



Coonabarabran Public School

Newsletter Term 4 - Week 6

Quality, affordable education for all students

13 November 2013

Remembrance Day 2013

At 11:00am on the 11th November 2013, our school held their Remembrance Day assemblies. The Infants assembly was run by Sappirah Knight and Emily Wallace, and the Primary assembly was run by Hannah Deshon and Angus Lambert.

We said the pledge and held a one minute silence to remember those who had fallen in the war. We also read a soldier poem and a song.

Pledge of Remembrance

Australian soldiers - hear this pledge - your flag flies in the sun
And now we take a minute to remember what you've done
When you went away to battle, you were proud as proud can be
And you did it for your country, yes, you flew the flag for me
Now we live our life with freedom when we work and when we play
For that, my heart says 'Thank you' on this very special day
And as we go, we take the words that sing Australia's song

*"I am young and I am worthy, I am brave and I am strong
In the face of any challenge, I will strive to rise above*

*I deserve this opportunity to live, to learn, to love
I can truly make a difference; my path is up to me*

And this is my commitment - be the best that I can be."

written by Rupert McCall

by Angus Lambert and Hannah Deshon

The Significance of Poppies

During World War I on many of the ruined fields in France and Belgium where the fighting had occurred, red poppies began to grow and flower.

People saw the flower as a symbol of remembrance for those who had died. Today, we wear poppies on Remembrance Day to honour all those who have died in wars.



Remembrance Day

World War I ended at 11:00am on the 11th day of the 11th month (November), in 1918 when Germany accepted an Armistice and the guns went silent on the Western Front. After World War II, the day became known as Remembrance Day to recognise all people who died in all wars and conflicts.



We're on the Web!

View online at: www.coonabarab-p.schools.nsw.edu.au

Calm down
Bounce back
Be tolerant
Control your behaviour

* * * *

Resilience

This week's key to success is ...

Pincham's Pearl of Wisdom

Be Respectful: I'm OK, You're OK is one of our iki principles and a very important one. It means to treat others the way you wish to be treated - with respect. Respecting others is the act of regarding other people's feelings, wishes and rights. At times over the past few weeks this principle has been forgotten on so many levels by our student body. I would ask all parents and carers to talk with your children about respecting others, peers and elders and how you expect them to act in life.

On a happy note - the Walkathon was very successful this year and I would like to thank all the students for their great effort even though it was a very hot day (well cooled off by some great hose work), and to those who donated money to this great cause. This money helps assist students with travel costs including bus travel and the smooth running of the sports program including both swimming and athletics carnival. So once again thank you for your support.

Respectful

Commonality
Responsible
Empathy
Inspiring
Supportive
Concerned
Bonding
Friendly
Helpful
Collaborative
Sharing
Proud
Open
Appreciative
Satisfied
Connecting
Co-operation
Encouraging
Fun
Consistency
Honest
Happy
Communication
Reassuring

Caring

What's on at CPS?

- Fri 15 Nov:** Teddy Bear's Picnic with Kindergarten
Tues 19 Nov: Yr 6 parent information night in the Coonabarabran High School Library
Fri 22 Nov: CAP Clubs Day
Mon 25 Nov: Stage 3 Lake Keepit excursion



Personal Best Award

Blake Kuras

has received the Personal Best Award for the following reasons ...

Blake is a polite and courteous class member. He is always respectful to his friends and teachers.

Blake tries his hardest in all school activities and takes pride in his work.

Blake is a five-star listener and learner and has five-star manners inside and outside our classroom.

Congratulations Blake on your Personal Best!

P&C News

The P&C Christmas Party will be held on Friday 29th November 7pm at Country Gardens Motel Restaurant. There will be a short meeting and dinner afterwards. Please RSVP to Raylene Bonello on 68425882.

A huge thank you to those families who supported the P&C Stall at the Crooked Mountain Concert on Saturday Night. We hope everyone had fun with their glow products!



Strive to Achieve Award

HANNAH MEIER

has received a

STRIVE TO ACHIEVE

for the following reasons ...

