



# Coorabell Public School

## Community Newsletter

Always Do Your Best

Term 1 Week 11 - 9th April, 2024



**INFORMATION**  
We are a nut aware school



**VALUE OF THE WEEK**  
**EXCELLENCE**  
Always Do Your Best



**P.B.L.**  
To Be Considerate,  
To Be Positive, To Be Safe,  
To Be A Learner

### PRINCIPAL'S MESSAGE

That's a wrap for term 1! Thank you to all our students and parents for supporting our school. I hope you all have a wonderful break from school routines and enjoy the holiday period together. Thanks also goes out to all the wonderful staff here who make coming to work each day a dream. It really is such a pleasure to be here every day working with your children and the staff at Coorabell. Thank you and happy holidays.

Thanks to all the parents who attended the Safe On Social online presentation with Kirra

Pendergast last Thursday evening. I really enjoyed and appreciated Kirra's approach to managing online safety with children. She promotes developing an open relationship with your children so you can equip them with how to remain safe online. We will email all parents the link to the presentation for you to watch at your leisure. Student sessions for Years 3, 4, 5 & 6 are on the 31st May.

Maddy, Willow, Stella, Ollie and Miles are playing the next round of the PSSA Tennis team knockout (continued over page)



Hooray for holidays!



Coorabell P.S. is a proud member of Lighthouse Valley Learning Community

Mango Lane, Coorabell NSW 2479 t: **02 6684 7281** f: 02 6684 7161

w: [www.coorabell-p.schools.nsw.edu.au](http://www.coorabell-p.schools.nsw.edu.au) e: [coorabell-p.school@det.nsw.edu.au](mailto:coorabell-p.school@det.nsw.edu.au)

Relieving Principal: Mrs Lisa van Kempen



(continued from page 1)

competition tomorrow against Mullumbimby.  
Good luck team!

The Valley of Small Schools (VoSS) Cross Country Carnival is on this Thursday at The Pocket Public School. Considering how much rain we have had I think we will assume that the track will be quite muddy. Please pack a change of clothes for your children, as they may come in handy. Come along and join us for the day! We look forward to seeing you there. Please see canteen menu attached.

This week we will get information out to families regarding overnight excursions for our Year 4/5 students and our Year 6 students. These overnight excursions will take place in Term 4 and we wanted to give our families a heads up. Please always remember there is financial assistance if needed.

ANZAC day is on Thursday 25th April (during school hols) and our school will be marching in the parade in Bangalow. If you would like your children to represent our school and march, I will meet you opposite Foodworks at 10:30 for 10:45 start. Look out for our flag.

Big thank you to Alice (Vinnie and Velvet's mum) and Anna (Poppy's mum) for the delicious lunch and treat last Friday.

Lisa van Kempen



## REMINDERS



VoSS Cross Country Carinval permission note & money (\$10) now due.

Class 2/3 & Class 4/5 permission note and money (\$25) now due for VoSS Cultural excursion.  
**POSTPONED** - Date to be advised

Student Resources payment of \$95 per child now due.

Voluntary Contribution of \$50 per child or \$90 per family.

## UPCOMING EVENTS!

### TERM 1 2024

Apr	11	VoSS Cross Country The Pocket Public School
	12	Netball Program LAST day of Term 1

### TERM 2 2024

Apr	30	FIRST day of Term 2
May	31	Yrs 3-6 Safe on Social Program
Jun	26	K-2 Bravehearts Incursion
Jul	5	LAST day of Term 2

### TERM 3 2024

Jul	23	FIRST day of Term 3
Aug	2	8 Week Gymnastics Program
	7	Whole school photo day
Sep	11-12	K-6 - Life Education Van
	15-20	North Coast Creative Arts Camp Tyalgum (selected students)
	27	LAST day of Term 3

### TERM 4 2024

Oct	14	FIRST day of Term 4
	15	K-6 Robotics Workshop
	16-18	Year 6 Overnight Camp Camp Goodenough
Nov	25-29	Surf School - Yr 3 to 6
Dec	4-6	Year 4/5 Overnight Camp Lake Ainsworth Sport & Rec
	13	Whole School Big Day Out
	18	LAST day of Term 4

## BUS INFORMATION

Bangalow Transit Pty Ltd

Pat - 0400 585 331



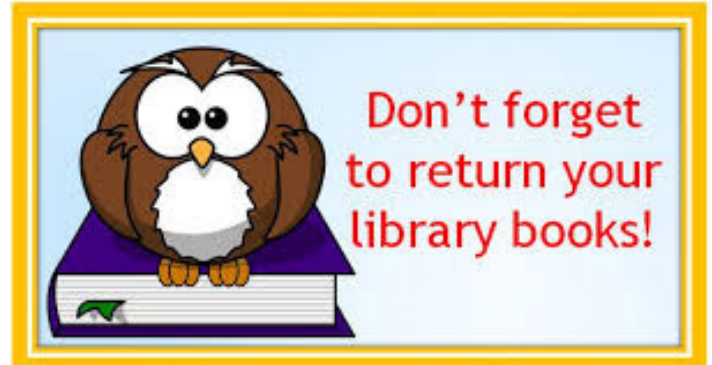


**COMMUNITY NEWS**



We have a Coorabell family who have just been given advice they have to move out of their rental due to it's impending sale. Please reach out to Steph on 0455788953 if you can help this gorgeous family. Thanks for your consideration :)

**DEAR PARENTS**



Can you please check bookshelves, cupboards and under the bed for any library books that need to be returned. Overdue notices will come home with your child, please return all books this week.

