



Coonamble Public School Newsletter

Tuesday 9th May 2017 - Term 2 Wk3

We acknowledge the school is built on Wailwan land and the home to many Gamilaroi families.

Dates to remember

- * 12/05/2017 - Assembly
- * Week 3 - NAPLAN
- * 12/05/2017 - Book Club Due
- * 16/05/2017 - Cross Country at CPS

PROUD AND STRONG AWARDS

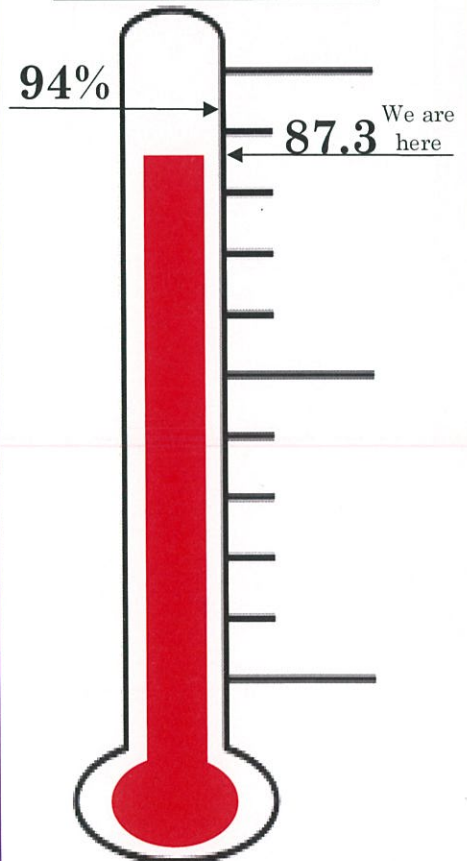


Week 2 Term 2

Front row : Max Turnbull, Jack Horan, Mia Justice, Zahlee Fernando, Nevaeh Leonard, Antwon Moore, Jurnee Smith, Brandon Peacock

Back row : Blake Gray, Mia Glover, Connor Vella, Dekoda Jackson, Sapphirrah Boney, Kymarni Astill, Leon Bennett

ATTENDANCE



Principals Message

Dear parents, carers, family and friends,

All students have settled back into school routines and are ready to learn. Thank you to our parents and carers who make sure that children attend school every day that is possible. Last week I attended the Connected Communities conference in Sydney. There are a number of new principals and it was good to meet everyone. We looked at the achievements of the strategy in different areas and plans to improve the learning for all our students in remote locations. The new Education minister, Rob Stokes, also attended and spoke to us about his plans for rural and remote communities.

There were sessions on curriculum, literacy and numeracy, health and safety, wellbeing and the evaluation of the Connected Community strategy which will happen later this year. We will receive more information on this. Cindy Berwick from the AECG also spoke to the group.

There was a STEM (Science, Technology, Engineering & Maths) session which was very interesting and it was good to know that Coonamble Public School is implementing this initiative very well. We are ahead of some other schools and the learning experiences that our children are participating in are very exciting for the future.

Chatswood

Ms Goodman & Ms Burnett really enjoyed their week teaching at Coonamble Public School. They taught most classes over the week and are keen to return later in the year. Ms Burnett will actually be here in October with the group of students from Chatswood Public who visit us each year.

This is great experience for teachers from the city to see how smaller country schools operate and meet students from different backgrounds. Chatswood is a very large primary school with about 1,300 students and the playground is small and only concrete. The students are always amazed by our beautiful grass and the fact that our students can play football, soccer and cricket at both breaks. It is also a good experience for our teachers to experience a city school and we are hoping to send some teachers to Chatswood later in the year.

Staffing

Welcome back to Mrs Cindy Parsons who has returned from her long service leave. We hope she had a wonderful time and the students have missed her. We thank Mrs Pip Fisher for teaching 5P for the first 2 weeks of term. Our school is fortunate to have experienced teachers who can fill in when staff are absent.

Mrs Fisher will be continuing with us for 2 days per week until the end of term. She will be teaching in the primary classes and providing additional support for students experiencing difficulty with literacy, especially writing.

