



COOLAH CENTRAL SCHOOL

Heart of the community ... Key to the world



Newsletter:

Tuesday 4th June 2019
Week 6A - Term 2

150
YEARS

Serving the Coolah Community

1868-2018

School Information

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13 Binnia Street
Coolah 2843

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Principal:

Winston Hughes

Deputy Principal:

Melissa Parrotta

Head Teachers:

Linda Milford
Evelyn George

Assistant Principals:

Megan Wesley
Kate Simmons

School Administration Manager:

Lenore Curtis

Parents & Citizens Association

President:

Andrew Thomas

Vice Presidents:

Kathy Rindfleish
Torie Martin

Secretary:

Allison Mudford

Treasurer:

Lucinda Miller



UNSW
SYDNEY

YEAR 10 STUDENTS ATTEND THE UNIVERSITY OF NSW ASPIRE PROGRAM



Jake, Gian, Fabian, Ryan and Ethan enjoyed a week in Sydney at UNSW looking at many career opportunities that can be undertaken at the NSW Campus.

CCS Calendar of Events - Week 6A

June Mon 3rd	<ul style="list-style-type: none"> Primary North West Rugby Premiers Debating Challenge
Mon 3rd - Tues 4th	<ul style="list-style-type: none"> UNE Booster Days
Tues 4th	<ul style="list-style-type: none"> David Peachey Cup—Primary Girls
Wed 5th	<ul style="list-style-type: none"> Australian History Competition
Wed 6th - Thurs 7th	<ul style="list-style-type: none"> Dubbo Senior Campus HSC Days
Fri 7th	<ul style="list-style-type: none"> Primary North West Netball Trials

P&C Meetings
Third Tuesday
each month
@ 3.15pm
CCS Staff Room
Everyone Welcome

"The virtue is in the struggle not the prize"



Welcome to Week 6A. I'm pleased to advise people that our new Aboriginal Education Officer, Donald Dundas, starts at Coolah Central School this week. Don will work on Mondays and Wednesdays and will work both in class, and in the playground, supporting all of our students.

At Coolah Central School we have 51 students who identify as Aboriginal and/or Torres Strait Islander. To continue to support these students we are establishing an Aboriginal Education Team within the school. This team will work to improve the educational outcomes for all of our students and ensure that all students know about, understand and respect Aboriginal culture. A reminder that any community members interested in being a part of this team are invited to contact me at the school.

Following this report I have included some information for parents about the importance of balancing the time children spend in front of a screen with other activities. Excessive screen time can have huge implications for a student's ability to learn to their potential at school. Monitoring student screen time in the home and supporting students to make appropriate choices in regards to the time they spend in front of a computer, TV, phone or other device, is essential if we are to maximise their learning.

As always I can be contacted at the school with any questions.

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 Principal News with Ms Parrotta



A nice rainy start to week 6 and there is definitely a chill in the air. Most of the students have moved into their winter uniform and look great. I have spoken on assembly about the need for all students to be wearing the correct uniform and I ask that parents and carers assist in ensuring they are.

The department supports the wearing of school uniform which promotes a sense of belonging for students and creates a positive identity for the school community. School uniforms also contribute to the personal safety of students by allowing easier recognition of students inside the school and in the community.

The school works with the P and C to ensure that our uniform is appropriate for the students and conditions at our school and it is regularly reviewed. The school uniform shop has plenty of uniforms available. If there is any reason that you are struggling to purchase uniforms for your child please give me a call and assistance can be provided.

We do understand that occasionally a student will be out of unit for a day due to unforeseen circumstances. A note explaining this is all that is required. Have a great week.



