

eNEWS LETTER



March 2021

Principal's Report



Education is the key for every single student. The Department of Education's strategy has as its central concept the idea of "every child succeeding". This is certainly a powerful concept and it shapes everything we do at Cooroy State School. We focus all our actions on ensuring the success of every single one of our students. Education opens doors, builds understanding of concepts and ideas and creates social connections for our everyday lives. A positive attitude to learning and an understanding that learning and education are valuable, helps to shape the long-term outcomes for all students.

Attendance:

The most fundamental key to success of each student is regular attendance at school. Cooroy State School students are expected to maintain attendance rate above 95% at all times. Presently, in Term 1 we have an attendance of 92.1%. Prep - 90%; Year 1 91.4%; Year 2 92.3%; Year 3 91.3%;

An attendance rate of 90% equates to 20 days off school per year, which does not allow for a student to reach excellence.



Every day attendance is THE most important component of a student's success and is expected of every student.

If your child will be absent on any school day throughout the year, it is vitally important that you notify the school as soon as possible. You may notify your child's absence in the following ways:

- Leaving a message on the Student Absence Line 24/7 – call 54722100 before 9:00am
 - Emailing details of the absence with a reason to admin@cooroyss.eq.edu.au
 - Entering as absence via an active QParents account.
- We thank you for your cooperation with this important process.



LOOK • LISTEN • REPORT

PHONE
13 17 88

Cooroy State School
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(PO Box 404)

Queensland 4563
07 5472 2100

admin@cooroyss.eq.edu.au
www.cooroyss.eq.edu.au



Student Achievement • Wellbeing & Engagement • Alignment



School Parking & Drop off and Pick up Area and Buses

Drop-off and Pick-up:

Recently we have had many parents comment on the situation at the pick-up and drop-off area. Please note that we agree with everyone's concerns. Solutions to these issues are complex and rely on a mix of the school's actions, council improvements and upgrades, policing, state and federal government support and importantly parent and carer patience and understanding.

There are parking rules that apply around schools, especially around school entrances. When using a drop-off and pick-up area you:

- Must use the area like a quick moving taxi rank.
- Need to move forward in the queue of vehicles to the signed area.
- Can get out of the vehicle to quickly help your children to get in and out safely (once in the signed area) – however must not walk away from the vehicle.
- Are only allowed 2 minutes in the signed area (if you take any longer you can be fined). If your children are not ready to get straight into your vehicle at pick-up time, you will need to drive around the block and queue to enter the area again.
- Should only let your children out once you have pulled into the signed area (it is dangerous to let them out while waiting in a queue).
- Should teach your children to look out for your vehicle and get in quickly when you pull up
- Must enter front in (never Reverse).

Staff Car Park:

As it is the start of the year and we have a lot of new families I would like to remind and inform all parents that the staff car park is for staff and deliveries only, not a drop-off or pick-up zone except in exceptional circumstances using the disabled parking. Entering this area can put your child and staff at risk. Staff must be able to access parking, which is very limited in the staff car park as it is, and know that their vehicle is safe from damage. We recently have had a staff member's car damaged through someone entering the car park to drop off a student and hit a staff member's car and caused damage to a number of panels. Please use the parking at the Northern End of the Oval or the parking adjacent to the Drop-Off, Pick-Up Zone.

Buses:

There has recently been a change in bus arrival times. There has been minimal impact on the bus departure times from Cooroy State School.

P&C

The P&C Annual General meeting will be held on Monday 22/03/2021 at 5:30 in the Resource Centre. Please come along and join in with this wonderful group of people who give of their time generously in the best interests of our children. There will be an Asbestos Management Inservice for anyone intending to take on a P&C position at 5:00pm before the AGM in the Resource Centre.

Priority School Review

Cooroy State School Priority School Review was held in mid-February and the Review has indicated the school is in a very good place. The Review team, two internal reviews and an external reviewer were matched to the school context. The review process is conducted over a 12 month period through a check back once every three months to ensure the school is receiving the support it needs. The Principal works with their supervisor, Assistant Regional Director (ARD) and assigned Senior Reviewer to develop an action plan that outlines the key improvement strategies the school will implement, and support it will receive from the region over the next 12 months. Parents, Students, Staff and Community Members were invited to give input to this process during the 3 day visit. The review had 6 Key Improvement Strategies identified. From these strategies

an action plan will be developed that outlines how the school will implement the strategies and the support the school will receive from the Region over the next 12 months.

