



CPS COMMUNITY CONNECTIONS

Cooma Public School's Newsletter

Friday 12 March, 2021

Term 1 Wk 7

Principal's Message

I can hardly believe that we are over half way through the term already! It has been a busy term building relationships, forming routines and engaging in quality learning in all classrooms. We have also participated in lots of sporting opportunities including the swimming carnival and the cross country event. The Athletics Carnivals are up next with permission notes to come home shortly.

Student safety is a priority at Cooma PS and it is for this reason that extreme care is taken when organising excursions and events. Risk assessments are conducted and a great deal of thought and time is spent coordinating the day including general organisation, creating rolls and ensuring adequate staff to student ratios which can be higher when outside school grounds. It is for this reason that we have enforced a strict deadline on all permission notes for events to allow adequate time for staff to coordinate. We appreciate your understanding and support to ensure the safety of our students remains a priority.

With COVID-19 restrictions lifting as the term has progressed, it has been wonderful to be able to include parents in our events and invite you all back into the school again. We are now able to welcome back volunteers and classroom helpers. Please let your child's classroom teacher know if you would like to help in any way. We value the support of parents as partners in student learning. I would like to take this opportunity to remind all visitors of the importance of adhering to social distancing

guidelines whilst on school grounds and signing in using both QR codes when you arrive.

Rebekah Lindsay
Principal



What's On

Every Thursday	Swimming program
Mon 15 March	Crazy Hair Day
	5:30pm - P&C AGM
Wed 17 March	Harmony Day - wear orange
Friday 19 March	Harry Nicholas/Fortitude League
	Tag Day
	3/4T Assembly - 12pm
Wed 24 March	District X Country carnival
Wed 31 March	3/4SB Assembly - 12pm
Thursday 1 April	Easter Hat Parade
	Last Day of Term 1
Tuesday 20 April	First Day of Term 2
Wed 21 April	CPS 3-6 Athletics Carnival
TBA	CPS K-2 Athletics Carnival



Telephone 02 6452 1933
Email: cooma-p.school@det.nsw.edu.au
Website: <https://cooma-p.schools.nsw.gov.au/>
Principal: Mrs Rebekah Lindsay

Crazy Hair Day



At CPS, we are very proud of Miss Cooper who is on a mission to shave the world from blood cancer!

Next **Monday 15 March 2021**, we are inviting all students to bring a **gold coin donation** and participate in a Crazy Hair Day in support of one of our very brave teachers, Miss Grayce Cooper, who will be shaving her head to raise awareness and funds for blood cancer. The shave will take place during lunch time so all students can show their support and cheer her on.

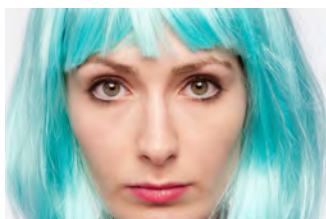
Every day another 47 Australians are diagnosed with a blood cancer, that's one Aussie every 31 minutes.

If you would like to sponsor Miss Cooper, simply click the link:

<http://my.leukaemiafoundation.org.au/graycecooper>

Your donation will make sure families facing blood cancer have a place to call home during treatment, someone to turn to, and access to the best possible care and treatment. You will also help drive funding for Australia's best and brightest blood cancer researchers in their quest to deliver rapid advancements in diagnosis, treatment and ultimately a cure.

So get creative with those hair styles and don't forget to bring your gold coin donation!



Harmony Week

15th -21st March 2021

Harmony Week is an important week celebrating inclusiveness, respect and a sense of belonging for everyone.

Students will be encouraged to **wear orange on Wednesday the 17th March** in support of Harmony Week. They will have the opportunity to engage in a variety of activities during the day and reflect on the importance of respecting each other and their differences, sharing the message that 'everyone belongs'.

Whilst the message of respect and belonging can be lived by each of us every day, not just during Harmony Week, we look forward to celebrating the wonderful diversity that the Cooma Public School community has to offer next Wednesday.



