

Coopernook Public School



NEWSLETTER

Principal- Tania Gilchrist

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Issue 16 Term 2 Week 7

Thursday 13th June 2019

Principals Message

ATHLETICS CARNIVAL MONDAY

Next Monday 17th June the whole school will be travelling to Taree Rec Ground to compete in the small schools district athletics carnival.

WARNING WARNING- the bus leaves school at 8.40am sharp so students need to be here at 8.30am if they are catching the bus.

All staff will be attending the carnival so no one will be onsite after 8.40am- if you are running late for any reason and miss the bus, you will need to transport your child to the Taree Rec Ground.



Yours in Education
Tania Gilchrist

Students 8 years and above will compete in the following events:- long jump, shot put and various running races. **Due** to large numbers in the junior division (8/9/10 year olds) all schools have been asked to run a qualifying long jump and shot put at school to nominate 6 girls and 6 boys. This has been conducted during regular class fitness and sport time.

Students under 8 years will compete in:- 100m running races and a series of novelty events.

Please remember-the age your child turns this year determines their age group.

Date: Monday, 17th June, 2019

Cost: PSSA student levy **\$5.00** per student (paid at the school office)

Venue: Taree Sport and Recreation Field

Time: If transporting your child by **car** arrive by 9am- 9:15am start with the march past.

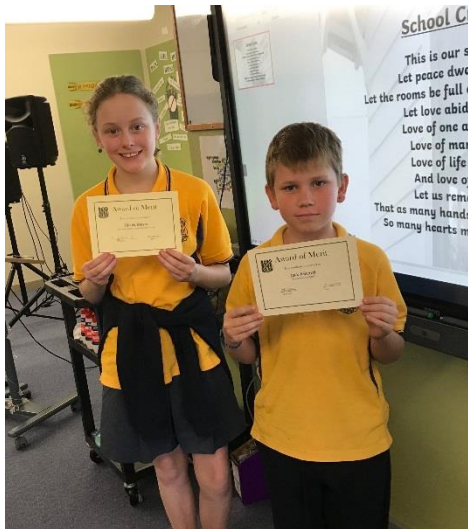
If travelling by Bus: arrive at school 8.30 as bus leaves school at 8.40am sharp.

Clothing: School uniform- gold polo, school hat.

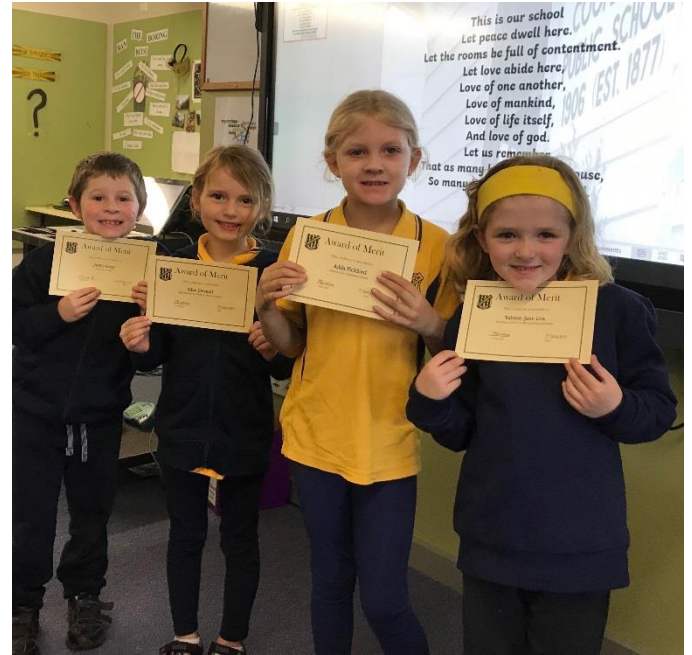
Food: A canteen order form went home on Tuesday which was due back today for those wishing to order lunch otherwise please bring a packed lunch from home.



Week 6 Assembly



Nicola Mayes and Jack Ashcroft from 3-6GR received Merit awards at last Friday's assembly



Jarvis Gray, Eden Darnell, Adda Pickford and Tahnee-Jane Cox were happy little Merit award recipients at Friday's assembly 😊

MAY	Term 2
	Week 8
Mon 17th June	Athletics Carnival Taree Rec Ground K-6. Bus leaves Coopernook school 8.40am.
Friday 21st	Assembly 2-10pm
	Week 9
Tuesday 25 th June	Children's University Family Excursion Taree
	Mrs Gilchrist at Principals Meeting Port Macquarie.
July	Week 10
Friday 5th	End of Term Assembly 2-10pm

**Lansdowne Public School P&C
Movie Premiere fundraising event**

Tickets:
 ■ Adults \$17
 ■ Concession (pensioners and high school students) \$15
 ■ Children (under 12yrs) \$13

Finger foods and drinks from 5:30pm



**Thursday 20th June 2019 6:15pm
Fay's Twin Cinema Taree**

Tickets available from Lansdowne Public School 65567147

PIC•COLLAGE

Gumboats By The Sea, Proudly Presents...

