



Relieving Principal's message

Get ready to crunch! Next week our school will take part in The Big Veggie Crunch. At Coniston PS we encourage our students to take part in Crunch and Sip each morning in the classroom with fresh fruit or vegetables brought from home. For our younger grades we suggest cutting the fruit or vegetables up for ease of eating in the classroom. On Tuesday 19 March, students will be provided with an individual cup of different vegetables to try, thanks to a grant we received from the Big Veggie Crunch.



SRC Wollongong Network Meeting

Last week 2 of our student leaders took part in the SRC Wollongong Network meeting held at Lindsay Park Public School. This involved representatives from the student leadership teams of 17 Primary Schools from around the Wollongong area. The initiative promotes student voice and agency with attendees engaging in the opportunity to connect and collaborate with other SRC members.

P&C

I encourage you to take a look at the P&C information published in each newsletter. Even if you can't attend our meetings, we are always appreciative of parents who can assist at events throughout the year. Keep an eye out for opportunities. It's a great way to connect with other parents and be a part of our school community.

Congratulations to Archie Yr 5 who represented our school at the Australian Interschool Mountain Biking Championships at Thredbo last week. What an exciting experience!



We look forward to seeing our community at our Easter Hat Parade in Week 9.

Have a great fortnight everyone.

Mrs Nicole Flynn
Relieving Principal

Coming Events

SCHOOL HAT EVERY DAY
HEALTHY LUNCHBOX EVERY DAY

Every Week

- Monday 2:10pm: Whole School Assembly then Running Club – families welcome
- Tuesday 9:15 – 10:45am: Community Gardening – call in via the office
- Tuesday 9 – 11am: Playgroup
- Friday: Got Game! Sport program

Week 8

- Big Veggie Crunch week**
- Naplan

Week 9

- Thursday 28 March 9:15am: Easter Hat Parade and P&C Class Easter Raffle
- Good Friday** – Public Holiday, School Closed

Week 10

- Easter Monday** – Public Holiday, School Closed
- Friday 5 April P&C Meal Deal Day

Week 11

- Friday 12 April Athletics Carnival K-6 – Beaton Park
- Friday 12 April – Last Day of Term 1

What's due?

- Fri 8 March: Got Game! payment due
- Monday 26 March: Stage 3 Canberra Overnight Excursion deposit
- Thursday 4 April: Harmony Day poster competitions (no late entries)

Dates for your diary

- Friday 24 May: Photo Day**
- Sunday 2 June: Wollongong Running Festival (info for our students to come)
- 13 – 14 June: Stage 3 overnight excursion to Canberra (all students)



Attendance – Every day counts!

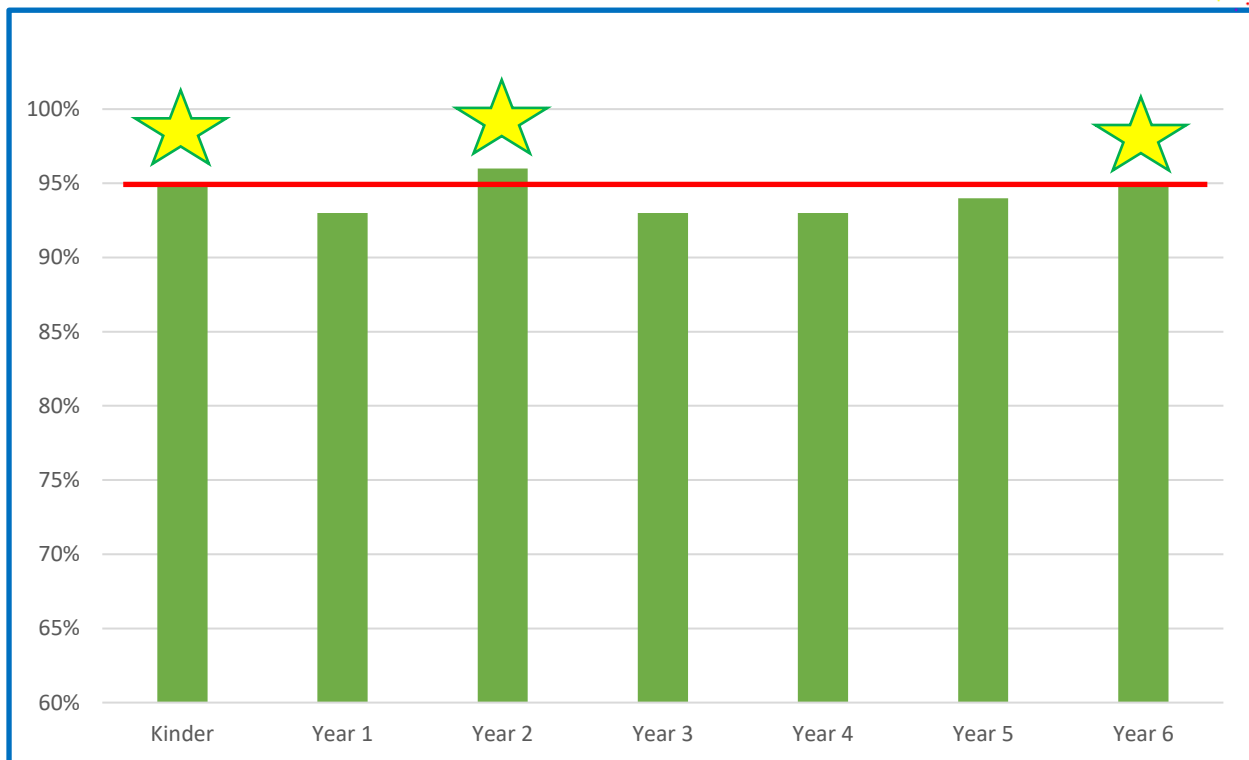
This year we are really striving to have every grade over 90% attendance every fortnight.

