



# Coolamon Central School Newsletter

WEEK 8 TERM 3 2018

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

## TERM THREE

### SEPTEMBER

- 12 Little Champions  
Gymnastics
- 13 R U OK? Day  
NSW Premiers  
Spelling Bee
- 14 Yr 10 VALID Science  
Test  
  
Primary Assembly  
featuring Jump off for  
Jump Rope for Heart  
@ 2.10pm
- 18 9/10 Ag Henty Field  
Day
- 19 Little Champions  
Gymnastics
- 25 Project Rockit, Yr7-9
- 26 Little Champions  
Gymnastics  
  
Primary Talent Quest  
in Hall @ 4.30pm
- 28 Year 12 Final Assembly  
@ 12.30pm  
  
Primary Assembly  
featuring Garnet in hall  
@ 2.10pm

### FINAL DAY TERM 3

## TERM FOUR

### OCTOBER

- 15 Staff and Students  
return

## FROM THE PRINCIPAL

The Up2Date Art exhibition was a tremendous success this year. Many people contributed to make it so successful and approximately 1000 people visited the exhibition. The proceeds from the event are being used to assist in the employment of our Youth Welfare Officer, Mr Lewis Gear.



I would like to make a special thanks to people who donated their time and money to the event. In particular David and Angela McCann. This is an extract from their letter in response to a very generous donation that they made:

*'The purpose of this letter is to ask that you accept a donation to the committee. The combined hard work and inspired partnership of the Up2Date Art Inc. Committee and the Coolamon Central School community have combined to present an outstanding exhibition with the youth of our community benefiting from its success. The partnership with the Central School has proven to be a positive move and a true demonstration of community spirit. Angela and I have seen the benefits of attending a strong Central School in both our children and it is pleasing to see today's youth benefiting directly from the hard work of your committee'.*

Our students have been very busy over the last fortnight with a wide variety of extra-curricular activities including: touch football, netball, gymnastics, mainly music volunteering, youth leadership forum, performances, PSSA athletics, Premiers Debating Challenge, tennis and Ag Vision. These activities provide a wide range of opportunities for students to grow and develop.

We held our Year 7 2019 Taster Day on Wednesday August 29<sup>th</sup>. It was very well attended by Year 5 & 6 students from our partner schools and local catholic schools. The students enjoyed the day and were engaged in a wide variety of learning activities. We look forward to welcoming them into our high school next year.

I have attached some information and a link provided by the Child Safety Hub (<http://nsw.childsafetyhub.com.au/safety-at-school-bullying-what-is-bullying/>) that will be useful for parents in understanding and responding to allegations of bullying.

## SCHOOL CONTRIBUTIONS AND ELECTIVE FEES ARE NOW OVERDUE

While the course fee for your child's scholastic year is voluntary, elective fees are **compulsory** and are used to buy consumables for these subjects. If you are experiencing difficulty paying your elective fees please contact the school.

Payment options include cash, cheque or Eftpos via the front office or via the \$ Make a Payment tab on the school website. Please pay your contributions **as soon as possible** to allow the school to continue with important educational programs in 2018.



# Todd Woodbridge Tennis Cup



On Wednesday the 5th September, eight students from Stage 2 travelled to Wagga to compete in the Riverina Regional Final of the Todd Woodbridge Tennis Cup. Patrick, Jorja, Ayla, Penny, Braith, Lawson, Luke and Abby placed 15th out of the 20 teams. Everyone played well and improved throughout the day.

