



Coopernook Public School

NEWSLETTER

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Issue 3 Term 1 Week 4

Thursday 21st February 2019

Principals Message

3 Way Conferences

Our 3 way conferences are on next Thursday 28th Feb and Friday 1st March. This is a great way for the teachers to catch up with all our families and discuss the progress of our students. We will be looking forward to these valuable conversations. If you haven't already done so, please indicate when you are able to attend.



New Families

It was wonderful to welcome 2 new families to our school community this week. We welcome Charlee Smith who is in Year 2, and we also welcome back to CPS Jarvis Gray who is also in Year 2. We look forward to working with you and your children.

School Cross Country

The students have been eagerly training each week for the upcoming Cross Country on Friday of Week 6. We will be starting at 9.30am. It has been exciting to see the enthusiasm and dedication to their training. All students will be involved and parents are most

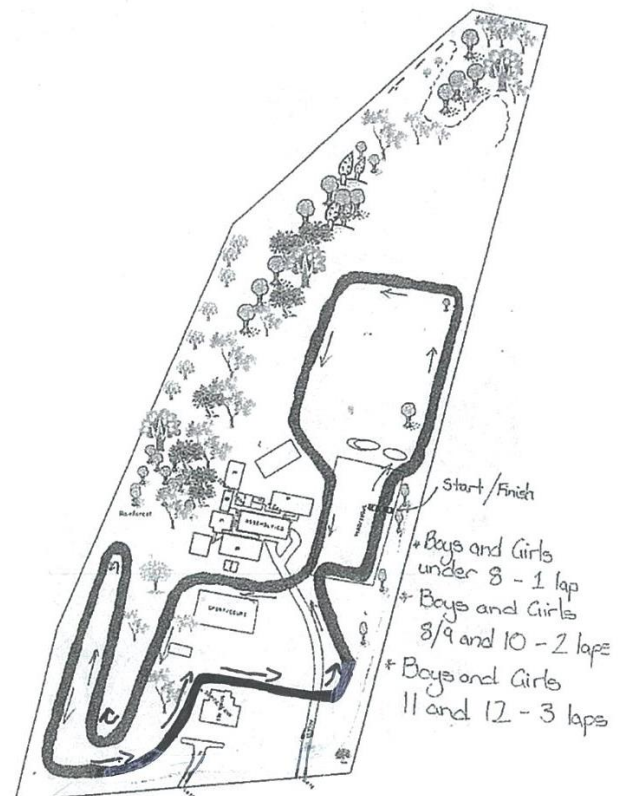
welcome to attend. Hopefully this year, we will have a nice day to run it.

Yours In Education

Tania Gilchrist



Map of the Cross Country Course



3-6GR Clay Masks

3-6GR were working with clay this week. They are using 3 different mediums to produce a series of linked artworks. These artworks will be displayed at the end of the term in our art show.



Thank you 😊

Gill family for the donated watermelon we all enjoyed today!



Healthy Eating Tips

Vitamins & minerals



Vitamin means 'vital for life'. Vitamins and minerals are compounds necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see properly, to make bones, muscles, skin and organs, as well as to help us battle infections. Deficiencies in certain vitamins and minerals can lead to serious problems. The best way to ensure your child receives enough vitamins and minerals for normal growth and development is to provide a wide variety of fresh foods from the **five food groups** including **whole grain breads and cereals, vegetables, fruit, meat, fish, poultry, eggs, nuts and legumes**, and **dairy products** such as milk, cheese and yoghurt.

Assemblies are held every 2nd Friday in the 3-6 Classroom.


**Next Assembly is TOMORROW
Friday 22nd Feb at 2-10pm**

Everyone welcome!!

Absences

If your child is absent from school for any reason for any length of time it is a legal requirement that the school be notified with a reason for the absence. This can be either a phone call to the office or a note sent in the following day. Alternatively you could send an email to the schools email address:-

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

Feb	Term 1 2019
	Week 4
Frid 22nd	Kinder Photo for Times Assembly 2-10pm 3-6 Classroom
	Week 5
Mon 25th	Tennis
Thurs 28th	3 Way Conferences
Frid 1 st	3 Way Conferences
March	Week 6
Mon 4th	Tennis at Kendall ☺
Frid 8th	School Cross Country @9.30am 
	Week 7
Mon 11th	Leaders Conf in Sydney Matilda and Nicola with Mrs G
	Week 8
Mon 18th	Mrs Clare @ Training in Sydney
Thurs 21st	Harmony Day
Frid 22nd	District Cross Country

P&C NEWS

ANNUAL GENERAL MEETING

This years AGM will be held on 12th March at 6PM.

All positions will be open, everyone is welcome.

Please come along and see how things are run and help out our school.

BUNNINGS BBQ

We have a Bunnings BBQ day booked in for Sunday 10th March.

We are in need of volunteers for the day.

P&C members will also be asking parents at school pick up for helpers.

Thankyou

Emma Brown - Secretary

Ice Cream Day – Friday



Home ice creams will be for sale again this year on **FRIDAYS at lunch time**. Still only \$1 with lots to choose from. Bring your \$1 along and listen out for the ice cream call at the MPR