Key improvement strategies

1. Document, communicate and implement precise strategies, actions and timelines for the delivery of improvement in the EIA of English and wellbeing, and develop strategies to measure school progress toward established targets.
2. Strengthen the whole-school culture of collaboration and mutual trust to positively impact on student learning outcomes and staff and student wellbeing.
3. Continually monitor and review school curriculum planning processes and discussions to ensure they forefront the Australian Curriculum and build the knowledge and capability of all staff members.
4. Collaboratively research, identify and communicate the school's signature pedagogical approaches and support teachers to build their understanding and application of the determined approaches.
5. Build on recent systematic approaches to resourcing to schedule instructional leadership time for all leaders to support the delivery of the EIA across the school.
6. Collaboratively develop a shared understanding of the school's inclusive education practices that genuinely support a whole-school approach for students with disability and other students with diverse needs.

If you would like a copy of the Review findings please contact the office. I am confident Cooroy State School, with the team we have here, and our great community support, will be able to successfully implement the agreed actions and ensure we will continue on a path that leads our students to achieve outstanding results in 2021 which will give them every opportunity to be the very best version of themselves into their future.

2021 Camps

The Year 6 Camp in 2021 will be to Longreach and the activities planned are educational and very exciting. I am confident the children will enjoy this camp which is now booked for Week 10 Term 3, 2021 leaving school on Sunday 12th and returning on Friday 17th September. I am sure our children will enjoy meeting our Western Queensland neighbours and in return our Outback friends will appreciate our visiting and supporting their economy. We have managed to keep the costs to \$800 for each student. This is based on 75 students attending which is the number of students who have paid a non-refundable deposit. If this number were to drop below this number there may be a slight increase in this cost.

An information meeting for parents was held on Tuesday 9th March at 3:00pm. A further session will be held for parents who are unable to attend this session.

The Year 5 Camp in 2021 will be in the last week of Term 3 to Currimundi Recreation Camp on Wednesday 15th to Friday 17th September. We have managed to keep costs at \$200 per student and further information will be advised early in 2021.

Reminders

Parent – Teacher Information - Due to the ongoing COVID-19 situation this year Parent Information will be processed through email from the class teachers and Interviews will be held by phone through request. Thank you for your understanding.

COVID – 19 Reminder

Thank you so much for your continued patience and understanding as we adapt to the COVID-19 changes and challenges for 2021.

As mentioned in previous correspondence the following is the new updated information regarding COVID-19 restrictions.

- There is no need to obtain parents' and carers' contact details, as these are already recorded in OneSchool and can be used for contact tracing by Queensland Health if needed.
- However, all other visitors need to adhere to COVID school visitor and sign-in arrangements.

- Parents and carers can access the school facilities as long as they follow the COVID safe practices and not enter classrooms;
- Normal school attendance arrangements apply. If a student is unwell, they must not attend school. As advised by Queensland Health and the Chief Health Officer, anyone who develops a fever, cough, sore throat or shortness of breath should contact their doctor or call 13HEALTH (13 43 25 84) and get tested. While the new normal allows us to go about our daily lives without too much adjustment, we all know the situation can change rapidly. Make sure you stay informed as the restrictions may change based on Queensland Health advice and the Department of Education guidelines.

DOGS:

A reminder that dogs are not permitted on the school grounds under any circumstance to keep all our children safe. If you are walking your dog past the school, and especially the pick-up zone, please ensure your dog is restrained and not allowed to jump on other people. I thank you for your support of this request.

Richard Barrie
Principal



Contact the school
if your child will be away or late
on 5472 2100 (24/7) Qparents or
admin@cooroyss.eq.edu.au
Every day counts
Is your child at school today?
www.education.qld.gov.au/everydaycounts



You must:

- Enrol your child at school
- Send your child to school every day
- If your child is away from school, make sure you tell the school.

