

# Coolamon Central School

## Newsletter



WEEK 4 TERM 4 2024

**BE RESPONSIBLE**

**BE RESPECTFUL**

**BE READY TO LEARN**

### TERM FOUR

#### NOVEMBER

- 4 CHORDS Choral Spectacular @ Civic Theatre Wagga  
HSC - Chemistry
- 4-7 Year 11 Sydney Excursion
- 5 HSC - PDHPE
- 6 Kinder Orientation
- 7 HSC - Physics
- 8 Primary Assembly - Emerald & Garnet performing @2,10pm in Hall
- 11 Remembrance Day
- 12 Year 12 Formal
- 13 Kinder Orientation
- 14 Secondary Assembly - Science/TAS faculty
- 14-15 Stage 3 Excursion to Canberra
- 15 K-2 Emu Farm Excursion
- 18-22 Stage 5 Exams
- 21 Primary Choir performing @ Coolamon Hospital
- 22 Primary Assembly - Leadership Speeches
- 25-29 Stage 4 Exams
- 28 Secondary Assembly - English/HSIE faculty

### from the Principal

During the last fortnight, our Year 12 students have continued with their HSC Examinations. With only a few exams remaining in the coming week, we're excited to celebrate with them at their Year 12 Formal on Tuesday, November 12th. This marks a significant milestone and we're looking forward to honouring their hard work and achievements.

Kinder orientations have commenced, bringing many excited faces to school for their first taste of the school experience. Despite a few tears, with children keen to stay and eager to return. Similarly, our 2025 Year 7 students participated in a taster day, getting a feel for the high school environment and meeting some new peers and teachers. The day was enjoyed by all, and we look forward to welcoming these 2025 Year 7 students back in a few weeks for their final orientation day.

Our primary choir is currently away from school, performing in the CHORDS Festival in Wagga. We wish them all the best and are confident they will represent our school with pride.

This term we have the NSW Government Dental Van on-site. Many students have already had their check-up and more appointments are scheduled over the coming weeks. If any families missed the initial email about this free dental check opportunity, please refer to the previous message or contact our front office for more information.

Lastly, a reminder to all students and families about the ongoing roadworks in town. At times, traffic from Cowabbie Street will be diverted past the school which may increase risks when crossing the road. Safety is our priority, so we urge everyone to take extra care. If you are crossing the road, please be mindful of larger vehicles that may make it more challenging. For those on bikes or scooters, we ask that you dismount and walk when crossing during this period to ensure everyone's safety.

Thank you for your continued support and cooperation in helping us provide a safe and welcoming environment for all.

Mr Kingsley Ireland  
Principal

# CAPA Faculty Assembly

Congratulations to our award winners from the Secondary Wellbeing Assembly held in Week 3. Our students were recognised for their outstanding application in all our Creative and Performing Art subjects.



## *Bronze, Silver and Gold and Platinum and Opal Award Winners*



# Charles Sturt University Visit



Coolamon Central is fortunate to have a strong relationship with the Education Faculty of Charles Sturt University (CSU). For many years we have hosted dozens of students completing their degrees and have even employed several of them once they graduate. We currently have four practicum students at school, learning from our teachers and gaining valuable experience.

## Nominees for Primary School Captains 2025

The following Year 5 students are our nominees for Primary School Captains 2025.

Isabelle Brabander

Royce Gillett

Lily Lagan

Lachlan Rutland

Grace Favero-Porter

Zoe Harford

Matilda Roy

These students will be delivering their nomination speeches at the Primary Assembly on Friday 22nd November (Week 6), held in the school hall. Parents, carers and family members are welcome to attend.  
Mrs White.

# K-6 Christmas Concert in the Hall



## BEFORE SCHOOL



Parents and students are reminded NOT to arrive at school any earlier than 8.40am as there is no playground supervision before this time.

## CAR PARK GATES

Students are asked to avoid using the carpark gates to enter the school and to use the front gates of the school as this is a safety issue for students with cars entering and exiting the carpark.

## 10 MINUTE PARKING ZONE AT FRONT GATES OF SCHOOL

The 10 minute parking zone at the front of the school is for pick up and drop off only.

