

Principal's Report

We have 2 students enjoying some time away at Stewart House. Feedback from Stewart House is that the kids are having a great time, meeting new people and engaging in educational activities.

2023 School Captain elections were held this week. A strong field of over 20 candidates presented to their peers, highlighting their strengths and reasons why they should be considered for a leadership position. There were some highly entertaining speeches, and we congratulate all candidates on their presentations. Remember that for 2023 we are moving to a first past the post model where the 4 students with the most votes will gain 1 of the 4 positions. 2023 student leaders will be announced at the school presentation day.

Jonathan Harvey
Principal

*We are a school community of
Responsible, Respectful, Learners*

AWARDS

5 Award

Annabelle Cowan, Zane Corfe, Max Preisig, Ava Konza, Charlie Fenton, Ethan Jebb, Ivy Joss, Lenny Hill, Noah Betcke, Addy Hangan, Isaac Betcke, Jamie-Lea Dean, Dustin Newham

25 Award

Tyson Cooper-Knott, Emerald Fisher, Alexis Jones, Summer Newham, Alana Cooper-knott

25 Award

Logan Cooper-Knott, Kyra Orcher, Shamika Cohen-Quayle, Dayna Armstrong, Tyrell Kearns-McLeod, Zalyn Manning, Sophia Evans

50 Award

Lila Beer, Cadence Colling, Janayah Kearns-McLeod

75 Award

Kiarah Vaka, Jack Preisig, Cooper Suridge, Jackson Campbell, Amelia Freeman, Temiloluwa Adesina

100 Award

Pypa Lesslie, Holly Watt, Charlotte Mitchell

125 Award

Tyronne Cohen-Quayle

150 Award

Cameron Fennamore, Peyton Tiffen

200 Award

Eli Freeman, Milly Cohen, Ava Mooney

250 Award

Evie Cain, Tannya Cohen-Quayle, Mackenzie Williams

350 Award

Else Myer-Ryan

475 Award

Piper Allen

AWARDS

Sophia Evans, Emerald Fisher, Tyrin Orcher, Levi Mackay, Mindy McCosker, Dominic Mackay, Jack Preisig, Ibrahim Faisal, Corey Jones, Pypa Lesslie, Cooper Suridge, Isaac Betcke, Eli Freeman, Zahra Waugh, Sonny Stephens, Kaylee Muldoon, Tyrone Cohen-Quayle, Indy Webster, Mackenzie Williams, Leah Giles, Hazel Rauahi, Holly Watt, Charlotte Hicks, Kade Taylor, Dominic Mackay, Mahleah Crisp, Amelia Freeman, Heath George, Judd Josephson, Rowdy Barton, Myah Paul, Maggie Hupp, Ruby Pagett, Georgia Campbell, Riley Bruce, Issy Tiffen

GENERAL INFORMATION

Administration Office Hours - 8.30am - 3.30pm
School commences at 8.55am-School finishes at 3.0 5pm

Students are not supervised before 8.30am

Parent Reminder - Student Allergies

Cobar Public School is an 'ALLERGY AWARE' School. Staff, parents, visitors and students are actively discouraged from bringing nuts and nut based products onto the Cobar Public School site.

Please keep this in mind when packing recess and lunch for your children.

Thank you.

WHAT'S HAPPENING AT CPS

DATES TO REMEMBER

7.12	▶	Year 6 Farewell
9.12	▶	PBL Shining Day
13.12	▶	Presentation Day
14.12	▶	Christmas Assemblies
16.12	▶	Students last day for 2022

GOLD TEAM ASSEMBLY 11.55am to 12.30pm

Week	Date	Class
8	02.12.22	1/2K
10	14.12.22	Christmas Assembly 1.40pm - 3pm

School Attendance

If you would like more information about attendance, please go to the link below.

<https://education.nsw.gov.au/student-wellbeing/attendance-behaviour-and-engagement/school-attendance>

Copper/Zinc Team Assembly 12.45pm to 1.25pm

Week	Date	Class
8	02.12.22	3/4O
10	14.12.22	Christmas Assembly 1.40pm - 3pm

CPS Newsletter is available:

- via Facebook - Cobar Public School
- CPS website <https://cobar-p.schools.nsw.gov.au>
- Printed copies can be collected from the CPS Administration Office if you prefer this format.

PBL

Focus of the Week

Responsible **Respectful** Learners

Getting to know...



Miss Dillon

What is your role and how long have you been at Cobar Public?

I'm a classroom teacher on 5/6MD and started at CPS this year

Favourite quote or saying...

"You're Mad. Bonkers. Completely off your head. But I'll tell you a secret.

All the best people are."

- Alice in Wonderland



Something special you may not know about me...

I enjoy travelling to new places and learning different languages



What is your funniest memory at Cobar Public?

Eating my salad in a big 5 litre tub and walking around the playground with it!



What were you like as a child?

Happy and well behaved until I didn't get my own way

A bit about me!

Favourite colour: Purple

Favourite animal: Meerkat

Favourite drink: Lemonade

Favourite snack: Pizza

When I'm not at school you might find me...

Playing netball or going for a walk, catching up with friends and family, shopping, cooking and thinking about my next holiday!





