



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

25th May, 2016

Dear Parents and Carers,

Eisteddfod rehearsals are well underway and our school will be very well represented at the Coffs Harbour Eisteddfod this year. A great deal of preparation goes into these performances and our children, once again, will benefit from the work of our dedicated teachers. We look forward to seeing all of the students perform. Dates are still being finalised as there was a clash between dance and choral sections. We are waiting to hear back from the Eisteddfod committee and will let parents know of any changes as soon as we know more.

Congratulations to our school Boccia team who participated in the Regional finals last week. They had a wonderful day and thoroughly enjoyed participating. We are now looking at purchasing Boccia kits to offer this as a sport option for our students.

Last Friday a group of students competed at the District Cross Country Carnival. It was a superb day and our students tried their best. We now have 4 students representing our school at the Zone carnival. Congratulations to Farith, Sarah, Kimberly and Daniel.

Recently we have had the Coffs Harbour Council officer working with us to determine the best course of action for safer areas outside of our school for drivers and pedestrians. Unfortunately we see very dangerous and illegal driving and parking from parents at our school. Police and Council rangers regularly patrol around our school during the busiest times of school opening and closing times. Please drive considerately and within the confines of the law for all our students' sake.

There are times at school when students get into trouble for making poor decisions or breaking a school rule. Our planning room is a place for children to think about their actions, reactions and behaviour and to discuss them with a member of staff. Over the last couple of weeks I

have received letters of apology from students regarding their behaviour and how it has impacted on them. This has taken me by surprise in a very pleasant way. It makes me think again as to how important the partnership is between home and school and how we do our best to support each other's environment.

Our student captains have been invited to attend the GRIP conference next Monday. It is a terrific opportunity to learn the important role leaders play in our school. Students will work together and share ideas about leadership with lots of fun and engaging activities. We wish our leaders a terrific day.

Have a great week,
Leonie

Mathlete of the Week

Week 3— Eligh Duncan 3/4C and

Week 4— Jesse Heslop 3/4C. Well done boys!!



Parent Community Liaison News

Hi Parents

This Friday we are going for a stroll! It seems like nice weather will continue so we will make the most of it and gather as a group and walk down to the Botanic Gardens.

We will gather on the eastern side of the assembly area around 9am just after children go to class, get organised and walk as a group down to the Botanic Gardens to see the giant Amazonian Water Lily in bloom. Bring some change for coffee etc. if you wish when we finish at the coffee shop at the Botanic Gardens.

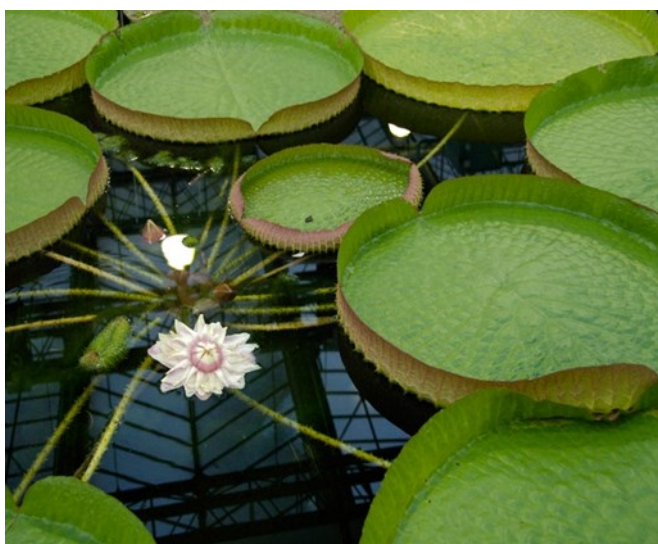
This should probably just take an hour and is a great opportunity for parents to meet others, get out and about and see one of the beautiful areas near our school. It would be lovely to see lots of parents there (and younger children) and see some new friendships made, especially for families new to our school.

A big congratulations and thank you to parents who have completed the PATCH - Parents as Teacher Classroom Helpers course. It was a big time and study commitment and I know how much our students will enjoy having you help out in classrooms. **Never stop learning because life never stops teaching.**

I really enjoy Friday assemblies - thanks to KM and 3/6C for entertaining us with Who Sank The Boat and then all that information about Space, Rockets and Planets. Lovely to see parents there supporting their children.

We also have a 'Humans of Coffs Harbour Public School' media project underway with some of our Stage 3 students. Have a look on the Coffs Harbour Public School facebook page and see whose stories pop up in the next few weeks. I try to reach out to the school parent community through this newsletter, saying Hi, making phone calls as well as our fb pages and Skoolbag app on phones. Hope to see lots of parents on Friday morning ready for a leisurely walk to see the beautiful Botanic Gardens.