The attendance graph below is for 27 Feb – 13 March 2024. The red line is the NSW Department of Education's expected 95% attendance marker.

Congratulations to K, Year 2 & Year 6 – all 95% or above!!!



Congratulations Year 6 girls 100% attendance!



When it comes to attending school, everyday matters. If your child misses as little as 1 day per fortnight, they will miss 4 weeks of school per year, which adds up to over 1 year missed over their school life.

Our school Wellbeing Team monitors attendance data each fortnight. For students who are below the expected attendance rate a note will be sent home as part of our attendance procedures. Please contact the school if further support is needed.

P & C News

Congratulations to our P&C Executive Committee for 2024 who were elected on Monday night.

President: Melissa Conti

Vice President 1: Siang Jean Hoe

Vice President 2: Crystal Yau

Treasurer: Jordan Gillman

Secretary: Unfilled

Thank you to the parents who generously give up their time to support our school. Even if you can't make P&C meetings we would still value your help at events held throughout the year. Please chat to one of our committee members for more information or join our mailing list.

Next Meeting: Monday 13 May 7pm – In the School Library.

Mailing list member:

If you choose not to be a financial member, you can still participate as an observer, but not vote or hold office. You will also be added to our mailing list to keep you up to date with news and opportunities to join in from P and C. Emails will come via coniston-pc@googlegroups.com so please check your spam if you haven't received any correspondence recently.

To become a member:

Follow this link for an online form [here](#)

Or print a hardcopy form and complete your preferences, then drop by the office with money as appropriate.

Here is the link for the printable [hardcopy form](#).

If you have any agenda items you wish to add to the next meeting please email them to the P&C [here](#).

Kind regards,

Coniston Public P&C

Easter Hat Parade and P&C Easter Raffle

All students from Kindergarten to Year 6 are invited to join our annual Easter Hat Parade on Thursday, March 28, 2024. At Coniston Public School, we embrace the diversity of cultures and various celebrations within our community. Keeping this in mind, we extend the invitation to all students to participate in the Hat Parade. Students are encouraged to bring a decorated or themed hat (not necessarily Easter related). The parade will take place around the COLA, where students will showcase their hats and later engage in a class item or dance that they have been learning as part of the Creative Arts Curriculum.



Parents/Carers are invited to attend the event.

Date: Thursday 28th March 2024

Time: 9:15am- 10:30 (Approx)

Where: COLA (Covered Outdoor Learning Area)

The order of classes will be: 3J and 4W, KP, 5A, 1R and 2O, 6P



If the weather is not suitable for an outdoor event, a message will be sent early on Thursday morning via eNews and Facebook to advise parents that they are not able to attend. This is because we have no other venue large enough for our community. If this is the case, the students will parade inside with other classes watching.

The Coniston P&C will be organising an Easter raffle for each class (at no cost) which will be drawn at the end of the Parade.

Library News

We have lots of beautiful new books in the library to enjoy! All the students are so eager to borrow each week! Keep it up everyone! Here are our Kindergarten students enjoying borrowing books from the library!



Library Helpers Needed

We are looking for volunteers to join us at school to cover some of our new books in contact. If you are able to help out on any of the following dates/times please call the office and leave your name.

