



# Coomandook Area School

Term 3, Week 6

Newsletter

25<sup>th</sup> August, 2015

## From the Principal

Kath Macalister

**ILLNESS** Most parents are aware that a number of staff and students have been absent over this term. The amount of time varies from staff member to staff member but we are currently experiencing the A strain flu virus. Medical advice is that if your child has the symptoms of flu they should not return to school until they are symptom free.

**Student safety concerns.** Please be aware that our department responds in a fast and appropriate manner to any child safety concern raised. The quote below is from a newsletter to staff written by the Chief Executive Tony Harrison

“I remind you that a hotline is available for staff, parents or carers who have any concerns. This will be staffed between 9am and 6pm weekdays and the number is **1800 659 572**. Calls related to Families SA will be transferred to specialist child protection staff.”

We are now past the halfway mark for the term. Other than some illness students are travelling well. NAPLAN testing results have been sent home and staff are busy looking at the implications for their future teaching. Parents with queries should approach their child’s teacher in the first instance.

Later this term students will engage in testing for Maths and Reading/vocabulary and for the first time Science through a battery of tests being used state wide (PAT tests). Resulting from this will inform next year’s Site Learning Improvement Plan and what interventions are put in place for individual students.

## Footsteps

Reception to 7 students will again be participating in the Footsteps Dance Program During Week 7. We would like to invite all parents to come and watch their lessons on Friday the 4<sup>th</sup> of September at approximately 2:00pm in the Gym to allow them to showcase what they have learnt.

Principal: Kath Macalister  
Governing Council Chairperson: David Peter  
Phone: 85 733007 Fax: 85 733185  
www.coomyas.sa.edu.au  
dl.0729.info@schools.sa.edu.au



**Government of South Australia**

Department for Education and  
Child Development

## Calendar Dates

Term 3

Monday 31<sup>st</sup> August – Friday 4<sup>th</sup> Sept  
Rec – Yr 7 Footsteps

Friday 28<sup>th</sup> August  
Pedal Prix Quiz Night  
SAPSASA Athletics Trial

Tuesday 1<sup>st</sup> September  
Beginners Music Workshop Mannum CC

Wednesday 2<sup>nd</sup> September  
Senior Music Workshop MB North PS

Tuesday 8<sup>th</sup> – 11<sup>th</sup> September  
Royal Adelaide Show

Tuesday 15<sup>th</sup> September  
Festival of Music Choir

**Items for the newsletter must be submitted by 9am, Monday morning. Newsletters are printed every fortnight.**

**Thank you.**

## SCHOOL CLOSURE

## FRIDAY

## 11<sup>TH</sup> SEPTEMBER

Confidence  
Honesty  
Persistence  
Organisation  
Working Together

Shearing School

Phil Roberts

From the 17<sup>th</sup> to the 21<sup>st</sup> August four students, Brad Kielow, Silas Peter, Ryann Cheyne and Lachlan Pickering attended the TAFE shearing school at Watt's Farm KiKi. The students were able to gain valuable skills that will help them in the future as well as count towards their SACE. The following units are those which they have studied.

AHCOHS201A	Participate in OHS processes
AHCWOL201A	Pen Sheep
AHCSHG202A	Assist in preparing for shearing & crutching
AHCSHG201A	Crutch Sheep
AHCWOL202A	Perform Board Duties
AHCSHG206A	Prepare handpiece for machine shearing

Thank you to the Watts family for their support.



Craig Watts instructing Ryann how to brand a wool bale



Brad Kielow



Lachy Pickering



Silas Peter

Maths Quiz Night

David Sonntag

On the 5<sup>th</sup> August, the annual Maths Quiz Night organised by the Mathematical Association of South Australia was simultaneously run at 12 locations across the state. Coomandook entered 5 junior teams and 3 senior teams. We competed against teams from Murray Bridge High School who were the only other school to enter teams to participate at the Coomandook venue.

