

A proud member of the Kincumba Learning Community and Tjudibaring AECG



**EFFORT
EARNS
SUCCESS**

Week 4

Principal's Message

"Every experience, positive or negative, shapes who we become."

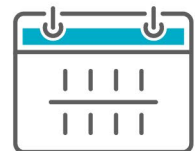
Leagues Club Park

Last Friday afternoon, our school captains Archie and Zoe joined Adam Crouch MP – Member for Terrigal and school leaders from Chertsey and Woodport schools to plant a tree at the new Leagues Club Field in Gosford. We enjoyed a tour of the precinct and learnt that a key feature of the park will be a water-play area that connects to Brisbane Water and will rise and fall with the tide to expose beautiful sandstone animal islands. We are looking forward to it opening.



NSW DEPARTMENT
OF EDUCATION

Coming Events



WEEK 5 – NAIDOC WEEK

**10TH NOVEMBER – P&C
MEETING**

**11TH NOVEMBER – K-1
ATHLETICS**

**11TH NOVEMBER –
HEADSTART – SESSION 2**



Photos



Maths Trains Brains

The Department of Education has released a new Maths hub for parents. Maths Trains Brains to solve problems in all aspects of life – from sport to business to creativity.

The Everyday Maths hub is available to help parents support their children's mathematical skills and understanding with fun, practical and creative activities.

Follow #Maths Trains Brains on Facebook, Instagram and Twitter, to see how schools and families are getting involved. The link can be accessed here: <https://education.nsw.gov.au/everyday-maths>.

Selective High School Placement for Year 7 2022

If you would like to have your child considered for Year 7 selective high school entry in 2022, you need to apply on the internet using a valid email address (not the student's email address). Detailed instructions on how to apply online will be available are available on:

<https://education.nsw.gov.au/public-schools/selectivehigh-schools-and-opportunity-classes/year-7>.

The application website closes on **Monday 16 November. You must apply before the closing date.**

Change of Date for School Development Days in 2021

Staff Development Days provide schools the opportunity to focus on strategic professional learning and are a valuable opportunity to collaborate and plan to provide explicit, targeted learning opportunities for our students. The following amendments to School Development Days (SDDs) will take effect from the beginning of the 2021 school year. The amendments will impact the number of SDDs occurring in Terms 1 and 4, while SDDs occurring in Terms 2 and 3 will remain the same.

Commencing at the start of 2021, the changes include:

- an increase from one to two SDDs at the commencement of Term 1
- a decrease from two to one SDDs at the end of Term 4.

This means that **Wednesday 27 and Thursday 28 January 2021** will be Staff Development Days (Pupil Free) with **Friday 29 January** the first day of school for 2021 for students in Year 1-6. Parents of students entering Kindergarten will receive additional information regarding their Best Start Assessment and first 'official' day of school.



Thank you - World Teachers' Day

Thank you to our amazing P&C for your kind words and cards to the Copacabana staff for World Teachers' Day. We appreciate your acknowledgement of the work that we do and love. This year, despite major challenges, teachers have made sure education continues across the country. It's reinforced the significant role they play in the lives of children and students, their families and communities. Once again, I want to thank our wonderful teachers who continually provide outstanding opportunities for our students each and every day.

Head Start – Welcome Kindergarten 2021

It was so lovely to meet all of our newest little members joining us here at Copacabana Public School in 2021. The children participated in a range of educational activities, listened to songs and a story. We had a great morning, filled with smiles and continue to look forward to getting to know our 2021 Kindergarten students. Thank you, Mrs Walters and teachers, for your organization and efforts to make every child special and valued at our wonderful school.



