



# Coolamon Central School Newsletter

WEEK 4 TERM 2 2020

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

## *From the Principal*

I would like to thank parents and carers for the cooperation they have shown in the dropping off and picking up of their children. It is important that we continue to practice adult social distancing as well as hand sanitising.

The children who attended on their rostered days last week seemed really excited to be back in class. All teachers commented on the positive attitude the students had shown towards their learning. We are following the same program this week, with the exception of Years 11 & 12, who are back everyday in their normal classes.

Thanks to Warwick for reopening the canteen, which is operating for recess and lunch everyday. It would be helpful if students ordered their lunches through the front office. Lewis Gear is now operating Breaky Central on Monday and Friday for the next three weeks, returning to Monday, Wednesday and Friday in Week 7.

We have been informed by Lowes in Wagga the navy blue everyday shorts are now available to purchase. They also have in stock the everyday polo, jackets and hoodies. The sports polo, sports shorts and trackpants will be available in June.

A reminder to our senior students that have borrowed equipment for use at home, could you please start returning it to the library now that you are back at school.

All staff are now back working at school. We will keep you notified of what is happening for students next week as soon as we are informed by the Department of Education.



# New to the Library



Pictured above are Ricky-Lea Campbell, Lachlan Johnstone, Gracie Coleman, Declan Johnstone and Patrick Thain with the new Graphic Novels that have hit the shelves in the Library.

## Middle School

This term, the focus in Middle School is a Recycling unit. Students are asked to bring in empty milk cartons, soft drink bottles or cans, plastic containers, etc for an activity where they will create a pet from recycled items. Please ensure they are washed prior to bringing them to school and they can be dropped to Miss Barker in the 5/6 Diamond classroom.



## Breaky Central

**Breaky Central has resumed and will only be operating on Monday and Friday for the next three weeks.**

**From Week 7 it will return to Monday, Wednesday and Friday.**

# Supporting You

The purpose of this information is to provide guidance about how to best support your mental health during this challenging time. Below we have included an outline of online resources, tools, wellbeing strategies and a list to support you.

**HEADSPACE:** [headspace.com/covid-19](https://headspace.com/covid-19)

- Free meditation program to access that focus on relieving stress and managing anxiety.
- Headspace also have a free app that has a variety of resources that you can access
- Headspace app <http://headspace.org.au/ehespace/group-chat/>  
Group chat sessions are also available here to speak to mental health professionals.

**Kids Help Line:** 1800 55 1800

- A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

**Headspace:** 1800 650 890

- Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

**Beyond Blue:**

<http://www.youthbeyondblue.com/get-involved-and-help-others/connect-with-others/forum>

- Online forums for young people where you can discuss your concerns and share advice on coping with difficult times.

**Mood Gym:** <http://moodgym.com.au/>

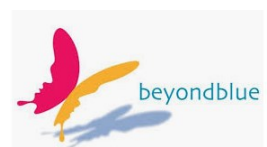
- Mood Gym is an online self-help program designed to help other users prevent and manage symptoms of depression and anxiety. It is an interactive, online self-help book, which teaches skill based on cognitive behaviour therapy.

**Reach Out:** <http://au.reachout.com/tools-and-apps>

- An online mental health organisation that offers a range of tools and apps to support your health and wellbeing.

**Head to Health:** <http://headtohealth.gov.au/>

- An innovative website that can help you find free and low-cost, trusted online and phone mental health resources.



# Book Fair



**2020 Scholastic Book Fair will be at  
Coolamon Central School Term 3, Week 3**

## *Community News* *Coolamon Town Library*

The Library is currently still closed and will remain closed until we have confirmation from the Federal Government.

We are still providing a FREE home delivery service to our borrowers within the town limits. This applies to residents in the towns of Coolamon, Ganmain, Matong, Marrar, Beckom and Ardlethan - Allocated times will be scheduled.

Phone us, email us or facebook message us with your orders. All items are available to borrow - books, dvds and magazines. Items will be left at your front door or at your mailbox - no contact will be made.

If you have items that need to be returned phone the Library - 692727492.

The Library has also a great range of FREE digital services:

- \* Borrowbox: app for eBooks and eAudio
- \* uLibrary: app for eAudio
- \* RB Digital: app for eMagazines
- \* Kanopy and Kanopy for kids: free streaming movies and documentaries
- \* Storybox Library: children's stories narrated by well-loved Australians

To access these services, go to [www.rrl.nsw.gov.au/elibrary](http://www.rrl.nsw.gov.au/elibrary)

If you need any assistance with our free digital services phone the Library - 692727492 .



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.sentral.com.au](http://coolamoncs.sentral.com.au)

**Principal:**

Mr John Beer

**Deputy Principal:**

Mr Kingsley Ireland

Breaky Central and our School Newsletter  
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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)



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