P&C meeting - AGM

The Cooma Public P&C is having its AGM on Monday 15th March, commencing at 530pm in the library. Entry is via the main school gate. All executive positions for the coming year need to be appointed at the AGM. Following the AGM there will be a normal P&C meeting. All parents and carers are welcome to attend and we'd love to see some new faces this year.

Book Club

Reminder: Book Club is due back at school no later than 16 March 2021

Congratulations

Week 6

REAL award recipients

KC1	Noah Evans Connor Clifford Miles Porter
KG1	Malakai Mason Elliana Lichtenberg Thomas Frost Lilli Gordon
1/2D	Rebecca Jamieson Nullah Gorringer Valeria Martinez Henry Williams
1/2R	Yenula Pituwala Liyanage Braxton Bolton Parker Cord Janice Bond
1/2SW	Kiahna Stewart Charlie Young Frankie Roberts Bilal Kalid
3/4SB	Isobel Clarke Logan Atkinson Christopher Clarke Archer Green Ashleigh Newby

3/4T Shylah Bryan
Hayden Gordon
Arthur Cay
Cooper Johnson-Smith
Saket Pant

5/6B Jeffrey Leatheam-Threadgate
Diezel Miners
Aaliyah McInnes
Leah Griffis
Alannah Devoy
Nataleigha Moore
Alester Reichenback
Dulana Pituwala Liyanage

5/6K Ethan Adams
Dakota Trickey
Cherie Pant
Hunter Hart
Chap Johnson

5/6P **Week 4**
Will Kauflin
Addison Clarke
Stephanie Wren
Regan Giuliani
Samuel Rowe
Week 6
Cooper Crabbe
Addison Clarke

K/6C Harris Williams
K/6D Alex Walker
K/6N Amarn Brown



Working With Children Check

All parent helpers and volunteers who help at school or at a school activity/event must provide a copy of their current Working with Children Check prior to helping. This can be obtained at no cost online at <https://www.kidsguardian.nsw.gov.au>



Netball Gala Day



Students from Cooma Public School, along with students from other schools around our region, participated in Cooma Netball Associations School Gala Day. All teams rose to the occasion and played with enthusiasm and a sportmans-like attitude. Despite a cold nip in the air to start with, by the end of our five games we were certainly warmed up.



Practice sessions leading up to the event proved so successful that a lunchtime netball club has been proposed for term 2.

Attending teachers, Mrs Clarke and Mrs Thornton, were extremely grateful to all our parent helpers on the day.



Cross Country Carnival



Cooma Public School held its Cross Country Carnival this week. A big congratulations to all students who participated on the day. It was a day filled with fun and great sportmanship.

Best wishes to students who made it through to the Regional Cross Country. Those students will be announced formally via Enews next week.



56B Maths Rotations

Part 1 – Why are games included?



Not only can you work on strategy, problem solving and decision making, but you can work on addition, multiplication, comparing numbers and probability all simply playing Yahtzee by the rules provided in the game.



Games have a long history as valuable and fun learning tools.



One of the main benefits of playing math games is in the amount of retention it creates.



The Battleship game requires students of all ages to practice thinking and problem- solving skills that are critical to understanding mathematics. While playing the game, children become familiar with the following:
Grids, Columns, Rows, Points, Graphs, Ordered pairs.



The physical connection made while playing a game to what the brain needs to know to make the number decision is instant and long lasting.



while the laughter and discussions they have well after game time ends also create a lingering learning effect that lends to all student levels feeling equal and challenged to complete the tasks.

ACKNOWLEDGING MISTAKES, NURTURING RELATIONSHIPS

➡ RUPTURE + REPAIR

Our relationships with our children can be a wild ride and as parents, we make mistakes, especially when we are stressed and tired. When a parent or carer and child experience disappointment, anger or frustration, we experience what Dr. Daniel Siegel refers to as a RUPTURE. Ruptures are a normal and expected part of human relationships. Ruptures that are left unmanaged however, can be distressing for children and impact their sense of self worth and ability to manage their own peer relationships. Luckily all is not lost. Ruptures can be REPAIRED and like Anna in Frozen, we can take these opportunities to do the next right thing.

