

# Coolamon Central School

## Newsletter



WEEK 8 TERM 4 2024

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

### TERM FOUR

#### DECEMBER

- 2-13 Years 2-6 Swim School
- 3-4 White Card
- 3 Playgroup in the Hall
- 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
- K-1 Water activities @ CCS
- 17 Whole School Presentation Assembly 9.30am
- 18 FINAL DAY FOR STUDENTS
- 19 Staff Development Day
- 20 Staff Development Day

2025

### TERM ONE

#### JANUARY

- 31 Staff Development Day

#### FEBRUARY

- 3-5 Staff Development Days
- 6 ALL STUDENTS RETURN K-12

## from the Principal

Week 8 of the term has arrived and the school is busier than ever! With only 12 days to go, it's incredible to think the year is almost over, yet so much is still on the calendar for the coming weeks.

Last week, I had the pleasure of attending the 'Narrungdera Yalbilinya' (Narrandera Learning) Awards for Aboriginal students in Narrandera. It was fantastic to see our students being recognised for their efforts at school. A big congratulations to all the award recipients and thank you to the many families who attended.

A huge shout-out goes to the committee behind 'Music 4 Mates', who generously donated \$4,000 to the school to support our ongoing work with students through the 'Resilience Project'. Music 4 Mates, established in 2013 by members of the Coolamon community, has been dedicated to raising awareness about mental health issues such as suicide, improving access to mental health services and promoting community well-being. As the committee winds down, I want to sincerely thank them for their significant contributions to the Coolamon community, an area close to all our hearts and one which still deeply affects society.

In recent weeks, we've had several exciting excursions across the school. K-2 students enjoyed a fun-filled day at the Emu Farm, Stage 3 students had an incredible experience in Canberra and the Primary Choir brought joy to the residents of the Coolamon Hospital by singing some favourite tunes along with Christmas carols. A heartfelt thank you to all the staff who made these wonderful experiences possible.

A big congratulations to Isabella Baulch, who has been successfully selected for the Riverina Opens softball team—a remarkable achievement for a Year 8 student! Special recognition also goes to Makayla Baulch, a Year 6 student who trialled for the team and impressed everyone with her efforts. We're excited to see what Makayla will achieve next year!

This week, Swim School begins for our primary students. Remember to Slip, Slop, Slap, Seek and Slide to stay sun-safe!

Finally, we're thrilled to welcome our 2025 Year 7 students to CCS this Tuesday for another full day of orientation. It is a fantastic opportunity for students to familiarise themselves with the school, meet new friends and experience transitioning between classes and teachers. Make the most of your time to prepare for an exciting 2025, Year 6 students!



# Narungdera Yalbilinya Awards





# English/HSIE Faculty Assembly

Congratulations to our award winners from the Secondary Wellbeing Assembly held in Week 7. Our students were recognised for their outstanding application in all our English and HSIE subjects.



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





# Junee Licorice & Chocolate Factory



James, Lucy and Aaron inspecting the new chocolate bar making machine that will pump out 700 bars per hour.



The chocolate coating machine for the heavier nuts like macadamias.

Senior Business Studies students recently had an excursion to the Junee Licorice and Chocolate Factory. They began their tour with a hands on activity, crafting their own chocolate freckles. Rhiannon, the sales and marketing manager, then led an engaging and interactive session, with students learning about chocolate manufacturing and about everything from the origins of organic cocoa beans and other organic ingredients to the intricate processes involved in production of the organic delights the factory is known for. Students were also given a tour of the new machinery which is soon to be used in production as well as the new facilities, including a rooftop cocktail bar and dining area which will hopefully be opening this Summer.



James and Lucy getting creative with their personalised freckles.

**swop it**  
everyday with the lunchbox

**Freeze food for fresh summer lunchboxes**

Summer is just around the corner. Save time in the mornings by making food ahead of time and storing it in the freezer!

