

COOLAH CENTRAL SCHOOL'S CATCH-UP

Friday 6th March 2020



SYDNEY OLYMPIC PARK HERE WE COME!



Junior Girl's Relay



Senior Boy's Relay



Congratulations To Our Swimmers



Central School's Relay

Junior Girls Relay 1st - Lily, Heidi, Annabelle & Sophie

Central School's Relay 2nd - Kane, Fiora, Sophie & Hallam

Senior Boy's Relay 3rd - Hamish, Henry, Lachlan & Sidney

Coolah Central School students dominated at the North West Swimming Carnivals held this week in Armidale.

The following students will now represent the North West Region at State Level later in the Term.

Hamish

3rd - 12 Year Boy's 100m Freestyle, Senior Boy's 50m Breaststroke, Senior Boy's 50m Butterfly and 2nd in the Senior Boy's Individual Medley.

Amber

1st - Open Girl's 100m Freestyle, 1st - 11 Year Girl's 50m Freestyle, 1st - 11 Year Girl's 50m Breaststroke, 2nd - 11 Year Girl's 50m Backstroke,

Lily

1st - 9 Year Girl's 50m Freestyle, 3rd - Junior Girl's 50m Butterfly

Sophie 2nd - 10 Year Girl's 50m Freestyle

Hallam 1st - 14 Year Boy's 100m Backstroke

Kane 2nd - 14 Year Boy's 100m Breaststroke





Congratulations to all Year 11 students who recently participated in a Study Skills Workshop and Senior Success Planning Interviews. These interviews, with the Principal and Careers Advisor, aim to ensure that students are supported to achieve to their potential in their senior studies. They focus on goal setting and study skills to develop an individual plan for each student. Students have committed to making small improvements in their study habits to ensure that they can achieve at their best.

The following study tips can be helpful for all students:

TOP TIPS FOR MEMORISING NOTES

Many students find it really difficult to cope with the memorisation that can be needed for tests and exams. Of course you can't just rote learn and regurgitate, you need to be able to apply the skills of what you have learnt. However there is also a certain amount of memorisation of content, formulas and definitions for example that will be necessary. So how can students make this process easier?

Make your notes as brain-friendly as possible, point form, tables, diagrams and no big long sentences or paragraphs.

Start the memorisation process of your notes early, don't wait until just before the test or examination.

Memorisation involves testing yourself over and over and over and over. So read a section, then see what you can say or write down without looking. Then go back and see what you got wrong or didn't know. Put a pencil mark next to these bits.

Now focus on the bits you didn't know. Say them out loud, repeat them to yourself, write them down a few times. Then test yourself on those bits again and see if you remembered more this time.

Do this over and over and over again. Then do it one more time again.

Make flashcards or use a flashcard App on your phone to create flashcards on the parts you find hard to remember. Review these every day before the test.

Make a list of the key concepts you find hard to learn and each night read through them just before you go to sleep and first thing when you wake up as these are powerful memory times.

Do lots of practise questions without looking at your notes or the answers to see if you can a) remember and b) apply the information. Review the things you did not remember again.

Your job is to keep testing yourself in order to find out which bits have not stuck in your memory yet so you can review these until they do.

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



KINDERGARTEN'S AMBULANCE VISIT

Dial 000



Binnaway Show Junior Judging Day

We had a great day at the recent Binnaway Show Junior Judging Day.

Thank you to the judges, livestock owners and committee who made this day possible - it was fun and we learnt a lot about pigs, goats, bulls poultry, animal health, agronomy, meat sheep and auctioneering.





VALENTINE'S DAY LUNCHEON

Years 11 & 12 Hospitality as part of their Certificate II in Hospitality, cooked up a storm on Valentine's Day with a delicious three course meal for lunch. Everyone that purchased a meal was full of praise for Mr Beohm and his budding chefs.



SWIMMING CARNIVAL

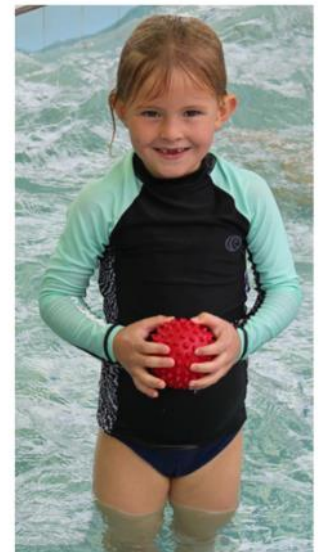
2020



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SWIMMING CARNIVAL RESULTS 2020

LIVERPOOL 1ST - 371 POINTS

CUNNINGHAM 2ND - 342 POINTS

WARUNG 3RD - 336 POINTS



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Terry McGoldrick Rugby 7's

What a great day we have all had at the Terry McGoldrick Rugby 7's Shield in Coonabarabran on Tuesday 3rd March. Our day started with a skills session followed by a round robin competition.

The Under 12's team, under the guidance of Hugh Wesley and Mr Soster and with some great tips and skills provided by Mr Dunlop, played well and learnt a lot about Rugby. Unfortunately, however, they did not make it through to the finals but they should all be proud of their efforts.

The Under 10's, under the guidance of Mr Burgess, won every game in their round and then won their semi final, progressing them into the grand final. It was a tough final and they all played well, only going down by 1 try!

Well done to all students today. Everyone showed school spirit and sportsmanship and a great day was had by all!



advancedlife
photography & print specialists

Coolah Central School

Packages sent home
earlier this week!

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Tuesday 24 March 2020

**ORDER NOW go to www.advancedlife.com.au and enter the code
4WN 99Z L66**

Dear Parents,

School photographs are scheduled to be taken by **advancedlife**. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit **advancedorder** code. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

PH: 02 6377 1101

Fax: 02 6377 1004

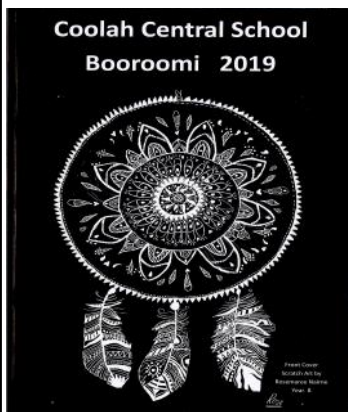
Email: coolah-c.school@det.nsw.edu.au



KINDY'S TEDDY BEAR'S PICNIC







2019 Booroomi Magazine

The 2019 Booroomi School Magazine was handed out to students yesterday as part of their 2019 Voluntary Contribution Fee.

We have only 10 Booroomi Magazines left for purchase.
They are available at a cost of \$30.

The magazine contains great artwork and stories from Kindergarten to Year 6, excursion photos, K-12 class photos, sport and lots more.

Please contact Mrs Kerrie McMaster at the school office if you would like to purchase one.



Stewart House Donation Drive 2020

For almost 90 years, Stewart House has supported children from across NSW and ACT public schools who are going through tough times and are in need of a break. In more recent times, this has included many children from families who have been adversely affected by prolonged drought and economic hardship.

Children attend Stewart House free of charge and they rely almost entirely on charitable donations to run their 12 day program, designed to develop children's physical, social and emotional wellbeing.

If you would like to donate, please place a \$2 coin in the envelope with your details on the front and return to the front office at the school. You will go into the draw to win a \$4,000 holiday.



IMMUNISATIONS 7 & 10

Year 7

Term 1 - Wednesday March 18th

Term 4 - Wednesday 21st October

Year 10

Term 2 - Tuesday 28th April



Drama, oral history, horror, doco, romcom, music video...

Tell a story about Cassilis past, present, future, or even fantasy!

A View From Cassilis

Create your own short (3 minute) movie with a Cassilis theme, using your own device (smartphone, iPad/tablet or digital camera).

Make your movie:

- Brainstorm
- Write
- Plan
- Shoot
- Edit & Mix

Learn about:

- Cameras
- Composition
- Light
- Storytelling
- Performance

No prior experience needed, as you will be guided by award-winning screenwriter and filmmaker John O'Brien and actor Michael Winchester.

This **free** workshop takes place over 3 days and is for all ages*
Sunday, Tuesday, & Wednesday 5, 7 & 8th April 2020

Places are limited!

Contact Berni Aquilina on 0415120578 or email berni.aquilina@gmail.com to register your interest.

* Cassilis primary school children will attend with their teachers. Anyone under 18 yrs needs approval of parent/guardian.

Brought to you by Cassilis District Development Group Inc. This project is supported by Arts NSW's Country Arts Support Program, a devolved funding program administered by Regional Arts NSW and Arts Upper Hunter on behalf of the NSW Government.