



Coffs Harbour Public School

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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

27th November 2019

Dear Parents and Carers,

This term is flying by. We are in the 7th week of a ten week term.

Over the next few weeks a lot of events and extra activities will take place. Please make sure you read the newsletter, look at the school calendar and watch Facebook for updates on what's happening. Please note that there has been a change to the date of our school Presentation Day. It will now be held on Tuesday 17 December at the C.ex. Invitations will be sent home in the next couple of weeks.

Please also note that students will finish school on Wednesday 18 December 2019. Staff will finish on Thursday 19 December 2019.

Student reports are being finalised and will be sent home on Monday 9 December.

The NSW Teacher's Federation has called a stop work meeting for teachers on the morning of Thursday 5 December. Classes may be disrupted during this time. I will send home a note closer to the date informing you of any changes to the operational structure of our school.

As in past years we will be starting the 2020 school year with students in their 2019 class groups with their current teacher wherever possible. As our school can have up to 20 new students arrive in the first few days, we prefer to keep students in their 2019 classes until we can accurately calculate the grade numbers and make sure that we have the right number of students in their 2020 classes. We thank you for your patience while we enrol our new students. Your child's wellbeing is very important to us and we only want to make this decision once. Hopefully all students will be placed into their 2020 classes by the end of the second week of school.

In 2020 Kindergarten students will start school on the same day as their peers. Best Start assessments will be conducted during the first few weeks of school. We have been thinking about this for a while and want to give our students the best chance to be comfortable and familiar with a teacher before starting the Best Start assessment.

Our administration building and library buildings are nearing completion. Movement into the administration building should take place over the next week or so. Please be aware that our office staff will continue to work out of the demountable office building and once the phones and bells are switched on in the new building, then they will operate in the new building. This will take a lot of coordination so we appreciate your patience during the move.

Library books and furniture will be moved into the library over the next week or so. Mrs Leeson will then spend some time to get the library organised and set up ready for business in 2020. We will hold our official launch early next year to open the buildings. Once again we thank you for your patience whilst we have had so much work happening in our school. The results will be outstanding and I feel very lucky that these new and beautiful spaces are part of our school.

Have a great fortnight,

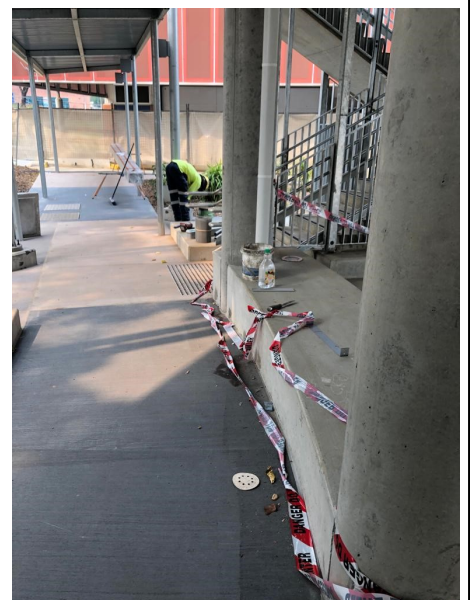
Leonie



Update on Major Works: Term 4 Week 7

Library:

- Landscaping and turf laying near completion
- Finishing touches underway
- Library is looking great



Dr Seuss's Library!

Truffala trees, wockets in pockets, green eggs and ham, fox in sox, cat in the hat, The Grinch and The Lorax. That's right! We are talking about the magical world and characters created by Dr Seuss.

2/6CR and 2/6L have enjoyed reading a selection of fun stories each week and engaged in Literacy, Technology and Art based tasks in the classroom. Check out some of our photos below! Some of the messages you can explore if you delve deeper into Dr Seuss's stories include the importance of telling the truth, caring for the environment, being yourself and having a positive attitude towards new adventures! Our message to you to always remember:

The more that you read, the more things you will know, the more that you learn, the more places you'll go!