Cobar Public School

INVITES YOU TO

PRESENTATION DAY

2022

AT THE COBAR BOWLING AND GOLF CLUB

TUESDAY 13TH DEC

9.30AM

ALL WELCOME



CPS
INVITES YOU TO OUR
**Christmas
Showcase
Extravaganza**

K-6

14th December

1.40pm

In the hall

STUDENTS CAN WEAR
THEIR CHRISTMAS
CLOTHES TO SCHOOL



POP UP COVID-19

VACCINATION CLINIC

COBAR RSL CLUB

5-9TH DEC, 2022

10AM TO 4PM

**WALK-INS
WELCOME!**

**Pfizer vaccine for people over 12 years old will
be available for 1st or 2nd Doses or Boosters.**

(Boosters are for people aged 16+)



*This service has been made possible through
funding provided by the Australian Government
under the PHN Program.*

Disaster Recovery Wellbeing Support

State-wide



If you are in a crisis or experiencing suicidal thoughts contact Triple Zero (000)

Service	Description	Phone / Open Hours
Your GP or Local AMS	Ask about accessing a private psychologist or counsellor via the Better Access to Mental Health Program to access up to ten sessions per year with a qualified mental health specialist subsidised via Medicare.	—
Head to Health	Talk to a mental health professional and be connected with the supports that best meet your needs. www.headtohealth.gov.au	1800 595 212 8.30am-5pm Mon-Fri
NSW Mental Health Line	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people. Call Triple Zero (000) if you are in crisis. www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx	1800 011 511 24/7
Lifeline	Lifeline provides 24/7 crisis support and suicide prevention services. Lifeline Chat available 24/7 www.lifeline.org.au/crisis-chat	13 11 14 24/7
13 YARN	Crisis support line for mob who are feeling overwhelmed or having difficulty coping. Confidential 1:1 yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide support. www.13yarn.org.au	13 92 76 24/7
Thirrili	This service provides emotional and practical support to bereaved Indigenous families and individuals impacted by a suicide or other traumatic loss across Australia. https://thirrili.com.au	1800 805 801 24/7
Suicide Call Back Service	National service that provides free phone, video and online professional counselling to people who are affected by suicide. www.suicidecallbackservice.org.au	1300 659 467 24/7
Beyond Blue	Free telephone and online counselling service. www.beyondblue.org.au/support-service/chat Information and resources, including flyers and videos, also for the Aboriginal and Torres Strait Islander community. www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people	1300 224 636 24/7
Kids Helpline	Free confidential online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, phone or email. www.kidshelpline.com.au	1800 551 800 24/7
MensLine Australia	Free professional 24/7 telephone and online counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. www.mensline.org.au	1300 789 978 24/7

In Person
 Phone Support
 Online Chat
 Video Call
 Information
 Resources
 Aboriginal and Torres Strait Islander communities
 LGBTIQ+ communities
 Culturally and linguistically diverse communities

Service	Description	Phone / Open Hours
 Headspace	 Free support for young people (aged 12 – 25yrs) who need help with mental health, physical health, alcohol and other drug issues, and/or work and study support. https://headspace.org.au/online-and-phone-support Youth disaster recovery information. www.headspace.org.au/explore-topics/for-young-people/natural-disasters	Online 24/7
 QLife	 A national counselling and referral service for the LGBTI community. QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. www.qlife.org.au	1800 184 527 3pm to midnight 7 days
Rural Health Connect	 An online and phone service providing counselling sessions by qualified psychologists to rural people. They also have GPs available for mental health treatment plans, to reduce the wait time barrier that some may face when booking into see a GP. www.ruralhealthconnect.com.au	0493 201 005 9am-5pm Mon-Fri
Lysn	 Lysn helps you find your best-fit psychologist. Medicare card holders are eligible for up to 10 bulk billed counselling sessions. www.welvsn.com	—
Mental Health Online	 If you're experiencing mental distress, this service can help you understand and address your needs through self-assessment, self-help, and online professional support. Must be at least 18 years old. www.mentalhealthonline.org.au	Online 24/7
Friends Line	 FriendLine is for anyone who needs to reconnect or just wants a chat. www.friendline.org.au	1800 424 287 10am-8pm 7 days
This Way Up	 A range of self-paced online programs that teach clinically proven strategies to help you improve the way you feel. www.thiswayup.org.au	Online 24/7
 my Compass	 Interactive self-help online service for young adults, adults and seniors that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and depression. www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass	Online 24/7
 Mind Spot	 A free phone and online service for adults experiencing anxiety, depression, stress and chronic pain. www.mindspot.org.au	Online 24/7
Embrace Project	 Embrace Multicultural Mental Health project provides mental health translated resources for people from culturally and linguistically diverse (CALD) backgrounds. https://embracementalhealth.org.au	—
Ahead for Business	 Helps business owners take action for their own mental health and wellbeing. www.aheadforbusiness.org.au	Online 24/7
Red Cross	 Wellbeing Toolkit – a great guide to self-care. www.redcross.org.au/globalassets/corporatecms-migration/first-aid/21070-arc-wellbeing-toolkit--v2-hr.pdf	Online 24/7