### Monday 16th March 2015

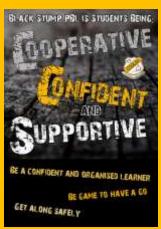
Ph: 02 63771101

Fax: 02 63771004



### SRC Meeting

All SRC members Primary and Secondary are invited to attend the next PBL meeting to be held this Wednesday the 18th of March in the school Library at 8am. Breakfast will be provided for all of those who attend. Thank you in advance for your participation and attendance.



### Primary Industry visit to Haynes CRT

One of the most important parts of the Primary Industry Course is to be able to understand how to read chemical labels and what to do in emergency spill situation. Knowing what chemical to apply is only a small part of the knowledge you need on farms – knowing how to apply the chemical correctly is the other part.

Last Wednesday, the Yr 11 PI class had the opportunity to visit Jack Ticehurst at Haynes CRT, who explained

Some of the chemicals investigated

what the talented crew at CRT have to do in an emergency chemical spill situation.

Thank you to Jack who had to do this talk twice for the PI class, as our Yr 12 student, Sam Wesley, visited earlier in the week. Most of the students were pretty surprised when we investigated how much chemical

costs for so little of





knowledge to the PI Class

P&C AGM

17th March 2015 - 6.00pm Regular monthly meeting to follow on from AGM. All welcome to attend Meeting held in the staffroom

## Principal's news with Mr Brendan Maher

Congratulations to our secondary students who represented the school so proudly last week at the North West Sport Winter Trials. We have several

chool th West

students selected into the following teams:

Netball – Kristen Furley, Fiona Anelzark, Grace Brown Opens League – Blake Carlyle, Sam Wesley, Austin Burgess, Braydon Burgess

Under 15's League – Hugh Wesley, Jarred Douglass, Justin Mogg

Well done!

In terms of students' eligibility to represent the school, I set the following standards so that students who do represent the school also represent themselves proudly in class and through their studies. The overall standards to represent the school are:

The student is not on a negative level or monitoring card.

The student is up-to-date in all areas of study and assessments

Their attendance exceed 85%

We offer a broad range of opportunities, with extra curricula programs being used to supplement the core curriculum. If at anytime parents would like to be involved in our programs please contact the school for more details.

Last week our School Captains, Henry Williams and Chloe Hungerford and myself attended the Coolah MPS Council meeting to discuss ways in which they can meet the emerging needs of the students in Coolah. On top of the Speech Therapy program being offered at the school this term, the MPS has offered access for families and students to access a counsellor that will work out of the MPS each week until the end of June. This can be part of a holistic plan developed with your GP. Thankyou to the council for the invitation to be involved and as a school we will continue to be involved with the Coolah MPS to ensure all students have access to the services they need.

This Tuesday evening is the P&C AGM and I invite all parents and carers to come along and be involved in this great group. Thankyou to the outgoing P&C executive team for your hard work and efforts throughout the last three years, and for the ongoing support you and the P&C volunteers have provided to the school. Executive positions will be open for elections on Tuesday night and I look forward to working with the new team over the next three years.

Finally our first parent – teacher interview session is on the 1<sup>st</sup> of April for parents and carers to come and discuss their child's progress with our staff. The sessions commence at 3.20pm in the school hall. Parents are requested to book times for their interviews through the front office.

Until next week

### What's coming Up At CC\$?

	Week 8 - Term 1
Tues 17th	Primary S Zone Rugby League Gunnedah
Tues 17th	P & C Annual General Meeting
Wed 18th	Whole School Breakfast
Fri 20th	Primary S Zone Soccer
	Week 9- Term 1

Week 9- Term 1				
Mon 23rd	Primary North West Rugby League			
Tues 24th	Secondary Winter Trials - League, Soccer & Netball - Coonabarabran			
Wed 25th	David Peachy, Russell Richardson Rugby League - Dunedoo			
Wed 25th - Thurs 26th	Primary State Swimming Homebush			
Thurs 26th - Sat 28th	Secondary State Swimming Homebush			
Saturday 28th	AUTUMN FAIR			

#### **Knitted Jumpers**

Any Year 11 and Year 12 students wanting a knitted jumper need to see Mrs Dungate at the front office as soon as possible so jumpers can be ordered ready for winter.

