



COOLONGOLOOK PUBLIC SCHOOL

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



Term 4

Whizzy Water Drop Visit

Thursday 27 October

Day for Daniel

Friday 28 October

Assembly

Tuesday 1 November

P&C Meeting

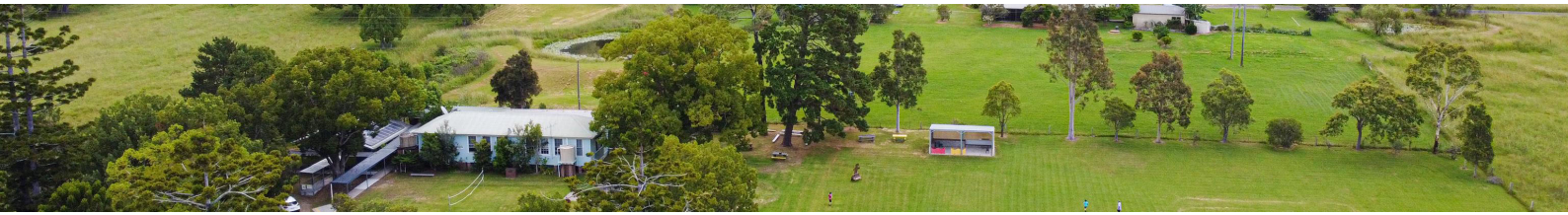
Tuesday 1 November

Camp 4th Instalment

Friday 14 October

*Please ensure you have returned
your permission slip.*

From the Principal's Desk



Hi everyone and welcome back to Term 4. Another busy term ahead so I hope you can visit us soon.

A big welcome to our newest little lizards Cale, Hunter and Toby who have recently started their Kindergarten orientation days. The boys will be attending fortnightly during the term and we look forward to getting to know them in the weeks ahead.

Congratulations to Seth Johnson who has been selected to participate in a 'Gifted and Talented' program starting Term 4 2022 and continuing into 2023. This program is offered to rural and remote students throughout the state and focuses on STEAM (Science, Technology, Engineering, Arts and Mathematics) based activities. The course will be completed online here at school and will support current classroom learning activities. We are extremely proud of Seth and wish him well for his future online studies.

Thank you to our P&C President Rachael Ryan who has taken time out of her busy schedule to not only tidy, but start planting our new produce in the school garden. The area looks amazing and we look forward to using some of these herbs and vegetables in our canteen during the upcoming months.

Finally, thank you to the parents and carers who were able to attend the student goal meeting sessions today. The children now have new Term 4 learning goals that will be regularly updated by teachers. If you were unable to attend and would like to talk to one of the teachers regarding your child's learning, please contact the office to organise a convenient meeting time.

Looking forward to meeting with you soon.

Jason Tindall
Teaching Principal

GETTING BACK TO NATURE

WHAT THE RESEARCH SAYS



It has been found that being exposed to natural environments improves working memory, cognitive flexibility and attentional control, while exposure to urban environments is linked to attention deficits. (Current Directions in Psychological Science, Vol. 28, No. 5, 2019).

One study showed that children who had grown up around the lowest levels of vegetation had a 30% higher risk of neurotic, stress-related, or psychosomatic disorders — even after researchers adjusted for the effects of socioeconomic status. The children were also at higher risk for mood disorders. (Engemann et al 2019).



AT COOLONGLOOK PS WE HAVE IT GOOD!

Coming back from the school holidays and walking into Coolongolook PS, I had to appreciate the large open spaces filled with nature. Our school has a large grassy field is surrounded with beautiful paddocks trees and wildlife that you can see from every window.

Does it make a positive difference that our students are able to look out and see nature?

In a scientific experiment to see the effects of simply having a view of nature, only the students provided with a “green view” showed improvements in attention and working memory.

Furthermore, these students experienced faster recovery from the stress associated with the school tasks. The students with the windows overlooking buildings or parking lots showed no such improvements. In fact, their outcomes were indistinguishable from those of students who had no window at all (Li et al 2016).