Steps to REPAIRING a RUPTURE

- 1. ACKNOWLEDGE** that a rupture has occurred. Talk about what happened and develop a shared understanding. Own your behaviour.
- 2. TUNE IN** to the feelings of your child as well as to your own feelings without undermining the rupture or fishing for excuses.
- 3. OFFER A GENUINE APOLOGY.** Never underestimate the power of an apology in repairing a rupture with your child, as well as its value as a teaching moment for imperfection.
- 4. COMMIT TO TRYING AGAIN.** Talk about what you both need and how you might avoid this kind of rupture in the future.
- 5. HUG IT OUT.** When you're both ready, reconnect.
- 6. BE KIND TO YOURSELF**, no-one is perfect and we all make mistakes. Focus not on the mistake or reaction, but on what happens next.

➡ GENERAL RESOURCES

Book:

Brene Brown, Gifts of Imperfect Parenting
Raising Children with Courage,
Compassion, and Connection.

Podcast:

Parental As Anything with Maggie Dent, ABC.



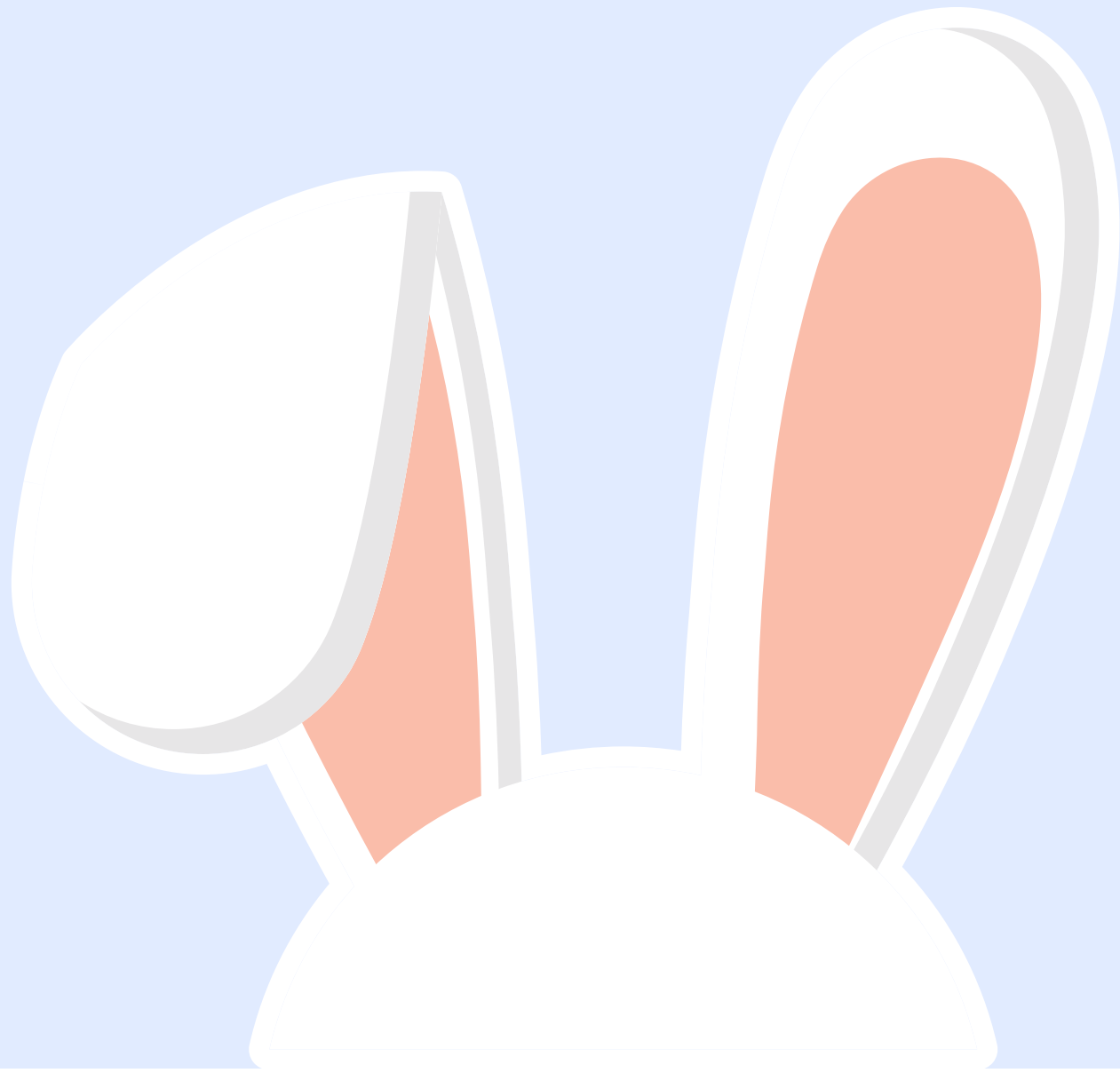
BEING AN IMPERFECT PARENT



Tash Bryceson

School Counselling Service, Cooma PS

Are you a perfect parent? Have you met one in the wild, at school pickup or online? Chances are, you haven't. Perfect parenting is a myth. It is an unreachable ideal sold to us on social media and in parenting blogs and can lead to chronic stress, feelings of guilt, shame and even depression. Along with the notion of perfect parenting, is the even more toxic idea that our relationships with our children must also be perfect. Being an imperfect parent however doesn't mean throwing away your values, lowering your standards or announcing your retirement at the family dinner table. Embracing imperfection opens up opportunities for us to model realistic expectations to our children about relationships and the importance of acknowledging mistakes. Through the process of **rupture and repair**, we can teach our children the value of imperfection by holding ourselves accountable, being kind to ourselves and building a resilient relationship in the process.



