



Coolamon Central School Newsletter

WEEK 6 TERM 4 2020

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

TERM FOUR 2020

NOVEMBER

- 17 Year 11 into 12 Study Session 9am
- 18 Kinder 2021 Orientation Morning
Primary Assembly (Students only)
- 20 Stage 2 & 3 Borambola Excursion
- 24 Year 11 into 12 Study Session 9am
- 26 Year 6 Graduation Dinner

DECEMBER

- 1 2021 Year 7 Orientation Day
- 4 Primary Assembly (Students only)
- 14 Presentation Day (to be confirmed re COVID-19)
- 16 FINAL DAY 2020

FROM THE PRINCIPAL

Our recent athletics carnival proved to be a successful day, which was enjoyed by all of the competitors. The new grass and irrigation system made the event a lot more comfortable for students and staff. A special thanks to Mick O'Neill and Teak Brabander for all the hard work they put in marking out the new running track.

Miss Griffin and Mrs Crocker organised an informative and enjoyable Taster Day for all of our 2021 Year 7 students. It was particularly pleasing to see so many students from our partner schools and neighbouring Catholic schools involved. This day was delayed due to COVID-19 but was an important orientation and activity day for all of the students. Miss Jessup and Mrs Glasgow also hosted the first of two orientation sessions last Wednesday. The photographs included in this newsletter show what a great success it was for all involved.

On Tuesday we will be holding the last of our evening Staff Development sessions. The teaching staff will be engaged in professional learning and the development of Coolamon Central's 2012-24 School Improvement Plan. The aim is to continually improve our teaching in order to increase student attainment and wellbeing. These four evenings have replaced the two Staff Development Days scheduled for the end of the year. The school will close on Wednesday December 16th.

I would like to wish Mrs Taber all the best as she begins her maternity leave. All of our staff and students will miss her bubbly personality. Mrs Hennessey and Miss Jessup will share the Assistant Principal position for the remainder of this year and Ms Ryan will be teaching Topaz.

Congratulations to Year 12 who celebrated their COVID-19 regulated formal at the Coolamon Sport and Recreation Club last Thursday evening.



Important Information

Stage 2 & 3 Borambola excursion note and money is due by this Wednesday, 18th November. No money will be accepted after this date. Primary Swim School note and money is due this Friday, 20th November. Please note that we can only accept CASH for this activity.





Our Year 5 School Captain 2021 nominees will be presenting their speeches at the Primary Assembly on Wednesday 18th November. Due to COVID-19 restrictions parents and family members are unable to attend.

We wish all candidates the best of luck with their nominations.

This is a change of date because of the Stage 2 & 3 Excursion to Borambola on Friday 20th November.

Swim School & PE Swimming



Our K-6 Swim School and Water Safety Program will be conducted from Monday 30th November to Friday 11th December inclusive (weeks 8 & 9). A NSW Department of Education requirement is that all students K-6, be assessed on their swimming ability. This is essential for the proposed Pool Party (pending COVID-19 restrictions) on Monday 14th December. Students who do not participate in either the school's PE swimming classes or Swim School will therefore be unable to attend the Pool Party.

The cost is \$2 per day (\$20 for the fortnight) unless your child/children have a season pass at the Coolamon Pool. **All payments for swim school must be paid in CASH.**

Dear parents

We want to offer families more flexibility with their work commitments and child care arrangements and to create more opportunities across the whole community. Having Out of School Hours Care available at local schools is a great way to achieve this.

As part of the NSW Government's \$120 million Before and After School Care (BASC) commitment, parents at all NSW schools were recently invited to complete a Have Your Say survey. The survey asked parents to tell us how they are using Out of School Hours Care, how much it costs them, whether they plan to keep using it, and what difficulties they experience in accessing it. The survey results have helped us to better understand the needs of families and what's important to them.

We are now asking all parents to complete a [quick follow-up survey](https://surveys.education.nsw.gov.au/s3/OSHCParentSurvey) by **Friday 27 November 2020**. You can access the survey at <https://surveys.education.nsw.gov.au/s3/OSHCParentSurvey>. This information will help us to target the rollout of more before Out of School Hours Care services in the right areas

If your child does not require Out of School Hours care, we ask that you please still complete the first section of this survey as it gives us important information about the level of demand at your school.

If you have any questions, please feel free to contact your school or the BASC Program team by phone on 1300 244 145 or email at: BASCReform@det.nsw.edu.au

Primary Assembly Award Winners



Pictured are the Merit award winners from our Week 4 Primary Assembly.



