

Congupna Primary School

WEEKLY NEWSLETTER



WEB: www.congupnaps.vic.edu.au

PHONE: (03) 5829 9286

EMAIL: congupna.ps@education.vic.gov.au

PAYMENTS:

Account Name: Congupna Primary School

BSB: 063 527

Account number: 1014 5385

Dear School Community,

The days are beginning to get a little longer and the sun has a little more warmth when it is out. **Spring is just around the corner** and if you require fresh school polos for summer, now is the time to put an order in. If we don't have enough stock, we should still be able to take delivery before the end of Term 3.

Our Junior Excursion to Moana on Wednesday was fantastic. This was a Goulburn Valley Grammar School junior production that put on a matinee full dress rehearsal just for some lucky young students across the Goulburn valley area. It is always great to see young students attend events out of school on excursion and this was certainly a terrific opportunity for our Grade F-2 students to get 'out and about' and see the re-production of a well-known children's movie such as this. **Thank you to GVGS for the offer.**

Our Creating, Cultivating & Caring @ Congupna (CCC@C) program is going very well. Our last nutrition session dodged some unsavoury weather very well and played games to learn more about the importance of food groups and portion sizes. **Tomorrow, we look forward to working with Shepparton Council to plant some native shrubs amongst the trees** in a designated area around the walking track at the Recreation Reserve next door. Students will attend the planting site class by class working with Kylie Hoskin from Council and our school staff to beautify our neighbouring areas.

Our Grade 3/4 Fifteen Mile Creek Camp begins next week! Students attended a meeting with Camp Organiser Matt Lacey yesterday so that he could answer some questions that students had before they attend over four days next week from Tuesday 15th - Friday 18th August. We have a special planned daytrip to the snow, so hope for a 'light dusting' over the

weekend but don't stress, we have back-up activities planned if there is no snow available. **This really is one of the school's favourite camps and we look forward to seeing some of our younger students be BRAVE** and 'spread their wings' for the first time.

Please be **reminded that there is a Working Bee at School on Sunday 20th August.** We look forward to achieving a few little improvement projects so please mark this date on your calendar.

Our **School Book Week Dress Up Parade takes place on Wednesday 30th August.** This is your early reminder so that those of you that are organised are not running around at the last minute like those of us that are not. Good luck. **We are having our Parade on this day** when our MARC Library Teacher Katrina Campbell is in attendance to help with proceedings and to tie the day in with this year's theme 'Read, Grow, Inspire'.

Thank you to those that have volunteered to help cater for Community Teas this evening. If you haven't organised anything for tea yet, we will see you there!

Thanks for Reading, Adam Cleary – Principal.

Thought for the week

**Your mind is a tool
that creates your life
through learning.**



2023 SCHOOL COUNCIL

President: Tim Bye
Deputy: Lauren Sibio
Secretary: Wendy Sidebottom
Treasurer: Fiona Davis
Members: Adam Cleary, Sarah Tricarico, Jess Benton, Jeremy Lee, Jill Richardson, Sam Prentice and Jaclyn McCarty.

SCHOOL COUNCIL MEETING DATES

Term 3

Tuesday 5 September from 6:30pm

Term 4

Tuesday 17 October from 6:30pm

Tuesday 28 November from 6:30pm

2023 SCHOOL PARENTS & FRIENDS

President: Angie Grills
Secretary: Amy Ellis
Vice President: Georgina Prentice
Members: Bernadette O'Toole, Lexi Wright, Lauren Sibio, Jess Benton, Robyn Reynolds, Alice Evans, Emily Krake, Jacinta Allen, Rebecca Threlfall, Jayde Bannister, Brooke McLeod, Ebony Thorn, Fiona Davis and Erin Wilson.

TERM 3 CALENDAR 2023

August

11th CCC@C Session with Katie Thorp
15th Grade 3/4 Camp—15 Mile Creek (Depart)
18th Grade 3/4 Camp—15 Mile Creek (Return)
20th School Working Bee at 10am
25th CCC@C Session with Katie Thorp
30th MARC Library Books Due
30th Book Week Dress Up Day

September

1st CCC@C Session with Katie Thorp
8th AFL Cluster Day
13th MARC Library Books Due
14th Last Student Day of Term with Assembly
15th Curriculum Day (BSEM Training)



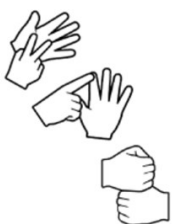
Get your outfits ready...

**Book Week Dress Up Day will be on
Wednesday 30 August 2023.**

Auslan



Vegetable



A. Finger spell V (for a V with pointer and middle fingers and place on other palm).

B. With pointer finger, touch the other pointer finger of the other spread hand.

C. Tap one fist on top of the other.

We are **KIND**

We are **BRAVE**

We are **CURIOUS**



We are **BRAVE** Awards

Luca Chambers - for being so brave when you started at a new school. Well done!

