



# Coopernook Public School

# NEWSLETTER

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Issue 31 Term 4 Week 2

Thursday 19<sup>th</sup> Oct 2017

## DEAR PARENTS/CARERS

Well it's great to see everyone settled back into the swing of school life. This week we welcomed yet another new student and family to our school, Ben in year 4. This brings our current enrolment number to 58.

### Kindy 2018



It's great to see the kindy enrolments rolling in for 2018. Orientation will be in week 7 this term. If you know of anyone still needing to enrol for next year please get them to contact the school office as soon as possible so we can start shaping our classes for 2018.

### CAMP

I am so excited to be going on camp with years 3 to 6 next week. Important things to remember:



Shorts must be at least mid thigh length  
Sun smart shirts- no singlets  
**NO** electronics (phones ipods etc)  
2 pairs shoes (1 wet activities, 1 for dry)  
+ thongs/crocs for the shower.  
**Bus leaves Monday morning 9AM.**

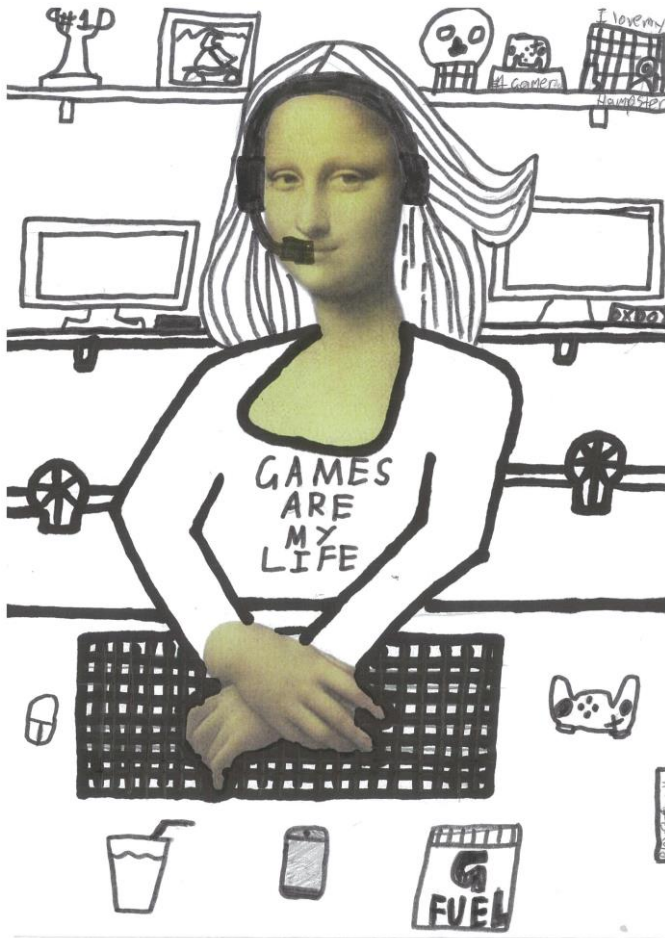
Yours in Education

Tania Gilchrist

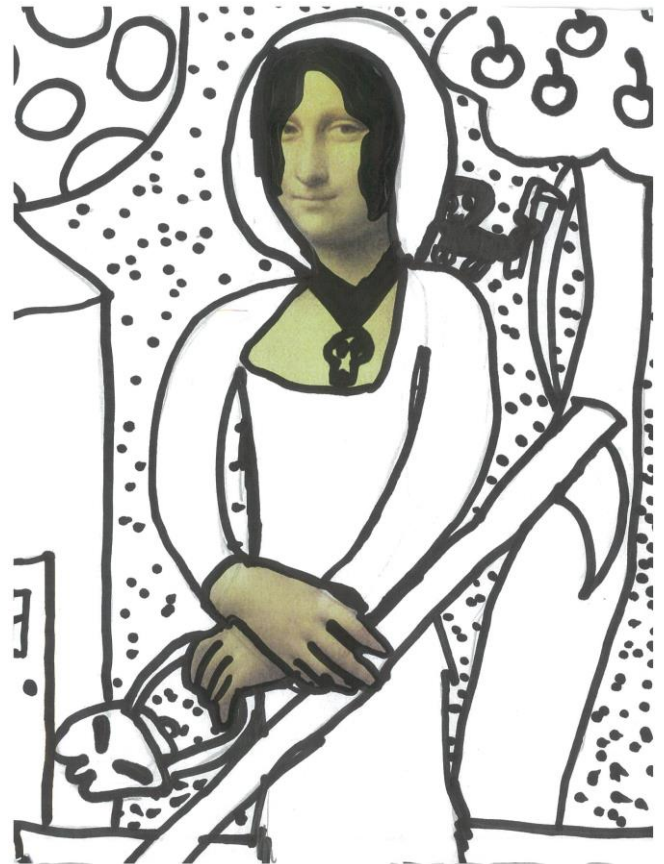
	Term 4
	Week 3
Mon 23rd	Aussie Bush Camp
Tues 24th	Aussie Bush Camp
Wed 25th	Return from Camp
	Week 4
Mon 30th	Intensive swimming starts 
November	Week 5
Mon 6th	Swimming continues
Frid 10th	Swimming Carnival
	Week 6
Frid 17th	Timbertown K-2
	Week 7
Mon 20 <sup>th</sup> - Frid 24th	Kinder Orientation 11.30-1.30
	Week 10
Wed 13th	Presentation Night at the Hall 6.30pm
Frid 15th	End of Term Assembly 2.15pm