Half the questions were mathematics and half were general knowledge. Prizes were awarded in three categories as shown in the table. The names of Coomandook teams have been included.

Thanks to the following staff members who helped on the night by marking papers, distributing papers and collating results; Derek Smith, Philip Roberts, Maddie McGinty, Jenni Lutz and Tracey Kahl.

**SENIOR DIVISION RESULTS**

BEST OVERALL TEAM	MURRAY BRIDGE A
BEST MATHEMATICS TEAM	<u>COOMANDOOK B</u> BRADLEY KIELOW, LACHLAN PICKERING, HALLE STOTT, TEAGAN CROSS
BEST GENERAL KNOWLEDGE TEAM	<u>COOMANDOOK A</u> TIFFANI JAGGER, JOSH KAHL, DUNCAN PETER, CAITLIN MARSHALL

**JUNIOR DIVISION RESULTS**

BEST OVERALL TEAM	MURRAY BRIDGE A
BEST MATHEMATICS TEAM	<u>COOMANDOOK A</u> CHABANE AIT-TOUATI, SILAS PETER, DENZELL CROSS, AIDAN MARSHALL
BEST GENERAL KNOWLEDGE TEAM	<u>COOMANDOOK B</u> HANNAH WILSON, JACK STOLARSKI. TAYLAH DEACON, BEN SINCLAIR



From Primary

Tanya Millican

Healthy lunches and snacks are important for children and help with their concentration and learning. As we all know breakfast is the most important meal of the day but a healthy lunch at school is a great way to keep your child's brain active and helps avoid that lethargic afternoon feeling. It is not always easy to convince children to eat healthy but there are simple ways to make your child's school lunch healthier.

**What to put in healthier school lunches**

Try planning a healthy lunch box. Talk to your children and discuss what they would be happy to have included.

The six key parts to a healthy lunchbox include:

- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese. For children who cannot tolerate milk products, there are alternatives like calcium fortified soy or rice drink or soy yoghurt
- a meat or meat alternative food like some lean meat (e.g. chicken strips), hard-boiled egg on a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- tap water.

**Foods to limit in your child's lunch box.**

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to **limit** in everyday school lunches include:

- Processed meats such as salami, ham, pressed chicken and Strasbourg
- Chips, sweet biscuits, and muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials and juices.

Shine SA

Tom Clark

There is one life experience that relates to every single student regardless of who they are; puberty and the experience of becoming an adult. In term 2, I did a 2 day training course at SHine SA, which is a sexual and relational health organisation which has been set up to educate, equip and inform people from all walks of life about the complexities of puberty, adolescence, relationships, friendships, sexual orientation, and safety. In the first 2 weeks of this term, I ran a program with the year 6/7's to educate them about what they may encounter during their years of going through puberty. We covered the following topics: friendships, relationships, puberty for boys and girls, the reproductive systems, STI's, conception, contraception and gender identities. A question box was used each lesson to encourage the students to ask questions anonymously that could be answered in a safe and non-threatening environment. Throughout the 2-week unit, the students expressed that they enjoyed the lessons, learnt new things, had a lot of their questions answered and felt more relaxed about the topics. I have strongly encouraged the students to choose people in their lives (parents, relatives, teachers, etc) who they can talk to whenever they feel they need to, as puberty is a process that can last for years. If there are parents who feel like they are not comfortable to answer questions within these topics, or don't feel equipped I encourage you to go onto the SHine SA website listed below. Otherwise, feel free to contact me anytime as I may have advice for you or resources that I can provide you with. I encourage all students and parents to be people who create healthy discussions that lead to learning, knowledge and a healthy sense of identity.

Anaphylaxis

Coomandook Area School has at least one child with a severe anaphylaxis in relation to peanuts and peanut products.

Parents and families are asked to avoid sending the following products into school with child/ren.

