Dear Parents and Carers,

Congratulations to our senior choir who performed beautifully at the Eisteddfod this week. It takes courage to stand in front of a large audience to perform and our students should be justifiably proud. Thanks to Mrs Ford for her teaching. The dance section of the Eisteddfod will be performed next week.

Our school choir are thrilled to be asked to perform as part of the Symphony Of Australia on Saturday 6 June. What a terrific opportunity to perform alongside professionals. Well done.

Yesterday we had Jim from Galambila Health at school to conduct the ear screening for Aboriginal students. He will continue with this very worthwhile service next Wednesday. A huge thank you to Jim and the team for their work.

Our school soccer team played two matches yesterday in the PSSA knockout. They played extremely well and Mr Murphy was thrilled with their sportsmanship and enthusiasm. Congratulations to all.

Good luck to our debating team this Friday.

Teachers are finalising their student reports. Reports will be sent home on Monday 15 June. Parent teacher interviews will be held from 12-4pm on Wednesday 24 June. More information will be sent home letting you know about this.

Have a great week,
Leonie

What's happening in 3/4O?
I have had the pleasure of working with 3/4O for my internship, which is the last stage of my degree. This has been such a positive experience for me and I love all of the students in the class. It has been a great opportunity for me to develop my experience in programming lessons and the running of a classroom. Each child in the class has their own particular talent and I love being able to identify and assist them to make the most of it. Along with the necessary curriculum coverage, we have had the opportunity to do some fun things, like making a jigsaw out of paddle pop sticks and using the theme of toys to base lessons on for other subjects. Ms Chris

My day as an ant
One morning I got lost in the grass. I couldn’t find my way out. Then these bull ants chased me onto a cliff and I fell off.

After waking up I was on rocky concrete not knowing where I was. I crawled like a cheetah trying to find food. I was crawling so fast I nearly got squashed by a human being.

After all that running I started to get hungry but I couldn’t smell anything at all and I couldn’t find my family, I was lost!

Suddenly I could hear signs of help so I rushed towards the ants and guess who they were…my family. By Amalie
Canteen News
Volunteers are very important to make the running of the canteen successful. If you have considered helping out in the canteen, now is the time, come down and have a chat with Caz, call Vicki on 0481 056 812 or enquire at the office.

P&C Meeting
Our next P&C meeting is on Wednesday 10th July at 6pm in the staff room. Being a P&C member is a great way to be involved in your child’s schooling. Come along to a meeting and see what we are all about. If you would like any further information please contact Vicki Baldwin on 0481 056 812 or email mrsbaldy@netspace.net.au. We look forward to seeing you.

P&C Facebook Page
Please like our Facebook page Coffs Harbour Public School P&C for up-to-date information about the school and activities.
https://www.facebook.com/chpspandc

Canteen Roster

<table>
<thead>
<tr>
<th>Day</th>
<th>Volunteers</th>
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<tr>
<td>Thur 28/5</td>
<td>Caz Abrahams &amp; Jacqui Howe</td>
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<tr>
<td>Fri 29/5</td>
<td>Caz Abrahams &amp; Vicki Baldwin</td>
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<tr>
<td>Mon 1/6</td>
<td>Caz Abrahams &amp; Help Needed</td>
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<tr>
<td>Tue 2/6</td>
<td>Canteen Closed</td>
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<tr>
<td>Wed 3/6</td>
<td>Caz Abrahams &amp; Claire</td>
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Dental Therapist Visit
This Thursday Susan from Fresh Dental Care will be visiting our school to implement a ‘School Toothbrush Program’. We are very lucky to have such an opportunity and will be the second school in the area to receive the program. Every student will be given a complimentary toothbrush, along with helping to establish correct brushing habits and discuss the importance of diet and how it impacts on our teeth.

North Coast AFL Team
Could you please pass on my congratulations and thanks to the students from your school who were members of the North Coast AFL team. Their ability to listen, work together, play hard but fair whilst displaying great sportsmanship on and off the field was outstanding. They were a credit to your school, their families and themselves.