I am appreciative that our school is able to offer the students the best environment for learning. By choosing to live in an area full of nature, we truly are helping our kids health and the health of our families.

WHEN HELPING YOUR CHILD AT HOME

Research indicates that children and teens do a better job of keeping themselves focused and motivated when they learn lessons in outdoor, natural settings (Dettweiler et al 2015; Dettweiler et al 2017).

If your child is finding it difficult to concentrate inside, it could be worth trying to get out in nature, setting them up outside on the deck or in the backyard.

If your child needs an area free from distraction, perhaps taking a walk with them before attempting to sit down to revise learning would be beneficial.

Children in one study each took three different 20 minute walks — one in a green space, and two in quiet, urban settings with minimal levels of foot traffic. But only the walk among greenery delivered attention benefits, and these benefits were substantial — “roughly equal to the peak effects of two typical ADHD medications” (Taylor and Kuo 2009).

Looking at, and being in nature is another way to support our children in their learning journeys.

K-2 Classroom

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

This year's final term is another busy one in the K-2 classroom.

Term 4 sees us investigating different materials in our Mappen unit, Robot Buddies. Students will learn about the properties of different materials and consider which materials they should use to create a robot.

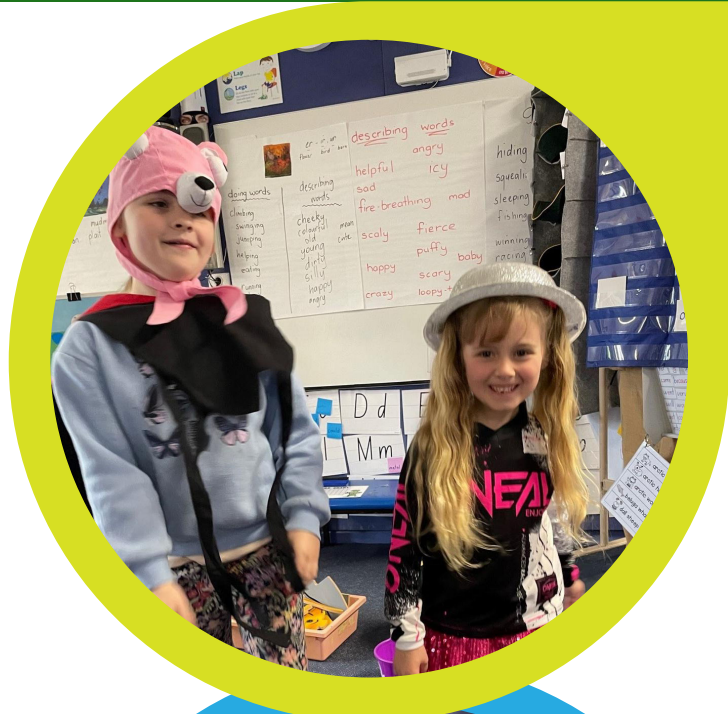
Year 2 are preparing for Year 3 and increasing their literacy and numeracy stamina, to support their learning, by working with Mrs Donnelly, Mrs Nixon and Mr Kelly.

Kinder orientation has begun to help our 2023 Kindergarten class feel at home at CPS.

Students have been setting fantastic examples and have welcomed Hunter, Toby and Cale into the K-2 Classroom.

That's all for now.

Mr Martyn.
Classroom Teacher



KINDERGARTEN 2023



Coolongolook Public School
WELCOMES OUR NEWEST LITTLE LIZARDS

Wednesdays
9:15am - 12pm

October
12th, 26th
November
9th, 23rd
December
7th



3-6 Classroom



Students worked hard last term to contribute art works and writing to the Bulahdelah Show which will be held on the 18th & 19th of November. We hope some students will enter the public speaking competition on the evening of Wednesday 9th November 2022.

We have a very busy term planned presenting speeches and arguments on 'Should children be allowed to vote?'. This will be debated and passed through our school house of representatives and senate. We hope that the children will understand the basics of how parliament operates, and laws are passed. The Prime Minister elect is Jayde Roberts and she is yet to choose her cabinet ministers for the environment, sport & leisure, resources, finances and technology.