Children do better when they go to school all day, every day



DEPARTMENT OF EDUCATION, TRAINING AND EMPLOYMENT

Forest Acres

Family Day Care



- Diploma qualified educator with over 12 years of early childhood education experience.
 - Small group settings of up to four children per day.
 - Limited vacancies available.
 - Care available from 8am -5pm.
 - Vacation care available for school aged children.
 - Huge flat natural play spaces for children to explore.
 - High quality child led programs.
 - CCS approved for eligible families.
- Nurturing, caring educator who takes the time to understand each individual child.
 - Located at Lake MacDonald.

Bonnie Davis

Phone- 0423 962 057

Email- forestacresfdc@gmail.com

Facebook- Forest Acres Family Daycare

Deputy Principal's Report

Positive Behaviour for Learning

It was very impressive this week to see the start of students' 2nd completed Possum Charts entering the Possum Box. Well done to these students, this is a massive achievement. I am sure there are many more on their way! As we head towards the end of Term 1

Week 8

Learning Environments – Care for your School & Care for your Learning

- We keep rooms tidy
- We care for property
- We participate fully
- We look after our belongings
- We are responsible for our learning
- We are organised
- We have our equipment ready

Week 9

Learning Environments – Care for Yourself & Care for Others

- We walk when in a room
- We use all equipment safely
- We use furniture appropriately
- We ask permission to leave the room
- We are only in a room when a teacher is present
- We try our best
- We follow adult directions
- We listen to others
- We raise our hand to speak
- We use polite language

Week 10

Review and Recap

*Students should have completed their 2nd Positive Possum Chart (Brilliant) to be on track for Epic at the end of the Semester.



Domestic Violence:
Women's Helpline:
1800 811 811
(24 hours/7 days)
Men's Helpline:
1800 600 636
(9am – midnight
7 days/week)

LANGUAGES - French



Histoires en action (Stories in action)

The year 5's and 6's are now immersed in their French-only language learning classroom, using the Accelerated Integrated Methodology (AIM). Through this approach, students learn the target vocabulary, grammar and syntactical skills through contextualised plays, with a strong focus on developing communicative and fluency skills. They then extend this learning to spontaneous classroom interactions and creative tasks. Learning is kinaesthetic, visual and auditory, thereby responding to a variety of learning styles.

The classes are fast-paced with engagement in a variety of multimodal texts, songs, dances, puppets (les marionnettes) and drama. It is wonderful to work with engaged students really enjoying learning to see and feel the language through play performances of Les Trois Petits Cochons and Comment Y Aller.

We are so grateful, once again, to have the use of the wonderful costumes and stage sets from Mr and Mrs Rugins, as the children enjoy this opportunity to bring the plays to life.

Our Year 6 students have also started to connect with exploring French as a global language, researching thirty-three francophone countries (where French is the country's registered official language). Students are continuing to develop their cultural awareness while reflecting on their own intercultural experiences.

Language Perfect Online Championships

Education Perfect has announced a few changes to its programme this year, one of which is that the Language Perfect Online World Championships will be earlier this year, in Term 1.

Competition starts: Tuesday 16th March 2021 at 3pm

Competition ends: Tuesday 23rd March 2021 at 3pm

www.educationperfect.com.au

Students log on to EP, using their user name (Coorfirstnamelastname) and then enter the password each student has set for their own EP account. Go to 'Competitions' and then 'sign in' to access the competition. Cooroy State School students have, in the past, embraced the opportunity to earn points in the online competitions, both in computer lab time and at home, earning a number of participant and school placement awards. Due to the competition falling over assessment weeks, participation is encouraged in students' free time. I am sure that the Year 6's will once again do us proud. Bonne chance, tout le monde!

Julie McLanachan

Teacher of French

Our School Leaders



Our Stars





Prep B



Our Preps



Prep C



2021



Prep M

Prep C creating Grass Heads as part of their Science unit: Our Living World

... can't
wait
to watch
them
grow!



Chappy NEWS

Hi everyone.

I hope you're having a good start to the year.

