



COPMANHURST PUBLIC SCHOOL

Newsletter, Aug 27th, 2020



P. 02 6647 3121 **A.** 13 Prescott St Copmanhurst NSW 2460 **E.** copmanhurs-p.school@det.nsw.edu.au **F.** 02 6647 3282

Principal's report

The NED show

If you have a child in one of our primary classes you may remember the NED show and the kids nagging you for a yoyo! The NED show reinforces the messages: Never give up, Encourage others and Do your best. It is delivered with accompanying yoyo tricks and stories and both times it has been presented at our school the kids have loved it. This time the NED show has gone digital and next Thursday we will watch the NED show via Zoom. There is no cost for the NED show. We will receive a selection of yoyos, as described in the note that went home yesterday, which we will sell for a couple of weeks after the show. The money raised pays for another school to enjoy the NED show just as money raised by a previous school has paid for our show. This is called 'paying it forward'. Keep an eye on our school Facebook page to find out when the yoyos have arrived at school for sale. If you miss the post, I'm sure the kids will let you know!

Bike Day

What a great day we had for our Bike Day on Monday! After a terribly windy weekend, the weather was perfect for getting out on the bikes and scooters. A very big thanks goes to our local NSW Police officer Senior Constable Lindfield for her escort and for speaking with the children about bike and general road safety and stranger danger, and to Constable Lackey who also brought out his police bicycle and joined our primary students for a ride to the rodeo grounds and the river. Just a reminder to parents and kids – wearing a helmet is the law.

Rock & Water

A couple of weeks ago I started working with our primary (3-6) boys on the Rock & Water program on Friday afternoons. Boys in general have a greater amount of energy and have more difficulty with verbalising their thoughts, emotions and feelings than girls do. The Rock & Water program uses some basic self-defence techniques along with communicative strategies to support the boys' self-control, self-reflection and self-confidence. All activities are undertaken with respect for your partner/opponent and we discuss how sometimes in life you need to be a rock (strong, uncompromising, resistant etc) and sometimes you need to be more like water (flexible, understanding, cooperative). We learn about 'standing strong' and focusing on our centre and each lesson starts and ends with our salute which expresses the idea that "I respect you, and we shall not hurt each other". So far the boys have been very engaged and hopefully taking on the messages. If you have a boy in our primary classes, ask them about Rock & Water.

**Cheers,
Andrew**

SCHOOL NEWS

CANTEEN: TERM 3

Aug 31st Rachael Moss & Emma Anderson
Sept 7th Terri Quiring & Kylie Nohra
Sept 14th Kate Knight & Kerrie Vanderham
Sept 21st Tanya Amiet & Jess Fahey

CANTEEN: TERM 4

Oct 12th Emma Farmer & Emma Anderson
Oct 19th Jess Fahey & Lucy Ellem
Oct 26th Terri Quiring & Kylie Nohra

COMING EVENTS – TERM 3

Student banking every Wednesday

Sept 17th - School Photos – Sibling Envelopes
available at the office.

Please return all envelopes by Sept 15th



NED'S
mindset
MISSION

Hello Families!

Our school is hosting **NED's Mindset Mission**, a live streaming all school event. A world-class performer takes our students on an interactive educational journey filled with storytelling, illusions, yo-yo tricks and humour. NED's message and memorable friends inspire students, promote academic achievement, and support our school goals.

Never give up Encourage others Do your best®

Our school received this programme at no-cost because another school community has paid-it-forward to us. Now it's our turn—you can help by purchasing a NED-messaged yo-yo and accessories. A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo, children will make mistakes, try again, and improve. Read more at www.MindsetMission.com/yoyos.

CLASSIC YOS

Learn the basics of yo-yoing with a fixed axle yo-yo.

AUS8



SUPER SPINNERS

Great for basic and intermediate tricks. With a strong throw, this auto-return yo-yo 'sleeps' at the end of the string & then comes back to you automatically.

AUS15



SPECIALTY SELECTION

Professional long spin yo-yos for next level tricks.

AUS20