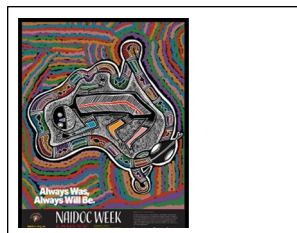
Life Education – Healthy Harold

Throughout this week, the students and teachers have had the opportunity to check-in with Healthy Harold in a COVID-friendly way. Healthy Harold has been visiting schools for more than 40 years empowering our students and young people to make safer and healthier life choices. I would like to thank Mr Mensforth for working with the Life Education staff to ensure this invaluable program was still able to go ahead under new and restrictive guidelines.



NAIDOC Week

Next week we will be celebrating NAIDOC week. NAIDOC (National Aborigines and Islanders Day Observance Committee) acknowledges and celebrates the fact that Australia's Aboriginal people were spiritually connected to this land and occupied and cared for this land for over 65,000 years. This year's theme is 'Always Was, Always Will Be'. Students will be participating in learning and celebrating Aboriginal and Torres Strait Islander culture throughout the week. Thank you, to Mr Smyth and Ms Robbins for organising our Aboriginal games afternoon.



Remembrance Day



Every year on the 11th November at 11am we observe a minute's silence in memory of all wars and armed conflicts and the people who have suffered or died. This year, students will learn more about the significance of this time in their classes.

Planning for 2021

The school executive team are currently considering class models for 2021. Forming classes in schools is a complex process based on Department of Education staffing formula and guidelines. Decisions regarding class placements is taken very seriously with a variety of factors considered when placing students in classes. The school executive, in consultation with class teachers and support teachers take into consideration the child's academic, social and emotional needs when allocating students to classes. I am happy for parents to outline aspects of their child's learning and development that may need special consideration when forming class compositions. Please note that requests for specific teachers will not be met.

If you have additional information that you would like staff to consider when forming classes for 2021, it must be in writing to Stage Supervisors by Friday, 20th November through the school email. Copacabana-p.schools@det.nsw.edu.au. Where possible teachers will consider your information, however, there are many aspects to consider which may mean your wishes cannot always be accommodated.



News from the Office

School Travel for 2021 Students who require a School Opal card or travel pass for 2021 can now apply online: <https://apps.transport.nsw.gov.au/ssts/#/howToApply>



Payments to School

In keeping with our increased hygiene practices, we ask that you pay online with the secure Parent Online Payment (POP). Please see the 'Make a payment' link on our school website: <https://copacabana-p.schools.nsw.gov.au/>

Updated Emergency Contacts

It is important that the school always has the most current contact details for all parents, caregivers and emergency contacts. Please email the school or complete the attached form and return it to the office if you need to update any new phone numbers, addresses or other contact details.

Canteen

The school canteen is now using QKR for all online ordering. A note was sent home with instructions for the App, to assist with this transition.

Early Leavers

We ask that Parents/Carers contact the school office to make arrangements when collecting students early. Once you reach the front gate, please call the office on 4382 1766 and staff will assist students to meet you there. Thank you.



News



Joel wearing his loudest shirt!

Loud Shirt Day

On Friday 23rd October we encouraged all of the students at Copacabana Public School to wear their brightest shirt to show their support of Loud Shirt Day. This was to raise awareness to help give the gift of sound and speech to deaf children. Wearing fancy stripes, florals, polka dots or paisley, our students showed their enthusiasm and support for this great cause. Well done Copa!

Sport

On Saturday 25th October, the Central Coast Junior Rugby Union Grand Finals were held.

Copacabana Public School had several students participating, representing the Avoca Sharks. Cooper R and Kai H both played in the Under 11s final against Northlakes, unfortunately going down 29-12. Archie P played in the Under 12s and won convincingly against Terrigal, 24-5.

Also, Emma O played in the Under 14s Girls Grand Final against Ourimbah and also won 24-5.

Congratulations everyone!

Congratulations to Matilda R, who has been selected in an Under 13 Girls AFL Talent Development team, which is run by the Central Coast Academy of Sport. A huge effort!

Well done also to Matilda and her team mates (Matilda B, Daisy R and Henrietta B) in the Saratoga Hawkes Under 12 girls AFL team, for making it to the Central Coast Semi-Finals.

