Newsletter

Fax: 02 67562260 Courage & Consideration Ph: 02 67562204

Friday 23rd November 2012

STUDENT OF THE WEEK

Akeria Walford

Akeira has shown enormous improvement in her class work. She has been writing some terrific pieces of written work. Akeira is always a pleasant and friendly student to others. Well done Akeira!

Principal's Report

Mr Robert Malcolm

I will be very brief today and just mention a few things:

- Thanks to all those who attended the meeting with Public Works. The planning for our school building upgrade is coming along. There will be some exciting possibilities with new spaces, playing surfaces and covered areas.
- Bus news is all good with most of our money in place. The current school raffle is a ripper, so please get a ticket from around town or at the school.
- During the hot weather we are noticing that students are tired and as a result a little stressed. Could you be" tough love" parents by sending the kids off to bed around 9 O'Clock so they gets lots of sleep. Teenagers who are growing so rapidly will need a solid 8 to 9 hours of sleep. This also increases our chances of getting them in to school on time.
- The swimming program has been really well received, the students have improved so much in such a short time. Well done students!

That's all for now,

Stay Well.

Rob

Whole School

Can you please help with our bus fund, buy a ticket in our raffle

Our School Christmas Raffle

We have three prizes

1st: Garden Trailer of goodies
2nd: A Basket of goodies
3rd: A Tub of Christmas delight

All proceeds towards the Bus Fund
Tickets: $2.00 each.
The raffle will be draw on Monday 17th December at Presentation Night
A book of five tickets can be obtained at the front office by parents, if you feel you would like to sell some.

Our Weekly Calender

Monday: 26th	Block Week	
	CRL Camp at Dubbo	
Tuesday: 27th	Block Week	
	CRL Camp at Dubbo	
Wednesday:28th	Block Week	
	CRL Camp at Dubbo	
	First Aid training	
Thursday: 29th:	Block Week	
	CRL Camp at Dubbo	
Friday: 30th:	Block Week	
	CRL Camp at Dubbo	

The Importance of sleep

Getting into a sleeping routine

Having a regular sleeping routine has massive benefits to your physical and emotional health.

Why a sleeping routine is useful…

Everyone has been told over the course of our lives that a good night's sleep is important. Research shows that adolescents and young adults need at least 7 – 9 hours of sleep a night, and getting into a good sleeping routine is the best way to make sure we get the hours we need on a regular basis.

People with a good sleeping routine and who get enough sleep have:

- Higher concentration levels
- Increased energy
- A better memory

How to get into a sleeping routine…

- Setting a routine
- Set yourself a time each night to go to bed
- Set yourself a time to get up each morning
- Avoid sleeping during the day

Putting yourself to sleep…

Things you can do to help yourself sleep:

- Take 10 minutes before bed to process the day's thoughts and let go of them
- Sleep in a well-ventilated room that's not too hot or cold
- Avoid too much exercise right before bed
- Drink warm milk before bed to calm your body
- Avoid eating heavy meals late in the evening
- Avoid playing video games or access to your mobile phone late at night

Secondary Report

Mr Scott Shephard

Year 10 Work Experience

This week has involved our Year 10 students being involved in Work Experience at various local businesses and services. Work experience provides students with opportunities to develop knowledge, understanding and skills regarding the world of work including awareness of work readiness and employer expectations

Collarenebri Central School would like to show their appreciation to Biddles for taking on Travis Brazier and the Collarenebri Hospital and Health Service for supervising Peyton Ramien and Peter Adams. Brendan Sweeney has also done an excellent job being a teacher's aide in the K/1 class and assisting as a swimming instructor for the primary intensive swimming program.

Peter Adams

Peyton Ramien

Travis Brazier

I believe the boys were camera shy in their work place Peyton was in a meeting.

Well done all Year 10 students for completing your work experience and representing the school in such a positive manner. From all accounts you got stuck in and have represented the school very well.

Netball NSW Visit – Tuesday 20th November

On Tuesday Collarenebri Central students were showcased a brief Netball NSW clinic in which they further developed netball and associated skills. Although the heat was difficult to overcome, the students did a great job in having a go. The school would also like to thank Netball NSW for the visit.

