

Coutts Crossing Public School

Newsletter



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Week 2 - 6th May 2019

Dear Parents and Caregivers,

Welcome back for Term 2 and I hope everyone enjoyed a relaxing break with their families.

I have the pleasure of taking our year 6 students to South Grafton High School today to attend a combined Small Schools student leadership day. Our student leaders will learn about teamwork and have opportunities to participate in meaningful shared experiences that empower students to be the best they can be. As a small school, we understand the importance of providing opportunities for our senior students to engage with peers from other schools across the Clarence Valley, allowing them to build relationships and make friends with a variety of students before they head to high school next year.

There will be further opportunities for all our students to engage, learn and play with students from other schools throughout this term at the K-2 Wooli Traditional Games Day, Yr 5 Transition Day, Small Schools Spelling Bee, Eisteddfod and our combined school athletics carnival. I am looking forward to a great term ahead.

Michelle Dalglish

Important Dates

This Week	Next Week	Coming Up
Monday- Year 6 Leadership Day at SGHS	14,15,16 May- NAPLAN Years 3 & 5	29 May- K-2 Wooli Games Day
Tuesday- P&C Meeting 9.30am Clarence District Cross Country	Friday 17 May- Walk Safely to School Day Stewart House entries due	5 June- Eisteddfod Schools Day
Friday- Mother's Day assembly 10.20am Bake Sale orders to pick up		19 June- Athletics Carnival
		2 July- Small Schools Athletics
		4 July- NAIDOC Day

Clarence District Cross Country-

Congratulations to Megan, Sara and Kirsten on qualifying for the Clarence District Cross Country event following the Small Schools competition held last term. The Clarence trials will be held at Junction Hill tomorrow, Tuesday 8th May. We wish them all the best in their events.

Stewart House-

Thank you to everyone who has already entered the Stewart House draw to win a \$4000 family holiday. Donation envelopes were sent home in Term 1 and are also available at the school office. Simply fill in your details, insert \$2, and return the envelope to school by Friday 17th May. More information about Stewart House can be found at www.stewarthouse.org.au

Walk Safely to School Day-

WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 17 MAY 2019

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.



You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic. Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 17 May 2019! For more information, visit www.walk.com.au

Earn & Learn-

The Woolworths Earn & Learn promotion started on 1st May and runs until 25th June. Every \$10 spent at Woolworths will earn a sticker. A collection box will be located in the school foyer and in front of the store in Shoppingworld. We have spare sticker sheets at school, or you can just drop the stickers into the box and our SRC students will do the rest. Thank you for your support!



Classroom News – K/1

This term as part of our student well being whole school focus, K/1 are beginning to experience meditation and mindfulness within our school week.

The children will enjoy fun, engaging activities that teach them the basics of mindfulness.

They'll practice breathing exercises, visualisations and even try some focus-based meditation. In particular we will be using various meditations for 5 and 6 year olds from the 'Smiling Mind' app. This app is free and can be used from tiny tots to adults. Take a look yourself.



Term 2 Assemblies -

Due to the many additional activities and events occurring this term including NAPLAN, Eisteddfod and excursions, some changes have been made to our usual assembly days and times.

Please keep an eye on weekly newsletters for reminders about upcoming assembly days and times. The next assembly will be held this Friday, 10th May.

School Play-

Staff and students are getting very excited because our biennial school play will be held in Term 3 this year.

Auditions will be held later this term for specific acting roles and all students will be performing in a class item during the play.

More information and dates will be shared as they are available.

Wednesday Waste Free Warriors-

Further information on this initiative is available later in the newsletter. This Wednesday morning students will get together in the hall to watch a short video and talk about being Waste Free Warriors every Wednesday. We will be collecting and measuring our rubbish/waste so we can see how much extra packaging we use, and measure our improvement over the coming weeks. We appreciate our school community getting on board and supporting this initiative.

