



Coffee Camp Public School

Bulletin

Term 1 Week 9

Wednesday 27th March 2019

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Reminders for this week

- Make an appointment for Parent/Teacher Interviews
- **Put P & C meetings in your diary**
- **Phone office to volunteer for tuckshop**
- Pay School Contribution - \$30 per child
- **Have a hat at school EVERY day**

Dental assessment for Kinder and Year 2—Wed 10th April
Forms went home today with Kinder & Year 2 students. If you want your child's teeth assessed at school by a clinician from the Northern NSW Local Health District please return the filled out consent before Wednesday 10th April. This is a free service.

Tuckshop - Friday 29th March 2019



Paper Bag Orders

Home made Pies - \$4

beef, chicken mornay or cheese & spinach

Full Day	9:30-11:30	Fruit
Michael Magali	HELP	Don Geraldine
Recess - Bring money in a purse for these items		
Toast plain - 30c	Raisin Toast - 50c	½ cup of milk - 30c
Cheese slices- 30c	Fruit Smoothies -50c	Fruit Salad - 50c
Lunch - Bring money in a purse for these items		
Fruit juice in a cup - 50c	Frozen yogurt - 80c	Fruit Icy Pole - 50c

NRPSA - Football/Soccer Trials The boys had a great time at the Football/Soccer trials last week



Diary Dates

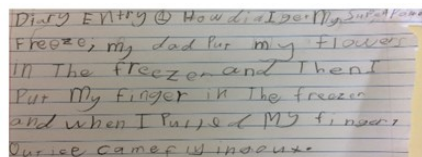
Fri 29/3	Assembly
Fri 29/3	Science Pop up day & Nimbin
Tues 2/4	Interrelate @ Blakebrook PS
Thurs 11/4	Easter Activity Day
Wed 10/4	K & Y2 Dental assessment
Fri 12/4	Last day Term 1
Tue 30/4	First day term 2



2/3 News

The Year 2/3 class has been working hard to create their super hero stories. Delayed by multiple absentees due to autumn colds, their stories are finally ready. Below some snapshots of their work. The students had to create a super hero by deciding how their super hero could help others and/or the environment and which powers they would like to use. We have been focussing on how to write a sizzling start, punctuation and editing skills. Editing their work has been the most challenging. "Why change my writing, my first go was good enough!", was a regular comment.

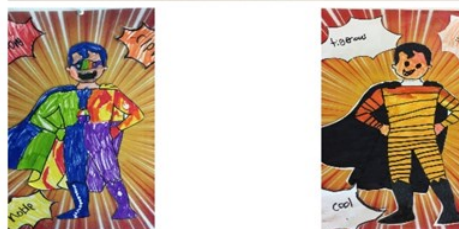
Our new theme is Endangered Australian Animals. Books about Endangered Australian Animals are most welcome! Our focus will be on Information Texts, Persuasive Writing and Comprehension Skills.



Chapter 1: Zip. I went down the zip line. My hands were slipping. What do I do? The next thing I knew I was in the Tiger pen. The Tigers came so close that I could nearly touch them. I was very scared, so scared that I could not even move or talk. I closed my eyes and put my hand out. When my hand touched a Tiger I thought I was done for. Suddenly I felt strong and super human. What was happening I wondered. "What are you going to do me?" I asked, still a little scared. Then one Tiger said "We want to be friends and help you, because you are now a super hero".



Two months later
I was visiting Lorian and I saw that his garden was dead. Then I realised what made his garden dead. There was no soil! All of a sudden I had an idea. I was going to teleport soil to his garden. I would get soil from my house. I would use about 8 teleports. When I was finished, the garden looked very healthy.



K/1/2 News

Weekly items for Students to Bring on Tuesdays.

2nd April - something that is a rectangle

Clothing and Footwear: each day the children will be involved in outside activities. They will need a hat, sensible footwear (no thongs or high heels) and shorts (girls can wear these under their skirts or put them on for outside play).

Reminder to complete Home Reading and return Blue Bags every day.



Please record all home readers in the communication book.



SPINACH, CORN & CHEESE SAVOURY MUFFINS

These delicious savoury muffins are packed full of vegetables like spinach and corn. You could change up the vegetables to suit any taste or what's in the fridge. They are perfect for a family meal, lunchbox or a kids afternoon snack! They also freeze well.

Ingredients

2 eggs
3/4 cup milk
150g / 2 cups grated reduced fat cheddar cheese
1 spring onion, chopped
2 cups fresh baby spinach, chopped
1 cob fresh corn, kernels cut off (or a small tin corn kernels)
2 cups self raising flour
salt and pepper to taste

Preheat the oven to 180c and line a muffin tin with 12 muffin cases or oil the tin well.

Combine eggs and milk in a large bowl.

Mix in the grated cheese, spring onion, baby spinach and corn.

Add in the flour, salt and pepper and mix just enough until all the ingredients have combined.

Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through.

These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight.

For more tasty, simple recipes, visit:
nswlhd.health.nsw.gov.au/health-promotion/healthy-eating-recipes

Introducing Healthy Lunchboxes

The task of packing healthy school lunch your kids will love is now easier with Cancer Council NSW's new [Healthy Lunch Box website!](http://HealthyLunchBox.com.au)

We know that 93% of children don't eat enough vegetables and 22% are overweight.

The website includes recipes and tips on how to include more fruit and veg in the family's diet and is complete with an interactive lunch box builder to involve the kids, at home, or on the move with a smartphone or tablet.

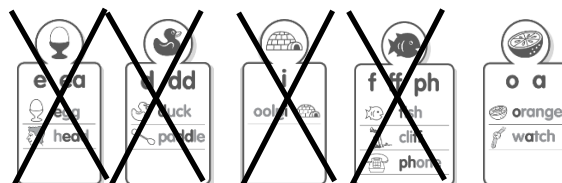
Visit healthylunchbox.com.au to pack a quick and healthy lunch box today!

Soundwaves

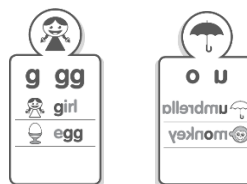
Term 1

These are the phonemes (the smallest unit of sound in a word) which will be discussed in the following weeks across K-6

Week 5 Week 6 Week 7 Week 8 Week 9



Week 10 Week 11



Passwords are:

K - mouth842 1 - seven924
2 - said745 3 - push684
4 - card857 5 - pull095
6 - stem925

Please ask your child which **sound, chant & action** they are learning this week.

GAMES you could **PLAY** with your child; **RAINBOW WORDS** (tracing one word several times with different colours) or **SILLY SENTENCES** (write sentences containing three of four list words).

Journey to the Red Planet

Thank you to everyone who is sending in washed bottles.

WE STILL NEED MORE

please keep sending in your washed 2 & 3 litre plastic bottles.



Thank you. Mrs V.

LUNCHBOX



- * Keep it simple - not too much choice
- * If you choose from healthy foods, don't worry if your child wants the same foods each day
- * Ensure foods can be opened and eaten easily
- * Avoid packing a 'sometimes' food every day
- * Keep serves small