



# 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**

**9 November 2021**

Dear Parents and Carers

Today we held our information session via zoom for 2022 Kindergarten parents. It was very well received and hopefully answered any questions for parents. We are really looking forward to our 2022 Kindergarten students starting their Orientation sessions this Friday at 9.15am to 10.30am and then for the next three Fridays following. A letter outlining the organisation of the orientation sessions has been emailed to all 2022 Kindergarten parents.

We still have some vacancies for Kinder enrolments for 2022 if you know of a child who lives in our catchment zone and is starting school next year. Please advise them to complete their child's enrolment as soon as possible.

I have thoroughly enjoyed going into classrooms and seeing the amazing work being done. This week I have spent some time in 1B as they have been learning about persuasive writing.

A group of Year Four students have shown fantastic leadership skills. Over the past few weeks, they have met with me to discuss a plan for creating a friendship space during lunchtimes. They have spent a lot of time surveying their peers, putting together a proposal and now deepening the plan. I am hopeful their ideas will come to fruition in the new school year. Well done and thank you to the students involved.

Our school Colour Run will be going ahead on Friday 26th November 2021. We apologize for the delay and know that it will be great fun for the students and staff.

This year we have needed to postpone the Intensive Swimming program due to Covid 19 guidelines. We have secured a date for Intensive swimming in Term 1 2022. There will be more information to come.

Have a wonderful fortnight,  
Leonie

# Term 4 roadmap

## From 8 November

All schools will operate on updated Level 3 settings for the rest of Term 4.

- School sports allowed
- Inter-school sports allowed outside of school hours
- Assemblies and presentations allowed outdoors on-site
- Excursions allowed outdoors
- Dancing and some music classes allowed
- Fully vaccinated visitors allowed on site to support curriculum delivery, wellbeing programs and school operations
- Community use allowed (including P&C meetings)

## From Term 1 2022

We can look forward to more freedoms as schools return in 2022.

# Keeping us all safe

A combination of layered safety measures allow us to prioritise student and staff wellness while we keep schools open.

### Stay home if unwell

- Do not attend or participate if unwell, even with mild symptoms.



### Vaccinations required

- All adults must be fully vaccinated.



### Always check in

- All staff and visitors must check in when attending a school site or gathering.



### Wear masks indoors

- Masks are required indoors for all staff, visitors and students in Year 7 or above, and strongly recommended indoors for primary students.
- You can take your mask off when eating or exercising.



### Physically distance

- Maintain 1.5 metres physical distancing wherever practicable.



### Maximise ventilation

- Activities and events should be held outdoors where practicable.
- Indoor spaces will be well ventilated and as large as possible for the number of attendees.



### Stick to your cohorts

- Avoid mingling with other groups when moving around the school.



For the latest information, refer to [education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19).



## Kindy orientation.

### HEALTHY lunchbox snacks

Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

SNACKS BEST LEFT OUT OF THE LUNCHBOX	HEALTHY SNACK IDEAS
<ul style="list-style-type: none"> <li>• Sweets and cakes</li> <li>• Baked breads</li> <li>• Savoury biscuits</li> <li>• Mashed potato</li> <li>• Full cream milk</li> <li>• Chocolate</li> <li>• Lollies</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta chips</li> <li>• Corn chips</li> <li>• Processed meats &amp; snacks</li> <li>• Salt dips</li> <li>• Flavoured milk</li> <li>• Full cream milk</li> <li>• Fruit</li> <li>• Flapjacks</li> <li>• Fruit bread</li> <li>• Plain rice cakes</li> <li>• Wholegrain crackers</li> <li>• Corn cobs</li> <li>• Reduced fat yogurt</li> <li>• Reduced fat cheese</li> <li>• Cucumber</li> <li>• Vegetable sticks eg celery, carrot, cucumber</li> <li>• Cherry tomatoes</li> <li>• Corn cobs</li> <li>• Fresh fruits or sliced eg grapes, orange segments, mandarin, mango slices, pear, apple, banana</li> </ul>

### CHOOSE WATER as a drink

Water is the best drink. It has no added sugar. It's low in calories, with vitamins, minerals and antioxidants. It's the best choice for your body. It's also the best choice for your skin. It's also the best choice for your hair. It's also the best choice for your teeth. It's also the best choice for your eyes. It's also the best choice for your ears. It's also the best choice for your nose. It's also the best choice for your mouth. It's also the best choice for your throat. It's also the best choice for your lungs. It's also the best choice for your heart. It's also the best choice for your stomach. It's also the best choice for your intestines. It's also the best choice for your bladder. It's also the best choice for your kidneys. It's also the best choice for your liver. It's also the best choice for your gallbladder. It's also the best choice for your pancreas. It's also the best choice for your spleen. It's also the best choice for your lungs. It's also the best choice for your heart. It's also the best choice for your stomach. It's also the best choice for your intestines. It's also the best choice for your bladder. It's also the best choice for your kidneys. It's also the best choice for your liver. It's also the best choice for your gallbladder. It's also the best choice for your pancreas. It's also the best choice for your spleen.

