

Coopernook Public School



NEWSLETTER

Principal- Tania Gilchrist

Macquarie St, Coopernook, NSW 2426
Phone: 6556 3162 Fax: 6556 3367

Website: www.coopernook-p.schools.nsw.edu.au
Email: coopernook-p.school@det.nsw.edu.au

Issue 26 Term 3 Week 10

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Principals Message

Term 4

Term 4 begins Monday 14th October- all students and staff return this day.

Thank you to everyone for a wonderful term 3.

I hope everyone has a safe and happy holiday break.

Yours in Education
Tania Gilchrist

What's on at CPS

	Term 3
September	Week 10
Frid 27 th	1pm Free Family BBQ by P&C 2pm End of Term Assembly
	Term 4
October	Week 1
Mon 14 th	Student return
November	Week 4
Tues 5 th	Childrens University
Frid 6 th	P&C Meeting

7 weeks and counting until Great Aussie Bush camp

Thank you to those parents who have started paying off the Aussie Bush Camp excursion- we are happy for payments of any size to be sent in.

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 coopernookpandc@outlook.com

Magnificent Jellyfish

On hot days in Northern Australia, people find shade under trees, sunbakers sprawl on the sand, children build sandcastles and the water is crowded with swimmers. Everything is always sunshine and ice-cream, that is until an unsuspected swimmer gets stung by 3 meter long tentacles belonging to one of the most dangerous jellyfish, the Sea Wasp (Box Jellyfish).

Although, a Sea Wasp sting causes difficulty breathing and swallowing, and unbearable pain in the chest, they shouldn't be villainized. The thing is, they don't have a brain or central nervous system. What they do have is a very basic set of nerves. Their movement is limited and mainly depends on ocean and current to drift. When a Sea Wasp stings, it is to capture its prey, other times it uses it as a defence. If someone came into your home, wouldn't you react the same?

Sea Wasps aren't like Mudskippers! Sea Wasps breathe by taking in oxygen from the sea water through its skin, so as soon as it's on dry land it can no longer live. Mudskippers are carnivores (meat eaters). Their diet is based on insects, crustaceans, small fish and worms. Unlike other fish, Mudskippers are able to survive on solid ground, during low tide. They breathe using their gills, mucous membranes of the throat and mouth.

Unfortunately, because the human victims of Sea Wasps have been known to go into shock and drown or die of heart failure before even reaching shore, they don't make the best pets. Luckily, Moon Jellyfish do! According to Jellyfish Art, 'Their mesmerizing forms and soothing movement create living works of art.' You can keep them in a jellyfish aquarium shaped as a cylinder which mimics the water flow pattern observed in their natural habitat.



Sea Wasps are unique creatures, from their mouth being in the centre of their body like an octopus, to their transparent colour. They are sadly misunderstood and should be treated with the same respect as a cat.

By Aston Crawford

PANDAS

Have you ever seen a panda communicating using Chinese sign language? I haven't, but apparently it is easier for them to learn than other languages.

Wang Wang and Funi are the ONLY two Giant Pandas in Australia. Unfortunately, we don't have cool damp bamboo forests like in Sichuan, China, so Panda's wouldn't be able to live wild and free here. If you haven't seen them already, you should hurry to the Adelaide Zoo before we have to give them back to China.

When pandas are babies, they have soft gray fur. As they grow up, they develop black and white fur which helps them hide in the snow.

Humans have the biggest impact on Panda's habitats and as a result, pandas are an endangered species. There are only about 1,600 of them living in the wild! But luckily, thanks to China's efforts, they are slowly increasing again.



Pandas are a great example of how we can successfully help wildlife because their population is slowly increasing. So you can make a difference! "Life is better with a panda"- Hilmar Opitz.

By Sophie Pickford

Choose water as a drink

Tap water is not only thirst quenching, but it also contains fluoride which helps make teeth stronger. Water is:



- cheap
- readily available
- a thirst quencher without any kilojoules or sugar
- essential for the optimal function of the body

Toddlers need around 1 litre of fluid a day and preschoolers around 1.2 litres each day to stay hydrated (more in hot weather). Most children enjoy drinking water if they get into the habit from an early age. Make water 'the norm' in your household by always having water available for children and drinking plenty of water yourself.

What about fruit juice?

Fruit juice shouldn't be included as a regular part of children's fluid intake.

While fruit juice is a good source of vitamin C, children can get all the vitamin C they need by eating fruits and vegetables such as oranges, tomato, capsicum, strawberries and rockmelon. Eating the whole fruit rather than drinking the juice means children get more fibre and other nutrients as well as being more filling.



Children who fill up on fruit juice between meals often aren't very hungry at meal time and can miss out on the important nutrients that meals provide. Fruit juice also contributes to tooth decay because of the sugar content and the acidity of juice and can cause diarrhoea if consumed in excessive amounts.

So make sure you limit the amount of juice your child is having. If you do buy juice, go for 100% fruit juice and limit it to no more than half a glass per day and dilute the juice 50:50 with water.

Milk

Milk is a healthy option for children as it is a great source of protein and calcium, which help to build strong bones and teeth. Children need at least 6 'child' serves of calcium rich foods a day. A serve equals a half

glass of milk (100ml) or a 20g slice of cheese or a mini tub of yoghurt (100g).

Babies and young toddlers should drink full cream milk because they need the energy (kilojoules) it provides, whereas children over 2 years of age should drink reduced fat milk (around 1.4 – 2% fat) as they are now eating a greater variety of foods that can meet their energy needs. Reduced fat milk contains less fat and kilojoules than full fat milk but the same amount of protein, calcium and vitamin D.

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.



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.