Services

Our home delivery service is still available - the library will deliver every Friday morning. Please contact the Library for further details – 69272492.

Mobile Phone lessons

The Library is offering free mobile phone lessons for our seniors, with the assistance from the Coolamon Central School students. The students will assist in teaching seniors to use their mobile device and its features. For further details, phone the library – 69272492.

Lego Club

Lego club has started again – it is held on Wednesday afternoons from 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.

REGIONAL CINEMA TOUR

20-21 May 2022

A cultural experience like no other
Coolamon Up-to-Date Store Cultural & Learning Precinct

Australian Live Theatre & Sydney Festival 2022 are partnering with Local Councils and donating 10% of ticket sales to support Local Health Services.

Friday 20th May

7.00pm for 8pm
outdoor screening
\$10 per person
Bring an esky (NO GLASS) and a chair

(STAY) – THEATRE/MUSIC | 70 MIN.



Presented by: Kariq, S4theCollective & Oakato Festival
“Bound by buried secrets”
A hauntingly beautiful blend of music, dance, film, design and dialogue. Part concert, part story, part ceremony.

Saturday 21st May

3pm // A family event
\$15 per family of 4
(additional members \$5)

PREHISTORIC PICNIC – FAMILY/IMMERSIVE | 60 MIN.



Presented by: Earth & Royal Botanic Gardens and Domain Trust
“Will you be safe from our incredible beasts?”
Sydney’s world-famous dino-recreationists evoke 65 million years ago with their towering 3 metre tall Thunderbirds, against the spectacular backdrop of the Royal Botanic Gardens. Meet the ancient creatures that are remembered in the stories of the first people of our nation.

Saturday 21st May

7.00pm for 7.30pm outdoor
screening // \$10 per person
Bring an esky (NO GLASS)
and a chair

ITALIAN BAROQUE WITH CIRCA – MUSIC/OPERA/CIRCUS | 90 MIN.



Presented by: Australian Brandenburg Orchestra & Circa
“Music and movement: pride and passion”
“A must-see combination of vibrant music & death-defying acrobatics!” – ABC Classics
The Australian Brandenburg Orchestra takes you on a rollicking ride through Italy’s multi-layered past with a daring new choreography from Circa’s energetic acrobats.



ONLINE TICKET BOOKINGS

www.visitcoolamonshire.com.au

www.eventbrite.com.au/a/coolamon-shire-council-440758452156



**SafeWork NSW and
State Training Services**



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Women on Wheels (WOW)

A week of skills training and personal development for women in NSW

Improve your farm skills alongside other women!
Choose from a range of Tocal Skills Training to upskill yourself with your farming practices and knowledge.

Dates: 18–22 July 2022

Courses:

- Licence to operate a forklift – 2.5 days course
- Tractor with front-end loader – 2 day course
- Off road four wheel drive – 2 day course
- Operate two wheel motor bikes – 1 day course
- Operate quad bikes – 1 day course

Optional extra activities Tuesday and Thursday evenings.

Fully funded accredited training to eligible participants supported by the NSW Government.

Location:

Tocal College Yanco Campus
2198 Irrigation Way
Yanco NSW 2703

What women said about WOW:

“The tractor course was easy to understand, and I enjoyed the practical side as well. The teachers were patient and no question is ‘silly’ and they made you comfortable and gave you the confidence to ask a question.”

Accredited training

These courses are aligned and delivered against vocational education and training requirements.

REGISTER YOUR INTEREST NOW!

Applications for funding close: 31 May 2022

Apply now

Click above or go to <https://nswtrade.wufoo.com/forms/women-on-wheels-yanco-2022/>

For more information:

Website: www.tocal.nsw.edu.au/events/women-on-wheels-wow

Phone: Tracey or Courtney 02 6951 2775

Email: tracey.valenzisi@dpi.nsw.gov.au

OR courtney.langenbacher@dpi.nsw.gov.au

Onsite accommodation: contact Leonie Napier

Phone: 02 6951 2748

Email: leonie.napier@dpi.nsw.gov.au



www.tocal.nsw.edu.au/events/women-on-wheels-wow



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upcoming sessions

Parents, Carers, and Community Members in Murrumbidgee are invited to attend a free mental health education session in Term 2.

