

Cohuna Consolidated School

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Newsletter No 1

2nd February 2023

Dear Families & Friends,

I would like to welcome back all our students, parents and staff for a year full of optimism and possibilities. Students have settled very well with their new teachers and peers. Welcome also to the new families joining us this year. This year, we have 154 students, including 20 in Foundation.

Thank you to our staff for their preparation in the lead up to Day 1 and to Karl Johnson for his extensive holiday cleaning and grounds maintenance.

I would like to wish everyone a wonderful year!

Valerie Lobry

SCHOOL COUNCIL MEETING AND ELECTIONS:

Please note we will hold our next School Council on Monday 27th February. Finance sub-committee will be at 6pm and School Council at 6.30pm.

The annual School Council election process will start next week. We have four parent vacancies and one staff vacancy. Thank you to Nicole Gray, Melanie Read-Wishart, Kate Fehring and staff member Tania Pigdon who have completed their term of office. The first part of this process is to call for nominations. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent Category. A nomination form can be collected from the front office or emailed by request. These forms need to be lodged by Thursday 9th February at 4pm.

School Election Timeline:

Notice of election and call for nominations:

Thursday 2nd February

Close of nominations:

Thursday 9th February

Valerie Lobry

ILLNESS:

With the return of school, we are already seeing the sharing of germs. Gastro is currently the culprit so please remember to keep your child at home if he/she is sick. Please be particularly vigilant if gastro is already in your house and remember that to keep your child home for 48 hours after symptoms cease. Whilst Attendance is a school priority, a sick child should stay home.

dates
Remember

FEBRUARY

Monday, 6th – Friday, 10th – Gr. 1-6 Swimming Program

Monday, 27th – School Council meetings

Tuesday, 14th - Thursday, 16th – Gr. 3-6 Swimming Program

Friday, 17th – Gr. 3-6 Swimming Carnival

MARCH

Sunday, 5th – Bridge to Bridge

Monday, 27th – School Council AGM

APRIL

Monday, 3rd - Parent-Teacher interviews

Thursday 6th - Easter Parade and last day of Term 1

Friday 7th – Good Friday Appeal

Sorry **WE'RE**
CLOSED

The canteen will be closed tomorrow, Friday 3rd February. Students will need to bring their lunch on this day.

The canteen will reopen on Friday, 10th February. Please refer to the Term One Canteen Menu and roster that was sent home on Monday.

SWIMMING, SWIM CARNIVAL & MEDICAL FORMS

Please note: The permission note for the Swimming Program and the medical form must **be returned ASAP (or by tomorrow at the latest) otherwise we will be unable to take your child to the pool. Please ensure all sections are completed & signed.**

The permission note for the Grade 3-6 Swimming carnival must be **returned by Wednesday 8th of February** for your child to participate.

STAYING AWAY FROM MOSQUITOES

Recent wet and warm weather has increased mosquito breeding. Mosquitoes can carry diseases that may be passed on to people through mosquito bites. A range of mosquito-borne diseases have recently been detected in mosquitoes in northern Victoria. Mosquito-borne diseases can cause serious illness, including infections of the brain, with children particularly at risk.

The best way to prevent mosquito-borne diseases is to avoid mosquito bites.

In line with community health advice, families can protect against mosquito bites by:

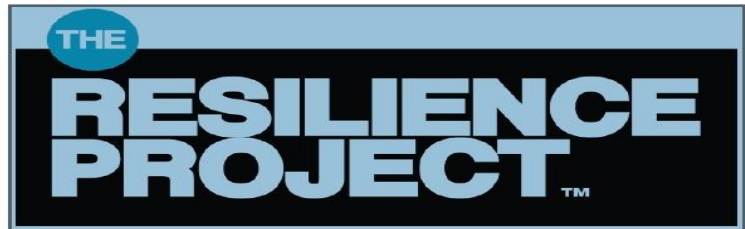
- using insect repellent that contains picaridin or DEET on all exposed skin if outdoors when mosquitoes are observed, from October to March
- wearing long, loose-fitting clothing outdoors if possible if mosquitoes are around and covering exposed skin as much as possible. Summer school uniforms, including polos and shorts, can continue to be worn, but students should use insect repellent on exposed skin if mosquitoes are active
- limiting outdoor activity when mosquitoes are active.

Further information

- A [handy guide](#) to help protect you and your family from mosquito-borne disease
- Better Health Channel [information about preventing mosquito-borne diseases.](#)

HAPPY BIRTHDAY

2nd Jamee Ferris, 5th Sophia -Kate Wilson, 6th Skylah Green & Stella Fehring, 8th Jemma Walsh, 10th Lilly Cockfield



Snapshot 1:

The Resilience Project

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

Teachers and students will engage in weekly lessons and activities around the key principals of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

Check out their website for more information:

The Resilience Project

And check out **TRP@HOME**; a place full with inspiration and activities for the whole family, to help improve your wellbeing and build resilience.

[TRP@HOME](#)

CSEF FUNDING

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Eligibility Date:

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term **one (30th January 2023)** or term **two (24th April 2023)**.

Payment amounts this year are \$125 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, applications are available from the school's office or contact the school on 5456 2361 and ask for an application form to be sent home. A copy of your Concession card is required

Applications must be completed by Monday, 27th February 2023.

School Swimming Program (Grades 1-6), commencing on February 6th.
The program will take place on the following dates:

Monday 6 th of February GRADES 1-6	Tuesday 7 th of February GRADES 1-6	Wednesday 8 th of February GRADES 1-6	Thursday 9 th of February GRADES 1-6	Friday 10 th of February GRADES 1-6
Tuesday 14 th of February GRADES 3-6 ONLY	Wednesday 15 th of February GRADES 3-6 ONLY	Thursday 16 th of February GRADES 3-6 ONLY		

As you may be aware, the Shire's cool weather policy states that if the temperature is forecast to be below 23°C the night before, then the pool will not open. We may also cancel lessons if we feel the temperature is too low, or if the wind chill factor is too high. All cancellations will be notified via Compass and Facebook.

We will be holding each session at the following times:

Week 1:

Session 1 11.15 – 11.45 – Grade 6, Grade 3/4C

Session 2 11:50 – 12:20 – Grade 5, 1/2T

Session 3 12:25 – 12:55 - Grade 3/4W, 1/2M

Week 2:

Session 1 11.15 – 11.45 – Grade 6, Grade 3/4C

Session 2 11.50 – 12.20 – Grade 5, Grade 3/4W

As this program is fully funded there is no cost to parents, however, we do ask that if you have a Cohuna Pool membership that you please let us know your ticket number as this is deducted from the cost to the school.

Your child will need

- plastic bag
- towel
- swimwear including a t-shirt or rashie
- sunscreen

As part of our sun smart policy we insist children wear a swimming top during lessons and have sunscreen. Please make sure **all items**, including school clothes are **named**.

To run the swimming program we depend on the assistance of parents. The children will be placed into small groups and will need adult assistance. Parent helpers will be shown our swimming program and will be given instruction before they work with the children. If you are available to help with this program at any time please fill out the form on the following page. Each session will be 30 minutes in duration. To assist with preparation, we ask parent helpers to arrive 5 minutes early to become familiar with program on the day.

If you have any further questions or concerns please do not hesitate to contact the school on 54562361.

We need helpers for all sessions. If you can spare the time please pop your name down on the helper form that has been sent home with your child.