When: Anytime from 2.15pm onwards

Friday 22 March

Friday 5 April

Friday 12 April

Where: School library

Any help is much appreciated! Training provided!

Hope to see you there!

Help Needed



NSW Premier's Reading Challenge

The 2024 NSW Premier's Reading Challenge has started at Coniston PS and all the students are excited! The reading challenge is an initiative which aims to develop a love of reading for leisure and pleasure. It encourages students to engage with quality literature and promotes the benefits of reading. The Premier's Reading Challenge involves all students in K-6.

K-2 classes will be read to by their teacher and will complete the reading challenge in class at school. If students in Years 3-6 wish to participate in the reading challenge they need to read 20 Premier's Reading Challenge books independently and enter them online on the Premier's Reading Challenge Student Site. The PRC student site can be accessed through the Student Portal.

Also, please find the link below:

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

All students in Years 3-6 have been introduced to the reading challenge in library lessons and will be supported throughout the challenge at school. The 2024 NSW Premier's Reading Challenge finishes at the end of August.

Happy reading!



Library News continued...

Harmony Day Poster Competition

All students are invited to participate in the 2024 Harmony Day Poster Competition, which is open to students in all schools in Australia.

We have entered some amazing artwork from our students in previous years and all students are invited to participate again this year.

The poster design is to be completed at home, but students will have the opportunity to start their posters during library lunch time activities.

The theme for this year's poster is **'Harmony – What Can We Do?'**.

Please share the information below with your child/ren if you would like them to participate.

Specifications: A3 drawing, painting or mixed media work (A3 paper supplied by the school)

Starting Date: Participating students are to come to the library during lunch time on Thursday 7 March to collect their A3 paper and start their poster designs.

Closing date: Please deliver poster entries to the office **before Thursday 4 April** so they can be posted for judging. Mrs Smith will send the posters on this date so no late entries can be accepted.

Important: Please ensure finished artworks are clearly labelled on the back with your child's

- Full name
- Class
- School grade (eg. Year 4)

Prizes will be awarded in the following categories:

*Primary (Year K – 6), Secondary (Year 7 – 12)

* Competition Winner: Primary & Secondary \$500 each

If you have any questions, please ask Mrs Smith (Thursday, Friday).

Looking forward to some fantastic entries again this year!

Mrs Smith

Teacher Librarian



Stage 1

As part of their Science unit Material World Stage 1 Students have been learning to:

- identify and investigate natural and man-made materials
- identify and compare the properties of natural materials
- investigate natural materials used by Aboriginal and Torres Strait Islander Peoples for a cultural purpose.

This week students had to design and make a utensil using natural materials.



Running Club

It's been wonderful to see more parents/carers joining us for Running Club that happens after assembly on Monday and each Wednesday and Friday morning from 8:30am.

The Monday session forms part of the mandatory 150 minutes of physical activity and sport that we have to timetable for every child across the school week.

The Wednesday and Friday sessions are optional.

While it is called Running Club, many children walk or do a run/walk. It's all about physical activity for improved health, wellbeing and socialisation.

SAVE THE DATE: Wollongong Running Festival Sunday 2nd June. Cost \$15 per student. Details to come.

**WOLLONGONG
RUNNING
FESTIVAL**

Year 6 Fundraising



**ZOOOPER
DOOPER**

**WEDNESDAYS
&
FRIDAYS**

1 = \$1

2 = \$2

MAXIMUM = 2

SOLD AT RECESS

**FUNDRAISING FOR
YEAR 6 ACTIVITIES**

Year 6 students will be selling Zoooper Dooper ice blocks on Wednesdays and Fridays in Term 1. They can be purchased during recess (second break) for \$1 each.

All money raised will go towards Year 6 end of year activities.

Students may purchase a maximum of 2 ice blocks.

Thank you to everyone who is supporting our fundraiser!

(Poster designed by Yati, Year 6)



Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.

Try the **3:1 lunchbox rule** everyday:

- **Three** items your child likes
- **One** new everyday item



For more ideas on fussy eating visit: www.swapit.net.au/fussyeating



Multicultural Supported Playgroups

PLAY, LEARN, CONNECT



Playgroup



Playgroups are back in 2024!

Tuesdays (School Term only)
9:00am - 11:00am (ages 0-5)

Coniston Public School
123 Auburn St, Coniston NSW 2500

To register your interest, please contact **Paulina!**
Mobile: 0431 123 389
Email: pesavento@ims.org.au





Ready? Steady... Crunch!