Many thanks Lisa van Kempen



Northern Rivers  
Community  
Gateway

**Rainbow Region Kids**

**NEW OUTSIDE SCHOOL HOURS  
Childcare AT YOUR SCHOOL**

Rainbow Region Kids now provides fun, safe and engaging outside school hours childcare for children at your school. We offer before school care, after school care

and Vacation Club during school holidays across the region. We are affordable, inclusive, externally accredited, childcare subsidy approved and not-for-profit.

**LOCATIONS, TIMES and FEES AT [nrcg.org.au/rrk](http://nrcg.org.au/rrk)**

**REGISTER YOUR KIDS NOW**

**email [rrkassist@nrcg.org.au](mailto:rrkassist@nrcg.org.au)  
CALL 0429 640 075**



## ▶ HEALTH ADVICE

### Northern NSW Local Health District



### Media Release

8 March 2024

#### **North Coast community urged to protect themselves from mosquitoes**

The North Coast community and visitors to the region are being urged to take precautions to prevent mosquito bites after recent detections of mosquito borne viruses during surveillance.

North Coast Public Health Unit Associate Director Robin Auld said the detections, combined with an expected seasonal increase in mosquito numbers, have increased the community's risk of contracting mosquito-borne diseases.

"Mosquitoes in the NSW North Coast can carry viruses which can lead to debilitating illness in humans, such as Ross River and Barmah Forest," Mr Auld said.

"Mosquitoes thrive in wet, warm conditions like much of the North Coast is currently experiencing.

"The trapping program has detected Ross River virus in Ballina and Byron Bay local government areas. The best way to avoid these mosquito-borne diseases is to avoid getting bitten by mosquitoes.

"While we are not seeing large numbers of notifications for illnesses just yet, we expect this to rise over the coming weeks as the mosquito numbers increase over the annual peak season."

Ross River and Barmah Forest viruses may cause unpleasant symptoms ranging from tiredness, rash, headache, and sore and swollen joints that can last several weeks.

More serious disease can be found in NSW, particularly west of the ranges, such as Murray Valley Encephalitis, Kunjin and Japanese Encephalitis, so wherever you are, its wise to protect yourself from mosquitoes.

People are encouraged to take actions to prevent mosquito bites:

- Apply repellent to exposed skin. Use repellents that contain DEET, picaridin, or oil of lemon eucalyptus. Check the label for reapplication times.
- Re-apply repellent regularly, particularly after swimming. Be sure to apply sunscreen first and then apply repellent.
- Wear light, loose-fitting long-sleeve shirts, long pants and covered footwear and socks.
- Avoid going outdoors during peak mosquito times, especially at dawn and dusk.
- Use insecticide sprays, vapour dispensing units, and mosquito coils to repel mosquitoes (mosquito coils should only be used outdoors in well-ventilated areas).
- Cover windows and doors with insect screens and checking there are no gaps.
- Remove items that may collect water such as old tyres and empty pots from around your home to reduce the places where mosquitoes can breed.
- Use repellents that are safe for children. Most skin repellents are safe for use on children aged three months and older. Always check the label for instructions and safety precautions.
- Protect infants aged less than three months by using an infant carrier draped with mosquito netting, secured along the edges.

While camping, use a tent that has fly screens to prevent mosquitoes entering or sleep under a mosquito net. For more information, visit the [NSW Health website](https://www.health.nsw.gov.au).

Northern NSW Local Health District Media, Crawford House, Lismore NSW 2480

02 6620 2141 | 0413 028 683 | [nswlhd-media@health.nsw.gov.au](mailto:nswlhd-media@health.nsw.gov.au) | [nswlhd.health.nsw.gov.au](https://www.nswlhd.health.nsw.gov.au)



## ➤ HEALTH ADVICE

### Whooping Cough (Pertussis) Alert

There has been a recent confirmed case of whooping cough (pertussis) in a member of the Coorabell Public School community.

Whooping cough caught at school can spread to any other members at home. Coughing spreads the infection to others nearby. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection may also occur in fully-vaccinated children.

What should people sick with pertussis do?

Pertussis is readily spread from an infected person to others by coughing and sneezing. If left untreated, it can be spread for up to three (3) weeks after the start of the infected person's cough.