Mrs Lucas



## Coolamon Central School

Kindergarten 2019 Enrol Now

Orientation Days

Wednesday, 14 November 2018

9.00am - 12.00pm

Wednesday, 21 November 2018

9.00am - 12.00pm

**Be Responsible Be Respectful Be Ready to Learn**

Contact Us  
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Fax: 6927 3644  
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Web: [www.coolamon-c.schools.nsw.edu.au](http://www.coolamon-c.schools.nsw.edu.au)

A QUALITY SCHOOL IN WHICH STUDENTS ARE NURTURED AND THEIR POTENTIAL REALISED





# Week 7 Secondary Wellbeing Assembly

The Science faculty has recognised students in term 3 for displaying the CCS core value of Being Ready to Learn. Stage 4 students have been busy working on their student research projects, measuring the effects of how manipulating variables can influence flight time. Stage 5 students have been engaging with topics on disease and investigating concepts related to heat energy. Yr 12 students who have just completed their Trial HSC examination papers and Yr 11 students are busy finishing their course in the lead up to preliminary exams at the end of this term. Good luck to all year 12 in your HSC examinations next term, who only have 15 days secondary education remaining. Congratulations to the awards recipients as listed below:



Abbey Clarkson, Heath Walker, Amanda Costello, Grace Altoft, Charli Law, David Harper, Chloe Griffith, Monique Kitchener, Jed Wilms, Hannah Marshall, Madison Marshall, Shannon Jeffries, Lara Fryer, Alexander Ballard, Jasmine Kennedy-Krogh, Lander Menzies, Phoebe Quinn, Summer Buchegger, Ethan Lavender, Brett Lucas, Jessica McCallum, Megan Kent, Vibrant Kennedy, Sam Costello and Stella Rose. Bronze and Attendance awards were also presented.

## Tournament of Minds



On Sunday 26<sup>th</sup> August, Aaron de Haan, Amy Carmichael, Charlie Horan, Chloe Armstrong, Ella Menzies, Emmerson Buchegger, Kaleb Priest and Hanna McDonald travelled to Wagga Wagga to compete in the Tournament of Minds (TOM) STEM challenge at Sturt Public School.

Over a period of six weeks the team displayed excellent problem solving skills in response to the STEM challenge "The Incredible Find", students were presented with

a scenario in which they discovered a new species of animal. They made a working model of the creature and wrote and performed a play to tell the world about their discovery. On the day of the competition the group was presented with a 'spontaneous challenge' in which they were given a problem they had to solve within a four minute time frame. A big congratulations to all participants, and a big thank you to Miss Taylor, parents and carers for making the day a success.