Copacabana Public School Kindy Uniform Information

What Uniform is my Child expected to wear?

- **HAT** - A navy wide brimmed school hat- for sale in the uniform shop. They must have a hat to play outside.
- **SPORT UNIFORM (UNISEX)** – Navy school logo shorts and embroidered blue polo sports t-shirt. Long track pants can be worn in cooler weather. Girls can wear the checked skirt if they prefer.
- **GIRLS - SUMMER** – Summer dress with white socks and black shoes
- **GIRLS - WINTER** – Collared blue shirt with Tartan pinafore dress. Navy stockings/white socks and black shoes.
- **BOYS - SUMMER** – Grey Cargo shorts with blue collared shirt (with school logo). Grey socks and black shoes
- **BOYS - WINTER** – Grey long trousers with blue collared shirt (with logo). Grey socks and black shoes.
- **JUMPER** – there is a variety of different jumpers and hoodies with the school logo on for sale in the uniform shop.

What school bag does my child need?

- There are navy school logo bags for sale that are recommended for Kindy, but children are welcome to use any bag. It is recommended to have a bag with a large opening so they can easily load and empty with books, lunchboxes, hats etc. Also a water bottle holder to prevent water bottle leaks.
- Many children have the school branded bag so it's a lot easier if they have identifying features (colourful keyring etc) so they can easily identify their bag.

What is a chair bag and do they need one?

- The chair bags are recommended and hang on the back of their chair at the desk in their classroom. They are used for work, projects, pencil cases, hats and jumpers and really help the children keep track of their belongings.

How much uniform do I need to buy?

- This is really an individual decision but hopefully the following points will help guide you:-
- Just buy enough to get started. We can process new orders really quickly so if you have enough for the first few weeks you will be fine.
- As a minimum guide:-
- GIRLS – 2 summer dresses, 2 sport t-shirts, 1 pair sport shorts
- BOYS – 2 blue collared shirts, 2 grey cargo shorts, 2 sport t-shirts, 1 pair blue sport shorts.
- Maybe wait until the start of the new year or until the weather cools to buy new jumpers so they don't grow out of them before they get to wear them.
- Sizing goes up in 2yr age brackets and are pretty true to size. Always better to go slightly bigger.
- You can bring your child into the shop to try on if needed.
- If you order online we will get the uniform to your child (or sibling) in class within a week or have ready to pick up in the uniform shop within a week if your child hasn't started yet.
- The uniform shop is on the left as you walk through the school gates alongside the teachers car park. We have racks of uniform outside when the shop is open.
- We have a second hand rail with all items costing \$5 and profits go straight to the school P&C. Donations always welcome!
- Shoes – Black shoes for everyday wear. Leather is preferable. Sport shoes can be any colour runners.

We hope this makes the uniform requirements a bit clearer. Please come and talk to us and try on in the uniform shop Mon and Thurs 8.30-9am and on the last Wednesday of headstart from 8.30-10.45.

Beckie and Jemma
Uniform Shop co-ordinators

UNIFORM SHOP HOURS for HEADSTART 2021

The uniform shop will be open at 8.30am on Mondays and Thursdays during weeks 4, 5 and 6 of the term for Headstart.



Dates

- Monday 2nd November
- Thursday 5th November
- Monday 9th November
- Thursday 12th November
- Monday 16th November
- Wednesday 18th November
- Thursday 19th November

Also, on Wednesday morning of the 18th of November, the shop will open during Headstart time for parents of Kindergarten students 2021 to collect any uniform orders.



HELPING YOUR CHILD AT HOME – How You Can Help

Each fortnight we will include some tips for helping your child at home.

Learning to Cope – How You Can Help

We all experience a range of emotions from day to day but are not necessarily taught how to cope with these emotions. Children who feel out of control and lack healthy coping strategies often act out of control. Children need to be taught to manage their emotions from a young age. We need to support children and young adults as they learn to cope with anxiety and frustration and deal with a whole array of feelings.