#### **Athletics Training**

Athletics training will commence this week, running Mondays and Thursdays.

Anyone interested can get an information sheet from Miss McDonald. All ages are welcome.

## **Deputy Principal** - **Mr Mick McLeod**

Last week I attended the State Congress of the NSW DP's association followed by a very informative DP's Learning Day, and as always came away with some new perspectives and clarity on the directions in education in the state. As you can imagine the schools across NSW vary greatly in their makeup, size and complexity and clearly have different issues and settings to deal with. Given that the overwhelming thing is that DP's from all schools also have so many issues in common. One thing I and others were able to stress to the senior officers present was the need to make sure that support structures for schools, Principals and teachers were maintained and accessible for all schools. There was a wide variance on these

While I was away our secondary Netball and Rugby League players attended Zone trials in Gunnedah with huge selection success for Coolah yet again. In Open RL Sam Wesley, Blake Carlyle, Braydon Burgess, and Austin Burgess were selected while in Under 15 RL Hugh Wesley, Justin Mogg, and Jarrod Douglass gained selection. The success continued in Netball with Fiona Anelzark, Grace Brown and Kristen Furley also selected. These zone teams will travel to Coonabarabran for next week's NW Regional selections and I wish them all the very best of luck.

The term is fast disappearing but there is still plenty on the horizon. One of the biggies is the Autumn Fair (Saturday 28<sup>th</sup> March) which is less than two weeks away. Already materials are flowing in for the Raffle Hamper (is a wheelbarrow full of groceries still called a hamper?) and the Trash or Treasure table. Any help you can offer at the Fair will be greatly appreciated. The funds raised go to support all of our excursions for all students in the school.





#### Thinkspot 99

#### Success Breeds Success

Appreciating the success of others helps us to breed and grown success in ourselves and those around us.

At our Secondary Leadership camp a couple of weeks ago there was some discussion about the idea of how important it is in any team or organisation for us to recognise the success and achievement of everyone else.

In our world which is becoming increasingly "Americanised" where we are only interested in our own world and feel that our efforts, achievements and success are all that matters, it is very easy to develop a "dog eat dog " mentality where we fail to see anything of merit in others unless they closely resemble us. This of course down the track leads only to bitterness and a sour outlook on life and everyone else in it. It has the much bigger problem of leading to the breakdown of the team or organisation, and ultimately society itself.

#### Thankfully this isn't the traditional way in Australia,

but sadly I see more and more of it in recent times.

When we are big enough to see the efforts and achievements of others and be happy to recognise them at every opportunity then our team grows and success for everyone follows.



It also helps us grow and mature as individuals and in the long term we all benefit. Over the years I have been here it has been one of the strengths of CS and the Coolah Community, and I hope we can maintain that as one of our special strengths.

Be BIG enough to recognise and celebrate the success of others.

Think your way to Success!

Think Spot by MM©



#### REMEMBER TO CHECK K-6, 7-12 OR WHOLE SCHOOL NEWS FOR INFO WHICH AFFECTS ALL STUDENTS



#### <u>Kindergarten/Year 1 News</u>-**Mrs Simmons**

Our class captains for this week are **Eryka-Lee** and **Kade**.

Kindergarten's Homework unit is <u>Unit 6</u> and Year 1's Homework is <u>Unit 7</u>. This week Kindy will be learning the sounds "h" and "r" and Year 1 will be looking at the sound "f".

Kindy's sight words are <u>big</u>, <u>little</u>, <u>school</u> and <u>home</u> and Year 1 have a selection of spelling words to learn and practise.

I will be absent this Thursday as I will be attending an L3 (Language, Learning, Literacy) inservice course in Mudgee. This will be a follow on from previous training and I'm really looking forward to implementing the new strategies.

#### What's on this week?

<u>Wednesday</u> - Library. Please remember to return all Library books each week in a waterproof bag.