Caitlin Mackie
Parent Community Liaison Officer



Attendance and Rewards Day

Recently we had the Home School Liaison Officer (HSLO) review our class rolls and the attendance status of our students. We are pleased to report that our school has a current attendance rate of over 90% which is fantastic news. The requirement for our Rewards Day has been 85% or less than 7 days full or partial unexplained/unjustified absences. Starting next term, the new requirement will be 90% and therefore students will qualify for the Rewards Day if they have not had 5 or more full or partial unexplained/unjustified absences. An "At risk of not attending" letter will be sent home by your child's classroom teacher if your child is getting close to the 5 days of unexplained / unjustified absences. Congratulations to all students for the excellent attendance status noted by HSLO this term. Keep up the great work.

Special Education Fundraiser

Our Special Education are once again running their Famous Timbertown Pie Drive. Order forms and money to be returned to Janelle Bullen or Kathy Turner.

2016 Boccia Knockout

Have you ever played Boccia (rhymes with Gotcha)? Have you ever coached a Boccia team? Me neither! That is until our school entered a team in the 2016 NSW Public Schools Boccia Knockout that we hosted last Thursday.

It was a steep learning curve of rules and terms – smash, blocking, drawing, glancing and throw off. In addition to the rules and terms, I also learnt that Boccia is a sport played at the Paralympics as well as an inclusive recreational sport. It provides a level playing field for all students, with or without a disability. The Boccia balls can be thrown, rolled, kicked or propelled with the help of a ramp. OK, enough of the rules, terms and techniques. The main focus of the day was Fun! Fun! Fun!

Our team consisted of 9 students from the Special Education Unit who had been training during their lunchtimes in the weeks leading up to the big day. They competed against six other schools, ranging from Nambucca to Woolgoolga, in a hall that was filled with cheers, laughter and encouragement for all. It was wonderful to watch our students in action – friendly, focused, making their own decisions and gaining confidence with each throw of the ball. The final game was a “friendly” match between all the students and all the adults. Who won? I don’t think anyone was really keeping score, far too happy and tired to care. 2017 here we come!!!! (more information can be found at www.bocciansw.org.au)

Carmel Groom

Yarrahappini Excursion Update

Outstanding balances need to be paid by Wednesday September 21, 2016. For those students who have not yet paid in full, the remaining amount is \$105.00. This amount can be paid in \$20 weekly instalments at the office until full payment is reached. The medical note also needs to be returned as soon as possible.

Thank you
Mr Kenny

School Leader News

Our ten school leaders will be attending a LEADERSHIP CPNFERENCE next Monday 30th May. They will be having a day of team building and leadership training with other school leaders from Coffs Harbour and surrounding school.

Ms Leeson

Book Club

The current issue of book club is due back this week. Orders will be handed to all students when they come in. Thank you for your continued support.



Otitis Media Awareness Day

The 18th annual Otitis Media Awareness Day will be held on Thursday 23rd June, 10am-5pm at Park Beach Plaza. Free ear health checks for children will be available on the day as well as information on otitis media and its effects on children. The promotion is being run by NSW DoE, Coffs Harbour Primary Health, Galambila Aboriginal Medical Service and Australian Hearing.

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Toormina High School

Toormina High School is now enrolling for Year 7 including their Extension Class. Applications and information for the Year 7 Extension Class are now available from the Front Office at Toormina High School. Completed applications must be returned to your local primary school by Tuesday 14th June.

KH Classroom News

KH have been learning about healthy habits. We know that eating healthy foods, getting lots of exercise and making sure we get enough sleep helps to make us grow strong and happy. We enjoy **Crunch and Sip** every morning with lots of different fruit and vegetables and drinking plenty of water.



Marlo — *I like snowpeas because I like crunchy green vegetables*

Frankie — *I like carrots because they are crunchy*

Jenson — *I like apple because they are juicy.*

Tom — *I like nice juicy apples.*

Seraiah — *I like peaches because they are juicy.*

Danica — *I like carrots because they are crunchy.*

Latesha — *I like tomatoes chopped up.*

Shriya — *I like oranges the best because they taste a bit sour.*

Kobe — *Carrot is my favourite because*





**Coffs Harbour Public School P&C Association
Are proud to host a family fun night at
FLIP OUT!!!**

Who: THE WHOLE FAMILY

Date: Friday June 3rd

Time: 5:30pm - 8:30pm

**Where: Flip Out Coffs Harbour
3/2 Isles Drive, North Boambee Valley NSW 2450**

**Cost: Flip Outers - \$15 each (includes unlimited
flipping for 3 hours)**

Spectators - Free

**BBQ: \$2.50 per Sausage sandwich, available for
purchase on the night**

**Please complete the attached waiver (one per family) and
return it with your money to the office**

TICKETS ARE STRICTLY LIMITED

SUPERVISION IS NOT PROVIDED

P&C News

Our Food Friday this week will be a **Sausage Sizzle** on May 27. If you would like to purchase a sausage for your child, please make sure that the note and money is handed by 9am on **Thursday**.

