

# Coolamon Central School

## Newsletter



WEEK 3 TERM 4 2023

**BE RESPONSIBLE**

**BE RESPECTFUL**

**BE READY TO LEARN**

### TERM FOUR

#### OCTOBER

- |       |  |
|-------|--|
| 23-27 | Footsteps Dance K-6  |
| 24    | HSC Exam - Business Studies  |
| 25    | Footsteps Disco<br>4.30pm  |
| 26    | HSC Exam - Hospitality   |
| 27    | HSC Exam - Chemistry and Industrial Technology<br>Secondary Assembly |
| 30    | HSC Exam - PDHPE   |
| 31    | HSC Exam - Community & Family Studies                                |

#### NOVEMBER

- |       |                                   |
|-------|-----------------------------------|
| 1     | Stage 1 Altina Wildlife Excursion |
| 1-3   | Stage 3 Sovereign Hill Excursion  |
| 2-3   | Stage 2 Beechworth Excursion      |
| 2     | Opens Cricket @ Wallendbeen       |
| 7     | Year 12 Formal                    |
| 8     | Kinder Orientation<br>9am -12pm   |
| 10    | Secondary Assembly                |
| 13-17 | Stage 5 Assessment Week           |

### from the Principal

Welcome back to Term 4. Week 3 already, the time seems to be flying past.

Year 12 have commenced their HSC Examinations. Only a few weeks to go and we all get to celebrate with you at your formal on the 7th of November.

Week 4 will see our major Primary excursions to Altina Wildlife Park, Beechworth and Sovereign Hill. Can I thank all the staff involved for going above and beyond to make these exciting and invaluable experience go ahead. As a result of these excursions there will be NO Primary assembly on Friday 3rd November.

Primary students have also been busy with a visit from Health Harrold in Week 1 and are currently working with Footsteps Dance in the hall all this week. I hope to see lots of students busting some moves on Wednesday afternoon/evening with the Footsteps Disco.

Congratulations to our Year 11 students and leaders who ran the BBQ at Bunnings recently. A massive effort raising some valuable funds that will support them and their chosen charity. Thanks to Mr Hewson, Ms Hyland and all other staff for supporting this initiative. Yet another example of CCS getting involved in the community. Great work!

#### **Mobile Phone Policy reminder:**

As of the start of Term 4, the State Government placed a ban on Mobile phones in all public school.

What does this mean for CCS?

- No student in Primary (K- Year 6) should have a mobile phone in their possession at school.
- High School (Year 7-12) student will continue with the "off and Away" policy we already had in place.
- These rules apply for all times at school or on any excursion.

Smart watches are emerging as a new approach for student. These will be considered as a mobile phone if they have connectivity to a phone or direct connection to a carriage service. The same rules above apply to Smart watches.

We ask that High School students "Be Responsible" and manage their devices appropriately. Failure to follow the CCS policy will result parent contact and possible disciplinary consequences.

# Year 11 Business Studies



Year 11 Business Studies Excursion to the Junee Chocolate Factory.

Students learned about the internal and external operations and logistics of the chocolate factory as well as the company's marketing strategies and human resource management.





# Year 11 Fundraiser



Year 11 students helping out at the Bunnings BBQ.

# Healthy Harold

Primary students enjoyed the Healthy Harold sessions held recently.





ISSUE 7  
OUT  
NOW!



SCHOLASTIC Book Club



## Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.



Try the **3:1 lunchbox rule** everyday:

- **Three** items your child likes
- **One** new everyday item



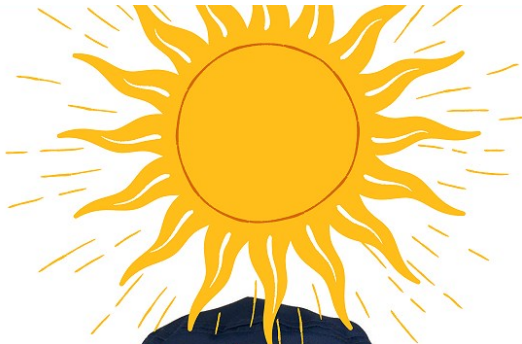
# REMINDER



## STUDENT DROP OFF



It would be appreciated if  
students are not dropped at the  
school in the morning before  
8:40am as there is no  
supervision until this time.