**Friday** - K-6 assembly.



## Year 1/2 News - Mr Rowlands

Happy Birthday wished to Toby who turned 8 last week. Another thank you to

Ms Tuckwell who baked cupcakes for the class to celebrate, like the week before they were very nice with the kids wanting seconds.

Some terrific results once again last Friday in our weekly spelling and maths assessments. Our 100% correct spellers last week were Alice, Dutchase, Lachlan, Adysen, Bonnii, Tia, Sienna, Tom, Isaac, James, Cooper and Kruz. The results in Maths were just as impressive with Adysen, Alice, Dutchase, Maddison, Bonnii, Tia, Sienna, Isaac, Ben, James and Toby scoring greater than 90%. I'd also like to mention our top 3 Maths improvers, Marcus, Blair and Wyatt who have all improved their weekly Maths results from the start of term 1 and that is to be commended.

We continue to stay busy in Year 1/2 this week with Easter just three weeks away, can you believe it? This week in Literacy groups we will be focusing on the spelling sound 'f' as in fish and 'ph' as in phone. We take a close look at these sounds in unit 8 of our Soundwaves book this week as well as focus on the letter 'F,f' in our handwriting books.

The grammar focus this week looks at verbs, which are

doing words. This ties in perfectly with our writing focus of using doing words in our writing. Hopefully by now you have seen an improvement in your child's writing so far this term with the focus of using more adjectives and verbs in our writing, and thanks to Mrs McMaster who has been letting us publish our writing each week.

In Mathematics this week we will be completing unit 7. This unit focuses on bridging to ten when adding single digit numbers, place value in 3 digit numbers, 3 dimensional shapes and half past the hour on a digital clock.

Dojo users would have seen the progress that has been made on our Autumn Fair artworks. Autumn fair is just two weeks away and parents are asked to donate non perishable food items for our massive wheel burrow food hamper.

The Homework contract this week is Unit 7, a huge thank you to all students for completing their weekly homework contract, spelling practise and home reading each and every week. The class has a 90% completion rate which is a real credit to the parents of this class. Lots of people have passed 25 nights and they will receive their awards at this Fridays K-6 assembly.

Have a great week 8.



#### **Quirindi Horse Sports**

Entry forms are now available from the front office for the Quirindi Horse Sports to be held on Monday 27th April 2015. All Entry forms must be returned back to the front office by **Tuesday 24th March**.



## Year 3/4 News - Mrs Ferguson & Mrs Burgess

Last week we welcomed a new student, Tyler Landow-Sunderland who joins our Year 4 group. Tyler settled in and made

new friends very quickly!

Congratulations to Alana, Phoebe E, and Jyeson who all competed in the Zone Gala Day in Coonabarabran on the 6th March...

Alana and Phoebe now go on to the next level for Touch and Jyeson for Rugby League. Very well done!!

Keep up the good work in homework books. We are up to Contract 7 this week. Please return books on Friday if not before and make sure you practise the spelling words!

Reading Awards last week went to Kiesha, Alana, Phoebe G, Phoebe E, Mervyn, Hallam and Kane for 25 nights reading, well done!!

Spelling lists have been made a little more challenging so fewer zero errors last week. Very well done to Charlotte from Year 4 and Phoebe G, Fiora and Kiesha from Year 3 who still had outstanding test results last Friday. Start practising boys!!!

Our Autumn Fair is coming up on Saturday, 28th March! The primary classes will be working together on several stalls including Trash and Treasure and the Cake stall. We would love parents to think about their "treasures" they no longer need and planning cakes or slices they could make for the stall. These donations would all be much appreciated.

The students have been asked to bring in grocery items for our monster raffle. For each item students will receive an entry into their own student raffle with the prize being a \$20 gift voucher to spend at the fair!!!



## Year 4/5 News - Mrs Wilson

**English**- This week we continue to work on our Narrative text type. Students are learning the structural and grammatical

components of an effective narrative. We have looked at adjectives and will continue to look at figurative language and thus the use of similes, metaphors, alliteration and repetition to engage our readers. We will also look at the importance of using a variety of sentence types and lengths to make our narratives more interesting. In comprehension lessons we have been looking at identifying the main ideas in texts in particular the use of topic sentences.