The usual reminder that Chappy Breakfast is on Wednesdays 8.00 – 8.40am at the hall with the options of toast with jam, honey, vegemite & or plain margarine; bananas; milo, juice or milk (until they run out). We have some volunteers from the local Uniting Church cheerfully serving the toast to students which has enabled me to get out and about with the students while they're eating or drinking or just hanging out. A big thanks to Rev Ron & Gary for their help serving the toast, and also for those students who help pouring the drinks!

I continue to allocate certain break times for different year levels in the Chappy Room and sometimes I'm out and about on the oval or handball etc for other breaks to connect with a variety of students, always keeping an eye out for those who need that extra support. Sometimes I assist in classrooms too during class times. I'm also planning for specific activities and programs to start Term 2.

I've been enjoying meeting some parents around the school, hope to meet many more this year.

For more details on my role 'providing social, emotional and other support to the school community' you can refer to the website: <https://cooroyss.eq.edu.au/support-and-resources/chaplain>

Chappy Matty



Social Media

General tips

Being aware of a few simple strategies can help keep the use of social media positive and constructive:

- Before you post something online, ask yourself if the community or individual really need to know. Is it relevant, positive and helpful?
- Remember that what you post online is a direct reflection of who you are. People will potentially form lasting opinions of you based on what you post online.
- Be a good role model. If things get heated online consider logging out and taking a few moments to relax, and think. Hostile, emotive responses could inflame situations unnecessarily.

- Be mindful when commenting, try to keep general and avoid posting anything that could identify individuals.
- A few years ago parents may have discussed concerns or issues with their friends at the school gate. Today with the use of social media, online discussions between you and your close friends can very quickly be shared with a much wider audience, potentially far larger than intended.
- Taking a few moments to think about the content you are about to post could save upset, embarrassment, and possible legal action.
- As a parent you have a role in supervising and regulating your child's online activities at home and its impact on the reputation and privacy of others. Parents are their child's first teachers – so they will learn online behaviours from you.

Possible civil or criminal ramifications of online commentary

A serious instance of inappropriate online behaviour may constitute a criminal offence and become a police matter. For example, online content may constitute the offence of "using a carriage service to menace, harass or cause offence" (Criminal Code Act 1995 (Cth) s. 474.23).

School staff may contact their union or obtain personal legal advice if they feel that online content seriously impacts their reputation. Defamatory online content may give rise to litigation under the Defamation Act 2005 (Qld).

What about other people's privacy?

If you upload photos of your children, be mindful of who might be in the background. You might be happy to share your child's successes with your friends and family via social media, but some parents are not.

If you are tagging or naming students, consider that other parents may not want their child's name attached to images online.

Is it appropriate to comment or post about schools, staff or students?

- Parental and community feedback is important for schools and the department. If you have a compliment, complaint or enquiry about an issue at school, the best approach is to speak directly to the school about the matter, rather than discussing it in a public forum.
- While many schools use social media to update parents of school notices, the department prefers that parents contact schools directly with a compliment, complaint or enquiry due to privacy considerations. Imagine if your doctor, accountant or banking institution tried to contact you to discuss important matters via Facebook.

- If you have raised an issue with a school or know that another person has, consider refraining from discussing these details on social media, particularly the names of anyone involved.
- Keep comments calm and polite, just as you would over the telephone or by email.
- If you encounter negative or derogatory content online which involves the school, hinders a child's learning and/or affects the school community at large, contact the school principal.

Get to know social media

Take some time to research online networks and mobile apps, in particular the:

- terms of use
- custom features and terminology
- policies for the removal of content
- privacy settings

Search online networks for useful links such as safety centres, forms for reporting inappropriate content and terms and conditions. It may be helpful to bookmark these pages.

What if I encounter problem content?

Taking the following steps may help resolve the issue in a constructive way:

- refrain from responding
- take a screen capture or print a copy of the concerning online content
- if you consider problem content to be explicit, pornographic or exploitative of minors, you should keep a record of the URL of the page containing that content but NOT print or share it. The URL can be provided to the school principal, or police, as needed for escalation of serious concerns
- block the offending user
- report the content to the social media provider

How do I report inappropriate content?

Social media providers may remove content that contravenes their terms of service and/or acceptable use policies. Most websites and apps have a 'report', 'block this person' or 'report/tag content' function.

