

#### Coonabarabran Public School Newsletter - Term 1, Week 5, 2021

Quality, affordable education for all students

www.coonabarab-p.schools.nsw.edu.au Monday 22nd February 2021

#### NRL STARS TALK TO GPS

On Wednesday last week years 3-6 had a very special visit from 4 people in the NRL: Alex Prout, Simon Hartas, David Gower (Paramatta Eels) and Kezie Apps (Illawarra Dragons) who gave a great, engaging talk to students about relilience, support networks, and gratitude.

They spoke about who their support networks are in the NRL and then made us think about who our support networks are in our own lives and who gets us through the highs and lows, which are all part of life. They encouraged us to reach out for help whenever we need support and said that it's okay to ask for help.

We watched some videos which showed NRL players talking about what they are grateful for, and then we all thought about what gratitude is and how it can really be good to practice gratitude in our daily lives.



#### **Coming up at Coonabarabran Public School**

#### Tuesdays Fridays

Fridays Tuesday 2nd - Thursday 4th of March Wednesday 24th March Thursday 25th March STAGE 2 Swimming for sport town pool STAGE 3 Swimming for sport town pool Montage School Photos McGoldrick Cup Grandparents Day (virtual experience)

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#### A Minute with Mrs Meier

Welcome to Week 5 everyone.

On Friday we wished a group of CPS students good luck as they competed in the Zone Swimming Carnival in Coolah.

Now that everyone is settled into the 2021 school year please remember that parents and carers are not permitted onto school grounds. This is due to COVID restrictions. If you are coming to school for any reason you must enter throught the Front Office, and check in using the COVID app. Thank you for your patience and understanding with these rules.

Our school photos are happening in Week 6, students are to wear full summer uniform for these photos, which are taking place on Tuesday, Wednesday and Thursday next week.

House crumbed chicken and air fried chips \$5.50

#### Eat healthy at CPS canteen

Canteen feature meal:



Congratulations to our CPS students who qualified for the Zone Swimming Carnival, held in Coolah on Friday the 19th of February.

Dollarmites School Banking is returning on Friday's at school. Bring your banking books and please give them to:

Mrs. Nixon for Infants

Mrs. Angela Newton for Primary



If you would like to commence School Banking you can visit your local Commonwealth Bank branch to pick up a Dollarmites Banking book.



Grandparents Day will go ahead as a "virtual experience" due to our **COVID** restrictions. More information to follow closer to the date.





The first P&C meeting is **TONIGHT** in the school Staff Room at 6pm. New parents and carers, as well as exisisting parents, are welcome to come along!



#### Stage 1 Stars of the week



KE	Annabele Milligan
кс	Edith Dakic
1R	Arjay Niass-Gall
1/2T	Lewis Brown
2M	Nyah Walker

MONTAGE FOTOS \_\_\_\_\_\_ school photography with character Being a friendly and caring class member Being absolutely delightful every minute of every day! Trying his best in all tasks and showing enthusiasm in learning Being a wonderful member of 1/2 Kookaburras Always following the PBL values

CPS School photos Tuesday 2nd, Wednesday 3rd and Thursday 4th of March

This year MONTAGE FOTOS have moved to online ordering. Families may choose to *either* order online or pay with cash.

See details for each option on the MONTAGE envelope that has been sent home with your child. All envelopes containing cash payment should be returned to your childs classroom teacher by no later than Monday MARCH 1st.

#### Your school now has a FREE app

Receive school information, instantly and directly to your smartphone



#### How to download your FREE app

- From your mobile device go to the App Store (iPhone/iPad) OR Google Play (Android) search for School Stream and download the app to your phone
- 2 Make sure you agree to push notifications
- 3 Once School Stream has finished installing, open the app, type your school name into the search THEN select your school

