



**COOLAH**  
**CENTRAL SCHOOL**

*Heart of the community ... Key to the world*



**Newsletter *Monday, 25th June 2018***  
**Week 9B Term 2**

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**CONGRATULATIONS TO OUR  
K-6 ASSEMBLY WINNERS**



**GOOD LUCK TO OUR SECONDARY  
& PRIMARY STUDENTS OFF TO  
STATE CROSS COUNTRY  
NEXT TERM.**







## GIVE THE SCREEN A REST.

### What is screen time?

- Screen time refers to the amount of time spent watching TV including watching DVD's; playing computer games and using computers for other purposes.
- In some instances screen time also refers to using mobile phones for texting and social networking.
- Electronic Media is a term also used to encapsulate all forms of screen-based activities.

### Why Reduce Screen Time?

Associations between screen time and levels of overweight and obesity have been identified through research. In a study of pre-schoolers (ages 1-4), a child's risk of being overweight increased by six percent for every hour of television watched per day. If that child had a TV in his or her bedroom, the odds of being overweight jumped an additional thirty-one percent for every hour watched. Preschool children with TVs in their bedroom watched an additional 4.8 hours of TV or DVD's every week.

Compared to children who have less than 2 hours of screen time a day, children who have more are more likely to:

- be overweight
- be less physically active
- drink more sugary drinks
- snack on foods high in sugar, salt and fat
- have fewer social interactions.

Excessive TV has been linked to other negative outcomes such as poor cognitive performance, antisocial behaviour and reduced sleep time. Research now indicates that for every hour of television children watch each day, their risk of developing attention-related problems later increases by ten percent. For example, if a child watches three hours of television each day, the child would be thirty percent more likely to develop attention deficit disorder.

### Australian Guidelines for screen time:

- Australia's Physical Activity Recommendations advocate that 5-18 year olds accumulate no more than 2 hours of screen time a day for entertainment (excluding educational purposes).
- Guidelines for children under five have also been released and recommend children younger than 2 years do not spend anytime viewing TV or other electronic media and for children 2-5 years less than 1 hour per day.

## Deputy News with Mr Hughes



Welcome to Week 9B.

Congratulations to all those students who competed at the Athletics Carnival on Friday. It was a great day and our students produced some excellent results. A big thankyou to the Coolah Central School

teaching and administration staff who organised and ran the event so smoothly. Thankyou also to the P+C and parent volunteers who ran the canteen.

Next Tuesday, July 3rd, at 12pm the Department of Education NDIS Transition Co-ordinator will be at the school to present information about the National Disability Insurance Scheme for parents and caregivers. If you are interested in attending could you please contact the school (6377 1101) to register.

Over the coming weeks and into Term 3 we will be focusing on monitoring and improving student attendance at Coolah Central School. Education in NSW is compulsory and students are required to attend school each day it is open. Justified reasons for student absence include:

- Being sick,
- Having an unavoidable medical appointment,
- Being required to attend a recognised religious holiday, or
- Exceptional or urgent family circumstance (e.g. attending a funeral).

Following an absence from school parents/caregivers must provide a verbal or written explanation. This can be done in person at the front office, over the phone (6377 1101) or via email ([coolah-c.school@det.nsw.edu.au](mailto:coolah-c.school@det.nsw.edu.au)) or via a written note to the student's roll call teacher.

The notification to the school about the reason for a student's absence must be made within 7 days of the absence. The school cannot legally change the reason for a student's absence after 7 days and if no reason is provided the absence will appear as an "Unjustified Absence" on the school roll and on the students report. An information guide about student attendance and parent responsibilities is included later in this newsletter.

As always I can be contacted at the school should you have any concerns.



# K—6 News

A huge congratulations to all students on their participation, sportsmanship and enthusiasm at last Friday's Athletics Carnival. Well done to all students who have now been chosen to represent our school at Zone Athletics in Coonabarabran on Friday 17th of August. Thankyou to all parents and friends who came and supported the students. It was great to see you all.

