



# COPMANHURST PUBLIC SCHOOL

## Newsletter, July 30th, 2020



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### Principal's report

#### Canteen

Our school canteen reopened after a break of over a term on Monday and was a terrific success. The Spaghetti Bolognese special was a hit with the kids and staff and raised \$345! Well done and a big thank you to our canteen ladies. Don't forget canteen is open every Monday and a menu was sent home last week. If you've lost yours, contact Rhonda at school for another or look on our Facebook page where it will be posted. We are looking forward to the spring rolls and rice in a couple of weeks time!

#### Welcome

This term we welcome two new staff members to our school. Mrs Katie Sullivan and Mrs Kirsty Malinowski will be working as School Learning Support Officers in our Year 1/2 and Kinder classrooms supporting the learning of our children. We welcome them to our school family and from all reports the kids have been very polite in welcoming our new staff members.

#### Athletics

We are still holding off on running our school athletics carnival until parents are once again allowed to be on site in large numbers. We have been successful in acquiring another Sporting Schools grant to have an athletics coach come to school for a four week program this term. This will involve all students and will hopefully commence in the next couple of weeks.

#### Planning

Next year we start our new school planning cycle where we will be looking at strategies and resources that support our identified focus areas aimed at whole school improvement and in particular increased student achievement. We will be hosting the principals from Baryulgil and Nymboida schools here next Tuesday as we join a Zoom meeting with the other Clarence small school principals and senior Department of Education personnel in starting our 2021 planning process. Over the next few months parents, students and staff may be asked for input and feedback to help us determine our direction for the future.

#### Food

Some students are arriving up at the lunch area at lunchtime with no food, having either eaten all of it at recess or not brought lunch to school. I know many older children are responsible enough to pack their own lunch each day but it might be worth checking this occasionally to make sure they have the right food and enough of it.

**Cheers,  
Andrew**

# SCHOOL NEWS

## CANTEEN: TERM 3

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.



**Grafton Vikings Basketball is currently taking expressions of interest from children aged between 10 & 18 years to join their Representative Basketball Team.**

**All levels welcome!!**

**Training will be provided, if interested please call Pat 0447531494.**

**We look forward to shooting some hoops!**

**Check us on Facebook for up to date information**

**CHOOSE WATER as a drink**

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains Fluoride which helps kids grow strong teeth.

**HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?**

Age Group	Water Intake
1-5 years	5 x 250ml glasses = 1.25 litres
6-12 years	6 x 250ml glasses = 1.5 litres

**HOW MUCH SUGAR IS IN DRINKS?**

Category	Drink	Volume	Sugar Content
BEST CHOICE	No sugar Water	250ml	0g
	No added sugar Plain milk	250ml	0g
LIMIT	100% Fruit juice	250ml	Not every day. limit to 1/2 cup (125ml)
	Cordial	250ml	10g
AVOID - HIGH IN SUGAR	Energy drink	250ml	10g
	Fruit Flavoured drink	250ml	10g
	Flavoured milk	600ml	10g
	Sports drink	600ml	10g

1 teaspoon = 4g sugar

**MAKE HEALTHY NORMAL**

This resource has been developed by Western Sydney Local Health District, published November 2018