Easter Hat Parade

Join us in celebrating our
Easter Hat Parade on
Thursday 1st April at 12pm.

Location: Middle grass area
QR Codes will be available to sign in



COOMA CHAMPS TENNIS



School Holiday Tennis Camp

ROYAL TENNIS CLUB COST:\$120

BBQ LUNCH

CAMP 1 : *Thurs 8 - Fri 9 April, 2021. 9AM-3PM*

CAMP 2 : *Wed 14 - Thurs 15 April, 2021. 9AM-3PM*

ACTIVE KIDS VOUCHER AVAILABLE

Please contact Tom Perea : 0404838049

Qualified Tennis Australia Coach, ATPCA Accredited, Active Kids and Sporting Schools certified.

What's on

Snowy Monaro Events

Friday 5 - Sunday 7
March

Please assist event coordinators by adhering to their COVID-safe event plans in place as per the NSW Public Health Order

Continuing

March Art Exhibiton - Jindabyne Art Gallery, Nuggets Crossing [@jindabyneartgallery](#)
To 12 March - Inspired by Nature, Artist in the Spotlight: Katie Monticone - Monaro Art Gallery, Cooma

Tuesday 9 - Friday 19 March - National Gallery of Australia Elaine and Jim Wolfensohn Gift Exhibition - Mobile Library. 6455 1730

Tuesday 23 - 1 Apr - National Gallery of Australia Elaine and Jim Wolfensohn Gift Exhibition - Bombala Library. 6458 3196

To 30 April 2021 - Snowy Trout Challenge - Catch a tagged fish to win. [@snowytroutchallenge](#)
Details online www.linktr.ee/snowytroutchallenge. E: info@snowytroutchallenge

Weekly

Tuesday's Drum Circle - Cooma Multicultural Centre, 5.45pm - 7.00pm. Yvi 0458 523 457

Tuesday Trivia at the Banjo - Banjo Paterson Inn, from 7.00pm. Bookings required 6456 2372

Every Tuesday & Thursday - Top to Toe Knitted Sock Workshop - Made in the Monaro Cooma, 10.00am - 12.00pm. \$25pp. madeitmonaro@gmail.com

