



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

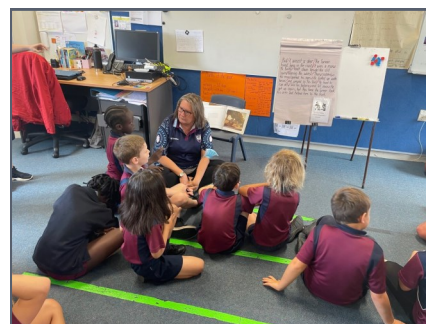
22 November 2021

Dear Parents and Carers

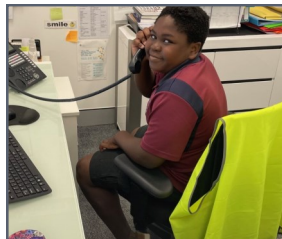
Welcome to week 8 of the Term 4 school calendar. This is an 11-week term and the last day for students is 16 December.

Please have a look at the calendar for all the exciting end of year events we have planned. We are thrilled to be able to offer more of our planned activities within Covid guidelines.

Over the last couple of weeks, I have had the pleasure of completing learning walks. Thank you to the many classes who have welcomed me into their rooms – KW, KM, 2K, 1D, 5/6S, 5/6C and 5/6H. Each of these classes were demonstrating how they use learning intentions and success criteria in their lessons, vocabulary and the gradual release of responsibility. The standard of teaching and learning is exceptionally high and I want to offer my congratulations to the students, teachers and support staff.



Last week we announced the 2022 school leaders. Congratulations to Gurtej S, Thomas C, River L, Poppy B, Remi O, Darcy N, Joseph L, Marlo W-N, Mollie B, Muani L-T. These photos show some of the new leaders calling their parents.



The school captains will be announced at the Presentation Day assembly on 14 December 2021. We are gearing up for the sports leaders and cultural ambassadors to be selected as part of our student leadership team for 2022. Thank you and all the best to all students.

Thank you to all students who completed the SLiPs program and made a speech for a school leader position. The courage you all showed to stand in front of your school is to be commended.

Today we started our NAIDOC week celebrations. It started with a wonderful zoom assembly this morning. The theme of this year's NAIDOC week is "Heal Country". The theme asks us to understand "country" as being more than just a place. It asks us to consider the importance of the land and everything it brings to sustain us through the generations. It asks us to recognize the impact our way of life has had on the environment and the steps needed to allow it to restore and repair.

Heal country calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

This week students have many opportunities to participate in a range of activities and to support our local Aboriginal community here on Gumbaynggirr country.

Please see our school Facebook page to watch some of today's NAIDOC zoom.

Have a wonderful fortnight,

Leonie



Mrs Anderson's Article

Hi families,

The end of the year is fast approaching, and as we move towards our final weeks I would like to remind everyone that wearing our school uniform every day is still one of our highest priorities. It is so lovely to see the majority of students wearing the correct uniform, as it allows students to feel a sense of pride in their school and fosters a sense of belonging. Unfortunately, lately, we are starting to notice things such as socks that are the wrong colour and baseball style caps being worn.

Our school uniform consists of:

- CHPS school hat – available to buy at school
- CHPS school shirt/sport shirt – available to buy at school
- CHPS navy jumper/maroon jacket – available to buy at school
- Navy shorts/culottes - available to buy at school or any other shop that sells uniforms
- Navy socks – not available for purchase at school
- Black joggers/runners – not available for purchase at school

Our uniform shop is open between 8.30am – 3.30pm every school day and uniforms can be purchased in the following ways:

- If you are double-vaccinated and can provide evidence of this, you may come to the front office and our admin team can help you to choose sizes etc.
- Call our office on 6652 3355 and one of our admin team will assist you to make your payment online. Once payment is processed, uniform purchases will be packaged and sent home with your child, usually the following day.
- We also have a limited range of pre-loved uniforms available for sale. These can be handy to have as a back-up set, or if you know you will only need something for a little while. If you are interested in purchasing any of our pre-loved uniforms, please ask to view available stock when inquiring about uniforms.

