

Term 3 Week 7



# COOLONGOLOOK PUBLIC SCHOOL

LOMBARD STREET COOLONGOLOOK NSW 2423  
02 4997 7183  
COOLONGOLO-P.SCHOOL@DET.NSW.EDU.AU



## Camp 2nd Installment

Friday 2 September

*Please ensure you have  
returned your permission slip.*

## Assembly

Tuesday 20 September

## Reptile Show

Thursday 22 September

## Kindergarten Transition starts

Wednesday 7 September

More information available at the front office



Coolongolook  
Public School

**Enrol  
Now**

Inclusive play  
Public speaking  
Music/Rock band  
Science/Tech focused  
Enviably class sizes  
Picturesque setting

4997 7183



## From the Principal's Desk



Hi everyone. I can't believe it's Week 7 already. Only three weeks of term remaining so we hope you can visit soon.

Thank you to the parents and community members who attended our Father's Day assembly on Tuesday. It was wonderful to see so many people in attendance, especially the dads who joined us on the day. Congratulations to our award winners and to Jake and our school band 'The Cool Tones' who performed their most recent song 'Get a haircut' for those in attendance. Well done everyone!!

The NAPLAN results for students in Year 3 and 5 have arrived at our school. The children will bring home an envelope this afternoon with information for parents and carers. Staff have reviewed the results and are extremely proud of each student's performance. After analysis, it is evident that students have performed better than state averages, something for the children to be very proud of. We encourage you to reflect upon your child's results and contact the school if you have any questions. Further, students in Year 6 will participate in 'Check -In Assessments' later this term and we look forward to sharing their performance with you early in Term 4.

Attendance remains a major focus in all schools, even during this difficult time for our community. At each assembly we will continue to acknowledge students who have displayed wonderful attendance. These students will receive a certificate for their efforts. At this time, can I also thank the parents who continue to closely monitor their child's health prior to sending them to school each day. We are lucky to have such a supportive community.

Finally, next week is School Administrative and Support Staff Recognition (SASS) Week, a time to acknowledge and thank the often unsung heroes in our schools. Our SASS staff play an important role in the school community. They are often the first people you see when you enter a school and are essential to maintaining positive relationships with students, parents and the community. A big thank you Mrs Loveday, Miss Thoroughgood, Mrs Everingham and Mr Jake Martyn who give so much to our school. If you see them during the week, please take the time to acknowledge everything they do for our children and school community.

Looking forward to meeting with you at school soon.

Jason Tindall  
*Teaching Principal*



# PUBLIC SPEAKING

## WHY IS PUBLIC SPEAKING AN IMPORTANT SKILL?

The ability to communicate competently is essential for personal contentment, academic achievement, and professional career success (Morreale & Pearson, 2008).

In school, competent speakers are more successful in conveying their knowledge, ideas, and opinions.

Being able to communicate competently can also enhance relationships with peers, parents, and teachers (e.g., Hunt, Wright, & Simonds, 2014; Morreale & Pearson, 2008).



One important communicational task is giving an informative public speech, i.e., presenting content to an audience (Schreiber, 2011).

Each year at Coolongolook PS our students participate in a public speaking task.

Class teachers support students to choose topics, research and write structured speeches. They model and explicitly teach public speaking skills, and students have the opportunity to practise their speech at school.

Before students present their speech, they will bring it home for final rehearsal and practice. When this time comes, family support can make a big difference in student confidence. Below are some ideas on how you can best support your child/children to deliver a quality performance on public speaking day!

## PUBLIC SPEAKING TIPS

It is normal to feel nervous, but nerves can make students rush through their speech. Before your child starts their rehearsal, *remind them to take a good, deep breath and try to slow their speech more than usual* to deliver a clear understandable presentation.

Encourage your child to stand still, avoiding rocking, swinging or distracting movements.

Make sure your child rehearses their speech out loud. Reading a speech out loud is very different to reading it in your head. They will need to *read their speech out loud over and over again* in order to become confident presenting it. If your child is stumbling on a word, change the word to one they are comfortable reading.

Encourage your child to *make eye contact* with the audience (you) as much as possible. Remind them to *use gestures and vary the volume and pace of their voice* to keep the audience interested. It may help if your child practises the speech while looking in the mirror. Then they can see how often they look up, use gestures and facial expressions.

Most importantly, *praise* your child when they are trying. Everyone is at different stages in their public speaking journey.



# K- 2 Classroom

I like playing the dice game and see who can halve the number the quickest. I love it when I beat my brother Ryder!

As we approach the end of another busy term K-2 would like to inform you what they like doing in the classroom.

I liked dancing to the Gorilla song and then writing a description about them. I love playing Silent Ball too!

