Dear Parent Community,

We are three weeks into the implementation of the messageyou service. Thank you for responding promptly to the messages when your child is absent. We are seeing a huge improvement in the number of unexplained absences. Even though it is cold and flu season, we are also seeing a reduction in the number of total absences across the school, when compared with the same time last year. Well done!

We are still endeavouring to get the newsletter out every second Thursday, but it could end up going out on a Friday more often than not. We have a number of our regular office people out on leave. Our new office staff are doing a masterful job, but are still learning the ropes. Please bear with us.

Each year the school sends out a survey as part of our overall self-assessment process. Unfortunately, the return rate is quite low. Last year we had about 13% returned. I am hoping to improve that this year. The survey will focus on gathering input from parents about our collective vision for improvement. As major ‘stakeholders’ in the school your views are vital. The survey I send home will be asking our parents to provide us with guidance about what is working at the school and the things that need to improve. Part of that survey will also be focussing on the use of technology. I am planning to send the survey out about Week 8 of this term. I am loathe to send it home now as many people, me included, will be wrestling with the Census.

Kind Regards
Ray Knight
PRINCIPAL

COMING EVENTS

Friday 5th August  Years 3 - 6 Cross Country  
Friday 5th August  Years 4—6 Freo Footy Skills 4:30pm—7:30pm  
Friday 12th August  LA11 Assembly  
Monday 15th August  Dockers Visit  
Tuesday 16th August  School Council Meeting 9:30am— 10:30am  
Thursday 18th August  Interschool Cross Country at Manning Park (Years 3—6)

2016 VOLUNTARY CONTRIBUTIONS REMINDER

Thank you to Parents/carers who have already paid their child's voluntary contributions for 2016. The minimum voluntary contributions component for each school is set at:

- $40.00 for one child;
- $50.00 for two children;
- $60.00 for three or more children.

Parents/carers are invited to make a voluntary contribution up to a maximum of $60.00 per student.

Please note that we do not have EFTPOS facilities.

Payment can however be made directly into the school bank account or by cheque/cash. Please state “student name/Voluntary Contributions” as your reference.

Thank you!

With thanks,
Helen Gandossi, Manager Corporate Services
PHYS ED NEWS

It is great to see students making the most of our running track.

Please remember, if you would like to improve your running technique or fitness, come on down to the school oval and join us for Fit Club on Tuesday and Thursday mornings from 8.05am. All students, parents and staff are welcome.

A reminder that this Friday 5th August we are running our Cross Country qualifier. Between recess and lunch, students from years 3 to 6 will compete in our distance races. Feel free to join us on the school oval to cheer them on. The top students from each year level will then gain selection in our team for the CDSSA Interschool Cross Country.

It will be a busy day for our senior students as our Freo Footy Skills teams head to Fremantle oval to compete in the Semi-Finals. This is their chance to gain entry into the Grand Final of Freo Footy Skills, to be played as the curtain raiser to the Dockers vs Adelaide game at Domain stadium.

We wish all of our Cooby students the best of luck in their sporting endeavours.

Olivia Mottram
Phys Ed Specialist

MESSAGE FROM THE SCHOOL NURSE

Personal hygiene:
Having good hygiene helps to prevent illness and ensures that our bodies are acceptable to others. Here are some tips for maintaining good hygiene:

- Wash your hands before and after touching food, and after going to the toilet, touching animals or being around someone who is coughing or has a cold.
- Wash your body daily and keep your hair clean.
- To prevent body odours, change your clothes regularly and use deodorant if necessary.
- Change underwear and socks daily, and leave shoes outside to dry.
- To prevent bad breath, brush and floss teeth and visit the dentist regularly.
- If you are ill, try not to cough or sneeze on others, clean things that you touch, and throw away things with germs on them (like tissues).

Should you require further information about hygiene, contact your local Community Health Nurse, Margie MacFie on 93140100/0115, or go to www.cyh.com.

Hand washing
Washing hands is the easiest way to protect ourselves from contagious diseases, like colds, influenza and gastroenteritis. Hands should be washed before and after eating or preparing food, after going to the toilet and after nose blowing.

When teaching your child to wash their hands:

- Use clean water and soap, making sure they cover their hands and wrists.
- Use a brush to clean under nails if they're dirty too
- Dry their hands with something clean (like a paper towel)

Alcohol based sanitisers are useful when soap and water is not available. Use a half a teaspoon of the product and encourage your child to rub their hands together until they're dry. If you can see dirt on their hands, it is better to use soap and water.

Information taken from www.raisingchildren.net.au
MORE PHYS ED NEWS

On Monday 1st August our winter sporting teams were awarded their winning trophies. Brad Sheppard from the West Coast Eagles awarded our AFL team with the Eagle’s Cup Shield and Mrs Palmiero awarded our netball team the West Coast Fever Cup.

Congratulations to all of our successful teams on their huge success.

Olivia Mottram
Phys Ed Specialist

Dollarmite Banking News

Congratulations to four of our Dollarmites who won prize packs for the colouring-in competition last term.

This term there are prize draws to be won for banking at least three times and extra chances to win on-line! Leaflets with details are available from me on Friday.

The P&C gives a big THANKYOU all our bankers. The commission made each term goes a long way to helping with our projects for the school.

HELP OUR SCHOOL BY RECYCLING YOUR ORAL CARE WASTE

DEAR PARENT/GUARDIAN

Every year in Australia and New Zealand, over 30 million toothbrushes and 80 million toothpaste tubas are thrown away. Our school is participating in the Colgate Oral Care Brigade, a unique recycling solution in partnership with Terracycle. Simply collect your used and empty oral care waste (any brand is accepted), send it to school with your child and we’ll ship it to Terracycle to be recycled. You can provide a second life for the following acceptable items and their outer packaging:

- Toothbrushes
- Toothpaste tubes
- Toothpaste caps
- Floss containers

For each approved item received, our school will be awarded points which can be redeemed for funds for the school. Colgate will award $1,000 in local currency to the registered school from which we receive the largest total shipment of oral care waste in each of Australia and New Zealand before 1 November 2015.**

Thank you for your participation.

To learn more go to: www.terracycle.com.au – in Australia OR www.terracycle.co.nz – in New Zealand

*ASTRO Am & Fr S(not valid with offers) SMT 02/13/14. **Only one registration per school. Applies to new registrants only. For full terms and conditions go to: www.terracycle.com.au/registration.html (in Australia) OR www.terracycle.co.nz/registration.html on New Zealand.

Please leave donations in the box located in the office and LA3. Thank you.