Term 3 Week 2 2014

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Coraki Public School
Newsletter

As learners we will: Be Safe, Be Respectful, Be Responsible

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From the Principal

Parents and families are steadily coming through the doors this week for a chat and yarn with teachers. Thank you for keeping these appointment times, and if you have missed out or been unable to see a teacher, please follow up with some alternate times. These interviews are worthwhile and give directions for some personalised learning plans to be written.

Mid-Richmond Athletics Feedback
Our team did extremely well last Friday at Evans River. Mrs Maleckar has now found out that 20 children will be going on to the District Carnival to represent the Mid Richmond. This will be held in Alstonville on Friday June 1st. Notes will come through very soon to these children.

From last Friday, we ended up with 4 age division champions – Blaire, Shakaya, Jo-Leigh and Fletcher. You may have noticed their names already from our street sign. We had lots of positive reports back about the behaviour of our children and a big thank you to all those parents who transported and especially to Michelle B, Mr Clarke and Mrs Maleckar.

Social Skills Focus – Personal values and virtues
As part of our PBL and student wellbeing we will be focusing on particular virtues [or qualities] that make happy, respectful and emotionally strong people. Each fortnight/week we will be using talk in classrooms around these virtues. It is important to name these characteristics, so children can develop a sense of who they are, what their strengths are and what the virtue looks like.

It would be great if families could use these as a focus for things that happen at home too. This backs up the messages we are trying to give here at school.

Our Current Virtue: SELF CONTROL
...."When I show self-control I am controlling my own behaviours and being my own leader”……

Bunnings Visit
Today Ms Hayes Fast Growers Group travelled to Bunnings to go shopping. Hopefully they enjoyed their quick visit.

Gubi Award Trees
Have a look at our Gubi Award Trees in the hallway of the main building!

Each tree grows by 100 and our little B’s appear on their tree of achievement.

Congratulations to all the children who are buzzing around!
Dental Van Visit

The health and condition of teeth is one area of our children’s health that often gets forgotten. 85% of cavities in children are because children do not visit the dentist. Coraki PS has arranged for a travelling dental van to visit our school. A local Alstonville dentist – Alstonville Family Dental- runs the “Grow Up Smiling” programme. This van will be visiting our school in a few weeks time. They can provide a first check-up for your child. This uses the funds of the Commonwealth funded dental scheme for children.

1) What will happen? The van will give an initial dental check up [Aug 11, 12] If more work is needed on your child’s teeth, they will let you know. This will be a writing. They must get your written permission if you want them to come back to do the work.

The van will return 4 weeks later to do any follow up work needed [ Sept. 8,9]

2) What do you have to do?

In this Newsletter there are permission forms that need filling in. These are for medical details and permissions. These MUST be returned if your child is going to be part of this programme. There is a lot of information in the forms but they must be all filled in. Please take time to complete them.

3) How much will it cost?

Nothing if you are eligible for Family Tax Benefit A. Any work will be covered under the Government funded Dental Scheme and Medicare [ capped at $1000]

4) When is the van at Coraki PS?

August 11 and 12, with a follow up visit on September 8 & 9

5) Do I need to be with my child?

This is best but not necessary. A note goes home and you will be rung if more work is needed.

This is a great chance to have you child’s teeth checked. It is convenient, no cost and with friends being part of the day it could help with those “dentist nerves” that might happen.

PLEASE take you time to fill in the paperwork and get it back to us before August 11th.

So, lots going on and don’t forget…..

“Treasure Island” August 5th starting at 6:15 with a BBQ starting at 5pm.

Chat time……

Please feel free to contact the office to arrange a suitable time to chat about any concerns or questions you may have, or if more convenient please email me at: jane.cottee@det.nsw.edu.au

Gubi Awards

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<thead>
<tr>
<th>Name</th>
<th>Score</th>
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<tbody>
<tr>
<td>Shiarnah Faint</td>
<td>300</td>
</tr>
<tr>
<td>Jayden Battese</td>
<td>340</td>
</tr>
<tr>
<td>Harry Baker</td>
<td>440</td>
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<tr>
<td>Amber Stewart</td>
<td>350</td>
</tr>
<tr>
<td>Allira McMurtrie</td>
<td>20</td>
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<tr>
<td>Amber Pollock</td>
<td>160</td>
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Scholastic Book Club

Book Club Issue 5 has been distributed this week. All orders need to be into the Front Office by 31st July.
**Weekly Awards**

**KCT-**
- Annique Collins—Working well in class
- Jackson Corrigan—Great work in all areas

**1-2CO**
- Juwarn Williams—Great attitude to work
- Chelsii McElligott—Improvement in work

**3/4MM**
- Mollee Olive—Working well in class
- Harry Baker—A responsible class member

**5/6 JC**
- Myah Campton—Wonderful attitude to her work
- Bronte Phelps—excellent attitude to her work

**Mrs Hayes Language Group**
- Douglas Williams—Fantastic reading
- Cody Hawkes-Parsons—Excellent attitude to her work

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**How to S-t-r-e-t-c-h the Food Dollar**

……………………………………..AND Eat Healthy

**Vegetables:** Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it’s good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies:
- minimise the chopping and cutting,
- clean skins rather than peeling,
- don’t soak your vegies and try not to overcook.

**Meat, chicken, fish:** When you’re buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.

**Milk:** Powdered (dried) milk contains all the nutrients of fresh milk and it’s very convenient. If you make it up the night before it’s very like fresh in the morning. It’s also very good for using in cooking.

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**This Weeks Top Tips!**

**Five ways to a healthy lifestyle**

Have you browsed the new look Healthy Kids website yet? It’s full of great information to get kids active and help prevent childhood obesity. All kids can benefit from the five healthy messages:

1. Get active each day;
2. Choose water as a drink;
3. Eat more fruit and vegetables;
4. Eat fewer snacks and select healthier alternatives; and
5. Turn off the TV or computer and get active.

The website has nine fact sheets for families to download and there are also five new fact sheets which have been designed specifically for children. It includes sound advice on assessing a child’s weight status and on safe ways to work towards a healthy weight. There are also easy, healthy recipes to download, info to help you find your local sporting clubs, and a section especially for teens. Check it out at: www.healthykids.nsw.gov.au