Please do not park any longer than the allocated time of 10 minutes in this zone.

This is a Police enforceable zone.

**swop it**  
everyday in the lunchbox

### Time saving tips for lunchboxes

The before school rush can have us reaching for sometimes foods. With a little extra planning you can make it easier to grab an everyday option.

Try:

- Cutting up extra vegetables at dinner ready to pack in the morning
- Cutting up reduced fat cheese cubes in bulk on the weekend ready to pack with some crackers for the week
- Swapping from packaged chips to packaged air popped popcorn

Use our handy [lunchbox planner](#) to plan out everyday lunchboxes for the week.

**Drink**  
Water and/or reduced fat plain milk

**Lunch**  
A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish

**Recess**  
Vegetables or fruit + 1-2 everyday snacks

**Veg & Fruit Break**  
Vegetables or fruit

Find more tips for saving time on the SWAP IT website: <https://www.swapit.net.au>



Orders for the school canteen can now be done on the Flexischools app. Orders need to be in before 10am each morning. Primary can still give their orders to the classroom teachers and Secondary must place their orders by recess.

## HOW TO PLACE AN ORDER

WITH *flexischools*



- 1 Click "Order food" at the top of the home page on your app.
- 2 Select the child you want to order for, then the date you wish to receive your order on.
- 3 Choose the food items you wish to purchase, then select "Confirm Order".
- 4 Choose your desired payment option.
- 5 Press "Place Order" to confirm your purchase.

**ENJOY!**



**Download Flexischools app**

# THE RESILIENCE PROJECT™

## The Resilience Project

The Resilience Project is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity**.

Teachers and students engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

Check out their website for more information:

[The Resilience Project](#)

Check out TRP@HOME; a place filled with inspiration and activities for the whole family to help improve your wellbeing and build resilience.

[TRP@HOME](#)

## Gratitude

*Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!*

### Whole Family Activity:

#### Gratitude Scavenger Hunt

As a family create a scavenger hunt list of things that make you happy or you are grateful for. You can make your own list or use the examples below:

- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you

- Each member of the family uses the list, and has to find as many things as they can.
- You can hunt for things inside or outside or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

### Family Habit Builder:

Every night at dinner, have each person talk about their favourite thing about that day.



Dear Parents

Re: School Bytes – Receive Notifications and pay for student charges.

From the start of Term 3 all permission notes for excursions and events will be online through School Bytes. Payments can also be made online through School Bytes or through the front office via cash or card. There will be **NO** paper permission notes.

In the very fast paced world we live in, we understand the need for parents/carers to have the flexibility to make payments outside of school hours.

## Accessing your School Bytes Parent Portal.

If you have not already set up a parent portal please use the following link to do so

<https://portal.schoolbytes.education/auth/login>

Below is a link to the school bytes Parent guides that you will find helpful.

[PARENT GUIDES – School Bytes](#)

## School Website

You can access your portal through the school website from the Make a Payment Tab. You will also find user guides and registration and access links here if you have not already created an account.

