



Coonabarabran Public School Newsletter - Term 3, Week 9 2021

Quality, affordable education for all students

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

Monday 6th September 2021

We miss you all.....

Staff have been hard at work at home and at school to make your learning fun and enjoyable during lockdown.



PBL Focus: We are resilient

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R U OK? DAY™
 9 September 2021

R U OK? Day

A matrix to help students and families celebrate R U OK? Day on September 9th no matter where they are!

This an Empowering Learning Together Resource

<p>Create a FlipGrid Video telling some jokes. Send it to a family member or friend to make them smile!</p>	<p>Draw a mindmap of your support network and people you can go to for support.</p>	<p>Make a poster to promote R U OK? Day. Put it up somewhere so others can see it.</p>	<p>Draw a chalk drawing on your driveway or nearby footpath to brighten up someone else's day!</p>
	<p>Make a Warm Fuzzies jar. Decorate the jar and add pieces of paper with things you love about each family member or your class mates.</p>	<p>Interview a grown up about R U OK? Day. Ask them for some ideas of what you could say to a friend who was not feeling ok.</p>	<p>Learn some breathing exercises to help you relax when you are feeling upset or worried.</p>
<p>Do some yoga with Cosmic Kids. Create some of your own moves.</p>	<p>Create a space just for you. Add your favourite books, activities, colouring in or drawing materials you like to explore and create with.</p>	<p>Create a 'happy dance' to your favourite song. Video it and share it with your teacher or a family member who lives far away.</p>	<p>Make some positive affirmation cards. I am grateful for... I am proud of... I feel calm when... My smile is...</p>
<p>Make a care package with a card, craft and/or little gift to give to a friend or family member to show you are thinking of them.</p>	<p>Take a walk in nature and collect some items that make you happy. Create a sensory nature table at home and add to it each day.</p>	<p>Cut out some pictures from a magazine and create a collage showing different emotions you have experienced.</p>	<p>Make a life size 'hug' and send it to someone special.</p> 

Time expectation for families

	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
Early stage 1	<p>Total hours per day: 2.5 hours per day plus other activities.</p>	<p>Total hours per day: 3 hours per day plus other activities.</p>	<p>Total hours per day: 3 hours per day plus other activities.</p>	<p>Total hours per day: 3.5 hours per day</p>	<p>Total hours per day: 3.5 hours per day</p>	<p>Total hours per day: Students in Year 11 and 12 will follow their usual pattern of study</p>
	<p>Key focus areas – core teaching:</p> <ul style="list-style-type: none"> 45-60 minutes of English activities. 30-45 minutes of Mathematics activities. 30-60 minutes of activities across other KLA's (creative arts, HSIE, PDHPE and science/technology). 	<p>Key focus areas – core teaching:</p> <ul style="list-style-type: none"> 45-60 minutes of English activities. 30-45 minutes of mathematics activities. 1-1.5 hours of activities across other KLA's (creative arts, HSIE, PDHPE and science/technology). 	<p>Key focus areas – core teaching:</p> <ul style="list-style-type: none"> 45-60 minutes of English activities. 30-45 minutes of mathematics activities. 1-1.5 hours of activities across other KLA's (creative arts, HSIE, PDHPE and science/technology). 	<p>Key focus areas – core teaching:</p> <ul style="list-style-type: none"> 30-45 minutes of English activities. 30-45 minutes of mathematics activities. 90-120 minutes of activities from HSIE, PDHPE, science and electives. 	<p>Key focus areas – core teaching:</p> <ul style="list-style-type: none"> 30-45 minutes of English activities. 30-45 minutes of mathematics activities. 90-120 minutes of activities from HSIE, PDHPE, science and electives. 	<p>Major project requirements:</p> <ul style="list-style-type: none"> Changes have been made to the requirements for major projects in some practical subjects. NESA will continue to provide updates around changes to major projects and/or assessments for specific subjects.
	<p>Additional learning:</p> <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. 	<p>Additional learning:</p> <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. 	<p>Additional learning:</p> <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. 	<p>Additional learning:</p> <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. 	<p>Additional learning:</p> <ul style="list-style-type: none"> Other activities such as wellbeing, sport and physical activities, where social distancing allows. 	



