Engaged and Thriving

Another busy week this week has certainly kept the buzz going at our school. A few of the activities have included zone cross country, mother’s day stall, community Jolly Phonics workshop, dancing and Art Attack.

Alongside this our students have been very focused on their academic side of school life, which is always a priority. Powerful Learning Accountable Teaching (PLAT) markers are being explicitly taught and we are very proud of the results that our students are achieving.

Public Speaking lessons have begun and we are looking forward to students showcasing their skills at our big Public speaking celebration day on Friday 19th June.

Proud Moment

On Tuesday afternoon I received a wonderful phone call that left me prouder than punch. A parent from another school contacted me after zone cross country to congratulate me on the wonderful students that we have at Cooranbong Public School. She praised their manners and overall conduct and said that they represented the school in a remarkable way.

She also made a point of congratulating Jackson Lowe who she said had outstanding manners and was friendly and polite. A very proud moment indeed!

A special Happy Mother’s Day to all of our mums out there. We hope you love the special items that your children have made for you and enjoy a day of being nurtured and pampered.
A big thank you to Sue Alcorn and all the mums who were available to help with the Mother’s Day stall on Wednesday. There certainly were many items to choose from that our children were very excited to show each other.

Being a Mum is the most important and best job in the world! 😊

**NAPLAN – next week!**

Next week our Year three and Year five students will be sitting their NAPLAN tests.

Tues - Language Conventions and Writing  
Wed - Reading  
Thur - Numeracy

**Reminder Book Week Parade – On Friday!**

This month is “Read every day in May” month and to celebrate this we are holding our book week parade next Friday. This was a huge success last year and students are very excited about dressing up as their favourite book characters! Parents are most welcome to join us in a morning of fun and celebration about the wonderful skill of Reading!

**Zone Cross Country**

Congratulations to all of our students who participated in the zone cross country carnival. We had a large cohort of students attend this year which was very exciting for our school.

A special congratulations to Cooper who came third and is representing our school at the Regional Carnival today. What a fantastic achievement!
Go team Kamaralli

Congratulations to both Joel and Kieran who achieved special awards last week. Joel achieved his Gold award and Kieran his bronze. Keep up the fantastic effort boys!

Athletics Carnival Changed Date!

A reminder that due to the weather our athletics carnival needed to be changed. It is now be held on Wednesday 27th May.

Jolly Phonics Workshop

Thank you to all the families who came along to our Jolly Phonics workshop. The children were very excited to see you learning the phonics that they have been working on all year.

Headlice

It has come to the school's attention that some students in the school may have head lice and we seek your co-operation in checking your child’s hair as soon as possible.

Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10,000 years!!!!

Thank you for your co-operation in this matter.
Pride in our School Uniform

Our school uniform is looking amazing. Thank you to all of you for instilling a genuine pride in your children in wearing their correct school uniform. We are a professional school and this can be seen straight away in the professional dress of all students and staff.

We are excited to inform everyone that we will now be offering Kitchen Garden to K-2 on a Thursday on alternate weeks. See new time table with this newsletter.

We are also looking for 2 parents for the classes shown in green on the timetable. Please see the office or Mrs Miller if you can offer any help.

Children 3-6 are working towards their Licenses (tools, wheelbarrow and knife) at the moment.

Get Involved to Help Local Families

We ask our families to send in canned products so when Winter begins we can donate the goods to a local charity for distribution to local families in need. Each week we ask for donations of the following types of canned items:

Week 4: (11/5/15) - Canned fish eg. tuna, salmon, sardines
Week 5: (18/5/15) - Canned baked beans/spaghetti
Week 6: (25/5/15) - Canned fruit
Week 7: (1/6/15) - Canned soup

Your generosity of donations over the coming weeks will be very much appreciated. Thank you, Mrs Tukua

