

PRINCIPAL'S REPORT

Dear Parent Community

Thank you to the many people who welcomed me back to school. I am certainly glad to be back from my travels, refreshed after my extended break.

We are seeing a growing number of children bringing drinks of a dubious nature to school, the latest of these being 'Prime'. The version sold in Australia is 'Hydration', rather than the Energy version sold in the USA which contains an insane amount of caffeine, six times the amount allowable by Australian laws in energy drinks. However, the label on Prime Hydration states it is not suitable for children under the age of 15. ***On the basis of this advice the children may not bring this product to school.***

Other drinks we have seen the children bringing to school include energy drinks such as Mother, Red Bull and sports drinks such as Powerade and Gatorade. The issue with the energy drinks and in fact the majority of soft drinks, is the caffeine and sugar they contain. Even in low doses caffeine can affect children's heart rates and concentration. Caffeine is surprisingly found in many products children may eat in a day, including chocolate. The key to good health is to avoid these energy and soft drinks or at best reduce the amount consumed and therefore the daily intake of sugar and caffeine.

Sports drinks were developed to rehydrate athletes who have lost essential body minerals through intense exercise over a long period of time. Gatorade was in fact developed in the 1960's for the football team of the University of Florida who are nicknamed the Gators. The drink was designed to replenish the carbohydrates, water and electrolytes their athletes lost in sweat through vigorous exercise. These drinks contain lots of salt and sugar. There is little evidence that consuming sports drinks is superior to plain water in maintaining healthy levels of hydration for average levels of exercise.

I would ask that parents do not allow their children to bring soft drinks, or energy drinks and sports drinks to school.

Thank you for your assistance in this matter.

Kind regards

Ray Knight
PRINCIPAL



Number 8

26 May 2023

Coolbellup Community School
ABN: 24 101 864 328

15 Waverley Road
COOLBELLUP WA 6163

Telephone: (08) 9487 9500

coolbellup.cs@education.wa.edu.au

PRINCIPAL
RAY KNIGHT
DEPUTY PRINCIPAL
ALEXANDER ROBINS

Dates to Remember:

Fri 2 June:

Assembly - LA10

Mon 5 June:

WA Day Public
Holiday

Fri 23 June:

Assembly - LA9

Wed 28 June:

School reports go
home with
students

Fri 30 June:

Last day of term
and Reward Day

Tues 18 July:

Students
commence for
Term 3.

Administration

2023 VOLUNTARY CONTRIBUTIONS

Thank you to parents/carers who have already paid their child's voluntary contribution for 2023.

The contributions component is set at \$60 per child.

Contributions are voluntary, however, the quality of our teaching and learning programs will be maximised when each family makes its contribution to the cost of supplementing funding gained from other sources, including the State and Federal Governments.

These contributions assist with the purchase of items such as:

- Technology resources
- Maths resources
- Library resources
- Sports equipment
- Reading books
- Student workbooks

Payment can be made at the front office by cash or EFTPOS.

For your convenience, payment can also be made directly into the school bank account. Details are:

Name of Account: COOLBELLUP COMMUNITY SCHOOL
 BSB Number: 016 454
 Account Number: 4979 17497

Please state "*student name/Voluntary Contribution*" as your reference.

Thank you.

SunSmart Tips

Sunscreen should never be the only method of sun protection used. Nor should it be used to stay out in the sun longer, remember to use a combination of Slip! Slop! Slap! Seek! Slide!



Slip



Slop



Slap



Seek



Slide



Department of
Education

Shaping the future

School enrolments are now open for 2024

If your child is starting **Kindergarten, Pre-primary, Year 7** or **changing schools** you will need to apply to enrol by **21 July 2023**.

Find out more:
education.wa.edu.au/enrol





Come join in the fun at

COOLBELLUP COMMUNITY SCHOOL

for

Cooby Kids RHYME TIME



Let's sing, dance & play!

Participate with your pre-schooler in a morning of singing, dancing, creating and playing to help develop early literacy skills.

DETAILS:

Term 2: Wednesday mornings

Beginning 26th April, 2023

9.00am - 10.30am

Cost: FREE

Please bring your own morning tea snack



CONTACT:

For more information or to register:

Call - Coolbellup Community School: 9487 9500 or

Email - Michelle Barr: michelle.barr@education.wa.edu.au

Administration

Contact Details and Student Mobile Phones



Please ensure you keep the school up to date with your current phone number and address.

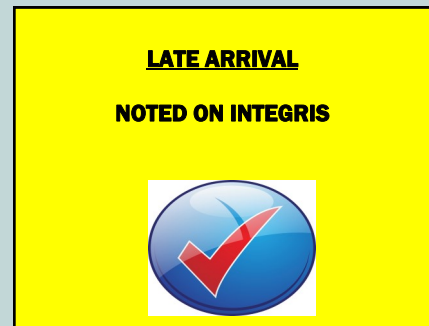
This information is vital should we need to contact you in an emergency.

It is also a requirement for children who come to school with a mobile phone, personal iPad or the like, to hand them into the office upon arrival at school for safe-keeping for the day.

Arriving Late to School

If your children arrive at school after the 8.45am siren, please direct them to collect a Late Note from the office **before** proceeding to class.

Thank you.



Coolbellup Community School - Bank Account Details

Please use the details below when paying direct to the school's bank account for payment of voluntary contributions, swimming, excursions, incursions, camp.

Name of Account: COOLBELLUP COMMUNITY SCHOOL
 BSB Number: 016 454
 Account Number: 4979 17497

We also have EFTPOS facilities available in the front office.

(Please be aware the P&C has it's own bank account for "Special Lunch Order days" and uniform orders, details of which are provided on correspondence distributed by the P&C.

The school's EFTPOS facilities cannot be utilised for payment of P&C events.)

SMS - Absence Messages

For the parents who would like to send an SMS in the morning to advise of your child's absence, the number is :

0438 947 795

This number is available for text messages only.