

Coolamon Central School

Newsletter



WEEK 6 TERM 4 2024

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM FOUR

NOVEMBER

- 18-22 Stage 5 Exams
- 21 Primary Choir performing @ Coolamon Hospital
- 22 Primary Assembly - Leadership Speeches
- 25 Years 3-6 Wellbeing Excursion
- 25-29 Stage 4 Exams
- 28 Secondary Assembly - English/HSIE faculty

DECEMBER

- 2-13 Years 2-6 Swim School
- 4 P&C Meeting @ 7pm
- 5 Secondary Assembly - Maths/PDHPE faculty
- 6 Year 6 Final Assembly @ 2.10pm in Hall
- 11 Year 6 Graduation Dinner
- 11-13 2024 Surf Trip
- 16 Primary Pool Party
- 17 Whole School Presentation Assembly 9.30am
- 18 FINAL DAY FOR STUDENTS
- 19 Staff Development Day
- 20 Staff Development Day

from the Principal

We are now midway through the term and the school is as busy as ever. There are many exciting excursions and wellbeing rewards happening now and in the coming weeks. High School students are currently engaged in their annual assessment week, and teachers are beginning to finalise the details needed to write student reports.



Last week, I had the pleasure of attending the Year 12 Formal, a wonderful event celebrating the significant milestone of completing secondary education. It was a memorable night for everyone involved. A special thank you goes to Mr. Hewson, Mrs Corbett and Mrs Seary for their exceptional efforts in organising and making the evening a success. Thank you also to Mrs Eileen Knox, The Styling Store, Michelle Seymour Catering and Jodie, from Down Brushwood Road.

Exciting changes are planned for 2025 as our school continues to grow. As communicated via email to all parents, here are some key updates for clarity:

- A class in Year 10, similar to the current ASPIRE program, will be introduced. Entry to this class will be determined primarily through a school-based process.
- Electives for Years 9 and 10 will remain as Stage-based classes to ensure a broader range of subjects can be offered. We are confident these changes will enhance the learning opportunities for all students.

On the 27th November, Coolamon Central students will participate for the first time in the annual 'Narrungdera Yalbilinya' (Narrandera Learning) Awards for Aboriginal students. These awards are presented by the Narrandera Local Aboriginal Education Consultative Group (LAECG). Invitations for students and their families will be emailed and posted in the coming days. We look forward to celebrating the achievements of our students at this meaningful event.

Mr Kingsley Ireland
Principal

YEAR 12 2024



L-R: Joshua Cork, Thomas Riley, Baxter Graham, Lacey Harris, Isabella Stuart, Abigail Crocker, Georgia Boyton, Tanner Lewis, Ava Pritchett, Eboni Corliss, Charlize King, Molly Law, Olivia Gardiner, Abigail Carthew, Callum Williams-Buck, Noah Hatty, Charlie Horan.

Science/TAS Faculty Assembly

Congratulations to our award winners from the Secondary Wellbeing Assembly held in Week 5. Our students were recognised for their outstanding application in all our Science and TAS subjects



Bronze, Silver and Gold and Platinum and Opal Award Winners





VISIT





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



CCS Christmas

concert
Friday 13th

December

2:10pm

*Students can wear a
Christmas shirt*



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 will 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](#)

And 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](#)

Empathy

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else our brain releases oxytocin. This leads to increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

Whole Family Activity:

Neighbourhood Kindness Challenge

As a family, choose an act of kindness from the list below that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hotbread, or cookies.
- Write a note to put in their letter box thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to do a job for them, like wash their car or water their garden.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.
- Feel free to do more than one and spread the kindness even further!
- Report back to each other in one week and share how your acts of kindness were received, and how doing them made you feel.

Family Habit Builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.



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.