Year 9/10 Block Week – Week 8

Next week will involve our Year 9/10 students participating in their final block week of study for their TVET courses. Female students will be participating in a practical workshop for Hairdressing in Coonabarabran and our male students will be involved in Outdoor Recreation activities around the Collarenebri region.

Enjoy the week everyone and we look forward to hearing about everything the week had to offer.

Year 9/10 Elective Choices 2013

During Week 8 and Week 9 students in Year 8 and Year 9 will be involved in making elective choices for their 2013 studies. This will allow students to choose subject areas that they are interested in.

Students going into Year 9 next year will be able to choose **TWO** electives from the list below. Those students going into Year 10 are able to change **ONE** elective from the list below, however must remain in **ONE** of the elective they are undertaking in 2012. They are also more than welcome to remain in both their 2012 electives.

Please discuss with your student the electives below. A brief description is provided on each elective. Feel free to contact the school on 6756 2204 to discuss any of the elective below further.

Agricultural/Marine Aquaculture Technology → direct contact with plants and animals and a variety of outside activities. They study water safety, general first aid and the maintenance of equipment.
Dance → opportunities to experience and enjoy Dance as an art form. Students will perform, compose and appreciate Dance.
Drama → learn how to make, perform and appreciate dramatic and theatrical works. Create and act out dramas.
Industrial Technology → study the range of tools, machines and processes available, learn safe practices and produce quality practical projects.
Music → students learn to perform music in a range of musical concepts and compose music that represents the topics that are covered in the course.
Physical Activity and Sport Studies → aims to enhance students' capacity to participate effectively in physical activity and sport, leading to improved quality of life.
Photographic and Digital Media → students learn about the pleasure and enjoyment of making different kinds of photographic and digital media. They also explore how their own lives and experiences can influence their making.
Visual Arts → students learn to make artworks using a range of materials and techniques. They learn about how art is shaped by different beliefs, values and meanings.

HSC Assessment Schedule

The table below indicates the upcoming assessment tasks due for Year 12 students:

Subject	Assessment Task	Students involved	Week Due
Ancient History	Source-Based Questions	Michael	8
Standard English	Oral/Visual Response	Dolly, Dustin, Lochlan, Michael	9
PDHPE	Video Analysis	Dustin, Lochlan	9
Visual Arts	Essay	Dolly, Lochlan, Michael	9

Primary Report

Year 2/3/4

In class we have been reading the book Lester and Clyde. The students have been very busy and engaged in writing book reviews based on Lester and Clyde. Please see below some excellent student examples.

Description

Clyde is a frog with a giant, wide mouth and a nose like a pig. He has a spotty hide and a big white tummy. He hase duck feet and huge bulgy eyes. Clyde's head is huge and round. He has a tiny belly buttone. His legs are long and dandy and he has skinny arms like a stick.

Clyde is sometimes an angry frog but most of the time he is a responsible frog. He likse to relax alot on a soft lily pad. Clyde is gentle and a old, wise frog.

Clyde dislikes being pranked and being disturbed by Lesters tricks. He likes wonderful flowers and a clean pond. Clyde dosen't like being angry.

by Akeira

Description

Clyde is a frog who's got duckfeet and long dangly legs with three toes. He's got a big, fat tummy and a spotty hide. Clyde has a round head, a nose like a pig and a giant wide mouth that goes from ear to ear.

Clyde likes to relax on a soft lily pad and sleep all day.

Sometimes he get frustrated, angry and cranky with Lester.

Inparticular, when Lester play tricks on him.

He likes to watch butterflies fluttering and other animals too.

Clyde is a friendly and gentle frog.

Jase.

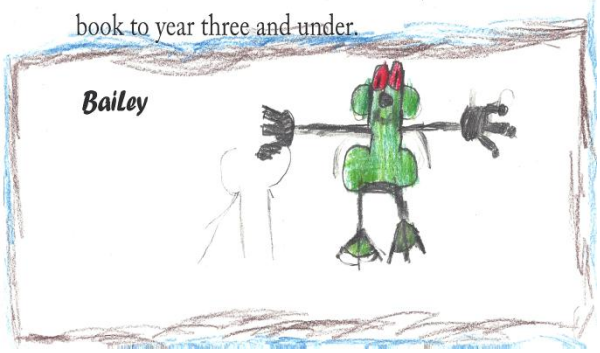
BOOK REVIEW

Lester and Clyde is a picture book about two frogs. The author is James H. Reece.