5/6K Bandarr

5/6K have embraced learning from home with some wonderful cooking and book reviews.

Mrs Kearney is very excited to receive all your photos of your achievements during these hard times and looks forward to what you all can achieve in the next few weeks.



BW Bailey W



Torr

Fog A Dox book review by Torr Howgate.

The book is about a fellow called Albert who cuts trees down for a living. He has a dog called Brim. He was cutting wood one day and saw a fox cub. The cub got taken by an eagle and the eagles babies ate the cub!! Albert has always loved his axe. He had gone through seven different handles for it over the years and spoke about it quite fondly. This is as far as I got. I would recommend the book for year 6 students and give it a 7 out of 10 for entertaining.

Colour by numbers



Department of
Primary Industries and
Regional Development

Colour in the image below by matching the number with the colour code. What is hiding in the sea?

1. PINK

3. PURPLE

5. YELLOW

7. RED

2. BLUE

4. BROWN

6. ORANGE



Apple Crumble

Ingredients

Serves 6 (use 1 apple per person)

Filling

6 medium sized apples (I love to use pink lady or golden delicious)

Generous splash of apple juice or water

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

Crumble topping

1 1/2 cups organic rolled oats (150 g)

1/2 cup (50 g) organic desiccated or flaked coconut

1/2 teaspoon ground cinnamon

1 teaspoon vanilla extract, paste

1 - 2 tablespoons organic maple syrup (optional)

3 - 4 tablespoons extra virgin olive oil, macadamia nut oil, coconut oil or butter

Method

1. Wash the apples.
2. Cut into wedges or dice with the skin left on - make sure to remove the centre.
3. Place the apples into a large heavy based pot.
4. Combine with the apple juice or water, vanilla and cinnamon.
5. Cook over a medium heat for about 15 - 20 minutes - stirring occasionally until the apples have completely softened and collapsed. Taste them and adjust level of cinnamon etc.

To make the crumble

1. Combine rolled oats, coconut, cinnamon, vanilla, maple syrup and olive oil then rub ingredients together with your fingers to combine.
2. Preheat your oven to 160 C. Fan forced.
3. Pile your apple mixture into a suitable sized baking dish.
4. Scatter the crumble over the top.
5. Bake for 30 - 40 minutes or until the crumble is golden.
6. Remove from the oven and serve with thick Greek style yoghurt.



ENJOY YOUR SPECIAL DAY

**HAPPY FATHERS DAY TO ALL THE
DADS, GRANDPARENTS AND
CARERS WHO ARE IMPORTANT
IN YOUR LIFE.**

Our dad is debonair
and is also very smart
He always sits in his favourite chair
and loves a Portuguese tart

He's very good at tennis
Playing golf he has great skill
But with his farts he is a menace
and the smell makes everybody ill

As you probably know
We love our dad a lot
He has helped us learn and grow
and we wouldn't change him one jot.

Will and Lily Weatherall.

National Child Protection Week 2021

DEEP LISTENING CULTURE KEEPS US SAFE

Grandmothers' Story: "As you may know, in Aboriginal culture, our country and its landscape are our classroom. We connect to country as we learn and grow into adults. Our country is always ready to teach our mob and to look after us. This painting shows two grandmothers (sisters) sitting around the campfire teaching the young girls and boys about growing up and walking in two worlds. Here you can see the two grandmothers, emu footprints, bush tucker and spinifex. The boys and girls are sitting around their campfires using deep listening to learn about country and being ready for the two worlds. The footprints are the grandmothers walking around."

'DEEP LISTENING' BY SHIRLEEN CAMPBELL, ALICE SPRINGS



This poster has been created for National Child Protection Week 2021 to support the theme: **"To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy"**. NAPCAN thanks the artist for sharing her knowledge from First Nations culture on the importance of deep listening in creating strong communities for children. Please use this poster to begin conversations in your community about connection, culture and belonging.

NAPCAN PREVENT CHILD ABUSE & NEGLECT

Find out more
www.napcan.org.au



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org