Miss Regan

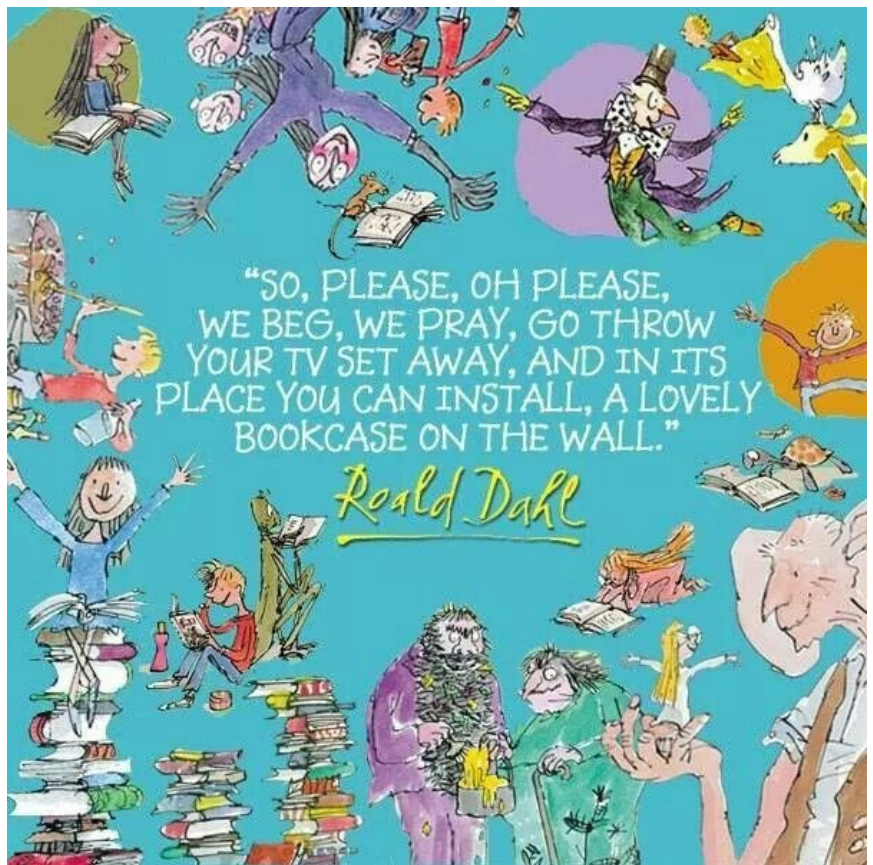




# D is for Dahl and C is for Crazy



Thursday 13 September is international Roald Dahl Day. Dahl was a British novelist, short story writer, poet, screenwriter, and fighter pilot. His books, including Charlie and the Chocolate Factory, Matilda and the BFG have sold more than 250 million copies worldwide. To celebrate Dahl Day, we are having a Crazy Hair Day. Prizes will be awarded to the craziest creation. Come and see our most daring Dahl displays in the library. They are definitely divine!



## Footy Colours Day

Thanks to everyone who wore their team's colours with pride to support kids living with cancer. CCS donated a total of \$216.05 to the Fight Cancer Foundation.



Fight Cancer  
Foundation™  
Giving hope.  
Saving lives





# Year 7 2019 Taster Day - 29 August 2018

What a day!

On the 29<sup>th</sup> August 2018 Coolamon Central School hosted 57, year 5 and 6 students from around our wider region. It was a fantastic opportunity for students to get a 'taste' of high school engaging in a variety of lessons. Students were introduced to a variety of subjects including; Science, Art, Timber, STEM and Sport. It was fantastic to see so many happy faces and students enjoying the community which is evident at Coolamon Central. We are looking forward to seeing many of these faces next year and hope to see them in Term 4 for their official orientation.

If your child missed out on this day and would like more information regarding your child's enrolment at CCS for 2019, please do not hesitate in contacting us.

Mr Hewson and Mr Celi





# NSW Premier's Debating



## Stage 3 NSW Premier's Debating Challenge!

Congratulations to our Stage 3 debaters who have successfully competed in the NSW Premiers Debating Challenge.

On Thursday 6th September our two Stage 3 debating teams, The Coolamon Crusaders and the Coolamon Cool Kids had their final face off debate!

It was the closest debate yet with both teams putting forwards some great arguments, but in the end the Coolamon Cool Kids were successful! Congratulations Baxter Graham, Olivia Crocker, Joshua Cork and Lucy O'Brien on your win and Ella Menzies, Abigail Crocker, Thomas Riley and Ava Pritchett on putting up a great fight.

Ms Batcheldor



## Stage 4 NSW Premier's Debating Challenge

Every year Coolamon Central School participates in the NSW Premiers Debating challenge. Students from Stage 4; Caitlin Neucom, Vibrant Kennedy, Simoen Cork, Ruby Horan, Chontal Costello, Stella Rose, Bethany Crocker and Chloe Clark represented Coolamon with distinction. The teams competed against both Temora and Cootamundra High Schools debating the topics that; 'We should ban social media for people under 18' and that 'We should introduce mandatory parenting courses'. Coolamon emerged as winners against Temora; however, lost to Cootamundra. These students should be proud of their efforts and it is competitions like this that support students in building their confidence.

Mr Celi

# Safety at School: Bullying

**Child Safety Hub (<http://nsw.childsafetyhub.com.au/safety-at-school-bullying-what-is-bullying>)**

## **Safety at School: Bullying**

Misunderstandings and arguments are pretty common in the playground. Kids are still developing social skills and learning how to communicate with others.

Not every incident or disagreement that upsets a student can be defined as bullying – sometimes it's a one-off problem or a genuine misunderstanding.