The upcoming Food Fridays will be:

June 3 - Icy Poles

June 10 - Hot Dogs

June 17 Icy Poles

Don't forget our **Flip Out** Family Fun Night on **Friday June 3**. This will be a great opportunity for our kids to get active and have a fun evening of exercise whilst helping out the school. The whole family is invited to participate: big or little sisters and brothers are welcome to attend. Tickets will be strictly limited, however, due to the capacity of the venue. So be sure to get in quick - \$15 per child for three hours of trampoline fun is a bargain! Please note that supervision is not provided so parents will be responsible for the supervision of their children. The P&C will be running a Sausage Sizzle on the night with drinks also available.

If you would like your voice to be heard within the P&C please come along to our AGM on June 8. New members are always welcome to come together and help make the school a better place for our children. The AGM will be followed by our regular monthly meeting so if there is an issue you feel strongly about and would like to get involved, please join us at 6:00pm in the staffroom.

If you would like any further information, please contact the P&C by email at chpspandc@gmail.com or contact Sam Bergen on 0421 374 911. You can also get regular updates on what's going on at our Facebook page: <https://www.facebook.com/chpspandc/>

Netball News

Last Wednesday we had our first knockout game against Karangi Public School at the Murray Drive Netball courts. It was a fun game and we were successful enough to make it through to the next round. The final score was 25-12!

The 5/6 Netball team



PSSA AFL



Nutrition Snippet

The simplest way

...to serve up 2 and 5.

It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.

So how much is a serve? Here is a quick and easy guide:

How much is 1 serve?

For recipe ideas and inspiration visit:
eatittobeatit.com.au
[facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)
[pinterest.com/cancercouncil/easy-fruit-veg](https://www.pinterest.com/cancercouncil/easy-fruit-veg)

150 grams of fresh FRUIT or:

1 medium piece (e.g. apple) = 2 small pieces (e.g. apricots) = 1 cup chopped or canned fruit

75 grams of fresh VEG or:

1/2 cup cooked veg or legumes = 1/2 medium potato = 1 cup salad or veg

CAN 3102 07/15

For more information visit
www.eatittobeatit.com.au
 or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Eat It To Beat It

Nutrition Snippet

The simplest way

...to create healthy take away.

Get the kids inspired about cooking with a healthy, homemade take away-style meal. Find full recipes at: eatittobeatit.com.au.

Sausage rolls:
 Using beef, lamb, chicken, turkey or pork mince, with lots of grated or finely diced veg mixed in. Or add some tinned kidney beans to the mix.

Hamburgers:
 Make a meat, lentil or veggie patty, pile on the salad and serve on a crusty wholegrain roll.

Fish and chips:
 Crumb your own fish fillets and oven bake. Serve with oven-baked chunky chips or sweet potato wedges.

For more information visit
www.eatittobeatit.com.au
 or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Eat It To Beat It



Coffs Harbour Public School

2016 Term 2 Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------|---|---|--|
| 25/4 ANZAC Day | 26/4 Staff Development Day | 27/4 Students commence Term 2 School ANZAC Day Ceremony | 28/4 | 29/4 P&C Icy Pole Fundraiser |
| 2/5 | 3/5 Cross Country Carnival | 4/5 P&C AGM 6pm Staffroom | 5/5 P&C Mother's Day Stall Interschool Chess Competition | 6/5 P&C Mother's Day Stall K-2 Assembly 11.30am (Performance by 3-6 Dance Group) 3-6 Assembly 12.15pm (Performance by 3-6 Dance Group) |
| 9/5 | 10/5 NAPLAN | 11/5 NAPLAN | 12/5 NAPLAN | 13/5 K-2 Responsible Pet Visit |
| 16/5 | 17/5 | 18/5 Netball PSSA | 19/5 Boccia Knockout | 20/5 District Cross Country National Walk Safely to School Day Paul Kelly Cup K-2 Assembly 11.30am (Performance by KM) 3-6 Assembly 12.15pm (Performance by 3/6C & K/6B) |
| 23/5 | 24/5 Brainstorm Performance | 25/5 | 26/5 | 27/5 |
| 30/5 GRIP Leadership Conference | 31/5 | 1/6 | 2/6 | 3/6 Flip Out K-2 Assembly 11.30am (Performance by KH) 3-6 Assembly 12.15pm (Performance by 5/6F) |
| 6/6 | 7/6 | 8/6 P&C AGM and Monthly meeting—6pm staffroom | 9/6 | 10/6 Eisteddfod (Dance) |
| 13/6 Queen's Birthday Public Holiday | 14/6 | 15/6 Yr 2-6 Athletics Carnival | 16/6 | 17/6 K-6 Athletics Carnival |
| 20/6 Semester 1 Reports sent home | 21/6 | 22/6 | 23/6 | 24/6 LCOS Winter Sports Carnival |
| 27/6 Parent/Teacher Interviews | 28/6 Attendance Party | 29/6 PB Assembly | 30/6 Rewards Day | 1/7 Last Day of Term2 K-2 Assembly 11.30am (Performance by 2L) 3-6 Assembly 12.15pm (Performance by 5/6L) |