



Coffee Camp Public School

Bulletin Term 3 Week 4
Wednesday 5th August 2015

Principal: Steve Boyd
Phone: 6689 9259

«Name»

Reminders for this week

- **Put Open Day 11.30 – 1pm 12th August in your diary**
- Put P&C working bee in your diary for 1pm Sat 22/8
- Return school photo envelopes by Tues 11th Aug
- Return senior excursion permission
- Book Fair is next Monday – Wednesday
- Request bulletin via email – photos come in colour!

A message from the Relieving Principal:

Term 3 is off to a busy and positive start at Coffee Camp P.S. but of course we are all missing Mr Boyd. I'm pleased to report his surgery was a success and he is at home resting and recovering. Miss Claydon is settling in well in the 5/6 classroom and the students are engaging in some new routines and learning experiences.

It was lovely to return to school after the holidays to meet the artist Samantha from BreakAway Art and watch her paint and bring our rainforest mural alive. We were so impressed that the school and P&C have agreed to commission her to do another mural at school on the Music Room folding doors.

We are planning to do a few more projects to brighten up our school environment. The P&C are having a Working Bee to paint some walls and clean up some garden areas in the playground. This will be held at 1pm on Saturday 22nd August. Everyone is welcome.

Coffee Camp is keeping up our sporting reputation, once again winning the 2015 Athletics carnival. We have such a wonderful school spirit. It was lovely to see all students giving their best efforts and cheering and supporting one another. Good luck to everyone going on to the Zone carnival next week. We have also had 2 students selected in the regional softball team. Congratulations to Georgia and Amy.

All parents/carers and grandparents are invited to come to school Open Day on Wednesday 12th August from 11.30am-12.15 for classroom visits and 12.15- 1pm for a school assembly and School Band performance. We enjoy a positive partnership between teachers and parents/carers at Coffee Camp and we hope you can make it on this day to support what your child has been achieving at school.

Also, many thanks to all the parents, staff and students who have been supporting me in my new role as relieving principal.

Desley Banks

THE ROCK AND WATER COURSE OUTLINED

Lesson 2: Focus

Students were introduced to different ways to practice mindfulness.

They talked about ways to use mindfulness in quiet times but also when they are active.

Students participated in exercises and activities which showed them how focus can change your actions.

Discussion:

Students discuss situations in which they might feel safe or unsafe at school and in the community.

Students discuss how we use our body language to convey meaning to others.

*****Diary Dates*****

Mon-Wed	Book Fair in the school library
Wed 12/8	School Photos
Wed 12/8	Open Day at School – 11.30-1.00pm
Fri 14/8	Zone Athletics – Riverview Park
Thurs 27/8	Performing Arts Festival in Lismore
Tues 1/9	4pm P&C meeting
Fri 4/9	The Channon Teams Day
Thu 17/9	School play night – Years K-6

Tuckshop in Term 3

The roster is nearly full – just a little help needed.

Please contact Linda 0416 110 438 ASAP so that we can fill these gaps.

Can you cook a meal? **Please contact Susie 6689 9338 to talk about menu options for Term 3.**

Tuckshop Roster Term 3

Date	Full day	Morning	Fruit
7 Aug	Jen P Sam R	Danielle M	Jen P Danielle M Lisa T
14 Aug	Ananda A Chris O	HELP!	Bernadette M Kylie C Julia T
21 Aug	Editha M Wendy L	HELP!	Carlie A Rebecca M Julia T
28 Aug	Andrew H (10am) Sam R	HELP!	Jenny J-M Rebecca M Kristy W
11 Sept	Wendy L HELP	HELP!	Betty W Anne W Carlie A

Paper Bag Orders for Lunch this Friday (7/8)

Meat Pie	\$3.00	Medium meat	\$2.00
Chicken Pie	\$3.00	Cheese + Spinach	\$3.00

Bring money in a purse for these items:

Items to buy at Recess

Toast plain	20c	Cheese slices	20c
Toast raisin	20c	½ cup milk	20c
Fruit salad	50c	Fruit smoothies	50c

Items to buy at Lunch

Yoghurt	\$1.20	Fruit juice popper	\$1.00
Smooze ice block	60c		

Helpers – 9.30 – 11.30am: Danielle M

Helpers – full day: Jen P, Sam R

Fruit: Jen P, Danielle M, Lisa T

PSSA Softball – Regional Team

Georgia and Shakira were very excited to be selected in the regional softball team which will play 3 days of games in Wagga Wagga at the end of August. As Shakira has other commitments Amy is delighted to take her place.