Bullying is different. Bullying is a deliberate and repeated abuse of power of one student over another. It can be verbal, physical or psychological abuse that is intended to cause harm.

Lately, there has also been a lot of talk about cyberbullying.

This happens through communication technology like email, social networking sites such as MSN, Facebook and of course mobile phones.

This kind of harassment can be spread very quickly, not just to a child's own friends, but way beyond the school community to complete strangers.

It can be devastating and needs to be taken as seriously as any other form of bullying.

Bullying is not a problem isolated to school yards. It can happen anywhere that kids socialise, including online.

It's a community issue, which is why parents have such an important role to play in resolving this kind of negative and very damaging behaviour.

Unfortunately, parents often don't hear about their child's problems until the issue has really escalated and their child has been repeatedly harassed and hurt.

If your child is not one to talk openly – and many teenagers have trouble expressing themselves in this way – some of the signs that may indicate there is a problem are:

- Sudden physical pain – like stomach aches or head aches that keep them from school
- Finding it difficult to get out of bed or not wanting to go to school at all
- A change in their demeanour. Are they more withdrawn than usual? Do they look stressed or really miserable?
- Are they much angrier than normal? Is your child having trouble containing his emotions? Or perhaps you've noticed a sudden decline in academic performance?

I think the best advice I can give is trust your instincts. You know your child best. If you feel that there's been a change in your child that lasts for more than a week make sure you follow it up.



# Crossroads - Rotary Driver Simulator

*Crossroads* is a mandatory program for students in Years 11 and/or 12 in NSW government schools. *Crossroads* is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives. *Crossroads* aims to prepare and support these students as they encounter situations related to identity, independence and their changing responsibilities.

The Rotary Club of Coolamon are fully funding a day where students in Years 11 and 12 will engage in simulated driving exercises.

We thank the Rotary Club and students should expect a letter about this soon.



The Wellbeing Team

## Project Rokit, Yr7-9 @ CCS

PROJECT ROCKIT has been empowering school students to stand up to hate instead of standing by watching. Through the lens of (cyber) bullying, the workshops explore themes of diversity, belonging, respectful relationships, values and ethics, while building student voice, leadership and empathy.

Coolamon Central School has been selected to receive a day of cyberbullying workshops for your students to build their digital citizenship skills. The workshops are funded by Telstra and delivered by PROJECT ROCK IT – Telstra Foundation Digital Futures partner.

These workshops are important because:

- Bullying remains a huge issue affecting young Australians: almost one-third of young people report being bullied every few weeks.
- The rapid growth in technology and social media means that bullying occurs around the clock and is often suffered in silence.
- Experiences of school bullying have been linked with increased risks of suicidal thoughts, poorer physical health and early school

To learn more go to: <https://www.projectrokit.com.au/>

The Wellbeing Team



PROJECT  
**ROKIT**





R U OK? Day is the national day of action dedicated to reminding everyone that any day is the day to ask, "Are you ok?" and support those struggling with life. Taking part can be as simple as learning R U OK?'s four steps so you can have a conversation that could change a life.

The day is about inspiring people to start these conversations every day of the year. R U OK?'s vision is a world where we're all connected and are protected from suicide.

Coolamon Central School and R U OK? Share this vision and the goals we continually seek include;

**Boost our confidence to meaningfully connect and ask about life's ups and downs;  
nurture our sense of responsibility to regularly connect and support others;  
strengthen our sense of belonging because we know people are there for us; and,  
Be relevant, strong and dynamic.**

On Thursday the 13<sup>th</sup> of September Coolamon Central School will be participating in the national R U Ok Day. Students are encouraged to wear ONE item of yellow clothing or accessory with their full school uniform.

We will be conducting activities throughout the day and will be providing a free BBQ to all students to increase student awareness around why it is important to connect and support each other.

## Yr 10 VALID

The Validation of Assessment for Learning and Individual Development (VALID) for year 10 will be held on Friday 14th September 2018.