*School  
Hat  
Reminder*

All students K-6  
must wear a school  
bucket hat in Term 4  
and Term 1.

Our “**No Hat, No  
Play**” rule applies.

The office has  
bucket hats for sale  
for \$8.00.



# TACKLE THE TRACK

SAT 4 NOV

REDGRAVE PARK, COOLAMON



## Bike Ride & Walk

Kicking off at 10am  
4 different tracks  
Range of distances  
Register online  
Bike ride or walk

## Party in the Park

10am - 5pm  
Live music  
Food stalls  
Kids activities  
Entertainment

FREE EVENT

REGISTER ONLINE

<https://tackletheeventbrite.com.au>



MORE DETAILS:

[WWW.VISITCOOLAMONSHIRE.COM.AU](http://WWW.VISITCOOLAMONSHIRE.COM.AU)

## Lifelong, life-changing savings habits



Commit to saving  
up to \$50 a month  
for 10 months and  
ANZ will double it.



You can put that extra money towards educational expenses for yourself or your child/children. This includes school-related expenses, such as uniforms, books, laptops and excursions.

Income, eligibility and participation criteria apply, go to [saverplus.org.au](http://saverplus.org.au) for more information.

Saver Plus supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.

[saverplus.org.au](http://saverplus.org.au)  
1300 610 355



Working together to support school-aged students on the autism spectrum

## FREE 2 Day Autism Workshop for Parents and Carers

Location: Wagga Wagga, NSW

Join other local families to learn more about autism and ways to strengthen the partnership between home and school



### During the workshop you will learn about:

- The diversity of autism
- Understanding sensory processing
- Understanding behaviour
- Working together with your child's school

Morning tea and a light lunch will be provided



7th & 8th November 2023  
9.30am - 2.30pm



Wagga RSL  
Corner Kincaid & Dobbs Street  
Wagga Wagga NSW 2650



SCAN TO REGISTER



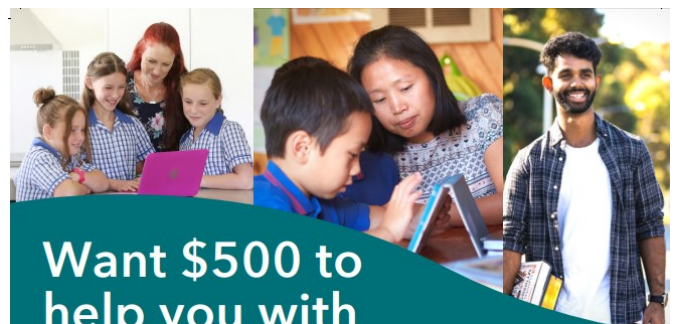
Interpreters available upon request

For more information or to register visit  
[www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) or contact  
Trish Nicoll at [tnicoll@positivepartnerships.com.au](mailto:tnicoll@positivepartnerships.com.au)



For help, call:  
1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



## Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

### To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** 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)\*
- ✓ Be 18+ years old

### Here are some of the school costs the \$500 can be used for:



\*Many types of income and Centrelink payments are eligible

For more information, please contact your local Saver Plus coordinator:

NSW/Act - Saver Plus Team

[SaverPlusNSWACT@thesmithfamily.com.au](mailto:SaverPlusNSWACT@thesmithfamily.com.au)

1300 610 355

DELIVERED BY



Learn today, change tomorrow.

Find out more  
at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St. Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.



OCT 31  
2023  
6:30 PM

RIVERINA  
PLAYHOUSE

**Who is this event for?**  
Parents, carers, educators  
and community leaders of  
young people aged 10-25.

**Who is the event host?**  
Ruby Riethmuller, Founder  
and Director of Womn Kind

**Event Topic:**  
Optimising the mental health of teenagers.

book now: [www.womn-kind.com.au/shop](http://www.womn-kind.com.au/shop)

## Coolamon Memorial Pool

Coolamon Pool 2023/2024 Season Opening Day 18 November 2023

Early Bird 20% off Season Memberships  
Available until 1st December 2023

Casual Canteen & Pool Lifeguard Staff Required  
From November 2023 - March 2024

Email [coolamonpool2021@gmail.com](mailto:coolamonpool2021@gmail.com) for more information on  
position requirements.