Try these ideas:

- Sandwiches with reduced fat cheese, vegemite or roast meat are great for freezing. Put the frozen sandwich straight into the lunchbox, not only will it defrost by lunchtime, it will keep the lunchbox cool.
- Make a batch of everyday snacks on the weekend and freeze. Try banana pikelets or zucchini slice!
- Keep yoghurt cooler for longer by adding frozen berries.
- Cut an orange into quarters and freeze for a delicious cold snack.





Thank you for supporting our CCS staff raffle



# Primary Choir



Primary Choir performed for residents at the Coolamon Hospital recently, singing some of our favourite tunes, as well as some Christmas Carols!





**CCS WORK STUDIES**

# **GINGERBREAD HOUSE FUNDRAISER**

**DECEMBER 5TH @ CHRISTMAS ON COWABBIE**

The CCS Work Studies class are creating Gingerbread Houses for their HSC Teamwork and Enterprise Project and selling them at the Coolamon Christmas on Cowabbie Markets. All profit will go towards future activities at CCS.

**\$35 FULLY ASSEMBLED**  
**\$30 DIY (ALL ELEMENTS INCLUDED)**

**WE WOULD LOVE YOUR SUPPORT FOR CCS**





# GRIP Leadership Conference

Last month our secondary school captains, Aaron, Allie and Olivia, had the opportunity to attend the GRIP Leadership Conference held in Albury, where they gathered with peers from across the region to develop their leadership skills.

The GRIP Leadership Conference is renowned for its engaging and interactive approach, focusing on practical skills that empower student leaders to make a positive impact within their schools and communities. During the conference, our captains participated in a series of workshops and activities designed to challenge their thinking and broaden their perspectives on leadership. Topics included being a responsible student leader, tips for time management and strategies for fostering inclusivity within their school environments.

As our secondary school captains begin their leadership journeys this year, we are excited to see how the skills gained from the GRIP Leadership Conference will shape their activities and leadership within our school.

Stay tuned for some of the fun activities our captains will be rolling out in the next couple of weeks, as they work to implement the skills and strategies learned at the conference.







## PLAYGROUP



CCS Playgroup is back on from 9.30-10.30am at the CCS Hall.  
Everyone is welcome to attend.

19th November  
3rd December- Christmas theme





## K-6 Christmas Concert in the Hall

# CCS Christmas concert

*Friday 13th  
December  
2:10pm*

**Students can wear a  
Christmas shirt**



## FREE HOME INTERNET FOR SCHOOL STUDENTS AND THEIR FAMILIES

This is an Australian Government program that offers free home internet to families and carers who look after school age children and are struggling to pay the bills.

To apply, follow the four steps below:

- 1 Contact the National Referral Centre on **1800 954 610** Monday - Friday, 10am - 6pm (AEDT) or visit [anglicarevic.org.au/student-internet](https://anglicarevic.org.au/student-internet)
- 2 They'll ask you some questions to see if this offer is right for you.
- 3 If you qualify, you'll get a voucher.
- 4 Use the voucher to connect through your chosen participating internet provider before 31 December 2024.



**LEARN MORE**

Scan QR Code to learn more.

### THE BEST PART IS



Free home internet until 31 December 2025



The Wi-Fi router is free and you can keep it



There is no lock-in contract



Assistance provided by the National Referral Centre



Callback, webchat and interpreting are available





## 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>



# 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](#)

## Mindfulness

*Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.*

Whole Family Activity:

Mindful Walk

As a family, go on a walk outside in nature. This might be around your local walking track, at your local park or just around your streets.

While walking, tune into your senses and observe what you can see, hear and feel. Or you might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear on your walk?

On your way home or when you return home, share what each person saw, heard or felt.

Family Habit Builder:

Each night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

## Emotional Literacy

*Working on our emotional literacy gives us opportunities to develop our ability to understand and express different emotions. When we improve our emotional literacy, we can work towards recognising our own feelings and our ability to manage them. This allows us to cope with different life situations, such as managing conflict, making friends, coping in difficult situations and being resilient when dealing with change.*

Whole Family Activity:

Feelings Charades

- Gather together as a family, this might be around the dinner table, lounge room, around the fire outside.
- Take turns to act out a feeling or emotion. Use your face and body language to act this out, For example: Make an angry face and stamp your feet or
- Other family members need to guess the feeling/emotion.
- After someone has guessed the feeling/emotion, have family members discuss a time they have felt this way before and why. If it was a negative emotion, how did they overcome it?