Important dates for Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>12th May</td>
<td>NAPLAN – Lang Con &amp; Writing</td>
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<tr>
<td>13th May</td>
<td>NAPLAN – Reading</td>
</tr>
<tr>
<td>14th May</td>
<td>NAPLAN – Numeracy</td>
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<tr>
<td>15th May</td>
<td>Book Week Parade</td>
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<td>18th May</td>
<td>Captains at GRIP leadership</td>
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<tr>
<td>22nd May</td>
<td>Stewart House Day</td>
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<tr>
<td>26th May</td>
<td>P&amp;C AGM at 4pm</td>
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<tr>
<td>27th May</td>
<td>Athletics Carnival</td>
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<tr>
<td>28th May</td>
<td>Morisset HS open day info night</td>
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<td>5th June</td>
<td>Financial Literacy K-3</td>
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<tr>
<td>5th June</td>
<td>Community forum for individualised learning plans</td>
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<tr>
<td>8th June</td>
<td>Queen’s Birthday holiday</td>
</tr>
<tr>
<td>17th June</td>
<td>Pancake Day</td>
</tr>
<tr>
<td>26th June</td>
<td>Last day of Term 2</td>
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Entertainment Books are available to purchase from the school. For every book sold our school receives $12 so get on board to help out with this terrific fundraiser.

Great News! This year there is a Digital Membership available where offers are loaded straight to your phone!

To order your Digital Membership go to http://www.entbook.com.au/3871w5. Books can also be purchased directly from the school office. For enquiries call Suzanne Alcorn on 0414 820 190.

P&C News

Hello everyone! We hope you survived the storm ok and are getting back into your usual routines. We are all set to hold our Annual General Meeting on the 26th May at 4pm. This is where the voting for the new Committee Members will take place and everyone is invited to come along.

Due to a lot happening at the moment the Pancake Day will now be held on 17th June, so watch out for the order forms which will be sent out soon.

Thank you so much to the school community for helping to make the Easter Raffle last term a great success. The donation of 80 prizes was fantastic! Thank you to everyone who donated. We raised approx. $1,000 and this money will go towards our fundraising goals which will include covering our walkways. A great big thank you to all our wonderful and generous volunteers, we really appreciate all your time and effort.

Looking forward to another exciting term and seeing lots of people at the AGM.

Steve Ward (President) and P&C Committee

Cooranbong Valley Community Preschool Welcomes a New Director

New Director Fiona Kerr will arrive at the Preschool on Tuesday 19th May 2015. She has had many years experience in working with children and their families.

With the assistance of her staff she intends to maintain the high quality of care currently provided at Cooranbong Valley Community Preschool. The preschool places great emphasis on offering a daily educational program which is structured around developing the children’s skills in a wide range of areas thus preparing them for their eventual journey to “big school”. Children are encouraged to communicate with others, to use their thinking and reasoning skills and to see themselves as competent, creative and capable human beings.

The Centre operates Tuesday, Wednesday and Thursdays with reduced fees for children if their 4th birthday falls prior to 31st July 2015 in their year before school as well as for Health Care Holders. There are still some available vacancies on Wednesday and Thursday and you will find us at 614 Freemans Drive Cooranbong. Our phone number is 49771055. We look forward to seeing you.

New Salon Open Now in Cooranbong

MONADO HAIR

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Ladies Haircut</td>
<td>$25</td>
</tr>
<tr>
<td>Men's Cut</td>
<td>$16</td>
</tr>
<tr>
<td>Buzz Cut</td>
<td>$10</td>
</tr>
<tr>
<td>Eye Lash Tint &amp; Eyebrow wax and tint</td>
<td>$15</td>
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</tbody>
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All Colour, Blow dry, Sets and Perm services also available. Quote on inquiry.

(Prices include washes, shampoos and blow dry at additional costs)

Phone Jenniffer for an Appointment: 0468 961 252
Friday 8<sup>th</sup> May, 2015

ONE FREE VOUCHER ON OFFER FOR FIRST TIME STUDENTS!

2/20 Yambo Street Morisset.
02 4973 3660

ONE FREE VOUCHER ON OFFER FOR FIRST TIME STUDENTS!

Our school would love you to download this FREE App to your phone or tablet. It is a great way to know instantly what is going on at school.

How to download your Free app

1. From your mobile device go to the App Store (iPhone/iPad) OR Google Play (Android), search for School Stream and download the app to your phone
2. Make sure you agree to push notifications
3. Once School Stream has finished installing, open the app, type your school name into the search THEN select your school.