# CANTEEN CASH

**Recycle Your Aluminium Cans At  
Coolamon Memorial Pool This Summer  
& Earn Canteen Cash!**

Earn 10C per can on a  
CANTEEN CASH loyalty card to  
spend at the Coolamon Memorial Pool  
canteen shop.







the facts:  
tips for a healthy headspace



headspace  
National Youth Mental Health Foundation

# get enough sleep

**Getting the right amount of quality sleep can give you more energy, improve concentration, make you less likely to crave snacks that aren't nutritious, and you guessed it, keep a healthy headspace.**

If you're having a tough time, sleeping can be one of the first things that's affected.

Have you noticed when you get good quality sleep it's often easier to manage your emotions? This can help you deal with any stress, including relationships, and work and study difficulties. It can also help reduce the risk of mental health challenges in the future.

## So how much is enough?

If you're aged between 12-17 then 8 to 10 hours sleep is ideal, and 18-25 year olds should try to get 7 to 9 hours. Keep in mind that different people need slightly different amounts of sleep.

You might not know how much sleep you get, so it can be a good idea to record it in a sleep app or journal and notice whether your sleep impacts things like your mood and energy levels, or anything else you might notice.



Quality sleep is like a super power!

## Why it might be difficult to get a good night's sleep?

We all experience poor sleep from time to time – exams, job interviews, work stress, relationship concerns can keep us up worrying.

It's common to find it hard to get good quality sleep. It can be impacted by many things like the food you eat, using alcohol or other drugs, feeling worried or anxious, and even using your screen before bed.

The good news is there are things you can do to help you get those quality zzz's.





## So how can we get better sleep?

Changing habits can be hard, be kind to yourself while you're trying new things. You don't have to do everything at once, set yourself a small goal, choose something that's easier for you to do, then add other things in later. Achieving your goals can help build your confidence.



For many people, quality sleep can be hard to get, so don't be too tough on yourself as you try different things. You'll get there... you're learning. Be kind to yourself.

- At least an hour before bed, turn off games, YouTube, social media and any notifications. Try a movie, book or watch TV instead (not in the bedroom though!).
- Use the blue light filter on your phone and lower the brightness at night.
- If you find it hard to wind down, try a mindfulness exercise; you might try a mindfulness app.
- Try to sleep the same amount every night. An extra hour, every now and then, is fine – any more can confuse your body clock. Falling asleep one hour earlier is better than sleeping in one hour later.
- If you need to get up during the night, try to avoid turning on bright lights and hop back into bed quickly.
- Avoid caffeine at least six hours before you go to bed.
- Limit the use of alcohol and other drugs.
- If you can, avoid napping during the day.
- Leave your devices outside your bedroom.



### Healthy habits

When you're feeling low or stressed, it's important to put healthy habits in place to give yourself a better chance of coping with life's challenges.

Sleeping well is an important healthy habit, but it's not the only one. Things like staying active, eating well, doing things every day and spending time on your relationships are also important for good mental health.

### Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service.



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

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



The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 03 October 2022

# CCS P&C UPDATE

## What's Been Happening!

### NEW OFFICE BEARERS

The CCS P&C Committee held our Annual General Meeting on the 06 of September 2023 in which some new office bearers were elected. There are some new faces to the team and some of the previous office bearers have taken on new roles.

President - Holly Gray

Vice President 1 - Valerie McKelvie

Vice President 2 - Lisa Piltz

Treasurer - Bec Forster

Secretary - Bron Maslin

New general P&C committee members are more than welcome to join at any time.

Feel free to contact us at any stage if you require any further information.

### THE VOICE REFERENDUM FUNDRAISER

We had an incredible response to our referendum day BBQ and cake stall.

Many families and committee members kindly donated baked goods and their time to help on the day.

We owe a HUGE thank you to everyone who was involved in the planning, set up, cooking and cleaning on the day, but also a big thank you to the whole Coolamon and school community for getting behind us and supporting our fundraiser for the school.

While we are still calculating the final results from the fundraiser which will be reported at the next meeting, however all funds raised will be going towards a new pop up shade for the school to use at sporting events and carnivals.

### UP2DATE ART EXHIBITION

The CCS P&C Committee held a dessert box fundraiser at the recent Up2date Art Exhibition.