SECONDARY SCHOOL ASSESSMENT/ASSIGNMENTS

Year 7	<ul style="list-style-type: none"> ◆ Maths - completion of class exercises ◆ Bookwork up-to-date for all subjects ◆ Geography - Town Case Study Due 10th June ◆ Geography - Skills Test Due 17th June ◆ English - Revise Language Techniques ◆ English - Poetry Book Due 28th June
Year 8	<ul style="list-style-type: none"> ◆ Maths - Weekly Homework Booklet ◆ Maths Assessment Task 2 due 21.6.2019 ◆ Bookwork up-to-date for all subjects ◆ History—Assessment task Due 7th June
Year 9	<ul style="list-style-type: none"> ◆ Maths (Green) - Weekly Homework Booklet ◆ Bookwork up-to-date for all subjects ◆ Food Technology—Food for special occasions, assessment checkpoints throughout term final due 11/6/2019 ◆ Agriculture- "On My Farm" Assignment due Monday Week 6 Term 2 ◆ PASS - Body Systems Test Due 12th June
Year 10	<ul style="list-style-type: none"> ◆ Maths (Green) - Weekly Homework Booklet ◆ Bookwork up-to-date for all subjects ◆ Food Technology—Food for special occasions, assessment checkpoints throughout term final due 11/6/2019 ◆ Agriculture "On My Farm" Assignment due Monday Week 6 Term 2 ◆ PASS - Body Systems Test Due 12th June
Year 11	<ul style="list-style-type: none"> ◆ Advanced English – 'Reading to Write' folio - Discursive Task ◆ Maths - Complete class exercises ◆ Maths Standard (Ms Meyers) Assessment Task 2 due 20.6.2019 ◆ Geography - SGP (ongoing; Final due 31st May) ◆ Bookwork up-to-date for all subjects ◆ SIT20416—Certificate II Kitchen Operations Term 2 Assessments, finish Cluster 2, Cluster 3 and on going Cluster 10
Year 12	<ul style="list-style-type: none"> ◆ Advanced English: TS Eliot Booklets—Last Day of Term ◆ PDHPE - ensuring all class work is up to date ◆ Biology— Practice exam type questions for handing in ◆ Bookwork up-to-date for all subjects ◆ IT Metals Major Project and Folio (ongoing, Due 15.8.2019) ◆ SIT20416—Certificate II Kitchen Operations Term 2 Assessments, finish Cluster 4, Cluster 5, Cluster 6 and on going Cluster 7, Cluster 10 ◆ Geography - Macquarie Marshes Fieldwork Booklet ◆ Modern History—Weekly Essays ◆ Standard Mathematics Assessment Task 3 due 21.6.2019

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



2019 Semester One HSIE Yearly Examinations

Wednesday 12th June: Period 3

7 Geography & 8 History

Friday 14th June: Period 2

9 History & 10 Geography





UNSW
SYDNEY

ASPIRE

Day 1: Ryan

On the first day, Monday, Mrs Tan drove 5 students and I from Coolah and headed for Sydney. We met another year 10 student, Tom from Binnaway and he was very nice. We talked and got to know him. We stopped at Lithgow and got KFC for lunch, then we continued on our way. We got to Sydney at about 4.00 pm. We went to Mrs Macquarie's Point and walked around the park. Then we went to the Art gallery of NSW. We were then driven to St Mary's Cathedral to look at the beautiful stained glass windows. After that we went to the motel to check in and met up with the Aspire team. They were Tom, Carla, Tyrone, Jacqui and Anna.

Day 2: Ethan

The first day in the University of NSW, we spent the first hour of the morning eating morning tea and getting Aspire jumpers and bags. Then we got an introduction to the staff and the ambassadors that we spent most of our time with. Once introductions were done we got split into different groups, depending on what we chose to do. The options were Climate Change, Refugees, Rapid Urbanisation and Living in the 21st Century. We had the metropolitan students as well. We then separated and did activities depending on the topics we had chosen. After we had finished at the university we went to East Gardens shopping mall where we had two hours shopping and dinner at a pizza place (fantastic pizza's). Once we had finished dinner we went up to the movie theatres to watch Detective Pikachu, the whole cinema was booked out for us. We want to say THANK YOU TO APSIRE & AND MS TAN FOR TAKING US.



Day 3: Gian

On day 3, our second day at the UNSW campus, we split into our world issue groups and organised different presentations, the winners performed in front of the rest of the school groups involved and different UNSW staff. We had talks about business from one of the CEOs from the shipping and delivery company, Shippit. Later on that day we were given some free time around the hotel. Ethan, Jake and I along with few smaller groups of students went for a walk all the way down through to the Sydney Harbour where we walked around admiring the views.

Day 4: Jake

On day 4, the students from all the regional schools got split up into different groups. The group I was in, with Gian, Fabian and Ethan was Law and the Museum of Contemporary Art. We went to a lawyer's office and they explained what they did as a lawyer. The morning tea and lunch that the company provided was amazing. Ethan gave the caterer a hug for making the best brownie ever. Then we went to the Contemporary Art Museum and looked at all the art features. After we left there, we went to Grilled for dinner. They make good hamburgers and great chips. We then went to Bankwest Stadium to watch the Eels vs Panthers game. We got back to the hotel at 11.30 pm.