P&C Working Bee

Working Bee As many parents find it difficult to attend working bees during the week we have scheduled a painting and garden bee for **Saturday 22nd August starting at 1pm.**

Open Day – Wednesday 12th August

We will be having Open Day activities for families on **Wednesday 12th August between 11.30-1pm.**

11.30am - Open classrooms. Come and see your students at work in their classrooms.

12.15am – Assembly – public speaking speeches

12.45pm - School Band performance + Opera House Choir

1.00pm - Sausage sizzle lunch –

The school will provide a sausage on bread for each child and visitor. These will be cooked and served by the P&C. Andrew H and Phil D would appreciate help with cooking and serving. If you can't attend Open Day you would be welcome to visit on another day.

Awards

Awards and medals are presented at our assemblies on Fridays. Parents are welcome to attend.

K – Luano – a athletics award

1 – Ethan – for improved listening skills

2 – Rory – for outstanding contributions to class discussions

3 – Alanna – for great improvement in all subject areas

3 – Cienna – for settling in well to Coffee Camp

4 – Jean-Charles – for effort in speech writing

4 – Aiden – for a speech from the heart

5 – Taimana – for attention to detail in mathematics

5 – Michaela – for excellent use of spelling strategies when writing

6 – Mitchell – for top effort throughout all activities

6 – Khatia – for excellent use of mental strategies in mathematics

Good Deed Medals

No medals were presented last week.

Performing Arts Festival – Thursday 27th August

The School Band, the Opera House Choir and the Small Schools Choir will all be performing at the Lismore Performing Arts Festival which will be held at the Lismore Workers' Club on Thursday 27th August.

Tickets will be on sale from Monday August 10th from Lismore Workers Club. Adult: \$14 Child \$6

Tickets are available in the following ways:

- Online at www.lismoreworkersclub.com.au by credit card and print off at home.
- Front Desk at the Workers Club with cash or credit card.
- Over the phone at Lismore Workers Club with credit card.
- There will be a very limited number of Standing Room Only Tickets sold at each evening performance from 6:15pm each night at the Lismore Workers Club Front Desk (\$14 adult & \$6 child)

Please note: Tickets must be paid for on purchase. Children below Kindergarten age are free but must sit on a parent's knee.

The doors will open at 6.00pm. Please be seated by 6.15pm which is 15 minutes before the concert is due to start, as Standing Room Only tickets (at the same cost) will be sold after that time.

Only ticket holders may enter the auditorium and they can sit in any empty seats. All audience members must remain in their seat whilst there is a performance onstage. No one will be permitted to enter the auditorium whilst an item is on stage. No hot food, glass or alcohol is permitted in the auditorium. No student will be allowed to leave their school group backstage till after the last item at 8:30pm so please stay seated and enjoy the entire concert.

Don't delay - tickets do sell out.

K/1/2/3 News

As the kinder students have now been introduced to all their letters we are focusing on the revision of sounds for all letters from A-Z.

Parents can help their children to master their sounds by using any opportunity which involves letters to practice sounds with their child. This could be reading a story at night or a sign in a shop window. Children who have help with their learning at home make better progress at school.

Learning Support Plans

Students who have learning support lessons with Ms Vos have been given a letter with their goals for semester 2.

Ms Vos will be available for interviews with parents on Open Day Wednesday 12th August between 11am – 1pm. Please contact the office to make an appointment.

School Photos – NEXT Wednesday 12th August

Our school photo day is Wednesday 12th August. All children will need to wear full school uniform on that day.

As photo day is a busy morning please send all photo envelopes by Tuesday 11th August.

Please read the instructions carefully before deciding which pack you want to order. *Please note you can only order the extras only if you have already ordered a main pack.*

Only one child's name can be put on an envelope. But you may put money for all your children in one envelope. Please write on the envelope which children you are paying for.

You must enclose the correct money. The envelopes are not opened at school and we cannot provide change.

Family Photos If you would like a family photo of your children please contact the office for a family envelope.

If you have any questions please contact the office.

Book Fair – NEXT WEEK – Monday - Wednesday

The books at the fair are provided by Scholastic and are similar to Book Club books. **There is no obligation for parents to buy books from the Book Fair.**

As well as the usual books we have asked for book packs with a value of less than \$10 so that we can have a range of affordable books.

At the end of the fair the school library can select books based on a percentage of the sales made. The children can make suggestions about new books for the library to get.

The book fair will be set up in the school library. from Monday 10th - Wednesday 12th August. Books will be

Monday 10th from 9-9.30am and from 3-3.30pm

Tuesday 11th from 9-9.30am and from 3-3.30pm

Wednesday 12th all day from 9am-3.30pm

If you send children to school with money please tell them to come to book fair in the morning so that they don't have to look after their money all day.

