



Coonabarabran Public School Newsletter - Term 3, Week 7, 2020

Quality, affordable education for all students

www.coonabarab-p.schools.nsw.edu.au

Monday 31 August 2020

Healthy Harold Drops In

For the last two weeks Coonabarabran Public School has been lucky enough to host Happy Harold and the Life Education Van. Did you know the first Life Education Van was built in 1982? It was built to support Rev Ted Noffs idea to ensure that our students were educated in the area of health and social issues. All classes across our school were given the opportunity to attend and learn about a variety of topics from how to make good friends to cyber bullying. Classes thoroughly enjoyed the experience in the Van and now class teachers will continue the learning in the classroom. Year 6 were also privy to a sneaky behind the scenes tour following their last visit before they move on to High School.



Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



Here's what you'll find on the website:

- Interactive Lunch Box Builder, that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Information about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Nutrition Snippet

SPRING INTO ACTION!

Buying fruit and veg in season is cheaper on the wallet and the quality and taste is better!



Try these recipes:

- Fresh fruit and oatball
- Chicken, zucchini, tomato salad
- Strawberry smoothie

healthylunchbox.com.au



Nutrition Snippet

FAKEAWAYS.

Cooking at home is not only healthier, it will save you money.



Try these fakeaway recipes:

- Chicken, zucchini, tomato salad
- Lentil burger
- Spinach

healthylunchbox.com.au



Sunsmart Snippet

Create good habits



Protect yourself in five ways from skin cancer

- Slip on sun-protective clothing
- Slap on SPF 30 or higher sunscreen
- Slap on a sun-smart hat
- Seek shade
- Slide on wrap-around sunglasses

Creating good sun-protection habits from childhood helps reduce exposure to UV and the risk of skin cancer and eye damage.

www.sunsmartnsw.com.au



Coming up at Coonabarabran Public School

Thursday & Friday, 3 & 4 September:

Thursday 3 September:

Friday 4 September:

Tuesday 8 September:

Wednesday 9 September:

Friday 11 September:

5/6I to Warrumbungle National Park EEC
Stage 2 and Stage 3 Assembly (no parents)

Stage 1 Assembly (no parents)

5/6K to Warrumbungle National Park EEC

Years 5 & 6 with Warrumbungle EEC in The Hub

Stage 1 to Warrumbungle National Park EEC

PBL Focus: We walk safely in bus lines.

Coonabarabran Public School
Cnr Newell Hwy & George St
PO Box 169
COONABARABRAN

Phone: 6842 1771
Fax: 6842 2416

Email: coonabarab-p.school@det.nsw.edu.au



A Minute with Mrs Meier

With 4 weeks to go until holidays, it is lovely to see classrooms engaged in different learning activities. Last week Stage 2 had a visit from Wes and Ange from WEEC and they went on an incursion. I must commend the students for their behaviour and for showing respect to visitors to our school.

Thank you to all parents for following the new COVID guidelines. I know that it is frustrating not being able to come into the school. However, I hope you are appreciating the updates on social media and in the newsletter.

Canteen Special in Week 7

Homemade Lasagne

Just \$5.00!



Canteen open Tuesday to Friday

Due to Covid restrictions, parents and carers are reminded that entry onto school grounds is prohibited.

The Opportunity Class Placement Test has been re-scheduled to 18 November 2020. Testing will be conducted in the students' own school.

Winter school jackets are available to purchase from the Office. Size 6 to adult sizes available. \$55.00 each.

New Covid restrictions apply. Mrs Moss' music lessons, Physic lessons and Orbital Swing Band practice cannot be held on school grounds until further notice.

Please remember to contact the school if your child is absent from school for any reason on the day of the absence. You can do this by phoning 6842 1771 or via the School Stream app.

Bubblers at school are 'off limits'. Please remember to provide your child with a drink bottle each day. Drink bottles can be refilled with water at school.

Stage 1 Stars of the Week



Kinder Eucalypts

Wade Jenner

Is always respectful, courteous and an enthusiastic class member.

K/1G Tulips

Tom Ashby

Being an enthusiastic learner and trying hard to follow the classroom rules.

1M Sunflowers

Luka Kuras

Always trying hard in all class activities.

2C Chrysanthemums

Anika Bowmaker

Consistently achieving great results in spelling.

2M Shamrocks

Joshua Romans

For trying really hard in class.

