

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 2 Term 1 Week 7

Thursday 12th March, 2020

Principals Message

At this stage, tomorrow's cross country will be going ahead at 9am. If you are worried about your child getting muddy, I would recommend you pack an extra pair of clothes and/shoes for the event.

Please come along next Friday, 20th March to our picnic day. Pack your lunch, a rug or chair, and come and join us from 11.30am -1pm to celebrate Harmony Day. We have beautiful grounds for a picnic and there will be plenty of lawn games on offer for some activity and fun.

At this stage, Mrs G is hoping to be back Week 9. We are all sending her our best wishes.

Congratulations to Karla Baker who made the Manning PSSA Girls Hockey team yesterday. We are all very proud of your efforts!

Acting Principal, Amber Ryan



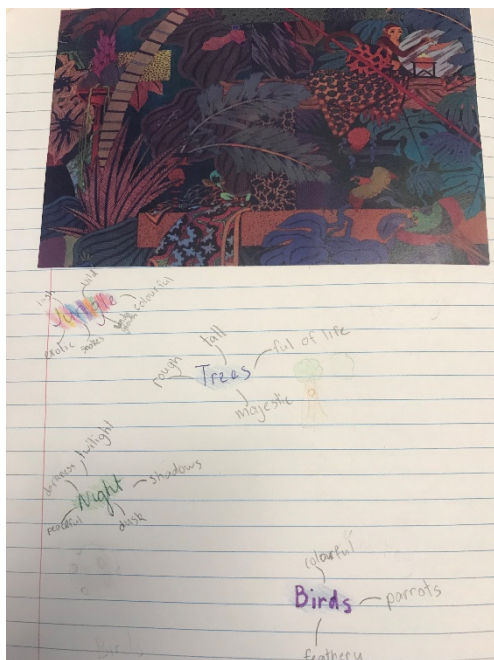
What's on at CPS

	Term 1
March	Week 7
Fri 13 th	Coopernook PS Cross Country - 9am start time
	Week 8
Fri 20 th	Harmony Day Community Picnic
	Week 9
Mon 23 rd	Mrs Ryan will be at a Closed Reading course in Telegraph Point
Fri 27 th	PSSA Cross Country
April	Week 10
Fri 3 rd	End of Term Assembly
	Week 11
Thur 9 th	Last Day of Term 1
Fri 10 th	Good Friday



This week's bead group have been busy making rings during their break times in the tank

3-6 have been working on their Show Don't Tell skills as part of the Seven Steps to Writing Success program. All of the students started with a word splash, which then assisted them in forming a descriptive paragraph.



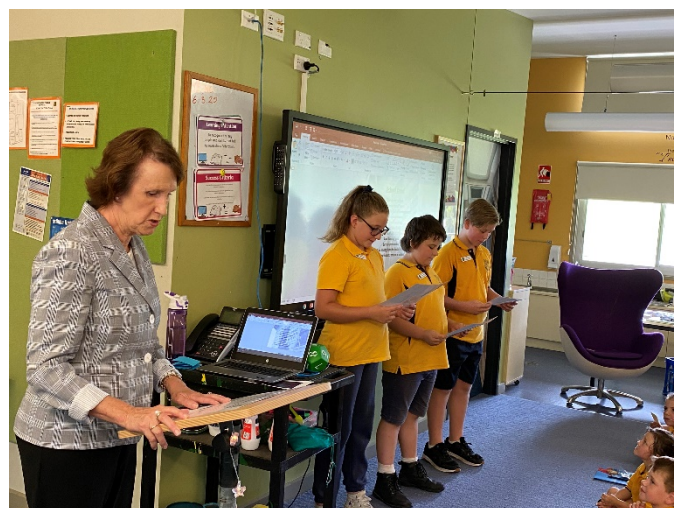
Koko Hardy's word splash.

