Welcome

If the weather over the last few days is any indication, this Summer and Spring at this stage is going to be very hot. I want to remind everyone of the importance of drinking water. We had students on Monday afternoon complaining of headaches. Please ensure your children have water bottles so that can sip on water during class. On really hot days we have been limiting the types of play the students can participate in to reduce dehydration. A great way to fight dehydration is to take sips of water all day, rather than big gulps when feeling thirsty. This is a great tip for everyone.

A big thank you to all involved with this year’s Bike Ride. We had a total of 702 riders, which is very successful. There are so many people involved in this event. Without all of you this event would not be a success.

Discipline Audit

Last Friday Chris McNally came to Cooyar to audit the school’s discipline practices. I am proud to say that Cooyar State School performed extremely well. We received ‘outstandings’ and ‘highs’ across all five domains. Chris spoke to parents, students and staff and was impressed with our school. I have displayed the results outside the school office, if you are interested in reading the audit report.

Cooyar Shop

Starting this term, we are trialling a Cooyar Shop for students to spend their Cooyar Cash. The idea is give students an opportunity to purchase rewards that are ‘big ticket’ items. There are still class prizes but we have some big ticket items that students will have to save their Cooyar Cash for to get the possibility of participating. Attached to the newsletter is the prize suite that the students can choose from. On Tuesday big lunch break students can book in for the prizes. Please note that some happen twice a term and others once. This will give students an opportunity to be rewarded for their great behaviour alongside excellent organisational skills for Celebration Day.

Congratulations to students who have booked in for some activities already:

Art and Craft: Madeleine, Maddison, Lara and Rhiannon.
Pizza in the Park: Gabrielle
Fishing: Damon, Seth, Ben, Tommy
Gaming Afternoon: Ethan, Jasmine, Shannon, Sam
Movie and Popcorn: Zac and William
My Kitchen Rules: Holly
Special Lunch: Charlotte, Kaycee
Industrial Work: Jessica, Bridget and Rachel
From the Principal...

Swimming

Reviewing the swimming notes and payments, we have many families who have not sent in either. **All payments and forms are due back by Friday the 31st October.** Students who have not sent in forms and payment will not participating in swimming.

Library

Starting this Thursday, the students will be having weekly Cooyar School Library Borrowing. The students will borrow books to take home and read. Please send in a library bag (an old pillow case is fine) with a name and the students will start borrowing. Students will also be able to borrow in the mornings from Tuesday to Friday as well. We have many great books, a great opportunity for families to read together during the week.

Daniel Morcombe Day

This Friday is Daniel Morcombe Day and to commemorate this day we are asking for all students to come to school in red. There is no gold coin donation, just a time to reflect on the tragedy that happened in 2003. Students can still wear their uniform but have the opportunity to wear red shorts/skirt/skorts to remember Daniel and the fantastic foundation that his parents started in his honour.

Book Fair

The annual Book Fair is on again. This is a great chance to pick up a variety of books at discounted prices. Jacinta Ryan has volunteered to set up, run and pack up this event. The students will go through and choose a book for presentation night and a wish list for parents. Families will be able to purchase books on these days only, so lock these in your calendars: Tuesday 11th Nov 8:30-9:30am, Wednesday 12th Nov 8:30-9:30am and Friday 14th Nov 2:30-3:30pm.

Prep Transition Day

Reminder that Prep Transition Days are coming soon on the 18th and 25th Nov and 2nd and 9th Dec. If you know any parents out there interested in sending their child to Cooyar in 2015, this a great opportunity to see what we are all about.

Booklist Orders

Please ensure you have completed your Booklist Order online with Bedrock Books. See attached brochure.

Have a great fortnight, I am hoping this weather continues when it is our swimming week block.

See you around the school

Mark Wrigley

Principal
Prep, Year 1 and Year 2 News

We are all busy writing our persuasive pieces about which fairy tale story is a better story.

In Maths, Year 1 and Year 2 have just finished an assessment piece on Chance. The Preps are busy this week working on measurement looking closely at mass and length. The year 1’s will be using their knowledge of 10 to add and subtract more than 2 numbers. The year 2’s are looking at multiplication and division.

In Science, we are looking at the way objects move, in particular, toys.

Welcome back Safron, we are glad to have you back in our classroom.

Don’t forget that Friday is wear red day for Daniel.

Thank you for your continued support and remember you are always welcome in our room.