I liked learning about Learning Intentions and sharing and pairing in Maths. I also enjoyed writing about my pet Hermit crab

I liked learning about measuring length during Maths and I think I am getting better at Essential Assessment and reading.

I love playing Silent Ball and I liked learning how to measure crayons in centimetres with a ruler all by myself.

I love playing Minecraft and then writing about the cow. I love maths and learning about sharing and halving different objects.

I liked colouring crocodiles and then sorting them from smallest to largest and writing about Minecraft.

I liked writing a description about gorillas and measuring crocodiles.





# Year 3 - 6 Classroom



3-6 have been enjoying the warmer weather and the break in the rain and it has certainly lifted all our spirits. Students have just finished their second reply to their Estia pen pals, and the shared journals are winging their way to Estia as we speak. Some students have started a game of noughts and crosses which was a really thoughtful way to engage with the residents. We are really proud of students' efforts with this program.



Students are working on their speeches about why they would make a good class prime minister. Voting will begin next week after students present their speech. We intend to use the preferential voting system so students can get a real-life experience of how it works. Further responsibilities and 'ministers' will be decided on once the prime minister is sworn in. We have also been discussing whether voting should be compulsory and how the people's voice is vital for democracy.



The Premiers Reading Challenge has been finalised. Congratulations to all those who completed the challenge this year.

Book Week has given everybody a renewed interest in borrowing from the library and students have been reading voraciously.

Happy Fathers Day to all the dad's and carers out there! We hope you have a fantastic weekend.

Mrs MacArthur and Mrs Donnelly  
*Classroom Teachers*





# Book Week





# ASSEMBLY AWARDS



Literacy Award for K-2 to Kaylee for great improvement.

Numeracy Award for K-2 to Alec for understanding division.

PBL Award to Ryder for setting a great example of a leader.

Attendance Awards to Jesse, Thomas, Ariella, Kaylee, Brock, Jayde, Natalie, Tyler, Xavier, Alec, Peyton.

Literacy Award for 3-6 to Jaesyn for achieving reading and writing goals.

Numeracy Award for 3-6 to Xavier for working hard in using mental strategies.

Sporting Awards to Thomas, Jayde, Natalie, Seth, Stella.

# AUSSIE OF THE Month



CONGRATULATIONS

JAYDE







Coolongolook Public School

# ENROLMENTS NOW OPEN

Now accepting students for 2023

**CONTACT  
US TODAY!**



02 4997 7183



Lombard Street Coolongolook



RESPECTFUL SAFE SWITCHED ON

# JOIN HEARING AUSTRALIA ON THEIR BUCKETTS WAY BUS TOUR 2022! HOP ABOARD FOR A FREE\* HEARING CHECK.

Nabiac Town Centre  
Tuesday 6th September  
10am – 1pm  
Village Green, Nabiac St

Krambach Hotel  
Tuesday 6th September  
1:30pm – 4pm  
3736 The Bucketts Way, Krambach

Gloucester Woolworths  
Wednesday 7th September  
9am – 1pm  
111 Church St, Gloucester

Bucketts Way Neighbourhood Group  
Wednesday 7th September  
1:30pm – 4:30pm  
88 King St, Gloucester

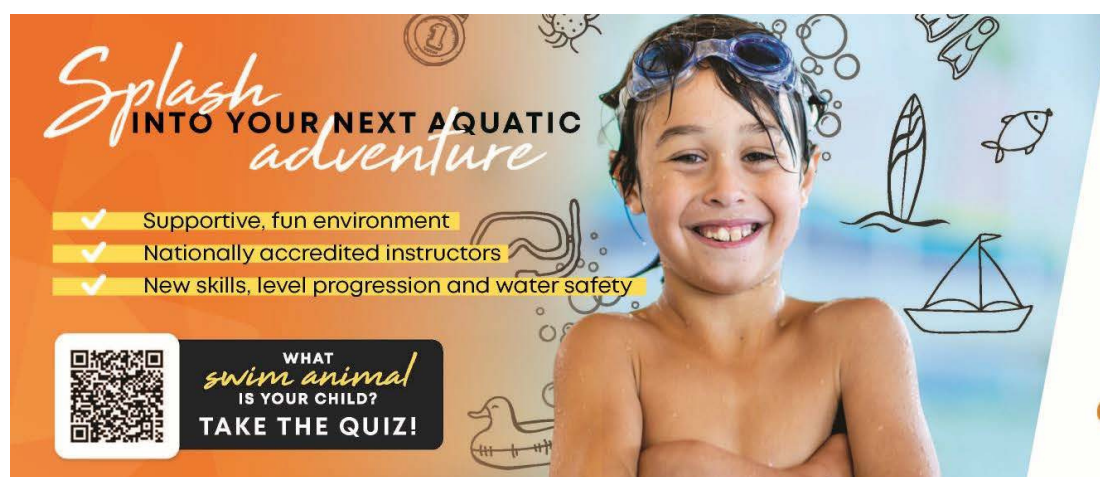
Stroud Friendly Grocer  
Thursday 8th September  
10am – 1pm  
50 Cowper St, Stroud

