

Peppercorn Press



Carrathool Public School

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Term 3 Week 8

Thursday 2 September 2021



School Holidays

20th September - 4th October

Term 4 Dates

5th October - 16th December

WINNERS of the craziest place
to read a book competition
were.....
EVERYONE! Judge Mrs Stewart
couldn't decide. She thought all
the photos were crazy!

Home Schooling

Principal's Report

Students at Carrathool Public School have spent the last 3 weeks of this term learning from home. Learning from home presents many challenges for students, parents and supervisors and staff at CPS have tried to maintain school routines when creating weekly packs of school work. Working with a routine helps to maintain a sense of normality, a sense of the familiar in these somewhat stressful times. I am really proud and grateful of the way the families of our school have rallied around their child's education and are supporting them with their learning. I am also very proud and grateful of the students themselves who are developing a strong sense of resilience and a "let's just get on with it" attitude. Being able to adapt in the face of adversity will be of great benefit throughout their lives.

This week is **SASS (School Administrative and Support Staff) Recognition Week** and teaching staff and students of Carrathool Public School would like to sincerely thank all our SASS members for the part they play in the running of our school and in the provision of quality education for our students. Mrs Vicki Rawle, Mrs Mary Gilbert, Mrs Lynne Anstice, Mr Keith Warner, Mrs Alison Keen and Mrs Sharyn Headon are all dedicated contributors to the running of our school and we greatly appreciate all their efforts.

A big congratulations to **Anna Warr**, Lower Primary winner of the **Margaret Merrylees writing competition**, held annually by the Carrathool Shire Council during Book Week. You can read Anna's winning entry within this newsletter. Congratulations to **Reef Alchin** and **Jack Sheen**, their entries were Highly Commended in their relevant sections.

The NSWPPA invites our community to attend a webinar titled **Practical Parenting in a Pandemic** that will be run from 4.00—5.15 pm on Monday 6th September. Please follow this link

<https://nsweducation.zoom.us/j/69212945735?pwd=WWVKYjRubDFGdW10TFpEUW5XVEVpQT09>

Passcode: parent

To view this webinar.

Please remember to abide by the stay at home rules, remain physically distant and continue to wash your hands. Stay safe.

Have a great week,
Mary-Ann Headon
Principal

TO HONEST TOIL AND VALIANT LIFE

Congratulations to **Anna Warr** who was the Lower Primary winner of the annual Margaret Merrylees Writing Competition at the Carrathool Shire Library. **Reef Alchin's** story, also in the Lower Primary section was Highly Commended and **Jack Sheen's** story was Highly Commended in the Upper Primary section. Here is Anna's story.

Thomas followed Robert out to his work ute. It was really dusty.

"Hey Dad, how long does it take to get to your work?" Thomas said as he coughed up the dust from the dirty air-conditioning.

"Only a few minutes," Robert explained. When Robert hit a bump, a suitcase appeared. Thomas didn't recognise the suitcase. Either did Robert. When they arrived at Robert's work, they hit a bigger bump. "Whoosh." They disappeared.....

"Dad. Where are we?" Thomas said, looking around the ute. "Hey Dad, this looks like the world in my book." Thomas looked at his book. The car landed on the ground. "Hey Dad, can we go and see the flags on the ships?" Thomas was looking in the sky.

"Where are the ships?" Robert was looking around.

"Dad, you know, in my book! The ships are in the sky!" Thomas was flicking through his book.

"But Thomas, we want to stay safe!" Robert looked terrified.

"Come on, Dad. Let's go." Thomas jumped out of the ute in amazement. "Oh, Dad, how are we going to get home?" Thomas asked.

"I don't know." Robert was in shock.

They walked up a hill.

"Dad, what is coming out of the suitcase?"

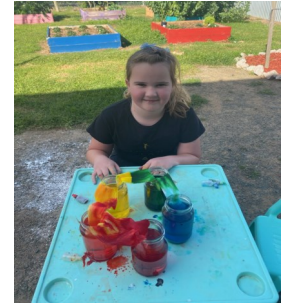
Thomas stood away from the suitcase as Robert dropped it. Robert looked at his watch as he heard Thomas shout "Dad! Help me, help me!"

Thomas was being sucked into the suitcase. What will Robert do now?

Learning From Home

In line with NSW Department of Education guidelines, Carrathool Public School students have been learning from home since 16 August. In addition to daily Literacy and maths activities, students have been presented with a variety of challenges. The Week 6 challenge was Kitchen Science and some amazing experiments involving items found in the kitchen were conducted.

Anna made Strawberry DNA, Moon sand and Rainbow dye.

