**Week 6 Term 4 2015**

**Important Dates**

**NOVEMBER**
- Monday 9th – Friday 20th (10 Days) – 11am-1.15pm
  - Swimming Scheme, CH Pool
- Wednesday 18th
  - Orara HS Taster Lesson
- Monday 23rd
  - 2016 Captain Speeches – 9.00 am
  - P & C Meeting – 6.00 pm

**DECEMBER**
- Wednesday 2nd
  - Orara HS Y7 Orientation
- Thursday 10th
  - Presentation Night
- Monday 14th
  - End of Year Excursion
- Wednesday 16th
  - Last Day Term 4 – Students
- Thursday 17th & Friday 18th
  - Staff Development Days

**Notes Due Back to School**
- School Contribution
- Student Details Update

**Messages from the Principal**

Mrs Moss is recovering well at home and is very thankful for all the good wishes sent her way. She will not be returning to Coramba School this term as she is following doctors’ orders and having a rest and taking the opportunity to fully recover.

Ms Matthews and Mrs Malone will continue as our office staff until the end of Term 4. They have expressed how lovely the students and community have been in welcoming them to the school and look forward to helping us celebrate our successes this year.

**What is happening in schools today?**

I have been requested to share a link to a fantastic 10 video that explains how education is changing to prepare students for the future.

[https://www.ted.com/talks/ken_robinson_changing_education_paradigms](https://www.ted.com/talks/ken_robinson_changing_education_paradigms)

**Car Park**

A reminder to everyone that the school car park is for DoE staff and Country Cubs staff only. Please park either on Keevers Close or Dorrigo Street and children will be escorted by teachers to agreed meeting spots. This helps us all ensure that students are safe and aware of traffic movement. Thank you for continuing to cooperate with us in creating processes to keep children safe.

**Recess and Lunch**

As part of Department of Education “Healthy Schools” policy we will continue to encourage students to bring healthy food for recess and lunch. We would like to ask that children have treats such as lollies and chocolate occasionally and are encouraged to eat fruit and/or vegetables each day.
Also, as the weather warms up please be aware that cold meats and yoghurt in lunch boxes will require some way to be kept cool prior to eating. We have seen some parents freeze water in a small bottle that acts as an ice pack in the lunch box.

Newcastle Permanent Mathematics Challenge

Congratulations to all our Year 4, 5 and 6 students who entered the Newcastle Permanent Maths Challenge in August. Displaying a “Growth Mindset” all students accepted the challenge of answering some difficult maths problems. The following students achieved Merit Certificates, performing in the top 45% of their year group across NSW. Well done to Joshua Davie, Paige Luck, Linda Collins and Aden Blackburn.

Daniel Morecombe Day

Friday 30th October was Daniel Morecombe Day across Australia. This day, where children are asked to wear red clothes, is an opportunity to raise awareness and speak openly to children about the dangers of talking with strangers and not letting parents know where they are. Lessons continued in school around children having 5 trusted adults to speak to if they felt they were in danger or if something bad had happened. We want to continue to work together to keep our children safe and encourage children to stay around safe areas and let people know where they are going.

Far Out!

Last week students from Upper Orara, Glenreagh, Ulong and Coramba enjoyed a show from staff at the Mitchell Library in Sydney. The show was to inform students and community about the vast collection of books and artefacts housed at the Mitchel Library and also learn from an interactive story of James Cook’s voyage to Eastern Australia. The students were delighted to be involved in dressing up and playing parts of well-known characters and the opportunity to view actual items from the time was a real treat. The schools were provided with additional teaching resources and copies of Aboriginal language to keep. More information about the library can be found following this link:


P&C Raffle Christmas Hamper

We are asking for donations to our annual Christmas Hamper. The P&C will be sending home raffle tickets and we would like to see a huge hamper of gifts and food for someone to enjoy and share this Christmas. We are looking for non-perishable food items (please check the Use by dates) and also small gifts and items that may be suitable for any age. Last year we had some fantastic donations and I know we can do even better this year.

Student Free Travel Passes

All students moving from Year 2 to Year 3 must complete a new bus form to receive a bus pass for 2016. Forms can be collected from the school. Please contact us on 02 6654227 if you require any further information or require help completing the form.

Please remind all children that travelling on a school bus is the same as travelling on any public transport and students must remain in their seats and not distract the driver whilst the bus is moving.

Intensive Swimming

This year our intensive swimming program, for all students K – 6, will be held over two weeks, November 9th – 20th (10 Days) at the Coffs Harbour Olympic Pool. Travel to the pool will be by bus and is subsidised by the Australian Sports Commission Grant. Each child will need to pay pool entry of ($4.00 a day) $40 in total to school. The swimming sessions have begun this week with children enjoying both the indoor and outdoor facilities of Coffs Harbour pool. Please encourage children to wear all their school uniform after swimming so no children are left wearing wet clothes. Towel and underwear also need to be packed safely if children are wearing their swimmers to school.
You Can Do It

This week at swimming I have had a great opportunity to see the majority of our students using the skills of the ‘You Can Do It’ program.