HOW MUCH SUGAR IS IN DRINKS?

TIPS TO HELP KIDS DRINK MORE WATER

### ENCOURAGE YOUR CHILD

Give them a role in making healthy choices.

ADD OPTIONS TO THEIR SHOPPING LIST

BE POSITIVE AND PRAISE THEM FOR THEIR CHOICES

TRY A VARIETY OF DIFFERENT FLAVOURS

### choose HEALTHY SNACKS

Healthy snacks help keep your child's brain, body and mood happy. Choose snacks based on: vegetables, fruit, whole grains, protein, calcium, iron, potassium, fiber, and healthy fats.

TIPS TO PLAN HEALTHY SNACKS

WHAT IS A HEALTHY SNACK?

INCLUDE FRESH FOODS & WHOLEGRAIN BREADS & CRACKERS

### What to pack for Crunch&Sip

Crunch&Sip means vegetables, fruit and water only.

### Scan the QR code to access a range of resources to help your child transition to kindy.

### TURN OFF SCREENS + get active!

Screens can be great for learning, play and communication. The most screen time can be for learning, play or for social media and more.

HOW MUCH SCREEN TIME EACH DAY?

TIPS TO MANAGE SCREEN TIME

## HEALTHYEATING ACTIVE LIVING

# Tips for Staying on Track

MNCLHD Got It! Program: 6589 2598



## Emotion Coaching

Emotion coaching is a way of **recognising** and **responding** to children's emotions. It helps them to learn about and **label** their feelings and make helpful behaviour choices. When parents emotion coach, their children learn how emotions work, that they are all OK to have, and how to **react** to feelings in healthy ways.

There are 5 steps to emotion coaching:

1. Be aware of your child's emotions, and your own
2. Recognise the situation as an opportunity for connecting and teaching
3. Listen empathically and validate your child's feelings
4. Help your child to verbally label emotions
5. Set limits while helping your child to solve problems.

*It is important our children understand ALL feelings are OKAY*

Resource: Raising an Emotionally Intelligent Child, By John Gottman



## How do I begin?

Some helpful prompts:

### Recognising Emotions:

"It **looks** like you're feeling upset **because** your tower broke"

### Connecting & Validating

"I would feel upset too if my tower broke. It's OK to feel this way"

### Problem Solving Behaviours

"I know you feel upset, though what could you do next time you feel this way instead of \_\_\_?"

# Activities to try at Home

MNCLHD Got It! Program: 6589 2598



## Craft Time: How I feel

Read the following phrases out to your child, get them to name and write down the emotion they would feel and draw a matching face in the circles!

When my parent/carer spends special time with me:

Emotion:



When my school friend isn't being nice to me:

Emotion:



When I don't get my work done the way I want:

Emotion:



When I get to play with my favourite toy:

Emotion:



## Dry Spaghetti or Cooked Spaghetti?



It can be challenging for children to know when they are feeling tense or relaxed. Explaining this visually can support your child's understanding. You can liken being tense to being like an uncooked or dry piece of spaghetti - stiff and straight! When the spaghetti is cooked, it is soft and floppy, and that's how your body feels when it is relaxed. Children can use this analogy to figure out if they are feeling tense or relaxed.



# Tips for Staying on Track

MNCLHD Got It! Program: 6589 2598



## Positive Attention & Descriptive Praise

Positive attention is a way of showing interest and responsiveness to your child. Descriptive praise compliments positive attention, and shapes positive behaviour, increases a child's cooperation, self-reliance and self-esteem!

Descriptive praise **motivates** children to repeat helpful behaviours in the future. Some tips:

- Pay positive attention by **noticing** and **describing** the good things the child does (e.g., using their manners, packing clothes away)
- Be **sincere**, **calm**, and use a **warm voice** (i.e., make sure your facial expression matches what you're saying)
- Be **specific** – this helps children understand what you would like to see more of
- Praise the child's **behaviour** instead of traits (i.e., for a child receiving a good grade, praise the hard work instead of intelligence)

Some examples:

General praise might sound something like:

"What a wonderful boy you are!"

Descriptive praise might sound like:

"I love this picture you drew for me. I especially like the many colours you used. They make me feel so happy and cheerful!"

Resource: The Whole Brain Child & No-Drama Discipline By Daniel Siegel and Tina Payne Bryson, raisingchildren.net.au



"You remembered to put your plate in the dishwasher! I'm so proud of you!"

"It was so kind of you to share with your brother and give him a piece of your chocolate when he was feeling sad!"

"When you saw that Jessie couldn't find his crayons you lent him yours. He seemed very grateful that he could use your crayons to finish his homework."

# Activities to try at Home

MNCLHD Got It! Program: 6589 2598



## Craft Time: Making a Strengths Tree

Talking about and celebrating your child's **strengths** is a powerful way to build their self-esteem. The following activity is a creative way you can do this!