Hannah is a well mannered and conscientious worker in our class. She always puts in 100% effort when completing tasks and she takes pride in the presentation of her work. She always wears the correct uniform and presents herself well, setting a great example for her peers. Hannah is confident in herself and her ability and she always achieves great results. Hannah is a wonderful student in 5/6C and a real asset to Coonabarabran Public School. Congratulations Hannah and well done!



Personal Best Award

Demeeka Watters

has received the Personal Best Award for the following reasons ...

Demeeka is a kind and conscientious student who always follows our school rules. She is always striving to follow our five keys and trying to be the best that she can be. She has developed into a confident student who always gets along with her peers and teachers.

Demeeka tries hard with all of her school work including homework and home reading and has improved in all areas this year. She is a positive and resilient student. Demeeka is a delight to teach and is a valued member of 1E. Well done!



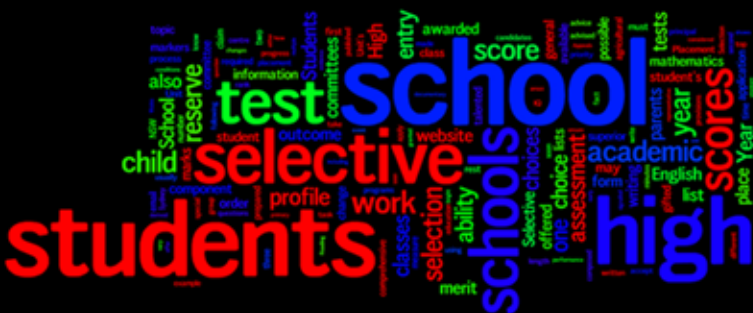
Early Stage 1 and Stage 1, 2 and 3 Assembly Awards

KM:	Michael Whitton	* For his news about a turtle.
KM:	Tomasi Matokitoga	* Being resilient when going to hospital and having a needle!
KS:	Elsie Kearney	* Working well in writing.
KS:	Nathanael Hartberg	* Always trying his hardest.
1A:	Jacob Baker	* For bringing very interesting news and being very safe with it.
1A:	Ivolet McAway-Davis	* For excellent reading results.
1E:	Maisie Bell	* Fantastic reading results - PM 25!
1E:	Ebony Gledhill	* Fantastic spelling results.
2I:	Eliza Walker	* Being a great helper in class.
2I:	Jye Robbins	* Such a delightful, kind, caring student.
2N:	Jerone Andrews	* Trying hard with his writing.
2N:	Olivia Milsom	* Beautiful writing.
3A:	Corbin Wall	* Learning school routines quickly.
3A:	Jared Menz	* Great work in spelling.
3A:	Alexander Freeman	* Excellent spelling test results.
3A:	Jacob Bonello	* Always being resilient.
3H:	Amali Edmondstone	* Working hard in all subject areas!
3H:	Jorja Henderson	* Working hard on her resilience skills!
3H:	Jack Richards	* Working well in spelling!
3H:	Marcus Colantonio	* His creative drawing ability!
4E:	Alex Harris	* Showing resilience and getting on with his work.
4E:	John Martin	* Showing improved work habits in class.
4E:	Amy Harris	* Completing all spelling book work to a high standard.
4E:	Maria Tuaoi	* Showing more confidence in her own ability.
4K:	Jace Weatherall	* For a fantastic imaginative report about a 'Dinobear'.
4K:	Brenna Kennedy	* For showing a greater level of independence with her work.
4K:	Cooper Hayes	* For being confident with his own creative ideas and producing gorgeous art work.
4K:	Jessica Meldrum-Bandman	* Resilience ... for being a resilient class member and being able to focus on her classwork despite distractions.
5/6A:	Robert Evans	* Participating in iKi lessons.
5/6A:	Maddy Shoovert	* For loving her handwriting lessons and encouraging others to do so as well.
5/6A:	Amanda Cherry	* Settling in well and showing resilience.
5/6A:	Jez Brown	* Never complaining about classwork and making effort in handwriting.
5/6C:	Oliver Kearney	* Learning a difficult part in our song.
5/6C:	Jesse Somerville	* Being persistent in learning his part.
5/6W:	Ashur Quaglino	* Being creative with all his art.
5/6W:	Leah Smith	* Always ready and organised.
5/6W:	Rachel Bennell	* Having great resilience.



