

A learner will be.....
Safe Respectful Responsible

Coraki Public School



Term 3 Week 3

www.coraki-p.schools.nsw.gov.au



**Ed.
week**
3-7 August
2020

Learning together
#EdWeek20



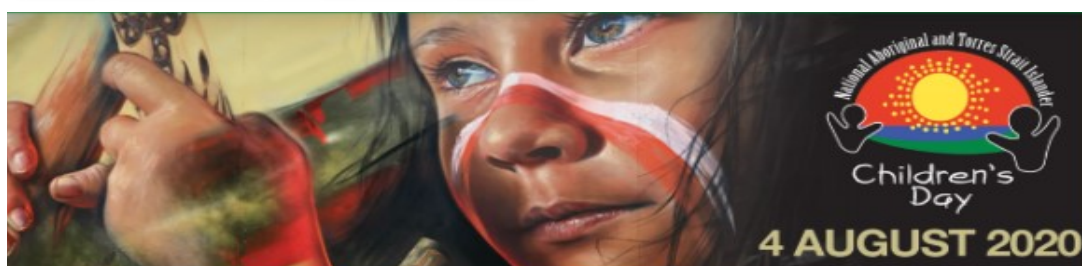
Hello Everyone,

I hope you are all keeping safe and well. It is certainly a challenging time that we find ourselves in at the moment. Covid-19 restrictions are still in place and we thank you all for abiding by the protocols. I know it has been very difficult.

This week is Education Week. A very important week on the school calendar. Of course we are completely disappointed by the fact that we can not celebrate the week in the way that we normally would but we are doing our best. Yesterday the students engaged in online website presentations and today thanks to our wonderful Student and Liaison Officers Elissa and Jen we participated in the



celebration for Aboriginal and Torres Strait Islander Children's day by participating in a joint art activity which resulted in an extraordinary piece of art being produced. We are all so very lucky to have such talented staff and students at Coraki PS. We are looking forward to the rest of the week. We will be sharing more of the



Events Calendar

Education Week
03/08-07/08/2020

Book Week
22/08-28/08/2020

Public Speaking
Round 1 at school 14/09
Round 2 Evans River 17/09

School Photographer
05/11/2020

NAIDOC Week
8th-15th November 2020

Birthday's
05/08-11/08

Christina Rayner-Knox -07/08

Sol Murray-Pollard- 08/08



Education

activities with you next week.



Last week was Earth Week and Coraki Public School embraced the celebration by going on a nature walk around our beautiful playground. The older students took on a nurturing role by supporting the younger students and we were all rewarded by getting to see our resident koala in the bottom playground. It was so absolutely amazing as he woke from his slumber and took a long look at us all watching him. We were treated to being able to see his furry little ears and little black nose. Staff and students enjoyed the experience so much that we almost missed recess.



Ms Demaria has a new addition to her family and she brought little Hugo along to school on Tuesday to meet the Coraki PS family. We all fell in love with this little delightful puppy and the students in Kindergarten completed some fantastic writing activities based on his visit.



I would like to alert you all to the fact that we have been instructed by the Department of Education that we need to attend to a few tree issues in our playground. There are some aging trees which need removal so over the next few months you will see some changes to our tree scape. We are sad to see our trees being removed, however we are going to be replacing them with some native species which will attract more wildlife and maybe even another Koala. We thank you for your understanding on this matter.

As I said in my address earlier, I hope you are all well. We look forward to when we can all celebrate everything amazing at Coraki PS together. Please take care and I look forward to sharing more of Coraki PS activities next week. Also don't forget we are taking enrolments for 2021 now. I hope to hear from you soon.

Coraki Public School is a great place to work, play and learn.

Kind Regards,

Lyn Parker





Pizza Muffins

Ingredients: $\frac{1}{2}$ English muffin per pizza

Topping ideas: tomato paste, capsicum, tomato, mushroom, pineapple, ham, chicken, grated cheese, herbs eg basil or oregano

Method: Spread the base with tomato paste. Add toppings then sprinkle with cheese and herbs. Place under grill or on sandwich toaster for 5 min or bake at 180 degrees until cheese is golden. Great to eat hot or cold, and can be frozen.

CHOOSE WATER as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years: 5 x 250ml glasses = 1.25 litres
6-12 years: 8 x 250ml glasses = 2 litres

HOW MUCH SUGAR IS IN DRINKS?

Drink	Amount	Sugar
Water	250ml	No added sugar
Plain milk	250ml	No added sugar
100% Fruit juice	250ml	Not every day, limit to 1/2 cup (125ml)
Cordial	250ml	100% Fruit juice
Energy drink	250ml	100% Fruit juice
Fruit flavoured drink	250ml	100% Fruit juice
Flavoured milk	250ml	100% Fruit juice
Sports drink	250ml	100% Fruit juice
Soft drink	250ml	100% Fruit juice

1 teaspoon = 4g sugar

NSW HEALTH MAKE HEALTHY NORMAL This resource has been developed by Western Sydney Local Health District, published November 2018

DON'T FORGET!

SCHOLASTIC Book Club

Due Date for Issue 5 2020

This Friday 7th August

A Quick Bite ...

5 Tips to Help With Screen Time at Home

Are you having trouble getting your child off technology or watching television?

Try some of these ideas to reduce the amount of screen time your child has each day:

- Go screen free for weekdays
- Try technology free Tuesdays
- Try imagination Wednesdays
- Restrict times on when your child has access such as "no screen time before dinner"
- Provide seven 1/2 hour vouchers on a Friday afternoon to last for the week. When your child watches the television, or plays on the computer they hand a voucher back. This limits the child to 3 1/2 hours of screen time over a week.

For more information visit mhd.health.nsw.gov.au/keepinghealthy

Live Life Well @ School NSW Health Murrumbidgee Local Health District munch & move

Woof! THURSDAY is School Banking day.

Commonwealth Bank

Live Life Well @ School

ACTION: BUILDING WELLBEING

ACTION CALENDAR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better

Are you looking for ways to build happiness, mindfulness, purpose, kindness and self-care into your everyday practice at home?

Download the action for happiness calendars today. They provide simple and practical tips for the family to do together to help build a culture of wellbeing.

Check out: www.actionforhappiness.org/calendars

NSW GOVERNMENT

Developed by Northern Sydney Local Health District

LIFE EDUCATION NSW / ACT

Empowering our children and young people to make safer and healthier choices through education

Visiting our school Tuesday 8th September!

Life Education



Fixed Equipment



Safe

- Walk on and around fixed equipment
- Hands and feet to self
- Wear a broad brimmed hat
- Use equipment for its purpose



Respectful

- Follow teacher instructions
- Wait your turn



Responsible

- Report broken equipment and problems to teacher on duty
- Use play equipment at designated time