Can you help break the crunching record?

Schools can win up to \$750 by submitting their experience!



Join
The Big Vegie Crunch!

DATE: Tuesday 19 March, 2024

TIME: 10am

Students can come dressed as their favourite Vegie or colour to represent a Vegie, for example: red for a tomato, yellow for corn etc. on the Class Big Vegie Crunch day on Tuesday.

If any parents are available to help cut up the vegetables for 'The Big Vegie Crunch' please come to the office any time after 8:30am.

6 tips

to increase fruit and vegetables at home

- 1. Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2. Get the kids involved**
Grow, shop and cook with your kids.
- 3. Make it accessible**
Keep fruit and vegetables in easy to reach places i.e. a fruit bowl on the counter, chopped veg sticks at eye-level in the fridge.
- 4. Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veg.



- 5. Keep trying!**
It may take up to ten times before kids try a new food so keep offering it.
- 6. Include it in every meal**
Add vegetables to all your meals i.e. add grated vegetables such as carrot and zucchini to shepherd's pie, pasta sauce and burger patties.

Crunch&Sip®

Info for parents

What is Crunch&Sip®?

Crunch&Sip® is a time during the school day for children to crunch on fruit and/or vegetables and sip water in the classroom.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink.

- Fruit and vegetables are essential for good health. Crunch&Sip® is the perfect time to contribute to daily serves.
- Drinking water regularly:
 - helps children concentrate
 - prevents dehydration and headaches.

What you need to do:

Send your child to school with a water bottle and some ready-to-eat fruit or vegetables for Crunch&Sip®. See overleaf for ideas.



What to pack

for Crunch&Sip®

Some examples:

A bottle of plain water

When it comes to thirst, choose water first!

A whole piece of fruit or veg

Easy to eat i.e. a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg

Container or bag with snow peas, corn, mushrooms, strawberries or grapes.

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or veg i.e. watermelon, mango, broccoli or cauliflower.

Veggie Sticks

Cucumber, capsicum, celery and carrot are great options.



Helpful tips for Crunch&Sip®

- 1** Only fruit and vegetables are suitable for Crunch&Sip®
These are NOT suitable: fruit juice, fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit in syrup; popcorn.
- 2** Crunch&Sip® is a good opportunity to increase variety of fruit and vegetables. Introduce new fruit and vegetables alongside more familiar ones.
- 3** Pack a suitable, ready-to-eat amount
No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4** Prepare Crunch&Sip® snacks in advance. Chop the week's Crunch&Sip® snacks at one time or when preparing dinner the night before.
- 5** Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids need to increase daily vegetable intake. Raw veggies make a great snack for Crunch&Sip®.
- 6** Dried fruit only occasionally. Maximum of once a week as it increases the risk of tooth decay.

Primary Ethics



Ethics classes are now an option at our school

"It really helps with my confidence to know my opinion is valued in ethics - and it's a lot of fun"

Primary
ETHICS

www.primaryethics.com.au/about-ethics-classes/

Ethics is available at Coniston Public School for children in years 5 / 6. Ethics can also be available for children in years 1 / 2 / 3 / 4, depending on student numbers.

Ethics classes run in the SRE (Scripture)/SEE (Ethics) timeslot each week – on Wednesdays between 9am – 9:30am.

In ethics, students explore everyday issues suitable for their age. They learn to listen closely to each other, to disagree without putdowns and to think carefully as they form their own opinions through ethical reasoning. Ethics is for children of all faiths and none. Classes are free and are run by specially trained Primary Ethics volunteers.

You can find more information about the Primary Ethics curriculum [here](#).

Watch a video: A snippet of an ethics lesson [Empathy – an ethics class on Insight SBS-TV - Primary Ethics](#)

Contact our school office if you want your child to attend ethics classes.

Contact Feyza Tuncay via feyza.tuncay@primaryethics.com.au if you are curious and would like to learn more about Primary Ethics' program.

Wollongong High School of the Performing Arts Audition Applications

Audition Information

Audition Applications are open. The Sway link is below for interested parties with information on how to apply. Applications close Friday 22 March. Auditions are held in the first 3 weeks of Term 2.

<https://sway.cloud.microsoft/QV7zS1WDQRc3z5tL?ref=Link&loc=play>



Information

Wollongong High School of the Performing Arts (WHSPA) is a comprehensive, co-educational high school with a specialist performing arts focus. The school has the twin goals of "academic exce...