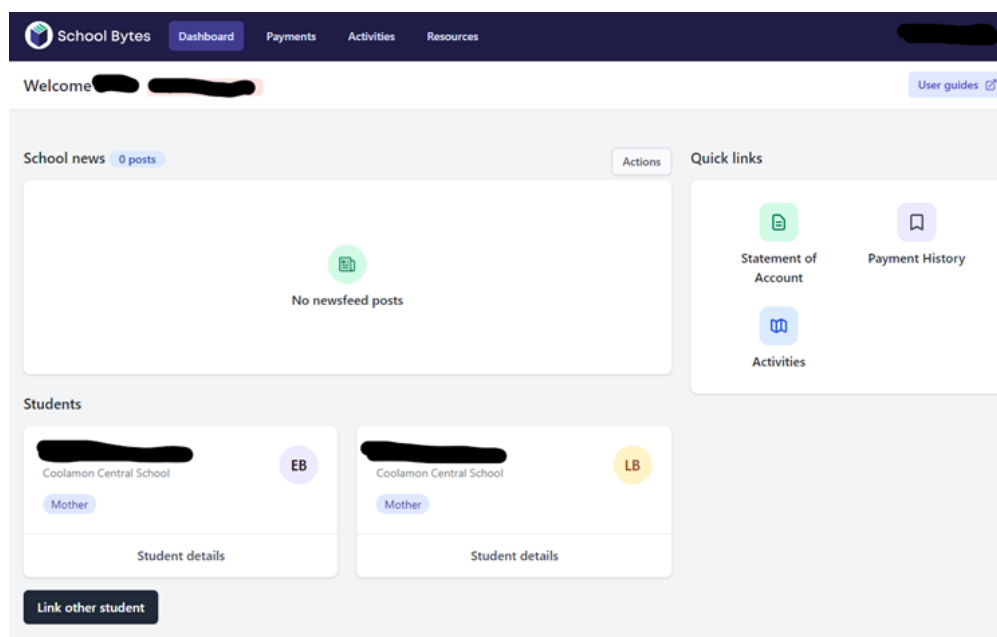
## School Bytes Portal – Computer

Go to the School bytes portal. In the banner at the top of the page click on “Payments”. This will take you to the Statement of Accounts and Fees, Excursions and events will be listed here with any outstanding amounts displayed. Pay by clicking on the pay now button and pay the full amount if required or adjust the amount if you are required to make a partial payment for a deposit or instalment.

## School Bytes App – Mobile Phone

Download the School Bytes App.

On the home page tab on the green rectangle with \$ Payment. This will display your Statement of Account which will include any Fees or Excursion /Events that have been invoiced. The name of the event will be displayed. You can make a payment by clicking on the “Pay Now” button and pay the full amount if required or adjust the amount if you are required to make a partial payment for a deposit or instalment.



*(continued over page)*





### Please Note.

- We would advise you to turn on your notification for the School Bytes app as you will receive notification of any new invoices added to your account. **From the start of Term 3**, notifications for permission for your child to attend will also be visible in the app. Turning on your notifications will ensure you do not miss any critical information being sent to you.
- If an excursion requires a deposit and has a payment plan, the whole cost of the excursion will be displayed however you will be able to make part payments (unless an item is locked – such as a food component) to the excursion by entering the required amount. E.g. an excursion in \$200 and requires a deposit of \$100, you can enter the \$100. You will then be able to see the remaining balance payable after that payment has been processed.
- You will also receive an email from [noreply@mail.schoolbytes.education](mailto:noreply@mail.schoolbytes.education). Please add School Bytes to your safe senders list so that the email does not go to your junk folder.

If you are experiencing any difficulties paying through the App or the Portal please do not hesitate to contact the school office.

Kind Regards,

Catherine Roberts  
Business Manager/School Admin Manager  
Coolamon Central School



Congratulations to Braith Gain on his selection into the Secondary Opens Riverina Cricket Team.



**CHRISTMAS ON BROADWAY**  
16 NOV, 2024 - 4PM TIL 9PM  
**MAIN STAGE**  
**DEJA GROOVE**  
PERFORMING SCHOOLS - ILLABO, EURONGILLY, ST JOSEPHS, JUNEE PUBLIC, JUNEE NORTH & JUNEE HIGH, JUNEE PRESCHOOL, JUNEE KIDS  
4-9PM MARKETS, FOOD & KIDS ENTERTAINMENT  
**SANTA ARRIVES @ 5:45PM**  
**TREE LIGHTING FROM 8:50PM**  
June Business and Trades  
*Live Stage Play*  
**June**



**CHRISTMAS with the CON**  
7pm Saturday 14 December 2024  
**FREE** event for all ages  
Riverside Precinct, Wagga Wagga  
**Fireworks finale**  
Presented by **RCM**

# PLEASE NO NUTS

Anaphylaxis is a severe and sometimes sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen, such as food or insect stings. Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life threatening and always requires an emergency response.

In order to support students at risk of anaphylaxis, we aim to ensure every reasonable effort is made to minimise their exposure to known allergens within the school environment and during school related activities. To further support this, we ask that parents refrain from sending peanuts and all tree nuts to school with their children. This includes peanut or any type of nut butter and Nutella sandwiches as well as muesli bars that contain nuts.