For more detailed instructions go to schoolstream.com.au/download

STEWART HOUSE DONATION DRIVE

Thank you to all the families who have sent in $2 in the Stewart House Donation Drive envelopes. Your entry into the draw to win a $4,000 holiday will be drawn on Friday 22<sup>nd</sup> May. Good luck and thank you!
KEEPING CHILDREN SAFE
(Group or individual)
Learn how to:
- Recognise abuse & neglect
- Understand the effects of abuse & neglect on children
- Make changes to prevent abuse & neglect
Suitable for:
Parents with children 0 to 12 years old

SEASONS FOR GROWTH:
EXPLORING THE STAGES OF GRIEF
(Group only)
Learn how to:
- Better understand and manage your particular experience of loss
- Learn about the tasks of grief
- Explore the importance of feelings, memories, forgiveness, transformative change, choices and support networks in adapting to life or death issues in your life
Suitable for:
Parents with children 0 to 12 years old who have experienced a loss or significant change

PROGRAMS INCLUDE:
- Triple P Positive Parenting Program
- Triple P Stepping Stones (for families who have a child with a disability)
- Triple P Seminar Series
- 1-2-3 Magic & Emotion Coaching
- Engaging Adolescents
- The Incredible Years
- Circle of Security
- Bringing Up Great Kids
- Seasons for Growth - Exploring the stages of Grief
- Keeping Children Safe

COMMUNITY ACTIVITIES
LAKE MACQUARIE INC (CALM)
77 The Boulevard Toronto
PO Box 496 Toronto NSW 2283
Phone: 4950 3858
Fax: 4959 6810
www.calm.org.au

CALM CHILD & FAMILY SUPPORT
OFFERING:
ADVICE & REFERRAL
CASE MANAGEMENT
PARENTING PROGRAMS
Phone: 4950 3855
Working to make lives better

"Positive Parenting is an approach to raising children that aims to promote children's development and manage children's behaviour in a constructive and non-hurtful way. (Sanders, 1992)

PARENTING PROGRAMS

TRIPLE P STANDARD PROGRAM
(Group or individual)
Learn how to:
- Develop positive relationships with your child
- Encourage better behaviour from your child
- Deal consistently and decisively with the problem behaviours
- Tackle the stress of parenting
Suitable for:
Parents/carers of children 2 to 12 years old, who have a child or children with mild to severe behaviour difficulties.

TRIPLE P STEPPING STONES
(Individual only)
Learn how to:
- Teach your child new skills
- Manage problem behaviour and developmental issues common in children with disabilities
- Cope with stress of parenting a child with disability
Suitable for:
Parents/carers of 2 to 12 year olds, and is suitable for children with mild to moderate disabilities.

TRIPLE P SEMINAR SERIES
(Group only)
Learn how to:
- Identify the positive parenting principles and strategies you use
- Apply new parenting strategies you think would be benefic to your child
- Set goals related to changes you would like to make in your parenting
Suitable for:
Parents/carers of children 2 to 12 years who are interested in learning positive ways of promoting children's development. They may have minor concerns about their child's behaviour.

CIRCLE OF SECURITY
(Group or individual)
Learn how to:
- Recognise and respond sensitively to your child's needs
- Identify your own barriers to successful parenting
- Be 'wiser, stronger, wiser and kinder' when supporting your child's development
Suitable for:
Parents/carers of children 0 to 12 years.

BRINGING UP GREAT KIDS
(Group or individual)
Learn how to:
- Learn more about the origins of your own parenting style and how it can be more effective
- Identify and respond to needs of your children
- Build a positive respectful relationship with your child
Suitable for:
Parents/carers of children 0 to 12 years.

1-2-3 MAGIC & EMOTION COACHING
(Group or individual)
Learn how to:
- Manage difficult behaviour
- Engage children's cooperation
- Set clear expectations
- Help your child manage their emotions
- Practice being a calm parent
Suitable for:
Parents of 2 to 12 year olds and is suitable for children with mild behavioural issues.

THE INCREDIBLE YEARS
(Group only)
Learn how to:
- Improve parent-child relationship through the use of play
- Develop your child's emotional, social, academic and persistence skills
- Implement strategies to encourage the behaviour you want to see
- Develop and implement rules and routines
Suitable for:
Two programs available to suit parents of 0 to 3 yrs and 3 to 6 yrs.

ENGAGING ADOLESCENTS
(Individual only)
Learn how to:
- Improve your parent-teenager relationship
- Increase your understanding of the adolescent mind and what expectations are realistic
- Decide what behaviours you will and won't allow
- Develop strategies to teach teenagers how to manage their emotions and develop self-control
- Have "tough conversations" with your teenager/young adolescent
Suitable for:
Parents of children in upper primary to high school, who are in the adolescent stage of development.