Peppercorn Press



Carrathool Public School

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Term 1 Week 6

Thursday 5th March 2020



Coming Events Term 1 2020

18 March - P & C Meeting21 March - First Aid Course1 April - Circus Oz10 April - GOOD FRIDAY

Super Friday Dates

Friday 21 February Friday 6 March Friday 20 March Friday 3 April

Principal's Report

Congratulations to **Lincoln Dewson Carvell** who was Carrathool Public School's participant in the recent Small Schools/Hay PS swimming carnival and the Deniliquin District Swimming Carnival. Lincoln swam in the freestyle and breaststroke at the carnivals, swimming a **Personal Best** time and coming 7th overall in 10 years boys freestyle at the District Carnival. You can't get any better than a PB! Well done, Lincoln.

Carrathool Public School will be conducting a **First Aid course in Saturday 21st March**. This fully accredited course is open to members of the community who may need to provide First Aid as part of their sporting or community club or within their workplace or home. The course will begin at 8.45 am and conclude around 3pm and will cost \$100 per participant. Each participant will need a USI number. Please contact the school for more information or to register your interest.

We have a variety of staff at Carrathool Public School, in the office, the grounds and in the classroom. The role of School Learning Support

Office (SLSO) is an important one and we are lucky to have Mary Gilbert and Lynne Anstice in this role. If any members of the community would like to become an SLSO and be available to work at school on a casual basis when Mary and Lynne are unavailable please call the school for more information.

The first three months of the year are birthday months at Carrathool PS. Happy Birthday to Chloe (Jan), Jack, Lincoln, Anna and Eliza (Feb), Ms Furner, Lylah, Mrs Headon-in-the-office and Nicholas (March).

A note from the office—could children who participate in **school banking** please bring their bank books to school on <u>Tuesdays only</u> as Mrs Sharyn Headon is available to process banking on this day.

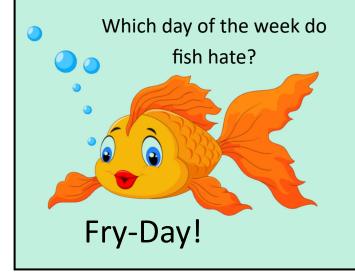
Have a great week,

Mary-Ann Headon

Principal

Joker of the Week Chloe Dewson Carvell (Kinder)

What do you call a whale in a bus? Stuck!



Cooking

Cheese and Ham Nests

On Wednesday last week in cooking we made some cheese and ham nests. We done this by using bread, with the crusts cut off, and pushing them into the holes of a muffin tin. We then cracked an egg inside and topped with shredded ham and cheese and baked them in the oven for approximately 15-20 minutes until they were puffed and golden brown.

They were delicious!

By Lincoln.



Quickly, Quickly, Quickly Flicked the Poison Dart Frog

Smoothly, smoothly, smoothly a poison dart frog hopped on a lily pad.

Quietly, quietly, quietly, the poison dart frog ate a fly.

Slowly, slowly, slowly, the poison dart frog fell asleep.

Silently, silently, the poison dart frog woke up.

Carefully, carefully, the poison dart frog jumped onto another leaf.

All day long the poison dart frog stayed on the leaf.
All night long, the poison dart frog stayed on the leaf. Even when it rained, he stayed on the leaf.

One day, a jaguar said, "Why do you always stay on that leaf?" The poison dart frog didn't answer. Then a toucan came and said, "Why are you so careful?" The poison dart frog didn't answer.

The next animal who came was a hummingbird. She was very annoying because she was always humming. She said, "Why are you so slimy?" But sadly, like all the other times, the poison dart frog didn't answer.

Then, when the hummingbird was flying past, the poison dart frog said "I might be slimy and careful and stay on my lily pad but I'm ever so quick with my tongue." And as quick as a wink he flicked out his tongue and flicked the annoying hummingbird away.

Then slowly, slowly, slowly the poison dart frog fell back to sleep.

By Eliza



WHERE THE FOREST MEETS THE SEA

On the warm little pieces of sand, I step slowly. I take my first step in the cold rocky creek. It is starting to rain, cold dribbly rain. I hide in an ancient Aboriginal tree. I watch the rain and it stops. When I try to get out of the tree, the creepers are tugging On me.

When I get to the creek, I drink some of the creek water. It smells dirty and nice at the



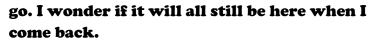
same time. It tastes
like salty water. The
roots from the trees
trip me over when I
walk in the rainforest. I see a lot of birds
in a squawking cloud.

Some leaves are falling down and some fruit falls down ripe from a tree. I pick up the red and yellow mango and cut it with a sharp stick. I liked the mango.

Then I walk out of the rainforest and on to the beach. I caught a fish. "You look hurt little fish. I think you might have had an acci-

dent" I said, so I tried to help it but it swam away.

I sit down and look at the beautiful rain forest. I smell the salty sea. I hear birds squawking in the sky. I see that we have to



In the future, the rainforest might be a motel or a hotel. When go in the Time Machine and over the reef, I will stop to look at the reef again and remember the day I had in the rainforest because it was so much fun and was new to me.

By Anna

The Rainforest

It rains a lot in the rainforest. The sun doesn't get to the bottom of the rainforest because there are lots of trees. There are a lot of leaves and it is very hot and sticky. By Emily





The Rainforest

It rains a lot in the rainforest. The sun doesn't get in there much. It is hot and there are a lot of animals living in the rainforest. The sloth lives in the rainforest. By Chloe.



Community News

SPORTS CLUB



The first meeting for the Sports Club/Hall Committee for 2020 will be held on the last Sunday (23/2/2020). All are welcome.



you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

Healthy lunch boxes don't have to be boring.

We are very excited to bring you our new look healthy lunch box website that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as easy to freeze and quick and easy recipes because as parents, we know how important it is to pack lunches quickly

You can sign up to the Healthy Lunch Box enewsletter for ideas, updates and recipes delivered to your inbox throughout the year.

Check out the new website now!

healthylunchbox.com.au

wellways

Suicide Prevention Gatekeeper Training

An opportunity to develop knowledge and skills to better recognise and support vulnerable people in your community. Anyone can be a gatekeeper, and gatekeepers can save lives.



(i) To register:

fgodde@wellways.org



Date & session time:

Tuesday 25th February 5:30pm - 8:30pm



Location:

Function Room Hay Services Club 371 Murray St. Hav **Finger Food Provided**

"Mental health is everybody's business and it is great to see a community band together to support one another."

Program participant

wellways.org | 1300 111 400



QPR

Stands for Question,

Persuade and Refer – the three simple steps anyone

can learn to help save a life from suicide. This training

is group-based and runs for

three hours. It aims to assist

you to you identify suicide

warning signs and make

connections with those

at risk.





You are Invited to Attend and Celebrate <mark>International W</mark>omen's Day Sunday 8th March 2020

at the Rankins Springs Golf Club

(Bookings essential, lunch provided, 3 years old to Year 6, limit of 30)

(necessary supplies provided)

A 'goody bag' for the first 40 women to book



All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. Voucher one is valid January to Decembe and voucher two is valid July to December. After 1 July 2019, the second voucher can be clain immediately after the first voucher. er. After 1 July 2019, the second voucher can be claimed

How to claim your vouchers









and login to your MyServiceNSW

Click on the Active Kids Icon found in your SERVICE

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

Fill out the requested information (you will need



How to use your vouchers

Find a provider by visiting our website: sport.nsw.gov.au/activekids

Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number s can always be found in your MyServiceNSW account by looking in the My Applications tab



