Term 1 – Week 9

School Attendance

Do you have problems with getting your child to school, for some of the following reasons?

- won’t get out of bed
- won’t go to bed
- can’t find their clothes, books, homework, school bag . . . .
- school lunches not ready
- slow to eat breakfast
- homework not done
- watching television late at night or when they should be getting ready for school
- birthdays
- screaming and not letting go of you.

Here are some suggestions which are based on setting regular routines:

- Have a set time to be out of bed
- Have a set time to go to bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Have a set time for starting/ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday
- Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child’s hand into that of the teacher and then leave.
Cross Country Running
We still require a parent volunteer to supervise a checkpoint at the cross country running carnival being held this Thursday at Coopernook Public School. Please let Ms Capperauld know if you are able to fulfil this role.

Teacher parent interviews
Confirmation forms have been sent to all families indicating the time and date of their interview. If circumstances have changed and you are unable to attend at the nominated time, please let the teacher or the office know.

P & C
Helpers for canteen. Please nominate yourself and a roster can be drawn up.

P&C Meeting
Reminder that there is a P & C meeting this Wednesday at 6:00pm in the library. Babysitting is available.

Excursion to Taree
A whole school excursion will be held next Monday 30th March. Students in Year 3-6 will be visiting Greater Taree City Council offices, where they will meet the mayor and learn about the variety of services which the council provides. They will also be introduced to Mapping Technology, and find out more about road works. Permission note attached.

Myrtle the turtle (tortoise) created much attention last week. She will be happily living in Mrs Knight’s pond.
Students created a variety of plasticine models in Year 3 – 6.

**Back by popular demand**
Mention head lice and most of us instantly develop an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits. [http://www.health.nsw.gov.au/environment/headlice/Pages/nitbusters.aspx](http://www.health.nsw.gov.au/environment/headlice/Pages/nitbusters.aspx)

**Bullying knows no bounds**
When cyberbullying hits home - what one mum wishes she’d done differently. Because most cyberbullying happens in the home, parents need to be aware of the technology that young people are using. [http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/when-cyberbullying-hits-home](http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/when-cyberbullying-hits-home)

**Practise to be a journalist**
This website could definitely make practising writing and spelling more interesting for all of us. Make a newspaper clipping with your own headline and story. Your child may even start imagining themselves as a publisher or journalist. [http://www.fodey.com/generators/newspaper/snipplet.asp](http://www.fodey.com/generators/newspaper/snipplet.asp)

**Safetytown website – A road safety education program**
This innovative website reinforces the road safety messages that children are learning at school. It provides practical strategies to help families learn how to be safer pedestrians and road users. The seven key road safety messages cover pedestrian safety, car passenger safety, bus passenger safety and safety on wheels (bicycles, foot scooters, skateboards and rollerblades). For further details, visit [https://www.safetytown.com.au](https://www.safetytown.com.au)

Yours in education
Sheila Capperauld

**Community News**

**Bunnings Easter Family Night**
You are invited to join us at your local Bunnings store for our Easter Family Night from 6pm to 8pm on Thursday 26th March. Enjoy free D.I.Y. workshops, an Easter egg hunt, a visit from the Easter Bunny and lots more! Bring along the whole family for a great night of Easter activities for everyone. Light refreshments will be provided.