Day 5: Fabian

On the last day we came back to Coolah. We left at 7:30am from Sydney. We stopped in Mudgee for lunch and had Chinese and that was lovely. We arrived home at Coolah just before 3:00 pm. A massive thank you to the regional Aspire team consisting of Jacqui, Tyrone, Carla, Tom and Anna, and also Ms Tan for taking us.



NOTICE

P&C MEETING TUESDAY 17TH JUNE

3.15PM

**PLEASE NOTE THAT A CHANGE OF TIME TO 3.15PM
WILL BE TRIALLED FOR THIS MEETING IN AN
EFFORT TO ATTRACT MORE MEMBERS TO OUR P&C.**

CHILD MINDING WILL BE AVAILABLE.

**PLEASE NOTIFY THE FRONT OFFICE IF YOU
REQUIRE CHILD MINDING SO YOU CAN
ATTEND THIS MEETING.**

ALL WELCOME

LITTLE ATHLETICS

PUBLIC MEETING

SUNDAY 30th JUNE 2019

4PM

COOLAH SPORTING CLUB

Mick Gardiner, Little Athletics Regional
Support Officer from Dubbo,
Rebecca Newton, Centre Support
Manager,
Katie Burgess, Anna Bone, Kate King,
Sally Staniforth and Nicole Wilson
will be attending this meeting.

If you are interested in attending, an
overview of information up for discussion
at the meeting is available on page 30 of
this Issue of the Coolah District Diary.



Jump the Stump Park

Annual General Meeting
followed by a Public Meeting

Sunday 23rd June

4pm

at the Coolah Sporting Club

The construction of a vibrant skate park and learn-to-ride bike track in a popular
location that is valued by the Coolah community is getting closer to reality.

All positions will be declared vacant at the AGM.

Everyone is welcome and encouraged to attend.

The Jump the Stump Committee would love the opportunity to discuss the progress
of the project and what has been achieved already.

This is also a great opportunity to further consult with the community to manage
some concerns over the location and design.

Together we can deliver an inspiring and energising community driven project which
has been thoroughly consulted to meet families' needs.



Secondary PBL Raffle Winners

Tshea Yr 10 – Science
Dolcie Yr 10 – Science
Melissa Yr 10 – Science
Jess M Yr 8 – English

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

Canteen Weekly Specials



Thurs 6/6

Chicken
Parmigiana
& Veg

**LUNCH
SPECIAL**

\$6



Tues 11/6

Curry
Sausages
& Rice



CCS Calendar of Events - Week 7B

June Mon 10th	• Queen's Birthday
Tues 11th	• Primary Girls North West Softball Trials
Wed 12th	• Primary Boys North West Softball Trials
Fri 14th	• North West Cross Country - Mullaley

PH: 02 6377 1101

Fax: 02 6377 1004

Email: coolah-c.school@det.nsw.edu.au

K-6 News

Huge congratulations to our Primary debating team for their win against Orana Heights on Thursday last week. Our Debaters spoke exceptionally well and won convincingly with the argument, 'Children are given too many rewards', of which Coolah were the affirmative. Many thanks to Mrs McMaster for all of her time and dedication preparing the students for their first debate of 2019.

Northwest Cross Country will run on Friday 14th June at Mullaley this year. Notes were sent home last week. Please contact the school if there are any queries.

Excursion notes for the Year 5 and 6 Canberra excursion have been handed out, notes for the Year 3 and 4 excursion to Lake Keepit will be sent home this week. Please take note of the deadlines for these excursions, if financial assistance is needed please do not hesitate to speak with the Principal regarding any help the school can provide. Further information regarding these excursions will be sent home at a later date.



CCS Schools Netball Cup Team



**North West Primary
Touch Football Team**

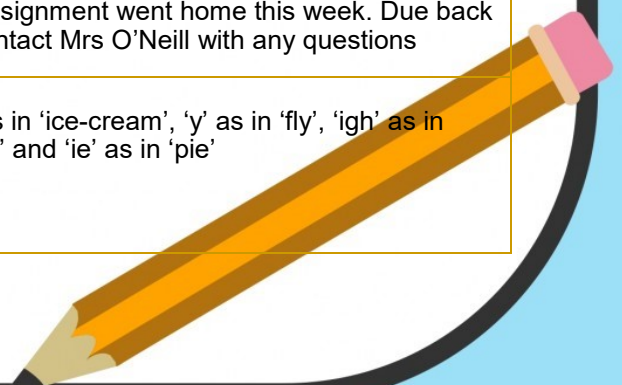


**Congratulations to our
Primary Debaters who
were successful in the
Kerri Parkes Western
Challenge against
Orana Heights Public
School from Dubbo!**