Michelle Bourke and Tania Duncombe

Year 3 & 4

Students have been working hard at what makes a great persuasive writing piece by using the 7 Steps program. I look forward to seeing the end results in their persuasive writing and speech in a few weeks’ time. The students are coming up to the end of our History unit. We have been looking at the effects colonisation had on the Aboriginal peoples. The students are continuing their investigation of statistics and probability. Next week we will move into shape and measurement. It is coming to the time where we start thinking about our end of year presentation performance. Can we out do last year? You will have to wait and see!

Until next time.

Mark Wrigley
Senior Room—Year 5 & 6

Sydney Afternoon
Students are busily working on presenting an afternoon for their parents during which slides from their recent Sydney Trip will be shown. This is our main focus in class at present and I am sure everyone will enjoy what the children manage to compile. Every student will present a short spoken presentation which will form part of their English assessment this semester so we would enjoy as many parents and friends to come along for the afternoon as are available so the children have a real audience.

We are hopeful of presenting some small samples of the food we enjoyed on the tall ship if the current heat wave doesn’t wipe out all of our vegetables.

Photos
If you would like a copy of the photos from the Sydney Trip, the children will be able to put them onto a memory stick to take home. Otherwise, they have all been provided with a very wide selection of photos from school to include as part of their journal.

Carmon Sloss
This time of the year is often boring for arm-chair sport's lovers. The AFL and NRL seasons are over, and the Cricket Season is several weeks away. Fortunately for cricket enthusiasts the One-Day Cricket Competition between the states is being held and televised. Hopefully the examples of exercise in the great outdoors will be emulated by television viewers of all ages.

We all are lead to believe that fresh air and sunshine are excellent ingredients for a healthy life, and this is certainly supported by an internet article that a friend sent to me this week. Taken from the May/June, 2014 issue of “Intelligent Life” Magazine, the benefits of being in natural light for extended times are promoted. Although the disadvantages of being exposed to too much sunlight, especially around midday, are very real. We need to be careful not to “throw out the baby with the bath-water.” The researcher quoted in this article is Satchin Panda, Professor of Molecular Biology at Salk Institute for Biological Studies at La Jolla, California. His article mentions research results suggesting that too little daylight can lead to long-term damage to health.

Points made include:

- Bi-polar hospital patients in rooms facing east (towards the morning sun) stayed four days fewer than those in rooms facing west.
- People recuperating from spinal and cervical surgery in bright sun-lit rooms take fewer pain-killers than those in darker rooms.
- In sunny Alberta (Canada), female heart attack patients treated in an intensive-care unit recovered faster if exposed to lots of natural light, whilst mortality/death rates in both sexes is consistently higher in dull environments.
- Elderly people who get two hours of morning sun each day experience improvement in sleep patterns. Sleep enhances the immune system, meaning there are lower levels of colds, cancer, heart disease, depression, and over-eating, in turn reducing obesity and diabetes.
- Tired children are more likely to be hyperactive and distracted. More playtime in the sunshine, and earlier bedtimes, are likely to eliminate, or at least reduce, these problems.
- Morning sunlight has the greatest positive effect on people, both young and old, affecting their psychology, physiology and mood.
- Boosting daytime light is likely to improve a person’s alertness, and improve their completion of useful tasks, with fewer mistakes.
- There is still plenty of sunlight, even on grey, overcast days.

Professor Panda says that. The eye perceives three main colours in light – red, green and blue. Artificial light does not replicate natural colours. Too much blue light can deceive the brain into thinking that it is daytime when it is not, leading to insomnia and disturbed sleep. Therefore the use of computers, smart-phones and tablets, all of which produce blue light, late in the evening (after 8.30 pm) can negatively affect sleep.

Although developments are being made to program artificial light so that some of the benefits of natural light can be derived from it, in the meantime the lesson for us, for the benefit of our children, is to expose them to as much natural morning light as possible, preferably with some exercise to go with it, to reduce evening computer time, and to see that they get around eight and a half hours of sleep per night.

Phil Downing
School Chaplain
Photo Gallery...
Week 3

Prep—Year 2— Madeleine for her wonderful work ethic and being a responsible class member.
Year 3—Year 4— Zoie for an exceptional Sizzling Start in Persuasive Writing.
Year 5—Year 7— Amelia for catching up on work without prompting.
Playground— Seth for responsible play and picking up papers.

Week 4

Prep—Year 2— Charlotte for her positive attitude towards learning.
Year 3—Year 4— Arien for improvement in his application towards tasks.
Year 5—Year 7— Summah-Jane for improving her time management and avoiding distractions in class.
Playground— For being safe and responsible on the playground.