



# COPMANHURST PUBLIC SCHOOL

## Newsletter, Aug 13th, 2020



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### Principal's report

#### Bike day

Senior Constable Lindfield will be attending school on Monday, August 24<sup>th</sup> for our Bike Day! She will be talking to our kids about bike safety as well as any other relevant issues regarding the law and safety. Children will have their bikes scrutinised to check that brakes work and tyres are pumped up as well as having their helmets checked. Don't forget that bikes can be dropped off before the 24<sup>th</sup> and picked up after if that is more convenient. Children without a bike can bring a scooter, although primary children with scooters will need to stay at school and not ride down to the rodeo grounds. Don't forget to send your permission notes in!

#### Gratitude

This week our senior students have been learning about gratitude. **Gratitude** is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. **Gratitude** is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access. You will be pleased to know that a brainstorming activity we completed highlighted that the things the kids are most grateful for were their family and friends. Some other interesting responses included pets, xbox and croissants! We learned that taking the time each day to identify 3 things you were grateful for can, over time, have positive physical benefits including better sleep, less tension in the muscles and improved mental health. People who are grateful also tend to have more empathy for and show greater kindness to others, which in turn releases the feel good chemicals oxytocin and serotonin from our brains which are known to have a positive effect on our physical and mental health. Try writing down 3 things that went well or that you are grateful for each day. Express your gratitude to those who you are grateful for.

#### Year 6 Sports Day

Our Year 6 students will be joining other Year 6 students from the Grafton schools and Clarence small schools for a Sports Gala Day on Friday, September 4<sup>th</sup> at Junction Hill. The day is being organised because this year, due to you know what, our Year 6 students have missed all the opportunities they would normally have to meet and interact with the kids they will go to high school with. I'll take the kids in from school on a bus and return to school in time to catch the afternoon buses. A note with more information will be sent home with Year 6 students shortly.

Cheers,  
Andrew

# SCHOOL NEWS

## CANTEEN: TERM 3

**Aug 17<sup>th</sup>** Emma Farmer/Emma Anderson  
**Aug 24<sup>th</sup>** Rachael Moss & Wyloe Black  
**Aug 31<sup>st</sup>** Lucy Ellem & Bianca Weier  
**Sept 7<sup>th</sup>** Terri Quiring & Kyle Nohra  
**Sept 14<sup>th</sup>** Kate Knight & Kerrie Vanderham  
**Sept 21<sup>st</sup>** Tanya Amiet & Jess Fahey

## COMING EVENTS – TERM 3

Student banking every Wednesday

Newcastle Permanent Maths Comp. Wednesday  
August 19<sup>th</sup>. (Years 5 & 6)

Year 6 Sports Gala Day – Friday September 4<sup>th</sup>.

School Photos – Sept 17<sup>th</sup>

