



# Coopernook Public School

# NEWSLETTER

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Issue 17 Term 2 Week 7

Thursday 14<sup>th</sup> June 2018

## PRINCIPAL'S MESSAGE

### Assessment and reporting

Semester One student reports are well underway. It's that time of year when teachers are busy reviewing students work and assessments so that they can provide parents with information in regard to their child's progress. These will be handed out in the last week of term.

### Warm Clothing

There is a growing pile of warm clothing sitting outside the K/1 room. The clothes that have student's names in them have been handed back and the nameless items are waiting for someone to claim them. If they are not claimed, they will be washed up and donated to an op-shop.

### Electronic Devices

There is no reason for electronic devices from home to be used during school hours. If there is a special reason for bringing a device for after school use, then the device should be dropped into the office first thing in the morning and then collected at the end of the day.

### P & C

Thank you to those parents who attended the meeting on Tuesday. It was great to go along to my first meeting and hear everyone contributing

their ideas to support our students and school. We appreciate all that you do.

Mrs Stewart

Acting Principal

### Week 6 Assembly



5-6 merit awards:- Rylee Fraser, Kayleigh Souter and Kaios Baker....Congratulations!



2-4 Orr Merit awards for Week 6 went to Bradley Neale and Lilly Souter...Great work!



Excellent work K-1 students Jayden Sorensen, Adda Pickford and James Kidd who all received a merit award last week



K-1 have been doing some wonderful craft activities in class, they are very proud of their rainbow fish which you will be able to see hanging up in the classroom very soon!

|           | Term 2 2018  |
|-----------|--|
|           | Week 8   |
| Tues 19th | Childrens Uni Excursion in Taree<br>Bus leaves school 8.45am return 2.30pm |
| Frid 22nd | District Athletics carnival<br>Assembly 2.10pm                             |
|           | Term 3   |
| July      | Week 1   |
| Sat 28th  | P&C Bunnings BBQ   |

## 2-4 Orr News

The Worst Day by Ella Kenane

### Chapter 1

**This** is the **WORST** day of my life. I wish I could go home.

### Chapter 2

I woke up on Monday and when I realised it was a school day I said, "Oh no!"

That was only the start...

### Chapter 3

While I was walking to school, I ran into a tree and my hair got messy. As I walked on, I couldn't believe my eyes. There was a car crash. I was looking at pieces of glass all over the road from the car's window. Luckily, no one was hurt.

### Chapter 4

At crunch and sip time, I went to get my fruit but couldn't because I must have left my lunch at home. I sighed as I looked at everyone else who had there's.

### Chapter 5

We had just go to class after second break when the alarm went off for an evacuation. Over the loud speaker, Mrs Clare said, "There is a bushfire starting." My class lined up and followed our teacher to a safe place. ***This day just keeps on getting worse!***

Firefighters came and used the hoses attached to the fire truck to put out the fire.

### Chapter 6

My day might have been horrible but at least I'm alive. I wont complain about the small things so much from now on!

By Ella Kenane



## P&C NEWS

### Cookie Dough Fundraiser



**FINAL REMINDER** All orders MUST be returned by tomorrow, 15th June. Delivery of orders will be approximately 3 weeks later.

### UNIFORMS

As of Monday next week, 18th June there will be a slight increase in price for our Polo Shirts and Jumpers, they will now be **\$22 each**. This is to cover our costs of ordering.

### BUNNINGS BBQ



We have an upcoming Bunnings BBQ booked in for Saturday 28th July, this event is one of our biggest fundraisers and we will be asking for possible volunteers to help on the day. If you are able to kindly donate your time please let a P&C member know what time you are available. Any help would be greatly appreciated.

Our next P&C meeting will be 14th August, all welcome.

Thank you  
Emma Brown - Secretary

## Congratulations !!



We're very proud of Blake Hatch and Matilda Ashcroft who represented Coopersnook in the Small Schools Public Speaking Competition on Tuesday 🍌 Congratulations to you both 🍌

### **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 your 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)

### Tips to help children drink more tap water

- 💧 Offer water when children are thirsty.
- 💧 Have a jug of water on the table at mealtimes.
- 💧 Keep cold water in the fridge at all times, especially on hot days.
- 💧 In summer, freeze sliced fruit in ice blocks and add to a cup of water.
- 💧 Freeze half a water bottle for child care (the night before) and fill the remainder with cold water before leaving. Children will have a refreshing water bottle every day!
- 💧 Give your child a water bottle when they are involved in active play or sport.
- 💧 Remember to take a filled water bottle when you go out.
- 💧 Avoid having fruit juice in the house; if children don't see it, they are less likely to want it.
- 💧 Drink more water yourself - you're the best role model!
- 💧 Children who are refused fruit juice will not become dehydrated. When your child is thirsty, only offer water.

### Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks should be avoided, and only consumed on special occasions and in small amounts. These drinks contain lots of sugar (between 4 to 6 teaspoons of sugar in every 250ml cup) and often also contain artificial colourings and flavourings as well as caffeine. Too much of these drinks can lead to weight gain and tooth decay. They are also expensive and add unnecessary cost to the weekly food budget.



### Healthy hot chip recipe

Children love hot chips! But did you know that 8 to 12 hot chips have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato with a light spray of oil which has less than ¼ teaspoon of fat and 400 kJ. Here is a quick, easy and delicious way to make healthier, hot chips that the whole family will enjoy.

#### *Ingredients*

- 2 large potatoes cut into chips or wedges with the skin on (use Red Rascal variety or other variety that is good for baking)
- 1 teaspoons canola or olive oil
- 1/2 teaspoon salt

#### *Method*

1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty potatoes onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

