



Quality opportunities
for all in a caring
community environment

13 Prescott Street Copmanhurst NSW 2460
Ph: 02 6647 3121 Fax: 02 6647 3282
Email: copmanhurs-p.school@det.nsw.edu.au
Web: www.copmanhurs-p.school.nsw.edu.au

Term 4 - Week 4 Copmanhurst School News

Newsletter: 27/10/15

Principal's report

Parenting courses

Yesterday a flier was sent home advertising a free parenting course "Understanding your child's brain" which is being run at school by personnel from CRANES in Grafton on November 27th. CRANES offer courses throughout the year in Grafton free of charge and have graciously offered to run a course here at school. If you would like to attend, please return the attached form to school. Morning tea and child minding is available free of charge. I, and my staff, go to professional learning days all the time in order to improve our practice as we realize that we don't know everything and could always learn new and better ways of working. Isn't it the same with parenting?

Leukemia fund raiser

Next Friday, November 6th, we will be holding a Mufti Day to support the Leukemia Foundation. I ask that each child attends school out of uniform and brings a gold coin donation. Please no thongs or singlet tops.

Kindergarten Orientation

The first of our kindy orientation days is being held this Wednesday. Over the next month our little visitors will be in the school on other occasions in preparation for their entry into 'big' school next year. Free speech screening and parent interviews are also part of the process.

Stand-up Paddle Boarding

Students in years 3-6 who have returned their permission notes will be enjoying Stand-up Paddle Boarding for the next two Mondays. If your child's note hasn't come back before next Monday, unfortunately they can't participate.

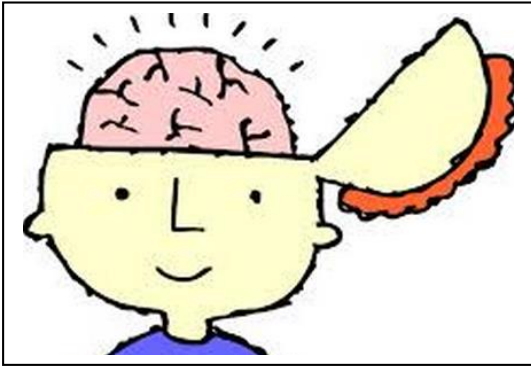
Cheers,
Andrew

CANTEEN ROSTER – TERM 4

Nov 2	Kelly Hay & Kate Knight
Nov 9	Paula Clausen & Franca Scalia
Nov 16	Michelle Roberts & Paula Clausen
Nov 23	Paula Clausen & Kelly Hay
Nov 30	Trudy Clydesdale & Kate Knight
Dec 7	Renaye Knight & Michelle Roberts
Dec 14 th	Paula Clausen & Franca Scalia

COMING EVENTS

- Oct 28th **Kinder Orientation 9.00am – 11.30am. Parents please don't forget to pack recess for your child. Parents are invited to join the staff for morning tea at 11.00am**
- Oct 29th **Kayaking – Declan & Hamish Simmons, Riley & Cooper Knight, Alana Bowyer, Piper & Jasper Franklin, Cody Clydesdale, Jonathan Jackson, Isabel & Riley Stone, Zalia Alexander & Cooper Rawson**
- Nov 5th **Jacaranda Thursday – ½ day holiday**
- Nov 11th **2016 Kinders - 2nd Classroom visit**
- Nov 12/13th **Yrs 3-6 Overnight Excursion to Woolli**
- Nov 13th **K/1/2 Excursion to Tabatinga Coffs Harbour**
- Nov 19th **2016 Kinders - Speech Screening**
- Nov 25th **2016 Kinders - 3rd Classroom visit**
- Dec 3rd **Parent Helpers morning tea (Invitations to follow)**
- Dec 3rd **Premier Reading Challenge luncheon for students who read for 75 nights**
- Dec 7th **Yearly reports go home**
- Dec 7th **Year 6 Farewell – Restpoint Hotel followed by a whole School Dance at the Copmanhurst Hall**
- Dec 10th **Presentation Night**
- Dec 16th **Fun Day at Ulmarra Pool – last day of term**



Understanding Your Child's Brain

FREE WORKSHOP for PARENTS

Where: Copmanhurst Public School, 13 Prescott
St Copmanhurst

Date:- Friday 27th November

Time:- 9am - 1pm (light refreshment provided)

To register phone CRANES on 6642 7257 or
email admin@cranes.org.au

FREE CHILDCARE AVAILABLE – Bookings Essential

PLEASE RETURN TO SCHOOL

Yes, I would like to attend the free course 'Understanding Your Child's Brain', being held at Copmanhurst Public School on Friday, November 27th.

Name:

I will need child minding for Children.

CRANES Community Support Programs is running a FREE Youth Mental Health First Aid course for parents/carers and sports coaches. The Youth MHFA course teaches adults how best to assist young people who are developing a mental health problem or experiencing a mental health crisis.

The developing mental health problems covered in the course are:

- Depression
- Anxiety
- Eating Disorders
- Psychosis
- Substance misuse

The mental health crises covered in the course are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Acute effects from alcohol

Dates: Session 1 - 7th November 2015. Session 2 - 14th November 2015. Times: 9am to 4pm

Venue: Grafton Ex Services Club Catering provided.

To register please contact Mark McGrath on 66427257 or email at mmcgrath@cranes.org.au

About the trainer: Mark is a Principle Master Instructor within the Mental Health First Aid program who has extensive experience in delivering both the Standard Mental Health First Aid, Youth Mental Health First Aid and teen Mental Health First programs to non-government organisations, Universities, schools, community groups as well as the private sector. Mark also volunteers as a REACH support group facilitator for the Black Dog Institute and facilitates resilience based programs in High Schools and brings with him the knowledge and experience that comes from his own lived experience. Mark presents with great energy and enthusiasm. His courses are always interactive and uses anything to make them stimulating, fun and more importantly relevant.



Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby.

Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks.

The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each

pregnancy and this is funded by NSW Health.

Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#)

