

Peppercorn Press



Carrathool Public School

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Term 3 Week 5

Monday 16 August 2021



Term 3

**18th August
Mobile Library**

**20th August
Riverina PSSA Athletics Carnival
Albury**

**24th August
Education Week/Book Week
Celebrations**

**27th August
CWA Public Speaking**

Principal's Report

Well done to all Carrathool Public School students who participated in the Deniliquin District athletics carnival on Friday 30th July. Our small cohort had tremendous success, with Mary Serukalou and Jack Sheen winning their respective discus events and Eliza Rawle placing second in long jump. Our mixed relay team also won the Small School's relay! Mary, Jack, Eliza and Lylah will participate in the Riverina Regional carnival in Albury on Friday 2th August. We wish them all the very best.

We thoroughly enjoyed the Mini Olympics Fun day held at Hay on Thursday 5th August. Students participated in a variety of activities ranging from sock wrestling to tunnel ball, sack racing to tug-a-war. Thank you to Hay Public School for inviting us to this fun day.

We will have a combined Book Week/Education Week celebration on Tuesday 24th August. This year's theme is Old Worlds, New Worlds, Other Worlds, particularly appropriate as we can travel to all these worlds when we read. Students are encouraged to dress up as their favourite character. We will also be playing 'new' sports designed by students to conclude our Olympic theme.

Next Wednesday 18th August marks the 50th anniversary of the end of the Vietnam War and students will commemorate the occasion by joining the service at the Carrathool cenotaph at 11am. Members of the community are also invited to attend.

Recently our school was the lucky recipient of a number of books donated by Hay's 2021 Australia Day Ambassador, Corey Tutt. Corey is an amazing young man who loves to share his keen interest in science and STEM with others. We thank Corey for his kind donation.

Carrathool Public School also thanks our small but busy P&C for their great donation of new trees for our school grounds, replacing the removed peppercorns. We can't wait to see them grow.

We continue to follow the latest health advice to keep our students safe, Handwashing, sanitising and mask wearing for staff are just some of the measures in place. Please keep your child at home if they are unwell.

Have a great week,
Mary-Ann Headon
Principal

TO HONEST TOIL AND VALIANT LIFE

Deni Athletics Carnival

On Friday 30th July, Mary, Lylah, Eliza, Reef and I travelled to Deniliquin for the District Athletics Carnival. Mary and I were in everything except the 800m and the 1500m. Lylah was in the 100m, 200m and relay, Eliza was in the 100m, 200m, long jump, discus and relay and Reef was in the 100m. Mary and I both won our discus and Eliza was second in the long jump. Our relay team won. We get to go to the Albury carnival next week for the discus events and the relay, which is very exciting. But the most important thing is we had fun.

By Jack



Hello I'm Reef Alchin and I'm here with Cathy Freeman.

So when did you start running? I started running at the age of 5

Who is in your family? My dad is Norman Freeman, my mum is Cecelia Freeman, my sister who died Ann Marie and I have 3 brothers, Gavin, Garth and Norman. My step dad is Bruce Barber and he was my first coach.

How many medals have you won? I've won 7 gold medals - 1 from the Olympic games 2 from the world championships and 4 from the Commonwealth Games. I have a couple of silvers and 1 bronze. I was sixteen when I won my Commonwealth Games, the judges said I did well.

When you were running your 400m race in Sydney and you heard the crowd cheering you how did you feel? Oh yeah I felt kind of nervous when the gun went BANG!!!. But I knew I just had to run as fast as I could in front of all those people cheering for me.

Olympic Activities

I folded some Japanese paper to make some tulip flowers. I put pipe cleaners on them for stems. They are very pretty.

By Emily



I made some dumplings that were yummy. They had mince and cabbage in them. We put egg on the pastry to stick them together then boiled them in a pot,

By Flynn



Olympic collage by Mary

Hi, my name is Anna Warr and I will be interviewing Anna-belle Mitchell, a member of the Australian Olympic Gymnastics team.

Q. Where were you born?

A. I was born in Sydney but I moved to Brisbane for my gymnastics.

Q. What age did you start gymnastics?

A. I started rhythmic gymnastics at the age of 5 with my sister.

Q. What is your favourite gymnastic move?

A. I like doing lots of things but my favourite move is the high V.

Q. Do you hold an Olympic or a world record?

A. No, but I have come first a few times at the Australian championships. I don't hold a record but I've tried my best to.