This is an online Science assessment that will be testing students:

- Knowledge and understanding
- Understanding and skills in the process of scientific investigation
- Ability to evaluate evidence, make judgments and think critically
- Ability to access information and communicate scientific ideas

Students will need to bring working earbuds or headphones on the day.

If you have any concerns regarding your child participating in the VALID exam or if they need any special considerations please contact the school and we can discuss your child's needs.

Results will be available in Term 4 2018. Information about your child's results are treated confidentially and held securely to ensure student privacy. A report on your child's results will be sent to parents and carers.

Please contact the school if you require any further information.



Sing

Joke

Skip

Tricks

Dance

Act

Play an  
instrument

**CCS**

# ***Talent Quest 2018***

**Where: CCS Hall**

**When: Wednesday 26<sup>th</sup> September, 2018**

**Time: 4:30pm start**

Auditions held week 7

K-6 students able to audition



# Important information for parents/carers

A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.



## Go4Fun online.

**A free 10 week program for children aged 7-13 who are above a healthy weight and their families.**

[Go4Fun Online](#) is a free 10 week program for children aged 7-13 who are above a healthy weight and their families.

The program provides information and support to improve eating and activity habits and is specifically for families in NSW who are unable to attend the face to face version of the program.

Children and their families receive:

- personalised support,
- resources in the mail to help changes,
- access to rewards and freebies,
- access to an online community to chat to other families participating in the program and
- reports that track their progress during the program.

The Go4Fun team can be contacted on 1800 780 900 or text 0427 218 523, or you can sign up to the program via the [Go4Fun Online website](#).



## JUST A LITTLE *Reminder*

Borambola and Canberra Excursions are fast approaching in Term Four. Thanks to those that have paid or are continuing to pay these excursions off. We greatly appreciate your support.

We understand paying for such activities can be stressful for families. Please see Mr Beer or Miss Taylor if you need assistance.



# Tell Them from me

This term, parents and carers of the Coolamon Central School learning community are invited to participate in the Tell Them From Me parent survey.

"The parent survey provides school principals and school leaders with parents' perspectives on their school as well as learning at home. Communication between parents and staff, activities and practices at home, and parent views on the school's support of learning and behaviour help build an accurate and timely picture that schools can use for practical improvements."

Information regarding this will be released on facebook and the next newsletter.

Mr Celi



## **ANAPHYLAXIS PREVENTION**

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 butter sandwiches.

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.

## Head Lice

Head Lice infestations occur from time to time in our school.

Effective treatment is essential to break the cycle. To help us try to control head lice, please check your child's hair regularly and treat appropriately, if symptoms occur use the methods recommended in information from the NSW Department of Health.

- Always tie back long hair.
- Keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.
- Head lice move from one person's head to another via hair.
- Head lice do not survive long when they are off a human head.
- Daily combing of hair with white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs.
- Further information is available on the NSW Health website <http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>

## COOLAMON LIBRARY NEWS

### Book Art

The Library will be holding a workshop called "Book Art" - individual pages from a book are rolled into cone shapes which are assembled to create a book wreath. It will be held on Tuesday 25<sup>th</sup> September @ 10.30am, cost is FREE. Phone the library for further details - 69272492.

### Unique opportunity to explore art objects

The Coolamon Library is excited with the arrival of a travelling exhibition that gives visitors the chance to get up close to a collection of art objects. The Blue Case - Technology showcases the works of six contemporary Australian artists and designers and is part of the National Gallery of Australia Elaine and Jim Wolfensohn Gift collection. The Blue Case : The works focus on function, innovative design and construction and include Lionel Bawden's lateral pencil constructions to create a multifaceted brain; Matthew Harding's exquisitely carved, heart-shaped pill box; and Cinnamon Lee's playful palm light.