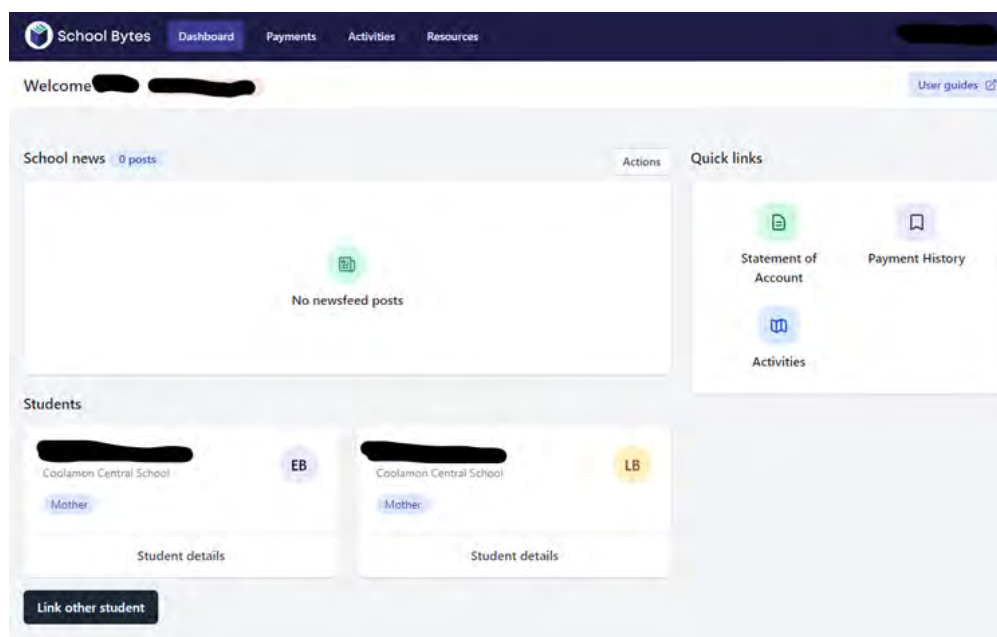
School Bytes Portal – Computer

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. 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

CHRISTMAS
with the CON

7pm Saturday **14 December 2024**

FREE event for all ages

Riverside Precinct, Wagga Wagga

Fireworks finale

Presented by
RCM
WAGGA WAGGA

The poster features a dark blue background with colorful stars and a musical note. It includes images of a woman in a Santa hat, a woman singing into a microphone, and a large firework display at night.

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.

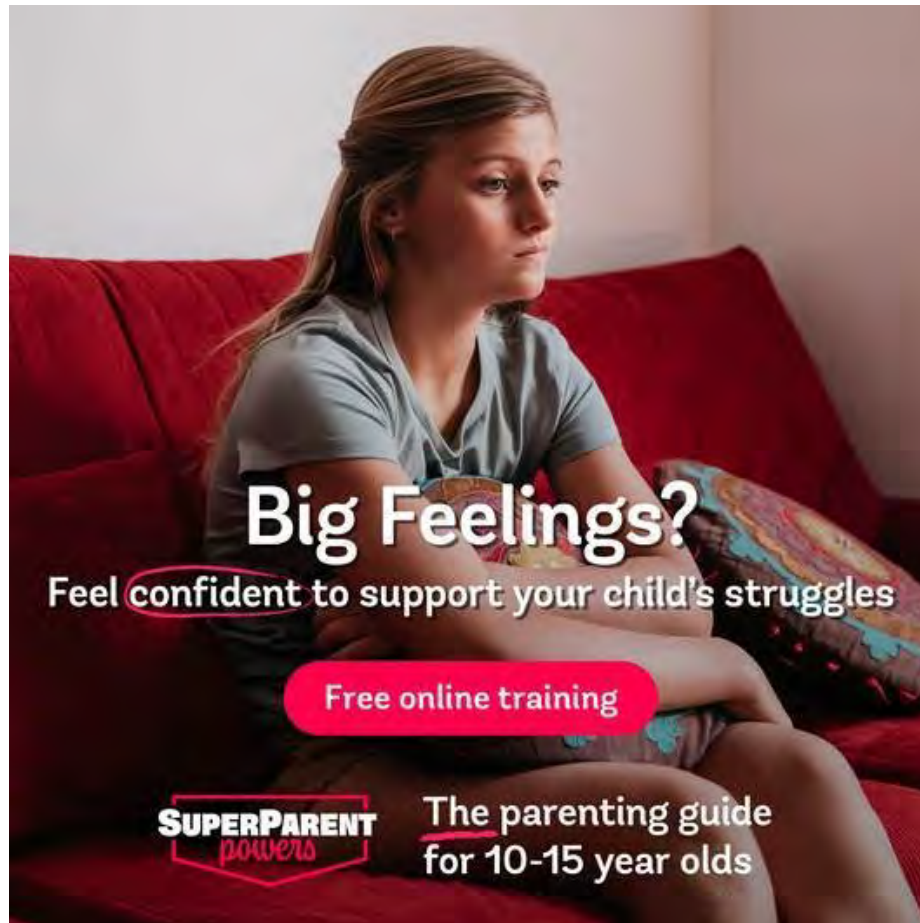
Please do not hesitate to contact the school office should you wish to clarify details regarding anaphylaxis and our strategies to minimise its risks. Anaphylaxis is a serious concern, and we thank you in advance for your co-operation.