Links

for reporting social media content



Facebook
www.facebook.com/safety



Instagram
www.help.instagram.com



Google including YouTube
www.google.com/support/go/legal



Tumblr
www.tumblr.com/help



Twitter
www.support.twitter.com



Further information

eSafety Commissioner
www.esafety.gov.au

Building NoWay!
www.buildingnoway.com.au/powers

Google
www.google.com/goodtoknow

Parentline
www.parentline.qld.gov.au/parenting-information/top-10-ways

Young and Well Cooperative Research Centre
www.youngandwell.qut.edu.au



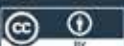
Social media and the school community

This guide offers some information to parents and caregivers about how to use social media in relation to comments or posts about their school community.

The internet, mobile phones and social media provide wonderful opportunities for you to network and socialise online. While these technologies provide positive platforms for sharing ideas, they also have the potential to cause pain and suffering to individuals, groups or even whole communities.

Just as you would discourage your child from behaving inappropriately online, it's important to remember that sometimes negative comments that parents and caregivers post about their school community have a greater impact than expected.

Reputations of teachers, schools, principals and even parents can be permanently damaged – and in some cases, serious instances of inappropriate online behaviour are dealt with by police and the court system.



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For updated copies of this document, and other cybersafety resources, please visit www.education.qld.gov.au/about/technology/learning/2013/10/the-queensland-school-community



PE & SPORT NEWS

Cooroy SS Cross Country and Fun Run

Parents, carers and families are invited to watch and cheer their children in the Cooroy SS Cross Country & Fun Run. Parents must follow COVID safe protocols and maintain physical distance of 1.5m. Anyone with cold and flu symptoms must not attend. The date is Friday March 26 (Week 9) - further details are below. Students will need running shoes, hat, sunscreen and a water bottle.

The first five placegetters in the 10, 11 & 12 years events will be considered for selection in our Cooroy SS team depending on fitness.

The Noosa District Cross Country is scheduled for Friday May 7 (term 2 week 3).

Cross Country Program

Years 3-6 8.45am-10.45am

| TIME (approx) | AGE & GENDER | LAPS |
|---------------|---|-----------------------------------|
| 8:50am | | Introduction, House war cries |
| 9:00am | | Marshalling for 8yrs boys & girls |
| 9:05am | 8yrs boys (born 2013) | 1 short lap (600m) |
| 9:10am | 8yrs girls (born 2013) | 1 short lap (600m) |
| 9:20am | 9yrs boys (born 2012) | 1 short lap (600m) |
| 9:25am | 9yrs girls (born 2012) | 1 short lap (600m) |
| 9:35am | 10yrs boys (born 2011) | 1 long lap (750m) |
| 9:45am | 10yrs girls (born 2011) | 1 long lap (750m) |
| 9:55am | 11 boys (born 2010) | 2 long laps (1500m) |
| 9:57am | 11 girls (born 2010) | 2 long laps (1500m) |
| 10:15am | 12yrs boys (born 2009) | 2 long laps (1500m) |
| 10:17am | 12yrs girls (born 2009) | 2 long laps (1500m) |
| 10:35am | Presentations, House points, pack up, war cries | |

Fun Run

Prep – year 2 2.00pm-2.50pm

| TIME (approx) | AGE & GENDER | LAPS |
|---------------|-------------------------------|--------------------|
| 2:00pm | Introduction, House war cries | |
| 2:10pm | Year 1 | 1 short lap (350m) |
| 2:20am | Preps | 1 short lap (350m) |
| 2:30am | Year 2 | 1 long lap (500m) |

COOROY SS CROSS COUNTRY TRAINING

(Please note that this training program was given to all Year 5 & 6 students in February)

Even a small amount of running every week will help you improve your fitness.

Aim for at least one training run each week if you play a club running sport.

Otherwise, you will need at least three running sessions every week.

Surges (this means to increase speed to a fast run)

I don't run very much:

Jog 40m then surge 20m. Do this 4 times without stopping.

This is 1 lap of Cooroy SS oval line. Walk 1 lap then repeat 2 more times.

This is 3 laps in total.

I run a lot/ I'm a good runner:



Jog 80m & surge for 40m. Do this 4 times without stopping.