Don't forget! The CPS Radio Shack broadcasts its program every Tuesday afternoon and Saturday evenings.

Tune into 2WCR FM 99.5 on Tuesdays and Saturdays to hear the broadcast by our students about our school to our local community!



Applications are open for students seeking
Year 7 placement at **Selective High
Schools** in NSW in **2015**

Further information can be found on the internet at:

[www.schools.nsw.edu.au/learning/
k-6assessments/shsplacement/index.php](http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php)

This also applies to **XSel**, the program that is
offered to gifted and talented students,
at Coonabarabran High School.

Application information and forms are also
available from Mr Willoughby,
phone 6842 1771.

Applications will close on 18 November 2013.



musica viva

Music to Inspire

On Tuesday all of our school went to the hall and saw the performance by Tigramuna. Kindergarten, Year 1 and Year 2 went before lunch and we all had fun and enjoyed the music they played. Primary students went to their performance after lunch.

The people who came played the drums, the saxophone and the cello. The cello was really big!

by Hannah Evans
(Kindergarten)

On Tuesday we were entertained to the cha cha songs, music and dance of Tigramuna and their performance of sailing the seas of South America. During the rhythm and beat of the Infants children performance at 11:30am some students were invited to play the Cajon which was a Spanish word for box. We danced and sang and enthusiastically joined in the musical experience. On the still swinging beat but heading back to class the words 'fantastic', 'wonderful', and 'when can they come again?' filled the hallway.

Staff then had the opportunity to talk and enjoy lunch with the band who hailed from Brazil, Chile and Armidale. The primary afternoon concert was even more engaging for the students when the lead, an experienced showman and musician, had the whole group performing salsa dance moves and enjoying his vast range of instruments which included the Charango, Somponas, Kena and saxophones, bass guitar and double bass and a wide variety of drums. Upon their departure there was much discussion as to 'how pleased they were they attended' and 'if only they knew it was going to be that good'.

Coonabarabran Public School brings and subsidises Musica Viva for two performances of different musical groups each year. The music and songs from the group are taught to the children for the term during which the performance is held. They are excellent shows and both educationally and culturally enriching for all who learn and attend. This is a wonderful resource and no child or staff member are ever disappointed with the result. We will again look forward to such experiences in 2014.



Canteen News

Colours of Summer Colouring-in Competition Continues...

Collect your Entry Form from the canteen.

Colour the picture and then draw and
colour your special food on the plate.
Return your entry to the School Canteen
before Friday 13th December 2013.

Volunteers are needed to help in the canteen
on Wednesdays and Thursdays for one hour.
Please phone the canteen if you can help.

The Intensive Swimming Program

is a program for those children who are unable to
swim 25 metres. It is not a stroke correction
program. The program will run from Monday 2nd
December to Friday 13 December for children
from Year 2 to Year 6.

The permission notes have been sent home with
students. These notes need to be signed and
returned to the school by no later than Wednesday
27th November.

Friday Sport Swimming

Stage 2 and Stage 3 students will go swimming for
Friday sport during Term 4.

Students will need to bring their swimmers, a towel,
hat, sunscreen and \$2.50 pool entry fee or their
Season Ticket number.

Friday 15 November: Years 3 & 4
Friday 22 November: Clubs Day - no swimming
Friday 29 November: Year 3 & Yrs 5 & 6 not at Keepit
Friday 6 December: Years 3 & 4
Friday 13 December: Years 5 & 6



Focus on 4K:

with Mrs Kearney

4K had a great start to our term with Mr Turner spending two weeks on our class. He was able to show us lots of clever programs on his iPad and we had lots of fun using technology. We all enjoyed presenting our BTN (Behind The News) news item at assembly.

In Science we are learning about cycles and we love listening to a song we found on you tube that teaches us about the water cycle, nitrogen cycle and carbon cycle.