SUPERPARENT POWERS

We're thrilled to invite you to take the next step in your parenting journey with our **SuperParent Powers Training**. This FREE online program has been newly developed by Clinical Psychologists at The Kidman Centre UTS and is designed to help you **strengthen your connection** with your child using proven, research-based strategies.

Click the link to find out more about the program and to sign up and unleash your SuperParent Powers today: <https://superparentpowers.au/>



What You'll Learn:

- **Positive Communication Techniques** – Build openness and trust through improved communication.
- **Understanding Emotions** – Learn to support your child's emotional development and manage tricky behaviours.
- **Problem-Solving Skills** – Develop confidence to handle everyday parenting challenges.

We know that a **strong bond between parent and child is the biggest protective factor for youth mental health**, helping kids build resilience and well-being that last a lifetime. With this training, you'll be helping us advance important research that will benefit families nationwide. We are evaluating the SuperParent Powers training for its effectiveness for parents with tweens aged 10-15 to improve quality and your learning experience.

Right now, you can access the program for FREE if you participate in our research.

CWA Scholarship

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

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.

Applications will close on 31st December 2024.
Application forms are available by contacting Marion Farrell on (02) 69 272102.



Community News

Coolamon Town Library

Storytime 2024

Our next Storytime will be held Friday, 29th November "Fire Engines" @ 10.30am. This will be held at the Coolamon Fire Station – families are to meet their, please note the change of venue.

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.

Christmas Food Appeal

Our annual Christmas food appeal is on again – help make this Christmas Special. Any donation of non-perishable food items would be appreciated. These items will be donated to charity and distributed to those in need. Donations will be accepted from Monday 25th November – Monday 23rd December here at the Library.

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, audiobooks and e-Magazines. Sign up online at 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, 27th 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



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

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

Student and Parent Portal :
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



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

The Uniting
Church 







CCS Canteen Menu 2024

LUNCH ORDER MENU






SANDWICHES

HOT FOOD

-  Vegemite, Jam, Honey, Cheese \$4.00
-  Egg \$4.50
- Ham/Cheese \$4.50
-  Ham/Cheese/Tomato \$5.00
- Chicken/Cheese/Mayo \$5.00
- Salad \$6.50
-  Salad/Ham or Chicken \$7.50
- Make it a roll, wrap or toastie \$1.00

- Burrito Bowl- rice, cheese, salsa, sour cream, corn chips \$7.00
- cucumber & corn **GF V DFA**
- Hidden Veg Bolognese **GFA** \$6.00
- Homemade Soup- Pumpkin, Tomato Bacon, Chicken & Corn **GF DF** \$5.00
- Chicken Nuggets (6) **GFA** \$5.00
- Mini Corn Cob (2) **GF V DF** \$3.00
- BBQ Chk or Cheese Pizza \$5.00
- Meat Pie with sauce \$5.00
- Sausage Roll with sauce \$4.50
- Wedges, sour cream/sweet chilli **V** \$7.00

SALADS, SUSHI & SNACKS

-  Garden Salad **GF DFA** \$6.00
-  Garden Salad with chicken, Ham or Tuna **GF DFA** \$8.00
-  Snack Pack - Twiggy's, cheese, rice crackers, corn relish dip **GF** \$6.00
-  Pick Pack - cucumber, carrot, tomatoes, boiled egg, Hummus dip **GF DF** \$6.00
-  Sushi Variety Pack **GF DFA** \$6.00

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

DAILY SPECIALS

- | | | | | | |
|---|---|--|---|---|---|
|  | MONDAY
VEGETRIAN NACHOS
\$6.00 | TUESDAY
CHICKEN BURGER
\$8.00 | WEDNESDAY
HOT DOG & SAUCE
\$5.00 | THURSDAY
MEATBALL SUB
\$6.00 | FRIDAY
CHEESEBURGER (GFA)
\$8.00 |
|---|---|--|---|---|---|





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 GFA	\$3.00
Assorted Muffins GFA	\$2.50
Chocolate Cake	\$2.50
Jelly Slice	\$2.50
Choc Chip Cookie	\$2.00
Smartie Pants Cookie GF	\$3.00

Sweet Treats **V GF**

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

Chips **V DF**

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

From the Freezer **V GF**

Zooper Dooper DF	\$0.50
Twisted Minis	\$3.00
Frozen Yoghurt	\$3.00
Juicies DF	\$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

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