Zoe Heard - for asking questions in CLIM when she was unsure of her tasks. Well done Zoe.

Ryan Lancaster - for being brave and stepping outside his comfort zone by helping around the classroom without being asked. Well done Ryan.

Callum Carvill - for being honest about his mistakes and working to right them.

Kiwanis **TERRIFIC KID** of the week

Billie Sibio - for being such a Terrific Kid. You tick all the boxes for what makes a Terrific Kid. Well done!

STEM Award

Matilda Robertson - for her helpful and focused attitude.

CHAPLAIN CHAMPION

Ayana Lee - for your good work and being responsible.



CONGUPNA CRUZERS Soccer Report

Under 6's

Our youngest Cruzers had another lovely early afternoon gathering enjoying the sunshine, fresh air and the company of their friends. We played the Grahamvale Rockets, and it was an entertaining game with both sides hitting the back of the net frequently. The passing again was exceptional and we didn't concede as many easy goals as the preceding week which was marvellous. We look forward to another clash same time (12:30), same place (6F), different opponent (Tatura JSC) this weekend. Go Cruzers & Go Matildas this Saturday afternoon against France!

Coach Adam



Under 7's

An afternoon game for our Cruzers this week and we were back to a full team of players after some sickness last week. Lincoln was our captain this week and got to choose which way we were kicking. We started off strong blocking the ball and making some great efforts to get the ball to our end. Lincoln managed to score 1 goal as did Jordy. Some great sportsmanship was shown from all our players when a kid from the other team was hurt, our kids all stopped to check everything was okay. Once the game started again, Harriet showed great determination, going for the ball and sticking on players to try and gain possession of the ball. Zoe and Billie were great in applying pressure running backwards and forwards and Addi had some great kicks to help our team along. Our awards this week went to both Addi and Harriet for their amazing effort during the game, which I'm sure made for a very happy Prentice household. Well done team, another great week of Soccer!!

Coach Amy



Under 8's

This week the Under 8's Cruzers played their best game for the season. There was plenty of excellent team work on display and lots of listening to instructions, which resulted in some great passages of play. We tried some players in defense positions working with the keeper, as well as placing others in mid field and working towards goal. This showed how well all players have progressed throughout the year and everyone played their part well. We were all impressed with everyone's efforts today which made it really hard to give out awards. But in the end we congratulated Zoe for her excellent second half and holding her position as well as Alby for his great defense and kick outs. Well done everyone.

Coach Jac





Congupna Primary School

We are Kind, We are Brave, We are Curious

Football Dinners at Congupna Community Hall

Thursday 10th August 2023

P&F are providing the catering for the after training dinner at the Congupna Football Club. We would love some helpers to make this fundraiser run smoothly.

We would also like to invite all our school families to come down to the Community Hall for dinner, before the players, from 5:30pm

Please let us know if you can help with a shift by returning this form or contacting the office.

3.20pm – 5pm	Setup – Preparation of salads, gravy & hall set up.	Bern O'Toole	Emily Keeble	Emily Krake				
5pm – 7pm	Cooking, serving meals, money handling, dishwashing.	Angie Grills	Amy Ellis	Jess Benton	Jacinta Allen (5pm-6pm)	Adam Cleary		
7pm – 8.30pm	Cooking, serving meals, money handling, dishwashing, tidy/pack up.	Brooke McLeod (from 7:15pm)	Julia Kildey (from 7:15pm)	Cameron Kearney				

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!

Nutrition Australia

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LUNCHBOX TIPS & QUESTIONS

- Where's the protein?
- Is there lots of colour?
- No surprise foods!
- Will it survive until lunchtime?
- Dinner left overs can be great!
- What can you do the night before?

@easynutrition_katiethorp
@RDInutrition

BERRY STREET



Kinship Care Support and Social Group

WHEN: Tuesdays, 11:00am—1:00pm, during school terms.

WHERE: 38 Packham Street, Shepparton (RISE Centre)

What you can expect from support group:

- Navigating Child Protection, Centrelink and legal systems
- Social connections
- Parenting and behavior management strategies
- Support and advocacy
- Positive and encouraging environment
- Sharing knowledge, information and experiences
- Advice and Information
- Guest Speakers
- Child friendly facilities
- Emotional support and self-care
- Education
- Connection to community supports

For further information and registration please contact Nicole Waldron on 0439155410 or 58228100 or email nwaldron@berrystreet.org.au

*Due to COVID requirements registration is essential

Looking to declutter your house and contribute to the community?

Best Start's Annual Book Drive

is on throughout August 2023

If you have good quality
• second-hand children's

- board books
- picture books

you would like to donate for use
in our programs, please drop off to the
Council Offices from 14th-30th August
or contact Belinda Schmedje:

Belinda.schmedje@shepparton.vic.gov.au

Best Start

