



# Coopernook Public School

# NEWSLETTER

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Issue 31 Term 4 Week 1

Thursday 18<sup>th</sup> Oct 2018

## Principals Message

### Excursion Money Now Due

All excursion money is now due- year 3 to 6 Sydney camp and the K-2 cofts harbour excursion. Please pay any final monies ASAP.

### Children's University Graduation

Thursday Novemebr 8<sup>th</sup> leaving the school at 2.30pm.

**Please return notes tomorrow**-so we can allocate coach seating- at this stage we have room for one adult per child (and yes they must have a family adult accompany them). I am however starting a waiting list if you would like to nominate for extra seats- adults who wish to go.

You **cannot** arrive by car- all graduates and family members must arrive by designated coach so please let me know if you have extra family members who wish to attend and we will try our best to fit them on a coach.

Please see me if you have any questions.

### Welcome back Mrs Ryan

Tomorrow Mrs Ryan (Miss Orr) arrives back at work after leave to get married. Congratulations Mr and Mrs Ryan.

Yours In Education

Tania Gilchrist



## 2-4 Ryan with Mr Clare

As you may know, last term Miss Orr's (Mrs Ryan's) Yr 2-4 class learned about Aboriginal society, customs and culture before the coming of Europeans.

During this unit of work, students discussed and investigated the earliest known inhabitants (Mungo Man), the concept of Aboriginal nations and looked at Aboriginal totems. We also covered such topics as The Dreaming aboriginal spiritual beliefs, tools and art.

Yesterday, students were placed in groups and handed newspaper, cardboard boxes and masking tape. Their task was to construct a shelter in Aboriginal style using role-play. As you can see from these photos, our students really got into the concept with enthusiasm and adopted a tribal name and a totem which represented their group. Students even brought in leaves and stones for campfires!





## Marine Magic and The Butterfly House excursion

**When: Wednesday 31<sup>st</sup> October WEEK 3**

Cost: \$33 per student( includes lunch and morning tea for students) and \$33 for 1 accompanying adult (Adults will need to bring their own lunch or purchase at the Marine park)

Please return all notes and money by FRIDAY 26<sup>th</sup> October to secure your child's place. This is an excursion for all K-2 students so if your child is not attending they will be placed in either the 3-4 or 5-6 class for the day! We have EFTPOS facilities at the office and are happy to take phone payments





## End of Term Assembly



### Merit Awards for the End of Term Assembly went to:-

K-1 S- Arley Miller, Adda Pickford and James Kidd

2-4Orr – Mya Nguyen, Adam Turner, Bradley Neale and Karla Baker

5-6G- Blake Hatch, Wisdom Willis and Nicola Mayes

Principals awards – Aston Crawford, Rylee Fraser, India Robertson, Jack Ashcroft and Matilda Ashcroft



**Good for Kids good for life**

# CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

## HOW MUCH SUGAR IS IN THAT DRINK?

**BEST CHOICE** (No sugar) Water

**GOOD FOR STRONG BONES & TEETH** (No added sugar) Plain milk

**NOT EVERY DAY (LIMIT TO 1 CUP)** Cordial, 100% Fruit, Energy drink, Fruit 'drink', Flavoured milk, Sports drink, Soft drink, Soft drink

**AVOID/LIMIT THESE HIGH SUGAR DRINKS**

## TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle of water when you go out
- Pack water with your child's lunch
- Encourage your child to drink water when they play sports
- Limit buying sugar sweetened drinks

## HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years: 6 x small glasses = 1.5 litres

6-12 years: 8 x small glasses = 2 litres

Source: Western Sydney Local Health District

NSW GOVERNMENT

PHONE 49246499

Whizzy the Waterdrop dropped in on Monday for a chat and to tell us all about Water!!



	Term 4
<b>October</b>	<b>Week 3</b>
<b>Wed 31st</b>	<b>K-2 Coffs Harbour excursion Marine Magic and The Butterfly House</b>
<b>Nov</b>	<b>Week 4</b>
<b>Mon 5th- Fri 9th</b>	<b>Intensive Swimming</b>
<b>Thurs 8th</b>	<b>CU Newcastle Graduation 2.30pm from Coopernook</b>
	<b>Week 5</b>
<b>Mon 12th- Fri 16th</b>	<b>Intensive Swimming + Carnival</b>
	<b>Week 6</b>
<b>Mon 19th- Wed 21st</b>	<b>Yr 3-6 Camp to Sydney</b>
<b>December</b>	<b>Week 9</b>
<b>Wed 12th</b>	<b>Save the date!!! End of Year Presentation</b>