Booral Service Centre  
Thursday 8th September  
2pm – 4pm  
2780 Booral Rd, Booral

Bulahdelah Community Health  
Friday 9th September  
9am – 2:30pm  
12 Richmond St, Bulahdelah

For more information call Lucinda Potter  
on (02) 5525 3100  
or 0411 246 831  
Or email [lucinda.potter@hearing.com.au](mailto:lucinda.potter@hearing.com.au)

*\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible.*



**Splash**  
INTO YOUR NEXT AQUATIC  
*adventure*

- ✓ Supportive, fun environment
- ✓ Nationally accredited instructors
- ✓ New skills, level progression and water safety

WHAT  
*swim animal*  
IS YOUR CHILD?  
**TAKE THE QUIZ!**

**Great Lakes  
Aquatic & Leisure  
Centre**

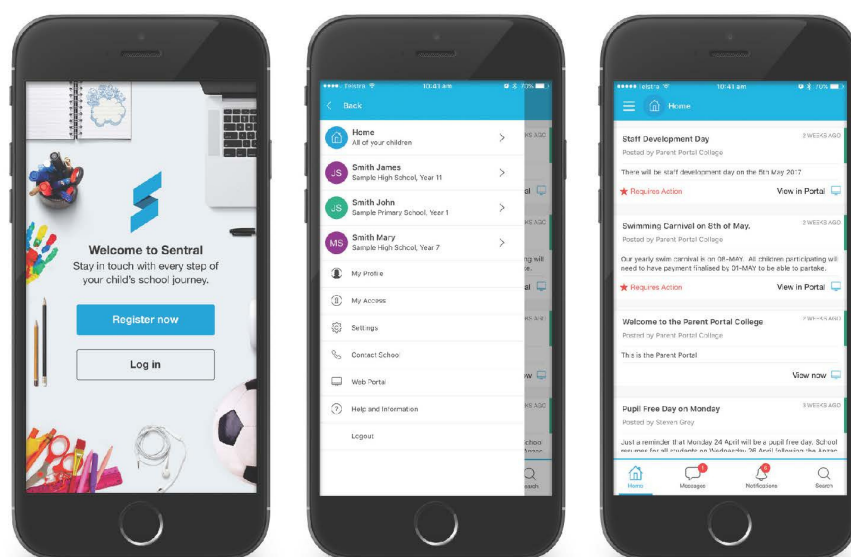
51 Lake Street, Forster  
(02) 6555 4617  
[ymcansw.org.au/greatlakes](http://ymcansw.org.au/greatlakes)





# Our school's new parent portal and app empowers all parents.

Keep fully updated, manage and control everything related to your child's education. Communicate with the school seamlessly through push notifications, instant messaging, payment gateways and much more all at the power of your fingertips.



## With the new parent portal and app, now parents can:



### Better Informed

Receive push notifications about everything that's important for your child.



### At your fingertips

Information that's most relevant and needs your attention appears clearly on your mobile device.



### Communicate easily

With our instant messaging feature, have conversations with the school staff and get the feedback you want.



### Instant payments

Pay for excursions, school fees and so much more. Right away with your credit card and record / track your bills.



### Track homework

Know exactly what your child needs to complete at home.



### Permit instantly

No more notices to sign or papers given to your child for carrying back. Approve instantly on your parent app.

**All your children across multiple schools in one app\***

**Manage all your children's education progression on one platform**

\* Schools must all be users of Sentral

**Portal and App key can be obtained from our school's administration department.**

### Download the App today

For **IOS** [www.applestore.com](http://www.applestore.com) or **Android** [www.playgoogle.com](http://www.playgoogle.com)



**RESPECTFUL SAFE SWITCHED ON**

# Nutrition Snippet

## BALSAMIC BAKED VEG



**Serves: 4**

### Ingredients:

- 2 carrots, peeled, cut into chunks
- 1 medium sweet potato, peeled, cut into chunks
- ½ butternut pumpkin, peeled, cut into chunks
- 4 medium potatoes, cut into chunks
- 4 cloves garlic, peeled
- 1/4 cup water
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tbsp honey
- 1 cup baby spinach

### Method:

Preheat oven to 150°C /130°C fan forced.

Place all of the vegetables (except the baby spinach) in a roasting pan along with the garlic.

Combine the water, olive oil, balsamic vinegar and honey in a jug and drizzle over all of the vegetables.

Bake for 45 minutes or soft and until golden. Toss through the baby spinach leaves.

### Tip:

Mix through a tin of drained chickpeas for added protein.

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box