Homework and Assignments Due		
Kindergarten/ Year 1	Unit 17 Home Readers Sight/ words/Spelling Words	Due Friday Daily practising of home readers and sight words/Spelling words. As the home readers are becoming harder, the children will have them for two nights now and we will change our readers each Wednesday and Friday.
Year 1/2	Unit 19 Home Readers  Spelling Words	Due Friday Read each book twice—the second time you should hear an improvement in fluency and expression. Daily - 'p, pp, r, rr'
Year 2/3	Yr. 2 - Unit 18 / Yr. 3 - Unit 17 Spelling words  15 minutes of readings.	Due Friday <b>pp</b> (slipper) <b>p</b> (pig) <b>r</b> (robot) <b>rr</b> (carrot) <b>wr</b> (wrist) Daily - Please remember your reading logs
Year 3/4	Unit 19 Spelling words  15 minutes of readings. Year 4 Maths- Mathletics– Time	Due Friday Daily – <b>p</b> (pig), <b>pp</b> (slipper), <b>r</b> (robot), <b>rr</b> (carrot), <b>wr</b> (wrist) Daily- All Year 4 students were provided with Mathletics passwords this week. Please spend some time this week working on Time activities Mrs O'Neill
Year 5	Unit 18 Spelling words 15 minutes of reading.	Due Friday Daily – <b>p</b> (pig), <b>pp</b> (slipper), <b>r</b> (robot), <b>rr</b> (carrot), <b>wr</b> (wrist)
Year 5/6	Contract 19 Spelling words  20 minutes of readings.  Year 6 Geography 'Cultural Diversity' Assignment	Due Friday Daily - Daily – <b>p</b> (pig), <b>pp</b> (slipper), <b>r</b> (robot), <b>rr</b> (carrot), <b>wr</b> (wrist) Daily– remember to return reading logs Due Friday 29th June
Learning and Support	Unit 19 Sight and Spelling words  15 minutes of reading.	Due Friday Daily- <b>p</b> (pig), <b>pp</b> (slipper), <b>r</b> (robot), <b>rr</b> (carrot), <b>wr</b> (wrist) Daily– Please remember to return reading logs



## SECONDARY SCHOOL ASSESSMENT/ASSIGNMENTS

<b>Year 7</b>	<ul style="list-style-type: none"> <li>◆ PDHPE: Dance assessment week 9</li> <li>◆ Geography: Oral Presentation 6th June onwards</li> </ul>
<b>Year 11</b>	<ul style="list-style-type: none"> <li>◆ Advanced English - Weekly Journal Task</li> <li>◆ Geography - Coastal management ALARM ongoing</li> <li>◆ Major Project and Folio Due 31st August</li> <li>◆ Hospitality: Moodle topics: see in class deadline sheet</li> <li>◆ Hospitality Cluster 2B: Written and practical 1 June 18 . Practical 2: July 2nd</li> <li>◆ Maths Standard assignment due 4.7.2018</li> </ul>
<b>Year 12</b>	<ul style="list-style-type: none"> <li>◆ Geography - Essay Plan/Draft <b>Weekly</b></li> <li>◆ Advanced English - TS Eliot Essay .</li> <li>◆ IT Metals Project &amp; Folio Due 16th August</li> </ul>
<p><b>Can parents and guardians please check students diaries as there may be additional homework or teacher correspondence</b></p>	

### Athletics Carnival with Mrs Staniforth

Wow! Thank you to all students for a great carnival on Friday, The participation levels were high and the achievements reflect this, with many records being broken and many that were just missed.

Our relays were a bit rushed at the end of the day, so in ensuring these all get run we will try and run all of these along with a tug-of-war on the last Wednesday afternoon of term.

Thanks again to students for your participation and participation = Great Carnival.

Secondary students will be notified by the end of the term re their selection for North West Athletics on Friday 10th August.







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CCS Calendar of Events - Week 9	
June 25-29	• Aspire - Year 10
June 26	• Pri State Rugby League • Yr 10 & Under Netball
June 27	• Open's Netball
June 28	• Yr 12 • Macquarie Marches
June 29	• Pri North West Netball • 9/10 Tafe


CCS Calendar of Events - Week 10	
July 3	• Premiers Debating Challenge
July 4	• Peachy/Richardson Finals Dubbo
July 5	• 9/10 Tafe
July 6	• Term 2 Assembly



## Secondary PBL Raffle Winners

Sam Yr 7 – School Service  
Caitlin Yr 11 – School Service  
Sophie Yr 8 – School Service  
Tshea Yr 9 – English

Students receive a \$5.00 voucher to spend at the School Canteen.






**Please return all tickets and money to the Front Office when sold.**



# NO ATHLETICS TRAINING THIS THURSDAY

CCS 150 Yr 12 Celebration Raffle  
Drawn 6.7.18




**\$2 per ticket**

Name: .....

Phone: .....

