



COOLONGOLOOK PUBLIC SCHOOL

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



WHAT'S ON

School Development Day Monday 21 July.
Students return Tuesday 22 July.

Zone Athletics Carnival

Friday 1 August

School Photos

Monday 18 August

Aussie Bush Camp

Wednesday 13 August to Friday 15 August



TERM 3 PLANNER

Mon	Tue	Wed	Thu	Fri
W1 Term 3 21 <div>Term 3 start</div> <div>School Development Day</div>	22	23	24	25
W2 Term 3 28 <div>Gymnastics</div>	29	30	31	August 1 <div>Zone Athletics Carnival</div> <div>8:45am - 2:45pm</div> <div>Zone Athletics Carnival</div>
W3 Term 3 4 <div>Gymnastics</div>	5	6	7	8
		<div>Parent Teacher Conferences</div> <div>2:00pm - 3:00pm</div> <div>Education Week Assembly</div>		
W4 Term 3 11	12	13	14	15
		<div>9:00am - 12:00am</div> <div>Aussie Bush Camp</div>	<div>Aussie Bush Camp</div>	<div>12:00am - 3:00pm</div> <div>Aussie Bush Camp</div>
W5 Term 3 18 <div>School Photos</div>	19	20	21	22
		<div>Book Fair and Book Character Parade</div> <div>9:00am - 12:00pm</div> <div>Kindergarten Transition</div>		
W6 Term 3 25	26	27	28	29
W7 Term 3 September 1 <div>Life Education Visit</div>	2	3	4	5
W8 Term 3 8	9	10	11	12
<div>Intensive Swimming</div>	<div>Intensive Swimming</div>	<div>Intensive Swimming</div>	<div>Intensive Swimming</div>	<div>Intensive Swimming</div>
W9 Term 3 15	16	17	18	19
		<div>9:00am - 12:00pm</div> <div>Kindergarten Transition</div>		
W10 Term 3 22	23	24	25	26
				<div>Term 3 end</div>



subject to change

ENROL NOW

Contact Us
02 4997 7183

From the Principal's Desk

Hello everyone,

As we conclude a rewarding and eventful Term 2, I want to extend my heartfelt thanks to our school community for your continued support, patience, and involvement. Thank you for your understanding during Wednesday's unexpected power outage. While such incidents are rare, your flexibility and cooperation were instrumental in ensuring the day proceeded safely and smoothly. We also appreciate the parents and carers who attended our rescheduled P&C meeting on Thursday afternoon. The discussions, particularly regarding proposed updates to our school uniform, were both productive and engaging. If you have any further questions or input, please don't hesitate to contact the school.

Semester 1 reports were sent home on Wednesday. This year, we've adopted a revised report format aligned with the NSW Department of Education's updated guidelines. The changes aim to provide clearer, more concise information about student progress, making it easier for families to understand their child's achievements and areas for growth. Parent-teacher interviews will be held early next term. We encourage all families to book a time to meet with their child's teacher. If you're unable to attend the scheduled times, please contact us to arrange an alternative.

During Week 8 of term, our students proudly represented our school at the Manning West Small Schools Carnival at Tuncurry Oval. It was a fantastic day of competition, camaraderie, and community spirit. We're thrilled to share that our school placed second overall, an incredible achievement for our small team. From track events to relays and field competitions, every student gave their best effort and encouraged their peers with enthusiasm. Their sportsmanship stood out just as much as their performance. Congratulations to the students who qualified for Zone—Natalie, Lily, Eden, Paisley and Lennox. We are proud of your efforts and look forward to seeing you represent our school at the next level. A heartfelt thank you also goes to the parents and carers who joined us on the day—your help marshalling students, cheering from the sidelines, and bringing such a positive energy made the day truly special.

While we had planned to travel to Bungwahl Public School to celebrate NAIDOC Week, the wet weather and strong winds meant we had to remain at school. That didn't stop the learning! Students engaged in a range of meaningful activities here at school, guided by Mrs Quinn and Mr Martyn, who led engaging sessions that helped deepen students' understanding and appreciation of Aboriginal and Torres Strait Islander histories and cultures. This year's theme, "The Next Generation: Strength, Vision & Legacy," celebrates 50 years of NAIDOC Week, honouring the achievements of the past and looking forward to a bright future empowered by the strength of our young leaders, the vision of our communities, and the legacy of our ancestors.

To finish off the term, students enjoyed a fantastic disco and games afternoon yesterday, filled with music, laughter, and some very impressive dance moves. Thank you once again to DJ Marto and staff for bringing the fun and helping to create such a joyful celebration.