This is 2 laps of Cooroy SS oval line. Walk 1/2 laps then repeat 2 more times.

Distance Running

I don't run very much:

Jog & walk 3 laps Cooroy SS oval OR jog & walk for 6 mins. (Weeks 1 & 2)

Jog & walk 5 laps Cooroy SS oval OR jog & walk for 9 mins. (Weeks 3 & 4)

I run a lot/ I'm a good runner:

Jog 3 laps of Cooroy SS oval or 5 mins, walk 1 minute then repeat. (Weeks 1 & 2)

Jog 6 laps Cooroy oval or jog 8 mins, include 20m surges. (Weeks 3 & 4)

Hills: (medium gradient 20-30m long)

Run hard up the hill with short strides & run back down with long strides.

I don't run very much:

Weeks 1 & 2 – 4, 5 or 6 runs up & down the hill with 30 secs rest between each.

Weeks 3 & 4 – 4, 5 or 6 runs up & down the hill with 15 secs rest between each.

Rest until your breathing slows, then repeat.

I run a lot/ I'm a good runner:

Weeks 1 & 2 – 3, 4 or 5 runs up & down the hill no stopping. Rest 1 min, repeat.

Weeks 3 & 4 - 3 runs up & down the hill no stopping. Rest 1 minute repeat twice.

Remember:

What to Eat and Drink

Take your water bottle to training! SIP water. Do not guzzle!

After training, drink 2 glasses of water slowly and

Eat a small healthy snack (eg: piece of fresh fruit)

Most of the time:

Eat foods that keep your "engine" going including plenty of meats, fish, fresh fruits, vegetable and wholemeal bread and rice.

Avoid deep fried and sugar loaded foods such as chips, lollies and softdrinks.

Sleep

Get enough! 8 -10hrs every night. You will need extra while training!

Noosa District School Sport Trials 2020

As usual, all students attending Noosa District School Sport Trials **MUST** be nominated through their school **BY THE DUE DATE**.

For District Swimming, Cross Country and Athletics Trials

Students are selected to attend these three District Trials by competing in our Cooroy School swimming, cross country and athletics (track and field) carnivals.

Students qualify depending on their place in finals, their time, distance or height.

For all other District Sports Trials

These District Trials are held **AFTER** school. Students qualify to attend these Trials based on age, experience and skill level. As schools are limited in the number of students they may nominate, Cooroy SS may organise a trial at school to determine which students may attend.

Nomination Process

1. To aid in timely communication, we ask parents and carers of 10, 11 and 12 yr old students to complete an expression of interest form.

Returning this form means that your son or daughter will be considered to attend the District Sport Selection Trials.

2. As soon as relevant information is forwarded to schools, Cooroy SS will send a trial information form, consent / medical form and code of conduct form home with students who are nominated to attend the trial.

Conditions for Nominations:

1. Only students turning 11yrs (Born 2009) or 12yrs (Born 2008) are eligible for the District Sport Trials listed below. Some sports include 10yrs (born 2010).

2. Students need to regularly participate in a sport at club level with a high skill level for their age. This is not a “come & try” session.

3. Students must have parental permission and be nominated by Cooroy SS by the due date to attend any District Trial.

4. There is a selection process at school to ensure that students have sufficient skills.

5. Parents or carers are responsible for transport to and from the Trials as well as supervision of their child whilst there.

Noosa District Sporting Trials – Team Sports

Congratulations to the following students who were selected in Noosa District Sporting Teams to date.

We wish them the best of luck in the Sunshine Coast trials!

Boys Softball – Hamish F-C

Aussie Rules – Xanthe M and Tennyson C

Rugby League 12yrs – Cameron B

Rugby League 11yrs – Will McK and Archie McK

Rugby Union – Jett H

Noosa District Swim Trials

Indi P, Indee M, Tully S, Oscar B, Finley B, Matt C, Tiki H, Xanthe M and Will L recently competed at the Noosa District Swimming Trials at St Andrews Anglican College.

Please read the report from Mrs Dwyer (our team manager) of our team's performance.