At the start Lester kept doing tricks on Clyde. Then one day Clyde kicks Lester out of the pond. They started arguing and Lester goes and tries to find a new pond of his own.

My favourite part was when Lester always plays tricks on Clyde. I would recommend this book to year three and under.

Bailey



Book Review

Lester and Clyde is a story book about to frogs and the illustrator is James H. Reece.

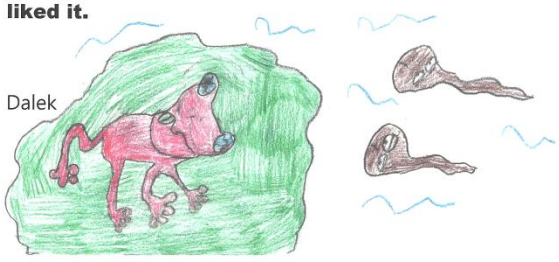
Clyde is always grumpy and Lester is a sneaky frog who can take tricks toofar. One day Lester scared Clyde and Clyde got so mad he kicked Lester out of their pond.

Lester goes to all the ponds he could see but all of the ponds were dirty and polluted and disgusting. He thought about it then he made the right decision.

He went back to Clyde and apologised and told him he would never play tricks again. So Clyde let him stay.

I recommend the book to k/1 and 2/3/4 because the book is a good story and I really liked it.

Dalek



K/1 News

This week K-1 have started the "You can do it program. We are focusing on the "getting along" module to improve friendships in our class. Look at this lovely work by Brandon Clarke, Dakotah Cochrane and Laquinta Price showing things that good friends do.

Laquinta

Student Worksheet

My Friends Are the Best

Directions:

Write the name of one of your best friends in the space below. List two qualities that make this person a great friend. Draw a picture of this friend that shows one of these good qualities. Finally, show your friend this worksheet before handing it in.

The name of one of my best friends is:

Tori

The two things that make this person a great friend are:

1. She plays with me at school.
2. She sits with me at lunchtime.

This is a picture of my good friend.

by Laquinta

74 Getting Along

Student Worksheet

My Friends Are the Best

Directions:

Write the name of one of your best friends in the space below. List two qualities that make this person a great friend. Draw a picture of this friend that shows one of these good qualities. Finally, show your friend this worksheet before handing it in.

The name of one of my best friends is:

Flynn

The two things that make this person a great friend are:

1. He plays cars with me.
2. He helps me with my school work.

This is a picture of my good friend.

By Brandon

74 Getting Along

Student Worksheet

My Friends Are the Best

Directions:

Write the name of one of your best friends in the space below. List two qualities that make this person a great friend. Draw a picture of this friend that shows one of these good qualities. Finally, show your friend this worksheet before handing it in.

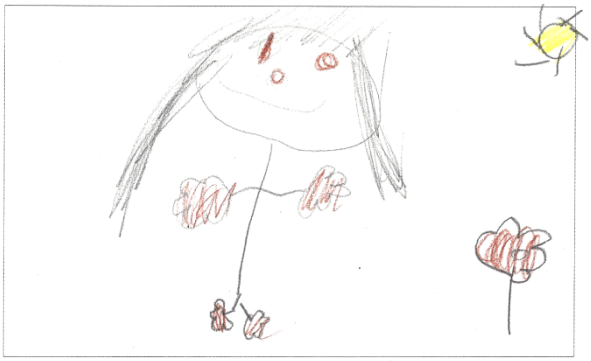
The name of one of my best friends is:

Ciera

The two things that make this person a great friend are:

1. Shares toys
2. looks after me.

This is a picture of my good friend.



74 Getting Along

by Dakotah

Community Notice

Community Working Party Meetings

When: Every 3rd Wednesday of each month

Where: The Red Shed – Community Hall

Who: Enquiries – Norman Hall

Phone – (02) 67562150

Cochrane's Service Station
RK & CA Cochrane Collarenebri
Fuel, Food and Friendly Service
New Tyres, Tyre Repairs
Hours: 6am to 7pm • 7 DAYS A WEEK
Ph: 6756 2308
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