Students will also be designing their own products, learning about advertising, market research and the process of refining a product. Hopefully this will encourage students to think creatively and grow in confidence



With the excursion to the Bathurst Gold Fields, students are encouraged to complete all homework activities for the next 5 weeks as they relate to the Gold Rush in Australia. These will be available on Google Classroom weekly and include activities such as creating timelines and researching the harsh conditions for children on the goldfields. This will culminate on the Friday of Week 5 with students presenting their information to the class. We encourage all students to have a go at completing these activities. We look forward to them sharing their knowledge ready for the excursion in Week 6.

Thank you to the parents that attended parent-teacher meetings about student goals on Friday 14th October. These goals are an important part of the teaching learning cycle and support students to focus on individual learning needs in literacy and numeracy.

Mrs MacArthur and Mrs Donnelly
Classroom Teachers

JUMP ROPE FOR HEART KICKS OFF THIS TERM AT COOLONGOLOOK PUBLIC SCHOOL!

Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

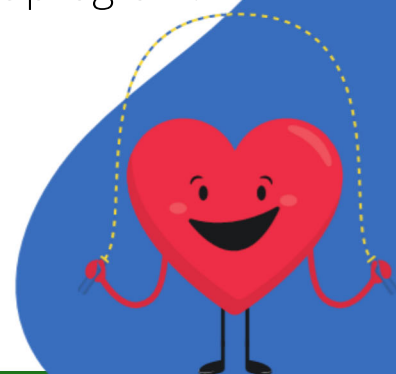
This year is the 40th year of Jump Rope for Heart! To celebrate this milestone, we've got an audacious goal to see our student Heart Heroes at CPS to log 40 hours of skipping throughout the program!

Register your child online, so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents

Students will be skipping throughout the term in PE lessons and during morning break, during this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day on Friday 9th December, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!



School Travel

Term 4 2022

2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback



TUNING INTO KIDS



All Welcome
Parents
Caregivers
Grandparents

COME AND JOIN US!

STARTING ON: TUESDAY 1ST NOVEMBER

COST: FREE

WHEN AND WHERE :1PM TO 3PM AT THE
NABIAC UNITING HALL 44 NABIAC ST NABIAC
IF YOU NEED TO LEAVE EARLY FOR SCHOOL
PICK UP THAT IS OKAY.

AFTERNOON TEA WILL BE PROVIDED
YOU ARE INVITED TO JOIN IN CONVERSATIONS
THAT COULD MAKE A POSITIVE DIFFERENCE TO
YOUR CHILD'S DEVELOPMENT IN YOUR
UNDERSTANDING OF YOUR CHILDREN'S
EMOTIONS.

WOULD YOU LIKE TO
LEARN HOW TO:

- Teach your child to deal with conflict.
- Support your child to manage their emotions

Tuning into kids shows you how to support your child develop emotional intelligence.
Children with higher emotional intelligence:

- Have better concentration at school
- Are more able to calm down when upset or angry.

REGISTER VIA THE OPTIONS BELOW

Email: amy.robinson@ccstd.com.au

Text: 0476 192 438

Call: 02 6552 5088

THIS IS A FREE PROGRAM

**Communities
for Children**



JOIN OUR 2023 TEAM



Gymaroo Allstars is now seeking athletes to join our 2023 Allstars Competitive Cheerleading Team!

Ages 8yrs and over. All experience levels welcome.

Free trial. \$10 PCYC Membership.

Come and join the fastest growing competitive sport in Australia!



TRIAL NIGHTS

20 OCT/3 NOV/17 NOV
5.30-6.30PM

TRYOUTS

ROUND 1 - 17 DEC 22
ROUND 2 - 7 JAN 23

BOOKINGS & INFO

COACH HANNAH
0407 544 248

PCYC Taree - 95 Commerce St, Taree

WWW.GYMAROOALLSTARS.COM

Book Club

ISSUE 7 OUT NOW!



 SCHOLASTIC



Importance of sleep for growing kids

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Encourage daily exercise and time outdoors to promote good sleep.
- Make sure your child is getting plenty of physical activity throughout the day.