Thursday Trivia with Ange - Alpine Hotel Cooma, from 7.30pm. 6452 1466

Thursday Trivia at the Cooma - Cooma Hotel, from 7.00pm. 6452 2003

Beats at the Banjo every Friday & Saturday - Banjo Paterson Inn, Jindabyne. From 5.00pm

Social Saturday - Come and Try Dragon Boating - Lake Jindabyne Sailing Club, from 8.15am. 0427 602 910

Friday 5

Vanuatu World Day of Prayer - St Andrew's Uniting Church Hall, Cooma. 2.00pm. All welcome

Saturday 6

Adaminaby CWA Markets On the Green - Adaminaby, 8.30am - 1.30pm (Ros tillypots54@gmail.com)

Jindabyne Hall Markets - Jindabyne Memorial Hall, 10am - 2pm (Contact Lorraine lorraineannephillips@gmail.com)

Australian Alpine Ascent - Charlotte Pass - Mt Kosciuszko
www.eliteenergy.com.au/event/australian-alpine-ascent

Rotary Art Sale - Travellers Rest, Cooma, 6.00pm. Tickets \$75pp or 2 for \$100. Glenys 0408 653 038

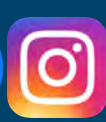
Sunday 7

Sri Chinmoy Multisport Classic - Jindabyne, 6.45am start, au.srichinmoyraces.org/

77th annual Dalgety Show - Dalgety Showground 'Year of the Pav' www.dalgetyshow.com.au
Monaro Yard Dog Championships, 7.30am, Dalgety Quilt exhibition at the Memorial Hall from 8.30am

International Women's Day Celebrations - Cooma Multicultural Centre, 12.00pm - 2.00pm. Yvi 0458 523 457

Clean Up Australia Day - Snowy Monaro Region www.cleanupaustaliaday.org.au/join-a-clean-up
Associated Business Clean ups 2/3/21, School Clean ups 5/3/21



#oursnowymonaro #somuchtolove #EventHereThisYear



1800 636 525 www.visitcooma.com.au
119 Sharp Street, Cooma NSW 2630



SNOWY MONARO
REGIONAL COUNCIL

List compiled by the Cooma Visitors Centre info@visitcooma.com.au
Event changes or cancellations may occur and are not the responsibility of the Cooma Visitors Centre or the Snowy Monaro Regional Council

What's on

Snowy Monaro Events

Monday 8 - Tuesday 15
March

Please assist event coordinators by adhering to their COVID-safe event plans in place as per the NSW Public Health Order



Tuesday 9

SMRC Regional Rail Trails Workshop – Michelago Hall, 5.30-7pm. Register your attendance at <https://yoursaysnowymonaro.com.au/snowy-monaro-regional-trails-masterplan>

Thursday 11 - Saturday 13

Rare Cancers Australia Kosi Challenge – 11 & 12, Ride Parliament House to Thredbo. 13 – Hike to Mt Kosciuszko. www.rarecancers.org.au

Thursday 11 - Saturday 14

Australian MTB Interschools 2021 – Thredbo Alpine Resort, mountainbiking@thredbo.com.au

Thursday 11

SMRC Regional Rail Trail Master Pan Workshop – Rydges Horizons, Jindabyne, 6 – 7.30pm. Please register your attendance at <https://yoursaysnowymonaro.com.au/snowy-monaro-regional-trails-masterplan>

Saturday 13

Men's Breakfast – St Andrew's Uniting Church Upper Hall, 8.00am. RSVP 6416 0124 or www.cooma.mensbreakfast.com.au

Creative Resilience Writing Workshop – Bredbo Community Hall, 9.30am – 12.30pm. Bookings essential www.thecreativeresilienceproject.com.au Shannon 0419 899 665

B.M.A Big Jack Poker Run – meets at Bredbo, 10.30am [@thebombalabikeshow](https://www.instagram.com/thebombalabikeshow)

Cooma P&A Association Tommy Turnbull Memorial Horse Show – Cooma Showground 8.00am, entries open now. Global Entries Online

Sunday 14

CMR Railway Fresh Produce Markets – Cooma Historical Railway, 9.00am – 2.00pm. markets@cmrailway.org.au

