



# COPMANHURST PUBLIC SCHOOL

## Newsletter, Oct 15th, 2020



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### Principal's report

#### Term 4

Welcome back to the final school term of 2020. Thankfully there have been a few Covid restrictions lifted and we are able to take the kids on excursions now. At the moment presentation night will not look the same as in previous years as it would be impossible to maintain social distancing in the hall. We are looking at other options and when plans are in place these will be communicated to our community.

#### Year 5/6 Camp

Our Year 5 and 6 students were to attend camp at Lake Ainsworth during the last week of last term but due to Covid restrictions this was not possible. We have been fortunate to secure a 3 day booking at the Great Aussie Bush Camp at Tea Gardens in a couple of weeks time. We will be sharing this excursion with senior students from Tucabia and Nymboida schools and during the three days the children will be involved in adventure activities such as; raft building, rock climbing, high ropes, commando spotlight, archery, giant swing, mud obstacle course and power fan. We leave from South Grafton early on the morning of Monday October 26<sup>th</sup> and return early evening on Wednesday October 28<sup>th</sup>.

#### Red Rock Camp

Our Red Rock camp for all primary (3-6) students which was to be held at the end of Term 1, has now been rescheduled to Thursday November 19<sup>th</sup> - Friday November 20<sup>th</sup>. We will travel by bus, camp in tents or swags and fish, beach walk, paddle and play games. Cost is likely to be around \$30 per child. A note with more details will be coming home shortly.

#### Uniform

Please remember that our school uniform consists of the school polo shirt and royal blue shorts or skirt. Black shorts or colourful boardshorts are not acceptable. If an item of your child's uniform is in the wash and they have to wear an alternative, they must bring a note to school explaining this.

#### Year 7 selective class 2022

Notes went home this week with Year 5 students regarding applying to sit the entrance exam for a selective high school placement in 2022. If you wish for your child to be considered, parents need to return the note to school indicating their intention and complete the online application form. The exam is held in March 2021 and successful students are usually notified in September 2021.

Cheers,  
Andrew

# SCHOOL NEWS

## CANTEEN: TERM 4

Oct 19 <sup>th</sup>	Jess Fahey & Lucy Ellem
Oct 26 <sup>th</sup>	Terri Quiring & Kylie Nohra
Nov 2 <sup>nd</sup>	Kate Knight & Bianca Weier
Nov 9 <sup>th</sup>	Kerrie Vanderham & Suzy Owen
Nov 16 <sup>th</sup>	Racheal Moss & Jenna Wood
Nov 23 <sup>rd</sup>	Michelle Roberts & Tania Amiet

Please contact Rhonda 66473121, if you are unable to come on your rostered day.

## COMING EVENTS – TERM 4



**Student banking every Wednesday!**

Oct 26-28 <sup>th</sup>	5/6 Bush Camp
Nov 2 <sup>nd</sup>	Magician Troppo Bob
Nov 19 <sup>th</sup> -20 <sup>th</sup>	Yrs: 3, 4, 5 & 6 – Red Rock Excursion
Dec 16 <sup>th</sup>	Last Day Term 4 – Wooli Picnic Day

## *How much sugar is in your drink?*

Did you know over 40% of NSW children drink sugar sweetened drinks each week?

Sugar sweetened drinks include soft drinks, cordials, fruit drinks, sports drinks and slushies. Even frozen ice blocks can have a surprisingly large amount of sugar per serve. These type of drinks can not only lead to weight gain and tooth decay, but also tend to fill children up and can lead to increased fussy eating.

We know that people shouldn't eat more than 6 teaspoons of added sugar per day and yet nearly all of us do. The average fruit drink popper can have 6-7 teaspoons of sugar, sports drinks can have 7-9 teaspoons, while a 600mL bottle of soft drink can have up to 16 teaspoons of sugar!

As a family, consider taking the H-30 Challenge! That is switching sweet drinks for water for 30 days. See how it makes you feel.