Our current price list is attached below.

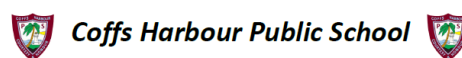
Thank you for supporting us as we strive to ensure all students are in full school uniform each and every day.

Have a great week everyone!

Mrs Shelley Anderson
Deputy Principal



Aladdin and Alexa wearing our full school uniform with pride



Uniform Price List

(Prices subject to change)

School Hat	\$12
School Shirt (Original Style – limited stock)	\$24
School Shirt (New Style)	\$29
Blue Shorts	\$19
Blue Skorts	\$19
Sports Shirt (Original Style)	\$24
Sports Shirt (New Style)	\$29
Maroon sports shorts	\$16
Blue Fleecy Jumper	\$18
Track Jacket	\$36
Track Pants	\$24
School Bag	\$50

3SG News

This term, as part of our 'First Contacts' History unit, we have been exploring how Aboriginal people are connected to country. We have investigated how and why the British came to settle in Australia and discussed how this has impacted on Aboriginal people.

One of our focus texts has been *The Lost Girl* by Ambelin Kwaymullina and Leanne Tobin.



We completed a variety of activities based on the text, including,

- Exploring the vocabulary words *huddled*, *wandered* and *growled*.
- Writing from the character's perspective
- Creating clay characters
- Practising reading the text
- Researching how our local Gumbaynggirr people use the land
- Representing the character's feelings through Drama activities

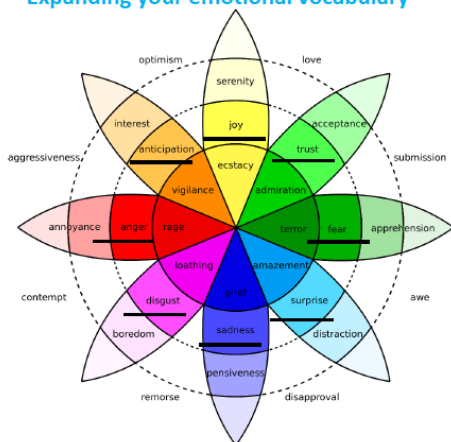
Please scan the QR code below to view some of our work.



Tips for Staying on Track

MNCLHD Got It! Program: 6589 2598

Expanding your emotional vocabulary



Robert Plutchik created the Plutchik Wheel of Emotions, highlighting 8 basic emotions (underlined) and the emotions that can present either before, or after these.

Using this wheel, we can also understand opposites (e.g., joy v ecstasy; disgust v trust and surprise v anticipation) and identify when emotions may present in beginning stages and develop in their intensity (e.g., from apprehension-to fear-to terror).

Resource: Plutchik Wheel of Emotions



Health
Mid North Coast
Local Health District

Emotions are a source of information.

When we learn to understand different types of emotions, we can label them and understand their purpose.

Understanding the purpose of emotions, helps us to identify our child's resulting behaviours and work towards achieving more positive outcomes.

Activities to try at Home

MNCLHD Got It! Program: 6589 2598



Activity: Have some family fun! Emotion Charades



Cut out these cards and play a game of charades

Take in turns acting out each emotion, and with your family try and guess which emotion it is!

Movie time: Watch 'Inside Out' together!



Inside Out is a great movie to watch as a family as it explores emotions such as **sadness, anger, disgust** and **joy**, and how a young character manages these effectively during a major life change.



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Resource: Childhood101.com

Tips for Staying on Track

MNCLHD Got It! Program: 6589 2598

Empathy

Empathy involves being able to see things from our child's perspective. We understand that this isn't always easy, but if we can do this, we find that it can make a big difference to our interactions with children.

Empathy helps our children to feel understood and less alone with their big feelings.

The experience of empathy teaches our children about the deepest ways that humans connect, providing them with a launching pad for future relationships.

Our acceptance of our child's emotions teaches them that their emotional life is not dangerous, is not shameful, and in fact is universal and manageable.