## 5-6 Orr Art work

Last week's task was to appropriate Leonardo Da Vinci's *Mona Lisa* by using the element of art - line - to change the clothes and or background to represent the 21st century.



By Colby Gill



By Larissa Turner

## Home Ice Creams on Fridays

Every Friday at second break we have **Home Ice creams** for sale for just \$1. The ice creams can be purchased after lunch has been eaten.

 **Nutrition Snippet**

## The simplest way

...to download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.



Visit <https://tinyurl.com/ycp5a89a> to download.

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

**Eat It To Beat It** 

## P&C News

We are holding a Christmas raffle again this year. We are asking for our normal Christmas donations of non-perishable items if you would like to donate could you please leave the items at the schools office.

Thanks

Amanda Richards

## Attention K/1 parents/ carer's

In class we are looking at our family history and would love to be able to use some baby pictures of both the children and a parent if possible.

If you would be able to send some in that would be greatly appreciated. We will return all photos once we have scanned them

Thank you!



## Attendance

Regular attendance at school is important for students to reach their potential. The school is required to record the reason for **any** absences as a way of ensuring that students are absent from school **only** when they are sick or have another good reason for missing school. **If your child is absent at any time you are required to either phone the school office or alternatively send in a note the following day.**

## Award Presentation Night– Save The Date.

Wednesday the **13<sup>th</sup> of December** has been booked for our Presentation night. We have remained with an evening format to allow as many parents and friends to attend as possible.

The evening will commence at 6.30pm at the Coopernook Hall.

# Community Notices

## **Carols in the Park** **16<sup>th</sup> December, 2017**

**6pm—8.30pm**  
**Coopernook Park**  
**(George Gibson Drive/Ridge Street)**  
 (Between the School of Arts Hall & the  
 Police Station)  
**Bring a picnic tea or buy a SAUSAGE**  
**SIZZLE!**  
**(Brings chairs or rugs to sit on and**  
**personal insect repellent)**



**Taree Concert Band—Solo**  
**Performances**  
**SANTA**

**Christmas message, live tableau, carols**  
**& songs to sing.**  
**Fireworks to end!**



### **Newsletter by email?????**

We already upload the newsletter to our website but also have the capability to email it to you so...

Would you like to receive our weekly newsletter straight to you inbox by email each week?

If so please email the school with your current email address requesting to be added to our email list.

**Email:** [coopernook-p.school@det.nsw.edu.au](mailto:coopernook-p.school@det.nsw.edu.au)



Hi,

My name is Emma Waite and I am a resident of Coopernook. In 2015 I was diagnosed with Heart Disease.

I've committed to walk/run 42.2 km this October as part of the MyMarathon challenge.

I'm going to be very sore and sweaty!

But I need to stay motivated, because as part of my challenge, I'm fundraising to support the Heart Foundation to fight the biggest killer of Australians, heart disease.

Heart disease kills one person every 12 minutes. It's also the leading cause of death for women, accounting for 3 times more deaths than breast cancer.

Will you support me to keep me on track for my 42.2 km challenge?

Please click the link to donate to my fundraising page and read more about my story:  
<https://mymarathon.everydayhero.com/au/emma-waite>

Your donation is tax deductible and you'll receive a receipt via email.

Thank you!

Emma