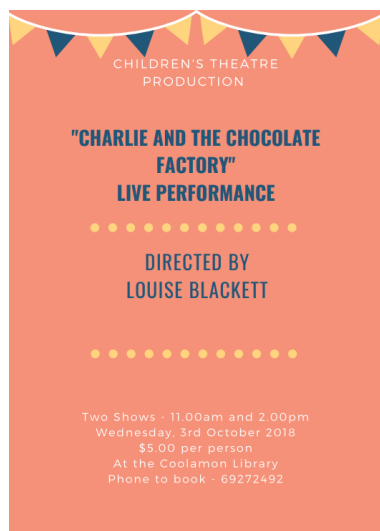
The Blue Case - Technology is only on exhibition for a short time - Thursday, 6<sup>th</sup> September - Friday 21<sup>st</sup> September.

### Storytime

Storytime will be held Friday, 21<sup>st</sup> September @ 10.30am, theme "Gardens" - everyone is most welcome to come.

### Lego Club

Lego club has commenced for another school term. It will be held every Wednesday from 4.00pm - 5.00pm at the Library. Also it will be held on Saturday mornings from 10.30am - 11.30am. Cost is FREE, with all Lego provided. Phone the Library for further details.





SPRING SUMMER COMPETITION

# COOLAMON TOUCH FOOTBALL

## SEASON 2 2018

### REGISTRATIONS ARE OPEN



Grab your friends  
Come and join in  
Have fun  
Be social Be active



**COMPETITION RUNS ON A FRIDAY NIGHT FROM 5PM JUNIOR & SENIOR DIVISIONS**

**REGISTRATIONS CLOSE 30TH SEPTEMBER 2018**

**SEASON COMMENCES FRIDAY, 19TH OCTOBER 2018**

**INFORMATION NIGHT FRIDAY, 21ST SEPTEMBER 2018 6PM-7PM COOLAMON SPORT & REC CLUB**

**COME AND FIND OUT MORE INFORMATION**

**SEE OUR WEBSITE OR FACEBOOK PAGE FOR REGISTRATIONS & COMPETITION INFORMATION**



## Come & join in the fun

# COOLAMON ATHLETICS CLUB REGISTRATIONS NOW OPEN

*Training at Coolamon Central School oval*

**Come & try days 5PM**  
**Tues 18th & Thurs 20th Sept**  
**Tues 25th & Thurs 27th Sept**

**Season commences**  
**Thursday 18th October 5pm**  
**Cost \$90 per athlete**  
**Family rates available**

**AGES 3-17 YEARS**

**Registrations close 30th Sept**  
For full details, visit:  
<http://www.lansw.com.au/>  
<http://www.lansw.com.au/>  
**Participate/Find-A-Centre**

**Parent involvement required**







### COSTS FOR FORTNIGHTLY ADVERTISEMENTS IN THE COOLAMON CENTRAL SCHOOL NEWSLETTER

(Appear once in newsletter)

1/16 page	\$ 5.00
1/8 page	\$10.00
1/4 page	\$15.00
1/2 page	\$20.00
Full page	\$25.00

One off free advertisement for non-profit community event  
All payments must be paid prior to placement of the  
advertisement

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

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Fax: (02) 69718 266  
Mobile: 0427273 254  
Email: [shane@steelsupplies.com.au](mailto:shane@steelsupplies.com.au)

The Uniting  
Church



**Turtle & Mel  
Walker**  
Your local Milkman

St Andrew's  
Anglican  
Church,  
Coolamon



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on all the great things  
happening in our school  
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School' or visit our website  
at [www.coolamon-c.school.nsw.edu.au](http://www.coolamon-c.school.nsw.edu.au)



**Education  
Public Schools**

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

#### **Principal:**

Mr John Beer

#### **Deputy Principal:**

Mr Kingsley Ireland

**P&C** The P&C meet  
on the first  
Wednesday of  
each term. All new parents  
are most welcome to  
attend. It is a great way to  
find out what is happening  
at our school and to meet  
staff and other parents.