K-6 News

Homework and Assignments Due		
Kindergarten/ Year 1	Homework Home reading Spelling	<p><u>Kindergarten</u></p> <ul style="list-style-type: none"> ♦ Homework– unit 14 ♦ Home Reading– daily ♦ Sight words– please write out the weekly sight words each night and learn. Don't forget to keep revising Term 1's sight words regularly as well ♦ <u>Year 1</u> ♦ Homework book– unit 15 ♦ Home Reading-daily ♦ Spelling-please write out the weekly words each night and learn
Year 1/2	Homework Contract Spelling Home Readers	<p>Students are to complete homework contract 15 this week</p> <p>Students are to write their words out each night in their homework spelling books</p> <p>Students are to read each night and fill in their reading logs. Students can bring these in when they have reached the milestones to receive their reading certificates</p>
Year 3	Spelling Homework Reading	<p>Spelling sound this week is 'm' moon, 'mm' hammer and 'mb' thumb</p> <p>Contract 15 this is due by Friday</p> <p>Remember to read every night and also to complete your nightly Home Reading Log. When you have reached your milestone please bring it into school</p>
Year 4	Homework Spelling: Reading:	<p>Contract 17 Due Friday</p> <p>Spelling focus 'm as in 'moon', 'mm' as in 'hammer', 'mb' as in 'thumb'</p> <p>Please remember to read for 15-20 minutes each night</p>
Year 5/6O	Homework Spelling words 20 minutes of reading Year 6 Geography	<p>Contract 16</p> <p>Spelling focus 'i_e' as in 'ice-cream', 'y' as in 'fly', 'igh' as in 'night', 'i' as in 'spider' and 'ie' as in 'pie'</p> <p>Daily</p> <p>Year 6 Geography assignment went home this week. Due back Friday 14th June. Contact Mrs O'Neill with any questions</p>
Year 5/6W	Homework Spelling 20 minutes reading Year 6 Geography	<p>Contract 16</p> <p>Spelling focus 'i_e' as in 'ice-cream', 'y' as in 'fly', 'igh' as in 'night', 'i' as in 'spider' and 'ie' as in 'pie'</p> <p>Daily</p> <p>Year 6 Geography assignment went home this week. Due back Friday 14th June. Contact Mrs O'Neill with any questions</p>
Learning & Support	Homework Spelling words 15-20 minutes of reading	<p>Contract 16</p> <p>Spelling focus 'i_e' as in 'ice-cream', 'y' as in 'fly', 'igh' as in 'night', 'i' as in 'spider' and 'ie' as in 'pie'</p> <p>Daily</p>



National Competitions

CCS has received information for national competitions running in 2019. If parents/guardians would like to enter their child in any of the competitions below, please tick the relevant box and return the slip with the money enclosed to the front office no later than **Friday 5th July 2019**. **Entries will not be accepted after this date.**

All Entries Close Friday 5th July 2019

Subject	Year Levels	Test Dates 2019	Entry Fee Per student	Please tick box to enter
Australian Mathematics Competition	3-12	1st August	\$6.50	
ICAS Digital Technology	2-10	3rd September	\$14.50	
ICAS Science	2-12	5th September	\$14.50	
ICAS Writing	2-12	10th September	\$14.50	
ICAS Spelling	2-7	12th September	\$14.50	
ICAS English	2-12	17th September	\$14.50	
ICAS Mathematics	2-12	19th September	\$14.50	
			Total Enclosed	\$

Name:.....

Year:.....

Parent/Guardian's Signature:..... Date:.....



How to Install The Skoolbag App

Instructions for parents installing Skoolbag.



For Apple Users

1. From your iPhone/iPad, click on the "Download on the App Store" button above or open the Apple App Store and search for "SkoolBag"
2. Download the free SkoolBag app
3. Opening the app, and add your school(s) and you're ready to go!

For Google Android Users

1. From your Android device, ensure you have an account in the Google Play Store
2. Click on the "Get it on Google play" button above or go to the Google Play Store and search for "SkoolBag"
3. Download the free SkoolBag app
4. Open the app, add your school(s) and you're ready to go!

For more info visit skoolbag.com.au

SkoolBag



CENTRAL SCHOOLS TOUCH KNOCKOUT COMPETITION



Congratulations to the Boy's Under 16's and Boy's Open Touch Football Teams who have made it through to the next level of the Central Schools Knockout Competition!



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Email: coolah-c.school@det.nsw.edu.au