



# COPMANHURST PUBLIC SCHOOL

Newsletter,  
Aug 29th, 2019



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## Principal's report

### Small Schools Big Impact Concert

WOW! Our students performed at the Small Schools Big Impact concert in Grafton last night and stole the show! (I'm not biased) We are all very proud of the way they performed their dance item and also the way in which they patiently waited for most of the night for their turn to take the stage. Many thanks go to Mrs Andrews for her choreography and the many hours she has put in during her lunchtimes and after work to put together such an entertaining item. Thanks also to my other staff members for their support throughout including their work supervising and encouraging kids last night. It was also great to see so many of our other small schools last night and the energy created by all of those kids was amazing. It all happens again in two year's time and we are already thinking about how we can top whip cracking – perhaps freestyle motocross?

### School Photos

Our school photos are being taken on Thursday, September 19<sup>th</sup>. Envelopes have been sent home and there are a few payment options including online payment. We didn't receive envelopes for all classes and hopefully these will arrive at school soon and be sent home.

### Year 5/6 Brisbane Excursion

Last week our senior students, along with Mrs McGarvie and myself, travelled to Brisbane for our major excursion for 2019. We were joined by teachers and students from Tucabia, Nymboida and Baryulgil schools. We got to enjoy Australia Zoo, SeaWorld, a Rivercat ride, the QLD Maritime Museum, the Museum of QLD, Parliament house, Science centre, the Planetarium and Redcliffe lagoon where some brave kids had a swim! The majority of the kids chose SeaWorld as their favourite part of the excursion. Our accommodation was fantastic and we had it all to ourselves! The food was delicious and there was plenty of it. We even had two birthday cakes for our two kids celebrating birthdays whilst we were away. The behaviour of our children, and those from the other schools, was, as always, very good. A note will come home shortly with next year's senior students regarding our major excursion to Lake Ainsworth next year.

### Mid North Coast Athletics

Congratulations to Luke, Lacey and Rocky who competed as part of the Clarence team at the Mid North Coast athletics carnival in Coffs Harbour last Friday. Although no-one has progressed to the next North Coast level, all of our athletes competed very well with Lacey making it into the girl's 100 metre final.

Cheers,  
Andrew

# SCHOOL NEWS

## CANTEEN – TERM 3

Sept 2	Terri Quiring & Jenny
Sept 9	Tanya Amiet & Jessica Fahey
Sept 16	Lucy Ellem & Michelle Roberts
Sept 23	Emma Farmer & Rachael Moss

We are desperate for helpers in the canteen. If you can help please contact Rhonda 66473121?

## COMING EVENTS – TERM 3

Aug 28	Small Schools Big Impact Concert
Sept 9	Book Club order closes
Sept 19	School Photos
Sept 20	Dudley Jones Tennis
Sept 27	Old School Day

## Your Health Link Photographic Competition

**NOW OPEN**  
GREAT PRIZES TO BE WON

Competition Theme  
**#HEALTHY LIFE #HEALTHY YOU**

### Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Competition closes 13 October 2019

[yourhealthlinkphotocomp.com.au](http://yourhealthlinkphotocomp.com.au)

## FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

Available at NSW Health public dental clinics in Grafton

Call 1300 651 625 to book a visit for your child

**Too many snacks and sugary drinks increase the risk of tooth decay**

- o Stick to 3 healthy meals and allow only 2 healthy snacks each day
- o Avoid packaged foods and drinks that have hidden sugar
- o Fresh fruit, veggies, milk, cheese and yoghurt are easy healthy choices
- o Drink water instead of sugary drinks

**How to Brush : Move a soft toothbrush in small circles over teeth and gums.**