Year 4 Maths- Year four have been looking at the variety of strategies that can be used to solve addition and subtraction equations. Although some of these have not been suited to some students it is important that they have access to all strategies as all students learn differently and not every strategy will suit every child. The strategies we have looked at include the compensation strategy, the jump strategy, 2 versions of the split strategy and the double and near double strategy. I am looking forward to getting to the written methods of addition and subtraction later in the week, hopefully.

**History**- we will conclude our unit on early world exploration this week.

**Science and Technology**- Our unit on solids, liquids and gases will also come to an end this week when we clarify the complex nature of solubility.

**Music-** We have been working on our Mother's Day Concert item and will continue to do so this week.

**Sport**- As the pool water is cooling down rapidly we will not continue to swim this week for sport. Sport will be at school.

Representative sport Congratulations to Jock who represented the Coonabarabran Zone at North West Tennis last Friday and good luck to all our footballers and soccer players who will head to Southern Zone trials this week.

Parent Teacher Interviews please be aware that parent teacher interview will be held the last Wednesday of term. A note is going home in the newsletter today. Please return this as soon as possible to ensure you receive a time slot that is conducive to your requirements.

Congratulations to the following students who have reached 25 nights reading; Charlie Gilder, Robert Nealon, Ardie Curtis and Ben Cox.

**Teacher Absence**- Please be aware that I am away this Friday the 19th of March.

Coolah Junior Sports - Netball Training

There will be no training on Wednesday for the Under 11's Netball, for this week only.



## Year 5/6 News - Mrs Wesley

What a great effort from everyone last week to get their 'Advance Australia' Assessments in. I have begun the

marking process and will have feedback sheets ready to go out by the end of this week. Unfortunately there a still a few outstanding assessments that need to be handed in ASAP. Marks will be deducted for late entries.

Excellent results in spelling on Friday went to Logan, Ryan, Noah and Ebony. There was a vast improvement from many others who have improved their results significantly but have not yet cracked the 100%. Congratulations all round.

On the Home Reading front, Bonny has reached the 25 night milestone. Please keep reading everyone and return books so you can be recorded and rewarded. Congratulations Bonny.

This Wednesday we will be having our first of many whole school breakfasts. Ms Tan and her team will be cooking up a storm. SRC members are invited in for an early PBL meeting at 8am.

Good luck to all students who are heading to Gunnedah on Tuesday for Southern Zone Rugby League Trials.

Brendon, Kye, Noah, Fabian, Mathew, Logan, Ryan,

Ethan, Jordan and Jake. On Friday Brendon and Jordan are also trialling for soccer.

The Autumn Fair is fast approaching, a reminder that Years 3/4/5/6 will be holding a cake stall and games avenue. Any donations of cakes etc will be kindly appreciated.

A very Happy Birthday goes to Brendon who celebrates his day on Wednesday. We hope you have an awesome day.

#### This week in class:

Spelling: focus sound is 'f', 'ff' and 'ph' as in fish, cliff and phone

Writing: we begin a new form of text –Narrative. The purpose of a narrative is to entertain by telling a series of events with a problem and a solution.

Year 5 Maths: Graphs and multiplication

Science and History: this is the final week of 'Chemical Science' and 'Federation' so a topic test will be given on the work we have covered. On Friday, everyone was given the opportunity to catch up on any work that they may have missed and then take these books home to read over the work in preparation for the topic tests.

Have a great week everyone and keeping working hard

### **Easter Egg Raffle**

CCS are asking for donations of Easter Eggs to raffle at the Easter Hat Parade which will be held on Thursday 2nd April at 11.30am. Raffle tickets will be sold at the door for \$1 each.

Please bring your eggs to the front office.

