



Respect



Safety



Excellence



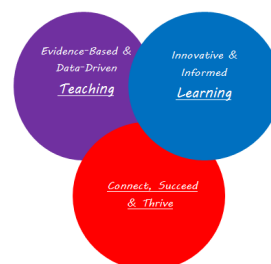
Corrimal East Public School Newsletter

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Term 2

Friday 12th June, 2020

Week 7

Upcoming Events

Term 2

Friday 3rd July

Last day for Term 2

Term 3

Tuesday 21st July

Students return to school

Monday 14th September

School Photo Day

Covid-19 Testing

If you or your child is tested for Covid-19 please notify the school office immediately. Department policy states that all student/parent testing needs to be recorded with the department's incident hotline.

Your child is able to return to school once you notify the office of your child's negative results.

Dear Parents / Caregivers

Another busy week. I can't believe week 7 is almost over. Only 3 weeks until Term 2 ends. Thank you to all of the families for coming to pick up your children at the designated pick up times. There has been less congestion at the front gate this week.

We have had some children forgetting if they are being picked up at the front or back gates, going to after school care or who is picking them up in the afternoon. This is causing some anxiety. Please remind your child where they are going and who is picking them up before they enter the school grounds.

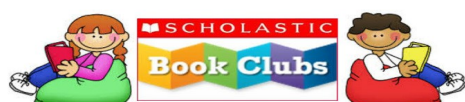
If your child is late to school and the gate is closed, please call the office and someone will come and collect them from the front gate. We want to minimise the number of adults coming into the school.

A reminder that we are **taking enrolments for Kindergarten 2021**. Please phone the school office to arrange to pick up enrolment forms on 42 844582. Once completed please return your enrolment form and any additional required information.

We are happy to answer any questions or queries you may have.

Kind regards

Michelle Munro



Book Club Ordering has now returned to normal for Term 2!

Catalogues have been sent home with your child. Please place any orders through the usual LOOP platform. *The closing date for this issue of Book Club is Friday 19th June.*

Orders will be delivered to Corrimal East Public School as usual and will be sent home with your child.

Update

Additional updates for schools

Activities/site usage that can take place from Monday 15 June 2020

- School assemblies (limited to 15 minutes and no external visitors)
This means we will begin having our morning assemblies again but with no parents attending
- Choirs and performing arts at school, with safety protocols in place
- Students may attend other schools for essential curriculum related reasons or placements (e.g. auditions or placement tests)
- Hydrotherapy pools can be used
- Incursions/external providers can provide activities that support delivery of curriculum (e.g. Music bus, Healthy Harold).
- Community use activities used by students such as dance classes, and student sport skills development, outside of school hours with limited adult attendance
- Day field trips to outdoor locations with no physical distancing requirements can take place
- School photos

Activities/site usage that can take place from beginning of Term 3

- SRE/SEE lessons
- Work experience for students
- School based apprenticeships and traineeships can recommence once the relevant workplaces are back in operation
- P&C meetings – with a strong preference for on-line where possible
- Parent/teacher meetings – where these need to take place – strong preference for online where possible unless involving serious matters that require face to face discussion

School Camps

Currently we cannot confirm if the Stage 2 or 3 camps will go ahead or not. We have been told that more information about attending school camps will be discussed at the beginning of Term 3.

Persuasive Writing at its Best

5/6 Steelers have been busy writing letters to try and convince me to make changes to our school. Some were very interesting!!!!!!!

Wednesday 10th June 2020

Indie
Duff Parade
Corrimal East
NSW 2518

Dear Miss Munro

I am writing to you to ask if we can have a relaxation pod every recess and lunch. I was thinking it could be run by the year 6 students in % Steelers classroom as it is the biggest and cleanest. The right half of the classroom isn't used much so it's the perfect place to do the pod as it has open spaces, books, pillows and a rug to sit or lay down on.

Relaxation pod can include some relaxation, Mindfulness, Sleeping/Napping, Calming games and Quiet books, Yoga and Meditation. Just think, some kids can't concentrate because they are stressed or being pushed too hard on learning. Relaxation pod would be perfect for those students as it helps clear the mind and reduce stress levels.

This pod can help reduce stress levels which will clear the mind and help them think better as they don't have thoughts rushing through their mind. Relaxation pod will help students learn to clear their mind and learn to let thoughts pass and go with them. If % Steelers classroom doesn't fit you we could use the science classroom when it's not occupied. We could even during the morning or middles session or the afternoon we could have an hour of relaxation.

Relaxation pod helps kids concentrate as they are learning. Relaxation pod will help students and even teachers to let random thoughts fly through their brains. I would love to learn about relaxation and mind clearing and some other students would too. And if you don't think that the year 6 kids can run it, maybe Mr Stanley can, he is the best at relaxation and meditation. As he makes % Steelers do it to calm us down after a crazy recess or lunch.

