

Term 1 Week 1



COOLONGOLOOK PUBLIC SCHOOL

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Welcome Back Students



Swimming Carnival
Cancelled

Dental Visit
Monday 14 February

From the Principal's Desk



Welcome back everyone to the new school year at Coolongolook Public School. What a busy start we have had at school with students settling in well to their new classes. Thank you also to our parents and carers who have assisted in the safe return of students in this trying time for our community.

Welcome new Students!

A big welcome to our five new students starting this year. We hope you love your time at our school and learning in the K/2 and 3/6 classrooms. Welcome Lili-Rose (Year 3) and Stella (Year 5) who have joined us this year. Welcome also to our new Kindergarten students, Justin, Harry, Tyler and Ariella. We are very lucky to have you and our 24 other amazing students attending the school!

New and returning staff

Firstly, can I welcome Mrs Natasha MacArthur who will be our 3/6 class teacher during 2022. Mrs MacArthur lives locally and has recently graduated from university. We wish Mrs MacArthur the best in her time at our school. We were lucky to have Mrs Mac at our school during Term 4 last year and the students are excited to have her back teaching the class in '22.

Can I welcome back Mr Adam Martyn who will teach our K-2 class once again this year. Welcome back also to Mrs Donnelly who will be assisting me in supporting learning in both the K-2 and 3-6 classrooms on Mondays, Tuesdays and Wednesdays. Mrs Donnelly and I will work closely with students in both classes during small group learning and individual learning support activities. Our small group learning focus this year will be on writing and maths. Welcome back also to Mrs Renae Durbin who will work in her Instructional Leadership role, supporting teachers and students each Wednesday at our school

From the Principal's Desk

Welcome back to Mrs Loveday, who continues her important role in our front office on Monday, Tuesday, Thursday and Friday. At this stage, our office will be closed on Wednesday but this may change later in the term. Welcome back to our wonderful teacher aides, Mrs Everingham and Miss Thoroughgood, and also to Mr Jake Martyn who will not only teach music on Fridays during 2022 but will also assist in the 3/6 classroom. And let's not forget Mr Greg Jacklin who will assume his important role with ground maintenance.

We are very lucky to have you all supporting our school and its students!

Small School Swimming Carnival

Owing to the current situation involving Covid, this year's carnival will not be held. Please find an attached letter that gives further clarification.

Student Learning Goal Meetings

During 2022, teachers will continue to focus on specific areas of each child's learning, in supporting learning growth for all students. In Week 6 of term, meetings will be held online involving students and their parents/carers to identify goals for learning during the first semester. These goals will be updated early in Semester 2 with similar meetings scheduled. We hope you can join us online for these meetings. Further information will be distributed in the weeks ahead.

School Grounds

I'm sure you would agree that our school grounds look amazing! A huge thank you and welcome back to Mr Alan Bradford who has assisted Mr Jacklin over recent weeks. It is so nice to have such a beautiful learning environment.

As always, if you have any other questions regarding your child's learning or school activities, please don't hesitate in contacting me at the school.

Jason Tindall
Teaching Principal



K - 2 CLASSROOM

Hi everyone, welcome back. I hope you all had a relaxing Christmas break.

This year we have 4 Little Lizards in Kindergarten. Welcome Tyler, Ariella, Justin and Harry!

Alec, Kaylee and Hudson move into Year 1 and Ryder into Year 2. We also welcome back Hendrix.

We have been showing our new Kinders around our school and teaching them their new routines. They are all learning quickly and finding new friends. It's going to be another busy Term 1 in the K-2 classroom.

That's all for now.

Mr Martyn
Classroom Teacher



3 - 6 CLASSROOM

WELCOME BACK TO 2022 ALL YEAR 3-6 STUDENTS.

Mrs MacArthur, Mr Tindall and Mrs Donnelly will be looking forward to a busy year of learning and working co-operatively together as a Coolongolook team.