We are all counting down to our excursion which is in Week 8. It is really important we all stay on Level One so no one misses out.

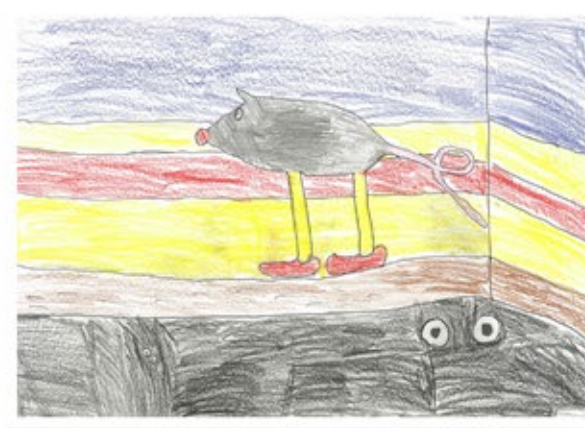
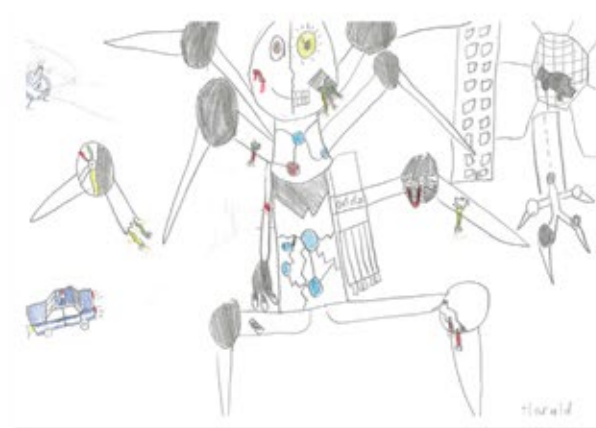
Over the past few weeks, the students have completed lots of literacy and maths assessments. It has been exciting to see how much progress they have made over the year. They are a clever bunch!

This Friday we are heading to the pool for sport which will great. Last Friday we finally got to play LaCrosse which we have been wanting to do all term! It was lots of fun.

It's hard to believe we are already half way through the term and getting close to Christmas!



Last week 4K wrote imaginative reports about creatures which were a combination of two animals. The students had lots of fun writing about their creatures and deciding what they looked like, where they lived, what they ate. They then illustrated their reports.



The following illustrations show Brianna's Zegar (a cross between a tiger and zebra), Myah's Morse (a cross between a moose and horse) Harald's Spiborg (a cross between a spider and cyborg) and Cooper's Merson (which is a cross between a mouse and a person).



4K enjoying LaCrosse in the playground.

BRINGING UP GEEKS (Genuine, Enthusiastic, Empowered Kids)

How to protect your kid's childhood in a grow-up-too-fast world.

Summarised from the book by MaryBeth Hicks.

#5 Raise a true friend.

As every parent knows, finding good friends during school years is one of the most challenging of issues for our kids, also for parents. And not only do kids place importance on friendships as they grow, they are in fact essential for healthy development.

Now, the key word is 'good'. Let's define a good friend: one is who is good for you, and that generally means someone who affirms your self-esteem, appreciates your interests, grants you the freedom to be yourself, respects your values and displays loyalty in times of need.

The trouble is that as our kids become socially aware, they begin to equate friendship with popularity. Popularity in young children is influenced by social competence, attractiveness and natural leadership. The popular kids are dominated by the 'cool' culture and as a topic to be discussed separately, the cool kids are more likely to engage in risk taking behaviour, (usually bad behaviour) and exhibit relational aggression (be nasty).

So, how do we as parents take our children through these challenging years so that they become well-liked and well-known (have a well-developed sense of self), but are not lured into the quest to become popular?

The fact is as our kids reflect our values, they will struggle to maintain friendships with others whose family values are profoundly different from yours. If your values come first, before everything else, they will even come before your child's friendships. You see, it's the decisions we make in our homes every day, the values that guide our day to day decisions that will determine what friends they will choose. From access to social media, the TV you allow them to watch, to the authority you as a parent exercise in discipline - all will influence your child to choose friends who share those same values, or at least respect them.

