A Note from the Principal

On Friday 30th November, 30 Principals from the Cootamundra Network attended the Term 4 conference at Coolamon Central School. We were entertained by Georgia Armstrong, Emma Crocker, Charlie-Jane Alchin and Isabelle Furner from Mrs Saxon’s music class. A beautiful morning tea and lunch was provided by Ms Glasgow and the Hospitality and Food Tech students. All of the students were marvellous ambassadors for the school. The Principals also commented on the beautiful presentation of the school and its playgrounds and gardens.

The primary playground, with its new lawn and sprinkler system, is now being used and enjoyed by the students. As is the refurbished sand pit (see above photo) which now has clean sand, a new cover and shade protection. Mr Celi and his helpers have also started work on the Aboriginal Garden which will not only beautify the school but be of great cultural significance to our indigenous students.

As the end of year approaches, it is a very busy time for all staff and students. On Friday, Ms Jessup had 22 children for the 2016 Kindergarten Orientation. Five Secondary teachers and Mr Bruce Rollins are away this week on excursion with our Stage 5 and 6 students in Wollongong and Sydney. Mr Celi along with Jeff Clark, Alice Quinn, Ben Dalgarno Fixter and Jennaya Clark are in Sydney for the state finals of The NAIDOC debating. Primary Swim School is running over the next two weeks. On Thursday evening it is the graduation ceremony for our Stage 4 and 5 Links to Learning students and we would like to wish Brent Rollins of Year 11 well as he performs in the School Spectacular in Sydney this week.

What a busy few weeks to bring us up to the Christmas break!

John Beer

Work Experience at Taronga Zoo

A few weeks ago (from 19th - 23rd October), I was lucky enough to have one of the best experiences of my life. Over a year ago I applied (with the help from Mrs Corbett which I am so grateful for) for work experience at Taronga Zoo, Sydney. I was so excited when I found out I had secured a spot in the marine division! This meant I was fortunate enough to work with amazing animals such as penguins, seals, pelicans, turtles and sharks.

The days usually started around 8.00 in the morning, but was definitely worth waking up early for. Right from the start I was right in the action, doing everything that the keepers were doing. For example; preparing food, feeding, checking off which animals were given tablets, training and preparing for medical procedures. Even the cleaning was fun because I was washing windows where seals would swim past as I did so.

My favourite part of the whole experience was working with seal trainers at the shows. The people were absolutely lovely to be around and the seals were incredibly intelligent and beautiful animals. The atmosphere of the seal show was breathtaking and made me feel so happy to be there.

This was honestly one of the best experiences I have ever had and I strongly recommend anyone who is interested in a career with animals or just wants an unforgettable experience, apply for work experience at Taronga Zoo.

Emma Crocker
A Trip to Ardlethan…

On Monday, 9th November Jennaya Clark, Mathew Hindmarsh, and Ethan Jones travelled to Ardlethan to join boys and girls from around the Riverina take part in “Inspire for Girls” and “The Odyssey Program”. It was a great day, with many valuable lessons and new friendships.

Ms Batcheldor

ABOUT THE PROGRAMS:

Inspire For Girls.

At Inspire For Girls the co-ordinator, “Sparkles”, worked with the girls to deconstruct and challenge the messages that they are surrounded by; they must be thin, pretty and hot to have value. The girls were given skills and tools to question these narrow definitions and provide new healthier definitions of true beauty. The girls also learned about healthy boundaries, respectful relationships, and how to foster an environment of inclusions and compassion where each girl feels valued, seen and respected.

The Odyssey Program.

The Odyssey Program used fun and engaging workshops with “Wookie”, jam-packed with information and activities helping young men thinking a little differently, and to open up and discuss issues that affect them all. Through interactive education and a sharing of life experiences, the boys were provided with a set of tools that will assist them in taking positive steps for growth.

Inspire For Girls by Jennaya Clark

On Monday, a group of Year 7-12 girls from all areas of the Riverina travelled to Ardlethan for a day long “Inspire For Girls” seminar. This program involved a bullying component based around how and why bullies bully. We also discussed body image and the importance of being true to your spirit.

Some of the activities involved the issues of self-image and how so many girls have a negative self-image. We were asked to write on post-it notes what we saw in the mirror. These comments then were stuck on a notice board and grouped into negative and positive comments. These comments were overwhelming negative, self-critical comments like “Fat, worthless, ugly and nothing”. The co-ordinator “Sparkles” Jane then turned round and told us that when she looked at our group she saw perfection. We were beautiful girls who had no reason for such negative self-images. Overall it was a great day. I learnt a huge amount, met some fantastic girls and made a number of new friends.

“This was an excellent experience that taught me skills and information that will stick with me for the rest of my life.” – Ethan Jones

PE News

As I’m sure we are all aware, the weather is starting get a bit warmer and this will begin to affect our ability to participate in some forms of Sport and PE. It is of vital importance that ALL students bring a hat, use sunscreen and bring a water bottle for the remainder of the term. Some students have complained of headaches and feelings of lethargy prior to completing sport and PE, which is understandable as the heat has been increasing; however, often these students have admitted to drinking no water during the day and have not worn any form of headwear.