CCS 150 Yr 12 Celebration Raffle  
Drawn 6.7.18




**\$2 per ticket**

Name: .....

Phone: .....

CCS 150 Yr 12 Celebration Raffle  
Drawn 6.7.18



**\$2 per ticket**

Name: .....

Phone: .....



## Secondary and Whole School Sport with Mrs Staniforth

**North West Cross Country** - Thank you, thank you, to all our volunteers who helped make Coolah's running of the North West Regional Cross Country a huge success.

It is amazing how many visitors comment on what a fantastic event we run and how amazing it is that the whole community is involved and encourages the hosting.

This year I think we have a record number of students through to the All Schools State Cross Country to be held at Eastern Creek on the first Friday back next term.

Mrs Wilson, Miss McDonald and I look forward to watching the following students run in Sydney: Amber, Annabelle, Hamish, Isaac, Tia, Sophia, Lachlan, Sophie, Fabian, Caitlin, Hugh & Brandy.

Well done to all our students who ran on Friday and a special 'well done' to Millie who is First Reserve.

### Canteen Weekly Specials



Tuesday

**Spaghetti  
Bolognese**

**LUNCH  
SPECIAL**

\$



Thursday

**Beef  
Stroganoff  
& Rice**







*Serving the Coolah Community*

1868-2018

# COOLAH CENTRAL SCHOOLS CENTENARY CELEBRATIONS

## 10 AUGUST, 1968



*Two time capsules will be opened on the weekend of 16, 17 and 18 November 2018. One of them was put down on the occasion of Coolah Central Schools Centenary on 10 August 1968, and the other was put down on 11 November 1993 commemorating 125 years of public education at Coolah Central.*

*They are both up in the primary playground near the big rock.*

*Come along and see what memorabilia will be unearthed from these, and the placing of a new time capsule to commemorate 150 years of education!*

*"The virtue is in the struggle  
not the prize"*



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# Year 9/10 Industrial Technology—Wood Rolling Pins & Chopping Boards!





# TRANGIE JUNIOR JUDGING



**Monday 9<sup>th</sup> July 2018**

**from 8.30am Registration to approx. 5pm  
at Trangie Agricultural Research Centre**

**Cattle, Meat Sheep, Merino Sheep, Fleeces, Cotton & Grain Judging  
Angora goat & Mohair fleece Judging**

**Sub-Juniors under 10 years - Juniors 10-15 years  
Seniors 15 to 24 years**



**Senior winners qualify for Western Region Judging Finals.**

**No previous knowledge or experience necessary**

**Cash prizes to be won donated by NSW Farmers**

**Entry Fee: \$15 for the day (includes BBQ lunch)**

**PLUS cake/slice/bikkies to share for morning tea please parents !!**

**Drinks and snacks will be available for purchase through Tots on Temoin**

**\$12 ENTRY FEE FOR PREREGISTRATION & PAYMENT BY Friday 6<sup>th</sup> JULY**

**Enquiries / Book forms: Kath Donoghue 0457323546 email: [trangiejuniorjudging@yahoo.com.au](mailto:trangiejuniorjudging@yahoo.com.au)**

**REGISTRATION FORM AVAILABLE ON THE FACEBOOK PAGE OR THE ABOVE EMAIL ADDRESS**



**Education  
Public Schools**

**ndis** National Disability  
Insurance Scheme

## NDIS Information Sessions

The Department of Education Coordinator, NDIS Transition will be holding information sessions for families and for school staff to provide information on the National Disability Insurance Scheme.

The session will cover questions about the NDIS and the interface with schools, and give participants an opportunity to ask questions.

**Date: Tuesday July 3rd**

**Venue: Coolah Central School Office**

**Time: 12pm**

**Please RSVP, Coolah Central School 6377 1101**







# Compulsory School Attendance

## Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

### What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

### The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

### What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

### Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.







### **My child won't go to school. What should I do?**

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

### **What might happen if my child continues to have unacceptable absences?**

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

### **What age can my child leave school?**

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

### **Working in Partnership**

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

**If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.**

**Further information regarding school attendance can be obtained from the following websites:**

#### **Policy, information and brochures:**

Please visit the Department of Education's *Policy Library*

#### **The school leaving age:**

Please visit the Department of Education's *Wellbeing and Learning* website

#### **Do you need an interpreter?**

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

[www.dec.nsw.gov.au](http://www.dec.nsw.gov.au)

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NSW Department of Education and Communities