Mrs Deb Morgan will be leaving our school at the end of this week. She has been successful in obtaining a permanent position in Townsville, Queensland. We extend our congratulations to Mrs Morgan and hope that she enjoys her new role but we are very sorry to lose her from Coonamble. In the short time that she has been with us, Mrs Morgan has settled quickly and developed strong connections with students and staff. She will be missed.

I wish all our mothers, grandmothers, aunties and carers a very happy mother's day on Sunday. I will be travelling to Newcastle to spend the day with my mother, daughters and granddaughter. It is a good to spend time with family.
Have a wonderful week.

Annette Thomson
Principal

MOTHER'S DAY MORNING TEA

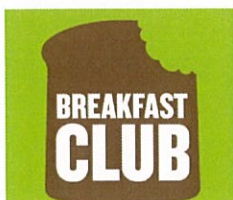
2017

Coonamble Public School would like to invite all our amazing mothers, aunties, nans and other relatives to enjoy a morning tea with their children to celebrate Mother's Day.

When: Next Friday straight after assembly
(12th May)

Where: In the Community Room

Hope to see you
there!



Breakfast Club is available from 8.30am to 9.00am
every morning

Bronze Awards for Week 2 Term 2

Jaylan Baker, Calob Manson, Orion Smith, Chayse Pennell-Corby, Noah Thurston, Max Turnbull, Darnell Coppini, Emily Carey, Katelin Maroney, Lacey McGhee, Tarni Smith, Jordan Briar, Braydon Dodd, Jakobi Rutherford, Teake Slack-Smith, Georgia Alderton, Khloe Boney, Mia Glover, Taeisha Kennedy, Mia Nalder, Shakaya Thurston, Skye Thurston, Ethan Elsley, Harry Farrugia, Luke Horne, Adam Parsons, Brianna Miller, Shanae Jones, Jhiyden Burns



It was so great to see so many of our students march on ANZAC Day last Tuesday. You should all be so proud of yourselves, well done! Also congratulations Coonamble Public School on a great ANZAC Service at school last Wednesday.

School uniforms are available for purchase from our canteen.

Important dates to remember:

- ♦ **Tuesday 9th May**—AGM at 5:30pm in the community room. So if you have a spare five minutes and would like to have an input into your child's education please feel free to come along and join our awesome P&C committee. It will cost you a \$2 gold coin joining fee.

Keep tuned for our next fundraiser.

Have a nice week!

**Anyone wishing to be a part of the
NAIDOC Committee Please call
Josh Fernando on 0268221966**

COONAMBLE PHYSIE

Class times:

NEW CLASS - Babies (2-4 yr olds) 3.30pm MONDAY afternoons at the PUBLIC SCHOOL Hall

COST \$50 for the remainder of the year

5/6yr CLASS - 3.30pm TUESDAY afternoons upstairs at the RSL

7/8yr CLASS - 4.15pm TUESDAY afternoons upstairs at the RSL

8-12 yr CLASS - 4.00pm MONDAY afternoons at the PUBLIC SCHOOL Hall

Enquiries: ROW Macrae 0457258489

Coonamble Show

The program for the 2017 Coonamble Show is now available online at www.coonambleshows.com and click on the tabs. A hard copy of the program will be available from many businesses soon.

Helpers are needed in the pavilion, if you are interested in helping for a few hours on Saturday 27th or on Tuesday 30th we would love to see you. It doesn't matter if you are an entrant, working with other Stewards and Judges in an area that you are interested in can provide valuable information and it's fun too.

Membership can be paid online or in person at the RTC

STAGE 3 (YRS 5 & 6) EXCURSION **Deposit due Friday 19th May, 2017**



Tuesday 16th May Events
starting at 12.30pm with
Preschool running first

A blue t-shirt is shown from the chest up, serving as a background for the text. The text is in a bold, yellow, sans-serif font.

**Year 6
Shirt Deposit
is due Friday
12th May 2017**

Create good habits for life.



Did you know?

Unprotected exposure to the sun on our children's delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.

The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

When do we need sun protection?

Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. Check the SunSmart UV Alert daily.