Empathy helps children learn that others have experienced big feelings too, and that there are even names for them! It helps them feel understood and accepted. Children learn that they are not alone when coping with their powerful emotions.

What matters most is that your child **FEELS** understood

Resource: Raising an Emotionally Intelligent Child, by John Gottman
The Whole Brain Child, By Daniel Siegel and Tina Payne Bryson



Health
Mid North Coast
Local Health District

Every time you rise above your own feelings to see things from your child's point of view, that's empathy!

"I know how you feel!"

"Looks like you had a hard day"

"It sounds like you're pretty angry at your brother."

"It seems like you're worried about the excursion today."

Activities to try at Home

MNCLHD Got It! Program: 6589 2598



Getting Creative with Empathy

You can use lots of different situations to explore the different feelings and thoughts of others. You can explore the thoughts and feelings of characters in books, TV shows, movies, or even a made up scenario!

Activity: Feelings in our Family

As a family, we're all connected! However, you can't always see this connection. It's important to understand that one family member's emotions can impact the whole family.

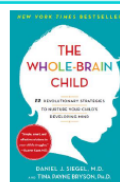
What you will need:

★ Scissors ★ A ball of wool or some string

Instructions:

1. Tie the wool or string around each family member to link your family together.
2. See what happens to your family when something happens to one person e.g. one family member sits down and everyone else stands. Discuss the impact on everyone before giving your next instruction.
3. Once you've had fun trying several activities, untie the string and discuss with your child/children that it is often our emotions that affect each other the most. This is a great opportunity to describe what you notice change in you when have feel big feelings. For example, what do you do? Who do you notice this affects the most? Now tie the string around yourself and that person. Repeat this process for everyone.
4. When you are finished you can then cut the string.

TIP: Before cutting the string you could come up with ideas about things that might help your family make things easier, and cut the wool following each idea.



Some helpful parenting and resource texts by Daniel J Siegel & Tina Payne Bryson



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Resource: Creative Ways to Help Children Manage Big Feelings: A Therapists Guide to Working with Preschool and Primary Children, By Dr Fiona Zandt and Dr Suzanne Barrett



Coffs Harbour High School

**YEAR 7 2022
ORIENTATION DAY
Friday 3rd December 2021
9.30am – 2.50pm**

- Please ensure students come dressed in their Primary School uniform
- Parents are responsible for getting students to and from the school
- Please ensure students bring morning tea, a drink, lunch will be provided
- Please access Edinburgh Street entrance for drop off and pick up
- Students will be escorted to the hall on arrival
- Students will engage in activities with their peer support teams and have sample lessons

Parent Information Session

Tuesday 23rd November 2021 - 5.00pm to 6.00pm

Due to COVID-19 restrictions, we will have a Zoom Webinar and log in details have been emailed to families. In addition, we will be posting an information pack to families

**1st day of attendance for Year 7 students
Tuesday 1st February 2022**

You can view more details on the website below

<https://sites.google.com/education.nsw.gov.au/chhsyear7/home>

Student of the Week - Term 4 Week 6 (K - 2 Awards) Focus: Personal Best

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

Class	Student	Presented for:
KL Girriin	Emma B	Creating a class menu for our cafe
KG Jiling	Olivea N	Contributing great ideas to class discussions
KW Duna	Zozan H	Working hard to achieve her learning goals
KM Muluurr	Moses V	His effort and achievement in all areas
K/2 H Muluurr	Clifford M	Working hard in all areas
1B Jiling	Emmanual T	Great writing about Room on the Broom
1D Duna	Blessing K	Identifying natural pauses when reading
1F Muluurr	Bless L	Always being on task
1NB Girriin	Ester D	Helping Mr Buchanan settle into year 1
2K Jiling	Lilaf J	Rereading her writing to check for meaning
2C Duna	Roxy L	Being responsible and respectful at all times
2BM Muluurr	Jayalaani W	Working hard to improve her phrasing skills during reading

