



# COPMANHURST PUBLIC SCHOOL

## Newsletter, July 24th, 2020



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### Principal's report

#### Welcome back!

Term 3 is here already and it is so much better starting the term with the kids at school. As you would know there are still Covid restrictions in place in the community and this includes schools across the state. Parents are asked to stay away from school where possible and if you do need to come, please report to the office to fill out a declaration to help with potential contact tracing. We are still unable to have parents attend in large numbers so our Athletics Carnival continues to be on hold until parents can attend. In a couple of weeks the kids will participate in a 'practice' carnival at school without spectators or ribbons.

#### Canteen

Our school canteen will recommence next Monday with a special meal deal of Spaghetti Bolognese, drink, garlic bread and icy pole for \$5 per child. A canteen menu and price list is coming home with today's newsletter. Thank you to Jess for all of her efforts in getting the canteen back up and running and in organising the installation of a new oven and air conditioner last term.

#### Music

Luke, our guitar teacher, is back at school next Monday to continue with our guitar lessons for those children involved. From next Monday, Luke will also be conducting ukulele lessons with all of the students in our Year 3/4 class. Later in the term he will move onto another class and by the end of the year every child in our school will have received some instruction in how to play the ukulele.

#### Uniform and hats

Please remember that our school uniform includes a royal blue jumper. These are available from a variety of shops in Grafton. If your child needs to be out of uniform for any reason, please send a note to school. Please remind your child that they need to bring a hat to school every day. Children who forget their hats will need to restrict their play to the covered playground or assembly area. As with all items, jumpers and hats need to be labelled with your child's name if they are to be returned when found.

Cheers,  
Andrew

# SCHOOL NEWS

## CANTEEN:

**Jul 27<sup>th</sup> Jessica Fahey & Lucy Ellem**

**Special: Spaghetti Bolognaise Combo - \$5**

**Aug 3<sup>rd</sup> Terri Quiring/Kylie Nohra**

**Aug 10<sup>th</sup> Jess Fahey & Kate Knight**

**Special: Spring Rolls & Rice**

**Aug 17<sup>th</sup> Emma Farmer/Emma Anderson**

**If you are available to work in the canteen  
can you please contact the school 66473121.**

## COMING EVENTS – TERM 3

**Student banking every Wednesday**

**Because of Covid-19 several activities that had  
been planned have been put on hold until  
further notice.**

**A Quick Bite ...**

Looking for some nutrient packed lunchbox snacks for your active child?

Try these seven sensational nutrient packed snacks!

1. Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)
2. Sultana, cheese and rice crackers
3. Hard boiled egg and cherry tomatoes
4. Fruit salad + yoghurt or custard
5. Rice cakes with avocado and cheese
6. Pre-cooked corn cobs
7. Hummus + crackers + capsicum slices

For more information visit [mild.health.nsw.gov.au/Outgoingthehealthy](http://mild.health.nsw.gov.au/Outgoingthehealthy)

Live Life Well @ School NSW Health Department of Education



**Live Life Well @ School**

LET'S GET ACTIVE AT HOME

**GetActive@Home**

NSW Department of Education has a range of fun video episodes, linked to the PDHPE syllabus, called **GetActive@Home**

Support your child be active at home and give these action packed sessions a go.

Search 'GetActive@Home' at: [www.education.nsw.gov.au](http://www.education.nsw.gov.au)

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important!

NSW

## CANTEEN SPECIAL – MONDAY, JULY 27<sup>th</sup>

**Spaghetti Bolognaise Combo - \$5.00**

**Includes a drink, garlic bread & icy pole**



I wish to order ..... Spaghetti Bolognaise Combo

Name: .....

Class: .....

I enclose \$ .....