Please do not hesitate to contact the school office should you wish to clarify details regarding anaphylaxis and our strategies to minimise its risks. Anaphylaxis is a serious concern, and we thank you in advance for your co-operation.



# Marrambidya River Fest

Coolamon Central School are providing First Nations families the opportunity to attend the Marrambidya River Fest at Darlington Point by providing a free bus. There are only 10 places available so please contact the school to book your family a seat. Children are to be supervised by a parent/carer. The bus will leave from CCS at 2:00pm and depart Darlington Point at approx. 7:00pm.

## Marrambidya River Fest

Next date: Saturday, 16 November 2024 | 03:00 PM to 08:00 PM

Burrundi Theatre Productions, in collaboration with Murrumbidgee Council and Western Riverina Arts, is proud to present the Marrambidya River Fest, a vibrant celebration of culture, community, and creativity. Scheduled for 16th November 2024, from 3 PM to 8 PM at Fig Tree Park in Darlington Point, NSW, this event offers an exciting array of activities for all ages.



The festival will feature live music performances by Lawrence Barlow, Damien Thorne, and Scar Tree, along with a special band performance. Attendees can enjoy Koori Kinnections bush tucker, engage in traditional skills like basket weaving and possum skin workshops, and participate in cultural games. There's plenty for families too, including face painting, a jumping castle, a pool disco, and a skating competition. To top it all off, there will be a DJ to keep the festive spirit alive throughout the day.

The event is part of the Open Streets Festival and will also serve as the media launch for the Warangesda Festival 2025, with a special session from 7 PM to 8 PM.

Don't miss out on this opportunity to immerse yourself in a celebration of Wiradjuri culture and community spirit, set against the backdrop of Darlington Point's natural beauty.

# CWA Scholarship

Applications are NOW OPEN for the Nola and Jack Veitch Education Scholarship.

These are available for any student aged between 16- 21 years, living in the Coolamon Shire and studying at any educational institution.

Value \$1000 (paid over 2 years).

Applicants are required to attend interview on 17th January 2025 and applications will close on 31st December 2024.

Application forms are available by contacting Marion Farrell on (02) 69 272102.



  
**Charles Sturt  
University**

## Careers in Health Info Night

Connect with health professionals

Considering a health career but not sure which direction to take? Our info night is the perfect remedy.

Join us on campus from 5.30pm to 7.30pm at:

- Albury-Wodonga – Monday 11 November
- Wagga Wagga – Tuesday 12 November
- Port Macquarie – Wednesday 20 November

**Book your spot**  
→ [study.csu.edu.au/health-careers](https://study.csu.edu.au/health-careers)

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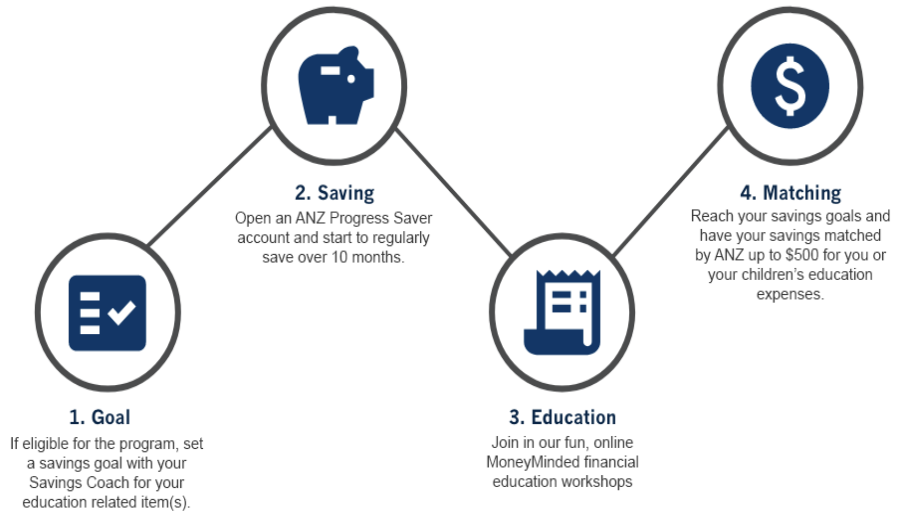


To be eligible You must have all of the following:

- A Health Care Card or Pensioner Concession Card
  - an eligible Centrelink payment\*
  - Be studying yourself OR have a child in school (can be starting school next year)
  - Have regular income from work (either yourself or your partner)\* including Carers Payment / Child Support / Cash in hand
  - Be 18+ years old
  - Agree to join in free online financial education workshops called MoneyMinded
  - Not completed Saver Plus previously
- \* Many types of income and Centrelink payments are eligible, see the [Saver Plus terms and conditions](#) for more information.