Student of The Week - Term 4 Week 7 (K - 2 Awards) Focus: Personal Best

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

Class	Student	Presented for:
KL Girriin	Lennix K	Making good choices and joining in
KG Jiling	Noah J	Working hard on his writing
KW Duna	Elin M	Working hard to achieve her reading goals
KM Muluurr	Viyan A	Her effort and achievement in all areas
1B Jiling	Marza J	Great work writing about Room on the Broom
1D Duna	Hing S	Using natural phrases during reading
1F Muluurr	Adelyn B	Applying herself to every task
1Nb Girriin	Zane C	Always staying focused on his work
2K Jiling	Melan A	Using a variety of strategies to spell unknown words
2C Duna	Olivia B	Her brilliant responses when discussing writing
2BM Muluurr	Chance I	Always working well with her classmates

Student of the Week - Term 2 Week 5 (3 - 6 Awards) Focus: Personal Best

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

Class	Student	Presented for:
3SG Muluurr	Kadir M	His progress and increased confidence in reading
3NG Jiling	Gideon A	Doing his personal best in literacy
3/4M Muluurr	Achol C	Outstanding effort and application
4R Jiling	Bandar H	Always being respectful and polite
4H Muluurr	Taylor W	An outstanding effort with writing her newspaper article
5/6H Jiling	River L	Always contributing to class discussions
5/6C Duna	Marol C	Improved effort and commitment to his school work
5/6S Muluurr	Karina K	Increased effort in class and greater involvement in class discussions
5/6A Girriin	Lyly Lyly N	Striving for excellence at all times
5/6MW Ngarrany	Bryce B	Fantastic work in class discussions
K/6 CB Jiling	Audey B	Persevering through challenges and producing quality work
3/6JF Duna	Logan H	Trying hard in all areas
1/6M Muluurr	Brock O	A wonderful start at CHPS
1/6E Ngarrany	Tylah G	Improved effort and commitment to his school work

Student of The Week - Term 2 Week 6 (3 - 6 Awards) Focus: Personal Best

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

Class	Student	Presented for:
3SG Muluurr	Micky W	Improved effort and concentration during writing
3NG Jiling	Birhad K	Doing his personal best on our daily ninja challenges
3/4M Muluurr	Eli K	Consistently completing all set tasks
4R Jiling	Elliette M	Always accepting teacher feedback and using it to improve her work
4H Muluurr	Samuel K	Outstanding attendance this year - 99.7%
5/6H Jiling	Queenekah R	Showing kindness to younger students in the school
5/6C Duna	Djenarri H	Excellent effort in math, in particular solving multiplication questions
5/6S Muluurr	Ebony D	Beautiful bookwork and settling in so well to our class.
5/6A Girriin	Muani Lal Thla	Striving for excellence at all times
5/6MW Ngarrany	Mia W	Always displaying outstanding behaviour
3/6JF Duna	Ben Ben	Superb work in writing sentences using Prolquo2Go
1/6E Ngarrany	Freddie K	Always doing his personal best in all learning areas



Coffs Harbour Public School 2021 Term 4 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
8	22/11 NAIDOC WEEK	23/11 NAIDOC WEEK	24/11 NAIDOC WEEK	25/11 NAIDOC WEEK	26/11 NAIDOC WEEK Colour Run Kinder Transition 9:15am—10:30am
9	29/11	30/11	1/12	2/12	3/12 Kinder Transition 9:15am—10:30am Year 6 Coffs Harbour High School Orientation
10	6/12	7/12 Leaders Lunch	8/12	9/12 PB Assembly	10/12
11	13/12 Attendance Party Year6 Farewell Reports Home	14/12 Presentation Day	15/12 Year 6 verses Teachers Games	16/12 Last day for students Rewards Day	17/12 Staff Development Day (No Students)



Coffs Harbour Public School 2022 Term 1 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	24/01	25/01	26/01	27/01	28/01 Staff Development Day No Students today
2	31/01 Staff Development Day No Students today	01/02 1st Day of 2022 for Students Yr 1 - Yr 6 Kindergarten Best Start	02/02 Kindergarten Best Start	03/02 Kindergarten Best Start	04/02 1st Day of School for Kindergarten 2022
3	07/02	08/02	09/02	10/02	11/02