CCS Easter Raffle	CCS Easter Raffle	CCS Easter Raffle	CCS Easter Raffle	CCS Easter Raffle
Drawn 2nd April	Drawn 2nd April	Drawn 2nd April	Drawn 2nd April	Drawn 2nd April
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THE SPIRIT LIVES 2014 - 2018

From 2014-2018 Australia is commemorating the sacrifices made by our Soldiers during World War One.

This year marks the hundredth anniversary of the landing at Gallipoli and the birth of ANZAC. In light of this momentous anniversary Coolah

Central School are going to run a whole day of activities to help our students to understand the significance of this day. This will be on the 28<sup>th</sup> April, in Term 2. The morning will include an Anzac Day Service to be held out the front of the school at 11.00am.

As a way to honour and thank our armed forces, we are going to be putting together a number of care packages to be sent to servicemen and servicewomen that are currently serving overseas. We ask that each student donate one item to be included in the care packages.

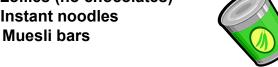
### Items for Donation - ANZAC Day Care Packs

#### Food

- **ANZAC** biscuits
- Salted peanuts
- **Pretzels**
- **Beef Jerky**

Small tinned consumables Lollies (no chocolates)

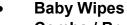
Instant noodles





#### **Toiletries**

- **Deodorant (non-aerosol)**
- Shaving cream (non-aerosol)
- Small bottle of talcum powder
- Disposable razors
- Shower gel
- Lip Balm /Chap Stick
- Band aids



- Combs / Brushes
- **Bobby Pins / Hair Ties**
- **Liquid Hand Sanitiser**
- Tissues
- Perfume samples (no glass bot-
- **Breath Mints**



- Magazines from Vogue and Women's Weekly to Men's Health and Wheels
- Puzzle books
- **DVDs / Movies**
- Socks wool or cotton
- **PS2 or XBOX Games**







#### **Secondary Sport**

- Congratulations to all students who were away vying for representative sports honours last week. The following students have been selected for various sports:-
- North West Under/15's Touch Jarrod Douglass and Hugh Wesley
- Zone Under/15's League Justin Mogg, Jarrod Douglass and Hugh Wesley
- Zone Open League Blake Carlyle, Sam Wesley, Austin Burgess and Braydon Burgess
- Zone Open Netball Fiona Anlezark, Kristen Furley and Grace Brown

Thankyou to all parents for their efforts with transport, selection and refereeing and umpiring.

• Just reminding <u>all</u> students, please bring and wear hats on Wednesday for sport.











#### **Careers**

- Just reminding Year 12 students to think and talk about what direction they may like to travel in the next year it is never too early to be searching and organising your pathways. Please feel free to discuss or ask me any questions in regard to your career path.
- Year 10 reminding you, Work Experience is Term 3 Week 4 (first week of August). I am hoping by this time next term we have everyone's work experience organised. Please talk to your child to see where/what they may like to do. If you have received by email or your child has shown you their My Future Finder results, take a look and this may help generate some ideas for your child.

#### Student Applications for the 2015 State Music Camps are now open.

Students from NSW Government schools have been attending State Music Camps for more than 60 years. Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles, rock band and saxophone ensemble) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, stage band, jazz improvisation, composition, music technology, music theatre, music and movement.

The dates for State Music Camps this year are as follows:

State **Senior** Music Camp: Sunday 21 June – Friday 26 June 2015 (last week Term 2) State **Junior** Music Camp: Sunday 12 July – Friday 17 July 2015 (first week Term 3)

The camps will be held at Sydney Academy of Sport, Wakehurst Parkway, Narrabeen. (Office of Communities, Sport & Recreation)

Contact the school for more details - applications close on Friday 1<sup>st</sup> May 2015.

