



Coffs Harbour Public School

Mrs Leonie Buehler — School Principal

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We acknowledge the traditional custodians of the land on which we live and work and we pay our respects to the Elders both past and present

16th November, 2016

Dear Parents and Carers,

Yesterday we had the team from Galambila Aboriginal Health visit the school to conduct hearing and vision assessments. It was a very successful visit. This is such an important service and Jim Hurley and his team do a tremendous job.

Today we had our Student Leader speeches for 2017 leadership positions. Congratulations to the twenty six students who took part. Announcements of the four school Captains and six school Leaders will be held at the Presentation Day on 8 December 2016. The messages that the candidates spoke of were aligned with our school rules of excellence, safety, responsibility and respect.

The staff and P&C have voted on making school backpacks available for purchase. These school bags will be sold through the P&C however you can purchase them from the office. They will be sold for \$45 each. They have a 15 year warranty. This photo is of a sample bag. Our backpacks will have the CHPS logo. If you are interested in purchasing one, you can pre-order them from the office. The P&C have ordered 30 and they will be delivered before the end of the school term.

Have a great week,

Leonie



New School Bag

Playground Update



Year 5 Speech day



Parent Community Liaison News

Hello Parents,

As school gets busier as the weeks fly by I wanted to make you aware of the calendar on the back page of this newsletter. We have tried to make it as clear as possible so that we know when and where activities are happening. It can get confusing so you are always welcome to call the office for clarification.

Assembly this week involves KM, KJ and KH as well as Senior Choir. Assembly times are 11.30 for K, Years 1 and 2 and 12.15 for years 3-6.

Remember to vote for Coffs Central's garden boxes made by our wonderful school.

We had a great parent talk in the Library on Friday about Anxiety in Kids. Dr Nicola Holmes spoke about the need to let children feel anxious about some things and then push through and let them overcome their normal anxieties. **Avoiding what makes you anxious makes anxiety much worse.**

She recommended some slow breathing, less screen time and more family and outdoor time.

Choose words that encourage mastery, "This ground here is slippery" rather than "Be careful because you will slip".

She also had advice on behaviour. Decide a few things that are totally unacceptable and punish them. Focus on desirable behaviours and ignore undesirable.

Contact me if you want any more details or resources.

Enjoy these last few weeks of school and I am sure I will see you here over the next few weeks!

Caitlin Mackie

Parent Community Liaison Officer

Coffs Harbour Public School Canteen Licence

Tenders are called for the licence of the Coffs Harbour Public School canteen for the school year commencing 27 January 2017 and for a term of approximately 1 year with the option to renew. Annual school enrolments are approximately 435. General enquiries and requests for a Tender Information Package should be referred to:

Coffs Harbour Public School

Telephone: 6652 3355

Tenders must be submitted in a sealed envelope marked "Confidential – School Canteen Tender" and sent to:

The Principal – Coffs Harbour Public School

7 Salamander Street

COFFS HARBOUR NSW 2450

Tenders close at **3pm on Friday 25 November 2016**

Galambila's 'Deadly Dan' Visit

Today we had a visit from Galambila's Deadly Dan - "Butt Out - Kids About". He spoke to the children about keeping all kids safe from the effects of smoking.



P&C News

Notes have gone out for the P&C's **Big Banana Family Fun Night** which will be next **Saturday November 26**. \$12 per person can be paid to the school office - remember that kids under 2 and spectators will get in free of charge. The P&C will also be holding a sausage sizzle and raffling off various gift vouchers. It should be a great night of fun and we hope to see you all there.

As the weather is starting to really warm up, we'll also be holding Icy Pole days on the next two Fridays - that is this Friday November 18 and Friday November 25.

As always, your P&C is ready to work towards improving our kids' experience at school and we welcome your participation. If you have any skills or expertise that you are willing to put towards the school, then please get in touch. If you don't know any of the committee members, you can send an email to chpspandc@gmail.com.

Our final meeting for the year will be at 6:00pm on Wednesday December 14 and new members are always welcome. You can also get regular updates on what's going on at our Facebook page: <https://www.facebook.com/chpspandc/>

School Fundraising Raffle

Last week the school sent home raffle tickets with each student for the school Christmas Fundraising Raffle. All money raised will go towards our school bus costs.