Primary students received awards for participating in the Australian Mathematics competition at our Week 4 Primary Assembly.

Year 12 Formal

Our Year 12 students recently celebrated 13 years of schooling, with a formal evening held at the Coolamon Sport and Recreation Club. Their formal was a little different this year as teachers and staff were unable to attend due to COVID-19 restrictions. We wish them all the best with whatever their futures hold.



Secondary Award Winners



Kindergarten 2021

On Wednesday we welcomed our upcoming Kindergarten students for their first day of orientation.





Pictured are our Year 5 students and Miss Fiona playing some traditional Indigenous games last week. The 'wrestling' is called *tingalpa* and originated in Kabi Kabi territory in South Queensland. The ball game is called *mer kai*, a version of a game from the Torres Strait Islands.



**Always Was,
Always Will Be.**
8-15 NOV 2020

Stage 5 Aspire Class 2021

'Those who seek to aspire are those who achieve greatness'

The Stage 5 Aspire class, commencing in 2021, will be offered to Year 9 and 10 students at Coolamon Central School for Science, Mathematics, PDHPE, HSIE and English courses.

Students who are committed, enthusiastic and independent learners are invited to submit an application.

The completed application must be signed by a parent to indicate their permission and support. An endorsement of the application from a current classroom teacher and then by the student's year advisor is also required.

Application forms have been available since Monday 9th November and must be completed and given to the Coordinator, Mr Lyons by close of business Friday 20th November 2020.

Stage 5 Science



Stage 5 have been studying Coordination and Control of the human body in Science. As part of this they have been exploring how the body interprets external stimulus using sensory organs like the eye. Students were able to take part in a dissection activity where they investigated the structure and function of a cow's eye.

Tissue Boxes for Primary

Tissue supplies are running very low in Primary. We would very much appreciate any donations of tissue boxes to get us through the remainder of the year. Tissues may be dropped off at the office or to your child's classroom teacher. Thank you in advance for your assistance.



Year 7, 2021 Taster Day



Year 6 students from Matong, Marrar, Ganmain Public, St Brendan's, St Michael's and Coolamon Central School had an engaging day full of fun at Coolamon Central School on Friday. They participated in a number of classes throughout the day and left with some yummy treats, a candle holder and an eager attitude to come back for their orientation day.



Bringing services to your community

**December 17th 2020
9am to 2pm**

We're bringing NSW Government services to communities with our Mobile Service Centres

Access frequently used services including:

- Driver Knowledge Tests
- Cost of Living service
- Birth, death and marriage certificates
- Driver licence and Photo Card applications and renewals
- Working With Children Checks

Visit service.nsw.gov.au/msc to find out when we're next near you.

Next in town
Thursday 17th December 2020 9:00 - 2:00 Coolamon 120-130 Cowabla Street Road Reserve.

Service NSW

FOR A HEALTHY LUNCHBOX

PICK & MIX SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear MIXED FRUIT <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> • In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces Can serve with either: <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt SALADS <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable skew (with grated zucchini and carrot) • Popcorn SOUP (in small thermos) <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard Tip: <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tzatziki dip Can serve with either: <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, slices, chicken) • Baked eggs • Baked beans (corned) • Tofu cubes • Hummus dip • Lean meat or chicken • Sesab sticks • Peanut butter* Can serve with: <ul style="list-style-type: none"> • Wholegrain sandwich roll, pita or wrap/bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad • Vegetable fritatta • Skillet chicken dumplings • Savoury muffins or scones (e.g. lean ham, cheese and shakshuka) • Homemade pizza with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, heath, rye, bagels, focaccia, fruit bread and English muffins. <ul style="list-style-type: none"> • Pasta dishes • Rice and/or couscous dishes • Noodle dishes • Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> • Homemade pizza • Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) • Vegetable based muffins • Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbreads • Rice cakes • Corn thins • Wholemeal scones • Pieslets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

MENTAL HEALTH HUB FOR STUDENTS, PARENTS AND TEACHERS

Students, parents and teachers will now have easily accessible mental health advice and support at their fingertips, with the NSW Government today launching a new online *Mental Health Hub*.

Minister for Education Sarah Mitchell said the website has been developed to ensure advice is available to anyone who needs it, at any time.

"Mental health support for our students has to be varied and accessible for everyone," Ms Mitchell said.

"We know that overwhelmingly students do their own research before they reach out for help, so we need to make sure that information is accessible and designed for our school communities.

