



# COOLONGOLOOK PUBLIC SCHOOL

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



## What's On

**YEAR 3 -6 CAMP**  
**MONDAY 6 - THURSDAY 9 NOV**  
**FINAL INSTALMENT DUE**

**FRIDAY 27 OCTOBER**

**Kinder Transition 17 October 2023**  
9:15 to 11:45am

**CWAG Meeting Coolongolook Hall**  
17 October at 7pm

**Whizzy water drop visit**  
17 October



**Coolongolook  
Public School**

**Enrol  
Now**



# *From the Principal's Desk*



Dear Families,

Welcome back to Term 4! We're thrilled to have everyone back and are looking forward to an engaging and busy term ahead. It's heartening to share that our students have settled well into their learning routines and are making pleasing progress.

In 2024, our school is getting ready to commemorate a truly remarkable milestone—the 140th-year anniversary! To ensure this extraordinary occasion receives the grand celebration it deserves, we're kickstarting the planning process. We're extending an open invitation to our school community, urging individuals with a passion for our school's rich history to join a dedicated working group. If you or someone you know is interested in being part of the organisational team for this significant event, please reach out to the school without hesitation. Let's unite and collectively create a 140-year celebration that becomes a cherished and joyous memory for our entire community.

Next Tuesday is set to be a day filled with fun and activities. In the morning, we extend a warm welcome to our new Kindergarten students for 2024 as they join us for their next transition visit. These weekly visits over the next month will be a great opportunity for us to connect with the children and ease them into the school environment. Simultaneously, our Year 6 students will embark on their transition visits to high school. We hope this experience is enjoyable for them as they take the next step in their educational journey. On the same day, we will host our first P&C meeting for Term 4, starting at 3 pm. The agenda will cover various important topics, including details about our upcoming Christmas raffle. Your attendance and input are highly valued so we hope you can attend.

Also on this day, we're excited to welcome 'Whizzy the Waterdrop' for his annual visit to our school. Whizzy will share valuable messages about the importance of being water-smart, particularly in these dry times. It's an engaging and educational experience for our students, and we look forward to the lessons they'll teach on the day.

Looking ahead, our first assembly for Term 4 is scheduled for Tuesday, October 24th, at 9:15 am. As always, we'll alternate assembly times to accommodate parents with work commitments, ensuring everyone can be part of these special occasions.

Our Year 3-6 students will be heading off on their Canberra excursion from November 6th to 9th. More information will be sent home early next week, so be on the lookout. A quick reminder to submit payments for the camp as soon as possible.

Attached to this newsletter is information about our next school fundraiser featuring 'delicious mangoes'. A special thank you to Kelly Ede once again for her organisation of this wonderful fundraiser. Please submit your order forms and payments to the school by October 24th.

We're eagerly anticipating the adventures and milestones that await us in Term 4. Your continued support is invaluable, and we can't wait to see you at school soon!

Warm regards,

Mr Jason Tindall  
Teaching Principal





# TERM 4 OVERVIEW

PLEASE NOTE DATES ARE SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
1	9 October	10 October	11 October	12 October	13 October <b>Newsletter</b>
2	16 October	17 October <b>Whizzy Water Visit</b> <b>P&amp;C Meeting 3pm</b>	18 October	19 October	20 October
3	23 October	24 October <b>Assembly 9:15pm</b>	25 October	26 October	27 October
4	30 October	31 October	1 November	2 November	3 November <b>Newsletter</b>
5	6 November	7 November	8 November <b>Bulahdelah Show Student Night</b>	9 November	10 November
YEAR 3 -6 CANBERRA CAMP					
6	13 November	14 November <b>Assembly 2:15pm</b> <b>P&amp;C Meeting 3pm</b>	15 November Cyber Talk	16 November	17 November
7	20 November	21 November	22 November	23 November	24 November <b>Newsletter</b>
ALL SCHOOL INTENSIVE SWIMMING					
8	27 November	28 November <b>P&amp;C Meeting 11am</b>	29 November	30 November	1 December
9	4 December	5 December	6 December	7 December	8 December
10	11 December <b>End of Term Presentation Assembly 12pm</b>	12 December	19 December	14 December <b>REWARDS DAY</b>	15 December <b>LAST DAY OF SCHOOL NEWSLETTER</b>
11	18 December	19 December	20 December	21 December	22 December
SCHOOL DEVELOPMENT DAY			SCHOOL HOLIDAYS		

# Curry sausages with mash

**THURSDAY**

19<sup>th</sup> October – 11.15am

\$7.50 each

Child's Name \_\_\_\_\_

Straw | Choc | Caramel

**Orders must be handed in by Tuesday 17<sup>th</sup> October.**

Online payments BSB 932 000 Acc 500075045 Coolongolook Public School P&C REF "surname"  
[coolschoolcanteenmanager@outlook.com](mailto:coolschoolcanteenmanager@outlook.com)



- Week 2 – Curried Sausages w/mash
- Week 3 – Party pies and sausage rolls
- Week 4 – Bangers and mash
- Week 5 – Hot dogs
- Week 6 – Mini pizzas
- Week 7 – Chicken wraps
- Week 8 – Beef Burgers
- Week 9 – Spaghetti w/garlic bread
- Week 10 – Nuggets and chips



Fresh North Queensland Mangoes  
Direct from the farm to you!

## Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

*Delivery Dates : 20<sup>th</sup> November.  
11<sup>th</sup> December.*

Cost per Tray is: **\$25**

Place your order by: **24/10/2023**

For Further information contact: Kelly  
0400501468

Money raised will be used to:  
Support  
Coolongolook  
Public School  
P&C





## CUSTOMER ORDER FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

### Coordinator/Office use

Coordinators Name	Price	Expected Delivery week beginning	Return form with payment by

NAME	QUANTITY	PRICE	TOTAL
1.		\$	\$
2.		\$	\$
3.		\$	\$
4.		\$	\$
5.		\$	\$
6.		\$	\$
7.		\$	\$
8.		\$	\$
9.		\$	\$
10.		\$	\$
11.		\$	\$
12.		\$	\$
13.		\$	\$
14.		\$	\$
15.		\$	\$
		TOTAL	\$

\*Please note that while every effort will be made to deliver your order to your School/Club/Organisation on the preferred delivery date, the occasional delivery may be delayed due to logistical difficulties beyond our control. Your coordinator will notify you of any changes. Thank you for your understanding.



## Nutrition Snippet

### NEED SOME LUNCH BOX IDEAS?



Check out our range of healthy lunch box

examples to give you inspiration at:

[healthy-lunchbox.com.au/healthy-lunch-box-examples/](https://healthy-lunch-box-healthy-lunchbox.com.au/healthy-lunch-box-examples/)

## Nutrition Snippet

### 3 TIPS FOR FUSSY EATERS

Feeding kids can feel like a struggle at times.



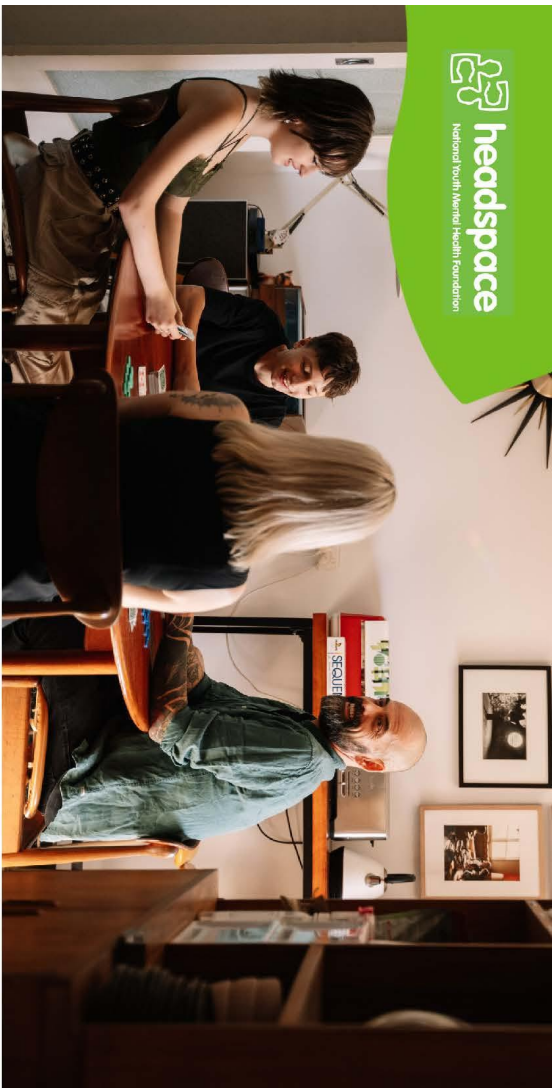
Here are our top 3 tips to help your kids:

1. **Role model.** If you eat the food, your child is more likely to follow.
2. **Share your meals together.** Having family meals is important, make sure you include some options your child likes.
3. **Take the pressure off** and trust your child's appetite.

Read more tips to take the pressure off feeding fussy eaters at:

[healthy-lunchbox.com.au](https://healthy-lunchbox.com.au)





## Parent/carer webinar: Supporting young people with transition to secondary school

**headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers!**

This session will cover:

- mental health and wellbeing in adolescence
- how to have conversations with young people about their mental health and wellbeing
- noticing signs that a young person might be going through a tough time and struggling with their transition to secondary school
- identifying strategies to connect and communicate with young people
- increasing knowledge about how to support them during this transition period and where to access professional support

### Where:

Online via Zoom.

### When:

- Session 1: Tuesday 7 Nov, 7:30 PM - 8:30 PM AEDT
- Session 2: Thursday 9 Nov, 9:00 PM - 10:00 PM AEDT

### How to register:

**Click here to register** via Eventbrite by selecting your preferred date and time.

After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

### Need more information?

Email us: [MHBP@headspace.org.au](mailto:MHBP@headspace.org.au)

The Mental Health Education Program is a Schools Suicide Prevention Activities Initiative. headspace Schools & Communities, funded by the Australian Government.



# Forster Local AECG



## AGM

**Date:** Tuesday 31st October, 2023

**Time:** 10:30am to 11:30am - Full members AGM.

**Venue:** Club Forster, 19 Strand Street, Forster

All interested community members are encouraged to attend. Light refreshments provided.

**Following the AGM, a general meeting will occur from 11:45am to 12:45pm.**



New South Wales  
Aboriginal Education  
Consultative Group Inc.

## FAQs

### How will the webinar be delivered?

The webinar is being delivered online via Zoom and will be streamed live. Please ensure you have access to Zoom.

### Will this workshop be recorded?

No. This is a live webinar which will not be recorded.

### What technology do we need?

To participate in the workshops, you will need access to Zoom to livestream the webinar.

### Do we have to have our cameras on?

Cameras will not be on to ensure safety for all participants. There will be a private Q&A option for participants to submit questions during the webinar.

### How long are the workshops?

The webinar will run for 60 mins.