What's been happening in KJS and KG

This term KG and KJS have been lucky enough to have Mrs Hyndman come in each week and teach technology lessons. The students have been learning to navigate the class iPads and develop an understanding of how to use a variety of apps. They have also been introduced to coding and have enjoyed putting their new skills into practise by completing tasks in the Scratch Junior app.

Thank you Mrs Hyndman!



Year 6 to 7 NSW Public School Transition Day Tuesday 3rd December

Next Tuesday, all students attending any public high school (Coffs Harbour High School, Orara High School, Toormina High School or Woolgoolga High School) next year will be attending a transition day at their 2020 designated high school. Parents and Students are responsible to make travel arrangements to and from their designated high school to attend this day. Students who are attending non-government high schools are expected to attend Coffs Harbour Public School as per usual. These students will be collapsed into one class for the day.

Five things parents can do to make school transitions easier

- 1) Whether it's your child's first term of preschool or a transition from primary school to secondary school, starting out at a new school can be an understandably tense time for a child.
- 2) Of course, transitions like these are central to a child's development, and research shows that the way transitions in early childhood are handled can have an impact on a child's ability to cope with change, both in the short and long-term.
- 3) With this in mind, it's important to ensure that kids know what to expect, feel well-prepared and are given plenty of support throughout the process.
- 4) Although some kids will inevitably be more vocal about their concerns than others, you can be sure that all of them feel some level of anxiety about changing schools. Some of the things they worry

about, include homework demands, getting lost, being bullied, getting detention and losing old friends.

- 5) Fortunately, psychologists say there are things parents can do to help kids prepare ahead of time and support them during the transition. Here are five things you can do as a parent to facilitate a smooth school transition.

Speak positively about the change

Kids tend to pick up on their parents' attitude towards a situation, so if your child senses that you're feeling anxious about the school transition, they may begin to mirror those emotions. So even if you don't think your child is listening, you should always try to discuss the changes in a positive way.

When you talk about the school transition, whether it's with your child directly or with friends and family, try to speak enthusiastically and focus on the positives, such as the interesting things they will learn, the new friends they will make and the new routines they'll establish.

Acknowledge and discuss your child's concerns

If your child has questions or concerns, rather than casually brushing them off with a "Don't worry, it'll be fine," it's important to acknowledge their concerns. Once you know what your child is feeling most anxious about, you can spend some time going over the details, whether that means discussing how they'll get to and from school or explaining what their new schedule will be like.

You can also look for storybooks that deal with the topic of starting preschool or changing schools, as reading together can be a great way to encourage your child to open up about his or her concerns. Some examples of books that deal with school and change include *Ming Goes To School* by Deirdre Sullivan, *Second Grade Holdout* by Audrey Vernick, *The Kissing Hand* by Audrey Penn and these great Australian books.

Involve your child as much as possible

Actively involving your child in the preparations for starting or changing schools will help them feel as though they have some say in the matter, and it can also help build anticipation. For example, if you need to choose between a few different schools, you could narrow down the best ones and then discuss the options with your child to see whether they have any preference.

Other ways to involve them in the transition process include shopping for new school supplies or clothes together, planning out their new route to school and having them make a list of the things they are looking forward to - as well as any questions or concerns they may have.

Pay a visit to the new school before hand

We tend to fear what we don't know, which is why visiting the new school in advance is a great way to help your child feel calmer about the transition.

A successful school transition involves being behaviourally and academically involved in school, and feeling a sense of belonging. Visiting the school in advance is one way to pave the way for this, as your child will have a chance to get to know school's layout, see what extracurricular activities they might like to participate in and meet some of their teachers.

Help your child stay in touch with old friends

Losing friendships is a valid concern for children who are moving from one school to another. Research shows that preschool friendships are important for the development of social and emotional skills, and that they can increase feelings of belonging while reducing stress.

