Laurel Hill Excursion

In Week 4, Year 7 and 11 attended a Peer Support camp at Laurel Hill. The Peer Support camp was a great opportunity to develop relationships and gain team work skills for their future studies in high school. Year 11 participated in compulsory Cross Roads activities for their senior studies.

Everyone had a great time participating in cultural, sporting and problem solving activities. All the teachers would like to thank the students for their enthusiasm and making the trip very memorable.
Zone Swim Carnival – Ganmain

On Friday, 26th February our team of keen Coolamon Central Secondary swimmers made their way to Ganmain for the Zone Swimming Carnival. With some personal best times smashed and half the water in the Ganmain pool emptied due to the extremely powerful strokes completed, our students showed sportsmanship, teamwork and speed in the water, which lead to our school winning the carnival on the day.

A big thank you to all the parents who helped time keep, cut up fruit and organise our students, as well Mr Brookes, Ms Edyvean and the SLR and PASS helpers for their organisation and commitment on the day.

Students who have made it to the Riverina level, Friday 4th of March, will be notified regarding their selection and the events they have made it in.

Fantastic work guys, great to see some awesome swimmers carving up the Riverina region!

Mr Tom Besgrove
PE Newsletter Article 1 – 2016

Howdy folks! Welcome to PDHPE for 2016! It has been fantastic to note that despite the hot weather, most students have been participating in all aspects of the PDHPE curriculum. In the theory side of things, Stage 4 and 5 have been working on a challenges unit of work, with Stage 4 watching ‘Remember the Titans’ and Stage 5 watching ‘Radio’ in order to apply this knowledge to real life scenarios. It has been fantastic to see a greater number of students acknowledging the importance of theoretical PDHPE, and I encourage all students to continue to complete their homework and continue to develop skills to overcome all forms of challenges in their lives. Practical PDHPE sees us turn our attention towards athletics skills for the next few weeks, in preparation for the athletics carnival in week 10. Please encourage your child to wear a hat and bring a water bottle, as the sun is still hot! Physical Education is about participation and developing a student’s physical and cognitive skillset and it has been pleasing to see an increase in participation in all aspects of PE. Keep it up kids!

Stage 5 PASS have been looking at the importance of nutrition on performance and participating in a round robin competition for the early part of the term. Students in PASS have been learning the importance of a combination theoretical and practical components to the course, and are beginning to recognise that both are equally as important to the other in learning. I hope that in the coming weeks, all students will continue to improve upon and convey an attitude that is conducive to their selection of PASS as an elective.

Year 12 PDHPE has made a cracking start to the term and has lost no enthusiasm over the holidays. This enthusiasm is important running into the HSC, so keep keen Year 12 and continue to work hard, the results will come! Students are currently learning about Health Priorities in Australia and will move onto Factors Affecting Performance in the coming weeks.

Year 11 CAFS has had a fantastic start to the year. We have begun our year with an interview task where the students have developed and carried out two interviews. Students will be working towards learning all about our groups in the local community and how they can build positive support agencies in our local area. They will enjoy learning how much our Shire has to offer.

Year 12 CAFS has started brilliantly. They are all working so hard on their Individual Research Projects. As we go into Term Two, students will be completing a topic called Parenting and Caring where each of them will become the owners of a rice baby for two weeks which they need to care for. This includes keeping a photo journal for the two weeks to share with the class about their ‘parenting’ challenges.

Year 11PDHPE, after a sluggish start to the term, have ignited the jet pack and really taken off in the past couple of weeks! With the Better Health for Individuals topic almost complete, students in Year 11 are developing their skills in applying the ALARM matrix to the PDHPE curriculum. Continue to be enthusiastic and complete homework, as we lay the foundation for an important couple of years for you all at Coolamon Central School.

Overall, congratulations to all students who have engaged in all aspects of PDHPE, PASS, SPORT AND CAFS! We look forward to the remaining terms ahead, so remain the wonderful students that you all are!

Mr Besgrove, Ms Edyvean, Mr Lyons, Mrs Crocker
Diary

Week 6 (B)
Wed 2 Mar  White Card Training
Fri 4 Mar  Clean-Up Australia Day

Week 7 (A)
Mon 7 Mar  Work Placement for Hospitality all week
Tue 8 Mar  SRC/Sports Captains Induction Assembly
Wed 9 Mar  Blue Water Holes excursion - Year 8, returning Fri 11 March
Fri 11 Mar  Primary Assembly 2.10pm in School Hall featuring Emerald

Week 8 (B)
Tue 15 Mar  Questacon Smart Skills tour for Years 6, 7, 8
Wed 16 Mar  Whole School Country and Pink Day
Fri 18 Mar  RYDA for Year 11

Week 9 (A)
Tue 22 Mar  Children’s author and illustrators, Davina Bell and Jane Godwin to visit town library for Years K-6
Fri 25 Mar  Good Friday

Week 10 (B)
Mon 28 Mar  Easter Monday Holiday
Wed 30 Mar  Whole School Athletics Carnival

Week 11 (A)
Wed 6 Apr  School Photo’s
Fri 8 Apr  ANZAC /assembly in School Hall

Community Announcements

- A workshop for Seniors and Carers is being facilitated by COTA NSW on Thursday 3rd March at the Allawah Community Centre, 2pm. The aim of the session is to inform Seniors about recent changes to the My Aged Care system and how to access appropriate care and support in their own homes. Please RSVP to Bron Hatty on 0427 536 456
- Coolamon Landcare Group Inc’s Clean Up Australia Day event commences 8am, main Kindra Forest gates Sunday 6 March 2016. Volunteers must wear protective clothing, hat, shoes and gloves and bring a bag if possible. A few little surprises will be distributed with a cuppa and wind up around 11am. J. Campbell 6927 3737
- Coolamon is participating in the NSW Healthy Town Challenge 2016 and residents are encouraged to sign up to the Get Healthy Service operated by NSW Health for free personal health coaching. Visit www.gethealthynsw.com.au or phone Bron Hatty on 0427 536 456 to find out more!
- Coolamon Preschool AGM held on 29 February was abandoned as not enough parents attended, positions on Management Committee were not filled. A special meeting has been set for Monday, 7 March at 7.00pm. If the positions are not filled the Preschool will be in jeopardy of closing. The Preschool is a not for profit community-based service and MUST be run by a Management Committee.