Stage 2 Investigate the Secret Life of Plants



Ensuring that we remain socially distanced is a learning curve for us all! Mrs Nixon and Miss Green are practising their social distancing in the playground to the amusement of K-2 students.

Stage 2 Investigate the Secret Life of Plants

On Thursday and Friday of Week 6, Year 3 and 4 students' with Wes Leedham and Ange Bunner from the Warrumbungle National Park Environmental Education Centre (WNPEEC) conducted an incursion at Coonabarabran Public School exploring "The Secret Life of Plants". The WNPEEC incursion reinforced the great teachings of Mrs Hain, Ms Kasalo, Mrs Newton, Mrs Roberts and Mrs Murray.

Students through a combination of the inside and outside learning classrooms solidified the students understanding of the importance of living things and investigated what are the similarities and differences between living things, with plants as the main focus.

The program focused on how plants, like animals, are able to communicate with other plants and animals through the complex relationships they have with their environment. Students explored the CPS's local environment to collect many flowers and seeds. This was then used to strengthen the students understanding how seeds disperse by wind, animals and water. It also allowed the students to appreciate a flower's anatomy and function such as the stamen, stigma, petals and stem by observing these parts under a stereo microscope.

Students investigated and classified a range of plant species, recognised the interdependence of plants and the importance of pollination for the survival of all species of plants and animals on Earth.

Students also designed and produced a class investigation to monitor the growth of bean plants from seed and examine how nutrients affect plant growth and this will continue for the next couple of weeks.

It was a productive couple of days with a great bunch of students that exhibited sharp scientific minds and bolstered their knowledge of their own environment. Furthermore, it reinforced what a valuable relationship WNPEEC and CPS have and the positive outcomes it brings to the learning and wellbeing of our students.



Caught on Camera this week at Friday afternoon sport!

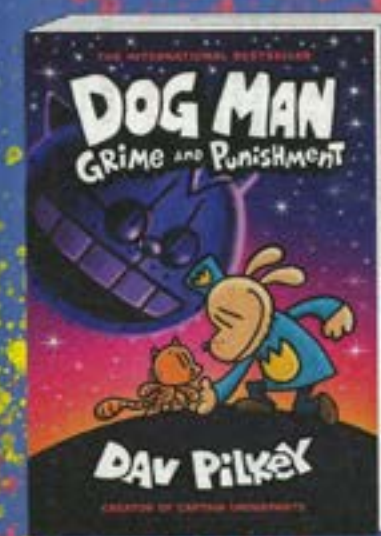
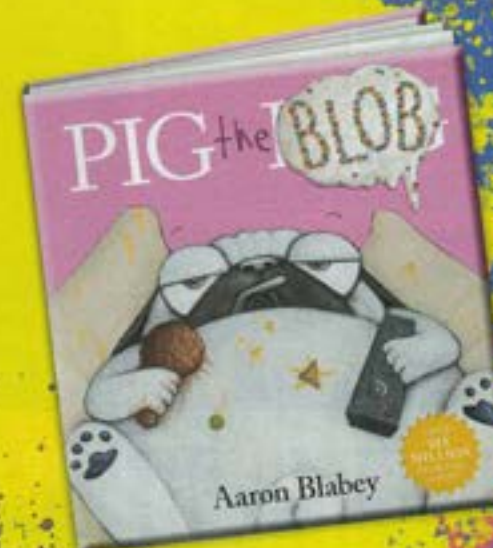