So if your child had a close friend or group of friends in their last school, think of some ways to help them keep in touch after they move on. For example, you could organise play dates or even look for after-school activities, such as sports or dance, which they could join together.

You can also discuss the fact that they will make new friends, but that this doesn't mean they will have to choose between their old friends and their new friends. Of course, it's natural for some friendships to fizzle out over time, but in the early stages of a school transition, it's important to reassure your child that changing schools doesn't have to mean losing a good friend.

Student of the Week - Term 4 Week 6

Student of the Week certificates are awarded to students who demonstrate behaviour consistent with our school expectations of Excellence, Safety, Respect and Responsibility

Class	Name	Presented for:	Class	Name	Presented for:
KG	Billie	Excellent effort with reading	3/4H	Zara	Being a wonderful role model
KM	Lilaf	Effort and achievement in writing	3/4M	Jenson	Leadership skills during a research project
KJS	Melan	Welcome to CHPS	5D	Angelo	Enthusiasm and effort in all Key Learning Areas
1B	Jonah	Being patient and persistent with writing	6K	Melissa	Being inclusive and adapting to variations
1D	Hayley	Hard work and dedication to work	6H	Ismael	Trying to stay more focused on tasks
2N	Ahlan	An improved effort in her reading and writing	6L	Lila	Working independently on her writing
2E	Logan	Working hard to be a more settled worker	2/6L	Kallum	Amazing effort in literacy
3/4SW	Edgar	Implementing teacher feedback	2/6CR	Darrius	Settling in well and working hard in his new class
K/6M	Acaisha	Consistent work in literacy	3/6F	Cherise	Having a fantastic first week at Coffs Harbour Public School
K/1B	Isaac	Settling in well to K/1B			

Parent and Community News



COOK.EAT.LEARN.

Parents cooking and sharing

Thursday 5th December

12.30-1.45pm

CHPS Rainbow Room

Parents- This is just for you!

Please bring along some food to share.

It can be some Christmas food, traditional food, your favourite bought treat or something you love to cook, eat and share.

Could you also bring along the recipe?

This is a chance for us to eat something new and share all together.

Please send this note to school by Tuesday 3rd Dec. if you can come.

There is no cost.

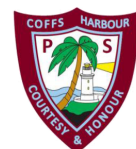
I want to come to the Parent only cooking and sharing.

I will bring along.....to share and eat.

My name is

I am a parent/carer/family member.

FREE!



طبخ وتناول الطعام وتعلم

الاباء والطبخ والمشاركة

الخميس الموافق ٥ كانون الاول

١٢:٣٠ بعد الظهر لغاية ٤:٥٠ بعد الظهر

مدرسة كوفس هاربر الابتدائية غرفة القوس قرع الادل

الاهل - هذه فقط لكم

- يرجى احضار بعض الطعام لعيد الميلاد طعام تقليدي او المفضل لديك او شراء شئ تحب ان تطبخه وتاكله وتشاركه

من فضلك اذا بالامكان جلب الوصفة للطبخ الذي تريد طبخه؟

هذه فرصة لنا لتناول شئ جديد ومشاركته معا

يرجى ارسال هذه المذكرة الى المدرسة يوم الثلاثاء ١٢/١٢ اذا كنت تستطيع ان تاتي ولا يوجد اي تكلفة

اريد ان اتي \ الوالدين فقط والطهي والمشاركة

سوف احضروا جلب جنباً الى جنب للمشاركة وتناول الطعام-----

اسمي هو-----

انا والدامقدم رعاية\ انا فرد من العائلة

Freezing Friday Fundraiser

Coffs Harbour Public School will be holding **Freezing Friday** Fundraiser every Friday to fundraise for Ozharvest.

All money raised from our Fundraiser will go directly back to Ozharvest so we can help them continue the support they provide to young Australians in helping them meet their educational and nutritional needs.

As part of our fundraiser this term, every Friday at lunch we will be holding an Icy Pole Stall where students can purchase an Icy pole to enjoy.