Crying and being emotional is not a bad thing. Some children are more emotional than others. It is OK for children to have intense feelings. Allow your child to feel bad. We do not have to be happy all the time but do not let them get stuck in a bad mood. Help them by accepting their feelings, rather than minimising them with comments like, "it's not a big deal" or "it's not that bad!" Help them to label their emotions and make a choice in how they deal with things.

Children who do not know how to deal with feelings are more likely to turn to unhealthy coping strategies as they get older food, alcohol, drugs. Adolescents who lack healthy coping skills may turn to strategies where they just avoid doing the things, they feel uncomfortable with. Avoidance through 'escapism' by spending too much time on electronics, i.e. screen time, does not promote healthy coping skills.

Following are two strategies you may find useful in helping children deal with their feelings and avoid stress.

Emotion-Focused Coping Skills

- help children deal with feelings so they are less stressed
- teach them how to tolerate stress and gain perseverance
- assist them to deal with situations that cannot be changed

Being able to identify the emotion and verbalise how they are feeling is a start. Teach your child to use calming strategies such as breathing, take a time out break, exercise, artwork, reading, yoga, etc. Teach them the skills to face up to their fears, calm down and cheer themselves up.

5 Steps of emotion coaching

1. Be aware of child's responses
2. Recognize emotional times as opportunities for intimacy and teaching
3. Listen empathetically and validate child's feelings
4. Help child to verbally label emotions – helps sooth the nervous system and recovery rate
5. Set limits while helping child to problem-solve



Problem-Focused Coping Skills



- guide them in taking action toward change
- empower them to take control of a difficult situation
- assist them to deal with situations that can be changed

When your child shows signs of discomfort due to what they perceive as a difficult issue, you might prompt them to think about changing the situation or changing how they feel about it, e.g., if the homework is too hard, they could ask for help, ring a friend or wait to talk to the teacher the next day. Help them engage in problem-solving by brainstorming several solutions, listing pros and cons, and thinking about where they could seek assistance.

Over time, your child will become better at coping with their feelings and dealing with problems. Offer reassurance to your child and praise them for their efforts. Avoid stepping in too often, responding with treats or showering them with attention. Ultimately, your child should be able to use coping skills on their own so they can deal with discomfort in a healthy way when you are not there to guide them.

Learning coping skills early leads to wellbeing as an adult. Research suggests they are more likely to hold steady jobs, have less mental health issues and are less likely to indulge in substance abuse and criminal activities.



Awards

K-2 Assembly Week 2

Class	Student
KB	Micah W
	Ethan K
KW	Ruby M
	Harrison R
K/1W	Sunny V
	Harvey O
1ML	Drew C
	Fletcher M
1/2C	River M
	Braedan K
2A	Makenzie G
	Sam C
2M	Max B
	Luna W

3-6 Assembly Week 2

Class	Student
3/4A	Noah H
	Banjo W
3/4R	Charlotte D
	Mya A
3/4S	Poet N
	Charlie R
4/5M	Ziggy F
	Millah M
5/6F	Emma O
	Noah A
5/6M	Cooper F
	Ariana M
5/6W	Serena K
	Coby M



Awards

Values Education Assembly October Care

Class	Student
KBP	Oliver H
KW	Harrison R
K/1W	Alice B
1ML	Macey B
1/2C	Hazel H
2A	Makenzie G
2M	Maxim B
3/4A	Kael G
3/4R	Chloe O
3/4S	Poet N
4/5M	Myall B
5/6F	Ruby P
5/6M	Imogen T
5/6W	Jett M





Happy Birthday

Happy Birthday to these students who recently celebrated:

Finn M
Jessica K
Leo M
Zoe H
Zavier L
Leuwi S
Lachlan G

Cadel F
Sam C
Joey C
Isaac M
Archie P
Hallie P

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