

Coopernook Public School



NEWSLETTER

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Issue 24 Term 3 Week 9

Thursday 19 September 2019

Principals Message

Child Protection

This week and next week students in years 3 to 6 will be completing their child protection lessons. These lessons assist our students to recognise dangerous situations and give them strategies to stay safe. Please take the time to talk to your child/children about these lessons to reinforce with them the key points. If you have any questions please do not hesitate to come and see me.

Road Safety

If you park across the road for drop off or pick up please get out of the car and collect your child to assist them in crossing the road safely. Please be aware that it is ILLEGAL and dangerous to do a u-turn in front of the school as it is double unbroken lines. Please go around the block for the safety of everyone and to save yourself an expensive infringement notice from the police.

Soccer Tomorrow

I look forward to catching up with many of you at soccer tomorrow. Please remember to have your child wear long football style socks. If they own shin pads please bring them along- the school will have some for loan for those who don't have any.

Yours in Education

Tania Gilchrist

What's on at CPS

	Term 3
September	Week 9
Frid 20th	Moorland Soccer Gala Day K-6
	Week 10
Frid 27 th	1pm Free Family BBQ by P&C 2pm End of Term Assembly
	Term 4
October	Week 1
Mon 14th	Student return

Naplan – Year 5 & Year 3

Naplan results are being sent home with Year 5 and Year 3 students today.

8 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.

As I stood, watching hundreds of different coloured birds flying above me, from branch to branch, tree to tree, I started to wonder how many types of bird species there are and do Parakeets get along with other birds? And what is the biggest flyable bird in the world compared to the smallest flightless bird? The birds soulful singing and melodious chirping wraps me like a warm hug.

According to the American Museum of Natural History, ‘there are about 18,000 bird species in the world—nearly twice as many as previously thought’. That is more than I imagined! You can join a bird club or other organisations to learn more about them and contribute to protecting birds.

Experts recommend not keeping two birds a different size because they will not get along very well. Luckily, Parakeets and there similar sized cousins Cockatiels do not have this problem.

The biggest flyable bird in the world is a Southern Royal Albatross. Its wingspan is 2.9-3.3m of a large adult. The smallest flightless bird is Inaccessible Island Rail. Its length is 12.5cm and its weight is 34.7 grams. There are about 34 types of flightless birds and there are 10,000 types of flyable birds.

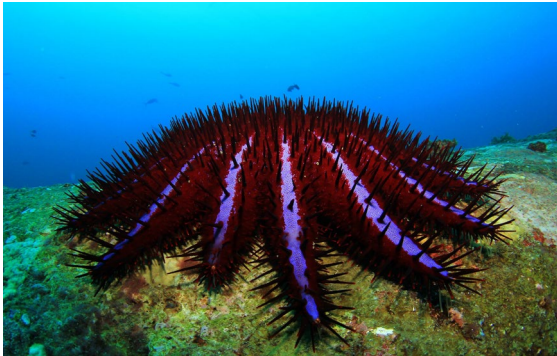
As the birds kept flying above me, one landed near my feet. I bent down to have a closer look and remember that I had a few berries left in my bag. I held one out to the bird who looked at the berries curiously. After biting my hand and taking a berry, it flew back to the tree it came from.



this is a rosella

CROWN-OF-THORN STARFISH

Comp! Comp! Comp! Imagine waking up to a Crown-of-thorn Starfish eating your front door! And continuing until there's nothing left of you! Imagine that! Well that's what most of the great Barrier Reef is going through at the moment. It is caused by a mass outbreak of killer Crown-of-thorn Starfish eating away at the coral until it's bare as a brown bears backside. Join me on an unforgettable journey to discover the threats and problems caused by Crown-of-thorn Starfish, as well as a few funky facts to make your jaw drop!



The frequency and severity of coral death outbreaks have risen by 42% from 1985 to 2015 and half the coral from the Great Barrier Reef has fallen to the mouths of these puny pests. 48% due to major flooding events and a reduction of natural predators and 10% due to the increase of temperature throughout the oceans.

Crown-of-thorn Starfish can only communicate in the ocean. They do this by sending tiny signals into the water, which are picked up by a nearby starfish.

The Crown-of-thorn Starfish reproduce by spawning, in which males and females release their gametes into the seawater where fertilization occurs. A single pair can potentially produce 4 - 50 million eggs at a time!

When the Crown-of-thorn Starfish are on land they will die like most sea creatures but unlike some other starfish. Injecting sodium bisulphate into the starfish is the most efficient measure in practice used to kill them. Sodium bisulphate is fatal to crown of thorn starfish but fails to harm the surrounding reefs and animals. Divers are killing Crown-of-thorn Starfish at a rate of 120 an hour per diver, which makes a small impact but this is nowhere near the amount needed to make a visible change.

As George Shaw says: "Progress is impossible without change, and those who cannot change their minds cannot change anything." So please come down to lend us a hand today if you really care for the coral reefs and the devastating impact the crown of thorn starfish have made.

By Jasper Hardy

Healthy snack food ideas

Children need snacks as they have small stomachs and get hungry between meals. Snacks need to provide energy (kilojoules) and a range of other nutrients that children need for their growing bodies. If children are regularly given snacks that contain lots of energy and sugar but few other nutrients (eg. cakes, confectionery, sweet biscuits, energy bars, crisps, soft drinks) they will miss out on the vital nutrients they need for growth and development. So keep these foods for special occasions only.

By providing healthy snacks for children every day, you will set them up with good eating habits now and into the future. There are lots of healthy and delicious everyday snacks to choose from. Here are some ideas:

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- ✓ fruit loaf
- ✓ plain popcorn
- ✓ plain or fruit yoghurt
- ✓ cheese and crackers
- ✓ a piece of fresh fruit
- ✓ a can or tub of fruit in juice NOT syrup
- ✓ reduced fat cheese cubes
- ✓ wholemeal biscuits or crackers
- ✓ vegetable sticks and dip or salsa
- ✓ corn or rice cakes with or without spreads
- ✓ raw veggies: baby tomatoes (ensure any raw veggies are not choking hazards)
- ✓ salad cup
- ✓ pikelets
- ✓ cheese scones
- ✓ cheese on toast
- ✓ vegetable soup
- ✓ wholegrain cereal and milk
- ✓ baked beans or tinned spaghetti with toast
- ✓ toasted English muffin with tomato, cheese and pineapple
- ✓ toasted cheese and tomato sandwich
- ✓ Home-made fruit muffins



- ✓ Home-made muesli bars
- ✓ Fruit smoothie

Be sure to provide food that is age-appropriate and meets children's individual needs. Use reduced-fat dairy for children over 2 years of age and wholegrain breads and cereals.

P&C News

- UPCOMING EVENTS -

FREE SAUSAGE SIZZLE SANDWICH

The P&C will be holding an end of term free sausage sizzle sandwich for children and family on **27th September at 1PM**. So please come along and enjoy some lunch on us. End of term assembly is also the same day at 2PM.

FREDDO FROG DRIVE FUNDRAISER

Any chocolates that have not been sold and money are due to be returned by **20th September 2019**.

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