From the Principal’s Desk

Welcome to Week 8 of term. There’s lots of exciting things happening at our school over the next few weeks so we look forward to seeing you soon!

This Friday is a big day here at school with lots of wonderful things happening. We hope that parents, carers, grandparents and family members can come and celebrate the day with us. Please read on for more details.

Cross Country

This Friday, the school will hold its Cross Country carnival. The carnival will commence directly after our School Assembly, at approximately 10am. The students have started practicing for this event last week and will continue running the course this Monday and Tuesday during the afternoon session. To qualify for the zone carnival, our 8 to 10 year olds will need to run 2 laps of our course and place 1st, 2nd or 3rd. Our 11 to 13 year old children will need to complete three laps and finish in the top three places. Our 5 to 7 year olds will run one lap but are unable to qualify for zone owing to their age.

If you are able to assist with the carnival or would like to cheer on the children, we would love to see you on Friday!

CALENDAR

TERM 1 WEEK 8

Wednesday 18th March
Careers through Reading Yr 5 BCS

Friday 20th March
School Assembly 9am
School Cross Country 9.45am
Harmony Day 11am

TERM 1 WEEK 9

Tuesday 24th March
Rugby Union Yrs 5/6
St Josephs

Wednesday 25th March
Careers through Reading Yr 5 BCS

TERM 1 WEEK 10

Wednesday 1st April
Careers through Reading Yr 5 @ BCS

Thursday 2nd April
Rewards Day, ‘End of Term’ Assembly and Easter Hat Parade
Last day of Term 1

Friday 3rd April
Good Friday

TERM 2 WEEK 1

Monday 20th April
Staff returns for Term 2

Tuesday 21st April
Students return for Term 2
Harmony Day/National Day of Action against Bullying and Violence

This Friday, our school will join with many other schools across Australia in celebrating Harmony Day. The day celebrates Australia’s cultural diversity and it focuses on inclusiveness, respect and a sense of belonging for everyone. This will be the 15th year of Harmony Day and its theme this year is ‘everyone belongs’.

The school has a number of wonderful learning activities organised for the day. We hope you can join with us on Friday and celebrate this important day for our school, community and country.

Healthy Lunchbox Foods

Over the past few weeks, teachers have noticed an alarming number of students eating lollies and chocolates during the lunch breaks. Unfortunately, this has led to students swapping food on occasions.

Over the coming weeks, we hope all parents can support the school by checking their child’s lunchbox each morning and ensuring no lollies, chocolates or cordial/fizzy drink is being packed.

Both classroom teachers will be sending home lunchbox stickers this week promoting healthy foods that we would like to see packed in each child’s lunchbox. If you have any questions regarding this, please contact me at the school. Thank you for your support in making Coolongolook Public School a healthy one!

Ride to School Day

Last Friday, students from our school joined with many other schools throughout Australia in participating in ‘Ride to School’ Day. The activity was once again a great success with the majority of our students in attendance. Thank you to the many parents who took the time to transport their child’s bikes to the school and to the parents who walked with some of the younger children.

It was great to see so many students smiling and getting along during our ride. A number of parents also suggested we try this activity more regularly during the year which I believe to be a great idea!

Myall Learning Community Sport Day

On Thursday, 26th March, our Year 6 students will attend a Sports Day at Bulahdelah Central School. On the day, our students will join with Tea Gardens, Booral, Bungwahl and Bulahdelah Year 6 students to participate in a number of fun sporting activities organised by the Year 10 students from Bulahdelah. I was lucky enough to attend last year’s event and was impressed by the day. More information will be sent out later in the week.

I look forward to hearing of the fun experiences had by our Year 6 students on the day!

Parent Teacher Interviews

Early next term, parents will be given the opportunity to sit with their child’s teacher and discuss progress during Term 1. These meetings will be held on Thursday 23rd April. More information will come home with your child this week. We look forward to meeting with you at this time.
Music
This Thursday, specialised music lessons will begin for both classes. Teaching our children will be Mrs Thora-Lou Smith, a music teacher from Bulahdelah. We welcome her to our school and appreciate her time in supporting our children in this important area. Lessons will be held every Thursday afternoon for the remainder of term and for the first five weeks of Term 2 leading up to the Taree Eisteddfod in May.

Rugby 7s
Next Tuesday 24th March, our Year 5 and 6 students are invited to participate in a Primary Rugby 7’s Gala Day at St Josephs, Taree.

Our students will join with other small schools to form a team to compete on the day. On Thursday afternoon, interested students will train with a qualified rugby coach at our school. More information will follow later in the week.

Careers Through Reading
Over the upcoming weeks, Newcastle University will hold its ‘Careers Through Reading’ program at Bulahdelah Central School for Year 5 students. This program is based around students learning about the many careers they can study and pursue when leaving school. Both Jonathon and Shayla enjoyed the first session last week and are looking forward to the upcoming activities. Students travel to Bulahdelah on Wednesday afternoons for the sessions. A big thank you to Casey and Lee for transporting the children in each week.

School Sores
Further to information printed in previous newsletters, ‘School Sores’ are still a concern at our school. Last week, two of our students were kept at home while these were treated. At school, we continue to use hand sanitiser during breaks and remind the students to wash their hands regularly.