### SECONDARY SCHOOL ASSESSMENT/ASSIGNMENTS

## Can parents and guardians please check students diaries as there may be additional homework or teacher correspondence

	homework or teacher correspondence	
Year 7	History - Weekly Homework - Assessment Poster	Friday 20/3/15
	Maths - Homework	Ongoing
	Food Technology - Cupcake Design	Ongoing
	Music - Aural Prac	Wk 9 Ongoing
	Science - Poster to complete in class	23/3/15
Year 8	Maths - Homework	Ongoing
	History - Weekly Homework	Friday
	English - Revision for Topic Test	Friday
	Food Technology - Cupcake Design	Ongoing
Year 9	Maths - Homework	Ongoing
	Food Technology - Food Equity Assessment	Week 9
Year 10	English - Revise Techniques	Ongoing
	Food Technology - Food Equity Assessment	Week 9
	Maths - Homework	Ongoing
Year 11	SLR - Games Assessment	Week 9
	Food Technology - Assessment	Week 7
	Ag - working on Farm Case Study	Tues Week 1 Term 2
	PI - Weather Effects on Farming	20/3/15
	Food Technology - Review Questions - Case Study	Every Week
Year 12	IT Metals - Folio Development	Ongoing
	Modern History - Case Study	Week 9
	Modern History - Booklet 4	Week 7
	Food Technology - Assessment	Week 9
	Food Technology - Review Questions - Case Study	Every Week
	SLR - Games Assessment	Week 9
	Standard English - Assessment Essay - Timed Writing	Week 7 23/3/15
	I.T Metal - Folio Development	Ongoing
	Ag - Work through Exam Questions for Animal nutrition	Week 6 & 7
	Ag - In class informal essay questions - Continue to work through HSC exam questions	17/3/15

#### **BREKKY CLUB**

This Wednesday's brekky is a full school one where the secondary students will have to walk 4 laps around the oval and the primary students will have to walk around at their teachers discretion. Normally the younger students will be served first and the Brekky Team comprising of Braydon, Keith, Brody are looking forward to cooking and preparing food for the whole school. As usual, we have to thank our sponsors for their very generous donations to allow this program to continue on its fifth year.

We would like to thank our sponsors below for their contributions.

- Eggs are donated by Anne Mumford
- Milk is donated by H.O. Haynes IGA Coolah
- Bacon donated by Keyhaze Pty Ltd from Coolah
- Milo is donated by Apache Angus
- Fruit juice, cereals, cheese, fruit toasts, bread, crumpets and honey and are provided with funds donated by our major sponsor Soroptimist International of the Hills district.

Eat well to work well.

If you can contribute, in any way, to our very worthwhile program, please contact me at the school. Thank you.

Soo Tan Breakfast Co-ordinator









<u>Keyhaze</u> <u>PTY LTD</u> 63771549 0429771549

#### **Election Day Autumn Fair Raffle**

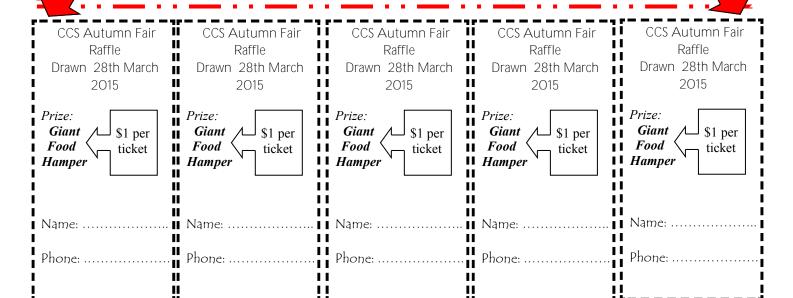
The Autumn Fair Committee are seeking donations of items for this year's Wheelbarrow Hamper. A lovely wheelbarrow has been donated by Mr Mick McLeod and we now need the goodies to fill it up. Any non-perishable items would be suitable eg: biscuits, shampoos, canned foods, cereals, haberdashery, games etc, anything that does not require refrigeration would be suitable.

Please place hamper items in a plastic bag with your child's name on the bag. For each item donated each student will go into a separate raffle for a \$20 voucher to be spent at the Fair also the student who sells the most raffle tickets will be eligible for a \$20.00 gift voucher to also be spent at the Fair.

Students are asked to give donated items to their Classroom Teachers.

Extra raffle books are available from the front office.

Many thanks for your support.