Mrs Mac and Mr Tindall will be working with 3-6 students in Stage 3 while Mrs Donnelly will be working Monday to Wednesday with Stage 2. Students will be organised into three learning groups for both literacy and numeracy based on learning needs.

We welcome our fantastic new students Stella and Lily-Rose Barnes. We know they are going to be a wonderful asset to Coolongolook Public School.

Our continued focus will be on Literacy and Numeracy during Stage group sessions and preparation for NAPLAN for Year 3 and Year 5 students. Teamwork and co-operation will be the important focus in all classroom activities.

This term we will be studying the history unit of work, 'Someone Else's Shoes' answering the essential question, "How can we respect those who are different to us?" We will also be studying a famous figure from Australian history and develop a timeline of important dates and events.

Homework will commence in Week 4, which will involve spelling, maths and reading revision. We encourage all students to participate in homework activities.

We look forward to a busy and productive 2022.

Mrs MacArthur
Classroom Teacher





3 February 2022

SMALL SCHOOLS SWIMMING CARNIVAL 2022

Dear Parents and Carers,

Unfortunately, after much discussion with the other school's involved in the Small Schools Swimming Carnival network, the decision has been made to call off the carnival this year. Department guidelines stipulate that only competitive races are to be conducted which eliminates the short 25m, half-pool races. In doing so, the other schools are left with very few, if any, competition-based swimmers to participate this year.

Where does this leave us?

We don't want the competitive swimmers to miss out and we are still keen to push them beyond carnival level, so each school has agreed to nominate capable students based on current and previous efforts to send through to zone, including a PP5 relay team. We will happily discuss with you, the parents, races and events in which your child can compete. A note will be sent home shortly to address this next zone level.

If you have any further questions, please don't hesitate to contact myself or the school to discuss the matter. I apologise to those parents who love to be involved and for any inconvenience this may cause but will make sure your child doesn't miss out if they wish to compete.

Kind regards

Jason Tindall
Teaching Principal

HEALTHY LUNCHBOX WEEK

Feb 6-12 2022



KICKSTART THE YEAR WITH HEALTHY LUNCHBOXES

Healthy Lunchbox Week is coming February 6 - 12. Held at the start of school term, Healthy Lunchbox Week is a Nutrition Australia initiative that helps families access credible lunchbox nutrition information and recipes setting them up for the year ahead.

Around one third of children's daily food intake comes from the lunchbox so it's important we make it count. Use this time to build your bank of lunchbox inspiration and know-how with Nutrition Australia's healthy lunchbox information and recipes.

Nutrition Australia have teamed up with other health-focused organisations to share our collective lunchbox resources making the Healthy Lunchbox Week website a hub for all the latest lunchbox info and will remain your source of inspiration throughout the year.

Check out www.healthylunchboxweek.org.au and follow Nutrition Australia socials.

Good for kids

good for life



What makes a healthy lunch box?

A healthy lunchbox is made up of everyday foods from the five food groups – grain foods, fruit, vegetables, dairy and meat and alternatives. Eating a range of everyday foods will give your child energy to play, learn and grow.

Follow this guide for an easy everyday lunchbox:

Crunch&Sip®: 1 serve of fruit or vegetables

Recess: 1 serve of fruit or vegetables + 1-2 everyday snacks

Lunch: Sandwich/wrap/roll or leftovers containing everyday ingredients

Drink: Water

Add an **ice brick** to keep the food cool and safe



[SWAP IT | Good for Kids, Good for Life \(nsw.gov.au\)](http://nsw.gov.au)



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for kids

good for life

Game: Tricky Catches



Try this activity at home to challenge your coordination and practise the fundamental movement skill of catching.

You will need:

- Different things to catch (e.g. tennis ball, bean bags, frisbee, rolled up socks)

How to play:

- Find a space away from others and hold your object.
- Throw your object into the air and do a trick before catching it

You could:

- See how many times you can spin around
- See how many claps you can do
- Or do a dance!

What tricks can you come up with?!



Source: Central Coast Local Health District, [Family ACTIVation - Health Promotion](#)



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>