6 ISSUE 2020

Book Club

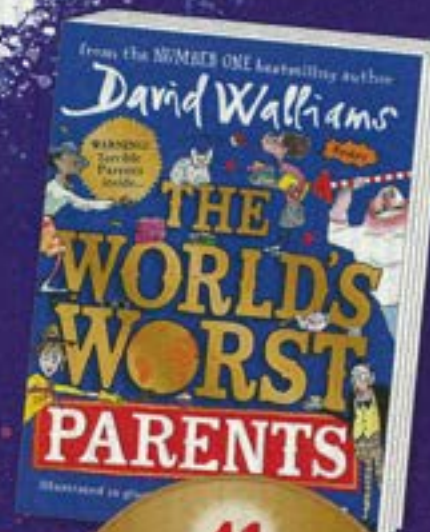
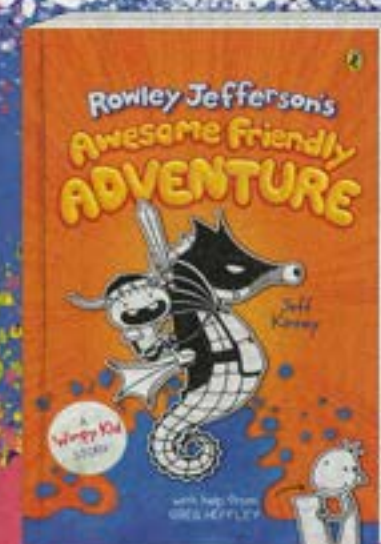
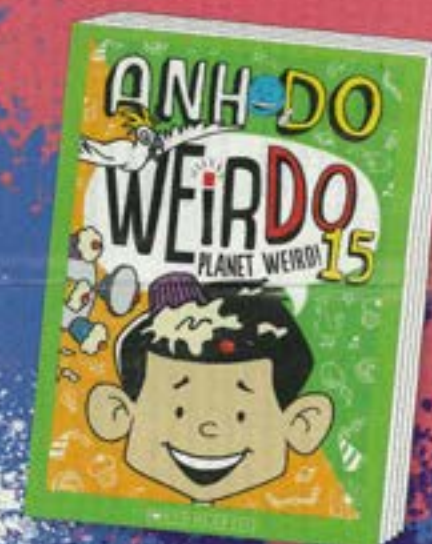
PULL OUT POSTER
HANG ME UP IN YOUR CLASSROOM!



DISCOVER THE
Curious AND Wild

BOOKS ON ISSUE 6!

ORDERS DUE BY:
11.09.20



41

VALUE BOOKS
AT \$5 AND UNDER
IN THIS ISSUE!

Each issue we offer quality VALUE BOOKS because we believe every child deserves the chance to take home a great book and experience independent reading for pleasure.

SCHOLASTIC

Coonabarabran Pony Club



**Next Rally Day
will be held in
November.**

**Sarah Mahon
Mobile: 0413 344 745**

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
vacation care**

**3.15 - 5.30pm
Monday - Friday
14 Robertson St
Coonabarabran**

**Coonabarabran Public School students
catch the Rocky Glen bus.**

Only \$25 a day

You could be eligible for further subsidy
to reduce fees with the Child Care Benefit

You only pay the gap.

Enrol at Robertson Street Children's Services
phone: 6849 2222

Affordable - Fun - Safe

Coonabarabran Physiotherapy

**Matthew Rouse
Physiotherapist
B.App.Sc**

**68 Cassilis Street
COONABARABRAN**

02 - 6842 2881



Grace's Uniforms

For all your school uniform needs

**From hats to socks,
backpacks and shoes.**

Shop 3/48 Dalgarno St
Phone: 6842 1670



Deedong Tractor Sales

For all your mechanical needs
Truck or Tractor Repairs
On-Farm Service or Workshop

- Hardi Sales & Service • Hydraulic Repairs
- Air Conditioning • Rego Checks
- Spare Parts • Consignment Sales

6842 1167

Crane St, Coonabarabran



Evans Electrical Service

**Electrical, Refrigeration,
Air Conditioning**

Level 2 Authorised Service Provider
Lic. No: 164657C ARC No. L004612
Level 2 No. 31041

ABN: 85 125 559 926

Phone Brad : 0407 224 773

Email: evans_electrical@bigpond.com



Yuluwirri Kids

Approved Early Childhood Education
and Quality Care.
From 6 weeks up to 5 years old.

Enrol now for 2020

A child needs a great parent, a great play based
learning environment and a great teacher.

Help strengthen your child's educational journey
by enrolling them in our Early Childhood
Education program today.

Fees from \$7.50 per day

Enquiries: 6849-2184 or email
yuluwirrikids@warrumbungle.nsw.gov.au

**Your kids will thank you
one day for their
healthy smiles**



Braces
Family dentist
All health funds
On-the-spot claims
\$1000 rebates for most kids



Now you can smile a lifetime of smiles

**COONABARABRAN SMILES
DENTAL SERVICE**

PH 6842 1396 70 Cassilis St

aliki
skin + care

SHOP ONLINE 24/7
www.alikiskincare.com.au



**Classes
on**

**Tuesday
afternoons**

**Contact: Leanne McWhirter
Phone: 0439 833 832**



Ph: 6842 1771