Minister for Mental Health Bronnie Taylor said the *Mental Health Hub* will be a useful toolkit for students, parents and teachers.

"The hub has some really practical resources, from tips on how to start a conversation with someone doing it tough to finding ways to improve their own mental fitness," Mrs Taylor said.

The website is broken down into three categories; information for parents, information for teachers and information for students.

"The hub has been designed for everyone in the school community, I encourage anyone who has questions, is stressed or wants to know how to support people in their lives," Ms Mitchell said.

The site can be accessed by teachers, parents and students across every school sector, including independent and catholic schools, and has had input from leading mental health advocacy groups, including ReachOut, headspace, Kids Helpline and Beyond Blue.

The Mental Health Hub: <https://education.nsw.gov.au/student-wellbeing/counselling-and-psychology-services>



A festive poster for a Christmas photo session. At the top, there are illustrations of Santa Claus, a reindeer, and a snowman. The text is written in a mix of red, green, and black fonts on a light brown background with a decorative border. It announces a 'Christmas Photos' session on Saturday 28th November from 10am to 3pm at the corner of Loughnan St & Cowabbie St in Coolamon. The cost is \$20 for digital prints, with a Santa Claus optional. The photographer is Raw Dust Photography. A red oval contains the text 'BOOKINGS REQUIRED' and 'PH: 69 273 209'. At the bottom, there are illustrations of two wrapped gifts, one red and one green. The text 'COMMUNITY EVENT' is in large red letters, followed by 'All proceeds going to Coolamon Shire Community Benefit Fund' and 'Organised by the Work Studies class at Coolamon Central School'.

Christmas Photos
SATURDAY 28TH NOVEMBER
Time: 10am - 3pm
@ corner Loughnan St & Cowabbie St Coolamon
(Up-to-Date Store)
\$20 - Digital Prints - Santa optional
Photographer: Raw Dust Photography

**BOOKINGS
REQUIRED**
PH: 69 273 209

COMMUNITY EVENT
All proceeds going to Coolamon Shire Community Benefit Fund
Organised by the Work Studies class at Coolamon Central School



Coolamon Athletics Club Registration Now Open

Come and try days 5.30pm

Coolamon Central School Oval

Tuesday 10th November 2020

Tuesday 17th November 2020

Season commences on

24th November 2020

Cost \$95 per athlete

Ages from

Tiny Tots 3 years through to 17 years

Singlet hire only \$10

Own your own for \$35

All Registrations are processed online

www.lansw.com.au

Active kids voucher most welcome

Contacts

Mark on 0491 141511

Geoff on 0423 811 822



Community News

Coolamon Town Library

Story-time Returns.

Our next story-time will be this Friday, 20th November @ 10.30am – theme – “Teeth”. Several students will be attending from the CSU dental clinic in Wagga. They will be providing helpful information and tips on the care of our teeth. We will be following the COVID-19 regulations. Bookings are essential – parents must ring the Library 69272492 to secure a spot. We welcome our regular families to join us and new families are most welcome too.

Share the Dignity – It’s in the Bag

Fill a handbag with gifts for women and girls in need - “It’s in the bag”. Provide personal hygiene products and everyday luxuries to homeless women, women at risk or women experiencing domestic violence. It’s simple - choose a handbag in good condition that you no longer use. Then, fill it with items that would make a woman feel special, such as personal care items. The Coolamon Library will be collecting these bags until the end of November.

Book club

The Library is taking names to join a book club for 2021. 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.

Christmas Food Appeal

The Library will be holding a Christmas Food Appeal this year - this will be replacing food for fines. We are asking for donations of non-perishable foods which will then be given to our community members in need. Donations can be accepted from the 24th November – 24th December.



It's in the Bag

Could you imagine spending Christmas alone in a domestic violence refuge with no one?

Help those living in crisis this festive season by donating a pre-loved bag and fill it with essential and luxury items that would make someone feel special at this time of year

Donate HERE

@ Coolamon Library

1st - 30th November 2020

www.sharethedignity.org.au



COOLAMON SHIRE LIBRARY

Christmas Candle Rolling Kit



Adult Christmas Craft - Take home kit

Kit includes pre-cut pure beeswax sheets plus instructions to roll them into 4 Christmas Tree Candles

\$10.00 per kit. Limited kits available.
Book your kit today. 02 69272492



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

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 John Beer

Deputy Principal:

Mr Kingsley Ireland

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



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



The Uniting Church



St Andrew's Anglican Church,
Coolamon



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



Turtle & Mel Walker
Your local Milkman