If you consider my reasons for the relaxation pod, people will be less stressed and probably have a better day then they were having before the relaxation pod. I could use a relaxation pod to help with my stress and random thoughts that rush through my mind that make me think about them, not the task I'm supposed to be doing. Other students probably are like this too so please consider adding a relaxation pod.



Will Hurworth
Duff Parade
Corrimal East

NSW 2518

Dear Miss Munro,

CEPS is a wonderful place for teachers, students and adults. I love coming here ,But there is one improvement that can be made such as.... A hobby farm. When I was 4, my sisters and I would go and pick my cousins up from their school Corrimal Public and I remember we would always go and feed the school chickens while we waited. We need the same for our school there are so many different animals we can grow such as bunnies, chickens, goats and sheep. All these animals produce different things: chickens eggs, goats milk and sheep fur. They would give us things to study for science and we have loads of room. We need hobby animals.

Firstly, Different animals produce different things: chickens eggs, goats milk and sheep fur. These can all be used or sold milk and eggs in the canteen and fur/wool can be sold. If we get these things it cuts our schools costs and eventually the animal will make so much costs they will eventually pay for themselves. Also eggs and milk can be made into cheese to put on pizza or burgers. We need hobby animals.

Secondly, Science would be AMAZING because we would be able to look and study all the animals we could look at. Eggs make the circle of life which kindergarten will look at and it would make teachers' lives easier so they don't have to prepare lessons as much. It would be fun for all ages. We need to improve our school together. We need to improve Corrimal East Public School together as a school and community. Do you want to improve our school? We need hobby animals.

Finally, We have the room. Behind CEPS space there is lots of room that is NEVER used. We can put it to use and put animals on it. Also animals improve pastures and land if you put animals on a bit of land where manure and grazing improve pastures or in our case a school bit of land. If we put them close to ceps space they will not be noisier for the neighbours. This land is better for animals not seats. These animals will help the canteen and school because they give back seats, will sit there and get rusty. They will not help with money. Because if you don't want them to rust, you have to spend more money on shelter!

In Conclusion, we should get a hobby farm because we have to give back and it's good for science. These are the reasons I think we should get a hobby and I hope you agree that it will be a significant improvement for a School for generations to come. It would make kids happy and healthy questions about these will leave them thinking.

Sincerely
Will. H
Will. Hurworth





The Back Page Mr Stanley

Quick thinking kids

The current sport and physical activity guidelines state that children can participate in some sport and physical activities at school, as long as they are non-contact. Unfortunately the age old favourites like tips and chaos fall into the category of contact sports.

In order to avoid taking these games away from them and telling students to stop playing, we decided to see what solutions they could come up with. In 5/6 Steelers, we had a discussion about the importance of following the guidelines to keep every student safe and brainstormed some ways in which the kids could still play tips, chaos and capture the flag while following the guidelines.

The clever kids modified the rules and introduced oztag equipment to the game of capture the flag so no student has to touch another student while playing. The students were able to solve the problem by being resourceful and using their initiative and can now continue to play capture the flag at recess and lunch in a safe and responsible way.

Independently, the senior students set up the game each lunchtime and all students play fairly and encourage others. It is so great to see everyone playing sport the way it should be played; fairly and with a smile. Well done!

Easties Heroes

Name Samantha

Nickname Sam

Age 12

Favourite sport

Hockey

What do you love most about hockey?

That you get to be with your friends when you play and train.



Sporting highlight

When I made it to the South Coast PSSA Hockey trials earlier this year. Last year I played for the Illawarra in a carnival.

Most challenging thing about sport

The fact that you have no control over some things in sport. Sometimes frustrating things happen that are out of your control but you have to keep going.

Favourite sports person

Flynn Ogilvie. He plays for the Australian Men's Hockey team; The Kookaburras. He is my favourite player because he used to play for the University of Wollongong team and I have met him before.

Healthy Habits This week - Eat More Fruit and Veg

Fruit and vegetables should always be part of your daily food intake. Eating fruit and vegetables daily helps kids and teens grow and develop. They are an excellent source of vitamins and nutrients for your body. Kids should aim for the 2 and 5 rule: 2 serves of fruit and 5 serves of vegetables each day.



- Crunch and sip is an important snack we have at CEPS. Having crunch and sip helps keep your mind ready for learning for the rest of the day.
- Help prepare your lunch for school. Some healthy snack ideas include carrot sticks, celery and snow peas. You could even bring in some dip for them in a reusable container. Perfect!