- **Peanut butter**
- **Chocolate bars containing peanuts**
- **Peanut oil**
- **Or any products with peanut as an ingredient**



Ambulance Information Heather Mattner

**SA Ambulance Service  
Know what to do in a  
Medical emergency?**



You are invited to attend an information session to find out how you can become a vital link between SA Ambulance Service and your local community. We will show you how you could play an important role in advocating for your community and working in partnership with SA Ambulance Service to ensure that we meet your community's needs now and into the future.

SA Ambulance Service is looking for members from a range of community sectors including business owners, youth, aged care, parent groups, schools, community leaders and sporting groups.

Find out more by attending an information session

**Coomandook Ambulance Station**

Date: Tuesday 8<sup>th</sup> September 2015

Time: 7.00 pm

Venue: Coomandook Area School,  
Dukes Highway, Coomandook

Contact: Heather Mattner 85 733 007

Community Items – Hair & Beauty

For all your haircuts and waxing needs please phone Estelle Green on 0429 675 927. Estelle is available in Tailem Bend on Tuesdays.

Community Items

Community Lifestyles has partnered with ac care, Communities for Children – Murraylands to facilitate a parent support group based in Tailem Bend.

This group is open to parents of children aged 12 years and under who have a disability and live in the Coorong area. Groups meetings will be held monthly. First meeting; Tue 25<sup>th</sup> Aug, 5.30 – 8.30pm, Tailem Bend Community Centre, Railway Terrace, Tailem Bend. Light supper provided. Children welcome to participate in the activity program with our trained staff, while parents connect with other parents. Phone: Gaynor Davies on 85310815.

MATT BYRNE MEDIA  
in association with Tintinara Area School presents

# MARY & FRIENDS

VARIETY CONCERT

Tintinara Institute  
Saturday, August 29 at 8pm

**SPONSOR:** Lauren Potter  
with the cast of MBM's hit  
production of Mary Poppins:

*"Lauren Potter is the perfect nanny!"* Advertiser

Book through Wendy at the Tintinara Area School on 0428 560 020 or Lisa at the Keith Newsagency on (08) 87 551 788.

And Students from Tintinara Area School

Adults \$20, Concession \$15  
(Plus \$1 Booking Fee p/ticket)

Further details at [www.mattbyrnemedia.com.au](http://www.mattbyrnemedia.com.au)

An Evening of  
• Comedy • Song • Dance • and Mary ♥

CAPC  
FAMILY ENTERTAINMENT

## GAMES NIGHT & BBQ TEA

COOMANDOOK HALL

FRIDAY 25<sup>TH</sup> SEPTEMBER 2015  
(LAST DAY OF TERM 2)  
6pm

- COME ALONG AND JOIN IN WITH THE FUN -  
- TRY OUT THE GAMES - CATCH UP WITH FRIENDS -

> You will need to bring:  
**A SALAD TO SHARE & YOUR OWN DRINKS**

> CAPC will supply:  
**BBQ MEAT, ICE CREAM IN A CONE, TEA/COFFEE**

> TABLE TENNIS, INDOOR BOWLS, GAMES, PINATA

> BRING ALONG SKATE BOARDS, SCOOTERS, BIKES  
(THE CAR PARK WILL BE FENCED OFF FOR CHILD SAFETY)

## REGISTRATION FOR CONNECTING SPIRITS 2016 PROJECT

By registering for the 'Connecting Spirits 2016' project you are agreeing to allow your son/daughter to take part in the research component and to travel to Europe to the WW1 battlefields to visit the resting places of our war dead. There is also a very clear expectation that the students take part in a series of workshops prior to travel. These prepare the group in terms of the historical background along with the travel requirements. To be included in the group you need to pay a deposit of \$500 to secure your place in the tour no later than **Friday October 23rd, 2015**. A minimum of 12 is required in order for the tour to proceed. A maximum number of between 25- 30 will be accepted in order to maintain a manageable size.