The first prize is this fantastic **Tracker JR 20" bike**. It's the go anywhere bike for all conditions. Sand, snow or mud? All a mere snack for these monster tyres. *Hop on and superhero off.*

Key features of the Tracker JR 20

- Engineered alloy frame and light alloy fork are both strong and durable.
- Big Daddy' 20 x 4.0 tyres roll over anything and everything.
- 7-Speed Shimano gearing with Revo-Shift lever for easy gear changes.
- Tektro Disc brakes for braking control in all conditions.



The prizes are:

- 1st: Fat wheel 20" bike (the latest bike for kids with 7 gears to ride on and off road)*
- 2nd: Family Taronga Zoo pass*
- 3rd: 2 year Big 4 park discount*
- 4th: Pamper Christmas Hamper (with loads of different things!)*

Heatherbrae Christmas Fundraiser

A note will be coming home today for the Heatherbrae Christmas fundraiser. This is a great way to save time on all your Christmas baking. Orders are due back Friday 25th November.

Chess Competition

On Thursday 10th November CHPS had 3 teams participate in the Primary School's One Day Chess Competition at St Augustine's. Our students each played 11 games of chess throughout the whole day. Although we didn't place on the day, the students had a great time playing against other schools and students. Well done Chess club!

Intensive Swimming

In weeks 4 and 5 of the term, two groups of children from Coffs Harbour Public School attended the Intensive Swimming Program which is offered each year at Coffs Harbour Olympic Pool. This year, we had about 45 Yr 2 children attend and 40 children from Special Ed and mainstream Yrs 3/6. We were fortunate enough to have delightful swimming weather which made the walk and the swimming extremely enjoyable.

This year, the children made great progress in both water confidence and stroke correction. Some children in the Yr 3/6 group made extensive improvement in the distance they were able to swim at the end of the 10 days.

All children demonstrated our school rules of Excellence, Respect, Responsibility and Safety at all times throughout this fortnight. This was particularly noticed by the Austswim Instructors. Therefore it was an absolute pleasure to organise, attend and participate in this program.

As always a big thank you must go to all the staff who walked to the pool each day, those who got wet, to the Austswim staff at the local pool and to Cody East and Kylie Host for supporting the children during intensive swimming each day.

- Naomi Court



Pre Loved Clothing and



knick knack sale



When? 25th November 2016 2pm to 6pm



Where? Coffs Harbour Public School

Rainbow Room



Prices From \$2 upwards

All funds to support the school
mini bus.



Little Hands Preschool

DISCOVER, PLAY AND LEARN

Enrolling now for 2017!

At Little Hands Preschool qualified and experienced Early Childhood educators develop for each child an individualised education program in stimulating and highly resourced facilities. Purposeful engagement with a particular emphasis on social skills, 21st Century learning styles and the natural environment are our key focus areas. Play based programmes support each child's self-discovery and achievement.

We cater for all children aged 2 years to 6 years in our small family owned and operated Education centre. Imagine the possibilities for your child!

Find out more about the opportunities and enrichment that we can offer your child at Little Hands Preschool:

Visit our website www.littlehandspreschool.com.au



5 North Street
Coffs Harbour 2450
Ph: (02) 6652 7300

Little Hands
Preschool and Long Day Care

Trading Hours:
Monday - Friday, 7:30am - 5:30pm

Call us today to enrol or discuss your family's needs.

Are you looking for
quality after hours
medical care?

d+d



doctor on duty
comes to you

Doctor home visits from 6pm to 8am
weekdays, after 12pm Saturdays and
24 hours Sunday and Public Holidays.

**1300 CALL GP
1300 2255 47**

The doctor is on their way

For more information visit
www.doctoronduty.com.au
and follow Doctor on Duty on facebook

Feeling unwell or in pain?
We are there when your GP
can't be. Call **doctor on duty**
and we can...



▶ have you seen at home

Phone lines open from 4pm weekdays, from
10am Saturday and then all weekend.

Doctor home visits from 6pm
to 8am weekdays, after 12pm
Saturdays and 24 hours Sunday
and Public Holidays.

▶ start your treatment there and then with free initial medications and scripts

▶ advise your regular doctor of their visit so your doctor can continue treatment as required

doctor on duty

**1300 CALL GP
1300 2255 47**

The doctor is on their way

For more information visit
www.doctoronduty.com.au
and follow Doctor on Duty on facebook

It is important to note that if you have an emergency, it is best to dial 000 instead of waiting for a Doctor
On Duty doctor to visit you at home. Your health is our priority, so our phone triage staff are professionally
trained in assessing your symptoms and determining whether you should hang up immediately to call 000
or have one of our Doctors visit you at your own home.