For more detailed instructions go to schoolstream.com.au/download



#### NRL TALK PHOTOS











#### Stage 1 Assembly Awards

		los los
KC Gilaas (Galahs)	Dani Bartlett Jarvis Webster Edith Dakic	Trying hard to follow instructions Having wonderful pencil grip Being Star of the Week in KC
	Emma Paul	Star of Week 3
	Billie Burton	Being kind and responsible at school
KE Bigibilas (Echidnas)	Sophie Romans	Star of Week 4
	Beau Watton	Trying really hard to write his letters
	Lachlan Player	Contributing to classroom discussion
	Eva Ford	Consistently completing set tasks with enthusiasm
	Harvey Harris	Following CPS rules in the classroom and playground
1R Mudhay (Possums)	Cash Britton	For insightful contributions to number talks and knowledge on factors of 10
	Thomas McMillan	Being a masterful mathematician, recalling maths facts
	Shania Byrne	Being a safe, respectful student who tries hard
1/2T Gugurrgaagaa	Samuel Paul	Excellent sentence writing
(Kookaburras)	Audrey Rouse	Excellent sentence writing
the second second second	Sophie Cox	Always trying her hardest
	Ivana Stanton	Star of Week 3
	Addison Bartlett	Being a respectful member of our school
2M Dhinawans (Emus)	Will Birtles	For his mathematical thinking
To De receiver a de la sec	Mia Bowman	Fantastic reading at home and school
	Peter Murphy	Wonderful effort in class
	Jacob Cook	Fantastic reading in reading groups
San and Sa	Nyah Walker	Always following our PBL values





#### Kindergarten Gilaas Class Focus



#### What a wonderful Start to School.

The 2034 school leavers in KC Gilaas have had a wonderful start to their school life. Each morning we start our day with 10 minutes on the equipment, where we strengthen our gross motor skills and socialise with our peers. Then it is off to the class room for some hard work and games. We are achieving great heights with our sounds and even know a few sight words. We have been learning to write and recognise numbers to 20 and becoming highly accomplished counters specializing in counting backwards. We are learning all about the school's PBL values including learning to be respectful, safe and kind. We practice this at every opportunity.

The best part of the day is a bit of free play at the end when we get to play with the fantastic busy box that Mr McMillian made especially for us. The favourite part of the busy box is the safe and he promised he has left a surprise in there for when we crack the code next week. Mrs. Clifton.







## COONABARABRAN PUBLIC SCHOOL HEALTHY CANTEEN MENU TERM 1 2021

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## Snacks

Pizza Muffin \$1.80c
Scroll
Popcorn
Seasonal FRUIT. \$1.00
Crackers and Cheese \$2.00
Veggie Sticks and Dip
CPS Wrap. \$2.00

# Sondwiches - (mode on fresh bakerv bread)

aniumiciles - liliade all il cali advert an eda
Vegemite, Jam or Honey\$2.50
Cheese or Ham
Salad, with Cheese and Ham or Chicken

## Toasties

54.00	\$4.50	
Cheese	Ham and Cheese	

## Burgers

### Hot Food

Macaroni and Cheese
Twista Balgonaise
TACO Chicken Roll \$5.50
Chicken and Chips
Bakery Pie
Bakery Sausage Roll
Souce. \$0.50

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## Good Mood Meals

Roast Vege Salad "gf: season vegetables roasted with feta cheese and garlic	ressing	Chicken Coconut Curry served with Quinoa "gf	Caesar Salad with boiled egg
Roast Vege Salad	mustard dressing	Chicken Coconut C	Caesar Salad with

### Drinks

Water
Fruit Juice popper
Flavoured Milk
Slush PuppieLUNCH TIME ONLY

## Ire Blocks 2nd half lunch aniv

ICE DIOCKS Z HIGH INHIGH ON Z
Frozen Juice cup
Fruit stick
TNT \$150
Paddle Pop

## TERM 1 (ANTEEN MEAL NUALS ALL meals are made by canteen staff

WEDNEGDAY MACARONI AND CHEESE	Ø,	MEAL DEAL includes: Bottle of Water or Fruit Juice popper	And a Cholee of ONE of the following
TLESDAY CHEESE TOASTIE		FRIDAY 2 x PIZZA MUFFIN	
MONDAY FRIED RICE		THURSDAY SMALL BOLGONAISE	



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