Corrimal East Public School P&C Canteen Menu, 2020

Our School Canteen follows the guidelines as set out in the NSW Healthy Schools Canteen Strategy which means Everyday food (Green), makes up 75% of food choice and Occasional food (Orange), 25%.

Sandwiches (Wholemeal or Hi Fibre)

Vegemite	\$2.00
Cheese	\$2.00
Cheese and Tomato	\$2.50
Ham	\$2.50
Ham and Cheese	\$3.00
Ham and Salad	\$4.50
Chicken	\$3.00
Chicken and Salad	\$4.50
Tuna	\$3.00
Tuna and Salad	\$4.50
Egg	\$3.00
Egg and Lettuce	\$3.50
Salad - Lettuce	\$4.00
Tomato	
Cucumber	
Carrot	
Beetroot	
Salad Box - Your choice from above menu	\$4.00

Extras	Add	
Cheese	Add	\$0.50
ROLL	Add	\$0.50
WRAP	Add	\$0.50
Tomato Sauce, Barbeque		
Sauce or Sweet Chilli		\$0.30
GLUTEN-FREE Bread		\$1.00
Gluten Free Range		
Chicken Nuggets (6)		\$4.00

Hot Food

Corn Cob	\$1.00
Savoury Muffin	\$2.00
Pizza Muffin with Ham & Cheese	\$2.00
Add Pineapple	\$0.50
Popcorn Chicken (8) with dipping sauce	\$2.00
Mac Cheese	\$3.00
Beef Lasagne	\$3.50
Pasta & Bolognaise Sauce	\$3.50
Fried Rice	\$3.50
Beef Nachos	\$3.50
Beef Burger (Lettuce, Tomato, Cheese)	\$4.00
Flame Grilled Chicken Burger/Wrap (with lettuce, cheese and mayo)	\$4.50

Eastie's Toasties

Cheese Sandwich	\$2.50
Ham & Cheese Pocket	\$3.50
Ham & Cheese Sandwich	\$3.50
Baked Beans/Cheese Sandwich	\$3.50
Cheese & Tomato Sandwich	\$3.00
HCT Wrap	\$4.00
HCT Sandwich	\$4.00

Hash Brown	\$1.00
Garlic Bread	\$2.00
Chicken Chips (6)	\$3.00
Sausage Roll	\$3.00
Meat Pie	\$4.00
Wedges	\$3.00
Noodles Cup (Chicken)	\$3.00

Snacks - Recess & Lunch

Fresh Whole Fruit	\$1.00
Grape Cup	\$0.50
Fruit Salad Cup	\$0.50
Vege Sticks	\$0.50
- with dip	\$1.00
Pikelet	\$0.50
Custard Cup	\$0.50
Yoghurt Tub	\$0.50
Raisin Toast per slice	\$0.50
Toasted Cheese per slice	\$0.50
Cheese & Wholegrain Crackers	\$0.50
Fruit Muffin	\$0.50
Popcorn	\$1.00
Red Rock Deli Chips	\$1.00
Sea Salt	\$1.00
Jelly Cup	\$0.50

Frozen Treats - Lunch Only

Frozen Juice Cup	\$0.50
Frozen Custard	\$0.50
Quelch Stick	\$0.50
Frozen Yoghurt	\$0.50
TNT (Blue Raspberry Sour Ice)	\$1.00
Moosies (flavoured milk)	\$1.00

Drinks

Bottled Water 600ml	\$1.50, 350ml \$1.00
100% Fruit Juice Popper - Apple, Orange, or Apple Blackcurrant	\$1.00
Milk - Flavoured Chocolate or Strawberry	\$2.00
Milk - Plain 150ml	\$1.00
Warm Milo	\$1.50
Chilli (Sparkling Fruit Juice)	\$2.00

Please place your lunch order in the canteen slot by 9am, in a lunch bag. Correct money is appreciated. Lunch bags are available for an additional 10c.

Kindergarten Enrolment for 2021

We are taking enrolments for Kindergarten 2021 now!

If you have a child starting school next year

(or if you know anyone that is looking to enroll next year from our zoned area)

please call the school on 4284 4582

School tours and enrolment packages are available now



SCHOOL PHOTO DAY HAS BEEN POSTPONED



www.msp.com.au

School photo day has been postponed! We have rescheduled to: Monday 14th September 2020

Please note the following:

- ❑ If you have placed an order online, that order is stored in our system and will be fulfilled on photo day.
- ❑ New envelopes will be issued to students that have NOT placed an order online. Students that have already ordered online will receive an electronic reminder about their upcoming photos.

UPDATE

New envelopes will soon be handed out to families who have not yet ordered their photos.

If you have already paid there is no need to worry. The order will be transferred over to our new photo day.