



Coopernook Public School NEWSLETTER

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Issue 33 Term 4 Week 4

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DEAR PARENTS/CARERS

Intensive Swimming Scheme and Carnival

Swimming school has started with a splash and continues all next week until Thursday 9th November with a swimming carnival to be held on **Friday, 10th November** at Taree Aquatic Centre.

Parents, carers and families are welcome to join us for the swimming carnival on Friday 10th. Don't forget the parents/carers race- so bring your swimmers if you're keen!!!



SAVE THE DATE

Wednesday 13th December 6.30pm – this is the night for our whole school presentation at the Coopernook Hall.

2018 Enrolments

If you know of any families looking to enrol for school 2018 please

encourage them to contact the office for an enrolment package now. 2018 is shaping up to be an excellent year and we are starting to work on forming how our classes and programs will look.



Yours in Education

Tania Gilchrist



News from 5-6O

The Giant Swing Adventure

Swoosh! I pull the rope to make me drop on the Giant Swing. I'm falling through the air, I'm speechless.

It was day two, activity one on the 3-6 Great Aussie Bush Camp. I was harnessing up for the Giant Swing. I was number nine in line so I saw eight other people swing before me.

Earlier, in one of Mrs G's pep talks, she had told us about a boy who didn't harness properly for the Giant Swing and when he swung it landed on his 'bait and tackle.' Apparently he had to go to hospital and get them amputated.

After my fears of Mrs G's talk went away something else scared me, it was that Paige (our instructor) told us all the things that could go wrong if we didn't do everything right.

I pushed away my nerves and got harnessed for the swing. My group pulled me to the top and I pulled the rope to release me. It was amazing! Most of the way I dabbled on those haters as all my friends cheered for me.

Even if you don't want to do something, try and step out of comfort zone and face your fears like I did. It was worth it! If we had time I would have went again and again.

Written by Colby G



Great Aussie Bush Camp!!!

"Anyone want to show the class how to put on a harness?" asked Paige, our camp leader, as I swung my hand up. "Bridie!"

It was day two at the Great Aussie Bush Camp and I was sure that I knew how to put a harness on. We had already been taught how to do it the day before at the Dual Flying Fox; harbour bridge to the front, step through the leg straps, pull around the waist, paper-rock test, and then tighten the leg straps, paper-rock test.

I didn't know by putting the harness on for the demonstration meant I had to go first. I was very nervous about it. At the time I said NO but Mrs G insisted.

Before I knew it, my friends had pulled me up to the top. Paige blew her whistle to tell them to stop and then counted down from three. Three...two...one! I didn't know what to expect and I was very hesitant to pull the rope to release.

I put the fear aside and pulled the rope and swung. All I could hear was my friends yelling out to me, "How was it?" and "Yeah, Bridie."

I was proud to go to the top. I learnt to leave my comfort zone and the importance of encouraging others because that is what helped me so I made sure to do the same for them.

Written by Bridie Wallace

	Term 4
November	Week 5
Mon 6th	Swimming continues
Frid 10th	Swimming Carnival
	Week 6
Frid 17th	Timbertown K-2
	Week 7
Mon 20 th - 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

Week 2 Assembly



Our new member of Parliament Georgia Kenane (Minister for Performing Arts) being sworn into Parliament by our Prime Minister Patrick Gillogly and Deputy PM Bridie Wallace



Sam Yeark, Ella Kenane, Nathan Drury-Erikson and Amelia Gill from K-1 with their Merit Awards



5-6 Orr Merit Awards :- Georgia & Molly Kenane, Colby Gill, Su Bell



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

Community Notices

Carols in the Park

16th 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!



Where your goals are ours

Email: coopernook-p.school@det.nsw.edu.au



SunSmart Snippet

The simplest way

...to be a good role model!

Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

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

