



COPMANHURST PUBLIC SCHOOL

Newsletter, March 21st, 2019



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Principal's report

Yarrawarra excursion

We had a fantastic day at the Yarrawarra Aboriginal Cultural Centre yesterday! The weather was perfect and the kids, as usual, were great ambassadors for our school. When we arrived we split into two groups of 30 and Uncle Milton took one group on a bush walk to identify plants with medicinal properties as well as bush tucker and also plants that are poisonous. He spoke to us about how local people used to use the things in the bush for survival and the importance of caring for the land. Whilst this was happening, our other group worked with Uncle Tony and Melissa making clay animal sculptures and mook mooks and painting boomerangs. Excursions like this are a great way for our kids to learn about and show respect for Aboriginal culture. The centre is open to the public and well worth a visit if you're ever going to Red Rock or Corindi.

Be you

One of the three 'strategic directions' in our current and former three year school plans is a focus on student wellbeing. If you were a member of our school community about 4 years ago you may remember we undertook the Kidsmatter program whereby staff and community members gained skills and training in supporting student mental health. It is from the Kidsmatter training that we developed our processes for implementing the You Can Do It program which has been successful in helping our children to be Organised, Confident, Resilient, Persistent and able to Get Along. Kidsmatter has now evolved into '**be you**' and is associated with Beyond Blue and Headspace. "Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people. Its vision is for an education system in which every learning community is positive, inclusive and resilient, and where every child, young person, staff member, and family can achieve their best possible mental health." Online resources and further training will be made available for staff to help our students to be 'mentally healthy'.

P&C AGM

Our P&C AGM was held at school last Thursday and I would like to thank the new committee who have taken on roles for 2019. They are: President – Peter Quiring, Secretary – Wyloe Black, Treasurer – Terri Quiring, Vice Presidents – Kate Knight and Wyloe Black and Canteen coordinators – Terri Quiring, Jessica Fahey and Kate Knight. Thank you to our outgoing 2018 P&C executive for all your hard work for our kids last year.

Cross country

Our annual school cross country races will be held at the rodeo grounds next Thursday morning. Children will come to school as normal and walk to the rodeo grounds. They can wear clothes that are comfortable to run in, a hat and joggers. Parents are welcome to attend and may be given a job on the day! If your child needs to carry their own asthma puffer, please make sure you have completed the separate permission note for this which is available from the front office.

**Cheers,
Andrew**

SCHOOL NEWS

CANTEEN – TERM ONE

Mar 25th: Tanya Amiet & Jessica Fahey

Apr 1st: Terri Quiring & Heather

Apr 8th: Kate Moss & Kate Knight

COMING EVENTS – TERM 1.

Mar 28th Cross Country – Rodeo Grounds

Mar 29th Golf Day – South Grafton Golf Course

Apr 3rd Senior Citizen Concert/Morning Tea

Apr 4-5th Yrs3-6 Red Rock Excursion

Apr 11th Old School Day



YARRAWARRA



REMINDER: P & C ELECTION DAY CAKE STALL- 23/03/19

Don't forget you can drop your cake/slice donation off at school Friday
or down at the Copmanhurst Community Hall Saturday
between 9.30-10.30am.

SPECIAL THANKS TO KATE KNIGHT & JESSICA FAHEY FOR ORGANISING THE
EVENT AND GIVING UP THEIR TIME TO MAKE IT HAPPEN!!