



Coopernook Public School

NEWSLETTER

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Issue 34 Term 4 Week 5

Thursday 9th Nov 2017

DEAR PARENTS/CARERS

Wow week 5 is almost gone and the end of the year is fast approaching.

Congratulations to our Kidpreneur winners. The teams, Calm Farm- Colby, Patrick and Lachlan + Little UpShirts – Bridie, Shtiki, Nicholas and Matilda were notified by email to the school yesterday. This is the 2nd year Coopernook PS has taken out this National competition. We are so proud of all the teams who entered this year.

Friday (tomorrow) 10th Nov is our swimming carnival at Taree YMCA- Aquatic centre. We have booked a bus to pick us up just after 9am and return to school approx. 2.30pm. Parents and families are most welcome to join us at the pool.

Please come prepared for the unpredictable weather with towels, jumpers, change of clothes and sunscreen. You will also need to bring a **packed lunch** as the canteen will **not** be selling hot food and sandwiches, only a selection of drinks and snacks

House colours are to be worn, no coloured hair please as the pool will not allow you to swim if you have coloured spray in your hair

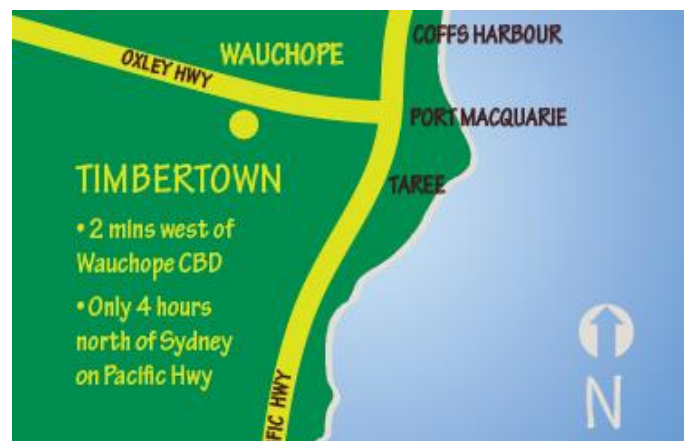


Yours in Education

Tania Gilchrist

Timbertown Excursion

The Timbertown excursion is fast approaching (**next Friday 17th Nov**) and there are still notes and money outstanding. All K-2 students are included in this day. The excursion is by private car but if you need your child to get a lift we have some parents who have offered to provide transport. Please provide a car seat if your child is travelling with another parent



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|-------------------------------------|--|
| | Term 4 |
| November | Week 5 |
| Mon 6th | Swimming continues |
| Frid 10th | Swimming Carnival |
| | Week 6 |
| Tues 14 th | P & C meeting 6pm |
| 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 |

P&C NEWS

Raffle tickets have gone home today. They are \$1 per ticket. Prizes to be advised in the next couple of weeks. Please return all tickets and money to the front office. More tickets available upon request at the front office. We are still accepting donations towards the Christmas Hamper and raffle. If you would like to donate please leave your items at the front office.

SAVE THE DATE

The P&C will be holding a cake stall at the Coopernook Carols by Candlelight, which will be held on Saturday 16th December 2017. We will be asking for cake donations and volunteers closer to this date.



The next P&C meeting will be held on Tuesday 14th November at 6pm.

Thanks

Ashley and Amanda

Ideas for hamper items: non-perishable food items, Milo, coffee, biscuits, tinned fruit, dried fruit, confectionary, Christmas decorations and apparel, Bon-Bons, toys, drinks, puddings, chips, chocolates, jellies, tea-towels, tablecloths, card games, DVDs etc. If you have a lovely gift that could be better utilised in another house why not re-gift it by donating it to the P&C hamper.

There have been some community concerns about our students who ride scooters to and from school. If your child rides to school can you please talk to them about road safety and ensure they are aware of the dangers and responsibilities of being a road user!

Head Lice

There has been a reported case of head lice at the school and we ask that all parents check their child/children's hair.

If you find any eggs or lice please commence treatment using the methods recommended in

information from NSW Health. The facts

- head lice are one of the most commonly reported health complaints from parents and teachers
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via direct contact with the hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Mechanical removal and chemical removal are the two main [options to remove head lice](#).

Safety Reminder

- There is no staff supervision at school prior to 8:30am. Please ensure that your child/ren do not arrive at school before this time.
- If you need to talk with teaching staff or office staff please park your car on Macquarie Street and walk up to the school office. Vehicles on school premises are a safety issue. If you need to drive onto the school site please contact the office beforehand.
- At no time are vehicles to park in the "No Standing" zones either side of the vehicle access driveway. We also request that drivers refrain from using this area for reversing and turning.
- Staff thanks parents/carers for being so vigilant and supportive in escorting students across Macquarie Street when entering and exiting the school both before and after school.

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!**

**(Bring 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!



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


Nutrition Snippet

The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

Here are four easy ways to add more Spring vegies and fruit to your day:

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognese sauce, add canned lentils to your sausage roll mix.
- **Put vegie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

Eat It To Beat It

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.

Please note there will be NO assembly this
week due to the swimming carnival

Library Books

As the end of the school year is fast approaching can all parents and carers please ensure that all library books are returned before the end of week 9.



COOPERNOOK PUBLIC SCHOOL

KINDER 2018 ORIENTATION

Monday 20th Nov – Friday 24th

Nov

11.30am – 1.30pm

Come and spend 2 hours with us getting to know how much fun it is at Coopernook Public School

Please bring a bag, drink bottle, lunch and a hat



Crunch&Sip®

Don't forget to pack Crunch&Sip®!

Crunch on Cauliflower

Want to know a secret? We aren't really a flower at all – we're a bunch of tiny stems! Cauliflower is a member of the brassica or cabbage family. Like our cabbage relatives we contain substances called indoles, which scientists are researching because they may help give protection against some types of cancer. To choose the best of us select firm, compact, creamy-white heads with florets pressed tightly together. A yellow tinge indicates over-maturity. Chop us up raw for school, when its Crunch&Sip® time, we really get loud.