Once again, the school and wider community really rallied behind us and donated some fabulous baked goods for the fundraiser. Around 80 dessert boxes were sold during this fundraiser and proceeds will go towards our fundraising campaign to provide pop up shade for the school.

Many parents, families and committee members also graciously volunteered their time to help with the preparation, set up and pack down of the art exhibition. Thank you to every single person who helped make this event such a success.

### BOOK COVERING WORKING BEE

The P&C Coordinated some book covering working bees at the end of term 3 to cover approximately 400 new decodable home readers for the primary school.

Thank you to all the volunteers who helped us achieve this big task! We greatly appreciate and value your support. The home readers are now ready to be used by the students.

## How Can You Help the P&C?

### RURAL SUPPLIES- LITRES FOR DOLLARS PROGRAM

Novembers fundraiser is an easy one to help us with; the Coolamon P&C are the beneficiary of the Rural Supplies Litres for Dollars program for the month of November!

All you need to do to support this fundraiser is simply purchase your fuel at Coolamon Rural Supplies during the month of November and the CCS P&C will receive a donation from Rural Supplies based on the number of litres purchased during that month. So please tell your friends, tell your family that Rural Supplies is the place to go for fuel!



## What's Coming Up?

### WHATS NEXT

The P&C Committee is working towards fundraising and participating in community events over the upcoming weeks and months.

The P&C are always looking for volunteers to help us with our fundraising events, as well as various ways in which we assist the school. Any support you offer – big or small – is always valued!

Please contact us via [coolamonpandc@gmail.com](mailto:coolamonpandc@gmail.com) or via facebook messenger if you would like to add you name to our volunteer database. We will contact you regarding upcoming events, remembering this is no obligation to assist if you are unable to.

### WHAT WERE WORKING TOWARDS!

- Fundraising for school shade at sporting oval
- Holding a P&C Social Family BBQ
- Book Covering for School Readers
- Assistance with Coordinating 2023 Santa Photos @ the Up To Date Store

## Next Meeting

Our next general meeting will be held **Wednesday 25th of October 2023, 7.00pm** at the Coolamon Sports and Recreation Club.

New members and attendees welcome!

## Want to Chat?

If you have any questions, ideas, feedback or wish to register your interest in getting involved with the CCS P&C, we're all ears! You can contact us via email on [coolamonpandc@gmail.com](mailto:coolamonpandc@gmail.com) or find us on facebook @ **Coolamon Central School P&C**, and we'll get back to you as soon as possible.



# Community News

## Coolamon Town Library

### Storytime

Our next Storytime will be held this Friday 27th October @ 10.30am – “Unicorns”. Everyone is most welcome to join us.

### Lego Club

Lego Club has commenced for the school term. It is held every Wednesday afternoons from 4.00pm – 5.00pm. Then 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.

### Local History Group

The Coolamon local history group will again meet in the Library this Saturday, 28th October from 10.30am. If you enjoy family history call along to the meeting.

### Baby Bounce

Our monthly Baby Bounce session will be held Wednesday, 25th October @ 10.30am. We welcome new mums and bubs.

### Save Power Kits

Save Power Kits are available to borrow for free from the Coolamon Library. The Save Power Kits can show you what appliances are using the most power in your home. It also gives easy steps you can take to save money, power and reduce your impact on the environment.

### Delivery Services

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

We're coming to your community



**NSW Government services will be available at our Mobile Service Centres in:**  
**Coolamon on Thursday 16th November 2023**  
**12:00pm – 4:00pm**

This includes:

- Savings Finder, for more than 70 rebates and vouchers to help you save
- driver licences, proof of identity documents and photo card applications
- Driver Knowledge Tests
- birth, death and marriage certificates
- Working with Children Checks
- NDIS Worker Checks.

Call **13 77 88** or visit [service.nsw.gov.au](https://service.nsw.gov.au) to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

 Find us at:

124-130 Cowabbie Street







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

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

**Email:**  
[coolamonpandc@gmail.com](mailto:coolamonpandc@gmail.com)  
**Meetings held Wednesdays in Week 3 and 8**

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



St Andrew's  
 Anglican Church,  
 Coolamon



Woolworths   
*The fresh food people*



**Turtle & Mel Walker**  
 Your local Milkman

The Uniting Church



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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  
 (Relieving)

**Deputy Principal:**

Mr Jeremy Atkins  
 (Relieving)



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)



**Education**