[Go to this Sway](#)

Disability Sports Australia are delighted to announce the return of Abilities Unleashed (Previously Activate Inclusion Sports Days) for 2024.

The Abilities Unleashed program is designed for people ages 25 and under living with physical, sensory, or intellectual disabilities. The program provides the opportunity for participants experience a range of adaptive sport and recreation activities in a fun and inclusive environment.

Since its creation in 2016, this program has engaged more than 6,000 participants with a focus on creating a safe environment that inspires students and instils belief that with the right support, they can achieve great things.

In 2024, Disability Sports Australia in partnership with local councils will deliver events across both metropolitan and regional New South Wales.

Abilities Unleashed events are FREE for participants to attend, and we recommend registering early as places are limited for each day and traditionally sell out.

To register, simply visit: www.activateinclusion.com.au and register for an event near you.

For any enquiries, please contact National Program Manager Kristy Rohrer - aisd@sports.org.au



Free School Holiday Clinic

A free, fun and inclusive day of activities connecting people with disabilities to local sport and active recreation opportunities.

Thursday 18 April, 2024
10 am - 1 pm
Shellharbour City
Stadium, 110 Croome Rd,
Croom NSW 2527

Click here
or scan the
QR code
to register:



Contact: Kristy Rohrer
kristy@sports.org.au



Abilities Unleashed School Holiday Program is a national initiative by Disability Sports Australia focused on promoting active pathways for people with disabilities aged 25 years old and under during the school holidays.

These multi-sport come and try days mark the initial steps in the active journey of children living with disabilities. Each event aims to motivate and enable participants to discover local opportunities by trying a variety of sport and active recreation within a fun, safe, and inclusive environment.

The program provides a platform for local inclusive program and disability service providers to collaborate and connect to people with disabilities in their area.

What Ability 

Benefits of attending the day:

- physical and mental health benefits of exercise
- social wellbeing, friendships, and community connection
- strengthening balance, coordination and mobility skills
- teamwork, collaboration and planning
- increased self-esteem through a sense of achievement

Disability Sports Australia (DSA) is a National Sporting Organisation and charity whose mission is to enable more Australians with disabilities to be more active, more often.

Donate now to make sports and active recreation accessible for all!



Volunteer with DSA!
sports.org.au/volunteer

Powered by...
 **rosterfy**

Wollongong High School of the Performing Arts Production

WOLLONGONG HIGH SCHOOL OF THE PERFORMING ARTS
P R E S E N T S

MAMMA MIA!™

30 MAY - 8 JUNE

MUSIC AND LYRICS BY
BENNY ANDERSSON
BJÖRN ULVAEUS
AND SOME SONGS WITH STIG ANDERSON

BOOK BY
CATHERINE JOHNSON
ORIGINALLY CONCEIVED BY
JUDY CRAYMER

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA).
ALL PERFORMANCE MATERIALS SUPPLIED BY HAL LEONARD AUSTRALIA

BOOK TICKETS ONLINE AT
WOLLONGONG-H.SCHOOLS.NSW.GOV.AU

April School Holiday Activities

COST: \$45/day (***\$55/day)

AGES: 5-12 years

TIME: 8:30am - 3:00pm (4pm for added \$11)

BOOK NOW



PLEASE BRING: Water bottle, lunch, enclosed shoes

WE ACCEPT CREATIVE KIDS VOUCHERS

Mon 15th April	Parkour - Dodgeball - Felt Tissue Holders
Tues 16th April	***Gymnastics - Silent Disco - Bead Bracelets
Wed 17th April	MEET MY SQUAD DAY --- Parkour - Team Activities - Magic Painting Pictures
Thur 18th April	***Parkour - Nerf Wars - Bead Leg Bears
Fri 19th April	Gymnastics - Ten Pin Bowling - Wooden Boats
Mon 22nd April	***Parkour - Nerf Wars - Create Your Own Wooden Puzzles
Tues 23rd April	Gymnastics - Balloon Volleyball - Peg Animals
Wed 24th April	***Gymnastics - Nerf Wars - Loom Bands
Thurs 25th April	CLUB CLOSED - ANZAC DAY PUBLIC HOLIDAY
Fri 26th April	***Parkour - Nerf Wars - Wooden Animal Keyrings
Mon 29th April	BRAIN BOOSTER DAY --- Brain Teaser Activities - Paper Cup Characters

Phone: 4284 3878 | Email: bulli@pcycnsw.org.au

Website: www.pcycnsw.org.au/bulli

Facebook: www.facebook.com/pcycbulli | Instagram: @pcycbulli



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