It is also during this time and the beginning of term one next year that our local pool becomes a valuable learning resource for physical education. I’d like to remind both students and parents that the reason we utilise our local pool is because it is a part of both the Stage 4 and 5 curriculum to teach general lifesaving and water safety skills, as well as participate in aquatic games. It is in the best interests of your child to participate in these water and land based activities, for the development of their general swimming and water safety skills. Payment for the use of the local pool will stand at $3 per swimmer and $1 for students who are not swimming. I will endeavour to give each student a permission note this week, outlining two payment options for entry to the pool and their perceived level of swimming strength in the water. Season ticket holders use the pool as per their season ticket arrangement - Family passes stand at $300, individual passes at $100.

If there are any potential problems or issues that may affect your child participating in physical education or sport at the pool on a weekly or even daily basis, please contact myself, Ms Edyvean or Mr Brookes at Coolamon Central School on 69273209. Additionally, you could also write and sign a note to either one of the above teachers.

Yours in Sport
Mr Besgrove
9/10 Music Performance at the Coolamon Ganmain Hospital

Last Tuesday, students from the 9/10 Elective Music Class performed at the Coolamon Ganmain Hospital for the hospital residents. The performers included Charlie-Jane Alchin, Isabelle Furner, Jessy Law, Tonia Boyton, Georgia Armstrong and Emma Crocker who performed a number of solo and group popular pieces. The residents were extremely grateful for the entertainment on the day. We presented the residents with two bunches of flowers from the school garden which were picked and arranged beautifully by Nadine. Thank you to all of the students for their willingness to perform on the day and also to the hospital for inviting us and presenting us with a Certificate of Appreciation.

Coolamon Central School's Got Talent

The school will be showcasing the talents of our students from K-12 at Coolamon Central School's Got Talent on Thursday, 10th December from 6pm to 9pm (approx.). Entry forms are available from the school office for students interested in performing. The cost is $1 per child per entry with a maximum of 3 acts per student. The cost is $2 per person for audience members. There will be light refreshments available for purchase at interval on the night and a lucky door prize.

Promising scientists’ inspired to passion for discovery by Victor Chang Award

Congratulations to Rebekah Grinter who was amongst Thirty-four promising young Scientists from across the Riverina who were recognised at the 2015 Victor Chang Awards hosted by Junee High School.

The Victor Chang Awards were established to continue Dr Chang’s legacy and to promote and inspire students to pursue a career in science or health and medical research.

Each award recipient received an award certificate and an invitation to the Victor Change Institute in Darlinghurst where they will see world renowned scientists working together to cure heart disease.

Through the award they are being encouraged to exercise their curiosity and develop a passion for discovery, particularly in the area of science.

The late Dr Chang made pioneering contributions to the field of heart transplantation because of his curious and enquiring mind that fuelled his passion for discovery.

Founded in 1994, the Victor Chang Cardiac Research Institute is an independent, not-for-profit research facility dedicated to the memory of the cardiac surgeon and his passionate belief in the power of discovery.

It has grown to become a world-class research and training facility dedicated to addressing heart conditions which, in Australia alone, are responsible for the deaths of more than 130,000 people each year.

The Institute was represented at the awards ceremony by Dr Romaric Bouveret who delivered the occasional address and presented awards.

Mrs Saxon
Week 8 (A)
Mon 23 Nov  Primary Swim School over next 2 weeks
Year 9 & 10 and Year 11 Excursions

Week 9 (B)
Fri 27 Nov  Primary Assembly 2.10pm in School Hall featuring Garnet

Week 10 (A)
Mon 7 Dec  Presentation Night
Wed 9 Dec  Year 6 Farewell dinner at the Coolamon Sport and Recreation Club 6.30-9.00pm
Thur 10 Dec  Coolamon’s Got Talent
Fri 11 Dec  Primary Assembly 2.10pm in School Hall featuring Emerald and Year 6 Graduation item

Week 11 (B)
Mon 14 Dec  Gold Duke of Edinburgh Expedition - returning Thursday 17 December
Tue 15 Dec  Primary Pool Party 10.30am - 2.30pm (selected students)
Thur 16 Dec  Staff Development Day
Fri 16 Dec  Staff Development Day

Coolamon Library News

The Coolamon Library is celebrating International Disability Day by hosting a morning on Thursday 3rd December @ 10.30am. Join us to share experiences, raise awareness and receive some free giveaways. Karen Perry from Intereach Ability Links will be our guest speaker. Morning tea will be provided with demonstrations of assistive equipment. Everyone is most welcomed to attend.

Storytime dates for the month of December are Friday, 4th theme “Insects and Bugs” @ 10.30am and then our final storytime for the year will be held on Friday 11th December, theme “Xmas”. A small Christmas party will follow and a very special guest will be appearing. Hope everyone can join us for this special occasion.

Our “Food for Fines” campaign has started again for another year at the Coolamon Library. This is a great opportunity to clear all outstanding fines by donating non-perishable food in lieu of money. All collected food will be donated to St Vincent de Paul in Coolamon. They will then distribute the food to our local families within our shire.

Join the Library today – it FREE!!