Family Habit Builder:

Around the dinner table, ask everyone to share a feeling they felt during that day. Discuss how they dealt with that feeling and then discuss and share strategies you could use when faced with particular feelings.



# Health Alert

On the weekend, our school was notified that a staff member has been diagnosed with whooping cough. Whooping cough, also called pertussis, is a serious respiratory infection. It usually starts like a cold with a blocked or runny nose, sneezing, a mild fever and an occasional cough. Whooping cough is spread in the air as droplets, usually by coughing or sneezing. This means it spreads easily from one person to another and through families and schools. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis. Antibiotics are used to treat whooping cough in the early stages of the infection and can help prevent the spread to others. Should your child present with any of these symptoms, please keep them at home, avoid contact with others and seek medical advice.

**Whooping cough has three stages and can show up differently in each child:**

**Stage 1: Mild cough, low fever, runny nose**

**Stage 2: Worsening cough that comes in fits and can cause vomiting. The cough may end with a 'whoop' sound. Small babies may have pauses in breathing (apnoeas) with little or no cough.**

**Stage 3: Cough gradually decreases over six weeks, but can last up to three months.**



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 large treble clef. It includes images of a woman in a Santa hat, a woman singing into a microphone, and a night scene with fireworks and a crowd.





proudly presents the inaugural.....

Enquires to Ilja at [tumutchessclub@outlook.com](mailto:tumutchessclub@outlook.com)

# RIVERINA CHESS

## School Holiday Clinic

OPEN to UNDER 18's  
of all experience levels

*Igor Bjelobrk*

International Master



Oceania Champion  
(2013), Chess Olympiad  
player 2002 (NZ)

*Ingela Bjelobrk*

Former Chess Olympiad Player



Chess Olympiad player  
1994 & 1996 (Sweden)  
and 2004 (Australia)

## Clinic - THURS 23rd & FRI 24th JANUARY 2025

Tumut Chess Club invites primary and secondary school aged students to attend a School Holiday Clinic (beginner to all levels) run by Igor and Ingela Bjelobrk.

What to expect:

- Learn how to use a chess clock effectively in a tournament
- Develop your chess skills
- Play in mini chess & puzzle tournaments
- Develop your ability to record your games

Cost: \$70 (BYO lunch and snacks)

BOOK NOW!



<https://www.trybooking.com/CVXHL>

The school holiday clinic will be followed by a NSWJCL Tournament held on SATURDAY 25th January 2025. More details to come.



INFORMATION FOR CUSTOMERS

## Australian Government Mobile Service Centre



### Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

**Wednesday, 18 December 2024**

9 am to 4 pm

Near Sweet Briar B&B, Cowabbie Street

COOLAMON

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



## SwimVAC 2025

Enrol your kids for summer!



The SwimVAC Program is designed for children aged 6 months to 14 years and aims to help as many kids as possible reach the National Benchmarks for swimming and water safety.

Swim  
and  
SURVIVE



Program Dates  
13 January to 24 January 2025



Bookings Open  
1 October 2024



More Information  
[drowningprevention.org.au](https://drowningprevention.org.au)

(02) 9634 3700

[swimandsurvive@royalnsww.com.au](mailto:swimandsurvive@royalnsww.com.au)

[drowningprevention.org.au](https://drowningprevention.org.au)



ROYAL LIFE SAVING  
NEW SOUTH WALES

CCS Primary Choir will be performing at the Carols in the Park this Sunday. We hope that you can join us!



