**Coming Events for Term 1**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon, 8th</td>
<td>PSSA Cricket Trials</td>
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<tr>
<td></td>
<td>Swimming for Primary Sport</td>
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<tr>
<td>Fri, 12th</td>
<td>Badge Inductions 1.50pm Whole School</td>
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<tr>
<td>Mon, 15th</td>
<td>EAS Swimming Carnival</td>
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<tr>
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<td>P&amp;C AGM 6.30pm in Staff room</td>
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<tr>
<td>Mon, 22nd</td>
<td>Swimming for Sport</td>
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**Welcome back!**

Welcome back everyone. Students arrived looking refreshed and ready for another year of great learning with teachers planning quality learning programs which started on Thursday morning.

**2016 staff and classes**

- **Principal**: Mrs Zita McLeod
- **Kindergarten**: Mrs Vicki Frilay AP
- **Year 1**: Ms Lucy Hipwell
- **Year 2**: Ms Terrena Bateup
- **Year 3/4**: Mr Larry Wing
- **Year 4**: Ms Kristen Anstic
- **Year 5/6**: Mrs Chris Glover
- **Year 5/6**: Mrs Merren Lawson
- **RFF and Stage 3 Literacy and Numeracy**: Mr Rav Reddy AP
- **Learning and Support Teacher**: Mrs Cathy Grove
- **Reading Recovery**: Mrs Annette Camilleri
- **Teacher/Librarian**: Mrs Ruth O'Dwyer
- **Information Technology**: Mr John Dorczak
- **School Counsellor**: Ms Jacinta Ives
- **School Administrative Manager**: Mrs Barbara Godbier
- **School Administrative Officer**: Mrs Shelly Johnston
- **School Learning Support Officers**: Mrs Sharon Cronin

**Library Assistant**: Ms Leeanne Craw
**Canteen Manager**: Mrs Elaine Armstrong
**General Assistant**: Mr Noel Elsley
**Cleaner**: Mr Steven Clarke
**SLSO’s cont.**: Mrs Linda Hamilton
**Ms Lee Anne Craw**: Mrs Marie Wing
**Mrs Jan Perry**: Mrs Heather Kingwill
**Ms Heather Gillies**: Ms Merren Lawson

**School Times**

Supervision of students is from 9.00 am until 3.30 pm. Students who live in town are allowed to enter the school grounds after the 9.00am bell. Bus students come from buses and sit in the COLA area or are allowed to go to Breakfast Club. Students who live in town can go to Breakfast Club after 9.00am.

**P&C News**

The P&C started the year by providing a delicious morning tea for our Kindergarten parents and family members after Kindergarten went into class. This was a lovely way for many parents to have a “sit down and relax” after the exciting morning of getting a child ready for their
start at our school. The AGM will be held on Monday, 15th February at 6.30 in the staffroom. Everyone is invited to attend and be a part of the P&C. The P&C support our school in many ways and are included in decision making in many areas of school planning.

**Fete**
The P&C are holding the fete on Friday, 18th March starting at 5.30. Please look out for notes asking for help on the night as the money raised supports excursion costs and a range of programs at the school.

**Clothing Pool**
With the uncertain weather we have been having, some students need jumpers/jackets in the morning. The clothing pool has clean jumpers and jackets for very reasonable prices. Call into the office and our friendly Shelly or Barb will help you. School bucket hats are also for sale for $15.00.

**Safety First**
Parents are asked to use other streets to drop and pickup students, rather than Poole Street, where the buses come in. We have other gates and with the new path into the school from Phillips Street there are safe, non-muddy areas where students can enter and exit the school.

**Air Conditioning for the Hall**
During the holidays four reverse cycle air conditioners were installed in the hall. This will allow the hall to be used as a learning space and, particularly in the winter time, we won’t have to put our coats on for assembly!

**Bicycles**
Many students ride their bikes to school and they must wear their helmets done up securely. Students put their bikes in the bike racks near Phillips Street and scooters are to be stored in the area provided by classroom teachers. Bikes and scooters are ridden after the student leaves the school grounds.

** Plenty of fruit at recess!**
**School Counsellor – Jacinta Ives**
Ms Ives visits our school most Tuesdays and can be found in the front office. School counsellors are experienced teachers who are also psychologists. They assist teachers by strengthening the school’s student welfare provisions and provide counselling and psychological assessment of students with specific needs. Their work with the school’s Learning Support Team and teachers in the classroom is designed to improve student learning outcomes. They refer students or their families to other agencies concerned with the health and welfare of students and liaise with such agencies as required. They respond, as part of a team, to schools experiencing serious incidents. Parents may make an appointment to discuss matters of concern with the School Counsellor through the teachers or the Principal.

**Health Issues**
Please notify the school if your child has allergies that we are not aware of or any recently occurring illnesses which may affect your child’s health and how we can support your child at school. While we cannot guarantee that food with nuts in it are not brought to school we do ask that you avoid sending any nut-related foods to school. We have students who have serious
reactions to nuts and, for the safety of all, please find other foods for school.

Toby, Kurtis and Izaiah making their selection for music groups which will commence next week.