Upon receipt of more than 12 deposits the tour will be costed and hotels booked.

\*\*The cost will be an estimate at this stage but will be about \$7500.\*\*

- **A further payment of \$2,500 will** be required next year for the airfares. This will be by the 29<sup>th</sup> February 2016.
- The full balance of the tour will be due 23rd September 2016.
- All group members will receive a copy of *'Jimmy's Anzac Pilgrimage'* as part of your tour cost. If you pre-purchase a copy your name will be recorded and you will have \$50 deducted from the price of the tour.
- Please email this registration form to BOTH Mal Jurgs ([Mal.Jurgs10@schools.sa.edu.au](mailto:Mal.Jurgs10@schools.sa.edu.au)) and Julie Reece ([reecy@chariot.net.au](mailto:reecy@chariot.net.au))

I wish to register my son/daughter \_\_\_\_\_ (name) for the 2016 tour and understand and agree to the tour conditions referred to above. I agree to the payment schedule and understand the conditions in relation to **NON-REFUNDABLE** payments: i.e. After the tour is confirmed and costing is complete if I change my mind and withdraw I will **NOT** receive my payments back.

PARENT'S NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_

STUDENT'S NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

YR. LEVEL & HOME GROUP TEACHER \_\_\_\_\_

HOMEPHONE: \_\_\_\_\_

MOBILES: \_\_\_\_\_

MOST RELIABLE EMAIL ADDRESSES: (PARENT + STUDENT'S)

\_\_\_\_\_

**PRINCIPAL'S ENDORSEMENT:** I am prepared to support the above student's application to be part of the 2016 Connecting Spirits trip

Signature \_\_\_\_\_

# The Coomandook Racing Team's

Annual Fundraiser

## Pedal Prix Quiz Night

Hosted by Coomandook Area School

Venue: Coomandook Town Hall

28th August 2015

7:00 PM

Entry: \$10.00 Adults

\$5.00 Students

**BYO Drinks & Nibbles**

Prizes to be won  
in the Quiz & Raffle!

Raffle tickets: \$3.00 each

Enquires: Coomandook Area School #08 8573 3007







# Garden Order Form

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

Date: \_\_\_\_\_

Student: \_\_\_\_\_

Delivery date: 27/08/15

Shop will be open on the 28 of August 2015 between 12.30pm-1.00pm

Product	Price	Quantity	Total Cost
Thyme	\$1.00 a bunch		
Leek	\$1.00 each		
Spring Onions	\$2.00 a bunch		
Sage	\$1.00 a bunch		
Rosemary	\$1.00 a bunch		
Parsley	\$1.00 a bunch		
Garlic chives	\$1.00 a bunch		
Dried Rosemary	\$1.00 a bag		
Dried Bay Leaves	\$1.00 a bag		
<b>Total Cost for Order</b>			\$

Communities for Children  
Murraylands

**ROYAL ADELAIDE  
SHOW 2015** SEPT 4-13  
**Free Bus Trip**  
THE GREATEST SHOW ON EARTH

Let us help you take the stress out of getting to the Adelaide show, with a **free** bus trip to the showgrounds for families\* with children, living in the Coorong district.

**Limited spaces, Bookings essential!**

**Pick up times**  
8am- Tintinara  
8.20- Coonalpyn  
8.20- Meningie  
9am- Tailem Bend

**Saturday 12th  
September**



Tailem Bend Community Centre  
141 Railway Terrace  
(PO Box 203)  
Tailem Bend 5269 SA  
P 08 8572 3513 F 08 8572 4813



\*Families must have at least one child under the age of 12.

We will be at the show for approx. 7 hours and expect to return to Tintinara around 7pm

Anglican Community Care Inc | ABN: 53 440 436 445 | Charity Licence CCP1186  
Web: www.accare.org.au | Email: CommunitiesForChildren@accare.org.au  
Communities for Children is funded by the Australian Government Department of Social Services.