Important Dates

**JUNE**

**Friday 12th**
YEC Activities Day – Repton PS

**Saturday 13th**
Term 2 Working Bee
At school – 8.30 am – 11.30 am

**Monday 15th**
P & C Meeting–6:00 pm

**Wednesday 17th**
OVLC ICT Enrichment Day - Ulong

**Monday 22nd**
Parent/Teacher Meetings– Ms Bryen
8.00 am–4.00 pm

**Tuesday 23rd**
Parent/Teacher Meetings – Ms Boyd
8.00 am–4.00 pm
Parent/Teacher Meetings – Mrs Morgan
8.00 am–8.45 am, 3.00 pm– 4.00 pm

**Wednesday 24th**
Coramba Athletics Carnival

**Friday 26th**
Grandparent’s Day
Last Day Term 2

**Notes Due Back to School**

School Contribution
Coramba Athletics Carnival
Teacher/Parent Meeting Times
Canteen Volunteers-Athletics (next week)
Volunteers-Grandparents Day (next week)

**Messages from the Principal**

**Sporting Achievements**
It is wonderful to see that some students are continuing to see success as a result of their continued effort and perseverance. Paige Luck was successful at the Cross Country Zone Meet in Kempsey last week. This now qualifies her to attend the NSWPSA Cross Country at Eastern Creek in Sydney on 17th July. Paige is hoping to make it through to the Nationals this year, so we all hope she will be successful in Sydney. She continues to train hard.

Jaye Everson has also been successful in her competitions including Triathlons and Running. Her determination, confidence and practice continue to see her improve. Well done, Jaye.

As an ongoing feature of the Orara Valley Learning Community of Schools, children in years 3 - 6 took part in the Soccer Gala Day at Glenreagh on Friday 29th May. The day was a resounding success with all children in the Valley combining together to form teams. Each mixed group played up to seven games on the day. Reports from the field are that the children had a great day, worked well in their teams and were happily exhausted by the end of the day. Mrs Cheeseman did a great job of keeping score all day. A huge thank you also to all the parents who assisted with transporting the children to and from Glenreagh.

**Coffs Harbour Show**
A wonderful display of student work showed everyone who visited the Coffs Show just how talented and artistic staff and students are at Coramba. Mrs Cheeseman and Miss Keating-Ware put together a beautiful display of work to show respect to our ANZACs. Thanks also to Ms Boyd & Mrs Morgan who assisted with dismantling. This year marks 100 years since that important event in Australia’s history. The children have been looking at this and other significant events in Australia’s history as part of our Australia theme this term. We are encouraging all students to investigate the events of the past and how they have shaped the Australia we know today.
**Teacher/Parent Meetings & Reports**
Attached to this newsletter is information about your child’s/children’s report for Semester 1. Please return your booking sheet ASAP.

**Youth Environmental Council**
A Primary Youth Environment Council Activities Day will be held this **Friday, 12th June** from 9.30 am – 2.00 pm at Repton Public School. Several students will be accompanying Mrs Cheeseman to this day to learn about schools’ resourcefulness.

**Coramba Athletics**
This term we will hold the Coramba Athletics Carnival. The event, scheduled for **Wednesday, 24th June** at Coramba Sportsground, will be a great day for everyone to come and support the students. The P&C would like donations of snacks and slices to sell on the day and there will be a BBQ lunch available. If anyone is available to assist in manning the canteen, please contact Nadeen. All students have been practising their athletic skills and have been showing great effort and determination to improve.

**Growth Mindset**
Last week, two member of staff attended Professional Learning in Sawtell around the concept of Growth Mindset. This is in line with the work we have been doing with the children on the need to work hard and put effort into their work. This leads to success and we are really pleased to see that many students have had significant gains in their academic work. The personal targets and goals set by the students have seen many children achieving more than they thought they could achieve. This is worth celebrating and congratulating children on their perseverance and effort. You can read more about this idea here: [https://www.mindsetworks.com/webnav/whatismindset.aspx](https://www.mindsetworks.com/webnav/whatismindset.aspx)

**OVLC ICT Enrichment Day**
Selected students have been invited to participate at an Enrichment Day at Ulung Public School on **Wednesday, 17th June** with other Orara Valley students. They will be learning about design and will use a 3D printer to print their work.

**Grandparent’s Day**
Invitations for Grandparent’s Day have been mailed this week. Please RSVP as soon as possible to assist with catering on the day. Thank you.

**You Can Do It**
Yesterday we looked at conflict and how this was part of everyone’s life. We can’t avoid conflict but we can work on how we react to it. Students have been trying to think of helpful ways to deal with conflict rather than a harmful way. If conflict comes up at home, remind children to be helpful not harmful in dealing with it! To be a snowflake rather than a storm! *Ms Boyd*

**Working Bee Reminder**
**Our Working Bee is on THIS Saturday, June 13th** commencing at 8.30 am. Information was sent home last week.

**P & C News**
The next P & C Meeting will be held next **Monday, 15th June at 6.00 pm** at the school. All Welcome!

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

**Roster: Monday, 15th June**
**Helpers:** Nadeen Todd, Julie O’Halloran  
**Cooks:** Nadeen Todd, Julie O’Halloran

**Roster: Monday, 22nd June**
**Helpers:** Nadeen Todd, Katie Collins  
**Cooks:** Katie Collins, Karina Wilson

**Community News**

**Parent-teacher interviews**
Have you got a parent teacher interview coming up? Here are some tips for getting the most out of these important meetings. Prepare a few questions to ask, and walk away with a plan.  
A new family mental health support service is now on offer in the Coffs Harbour Region. CONNECT is a free service which provides assistance for families and children/young people where a child or young person’s mental health and wellbeing are at risk. An information brochure is available from the School Office or call 1300 654 269.

**DOLPHIN MARINE MAGIC SHOW!**

**Date/ Time:** Saturday June 20 at 3:30pm  
**Location:** Dolphin Marine Magic, Orlando Street, Coffs Harbour  
**Price:** $10 for adults. $5 for children  
Tickets available from Dolphin Marine Magic  
2CSFM Reception – 2 Peterson Road,  
Coffs Harbour  
Newcastle Permanent - Park Beach Plaza,  
Coffs Harbour

**RUBBER DUCK RACE:**  
**Date/Time:** Saturday July 4 between 9am and Noon  
**Location:** Park Beach Reserve.  
**Price:** $5 a duck.  
Ducks can be purchased from 2CSFM Reception – 2 Peterson Road, Coffs Harbour  
Newcastle Permanent – Park Beach Plaza, Coffs Harbour.

**The dreaded lunchbox challenge!!**

Struggle with lunchboxes? Need inspiration? Northern NSW Local Health District is putting together a series of lunchbox suggestions to take the worry out of what to pack each day. The fortnightly email ‘Let’s Look at Lunches’ will provide lunchbox tips, recipes and ideas. A well balanced nutritious lunch is important to keep active kids on track all day but it shouldn’t be a challenge. If you would like to subscribe simply send us your first name, email address and postcode by:
- Email lookatlunches@gmail.com or
- Text to 0429 033 517
- Scan the QR code

For more information go to www.healthykids.nsw.gov.au

**Building Healthy Habits**

Children are learning habits that will often last a lifetime.

- Ensure your child eats breakfast. This improves concentration levels at school and reduces snacking
- Be realistic about the serving sizes you give your children. Forcing children to finish what’s on their plate when they are not hungry may lead to overeating and strong food dislikes.
- Eat your meals at the dinner table rather than in front of the TV. Children (and adults) are more likely to overeat whilst eating in front of the TV as they can easily miss the body’s cues to tell them they are full.