Recognising your emotions

Listening well

Helping your sibling

You will need:

- ★ 2 pieces of paper
- ★ Scissors
- ★ Tape or glue

Instructions:

- ★ Explain to your child that a strength is something we are good at, have done or a great quality that has been seen amongst them. Encourage your child to think of what their strengths are, this might be that they are kind or have a good imagination or they like playing sports.
- ★ On one piece of paper, have your child draw a large tree with many branches from it.
- ★ On the second piece of paper, cut out some shapes that resemble leaves.
- ★ Have your child write their strengths on the leaves and stick them on the branches.
- ★ Proudly display your strengths tree to help your child remember all of their wonderful strengths!

TIP: You could keep adding to the strengths tree every week and incorporate a reward system when a certain amount of leaves have been achieved!





Coffs Harbour High School

**YEAR 7 2022  
ORIENTATION DAY  
Friday 3<sup>rd</sup> 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 23<sup>rd</sup> 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

**1<sup>st</sup> day of attendance for Year 7 students  
Tuesday 1<sup>st</sup> 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 2 (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

<b>Class</b>	<b>Student</b>	<b>Presented for:</b>
KL Girriin	Bo Reh	Reading aloud in a loud, clear voice
KG Jiling	Bewar B	Excellent effort with his writing
KW Duna	Sunny V	His attention to detail when completing activities
KM Muluurr	Isabella M	Achieving a writing goal
K/2 H Muluurr	Saya G	Working with her colours on LAMP
1B Jiling	Lochlan B	Your enthusiastic, can-do attitude towards all you do
1D Duna	Malak O	Striving to do her personal best everyday
1F Muluurr	Sarwan A	Working hard with his spelling words
1N Girriin	Wynter E	Always showing kindness to others
2K Jiling	Mila B	Ensuring she meets the success criteria each lesson
2C Duna	Nell F	Always making positive choices
2BM Muluurr	Jayalaani W	Showing how her character feels without naming the emotion

### **Student of The Week - Term 4 Week 3 (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

<b>Class</b>	<b>Student</b>	<b>Presented for:</b>
KL Girriin	Viyan Z	Blending sounds in words to write interesting sentences
KG Jiling	Yorsalem Z	Contributing great ideas to class discussions
KW Duna	Wolfgang W	His creative writing this week
KM Muluurr	Seela H	Her happy and positive attitude
1B Jiling	Emma-Leigh F	A great effort and wonderful engagement in guided reading using expression and tone to read the story
1D Duna	Madeline B	Playing fairly and helping others
1F Muluurr	Mason M	Working hard to make good choices
1N Girriin	Aran A	His outstanding behaviour in the class and playground
2K Jiling	Aydan S	His ability to collaborate in groups with his peers
2C Duna	Bu Meh	Always striving to do her best
2BM Muluurr	Isiah S	Showing how her character feels without naming the emotion

### **Student of the Week - Term 4 Week 2 (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

<b>Class</b>	<b>Student</b>	<b>Presented for:</b>
3SG Muluurr	Hayley S	Being a motivated learner and always trying hard
3NG Jiling	Emily K	Confidently and consistently participating in class discussions
3/4M Muluurr	Achol C	a determined effort to complete set tasks
4R Jiling	Odiel O	Mastering multiplication facts
4H Muluurr	Jasleen K	Being a role model in 4H
5/6H Jiling	Amelia B	Always striving to achieve her best in all subject areas
5/6C Duna	Nadyar K	Always demonstrating courtesy and honour in everything he does
5/6S Muluurr	Millie H	Being full of positivity this week
5/6 MW Ngarrany	Gurtej S	Always having a positive attitude in class
5/6A Girriin	Requester U	An excellent effort in Mathematics
3/6JF Duna	Ied Z	Improvement in all areas
1/6M Muluurr	Isaac R	Communicating effectively using Key Word Sign

### **Student of The Week - Term 4 Week 3 (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

<b>Class</b>	<b>Student</b>	<b>Presented for:</b>
3SG Muluurr	Billy C	Sharing his thinking during our fractions and decimals lesson
3NG Jiling	Lovepreet L	Showing dedication to daily multiplication challenges .
3/4M Muluurr	Ronan M	A determined effort to complete set tasks
4R Jiling	Athur O	Expressive, engaging newspaper article writing .
4H Muluurr	Rykah S	Always striving to improve in his learning
5/6H Jiling	Jhou Pei Ni	Her consistent improvement in maths
5/6C Duna	Zeke M	Demonstrating an improved level of effort in completing his work
5/6S Muluurr	Marlo W	A consistent, positive attitude and application to school work
5/6 MW Ngarrany	Tegan O	A positive attitude towards learning
5/6A Girriin	Elizabeth Y	An excellent effort in all areas
1/6M Muluurr	Sherry B	Fantastic work in communicating his needs and wants



# Coffs Harbour Public School 2021 Term 4 Calendar



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6	8/11	09/11	10/11	11/11	12/11 Kinder Transition 9:15am—10:30am
7	15/11	16/11	17/11	18/11	19/11 Kinder Transition 9:15am—10:30am
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	8/12	9/12	10/12
11	13/12 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)