### HOW IT WORKS



Saver Plus was developed by ANZ and social justice organisation the Brotherhood of St Laurence (BSL).

It is delivered in partnership with not-for-profit organisations The Smith Family, Berry Street and BSL.

ANZ and the Department of Social Services fund it.

[saverplus.org.au](http://saverplus.org.au)

Terms, conditions and eligibility criteria apply.



# Community News

## Coolamon Town Library

### Storytime 2024

Storytime will be held next Friday 15<sup>th</sup> November – theme “Gardens” and then Friday 29<sup>th</sup> November theme “ Fire Engines – all sessions starting @ 10.30am. Everyone is most welcome to attend.

### Share the Dignity – It’s in the Bag

Fill a handbag with gifts for women, teenage girls and mum and bubs in need – “It’s in The Bag”. This is an annual event where we encourage our community to put together bags filled with essential items, to donate to someone in need for Christmas. It’s simple - choose a handbag in good condition that you no longer use. Then, fill it with items with life essentials. The Coolamon Library will be collecting these bags until the end of November.

### Glass Etching Workshop

In this Adult program learn the process for etching glass using flexible reusable stencils and glass etching cream. Each participant creates permanent frosted effect designs with etching cream on two glass items to take home. This will be held on Tuesday, 12<sup>th</sup> November @10.30am. Phone the Library to book – 69272492, cost is \$10.00, with morning tea provided.

### Lego Club

Lego Club has commenced again for this school term. It is held every Wednesday from 4.00pm – 5.00pm, then on Saturday mornings @ 10.30am – 11.30am. No bookings required, come and join in the fun.

### Join the Library

Become a member of the Library – it’s FREE. You are never too young or too old to join the Library. Gain access to our collection of books, dvds, magazines. Borrow from our extensive digital collection of eBooks, eAudiobooks and e-Magazines. Sign up online at [rrl.nsw.gov.au](http://rrl.nsw.gov.au) or visit the Library today- phone the Library for further details – 69272492.

### Baby Bounce

Baby Bounce will be held on Wednesday, 27<sup>th</sup> November @ 10.30am. Baby Bounce is a 30 minute early literacy program designed to help very young children to explore language. This is done by everyone joining in and learning an array of simple stories, rhymes and songs – morning tea will be provided.



Northcott Disability Services have let us know that they now have a work and study program for students on NDIS that are heading out into the workforce.

If you are interested in finding out more information please contact Northcott Disability Services Wagga **1800 818 286**.



Thank you for supporting our CCS staff raffle



**President:** Holly Gray  
**Vice President:** Lisa Piltz & Valerie McKelvie

**Treasurer:** Bec Forster  
**Secretary:** Bronwyn Maslin

**Email:**  
coolamonpandc@gmail.com  
**Meetings held Wednesdays in Week 3 and 8**

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

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

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


**Student and Parent Portal :**  
[coolamoncs.sentrail.com.au](http://coolamoncs.sentrail.com.au)

**Principal:**  
Mr Kingsley Ireland

**Deputy Principal:**  
Mr Matthew Bishop

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



St Andrew's  
Anglican  
Church,  
Coolamon 

Woolworths   
*The fresh food people*


To keep yourself up to date on all the great things happening in our school community, please like and share our Facebook page at 'Coolamon Central School' or visit our website at [www.coolamon-c.school.nsw.edu.au](http://www.coolamon-c.school.nsw.edu.au)



**Turtle & Mel Walker**  
Your local Milkman



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

The Uniting Church 





# CCS Canteen Menu 2024

## LUNCH ORDER MENU



### SANDWICHES



Vegemite, Jam, Honey, Cheese Egg Ham/Cheese Ham/Cheese/Tomato Chicken/Cheese/Mayo Salad Salad/Ham or Chicken Make it a roll, wrap or toastie **GFA**