Soul Fest

MUSIC | MARKETS | FOOD | FUN

SATURDAY JUNE 22ND 2019 1-5PM
SCHOOL OF ARTS HALL
COOPERNOOK



For more details Contact:
Kate Darnell
kate@gumboatsbythesea.com

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.



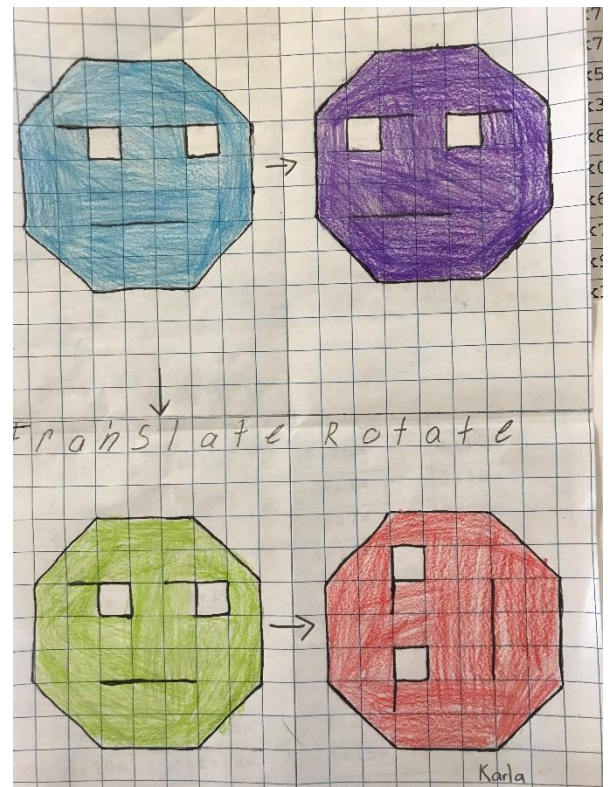
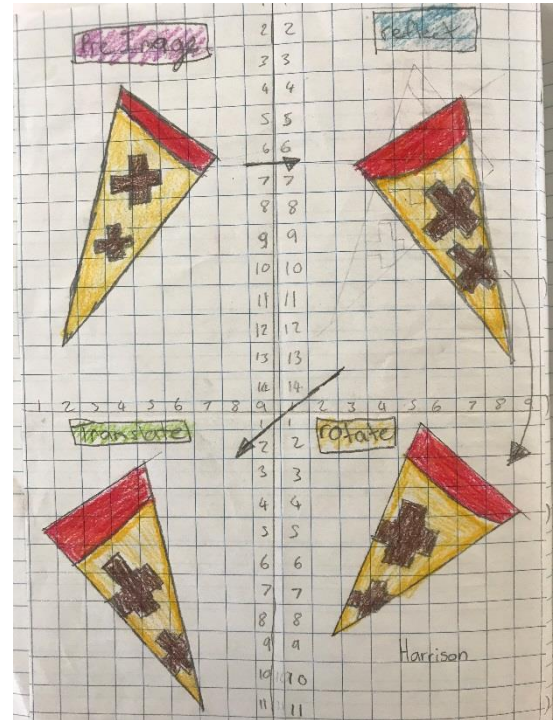
Student Emergency Contact Information

It is vitally important that the school be able to contact parents and/or carers in the event of an emergency. If you have changed your address, phone details or emergency contact name/numbers please let the school office know as soon as possible so changes can be made.

Coopernook Website

Please take some time to have a look at our website: www.coopernook-p.schools.nsw.edu.au. Our newsletter is put on the website every Thursday afternoon.

3-6GR have been working on 2D shapes in class this week



Chatham High School

Time for a clean out ?
Car spots \$10
Enquiries
Jodie Bird
0408543287

• Coffee and Cake
• Sausage Sizzle
• Live Music

CAR BOOT SALE

Saturday, June 15th
8am – 3pm
Enter via Bushland Drive, Taree

• Shelving
• Desks
• Chairs
• Excess Furniture