# **Coffee Camp Public School**

## Education

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### Reminders for this week

- Can you help with Tuckshop? Fill in note & return
- Brink your drink bottle to school every day
- Bring your HAT to school each day
- Download Skool Loop App

#### Term 3 Week 2 Wednesday 29 July 2020



Name: «Name»

### **Diary Dates**

3 Aug Book Club orders due in LOOP31 Aug-4 Sept - Book Fair - in school library14 Sept P&C Meeting 3:15pm at school

## A note from the Relieving Principal

Dear Parents and Carers,

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Our students have settled back into the routine of school in beautiful fashion and are working diligently in class.

I would like to thank the parents who attended this week's P&C meeting. The P&C plays a vital role in the school community and it would be wonderful to see as many faces as possible at our next meeting on Monday 14 September.

Our new school tennis/sports court is nearing the final stages of completion. This week the new basketball rings have been installed and the final preparations are underway before the court is painted. Thank you to the students who have been so patient during this process, it will be worth the wait!

Unfortunately this year's planned trip to Canberra for our senior class has been cancelled for 2020. The trip has been rescheduled for 2021. Hopefully our current year 6 students will still be able to participate in an excursion during term 4. I will keep everyone posted as more information becomes available.

We would like to remind our community that the most important action you can take is to practise good hand hygiene and physical distancing. Our school will be vigilant in implementing these requirements to minimise risks. We are looking forward to the time when school is open to all members of the community. Until then, if you would like to talk to staff, please call the office or contact your child's class teacher via email to the school, Class Dojo or Skool Loop.

#### Regards, Andrew Dixon

# Smiling Mind at your child's school

The K-3 class and 4-6 class have been practising mindfulness for more than 2 years. We will continue to use Smiling Mind Program across the school using the Smiling Mind App

You can use the free app at home too. smilingmind.com.au

#### Week 2 Strengths Learning Intention

To identify and grow personal strengths, and to recognise and appreciate individual differences and strengths in others.

#### Explain

— The things that we are good at are called our strengths.

- In life, we want to focus on what is strong rather than what is wrong! So our strengths rather than our weaknesses.

**New Digital Care Packs** to support kids' mental health throughout the **COVID-19 pandemic** and beyond. Download on the website.

Week 2 : Strengths Week 3: Gratitude Week 3: Making Decisions

## Mental Health & Mindfulness

Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others.

With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future. Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.

Week 4: Setting Goals Week 5: Empathy

