



# Coopernook Public School

# NEWSLETTER

Principal- Tania Gilchrist

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Issue 32 Term 4 Week 3

Thursday 1<sup>st</sup> Nov 2018

## Principals Message

### Intensive Swimming Scheme and Carnival

Swimming school will commence **THIS** Monday 5th and continue daily until Thursday 15th November with a swimming carnival to be held on **Friday, 16th November** at the Taree Aquatic Centre.

#### All students will need:

- a towel and underwear to change into after swimming (brought in a separate bag:- not school bag).
- goggles are recommended;
- long hair should be tied back and swimming caps are a great idea;
- Students using outside pool must have a Rashie shirt or old t-shirt to protect them from the sun.
- Students using the outside pool will also be required to bring long clothes to wear in the water as part of their life saving skills;
- adequate sun protection e.g. SPF 30+ broad spectrum, water resistant is encouraged;
- Students may wear croc or sandal type shoes (NO THONGS) to swim school; and
- Swimmers can be worn under school uniforms each day but after swimming all students **MUST** change wet swimmers for dry underwear.
- **THANK YOU FOR YOUR SUPPORT IN THIS MATTER**

The school will supply sunscreen, but students are welcome to bring their own. All items **MUST** be labelled with your child's name.

**NOTE:** If you are picking up your child/ren from the Manning Aquatic Leisure Centre directly after swimming can you please send in a note or contact the school before 10am so rolls can be altered and school bags taken to swimming.

If you intend picking up your child/ren you need to sign out your child before this time. If you are delayed/late your child/ren will travel back to school on the bus.

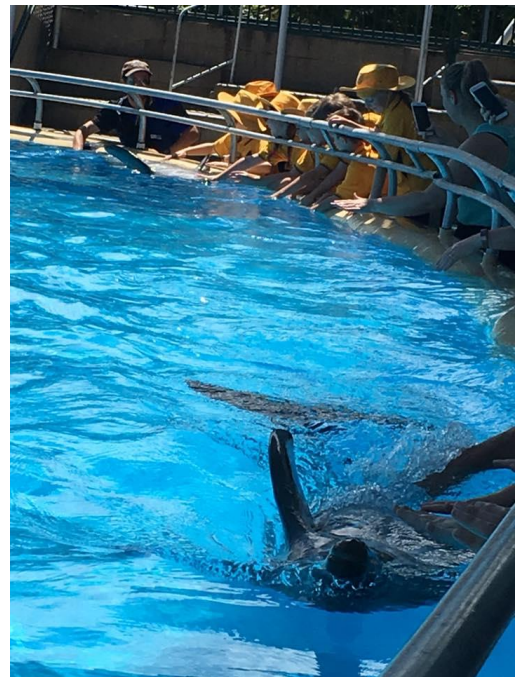
Yours In Education

Tania Gilchrist

## Marine Magic and The Butterfly House K-2 excursion







## THE BIG ROCK

'You can be the Moon and still be jealous of the stars.' - Gary Allan. Our galaxy is filled with beauty but for me the moon is the masterpiece.



Kids think that the Moon is made of cheese and has cheese oceans but that's a myth! It's actually made of rock and like Earth it has three main layers. It has a stiff and strong upper layer called crust that is at least 60 kilometres (37 miles) thick. The other layer is called mantle. The mantle is hard shell that is too cool to flow. At the centre of the moon is a small solid core made mostly of iron. The core is about 680 kilometres (420 miles) across.

Earth's only natural satellite is simply called "The Moon" because people didn't know other moons existed until Galileo Galilei discovered four moons orbiting Jupiter in 1610. Later, Apollo 11's mission was to land two men on the moon and come back to Earth safely. Neil Armstrong, Edwin "buzz" Aldrin and Michael Collins were the successful astronauts on Apollo 11 Jan 16, 2008. 'That's one small step for man, one giant leap for mankind' - Neil Armstrong.

As our closest neighbour, we could be turning craters into colonies for human life. It's actually possible that people might one day be able to spend many years living and working on the Moon. However, making a settlement or base won't be easy or cheap. The Moon is a harsh, lifeless place but if we are successful, we would gain access to a wealth of off-world resources.

The Moon has already provided us with so many exciting discoveries and possibilities. Looking to the future, it will provide us with many more.

Written by Karla Baker

## Suntastic!

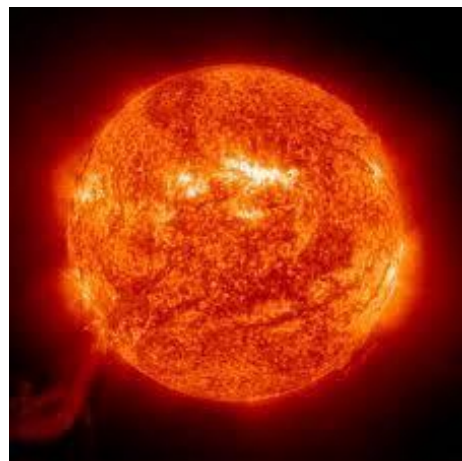
The Sun, the thing that keeps us alive, the center of

our Universe. Nearly a perfect sphere and 695 508

km in size, the Sun provides us on

Earth with the light and heat we need to survive. Not only is it beautiful and amazing, it's necessary!

The star we call our Sun is 149.6 million km away from Earth. It travels at 220 km a second; now that's fast!



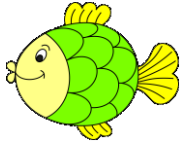
The sun...the sun is not forever. It will expand after the Sun's hydrogen gets all burned up! Luckily, we'll be long gone before that beautiful thing in our sky incinerates our poor, poor planet.

*Here comes the sun and*

*say, 'It's alright'* - Beatles.

Written by Phinneas Willis



**Diamante Poem**

Fish

Wiggly, silly

Eats, sleeps, hides

Fins, gills...fleece, fluff

Bleating, sleeping, peeping

Gentle, cuddly

Sheep

By Karla and BJ

**Haiku Poem**

Dolphins are graceful

Watched from our beautiful

They are fragile

By Jaytarna



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**Good for Kids good for life**

## INCREASING VEGETABLE INTAKE

**Did you know?**

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

**What is a serve?**

Source: www.eatforhealth.gov.au

**How can I get my kids to eat more vegetables?**

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.
- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



PHONE 49246499

	Term 4
Nov	Week 4
Mon 5th- Fri 9th	Intensive Swimming 
Thurs 8th	CU Newcastle Graduation 2.30pm from Coopernook
	Week 5
Mon 12th- Fri 16th	Intensive Swimming + Carnival 
	Week 6
Mon 19 <sup>th</sup> - Wed 21st	Yr 3-6 Camp to Sydney
December	Week 9
Wed 12th	Save the date!!! End of Year Presentation