Congratulations to all our swimmers from Cooroy who showed excellent competitive spirit at the District Carnival, especially Indee M who missed out on a place in the District team but placed 3rd in the 100m Butterfly. A terrific effort and well done to all competitors.

A sincere thanks to our parent body who support and encourage their children as they "rise and shine" in the early hours of mornings to train and who are willing to step up and assist as officials at our Cooroy SS swim carnival.

Significant Achievements (These students placed 1st or 2nd in their age group)

Tully S - 12yrs girls 50m freestyle

Oscar B – 10yrs boys 100m Breaststroke

50m Backstroke, 50m Butterfly, 50m Breaststroke, 50m Freestyle

Finley B - 12yrs boys 200m Breaststroke, 100m Breaststroke,

50m Butterfly, 50m Breaststroke, 50m Freestyle

Indee M – 11yrs girls 100m butterfly (3rd)

Noosa District Team Selections

From our quality team of eight competitors Tully S, Oscar B and Finley B were selected to represent Noosa in the District Swim Team.

Sunshine Coast Regional Trials and Team Selections

On Wednesday March 3rd, Tully S, Finley B and Oscar B competed at the Sunshine Coast Regional Swim Trials. Once again, all three swam some of their best times to ensure their competitors remembered their names!

Tully S placed first in her heat but was just short of the qualifying time.

Both Finley and Oscar B proved that it really was worth getting up at the crack of dawn to train with the Cooroy Dolphin Swim Club and gained selection in the Sunshine Coast Regional Team. A HUGE congratulations to both boys.

Their events are:

Finley – 50m Breaststroke, 100m Breaststroke, 200m Breaststroke

Oscar – 50m Breaststroke, 50m Freestyle

Both Oscar and Finley B will compete in the Qld State Trials on March 22-24 at the Chandler Olympic pool in Brisbane. WOW! What a great experience this will be!

Go get 'em boys! Train hard and swim like fish!

Better Breakfast Ideas for Kids

(excerpt from Assoc. Prof. Gordon S. Lynch)

Often referred to as the "most important meal of the day", breakfast is especially vital for growing children.

And yet, research has revealed that up to one in five Aussie kids skip breakfast!

How do we address this alarming trend?

Perhaps a greater understanding of why breakfast is so important for children (and adults) may help.

Breakfast is important for kids because it can help:

- * meet their daily nutritional needs including vitamins and minerals that are essential for growing bones and muscles.

- * improve their attention span and academic performance in the classroom.
- * improve their behaviour at school because their blood sugar levels are more stable and their tummies are satisfied.
- * keep their weight under control and their blood cholesterol and glucose levels in check.

Some quick & easy brekkies that provide a nutritious start to the day:

- * cereals (check it's not loaded with sugar!!! Or colourings) topped with fruit and milk.
- * wholegrain toast with peanut paste or banana or vegemite or avocado or baked beans.
- * boiled or poached egg with toast.
- * fresh fruit with natural yoghurt and/or natural muesli.
- * fruit smoothie.
- * a bowl of porridge with sultanas or banana.
- * IF REALLY in a HURRY... at least grab a brekky bar (no chocolate on top!!).

Brekky on the run

Most families are pressed for time in the mornings scrambling to get ready for work and school. This shouldn't mean brekky is sacrificed in the rush!

Having a regular nutritional breakfast sets a good example for your kids and helps them develop good eating habits.

Get your kids involved in making their brekky – encourage them to get their own cereal, or pour the milk on, or spread the vegemite, or cut the fruit....

Lock in a breakfast routine to save time – maybe put out the cereal bowls, spoons and ingredients the night before so you are ready for action in the morning!

Aim to be a little more adventurous on weekends and holidays – try fruit pancakes, scrambled eggs or omelettes with ham or tomato.

Time to "Hang Up My Whistle"

It is with mixed emotions that I am to finish my teaching career at the end of this term at Easter. Surprise, sadness and excitement are some of the feelings I have right now.

From the time I walked onto the oval with my first class, I absolutely loved the feeling that teaching physical education and sport to children gave me.

My passion has always been to leave students with a sense of joy and achievement in being active. I hope I have done so at Cooroy SS.

The teaching profession has given me opportunities to work together with, and learn from, amazing teachers and children alike.