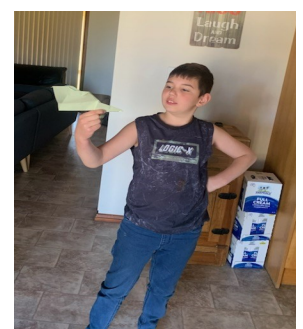


Courtney made Dancing Popcorn and experimented with kinetic sand

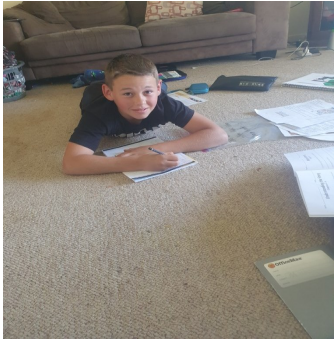


Eliza and Emily grew sugar crystals and lemon juice volcanos.

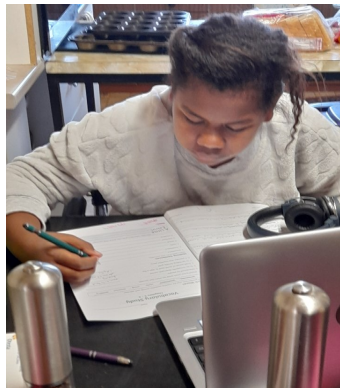
The paper plane challenge in Week 8 displayed student's engineering skills. Students had to follow instructions to make 3 different paper planes, then test their suitability for flying. Reef and Mary made some very different models.



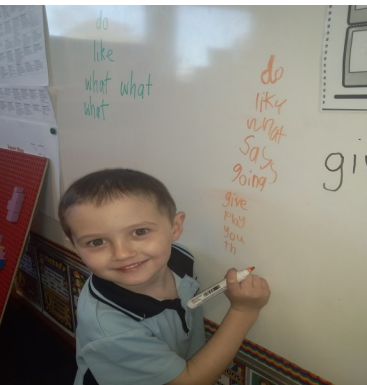
Book Week was celebrated remotely this year, with students and teachers finding their **craziest** places to read a book or two. Where do you like to read?



Learning from home—Sheen Style!



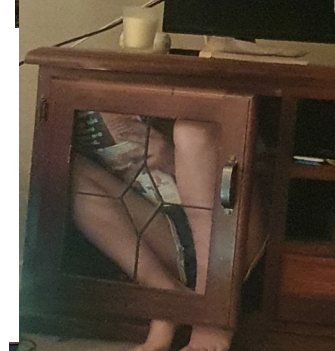
Making connections with Literacy Units “A Year on our farm” (K-2) and “Nim’s Island (3-6)”



Kindy kids in action!

HAPPY
Father's
DAY

To all those fathers, grandfathers, uncles and neighbours who provide role models to our students Thank you.



TO HONEST TOIL AND VALIANT LIFE

 <p>Phone number: 1300 130 052</p> <p>Available: Weekdays: 9am - 9pm Weekends: 4pm - 9pm</p>	 <p>Phone number: 1800 551 800</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 1800 737 732</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1300 224 636</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 13 11 14</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1800 152 152</p> <p>Available: Any day, any time!</p>
 <p>Family and Community Services Helpline</p> <p>Phone number: 132 111</p> <p>Available: 1800 152 152</p>	 <p>National Coronavirus Helpline</p> <p>Phone number: 1800 020 080</p> <p>Available: Any day, any time!</p>

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.



I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

I CAN CONTROL

(So, I will focus on these things.)

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

TURNING OFF THE NEWS

LIMITING MY SOCIAL MEDIA

FINDING FUN THINGS TO DO AT HOME



THE AMOUNT OF TOILET PAPER AT THE STORE

HOW LONG THIS WILL LAST

HOW OTHERS REACT

Clipart: Carrie Stephens Art
The Counseling Teacher.com


FAMILY WELLNESS PROJECT

RELAXATION TIPS

Lockdown getting you down? Take some time out of your day and treat yourself to a little relaxation as a form of self-care. Looking after yourself and taking time to do things you enjoy is essential for good emotional wellbeing.


TAKE A BATH

A hot bath at the end of the day can help you relax and unwind, and gives you a chance to review your day.




HOBBIES

Take up a new hobby or delve back into something you already enjoy. Reading, knitting, crafting or listening to music are all great ideas.



PRACTICE MINDFULNESS


Download the 'Headspace' or 'Calm' app and take some time out of your day daily to practise mindfulness. Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.



breathe

TRY YOGA

Yoga can help you relax which can in turn assist in maintaining a good sleeping pattern. Regular exercise is wonderful for your emotional wellbeing & helps you stay supple & healthy.



Find out more about the Family Wellness Project at: parentingni.org/family-wellness-project



Country Women's Association of New South Wales

Educational Grant Applications OPEN NOW

For further information got to <https://www.cwaofnsw.org.au>. Go to ABOUT in the menu and Education Grants in sub menu