We'd also like to extend our sincere thanks to Dee, who has led our canteen this semester with such care and dedication. Her incredible meals each week have been enjoyed and appreciated by students and staff alike. While Dee is stepping down from the role due to new work commitments, her support and contribution to our school have been invaluable. We are truly grateful for everything she has done and wish her every success in her new role. We hope to find someone to step into the canteen coordinator role for Semester 2, and welcome any expressions of interest. We're incredibly proud of everything our students have achieved this term—from the classroom to the sports field, and through cultural learning experiences. We wish all our families a safe and restful winter break, and we look forward to welcoming students back on Tuesday 22 July for the start of what promises to be an exciting Term 3.

Jason Tindall
Principal

School Uniforms – Workwise Clothing



CJ1222

\$33 + GST (Including Logo)

School Polo Shirt
\$22 + GST (Including Logo)



CJ 0534

\$34 + GST (Including Logo)

Bottle Green / Gold

School Logo



3WSJ (Soft Shell)

\$40 + GST (Including Logo)

We have three jackets available to order.

Please note that jackets CJ1222 and CJ0534 will have a longer turnaround time. The Soft Shell 3WSJ will be available in a green colour, and it will have a quicker turnaround time of approximately 2 ½ weeks.

In the Classroom





WELCOME

2026

KINDERGARTEN TRANSITION

9 AM TO 12 PM

Wednesday 20 August
 Wednesday 17 September
 Wednesday 22 October
 Wednesday 5 November
 Wednesday 19 November
 Wednesday 3 December



ENROL NOW

02 4997 7183
<https://coolongolo-p.schools.nsw.gov.au/>




Book an ADVENTURE

BOOK WEEK 2025 | WED AUGUST 20
 FROM 9:15AM


School Bytes

Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Download on the App Store
 GET IT ON Google Play

Key Features:

School Calendar

Access events and important dates directly within the app.

School News and Announcements

Stay informed about school updates and announcements.

Payments

Process online payments for school fees and other expenses.

Attendance Tracking

Monitor your child's attendance record.

Consent Forms

Provide consent for school events and activities.

Parent-Teacher Interviews

Book and manage parent-teacher interviews through the app.

Parent Portal

Manage your account, view your child's information, and access other features through the parent portal.

Parent Communication

Receive personalized email and SMS notifications from the school.



Coolongolook Public School Pie Drive Order Form



Coolongolook Public School P&C have organised a pie drive with Hebby's Bakery
Order forms are due to be handed in by Tuesday 22nd of July with delivery set
for week 3 of term 3, an exact delivery date and collection details to be advised.

Why not stock up the freezer for an easy family dinner on these cold winter nights.

Payment can be made in cash to the office when you return your order form or by
bank deposit to the P&C account. **BSB: 932000 Acc Number: 500075045**

Name:

Phone Number:

Payment Method: Cash / Bank Transfer.

7" Family Sized Pies			
	Price	QTY	Total \$
Beef	\$20.00		
Beef & Bacon	\$21.50		
Beef & Potato	\$21.50		
Beef & Curry	\$21.50		
Beef & Mushroom	\$21.50		
Sweets			
Apple	\$20.00		
Apricot	\$21.50		
Mixed Berry	\$21.50		
Custard	\$20.00		
Lamington 6pk	\$20.00		
Total:			

6 tips

to increase fruit and vegetables at home

- 1 Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2 Get the kids involved**
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3 Make it accessible**
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- 4 Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veggies.



- 5 Keep trying!**
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- 6 Include it in every meal**
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.



Crunch&Sip®

Information for parents

What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 're-fuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

What to pack

A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

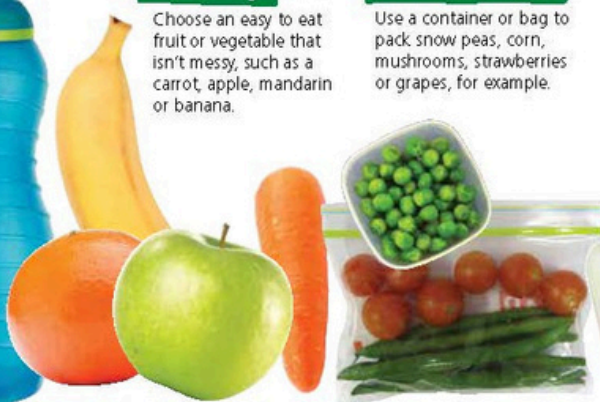


A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.



for Crunch&Sip®

here are some examples

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks

Cucumber, capsicum, celery and carrot are great options.

Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit

For example, apple, mango, apricots or sultanas, a maximum of once a week.



Helpful tips for Crunch&Sip®

- 1 Only fruit and vegetables are suitable for Crunch&Sip®.** The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.
- 2 Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables.** Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- 3 Make sure whatever you pack is a suitable amount for your child and ready for them to eat.** No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4 Prepare Crunch&Sip® snacks in advance.** Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.
- 5 Crunch&Sip® is an excellent opportunity to encourage vegetables.** Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.
- 6 Dried fruit should only be eaten occasionally,** such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.