The team finished a creditable 7th of 13. Winning 3 of the 5 games played.
The highlight of the carnival was our being defeated but just 7 points by Riverina, a powerhouse in AFL terms, who finished 2nd overall. As I said to the boys after the game - "this was my greatest WIN in the 12 years that I have been coaching North Coast, as winning is not always what the scoreboard reads". To see the parents cheering loudly and proudly as we came so close to beating Riverina and making the semis was fantastic result for the North Coast Team. Congratulations to Deisel Drury - Byron Bay PS for his selection into the State Team.
Please pass on my thanks to your students involved and thank you for your continued support of PSSA.—Dean Burkitt Coach

PSSA Soccer Knockout
Our boys soccer team participated in round 1 and 2 of PSSA Knockout. In round 1 we defeated Tyalla P.S 10-0. In round 2, we played an outstanding game against Naranga P.S drawing 1-1. After extra time both teams were still level with Naranga declared the winners of corners 3-2.

PSSA Winter Sports Carnival
On Friday 12th June students from Years 3-6 will participate in the winter PSSA Sports Day. Earlier this term students selected a sport and will bring a note home today. All students are encouraged to participate unless a serious medical condition prevents them from doing so.

School Athletics Carnival
Our school athletics carnival will take place in the second last week of term and students will start practising soon. Watch this space for more information.

Rewarding Children
Take care when using food as a reward for children. This encourages children to eat when they are not hungry and can develop a habit of using food to feel good.

Other ideas for rewards include:
* Sticker or star chart
* Give praise
* Small presents e.g. bouncy balls, stationary, pens
* $2 to spend at a novelty store
* Family outing

For more information and ideas go to:
www.healthykids.nsw.gov.au
Stage 2 & 3 Public Speaking Competition

The Multicultural Perspectives Public Speaking Competition is open to all NSW government primary schools. The competition has 2 different age divisions; one for Stage 2 students (years 3 and 4) and one for Stage 3 students (years 5 and 6).

At each stage of the competition contestants present both a prepared speech and an impromptu speech. For the prepared speech contestants must choose a topic from a specific list and it must have a multicultural content. The impromptu speech will be chosen by the adjudicator on the day, and will be on a general, non-multicultural theme. Contestants will have 5 minutes to write their impromptu speeches. The Stage 2 impromptu speech is expected to go for approx. 1min 30sec. The Stage 3 impromptu speech is expected to go for 2min 30sec.

The local final for the competition will be held on Wednesday 17th June 2015 at Frank Partridge Public School in Nambucca. Stage 2 from 10am-12pm and Stage 3 from 12.30pm - 3pm. Parents will need to transport their child to and from the event and provide supervision.

The winners of the local finals will proceed to one of the 8 regional finals which will be held in August. Regional winners proceed to the state final. The Stage 2 state final will be held in Sydney on October 30. Stage 3 final will be held in Sydney on November 13.

Ms Hayes and Mrs O’Donnell will be holding a school based competition on Thursday 4th June at 11.30 in the hall. We are only able to take 2 students from each stage to the local final. We will conduct our own competition here first. All parents are invited to attend. Stage 2 and 3 students will be present for our school based competition. Students will need to see Ms Hayes for topic choices and they will also be involved in an impromptu speech on the day of our school competition.

What’s for Recess?

Children need healthy snacks throughout the day to meet their growth and energy needs.

Every day snack foods include:
- Cheese and crackers
- Plain popcorn
- Fresh or canned fruit (in natural juice)
- Plain or fruit yoghurt
- Vegetable sticks and dip/s
- Fruit
- Wholemeal biscuits with spreads
- Corn cob
- Rice cakes with spreads

For more information and ideas go to www.healthykids.nsw.gov.au

Kids Love to Cook!

Preparing healthy food with your children is a great way to teach them good nutrition PLUS they will enjoy eating what they helped to prepare!

A simple recipe to prepare with kids:

Mini Vegetable Pizza

Halve an English muffin
Spread on tomato paste and oregano
Throw on vegetables like sliced capsicum, sliced mushrooms, grated sweet potato etc.
Sprinkle with low fat grated cheese and grill

For more recipe ideas go to: www.healthykids.nsw.gov.au