- In newspaper weather forecasts
- Go to www.cancercouncil.com.au/sunsmart
- Google the free SunSmart App for smartphones

Balancing sun protection and vitamin D needs

Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW most children will get enough vitamin D during their everyday outdoor activities. Children with very dark skin may be at risk of low vitamin D. It's important to talk to your doctor if you have any concerns for your family.

Follow the tips below whenever the UV level is 3 or above.

Slip, slop, slap...plus seek and slide!



Slip on sun-safe clothing, such as longer-style shorts and skirts; t-shirts and dresses with sleeves, collars or covered necklines.



Seek out shady areas, but still use sun-safe hats, clothing and sunscreen.



Slop on SPF 30+ broad-spectrum water-resistant sunscreen. Reapply every 2 hours, or more often if washed off or swimming.



Slide on sunnies that meet the Australian Standard 1067.



Slap on a wide-brimmed or bucket hat that protects the face, neck and ears.

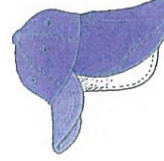


Walking the talk!

As a parent, carer or educator it's important you protect your own skin and role model good sun protection for your children. A handy tip is to keep a broad-brimmed hat and sunscreen in your bag, car or classroom.

Brims are best

Sun-safe hats, such as bucket, broad-brimmed or legionnaire styles are best. Baseball caps are a popular fashion item, but they don't protect the neck, ears and cheeks. Try keeping them for indoor activities and always wear sun-safe hats when outside.



The facts about sunscreen

There is clear evidence that sunscreen helps protect against skin cancer, and no evidence of harmful effects of regular use. But, sunscreen does not give complete protection and should always be used with sun-safe hats, clothing and shade. Skin irritation or allergic reactions can happen so look for sunscreens made for children or for sensitive skin.

Protect your child's skin

When does my child need protection from the sun?

All areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days.

Check the SunSmart UV Alert daily on www.cancercouncil.com.au/ sunsmart or in the weather section of newspapers. Whenever it is 3 or above, use our top SunSmart tips.



The cause of almost all skin cancers in Australia is exposure to ultraviolet (UV) radiation from the sun. Children and babies have delicate skin, so limiting their exposure can reduce their risk of developing skin cancer – and help prevent freckles, moles and painful sunburn.

Top SunSmart tips

- Choose sun-safe clothing, such as longer-style shorts and skirts, and T-shirts and dresses with sleeves, collars or covered necklines.
- Choose a wide-brimmed, bucket-style or legionnaire hat that protects the face, neck and ears. Keep spare hats in your car or bag.



- Encourage play in the shade, but keep hats, clothing and sunscreen on.
- Apply at least SPF30+ broad-spectrum water-resistant sunscreen to any exposed skin. Reapply every two hours, or more often if wiped or washed off.

Take special care of babies:

- When outside, keep babies well shaded at all times.
- Use covers for prams and strollers.
- Sunscreen may be safely applied to any small areas of skin not protected by hats and clothing.

For more help

- If you have any concerns about sunscreen, vitamin D, nappy rash or jaundice talk to your doctor or chemist.
 - Check out www.cancercouncil.com.au/sunsmart
- Call Cancer Council Information and Support on 13 11 20.



Does my child need sunlight to be healthy?

- Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW, most children will get enough vitamin D through their everyday activities.
- Children with very dark skin and babies whose mothers have low vitamin D may be at risk of low vitamin D.
- Sunlight is not the best treatment for nappy rash or lanugo.



Is sunscreen harmful to my child's health?

There is no evidence that using sunscreen is harmful for children – but remember:

- Sunscreen does not provide complete protection and should always be used with clothing, hats and shade.
- Allergic reactions can occasionally occur. Look for sunscreen made for children or for sensitive skin.
- There is currently no evidence that nanoparticles are harmful to health – however Cancer Council sunscreens are not made to contain nanoparticles.



Is my child safe from sunburn in the car?

- Glass blocks some but not all UV radiation, so protect children on long car trips.
- Avoid having car windows open near children.
- Window shades or tinting will provide extra protection.

Don't forget:

