TERM 2
WEEK 7
10th June 2014

JUNE

Tues 10th
Riverina Cross Country Deniliquin

Wed 11th
Scripture
P&C Meeting 7.30pm

Friday 13th
Special morning tea - Brydies last day and information session on our partnership with Paraguay and South Africa. All welcome.

Stage One - Play dough fun

Yr 5 Enviro Champs

Yummy Radishes
Recently our school community met over coffee and morning tea to consider current research and begin the conversation around what opportunities we, as a community would like our students to access on considering the question around ‘What skills and capabilities would benefit our children in becoming successful members of the community?”. As a result of these discussions, the majority of community members identified the need to equip our students for the future and the need to expand the use of digital media into 21st learning in action as global citizens. Stage 2/3 will be using Edmodo to communicate with a class from Paraguay in a global project investigating local heroes. Please take some time to talk with your child about what is a hero and who you might identify as a local hero. Your child will be creating a slide show to share with their partner in Paraguay using 21st Century Web2.0 tools such as Edmodo and Animoto.

This week we welcome Narrandera High School student, Sam Bell who will be working in the Stage One classroom.

Congratulations to our students taking advantage of opportunities beyond our daily school program. This term we have a number of students participating in the ICAS Competitions and students going on to represent our school and district at the next levels for sport. We had a strong representation of students at the Coolamon taster day and our Year 5 students have been talking about the types of projects they would like to introduce as part of the Enviro Champs program. I look forward to hearing more about their plans!!!! Well done to all. It’s great to see our students stepping out and taking advantage of opportunities as they arise.

Our practicum student Brydie Wellham finishes up at the end of this week. As a thank you to Brydie for all her hard work and commitment we will have a farewell morning tea for her this Friday. We will also take the opportunity at this morning tea to share more information with parents about our partnership with Paraguay and South Africa. Please join us at 9.30am for a cuppa. A plate of food to share would be appreciated. Hope to see you there.

Anne-Maree Moore, Principal
CALLING ALL CRICKETERS!

Matong PS is set to host the Coolamon- Ardlethan PSSA District Cricket Trials later this year. We are looking for parents/ carers/ community persons with expertise in cricket who could assist with the trials and team selections. Please contact us at your earliest convenience. We look forward to hearing from you soon!

STAGE ONE HOMEWORK/HOME READING

Remember, home reading does not just need to be from books. Read from the Internet, food packaging, signs.... from where ever there are words to read! Include these reading experiences in your child’s home reading record.

Kindergarten students have been issued with a bag of sight words for revision at home. This should form part of the weekly homework routine. Please refer to your child’s homework sheet for details.

Year One and Two students continue to engage with reader’s theatre as part of their weekly homework routine. A script will be attached to your child’s weekly homework sheet. Though the script is obviously written in parts, your child should rehearse the entire script.

Rehearsing the script at home could become your child’s regular home reading routine. It is not intended to be ‘extra’ reading. However, we will also continue to send home books for reading practice.
Important note: Term Two Stage One weekly homework sheets will cease after Week 8. However, students are reminded to continue their home reading and preparation for news. Thank you for supporting your child’s education.

FRUIT DONATIONS

If anyone has excess fruit on their trees at home, donations of fruit for our students to share would be gratefully accepted. Thank you.

STAYING SAFE SURVEY

Please complete and return the staying safe surveys in the confidential envelope provided ASAP so that we can adequately review this program.

AWARD WINNERS

Stage 1 Awards

David Beard – Focussed attention to science

Samuel Booth – Seeking help when required and listening to advice

Stage 2/3 Awards

Erin Kreis – Great creativity for class tasks

Connor Smith – Amazing effort in all subjects

RFF and Library Awards

Connor Smith – helpfulness and cheerful attitude in library

William Beard – cheerful participation in library lessons

Special Awards

Tegan Hatty, William Beard, Digby Currie, Baxter Smith, Kyesha Hines, George Hatty, Connor Smith, Grace Collins, Samantha Costello, Charlotte McGuiness

Principals Award

David Beard – responsible behaviour

STUDENT REPORT

Last Tuesday our Year 5 students went to the Enviro Champs day at North Wagga Wagga Public School. Stage one had fun playing with play dough.