Book Fair Vouchers - competition

We have six \$10 book vouchers to be won. There will be two winners in each class. Winners can use their voucher at the book fair.

The competition is to design a book cover. The cover may be for one of their favourite books or for an imaginary book.

As there is limited class time available children might like to work on these at home as well.

The competition closes on the morning of Monday 10th August so that the entries can be judged and winners can redeem their vouchers before the end of the book fair on Wednesday.

IMPORTANT message for ALL parents

Afternoon Travel Arrangements

This year there has been an increasing number of changes to daily travel arrangements. Afternoons are now more stressful for the teacher on bus duty who has the responsibility of ensuring all children leave according to their afternoon travel plan.

As a matter of safety we cannot allow a child to change their travel plan simply by telling us, 'Mum said she is coming to get me today'.

All children will travel home in their usual way unless we **receive a note from a parent/carer**. The note should have the child's name, the date and details of the change.

In case of a last minute change due to car troubles or a cancelled after school activity (such as a sick piano teacher) please phone the office by 2.45pm.

There are 53 families in the school but there is only ONE phone line and usually only one person in the office.

Please help us to ensure that your children travel safely every day and that our staff are not stressed on bus duty.

Mobile Phones at School

Students should not bring mobile phones, iPods, or iPads to school. If there are occasions when after school activities require a student to have a digital device at school they will be collected in the morning, locked in a cupboard and then be returned to the student at afternoon bus time.

Recycling and Waste Disposal at Coffee Camp

We are all familiar with the Reduce, Reuse, Recycle concept. When it comes to lunches we can **Reduce** waste by sending non-packaged foods to school in containers which can be **Reused**. Congratulations to the children and families who already do this.

We can also minimize our waste by remembering to **Recycle** everything that can be recycled.

As part of the Schools Waste Wise challenge we have installed a new bin system at school.

We have bins with four different coloured lids for different types of waste. Ms Vos and the 5/6 class have designed signs for the bins with pictures of what goes in each bin.

Green – food scraps

Yellow - recycling = paper, poppers, yogurt containers, tuna tins, aluminium foil

Blue – soft plastics = plastic bags, clean cling wrap

Red – waste = whatever can't go in any of the other bins

The children are making a great effort to use the right bins so that we can send less waste to landfill.

Senior Excursion Permission and Payment

This year the senior excursion will be to the Queensland Sunshine Coast from 30th Nov – 3rd Dec.

We have calculated a final cost per student of \$330 which takes into account money we expect to raise from planned fundraising for the excursion.

The payment schedule is:

First - \$100 by 11th September

Second - \$100 by 16th October

Final - \$130 by 13th November

Parents are welcome to make more frequent payments of smaller amounts if that is easier for the family budget.

Please contact the school if you are not able to meet the payment plan.



Tuning into Kids: Emotionally Intelligent Parenting

This is a six-session parenting program for parents of children aged 3-12.
You will learn to:

- understand your child more
- help your child manage their emotions
- help manage behavioural problems
- teach your child to deal with conflict

Tuning into Kids shows you how to help your child develop emotional intelligence.
Children who understand their emotions:

- have greater success with making and keeping friends
- are able to concentrate easier at school
- are more able to calm down when angry or upset
- tend to have fewer illnesses

Emotional intelligence is a better predictor of academic and career success than IQ!

Wednesdays, 10:00am to 1:00pm

12 August – 16 September 2015

Venue: Interrelate, 5 Market Street, Lismore NSW 2480

Contact Belinda Keech: belinda.keech@interrelate.org.au
phone: 6623 2750 | mobile: 0475 817 383



Nutrition Snippet

The simplest way

... to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child's lunch box:

- **Plain air-popped popcorn** (without salt or butter) **mixed with sultanas + dried apple**
- **Dried fruit snack packs**: buy them ready made, or make your own at home in reusable containers
- **Fruit salads**: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- **Crackers + veg**: Slice up some avocado or tomato + send with some rice crackers
- **Little veggie bags**: cherry tomatoes, capsicum, carrot and celery sticks
- **Frozen fruit bags**: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don't bring it home at the end of the day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Healthy Harold 2015



Last week students from Coffee Camp attended sessions in the Life Education van.

Students in year 5/6 discussed decision making, safe and unsafe decisions, and how we're influenced when making decisions.

Throughout this session students participated in role playing, group decision making, and individual reflection on decisions made and how these were influenced by others.

All in all a fun and exciting learning experience for students.

