

Coopernook Public School

NEWSLETTER



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Issue 27 Term 4 Week 1

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Principals Message

Welcome to Term 4. We have a jam packed program this term with lots of varied learning opportunities for our students.

Please check the What's On to keep up with the latest dates and happenings.

Year 2-3 Orientation.

Next week is Kindy orientation which will run for 4 days Monday to Thursday in the middle session. During this time all year 2 students will join myself and Mrs Ryan in the big class to have their own 'orientation' to what it is like in our room. We anticipate exciting days and hope that this will alleviate any anxiety about moving to a new class.

Nude Food Day

In years 3 to 6 we are studying a cross KLA topic with English and Science about sustainability. We are focusing on plastics- and in particular single use plastics. Next Wednesday we will participate in Nude Food Day and we encourage all students Kinder to 6 and staff to reduce the amount of plastic used to wrap and package foods in their lunchboxes. Simply put your sandwich in your lunchbox without wrapping or plastic bagging it. Think about bringing some strawberries and carrot sticks in a container instead of in plastic bags. Try to reduce the number of prepackaged snacks. Some students are vowing to try it all week!

Yours in Education
Tania Gilchrist



Kindergarten Orientation

Kindergarten Orientation is next week starting on Monday 21 October between 11.30am and 1.30pm. The children will be here for four days, Monday until Thursday.

They will need to bring a water bottle, hat, closed in shoes and something to eat in a lunch box for the end of the session.

They are asked to wear their yellow big school shirts, if you do not have one yet please come into the office on arrival.

WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✓ TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

✗ TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips



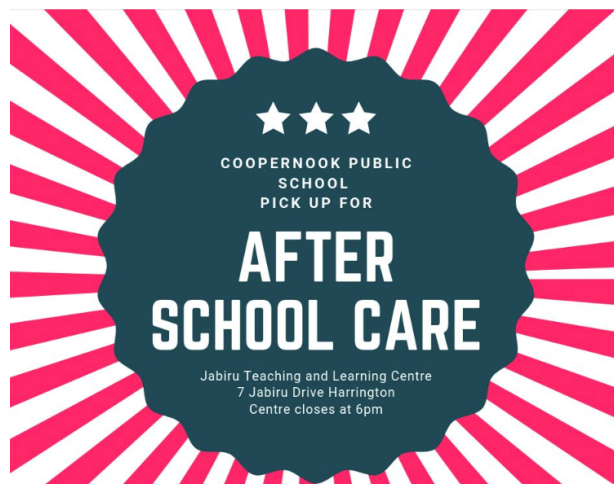
What's on at CPS

	Term 4
October	Week 2
Mon 21 – Thurs 24	Kindy Orientation
November	Week 3
Frid 1st	K-2 excursion Billabong Zoo
	Week 4
Mon 4 th – Frid 15 th	School Swimming Scheme – weeks 4 & 5
Tues 5 th	Childrens University
Frid 6 th	P&C Meeting
	Week 5
Mon 4 th – Frid 15 th	School Swimming Scheme – weeks 4 & 5
Frid 15 th	Swimming Carnival
	Week 6
Wed 20 th – Frid 22 nd	3-6 excursion Aussie Bush Camp
	Week 7
Wed 27 th	Derby Day
December	Week 9
Thurs 12	Cooperbrook PS Presentation Night
	Week 10
Wed 18 th	Last day of school for students

5 weeks and counting until Great Aussie Bush camp

Thank you to those parents who have started paying off the Aussie Bush Camp excursion. Payments are to be completed by 30th October 2019

Term 4 2019 we will begin an after school care collection from Cooperbrook Public School. Children will need to be enrolled to attend. Child Care Subsidy is available for all eligible families. For more information or to enrol please contact Jo via "send message" or call her on 0419 263 635.



Send Message



P&C News

- UPCOMING EVENTS -

NEXT MEETING

The P&C hold a meeting on the second Tuesday of every month, sometimes these dates do need to be changed, date's and time's will always be added to newsletters.

Next meeting will be the **6th November at 6PM**. For those who aren't aware, meetings are held in "the tank" room next to office. Driving up the drive way and parking on the field is permitted for meetings. If you would like to be on the email list to be able to read the monthly P&C meeting minutes, please email

cooperbrookpandc@outlook.com



MOORLAND SOCCER GALA
DAY