Attached once again to this newsletter is further information regarding these sores. I will endeavour to let all parents know if there are any further cases of these sores over the next few weeks and if you notice your child with these, please contact the school as soon as possible. Thank you for your assistance with this matter.

Week 8 Assembly
This Friday (20th March), the school will hold its fortnightly assembly in the school library starting at 9am. At this assembly, students will present their quality work plus we will give our reading, writing and numeracy awards.

This will be our final fortnightly assembly before our end of term assembly where we will present our Term 1 Bronze awards! Remember, students during Term 1 need to earn 20 points from assembly, playground and homework awards. Students will be updated on their progress this week.

P&C Meeting
Next Wednesday, 25th March, the P & C will hold its next meeting starting at 2pm. On the agenda will be discussion of the ‘Driver Reviver’ fundraiser and progress on the proposed fence area near the office and ‘Mother’s Day stall’ gifts. We hope to see you there!

The ‘Tell Them From Me’ student feedback survey
I am delighted that this term, our school, like many others in the State, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.
The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete.

It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey has been sent home with students. If you do not want your child or children to participate, your forms need to be returned by Thursday.


A Closer Look at our 2015 Level System

In 2015, students will be given the challenge of attaining four differing levels at our school. By earning assembly, playground and homework points, students will each term climb our ladder of achievement. During Term 1, students need to gain 20 points to earn their ‘Bronze’ award, with a same amount of points required to earn their ‘Silver’ award in Term 2, ‘Gold’ award in Term 3 and their ‘Coolongolook’ award in Term 4.

To find out more, please visit the front office where additional information sheets can be found.

Impetigo (School Sores)

Symptoms

- Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

School or Home?

- Keep home from school until antibiotic treatment starts. Sores should be covered with watertight dressings.

How can I help prevent spread?

- Parents of children who may have had contact with impetigo should look for signs of infection and seek treatment if symptoms develop.
- Careful hand washing, especially after changing dressings. Avoid sharing toilet articles, towels, clothing or bed linen. Consider using anti-bacterial soap for bathing for two to three weeks. Avoid scratching or touching the lesions to prevent spread to other parts of the body.
- Completing the recommended antibiotic course is very important.

Jason Tindall - Principal

K/1/2 News

Boris

We have a new visitor in our room this term. Boris is an orange gorilla who enjoys visiting people’s homes. Boris is an initiative to try and encourage children to write. Each Friday (and maybe during the week) Boris will go home with different students. It is their job to write in Boris’ Brag Book all about their weekend with Boris. He is then to be returned on Monday for us to talk about what he did and where he went. I ask children to draw a picture of themselves with Boris, or even take a picture and glue it into the book. I look forward to seeing Boris’ adventures over the year.
LIPI

We are well underway with our LIPI program. It has become extremely clear that the work students are doing in LIPI is extending to their spelling results. I administered a spelling assessment last week to the Year 1 and 2 students and their results are very pleasing. Most students are now spelling at or above their expected age which is an incredible overall growth for our school. A big congratulations to all students and their families who persevere with their homework.

Fruit

We have been enjoying a huge variety of different fruits during our fruit break. Students have been enjoying their fruit bowls. While we have students with school sores we have been giving the students individual fruit bowls to prevent the spread. We have also been using hand sanitiser at the beginning of fruit break to try and stop the spread.

I encourage students to continue bringing their fruit each day. Again, a big thank you to Amanda and Lee for cutting our fruit each day. It is a wonderful opportunity for students to try different fruits.

Homework

There are many students in our class who have a 100% Return Rate for this term. There are unfortunately some students who have not brought back their homework each week. I will be sending notes home over the next 2 weeks reminding them of the consequences of this.

Students are not only working towards gaining 1 level point for each homework returned, but they are also working towards the homework party at the end of the term. I would like to see all students bringing back their homework over the last 2 weeks.

Mrs Ross & Mrs Donnelly
Reminder about Crunch&Sip®

Our school is part of the Crunch&Sip® program. To ensure that your child takes part in Crunch&Sip® you need to pack a piece of fruit or vegetables and a bottle of water every day.

**Allowed for Crunch&Sip®**
- All fresh fruit and vegetables
- Tinned fruit in water or juice
- Dried fruit in small amounts and on limited occasions
- Plain water

**Not allowed for Crunch&Sip®**
- Fruit products (e.g. fruit leathers, fruit roll-ups, fruit straps)
- Fruit jams or jellies, fruit pies or cakes
- Tinned fruit in syrup
- Vegetable or potato chips, hot potato chips
- Olives
- Vegetable pastries (pies, pasties)
- Baked vegetable breads
- Vegetable cakes, fritter, quiches or similar
- Popcorn
- Flavoured/carbonated water, cordial, Fruit or vegetable juices
- Any drink other than plain water

If your family is having difficulties providing a piece of fruit or vegetable every day please let us know and we will assist you in addressing this.

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**Enrolling now**
**Jitterbugs Pre-School**
**12 Martin Street, Nabiac**
**Catering for children 2-5 years**
**Opening hours 7.30am-5.30pm**
**Please contact Sharon Thompson on 6554 1140**