### SALADS, SUSHI & SNACKS

Garden Salad **GF DFA**  
Garden Salad with chicken, Ham or Tuna **GF DFA**  
Snack Pack - Twiggy's, cheese, rice crackers, corn relish dip **GF**  
Pick Pack - cucumber, carrot, tomatoes, boiled egg, Hummus dip **GF DF**  
Sushi Variety Pack **GF DFA**

### DAILY SPECIALS

#### MONDAY

VEGETARIAN NACHOS  
\$6.00

#### TUESDAY

CHICKEN BURGER  
\$8.00

#### WEDNESDAY

HOT DOG & SAUCE  
\$5.00

#### THURSDAY

MEATBALL SUB  
\$6.00

#### FRIDAY

CHEESEBURGER (GFA)  
\$8.00

### HOT FOOD

Burrito Bowl- rice, cheese, salsa, sour cream, corn chips cucumber & corn **GF V DFA**  
Hidden Veg Bolognese **GFA**  
Homemade Soup- Pumpkin, Tomato Bacon, Chicken & Corn **GF DF**  
Chicken Nuggets (6) **GFA**  
Mini Corn Cob (2) **GF V DF**  
BBQ Chk or Cheese Pizza  
Meat Pie with sauce  
Sausage Roll with sauce  
Wedges, sour cream/sweet chilli **V**

### DRINKS

Bottled Water \$2.50  
Juice Bomb \$3.00  
Flavoured Milk 250ml \$3.50  
Flavoured Milk 500ml \$4.50  
Mildura Juice 500ml \$4.50  
Just Juice \$2.00  
Milo \$2.00





# CCS Canteen Menu 2024

AVAILABLE TO PURCHASE RECESS/LUNCH



### Fresh Fruit **V GF DF**

Banana	\$1.50
Apple	\$1.50
Orange	\$1.50
Fruit salad	\$4.00

### Dairy **V GF**

Assorted Yoghurts	\$2.00
Vanilla Custard	\$2.50

### Baked Goodies **V**

Banana Bread <b>GFA</b>	\$3.00
Assorted Muffins <b>GFA</b>	\$2.50
Chocolate Cake	\$2.50
Jelly Slice	\$2.50
Choc Chip Cookie	\$2.00
Smartie Pants Cookie <b>GF</b>	\$3.00

### Sweet Treats **V GF**

Yoghurt Sticks (4)	\$1.00
Haribo Gummy Bag <b>DF</b>	\$0.50
Trolli Hamburger <b>DF</b>	\$0.50
Fun size Chocolate	\$1.00

### Chips **V DF**

Jumpy's 18g <b>GF</b>	\$1.50
Pretzels 25g	\$1.50
Red Rock Sea Salt 28g <b>GF</b>	\$1.50
Red Rock Honey Soy 28g <b>GF</b>	\$1.50
Burger Rings 45g	\$3.00
Salt & Vinegar 45g <b>GF</b>	\$3.00
Chicken 45g <b>GF</b>	\$3.00
Original 45g <b>GF</b>	\$3.00

### From the Freezer **V GF**

Zooper Dooper <b>DF</b>	\$0.50
Twisted Minis	\$3.00
Frozen Yoghurt	\$3.00
Juicies <b>DF</b>	\$2.50

**GF = GLUTEN FREE**  
**V = VEGETARIAN**  
**DF = DAIRY FREE**  
**DFA = DAIRY FREE AVAILABLE**  
**GFA = GLUTEN FREE AVAILBLE**

Lunch orders to be placed before 10am to class teacher (primary) or via the lunch App  
 Secondary students can place a lunch order via App or at recess at the canteen.

A selection of hot food, sandwiches, rolls & sushi will be available to purchase without a lunch order, this is subject to availability.

Any further enquiries can be made to the front office or emailed to [ccscanteen9@gmail.com](mailto:ccscanteen9@gmail.com)

To place an order online - Please download Flexischools App and follow prompts.  
 Please note charges apply to online orders.