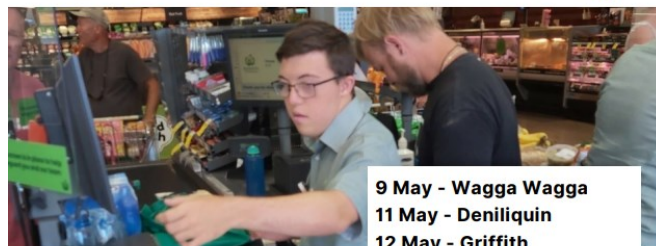


School To Work
for Secondary Students
with Disability



**resourcing
inclusive
communities**
An initiative of Family Advocacy

School to Work Workshop



9 May - Wagga Wagga
11 May - Deniliquin
12 May - Griffith



The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge & understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



Helping my young person during COVID

Date: Tue, 3 May 2022
Time: 6:30 PM – 7:45 PM AEST
Location: Online webinar
Registration: <https://bit.ly/3uveTQu>



Navigating uncertainty and change

Date: Wed, 8 June 2022
Time: 12:00 PM – 1:15 PM AEST
Location: Online webinar
Registration: <https://bit.ly/38ysWMq>



Helping my young person during COVID

Date: Mon, 27 June 2022
Time: 6:30 PM – 7:45 PM AEST
Location: Online webinar
Registration: <https://bit.ly/3EblQbp>



For more information

Contact us at programsupport@headspace.org.au



Join us for an interactive and participatory all-day workshop where you'll meet other families

- Uncover student strengths and interests to use as a guide for potential work roles
- Identify community connections and contacts to approach for work
- Practical strategies and tips on working with other professionals or services
- Explore what good employment support looks like and find the right people to support the student



All workshops are 9.15am - 4.00pm (AEST)

- Monday 9 May - Wagga RSL Club
- Wednesday 11 May - Deniliquin RSL Club
- Thursday 12 May - Griffith Quest

What people are saying

Getting together with others was great. It helped me collect ideas quicker and broaden my thinking. - Parent

I found the workshop engaging, useful and very interesting. The information, resources and understanding will definitely help me do a better job with students. - Educator



What is School To Work?

School to Work aims to inspire and equip students with disability, through the support of families, to seek meaningful, paid employment in the community.



Who is this workshop for?

Parents, family members, educators and allies of students with disability at secondary school.



Bookings essential

www.ric.org.au/events/
\$35 for students and families*
\$50 for professionals

*If cost is a barrier contact us to discuss options.

Questions? Call us 1800 774 764 or email info@ric.org.au



NSW parent and carer mental health education sessions

About our sessions and learning outcomes:

headspace National is hosting free mental health education sessions in New South Wales, for Parents, Carers and Community Members, on ways they can support their young person when they are concerned about their mental health.

Session format

The delivery of mental health-related content, followed by a panel of community stakeholders sharing information about the supports available to young people and how to access their services.

Mode of delivery

Sessions will be held online via Zoom or face to face.

Duration

Lunchtime sessions are 1 hour and 15 minutes. Evening sessions are 1 hour and 15 minutes with a panel.

How to register

Click on or copy the following URL into a web browser to locate upcoming sessions in your community: <https://bit.ly/3lch8U>

Contact

For more information email: programsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

Communicating with my young person

This session aims to:

- Increase your knowledge and understanding of the mental health challenges facing young people today.
- Improve awareness of your young person's emotions, thoughts, feelings and behaviours.
- Introduce how you can start a conversation with your young person and enhance connections.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.

Navigating uncertainty and change

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty.
- Build skills and strategies to support young people who are navigating change.
- Identify signs that young people may need additional support.
- Build awareness of local, state, and national supports available to young people.

Helping my young person during COVID

This session aims to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including the transition to work and study.
- Build awareness of local, state and national supports available to young people.

Supporting young people and those impacted by suicide

This session aims to:

- Provide information regarding a young person's mental health.
- Increase your awareness of how to support young people impacted by suicide.
- Provide information about what grief might look like, and strategies to support a young person who is grieving.
- Build awareness of local, state and national support services.



Click [here](#) to see all our available Parent and Carer online webinars!

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.





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

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**Turtle & Mel
Walker**
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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

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>

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

Principal:

Mr John Beer

Deputy Principal:

Mr Kingsley Ireland

**MILLWOOD
METHUL
RANNOCK**



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