The Coolamon Shire Library

## CHRISTMAS FOOD APPEAL

Help make this Christmas Special  
Donate non-perishable food items  
These items will be donated to  
charity and distributed to those in  
need

DONATIONS WILL BE ACCEPTED  
FROM MONDAY 25TH NOVEMBER -  
MONDAY 23RD DECEMBER 2024

Phone the Library  
for further details  
69272492

Donate Today





# Community News

## Coolamon Town Library

### Storytime 2024

Our next Storytime will be held this Friday, 13th December @ 10.30am theme "Christmas". This is our last Storytime for the year, there will be a small party after Storytime – please bring a plate to share. A special guest will be making an appearance as well.

### 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.

### Remembrance Tree

The Library will again have a Christmas tree of Remembrance. This is an opportunity for community members to include lost loved ones in the festive season. Community members are invited to write a message to their loved one, to include them in the spirit of Christmas. The message will be hung on the Christmas Tree of Remembrance in their memory. After Christmas, it will be dismantled and a small ritual will be held to honour the memories contained in the messages

### Book club - 2025

The Library is taking names to join a book club for 2025. The aim is to form a group of ten individuals, nominate a group leader and pay the membership fee. The library provides ten copies of the one title plus background notes and discussion questions. For further information, phone the Library – 69272492.



**SUMMER Primary School Holiday Program**  
December 2024 - January 2025

Bookings are essential  
Coolamon Shire Library (02) 6927 2492 library@coolamon.nsw.gov.au

**Guessing competition**  
Each time you borrow during these holidays, you get to go in our guessing competition for your chance to WIN a SCHOOL PACK!!

**2024 Christmas Craft**  
Colour in Your Own Christmas Stocking  
Colour in your own Christmas stocking and hang up ready for Santa!  
Coolamon Shire Library  
Friday 20 December 10:30am  
\$5 per person

**DIY Wooden Sleigh**  
Put together a wooden sleigh, paint and decorate for Christmas.  
Coolamon Shire Library  
Friday 20 December 10:30am  
\$5 per person

**Coolamon - Jan 2025**  
**DIY Bubble Machine**  
This activity will have you bubbling with excitement! It's a fun and educational project.  
Coolamon Shire Library  
Thursday 9 January 10:30am  
\$5 per person

**Colour-me-in Pencil Case**  
Get ready for school with a personalised pencil case - just in time for School.  
Coolamon Shire Library  
Wednesday 22 January 10:30am  
\$5 per person

**My Pet Dinosaur Performance**  
Come along for life-like dinosaurs, fossils to see and touch - a family show  
Coolamon Shire Library  
Wednesday 29 January 10am  
\$5 per person

**Marrar - Jan 2025**  
**Washi Tape Craft**  
Join us to decorate a stationery pack with washi tape - lots of fun  
Marrar Hall  
Friday 10 January 10:30am  
\$5 per person

**Ganmain - Feb 2025**  
**DIY Fabric Koala Pillows**  
Make a Koala pillow using precut material and a premade cushion.  
Ganmain Hall  
Tuesday 4 February 10:30am  
\$6 per person



**SUMMER YOUTH School Holiday Program**  
January 2025

**Wagga Bus Trip**  
Forum 6 Cinema  
Movie - TBA  
Date + Time  
Depart from Coolamon Shire Library  
Wednesday 8 January  
Time: TBA  
Free  
12 + Years

**Flip Out**  
From thrilling trampolines and foam pits to exhilarating slides, basketball zones & more!  
FORUM 6 CINEMAS

**Painting Workshop**  
Lush Creative Galleries - Painting Workshop - Join us for the ultimate school holiday art program with Linda's 'donut' painting workshop  
Date + Time  
Coolamon Shire Library  
Thursday 9 January 10:30am  
Free  
12 + Years

Bookings are essential  
Coolamon Shire Library (02) 6927 2492 library@coolamon.nsw.gov.au





**President: Holly Gray**

**Vice President: Christopher Galvin & Katie Farrell**

**Treasurer: Laura Munro**

**Secretary: Bronwyn Maslin**

**Email:**

**[coolamonpandc@gmail.com](mailto:coolamonpandc@gmail.com)**

**Meetings held Wednesdays in Week 3 and 8**

**Follow us on Facebook - Coolamon Central P&C**

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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 