MEA Combined Training Competition – Cooma Showgrounds, 8am www.mea.net.au

Gravity Series #5: Supertrail Scramble – Thredbo, 1.30pm www.thredbo.com.au/events

Monday 15

'Accidental Counsellor' Free One Day Workshop – Jindabyne Bowling Club, 9.30am – 4.30pm. www.acwa.asn.au/ccwt/free-training-south-eastern-nsw or Yasmin 02 8974 9825

Private Gardens of the Monaro Self Drive Tour - Book online www.privategardensofmonaro.com

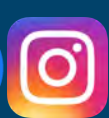
Tuesday 16

'Accidental Counsellor' Free One Day Workshop – Cooma Hotel, 9.30am – 4.30pm. www.acwa.asn.au/ccwt/free-training-south-eastern-nsw or Yasmin 02 8974 9825

SMRC Regional Trails Master Plan Workshop – Memorial Hall, Adaminaby, 6 – 7.3pm, Please register your attendance at <https://yoursaysnowymonaro.com.au/snowy-monaro-regional-trails-masterplan>



Australian MTB Interschools 2021



#oursnowymonaro #somuchtolove #EventHereThisYear



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What's on

Snowy Monaro Events

Wednesday 17 - Sunday 21
March

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Wednesday 17

'Accidental Counsellor' Free One Day Workshop – Delegate School of Arts, 9.30am – 4.30pm. www.acwa.asn.au/ccwt/free-training-south-eastern-nsw or Yasmin 02 8974 9825

SMRC Regional Trails Master Plan Workshop – Bombala Library, 6 – 7.30pm, Please register your attendance at <https://yoursaysnowymonaro.com.au/snowy-monaro-regional-trails-masterplan>



Thursday 18

Flax Flower & Weaving Workshop – Made in the Monaro, Cooma. 9.00am – 12.00pm. \$35pp. madeitmonaro@gmail.com

'Accidental Counsellor' Free One Day Workshop – Bombala RSL, 9.30am – 4.30pm. www.acwa.asn.au/ccwt/free-training-south-eastern-nsw or Yasmin 02 8974 9825

Poetry with Lee Taylor-Friend – Dorothy Dickens Books, 6.00pm. \$20 pp, includes light refreshments.

SMRC Regional Trails Master Plan Workshop – Cooma Ex-Services Club, 6 – 7.30pm, please register your attendance at <https://yoursaysnowymonaro.com.au/snowy-monaro-regional-trails-masterplan>



Saturday 20 - Sunday 21

Bombala Show – Bombala Showground, 8.00am www.agshowsnsw.org.au/shows/all-shows/74-bombala-exhibition Sunday: Full equestrian show program

Saturday 20

Flax Flower & Weaving Workshop – Made in the Monaro, Cooma. 9.00am – 12.00pm. \$35pp. madeitmonaro@gmail.com

Spoken Word Poetry Slam – Dorothy Dickens Books, 10.00am – 2.00pm. Call 6452 6052

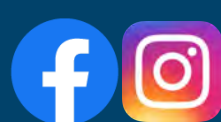


Sunday 21

Cooma Multicultural Festival & Cooma Rotary High Country Markets – Centennial Park, 8.30am - 3.30pm. Multicultural program starts 10.00am (Rotary Contact: 0400 845 173, Multicultural Festival, jazz@southeastarts.org.au)

Register attendance at www.cooma.eventbrite.com.au

Gravity Girls MTB Clinic – Thredbo Resort, 9.30am – 3.00pm. \$79 pp. Bookings mountainbiking@evt.com



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Census

2,665 jobs available

2021 Census Field Manager

\$36.90 per hour (incl 25% loading) + super
(Contract/Temporary)

Roles start from May 2021

Earn extra income

Apply now: **censusjobs.adecco.com.au**

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Census

19,791 jobs available

2021 Census Field Officer

\$24.80 per hour (incl 25% loading) + super

(Contract/Temporary)

Roles start from July 2021

Earn extra income

Apply now: **censusjobs.adecco.com.au**

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