**Organisation** – most students are organised daily with their swimmers, towel and bag. They are displaying their organisation by being in the right place when getting into groups and when getting dressed and back on the bus. We have not lost a single item of clothing or bag!

**Getting Along** – Most students are supporting and helping each other in the pool and when getting dressed. Older students are helping younger students when needed and community members at the pool have even commented on the good manners of some of our students.

**Confidence** – Our students have displayed an understanding that in swimming, like everything else in life, we are all at different levels. Each student is giving their swimming a ‘red hot go’ and believing that they will improve.

Next week staff will be looking closely for students being **resilient** and **persistent**. Our swimming so far has been a success and a happy time, due to students using these skills. Great job everyone.

Laurie Boyd

**2016 School Captain Speeches**

For those students who wish to nominate for School Captain positions next year, speeches will be held on **Monday, 23rd November (Week 8) at 9.00 am**. Parents are invited to attend.

**Students Learning How to Learn**

We have been seeing great success with students learning how to keep improving and setting their own goals to success. This term we are taking time to look back at all we have achieved and children are recognising the new skills they have learnt. Reports will be coming out at the end of the term to indicate the achievements and efforts of the students. Student ownership of learning and students taking responsibility to work together to keep learning is recognised as “excellent” in world standards for education. We know Coramba students are developing these quality skills and abilities to be life-long learners.

**Anti-Bullying Stall**

Thank you to everyone who contributed to the sale of Anti-bullying items in support of our raising awareness of the ongoing issue with bullying. We raised over $67 which will go towards further education and awareness that bullying is not a behaviour that we accept in Australia. Children and adults can be victims of bullying and it is important that we encourage everyone to speak up, stamp it out and learn to communicate effectively.

**P & C Meeting**

Don’t forget on **Monday, 19th November at 6pm** there will be a P & C meeting at school. This is a great opportunity to discuss ideas for future support for the school and also how we can use P&C funds to enhance and create opportunities for all students. We have had a very successful year fundraising but really want to hear from everyone in the community about what we can do to give our children more experiences.

**Absences**

Reminder: If your child is away one or more days from school, a written note, email or a phone call is required to explain his/her absence. If the school is not contacted within 7 days this absence will be recorded as unexplained and cannot be changed. This is the DoE requirement. Thank you for working in partnership with your school.

**Canteen News**

If you cannot make your rostered day or are unable to cook could you please contact the canteen manager, **Nadeen, on 0435 603 149 ASAP** so that a replacement can be rostered on/cook for Mondays. Thank you.

**Community Concert**

A reminder for everyone that Coramba will be hosting a Community picnic lunch and afternoon concert on December 3rd at 1pm. Everyone is invited to join us in celebrating our outstanding successes and enjoy hearing the musical abilities of the students who have been taught by the conservatorium teachers this year.
**Nutrition Snippet**

The simplest way...

...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

**The facts:**
- We all need to aim for two serves of fruit & five serves of veg, every day.
- Frozen/canned fruit or veges are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned veges are usually packed shortly after picking, so very few nutrients are lost.
- For canned vegetables, look for labels that feature "no added salt" or "salt reduced!"
- Choose canned fruit in natural juice, rather than syrup.
- Health Star Ratings are on many packaged foods now—the more stars, the healthier the choice.

For more information visit

www.eattobeatit.com.au

or join us at facebook.com/eattobeatit

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**FAMILY RELATIONSHIP SKILLS PROGRAM**

**Free Workshops for Parents**

- **Toormina – Public School**
  - Who’s in Charge? (4 sessions)
  - How to deal with aggressive teens and preteens
  - Tuesdays 20th, 27th October & 3rd & 10th November
    - 9.30am to 12.30pm

- **Urunga – Neighbourhood Centre**
  - Toddler Tantrum Toolbox (1 session)
    - Thursday 26th November (9.30am to 12.30pm)

- **Ulong – Public School**
  - Understanding Your Child’s Brain (1 session)
    - Thursday 17th November (9am to 1pm)

**Free childcare available**

**BOOKINGS ESSENTIAL**

To register contact the FRSP team at CRANES on 6642 7257 or email admin@cranes.org.au

Spaces are limited so book early!

Full course calendar available at www.cranes.org.au

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**CRANES Community Support Programs**

**Family Relationships Skills Program**

Term 4 2015

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**CRANES Community Support Programs**

PO Box 899
Grafton NSW 2460

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**Community Support Programs**

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