Nutrition Snippet

The simplest way

...to make overnight oats.

Make this simple recipe the
night before, then rise and
shine to a healthy breakfast.



Overnight oats

Preparation time: 5 minutes
Serves: 1

Ingredients:

- ½ cup oats (raw, unprocessed or toasted)
- 4-6 cubes of frozen mango
- ½ cup natural yoghurt
- ½ cup muesli
- ½ cup berries (whole or puréed)

Method:

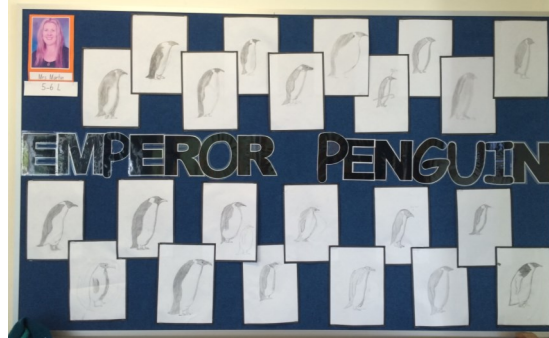
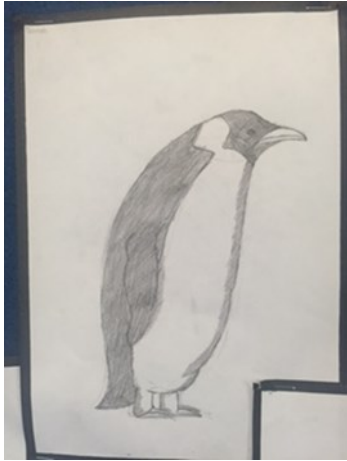
Layer ingredients in to a clean jar (salsa dip or coffee jars are
ideal or use a plastic jar if you want a portable breakfast on the
go). Store in the fridge overnight. Add some milk in the
morning to get the consistency you like. Enjoy straight from
the jar.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

**Eat It To
Beat It**

What's Been Happening in 5/6L

Term 4 has been a busy term up in Stage 3. 5/6L have been studying about Antarctica, its climate and animal life. We have enjoyed learning to draw the Emperor Penguins.



In our class, students have also been busy this term visiting Yarrahappini, preparing leader speeches for 2017 and getting ready for our Year 6 end of year Mini Fete. We have also participated in choir and dance at the Lighthouse Community of School's performance. We also attended a fun volleyball gala day at Sportz Central.

It has been a busy term and we cannot wait for the rest of this exciting term which also includes our end of year concert and Year 6 Graduation!!





Coffs Harbour Public School

2016 Term 4 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
14/11	15/11	16/11	17/11	18/11
		Yr 5 Leadership Speeches Galambila Visit - 'Deadly Dan'	Guitar Lessons	Sausage Sizzle - Ama Kinder Transition (2 - 3pm) K -2 Assembly (Performance by KH) 3-6 Assembly (Performance by 5/6L)
21/11	22/11	23/11	24/11	25/11
			Guitar Lessons	National Athletics Carnival Kinder Transition (2 - 3pm) IM Transition Pre loved Clothing and Knick Knack Sale - Fundraiser Saturday 26th - Big Banana Waterslide night 5:30pm Canteen Tenders Close
28/11	29/11	30/11	1/12	2/12
National Athletics Carnival	National Athletics Carnival		Scripture Christmas Concert (K - 6) 2pm Guitar Lessons	Mini Fete IM Transition K -2 Assembly (Presentation by Ama) 3-6 Assembly (Performance 5/6M)
5/12	6/12	7/12	8/12	9/12
	Year 6 Farewell (6:15pm) Coffs Harbour High Orientation day Orara High School Orientation		Presentation Day (9:30am) Guitar Lessons	PB Assembly - (11am - 12pm) P&C Sausage Sizzle 12pm School Concert (1:30pm - 3pm)
12/12	13/12	14/12	15/12	16/12
Reports go home Attendance Party Leader Lunch	Volunteer's Morning Tea Special Ed Christmas Party	Talent Quest (11:30am) (Students only)	Rewards Day (Pool - Mainstream K - 6) (Special Ed - Pirate Day)	Last Day of School for 2016 Saturday 17th - Harvey Norman BBQ