



# COPMANHURST PUBLIC SCHOOL

## Newsletter, Sept 10th, 2020



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### Principal's report

#### School Photos

Our school photos are being taken next Thursday, September 17<sup>th</sup>. Please ensure your child is in school uniform and that they arrive at school on time. Our class and individual photos will be taken from 9am sharp and if children are not at school on time for their photo they will miss out. Please send money and envelopes in to school before next Thursday.

#### YoYos

Our NED yoyos arrived this week and have been a hit! I am asking parents to check if their child is playing with a yoyo at home that you know you didn't purchase. Unfortunately one has gone missing from a bag this morning. It's not too late to buy a yoyo. They will be on sale until next Friday.

#### Old school days

As our senior students are unable to attend their much anticipated camp at Lake Ainsworth this term, we are holding a kind of 'Clayton's camp' at school for all students K-6. This will look a bit like Old School Day stretched over the final two days of term – Thursday 24<sup>th</sup> and Friday 25<sup>th</sup> September.

During 'camp' the kids will get to make slime, masks and playdough, play on the giant inflatable obstacle course, go kayaking at the river, ride bikes and scooters and do the regular Old School Day stuff such as make cubby houses and crack whips. In addition we will feed them on both days! Breakfast one day will be pancakes, and bacon and egg rolls the next. Lunches will be hot dogs and chicken finger wraps. There will be no cost for 'camp'! A note will come home soon to fill out and return if you would like your child to go kayaking. I am looking at taking groups down to the river in a mini bus for 1-2 hours at a time. All kids can participate even if they are in Kindy or haven't kayaked before. It's disappointing this year with all of the restrictions that camps have been cancelled but as I said to the kids – It's ok to be disappointed, but let's look at finding some positives to be grateful for.

#### Mindfulness and wellbeing

Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them. Mrs McGarvie has been leading our students and staff in practising mindfulness at school. It does help to unwind after being in the playground, set yourself up at the start of the day and avoid distractions whilst trying to maintain focus. Most of the kids benefit from little moments of mindfulness instruction during the day which can last for less than 5 minutes.

**Cheers,  
Andrew**

# SCHOOL NEWS

## CANTEEN: TERM 3

Sept 14<sup>th</sup> Kate & Kerrie & Suzi

Sept 21<sup>st</sup> Tanya Amiet & Jess Fahey

## CANTEEN: TERM 4

Oct 12<sup>th</sup> Emma Farmer & Emma Anderson

Oct 19<sup>th</sup> Jess Fahey & Lucy Ellem

Oct 26<sup>th</sup> Terri Quiring & Kylie Nohra

## COMING EVENTS – TERM 3

Student banking every Wednesday

Sept 17<sup>th</sup> - School Photos

Payment can be made online

[www.the.schoolphotographer.com.au](http://www.the.schoolphotographer.com.au)