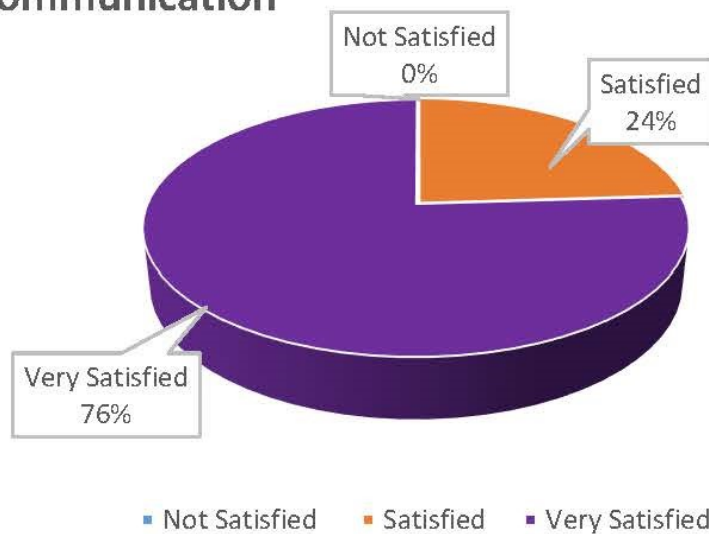
Parent Survey results- (graph next page)

Thank you to the families who returned parent/carers surveys to school at the end of Term 1. Survey information is used to inform our decision making during school planning meetings.

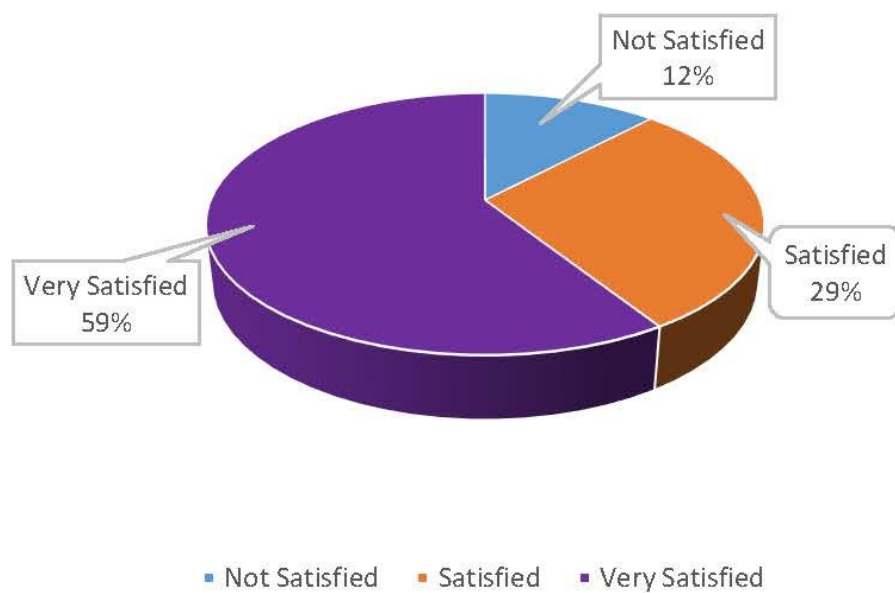
The feedback was overwhelmingly positive with 100% of respondents indicating they were satisfied or very satisfied with school communication processes, 88% of respondents indicating they were satisfied or very satisfied with current teaching and learning programs and 94% of respondents indicating they were satisfied or very satisfied with student wellbeing processes at the school. We value all feedback, both positive and constructive, and thank you for taking the time to share your ideas and opinions with the school.

Parent/Carer survey results –Term 1 2019

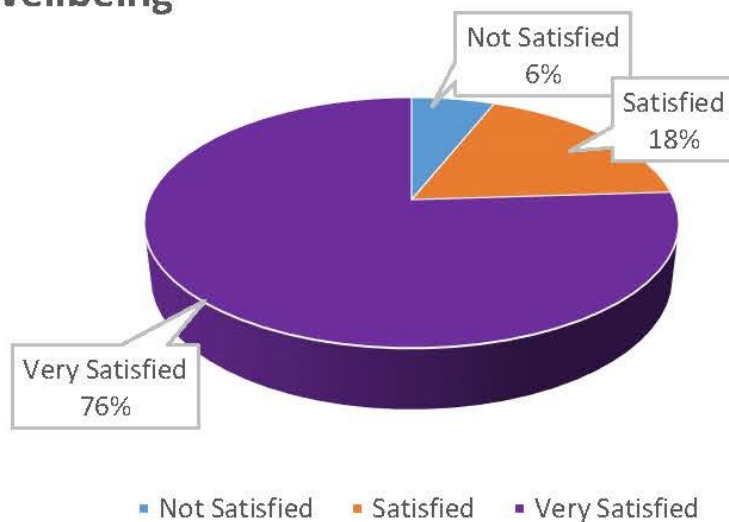
Communication



Teaching and Learning Programs



Wellbeing



Wednesday Waste Free Warriors

Dear Parents/Carers,

As part of being a *Live Life Well School* we will be introducing **Wednesday Waste Free Warriors** to encourage healthy food choices that are less processed and packaged.

Our Waste Free Warriors Day will be held each Wednesday commencing term two. On this day we encourage you to send in healthy food for your children with as little processing and packaging as you can.

Highly processed and packaged foods can have a significant negative impact on our health and the health of the environment. Food processing can result in removing nutrients from and adding kilojoules to the foods we eat. These processes may use large amounts of energy and water, thereby contributing to global warming and air pollution. In addition, packaging if not recycled is contributing to landfill and polluting our planet.

Choosing whole fresh food with little processing and packaging is good for the environment and is also the best choice for our health.

Here are some healthy rubbish free food ideas:

Food with no packaging:

All fruit and vegetables, boiled eggs

Food in small reusable containers:

Yoghurt

Fruit Salad

Cheese Cubes

Vegetable sticks with dip, sandwiches or salads, wholegrain crackers with cheese slices, plain/fruit/savoury scones or pikelets, homemade savoury or fruit muffins, pasta or rice dishes, soup in a thermos

Coutts Crossing Primary School is committed to ensuring good health for our children and for our planet. We hope our 'Wednesday Waste Free Warrior Day' encourages a sustained healthy and environmentally friendly change to our children's lunches and for their future.

Our school canteen are also coming on board and will be offering a variety of healthy waste free options that your child can purchase that will be healthy food with little packaging. Please refer to our school canteen menu.

We appreciate your support and involvement on this day.

Kind regards,

Jo Conyard



Thank you Mr Bruce-

The school received a special gift at the end of Term 1. Former teacher at Coutts Crossing Public School, Mr Graeme Bruce, donated some beautifully hand-crafted wooden racks to hold and display our annual Year 6 time capsules. It is wonderful to see Mr Bruce is finding time to enjoy some woodworking in his retirement and we are very grateful for his generosity. Thank you Mr Bruce.



ANZAC Services-

Thank you to our staff, students and parents who attended the South Grafton and school ANZAC services. Thank you to Mrs Conyard for organising a very special school service.



A big finish to Term 1 -

Congratulations to our Easter raffle winners. Thank you to the P&C for organising the raffle and a fun disco. The raffle raised \$281 and the disco raised \$327, all going towards activities and resources for our students. The Easter Hat Parade showed off some amazing hat creations. The Circus Challenge show and workshops were amazing and enjoyed by everyone!



More photos of our Easter events, ANZAC services and the Circus Challenge can be found on our Facebook page.