50c FOR HALF AN ICEY POLE

\$1 FOR A WHOLE ICEY POLE

SRC Representatives



Asthma Awareness

Does your child have asthma?

Is your child's teacher aware of this?

Have you provided the school with a current Asthma Action Plan?

If your child has asthma please go to your local doctor and provide the school with a current Asthma Action Plan and Ventolin to help manage your child's health condition while they are at school. It is a NSW Department of Education requirement that they are updated every 12 months.



Nutrition Snippet

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:

- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.

Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with veggie sticks and wholegrain crackers

healthylunchbox.com.au



Coffs Harbour Public School
Presentation Day
change of date to
Tuesday 17th
December at 9.45am
at the Cex



SunSmart Snippet

The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!

Go to www.sunsmartsnsw.com.au/resources to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartsnsw.com.au



Nutrition Snippet

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthylunchbox.com.au

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.

One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- [Hummus](#)
- Cheese
- Leftover home-cooked meat
- [Home cooked rissoles](#)

For more ideas visit healthylunchbox.com.au

healthylunchbox.com.au





Coffs Harbour Public School

2019 Term 4 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
7	25/11	Orara High School EALD Orientation Day 10am-1pm Special Ed TAFE	27/11	28/11	29/11 SRE concert in the hall 9am-11.45am School Banking
8	02/12	03/12 High School Orientation	04/12 Mini-Fete 11:30 - 1:00pm Student only in school event	05/12 Parent shared luncheon 11.45-1.45pm Assembly Yr 3 - 6 (2pm) Performance by 2/6L & 2/6C Yr K 2 (2:30pm) Performance by KJS & KG	06/12 School Banking
9	09/12 Reports come home	10/12 OZ Harvest Presentation	11/12 Leader's Lunch	12/12 PB Assembly 2-3pm	13/12 School Banking
10	16/12	17/12 Attendance Party Year 6 Graduation Presentation Day	18/12 Rewards Day Last day of school for students	19/12 Staff Development Day No School for students	20/12

**YEAR 6
mini Fete**

Year 6 Mini-Fete
4th December
11.30-1.00pm
Student only in school event

The Year 6 Mini Fete is fast approaching. It is on Wednesday 4th December. **We are now accepting donations of:**

- Bric a brac for the White Elephant stall: books, toys, games etc
- Lollies in wrappers
- Zooper Doopers
- Ice-cream
- Ice-cream cones
- Colour hair sprays
- Cakes/Biscuits (accepted on the morning of the fete)

Thank you in advance.
Year 6 Students

COFFS HARBOUR PUBLIC SCHOOL GOLF DAY

Sunday 1st December 2019
4 Person Ambrose
12 noon Registration - 1.00pm Shotgun Start

Team Entry: \$150
9 holes of golf x 4
Post Game Platter
(Carts not included)

Sponsorship Package: \$250
Team Entry Inclusions
PLUS: Carts x 2
Banner on a hole.

Please return your completed entry form to:
email : reception@coffsharbourgolfclub.com.au

Bank details:
Name: Coffs Harbour Golf Club BSB: 012 572 Account Number: 2111 02859
Please use your name as a reference

Please Tick One: ☐ Team Only \$150 Do you require carts @ \$25 twin share? Y/N How many? ☐
☐ Sponsorship Package \$250 Carts included

Please note all carts & registration fees must be paid at time of booking

Organisers name:	Players names:
Company:	1.
Address:	2.
Phone:	3.
Email:	4.
Total Payment:	Payment by: <input type="checkbox"/> visa <input type="checkbox"/> mastercard <input type="checkbox"/> cheque <input type="checkbox"/> direct debit
Cardholders Name:	Signature
Credit Card Number:	Expiry Date: / /
Office Use Only	
Entry Received:	Paid on:
MYOB Inv #:	Processed By:
	Carts Booked: Y/N
	Date Carts Booked: