From the Principal

It seems this late stage in Winter is throwing everything at us to feel the effects. Over these last few weeks we have had quite a few children off sick.

We now have “Foot, Hand and Mouth Disease” around town, so please be aware. This is a common viral disease with often only mild symptoms. These would include small blisters that start as small red dots inside the cheeks, gums, hands and feet. Blisters usually last up to 10 days. A low fever, sore throat and feeling off colour are also part of the disease. There is a 3 to 5 day incubation time until the spots show. Children should be kept home until the blisters have dried.

Senior Movie Making Project

The next step in the creation of our movie starts to take place THIS FRIDAY. The class will be filming short takes around the school and around town. There is the chance that some children might need to stay a little after school to shoot some shots, but this will be only with children who are able to get home after buses. We will ring those 2 or 3 families if this is the case. I will talk and confirm with the class and/or families tomorrow about this.

FOCS [Friends of Coraki School]

This group met again last night and are keen to run the Sausage Sizzle at the School Showcase on September 1st. There was only a small number there last night so they really want to see if there will be enough helpers to run the Sausage Sizzle. It does need around 6 people to be willing to help.

To check if there will be enough support and offers of help, the FOCS group is holding a quick special meeting NEXT TUESDAY AUGUST 18TH, 6pm

A date for the Hot Dog day, held over now twice, will also be set. This group has also created a Facebook page to be able to share ideas and make decisions if needed, please Like them by doing a search for Friends of Coraki School.

Uniforms

We seem to have lots of left over jumpers at the school without names. Please check that your children bring home their clothing.

Don’t forget winter uniform is:
School shirt, shorts/ track suit pants in navy or black and a school jacket. The jackets are available from the office and have a clear area for writing the child’s name.

Now is the time to be chasing up their hats as (hopefully) winter draws to a close.
Performing Arts Festival
Yesterday we finalised names of children who would commit to being part of the Performing Arts Festival in Lismore. It was open to children in years 5 and 6 and we had around 18 children put up their names. A note went home yesterday about this, but the commitment is really for parents too.
The children need to be in Lismore on the evening of TUESDAY AUGUST 25th and during that day for the daytime rehearsal. Costuming will be organised and finer details will come out also over these next few days.

But for those parents please mark on your calendars – TUESDAY AUGUST 25th - 11am rehearsal and evening performance – [5:30 in town I believe]

So, some busy weeks ahead. Please hold on with us!

J

From the students......

Sport Colour Day
On the 14th of August 2015, Coraki Public School is having a day where you can wear sports colours or sports uniform. It doesn't cost anything. Please come along and enjoy the day

Izak Welch

Physical Activity

Being physically active is one of the most important steps to being healthy. Schools are an ideal setting for teaching youth how to adopt and maintain a healthy, active lifestyle. Schools can help youth learn how to be physically active for a lifetime.

Why Should Schools Provide Physical Activity Programs?
Youth who are physically active get physical and mental health benefits.
Comprehensive school-based physical activity programs can help youth meet most of their physical activity needs.
School-based physical activity programs benefit communities as well as students and schools.

How Does Physical Activity Help?
Builds strong bones and muscles.
Decreases the likelihood of developing obesity and risk factors for diseases like type 2 diabetes and heart disease.
May reduce anxiety and depression and promote positive mental health.