# Year 7-18 Design &

This term year 7&8 started and finished their bridges unit. The unit gave students a taste of what engineers have to contend with when designing bridges. The topic involved learning about the basic forces that act upon bridges and the different properties of different bridge materials.

For their practical component the students had to build their own bridge that would be load tested to see who's design would hold the most weight. The design limitations were that the bridge had to span a minimum of 350mm and they could only use 100 paddle pop sticks and PVA wood glue. The test day was exciting with some very surprising

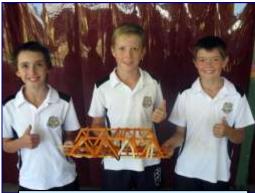
results. Congratulations everyone!

4<sup>th</sup>: Ethan, Alex & Charlie – 20kg



3<sup>rd</sup>: Georgia, Georgia & Jess – 23kg





2<sup>nd</sup>: Kobi, Tom & Emmitt – 31 kg

### Visit to "Nioka" farm property

Year 11 Agriculture students have to complete a comprehensive farm case study as one of their major assessment tasks in Preliminary Agriculture. Last week, Fraser, Emma and Lacey had the opportunity to visit "Nioka", a property owned by Kapsch Farms and managed by Ross Kuchel, who kindly gave up his time to explain how the property is managed to the students.

Students collect a large amount of verbal information and soil samples off the property, which are later analysed in the school laboratory. The information is collated into a report, with students outlining the main enterprises on farm, technologies being used and evaluating the management decisions being made on "Nioka".



Black Clay to analyse!



We were very fortunate to be able to go to "Nioka" and access a huge amount of information from Ross – thank you!

Taking it all in....



Soil sampling



#### THE BEST HOLIDAYS HAPPEN AT CAMP





Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids' and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 sifferent activities, including fishing. slip'n'slide, abselling, crafts, kayakir cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids: Day Camps start from \$47, Family ekends start from \$63 per day for kids and \$96 per day for adults (kids ur Slattend free; cost includes accommod meals and activities).

dsr.nsw.gov.au/kidscamps dsr.nsw.gov.au/familycamps 13 13 02 facebook.com/nswsportandrecreation

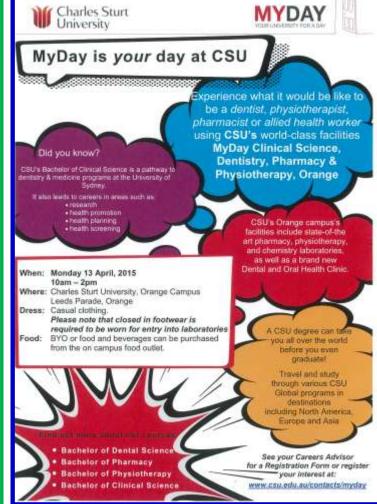
#### Bonus Residential Kids' Camps Include appervised transport for

- Central Station, Sydney
- Penrith

- Oranise
- Brooklyn







"Little ONes" 1St Aid training For Carers / parents / Babysitters or grandparents!

### SAVING LITTLE ONES First Aid Training

Real First Aid is conducting a Paediatric First Aid Training Session, presented by a local Paramedic Trainer. Perfect for expecting parents, new parents and their families. Participants will receive a certificate of attendance. Course contents include but are not limited to the management of:

- resuscitation respiratory distress, including asthma
- allergic reaction anaphylaxis tebrile convulsions
- choking and airway obstruction drowning
- envenomation, using pressure immobilisation

Are you interested in attending this 3 hour training especially designed for parents, parents-to-be, grandparents or anyone who cares for "little people"? Please complete the survey so that we can determine the interest within our Coolah Community-All welcome.

Cost: \$35 per person or \$60 per couple

For more information or to book, please call Lisa on 0.450165625 or email realfirstoid@hotmail.com www.realfirstaidtraining.com

> Date: THUISday 7 May 2015 Time: 9-12 NOON

PLace: Rural Fire Control Centre, Coolan

CHILDORE (FOR 25-6 year olds): A casual day at Preschool can be arranged by Calling Coolah Preschool on 63771173