Do not attend work, school or a childcare facility if you or any household members:

- Have a cough as described above. Please see your doctor.
- Are being tested for whooping cough by your doctor and waiting for test results.
- Are being treated with antibiotics for whooping cough for at least five (5) days after starting the medicine

Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

For further advice, please call the Public Health Unit 1300 066 055 or NSW Health website

<http://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/pertussis.pdf>

## ➤ COMMUNITY NEWS



On behalf of the **FSAAI** you are invited to attend the AGM at **Federal Halls on Saturday 13<sup>th</sup> April 10a.m.**

For those wanting to update their membership, please find attached a FSAAI Membership form that can be completed and emailed to [info@federalhalls.com.au](mailto:info@federalhalls.com.au) Membership is \$10 with account details found on the form. Forms are also available at the Federal Shop and can be placed in an envelope with \$10 for collection at the shop

We are also wanting to create a list of people who are happy to volunteer to help out as required for events, maintenance etc but not wishing to attend meetings on a regular basis. If you think that is something you would be interested in then we would love to hear from you via our email. Please send us your name and any specific skills you may have that can help us to keep our beautiful facility well maintained and available to the community

Thanking you from us all at the FSAAI Committee

Joanna Kahler  
Secretary FSAAI

OPT OUT- If you are not interested in receiving any emails from us please reply and ask to opt out

Federal Halls, 3 Federal Drive, Federal, NSW, 2480  
ABN: 75 857 638 023  
[info@federalhalls.com.au](mailto:info@federalhalls.com.au)  
[www.federalhalls.com.au](http://www.federalhalls.com.au)  
[www.facebook.com/FederalHalls](https://www.facebook.com/FederalHalls)

*Anzac Day*

Australian Government  
Department of Veterans' Affairs

Anzac Portal  
[anzacportal.dva.gov.au](http://anzacportal.dva.gov.au)

*Lest we forget*



# P&C Newsletter

## Coorabell Public School

### Online & Cyber Safety Education

Thank you to those who attended the webinar for parents hosted by Safe On Social Founder - Kirra Pendergast. **A summary/cheat sheet will be provided to all families.**

We're very grateful that the school has invested in this program to educate families so we're better equipped to have meaningful and productive conversations with our kids, whether that's now or in the future.



Being online is a reality of the world we live in. There are many 'watch outs', but it's not all doom and gloom online – there's potential for creativity, learning, and even careers. Safe on Social is designed to help families navigate the realities of today's online world.



**Safe On Social for the STUDENTS takes place at school on 31 May.**

<https://www.safeonsocial.com/schools>

### Next P&C Meeting

**7 May 2024**

**5:00pm @ The Bangalow Bowlo**

### CONTACT US

President: Melissa Vice President: Amanda  
volunteeratcoorabell@gmail.com

Canteen Coordinator: Susan  
[coorabellcanteen@gmail.com](mailto:coorabellcanteen@gmail.com)



# Coorabell P&C Canteen

## Menu for Friday 12 April



Join us for our last canteen of term 1, we will be serving either beef or bean tacos and a treat!

**THANK YOU, Susan & helpers!**

To Order: Copy & paste the below info into an email **BEFORE 9:00 AM THURSDAY.**

**ORDER BY 9:00 AM THURSDAY. LATE ORDERS WILL NOT BE ACCEPTED.**

To Pay: Transfer \$6 to BSB 728 728 Acc 2231 9668 (child's name as reference).

EXAMPLE ORDER (copy and paste into an email to [coorabellcanteen@gmail.com](mailto:coorabellcanteen@gmail.com))

Your name:

Child's name:

School year:

Menu choice:

**Cooks & Helpers needed.**

**We are on the hunt for TERM 2 VOLUNTEERS!**

Email us at [CoorabellCanteen@gmail.com](mailto:CoorabellCanteen@gmail.com) we would love to hear from you.

### TERM 1 CANTEEN

1	<b>FEBRUARY 09</b> <i>Swimming Carnival - No Canteen</i>		6	<b>MARCH 15</b> Susan & Amelia	Grilled chicken or haloumi with mash & salad.
2	<b>FEBRUARY 16</b> Susan & Renata	Meat or veg sausage sizzle.	7	<b>MARCH 22</b> Michiko & Sota	Oishii 美味しい homemade Japanese food.
3	<b>FEBRUARY 23</b> Taryn & Alice	Spaghetti bolognaise (beef or veggie) & garlic bread.	8	<b>MARCH 29</b> <i>Public Holiday - No Canteen</i>	
4	<b>MARCH 01</b> Susan & Renata	Ay me gusta! Nachos con queso y salsa.	9	<b>APRIL 05</b> Alice & Anna	Beef or bean nachos.
5	<b>MARCH 08</b> Kerry & Myo	Sausage or spinach rolls.	10	<b>APRIL 12</b> Susan & helpers	Something fancy & tasty to close out term one.



# VOSS CROSS COUNTRY CARNIVAL

## MENU 2024



### HOT FOOD

- Taco with slaw (beef or bean) \$3
- Chicken Curry and rice \$5
- Hot Dog with cheese \$4
- Sausage sangas \$2



### SNACKS

- Cakes + Bikkies \$2
- Quelch Icy poles \$1



### DRINKS



- Slushies!! (Lime or berry) \$2
- Juice \$2
- Choc/Strawb milk \$2.50
- Tea/Coffee \$1.50

Courtesy of The Pocket Public School P&C.