**Breakfast Club**
The Breakfast Club is running each morning with cereals, toast and milk/milo drinks available. There is no cost and all students are welcome to either have a “top up” if they have had an early breakfast or to enjoy the cereal, toast and a drink. We thank The Outback Bakery, Cootamundra RSL Club and Graham and Mark from Greycat Milk Supplies for supporting The Breakfast Club.

Kurtis Robinson, Emily Boxsell, Mischa Boxsell, Charlize Watson-Reid and Telisha McA insh were very lucky one to receive the first batch of apples from our tree.

**Canteen**
Our canteen provides great meals for all and Southee. To order a lunch, the order and money is handed to Mrs Armstrong at the canteen. Money must be paid with the order. The canteen is open Monday, Wednesday, Thursday and Friday. However, if you would like to order for five days, we are trialling a new system with the order forms going home. Each week the order can be placed on Monday with money and lunches are done for the week. This is only available for a 5 day order.

**EAS Dance Group**
Students from Years 4, 5 and 6 were eligible to try out for our bi-annual dance troupe. Mrs Grove, Mrs Peck, Miss Hipwell and Mrs Glover had such a difficult task in selecting performers for the troupe yesterday during lunch. Mrs Grove will announce the successful participants within the next couple of days.

**Year 1 Borrowing**
Year 1 enjoyed story time in the Library this week. Next week borrowing will begin during library lessons. Please make sure your child brings their library bag. Bags can be purchased from the Library for $2 - $6.

**Scots Presbyterian Youth Group**
Youth Group runs fortnightly at the Presbyterian Church, Cootamundra commencing this Friday, 5th February. Any youth from Year 6 – 12 are most welcome to come along. Starts at 7pm with pick-up to be at 9pm. Gold coin donation. Enclosed shoes are required to be worn.

**Junior Soccer Registrations**
Available for 5-16 Years. Registration costs $70.00 per player. Register and pay online at [www.myfootballclub.com.au](http://www.myfootballclub.com.au). If you register BEFORE 31st March you will receive FREE shorts and socks. There will be an information/registration day for new players – Saturday, 5th March, 2016 between 10am and 12noon in front of Rudds Sportspower, Parker.
Street. Please note: Registrations close Sunday, 10th April and will not be accepted after this date. Birth certificates are essential for new players. These can be presented at the registration day or emailed to the club (cootajuniorsoccer@gmail.com). Please direct all enquiries to cootajuniorsoccer@gmail.com.

Getting on and off the bus safely is very important!

Darren, Logan, Dillon and Cohen working hard in Maths.

Modelling numbers with Base 10 materials.

Mia, Tiger and Mia are enjoying their fruit during recess.

The sport shed is a very busy place at lunch time.

A place to grow, learn and succeed
Learn to manage difficult behaviour in children 2-12 years old.

1-2-3 Magic® & Emotion Coaching

3 Session Program:
Monday 8 February 2016
Monday 15 February 2016
Monday 22 February 2016

6pm to 8pm

Cootamundra Library
Wallendooon St,
Cootamundra

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

A program for parents and carer's of 2-12 year olds.
Learn:
- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Using emotion coaching to encourage good behaviour

Bookings are essential please contact your Case Manager or
RSVP by emailing ParentingRiverina@missionaustralia.com.au
or contact Stacey on 6942 8001

FREE PROGRAM
having a tough time?

perhaps it's time to reach out and relax

Phone us for a chat Ph: 1300 488 226
or email roar@intereach.com.au
have you been…

- feeling down or anxious? Not coping at school?
- not sleeping well, or sleeping too much?
- finding it hard to concentrate?
- being bullied, hurt or sexually harassed?
- eating too much or too little?
- wanting to cut down your drinking/drug use?
- having relationship difficulties?

need someone to talk to?

We work with you to improve your emotional health and well-being. Reach Out and Relax (ROAR) is a new program that supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue.

We provide short or long term support. It's free and confidential.

get in touch…

phone: 1300 488 226 (ask for ROAR Program)
email: roar@intereach.com.au
web: www.intereach.com.au

Hey just FYI: ROAR is not a crisis service.
If you are worried about your own, or someone else's safety, phone the NSW Mental Health Line 1800 011 511 or 000
Early Warning Signs:
Most families can tell when something is out of the ordinary, but there are also signs that suggest a child or young person may be experiencing a mental health problem. These include:
- not enjoying or wanting to be involved in things they normally enjoy,
- concentration difficulties,
- changes in appetite or sleeping patterns,
- being angry for no reason or easily irritated,
- difficulty coping at school,
- seeming stressed, down, worried or crying for no reason,
- expressing negative thoughts,
- engaging in risky behaviours, or
- relationship difficulties.

Suggestions to help young people stay healthy & build positive mental health.
Encourage them to:
- be nice to themselves,
- make a list of things they like doing, and do them more often,
- get involved with family and friends or do something nice for someone else,
- be conscious of things that make you feel strong and good,
- try to work on what they can control,
- be active, eat well & sleep well,
- find at least one thing that makes them laugh every day,
- ask for help & get support if needed- it's ok to say 'I'm not ok'

ROAR is not a crisis service.
If you have immediate concerns for your own or someone else's safety please contact
Lifeline Ph: 13 11 14
Kids Helpline Ph: 1800 55 1800
NSW Mental Health line Ph: 1800 011 511
Emergency services Ph: 000.