Q. Where do you train?

A. I started gymnastics with my coaches Edith and Gina Peluso and now in the AIS with my coaches Nathalie Geale, Michaela Warren and Mercedes Mclynt.

Q. How many hours do you train?

A. I usually do 7-8 hours a day doing floor, vault, uneven bars and balance beam.

Q. What is your most difficult skill to learn?

A. My most difficult skill to learn is the scissors to stand. I am trying the best I can.

Q. What is your favourite aspect of being a gymnast?

A. My favourite aspect of being a gymnast is making new friends.

Q. What was your best competition?

A. I have got a few gold medals for the past years in Australia Aerobic championships in both the individual female and trio categories.

Q. Have you done any other sports at the Olympics?

A. No, but I've done a lot of gymnastics at the AIS.

My favourite sport is running because it is good exercise for you in the Olympics. You wear special shoes and you have to train for the Olympics.



On Tuesday 10th August Emily, Reef, Mary, Mum, Mrs Headon, Miss Lynne and I planted trees. We planted 12 bottlebrushes, 1 Chinese elm and 3 lemon scented gums. First we pulled out the crepe myrtles, put some plant food in the holes and planted the bottle brushes. Next Mum planted the Chinese elm and Mary, Emily and I planted our own lemon scented gum. I was exhausted but I had so much fun.

By Eliza

An Interview with Emily Seebohm by Lylah

Where were you born?

I was born in South Australia but at the age of 2 my family moved to Brisbane. Mum was already teaching swimming back in Adelaide and she quickly found a job teaching swimming

When did you first go to the Olympics?

I competed in my first Olympics in 2008, finishing 9th in the 100m backstroke and just missing out on the final. I won gold as part of the 400m medley relay team.

How old were you at your first Olympics?

I was 14 years old.

How did you reach your goals?

I have to eat healthy food and listen to my coach and train like crazy, seven hours a day in the pool doing backstroke, butterfly and medley training. I have to go for runs every day.

Was it hard at first?

Yes, it was hard, putting all my effort into swimming day after day. It was especially hard when all my friends were going to the movies and having parties when I was training.

What are your most important medals?

I have 5 Olympic medals, 5 World Championship medals, 7 Commonwealth Games gold medals and 6 Pan pacific gold medals to my name.

Do you prefer relays or individual events?

I prefer to swim in the relays because I put my heart and soul into swimming as fast as I can for the other girls in the team. I love sharing a win with the team.

How does your family feel when you compete for Australia?

They are so proud of me because they know all the sacrifices I have made for my swimming.



NSW Department of Education
Health and Safety

How are you?

Are you in control,
in shape and involved?

Scan the code for
wellbeing resources.

Being Well



education.nsw.gov.au/being-well

THANK YOU!

Carrathool P&C would like to Thank Apex 40 for their kind and generous donation.

The money will be used on improvements in the playground including planting more trees and seating.



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



2022 Prospective Kindergarten Students

Parents who have children eligible to start school in 2022 are invited to contact Carrathool Public School to witness the range of academic and social opportunities offered by our school. **A Ready, Set, Kinder Program will be implemented in Term 4** to introduce prospective Kindergarten students to life at school. The Ready, Set, Kinder program provides learning and familiarisation activities in a new learning environment and will assist in helping new students feel happy, safe and secure. Please contact the school for further information.



Ambassador

Hay's Australia Day Ambassador for 2021 is Corey Tutt. Corey is a proud Kamilaroi man and Young Australian of the Year for NSW 2020. He is the CEO and founder of the charity DeadlyScience, which provides science resources, mentoring and training to over 110 remote and regional schools across Australia with a particular focus on Aboriginal and Torres Strait Islander communities.



Corey has been recognised through various awards including the CSIRO Indigenous STEM Champion 2019; AMP Tomorrow Maker 2019 and ABC Trailblazer 2019, 2020 Eureka prize finalist.



CBCA BOOK WEEK

**OLD WORLDS, NEW WORLDS,
OTHER WORLDS**

21-27 AUGUST 2021



#CBCA2021



TO HONEST TOIL AND VALIANT LIFE