Principal’s Report

Term 4 is always an exciting and frenetic time of year. Teachers are starting to collate student assessment data in order to write end of year reports, our new kindy students for 2015 are visiting as part of their transition to big school and our ‘big’ kids – year 6 are visiting the high school as part of their transition to the next step in their educational journey. Added to this, the practising and getting ready for our end of year presentation night and the Year 6 farewell take much of our time as well. In between all this activity we need to find time to plan for next year in which we are embarking on a new 3 year plan. Staff and P&C have been involved in early stages of planning, students will soon have their chance to contribute and sometime in the next few weeks I’d like to have an afternoon tea at school to get your ideas on what you would see as being important for our school’s future direction. A survey will soon be sent home seeking your views, opinions and suggestions as well. Please take the time to complete and return the survey. I know I send one home every year, but the feedback we receive is valuable and, where practical, acted upon; for example starting vegetable gardens, more ‘old school’ days and a change to school uniform were all suggestions from previous parent surveys.

We’d like to get some chooks for school. If you are interested in building a chook pen at school sometime before the end of year, please come and see me. I’d love to get a team of parents and community members involved and also have the kids involved in the construction. We have plenty of room in the ‘horse paddock’ and I’m sure that we could find enough recycled building materials to build it. In addition I have funds in the budget to purchase any additional supplies. We will look at getting the chickens to go in it once school resumes next year.

School Lunches

Yesterday we started looking at what the kids were bringing to school to eat for recess and lunch because teachers were finding that a number of students had nothing, or not enough, to eat at these times.

What we found greatly concerns me. Quite a number of children had lunch and recess that wholly consisted of packet items most people would only consider as occasional treats.

Copmanhurst School News

Newsletter: 16/10/14

Copmanhurst Ball

Saturday, 15th November 2014

Cost: Adult single- $12.50, Family- $30

Doors open at 7.00pm, music begins at 8.00pm

For bookings, phone Sandra Fahey 6647 3136

LOST PROPERTY: Last chance to retrieve or obtain a free jumper for 2015. All items of clothing will be sent to Saint Vinnie’s next week.

Coming Events

Oct 17 Years 4/5/6 Kayaking fun day
Oct 28 Community Health Nurse — Nose Blowing K/1
Oct 30 Jacaranda Thursday — ½ day holiday
Nov 5 Kinder Orientation 9.15-11.30am
Nov 5 Parent Helpers Morning Tea 11.00-12.00
Nov 19 2015 kinder students 1st classroom visit
Nov 26 Parent Interviews — Kinder 2015 students
Dec 8 Year 6 Farewell
Dec 11 Presentation Night
Dec 17 Ulmarra Pool — fun day

Canteen Roster — Term 4

Oct 20 Kelly Beneke & Kate Knight
Oct 27 Kerri Stone & Renaye Knight
Nov 3 Rick & Liz Heilers
Nov 10 Paula Clausen & Hayley Death
Nov 17 Tara Newman & Callie Bulman
In order to maintain a healthy body weight, have enough energy to function throughout the day and concentrate in class, children need to be eating nutritious food. Sandwiches, fruit, yoghurt, cheese and water are all good options. If you run out of creative ideas for healthy lunches – just Google it. Throwing in a treat such as a packet of chips, cupcake or popcorn occasionally is fine but these items should not be the staple of your child’s lunchbox. At school we talk with the kids about ‘everyday’ and ‘sometimes’ foods. When we look at the lunchboxes of some of our children who find it hard to concentrate, are exhausted after lunch and struggle to keep up with their peers, it is no surprise to find that they either don’t have enough to eat during the day or they have the wrong things to eat. If these children are then spending hours playing computer games or watching TV before and after school, I worry about their health both now and in the future.

Many kids make their own school lunches and I am all for children learning to be independent and do things for themselves. However, they need to be shown how to prepare their lunch, supervised and set limits on what they can take. The photos below are of some examples of ‘everyday’ and ‘sometimes’ foods that children brought to school today.

Cheers,
Andrew