As the sun is sinking, the animals settle in and take shelter. Stars come out and begin to shine, as the animals snuggle up to keep warm and keep their precious children safe. They dream peacefully into the night. – Aston Crawford

In the silent jungle, the sun is sleeping while the birds are singing their song of their people. The bats are awakening and the small mammals are hiding. As the moon rises, the only sound you hear is rustling from the wind blowing leaves and chirping from small creatures. – Bradley Neale

The wild vines are twisting and turning around the lush green flora. The dark hint of light is smothered by the dark, ominous shadows. The soft flap of the birds' wings die away as they perch in their nests. The moon now takes watch as the sun disappears behind the tropical trees. – Kit Hardy

Parliament Induction Assembly – Week 6



Our year 6 Parliament Leader's being inducted by Leslie Williams.



K-2 award recipients.



3-6 award recipients.

P&C News

We held our AGM on Tuesday 10th March. All positions were declared open and our new committee has been elected.

President—Louise Pickford
Vice-President—Silas Darnell
Secretary—Tara Smith
Treasurer—Barbara Kidd
Uniforms—Laurn Neale

NEXT MEETING

TUESDAY 7th April@ 6pm

TANK ROOM (the room that joins the office)

Feel free to drive up the driveway and park on the oval.

TIME FOR A FAMILY PORTRAIT



CANCELLED

As we have been unable to secure the minimum of 18 bookings required to go ahead with the Mother's Day Portraits we have had to cancel.

Any family who has paid will receive a full refund.

We hope to try and book this again in 2021.



Mother's Day Stall—

Monday 6th April

Following the success of our Father's Day Stall we will use the same format for Mother's Day.

All children will have the opportunity to select a gift from a catalogue range.

All gifts will be \$5—money must be paid at time of order.

Gifts will then be delivered to the school and sent home in time for Mother's Day.

Children can order as many \$5 gifts as they wish.

EASTER Raffle

Raffle tickets will be sent home this week for our annual Easter Hamper Raffle.

Please ensure that all tickets (sold & unsold) are returned by

Friday 3rd April 9am

as the raffle will be drawn at the end of term assembly on the same day.

If you would like additional raffle tickets to sell please see Louise or Barbara.



We rely heavily on donations from families in order to make our Easter Raffle a success.

Any donations of Easter Eggs or other items would be greatly appreciated.

There is a basket in the front office for all donations.



Coronavirus (COVID -19) Information for parents and carers to support children and young people

How you can support your child

It is perfectly normal for children to have questions about events that are covered in the media, such as the information currently being distributed about COVID-19. Children look to the significant adults in their lives for guidance on how to manage their reactions and you can help your child by remaining calm and reassuring them.

There is a common misunderstanding that talking with your child about a topic such as COVID-19 may increase their anxiety. This is not the case. It is important to listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel informed and understand what is happening.

Keeping up to date with the facts from reliable sources will help keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child.

Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

Some practical advice

Some practical advice for your child includes reminding them to cover their nose and mouth when they cough or sneeze (coughing into their elbow is a useful strategy), keep their hands clean by washing them regularly with soap and water, and avoid touching their eyes, nose, and mouth before washing their hands. These are easy habits for children to adopt, and should help them feel as though they're able to exert some control over their circumstances.

If your child must stay at home, it is important for your child to maintain a healthy lifestyle including proper diet, sleep, and social contact at home and by email and phone with family and friends

Communication is important

- read [the department's response to COVID-19](#) for current information
- read any information sent home by the school.
- contact the school if your child becomes unwell.

Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can:

- call the National Coronavirus Health Information line (1800 020 080)
- review the [NSW Health](#) COVID-19 website for the latest information and advice
- obtain help and information from the local General Practitioner or Community Health Centre

If you would like additional support, the following services are available

- The school counselling service
- Kids Helpline – 1800 55 1800 – [kidshelpline.com.au](https://www.kidshelpline.com.au)
- Headspace – 1800 650 890 – [ehespace.org.au](https://www.headspace.org.au)
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Lifeline – 13 11 14