Here are some tips for having discussions around the dinner table:

It takes One to be One: Our job is to train self-centred little beings to be other person centred. Things like respect for a person, their property, and being loyal are essential to being a good friend.

Know the Players: It's very important we as parents know our children's friends. Invite them to your place, open your home to their friends. This way you get to supervise what goes on and you get to know the kids they are hanging with - and their parents.

Quality not Quantity: It's less of a concern if a child has few good friends, than it is if they have a wide circle of friends that you don't know. Encourage them to seek friends who like them for who they are, for these are the ones who are truly good for them.

Repair When Broken: Every one knows a time when they have hurt a friend by their words or actions. Kids will do this from time to time, you will probably only realise it when you notice that they aren't talking about or talking to a certain friend for some reason. It's then that you may get the confession that they have caused a break in relations. This is a teachable moment - coach them to make amends, even if the person is not among the favourite friends - it's great training for the rest of life.

Accept that friendships change over time. If your child can learn that people change and friendships wane for a variety of reasons, it will help them deal with the fickle nature of school friendships. It will "prepare the child for the path, not the path for the child". No parent wants their child to be a 'loner' or to suffer socially. But remember that you are the most significant persons in their lives, and your loving affirmation and support through difficult times will mean more to a child than having all the friends in the world.

It's worth thinking about.

Dale Martin (School Chaplain)

★ Walkathon 2013 ★

The walkathon presentations were held on Friday 8th November. A big thank you to all children who participated and to those who made donations it will go towards keeping our sports program operating in 2014.

The class who raised the most money on an average was 3H and they now have \$100 to spend how ever they like. The two student who raised the most money was Matthew Roberts and Taylah Dawson both receiving \$40 open orders. All children who raised over \$10 were rewarded with a prize and there were many to pick from.

★ Thank you again for a great effort we raised over \$3,000. ★



**Keep saving
to win more
Dollarmites' treasure.**

Lots of student prizes to be won in
Term 4 of School Banking.

CPS Uniform Shop

Girls & Boys
Summer & Winter
Hats, Jumpers & Coats

Email your purchase request to:
coonapsuniform@gmail.com
including your child's name and
class. An invoice will be sent by
return email and items sent
home with your child.



Sally Turner
0422 981 199

Coonabarabran Town Bus Service

Free for
Kindergarten,
Year 1 & Year 2

Available to all students
in the town limits.



Primary students have conditions applied
depending on distance travelled.

Cost \$1 per day if ineligible for free travel.

More info: 6842 2783

Coonabarabran After School Care

3.15 - 5.30pm Monday - Friday
at St Lawrence's School

Coonabarabran Public School students
catch the Rocky Glen bus.
You could pay as little as \$8.50 per day with CCB.
You only pay the gap.
Check your CCB subsidy by ringing 136150.
Enrol at Family Support Services Centre
phone: 6849 2222

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Matthew Rouse
Physiotherapist B.App.Sc

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COONABARABRAN

02 - 6842 2881



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www.xlr8promotions.com.au

Coonabarabran Physical Culture Club

Every Thursday afternoon
during school terms in the
Primary School Hall.

Classes from tots to adults.

Contact: Leanne McWhirter
Phone: 0439 833 832

Coonabarabran Amateur Swimming Club

Registrations on
Friday 11th November
from 4:00 to 6:00pm

at the
Coonabarabran Town Pool

Contact: Wendy

Ph: 6842 4901

Mob: 0407 312 549

N&L COMPUTER REPAIRS COONABARABRAN

Norm Arkell

Ph: (02) 6842 1497 • Fax: (02) 6842 4855
Mobile: 0428 421 497
Email: nandl@exemail.com.au

Coonabarabran Pony Club



One Day Event
7th & 8th December
Entries via:

www.nominate.com.au

Contact Rebecca Moxham
ph: 6844 1609

Coonabarabran Junior Golf

Coonabarabran
Golf Club
River Road
Ph: 6842 1292



every Friday afternoon
3.30 - 5.00pm