Albert Booth
Please complete and return to school as soon as possible. Thank you to those parents who have already done so.

PACKING A SCHOOL LUNCH BOX

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school. Nutrition Australia provides steps to planning a healthy lunchbox.

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.

2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.

3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.

4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.

5. Choose a variety of foods from the 5 food groups (see table below).

6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which are not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.

7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Nutrients</th>
<th>Suitable examples to include in a lunchbox</th>
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<tbody>
<tr>
<td>Breads and cereals</td>
<td>Source of carbohydrate which is a major energy source for the brain and body.</td>
<td>All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf. Rice, pasta, crackerbreads or crispbreads, rice crackers.</td>
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<tr>
<td>Fruit</td>
<td>Contains lots of vitamins and fibre. Aim to include 1–2 serves of fruit per day.</td>
<td>Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Good source of fibre and vitamins.</td>
<td>Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears. Carrot, celery and cucumber sticks. Salad vegetables or coleslaw in a sandwich.</td>
</tr>
<tr>
<td>Dairy</td>
<td>Major source of calcium. Include one serve in lunchbox every day.</td>
<td>Low fat milk, cheese or yogurt.</td>
</tr>
<tr>
<td>Lean meats, fish,</td>
<td>Protein for growing bodies.</td>
<td>Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hummus.</td>
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<tr>
<td>poultry, egg, nuts and</td>
<td></td>
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**P&C NEWS**

**Working bee:** There is a working bee at school this Saturday morning (weather permitting) from 9:00am. There are a couple of large branches and fallen trees that need to be removed from behind the old tennis court area as well as some odd jobs around the school. Please bring with you general working bee tools. Due to the nature of tasks involved and Work Health and Safety regulations children will not be allowed on the school grounds during the working bee. Thank you for your understanding.

**P&C Meeting:** There is a P&C meeting this Wednesday evening at 7:30. All welcome to attend.

**Street stall and Wood Raffle:** The P&C are holding a street stall in Ganmain in Week 1 of Term 3. Also, our annual wood raffle is coming up with tickets going home in next week's newsletter. More details regarding these two items will be in next week's newsletter.

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**LOST**  
New School banner, last seen at the Small School Cross Country carnival on the 20th March.  

*Have you seen it?*

Could all families who attended the small schools cross country at Ganmain Sportsground last term, please do a double check of their collection of camping chairs. The misplaced school banner closely resembles a camping chair. Thank you.
COOLAMON LIBRARY NEWS

The library is calling all Library Lovers to sign our petition for a fair deal in our public libraries. The State Government contribution to funding public libraries in NSW has now reached a crisis point. Call into the library for further details and to sign our petition.

The library is holding an exhibition of Elyne Mitchell - A writing Life. This nine display panels gives an insight into the life of an iconic Australian author and her love of the high country. It will be on displayed from the 24th June - 3rd July, come and enjoy this wonderful display.

The next “Heart and Soul” gathering will be Tuesday, 24th June @ 10.30am. We welcome our “Women’s Gathering” committee members to discuss and inform the community of this great upcoming event to be held in Coolamon. Everyone is most welcomed to attend.

Our next Storytime session will be Friday 20TH June @ 10.30am - theme “1,2,3,4,5” everyone is most welcomed to attend.

The Coolamon Library is on Facebook! News, pictures, events and opportunities are regularly uploaded - join us now!

YOU KNOW YOU ARE LIVING IN 2014 when...
1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your mobile phone to see if anyone is home to help you carry in the groceries...
7. Every commercial on television has a Web site at the bottom of the screen
8. Leaving the house without your mobile phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it!
10. You get up in the morning and go on-line before getting your coffee
11. You start tilting your head sideways to smile. :)
12. You're reading this and nodding and laughing.
13. You are too busy
to notice there was no #9 on this list.
14. You actually scrolled back up to check that there wasn't a #9 on this list.

~~~~~~~~~~~~~~AND FINALLY~~~~~~~~~~~~~~

NOW you're LAUGHING at yourself! Blessed are they who can laugh at themselves, for they shall never cease to be amused!” (Unknown Author)