PE and sport require collaboration with everyone within a school and I thank you all for the friendships and assistance given to me at Cooroy SS.

I want to especially thank Hillary Dwyer, Billy Magin, Vonnice Mackenzie, Annette Pearce and the team of teacher aides who I have worked closely with since arriving at Cooroy SS.

I know that now is the time (as the saying goes) "to hang up my whistle, take my bat and ball, and play in other places". It is at Easter, I say goodbye. I will miss teaching and children immensely.

***Yours in PE and sport,
Sandra Wright
Physical Education Teacher***

NxtGen **SUNSHINE COAST** BASEBALL



WEDNESDAY 14TH **APRIL 2021**

BE INSPIRED BY
AUSTRALIA'S BEST

RYAN
ROWLAND-SMITH

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9:30-2:00 PM
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\$95 FOR 1 DAY
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SUITABLE FOR ALL AGES

FREE NXTGEN
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LIMITED SPOTS AVAILABLE
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SCHOOL HOLIDAY BASEBALL WORKSHOP



Baseball is growing in popularity on the Sunshine Coast as we offer programs for all ages and skill levels - we're here to help build confidence and have fun!

Sunshine Coast Baseball is beyond excited to be welcoming NextGen Baseball to Mooloolaba these upcoming School Holidays!

Australian Baseball Silver Medalists and American MLB Legends Trent Oeltgen and Ryan Rowland-Smith are bringing their NextGen baseball camp to North Shore MultiSports on April 14th!



We are sending the invite out to all young baseballers on the Sunshine Coast to take part in the upcoming NextGen camp day and hope to spread the word between all local organisations. The age range this day will cater to is 6 to 16! There will be something for everyone :)

The prestigious NextGen Baseball camp is designed to train, instruct and inspire the Next Generation of aspiring ball players. Work with Major Leaguers, be inspired by their Journey and learn the drills used by the best.

For more details and to sign-up: <http://nextgenbaseball.com/camp/sunshine-coast/>

We hope to see you all there!

Sunshine Coast Baseball Association

LIKE TO LEARN THE BAGPIPES

NOOSA AND DISTRICT PIPE BAND are holding an information night and are offering tuition for this amazing instrument.

If you are **ten years and over** and **interested in learning the Bagpipes**, please contact the band ASAP.

Email: noosapipeband@gmail.com

OR

Phone : Don Drysdale - 0417 722 636 or Claire - 0419 793 102

EASTER HOLIDAY PROGRAM

FUN FOR ALL THE FAMILY

KIDS DISCO
APRIL 1ST 5.00 - 7.00PM

EASTER BUNNY VISIT
APRIL 4TH - 12PM

COLOURING IN COMPETITION
ALL SCHOOL HOLIDAYS

EASTER MOSAIC ART CLASS
APRIL 6TH - 11AM

MAGIC GLEN MAGIC SHOW
APRIL 14TH - 11AM

EASTER RAFFLES
TICKETS AVAILABLE FROM MARCH 5TH DRAWN
EASTER SATURDAY

2-DAY SUPER CAMP April

Launch special 40% OFF

WHERE EVERY CAMPER'S TREATED LIKE A ROCK STAR

Duration: 2-days Age: Prep - Yr6 Time: 8.30am - 3.30pm daily

EXPERIENCE: 12 HYBRID SPORTS | 6 SUPER SESSIONS | AMAZING COACHING

NOOSA | CALOUNDRA | MOUNTAIN CREEK

HUGE MULTI-SPORTS FESTIVAL FOR KIDS COMING TO NOOSA THESE HOLIDAYS!

SUPER CAMP is two days of non-stop hybrid (mash-up) sports - we pump the music from the DJ tent while the kids try their hand at our signature sports like Vortex Grid Iron, Super Soccer, Ultimate League, Big Dog Cricket and more!

When: April 14 & 15; (8.30-3.30pm daily)
Where: Noosa District High School (Cooroy)
Who: Kids aged Prep - Year 6
How: Launch Special - just \$59.40 for both days! *Tickets are limited.*

BOOK ONLINE: www.motiv8sports.com.au
0412 416 689