TERM 2 2019 Workshops



After the Storm	<p>'After the Storm' is a six-week program to help parents who have experienced domestic and/or family violence to enhance parenting skills.</p> <p>Bookings essential by 8th May.</p> <p>There is one session each week for six weeks</p>	<p>CRANES @ Grafton 9:30am to 12:30pm 15th May to June 19th</p>
Tuning in to Kids	<p>'Tuning in to Kids' is an evidence-based six-week program that focuses on emotion coaching to respond to children in a supportive way. Recognising, understanding and managing our emotions and the emotions of our children is at the forefront of the 'Tuning in to Kids' program.</p> <p>Bookings essential by 8th May.</p> <p>There is one session each week for six weeks</p>	<p>CRANES @ Grafton 9:30am to 12:30pm 17th May to 21st June</p>
Keep Calm and Stress Less	<p>'Keep Calm and Stress Less' is a half-day workshop that provides information on how stress can affect our wellbeing, followed by strategies to communicate and manage stress.</p>	<p>CRANES @ Grafton 9:30am to 12:30pm 13th May</p> <p>CRANES @ Woolgoolga 10:00am to 1:00pm 13th June</p>
Brain Child	<p>'Brain Child' is a half-day workshop that discusses the functions of the brain and how nature and nurture combine to make a child's personality and behaviours unique.</p>	<p>CRANES @ Grafton 9:30am to 12:30pm 27th May</p>
Full Circle	<p>'Full Circle' is a group that meets fortnightly to provide peer support for parents seeking access to or restoration of a child. Guest speakers will be invited regularly to provide the group with information and education.</p>	<p>CRANES @ Grafton 10am to 11.30am 6th May to 17th June</p>

CRANES' workshops are FREE of charge

Free childcare is also available at some venues

NOTE: To be eligible for our free workshops you must have a child in your care, seeking access to or restoration of a child or support someone who does.

Call CRANES for enquires or to register
(no referral necessary)

VENUE	
CRANES Grafton	11 Kemp Street, Grafton
Woolgoolga - Lifehouse Church	1 Landrigan Close, Woolgoolga

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

CRANES' Family and Relationship Services is funded by the Dept. of Social Services

CCPS Canteen Winter Menu 2019

RECESS ITEMS		LUNCH ITEMS (to be ordered)	
Ham, cheese & zucchini muffins	0.60	Chicken crackles (5)	2.00
Ham & cheese muffin	0.60	Spaghetti bolognaise	3.00
Jelly and Custard	0.60	Fish burger (lettuce, mayo)	3.00
Jelly or Custard	0.30	Whiting fillet & salad (on a plate)	3.00
Fruit cup	1.00	Party pie	0.80
Pikelets	0.20	Mini sausage roll	0.80
Vege sticks with hommus	1.00	Large sausage roll	1.80
Sippy milk straws	1.00	Hamburger (beef pattie & salad)	3.00
Homemade muesli bar	0.60	Cheeseburger (beef pattie, cheese & sauce-tom/BBQ)	2.50
Garlic Bread	0.20	Chicken burger	3.50
Raisin Toast	0.20	Steamed dim sims	1.00
		Large hot dog	1.80
DRINKS		Half hot dog	0.90
Cold Milo	1.00	Toasted sandwich –chicken/ham and cheese	2.00
Bottled water	1.00	Toasted sandwich –Chicken/ham, tomato and cheese	2.50
Juice cup- orange	0.80	Pizza - ham, pineapple & cheese (Tomato base)	3.00
Juice cup- apple	0.80	Pizza -meat lovers (BBQ base)	3.00
Juice cup- apple/blackcurrant	0.80	Ham salad wrap (wholemeal or white)	3.00
Milk cup- chocolate	0.80	Chicken salad wrap (wholemeal or white)	2.00
Milk cup- strawberry	0.80	Ham & salad sandwich	3.00
Fruit smoothie- banana	1.00	Chicken & salad sandwich	3.00
Fruit smoothie- mixed berry	1.00	Egg & lettuce sandwich	3.00
		Salad sandwich	2.50
		Beef lasagne	3.50
		Pumpkin soup	3.00
		Chicken noodle soup	3.00
		Fried rice	3.00
AFTER LUNCH			
Vanilla ice cream cup	0.50		
Frozen juice ice block	0.60		
Frozen milk - chocolate	0.60		
Frozen milk - strawberry	0.60		
Pineapple UFOs	0.20		
Frozen yoghurt ice block	0.60		