CAMP
Seventy nine students from grades 3-6 and eight staff members spent three days at Forest Lodge Camp this week. From all reports and the time I spent with them on Tuesday the students and teachers had a great experience. I will leave it to the students to report back to you. The organisation and supervision of camps is a large responsibility and extra work for all staff. I would like to thank these people for making a camp at Coburg North possible: Tim, Kyla, Kate, Lisa, Sebastian, Lewis, Stephen and Rochelle. Teachers have put in extra hours (no extra pay) and leave their own families to make this possible.

Camp 2015

In early 2015, our class (4/3 A) and a few other classes went to Coastal Forest Lodge Camp. Monday (day 1): We set up our cabins and met the people in our room/cabins. The people in my cabin were Oscar, Fionn, Max, Merched, Ryan, Nickolas and Shay. I couldn’t get my bag open but luckily Shay somehow cracked my bag code. Oscar and I found a skull on the bushwalk 😊.
Tuesday (day 2): We had a competition for which room could do the best act. My group did a comedy interview. It was hilarious. I had a Minecraft jumper but we said it was star wars because I would be embarrassed to admit it was Minecraft, (I don’t like sounding like an addict). It was also Shay’s birthday 😊.
Wednesday (day 3/ final day 😞): We had a hay bale race and I did not do well, I didn’t even get up the first one. 😞 For lunch we had nice, tasty burgers. We had to tidy our rooms before we left camp.

It was a great camp but the teachers got the best food. 😊
From Jude (3/4 A)

On Monday 16th Feb, my class (3/4 A) went on camp with the other senior classes. We went to Coastal Forest Lodge near Angelsea in Geelong.
When we got there, we did a few things and then, we went to go on a bush walk to find an eagle’s nest. It was high up in a tree. It was much bigger than a normal nest.
On Tuesday 17th Feb, we all went on a bunch of hay bales before dinner. They were lined up in five lines. We all went on and jumped and tried to run up them without help. I tried, but didn’t manage to do it, but, I did it the next day.
On 18th Feb (on the last day), we all went to feed the animals in the farm next to us. We got bread and started feeding the horses, ponies, alpacas and donkeys. After that, we all went to see the meat cows in a different paddock. They were all black and had a low “moooo” which was a bit funny.

I enjoyed these events in camp and I think it was awesome! The food was great and the animals were amazing! 😊
From Aya
MEMORABLE MOMENTS FROM CAMP

First day muster

Low rope course; A Tarzan in action

Enjoying the peaceful atmosphere of the farm

A group return from visiting the animals
ANAPHYLAXIS

Anaphylaxis is a severe and sudden allergic reaction when a person is exposed to an allergen. The most common allergens in children are eggs, peanuts, tree nuts (e.g. cashews), cow's milk, fish and shellfish, wheat, soy, certain insect stings and medications. Anaphylaxis is a serious health issue for a percentage of the population and the school recognises the key to preventing an anaphylactic reaction by a student is knowledge, awareness and planning.

This year at Coburg North Primary we have had a sharp increase in students who suffer from Anaphylaxis, previously we had one child. There has been much discussion at staff and school council level on this. The DEECD Legal unit was contacted for advice on this. Below is an excerpt from the advice we received:

The guidelines state that it is not recommended that schools ban food or other products known to cause anaphylaxis because:

- It can create complacency amongst staff and students
- It does not eliminate the presence of hidden allergens
- It is difficult to 'ban' all triggers: all triggers are not limited to peanuts and nuts.

It is preferable that the school raise awareness about anaphylaxis in the school community so that there is an increased understanding of the condition. The school may also wish to help parents/carers to identify more suitable food options for their children.

I would like to make the community aware of the grades that these students/teachers are in and what they have a reaction to.

PREP: Nuts
Grade ½: Nuts
Grade 3/4: Nuts & Kiwi Fruit
Grade 5/6: Nuts

ALYCE – NICU DONATIONS

Baby Maddison has been gaining weight and is now over 2kg. Alyce is now able to cuddle her daughter and is expected to take Maddison home at the end of March or early April.

To facilitate the communities’ support of Alyce, cash donations can still be made at the school office until the end of February. The school will forward the combined monies to the Neonatal Intensive Care Unit, at The Royal Women’s Hospital, on behalf of the families of Coburg North Primary School. All contributions will be recorded and receipts will be issued by the hospital for tax purposes.

All donations must be recorded on the form available at the school office.

Thank you for all your best wishes for Alyce, in anticipation of your donation.

Helen Zull
FARMER’S MARKET

A very big thank you to the grade 3/4A volunteers, some of whom got very wet helping out at the market last Saturday. Thank you to Kev, Kate & Daisy, Sannah, Eva & Claudio, Emma, Ann & Ayra, Sam & Matilda, Anya, Ella & Tilda, Bianca, Catherine, Ollie & friends, and Blair, Mika & Aya.

Thanks also to Maggie for some plums which we have now turned into jam and to everyone who donated lemons. We will need more for the next market so if you have them please place them in the box in the school office or deliver to after care.

Grade 3/4B will provide volunteers for the market on the 28th Feb. If you have a child in the class and can help please return the volunteer form to school by Monday 23rd Feb.

PARENTS & FRIENDS

Our first meeting will be on Wednesday 25th February at 7:30pm in the aftercare room. This meeting will focus on planning our activities for 2015. So if you can help out this year, or have ideas about the sort of activities you would like to see Parent’s & Friends involved in then we would love to see you at the meeting.

If you can’t make the meeting but would still like to contribute then please contact Liz on 0400 197732 or email Parent’s & Friends at CNPS_P&F@hotmail.com

Thank you to everyone who returned the Parent’s & Friends volunteer form. We will make contact with volunteers over the next week or so (or at next week’s meeting). If you have yet to return the form and would like to help then please drop it into the school office.

PICNIC IN THE PARK

5:30pm Friday 20th February

Harmony Park

Bring a picnic or stuff to BBQ.

Meet other Coburg North Primary families, make new friends or catch up with old ones.

See you there.
PARENT FITNESS SESSION

Come sweat it out with other parents straight after drop-off on Wednesday mornings. Sessions run for 45 minutes and include cardio, boxing and core. Cost is $5 (which goes towards a twice-yearly dinner for participants). All fitness levels welcome. Meet us near the ampitheatre - bring snacks and picnic blankets for your pre-schoolers and a towel, mat and water bottle for yourself. Speak to Megan (Abby and Naomi’s mum) or a Parents and Friends member if you have any questions.

MUSIC NEWS

Coburg North Primary School Community Choir

It’s great to see expressions of interest in our new Community Choir coming in. We need a few more people before we have enough to start.

If you are interested in singing email me at sharpe.stephen.s@edumail.vic.gov.au.

Stephen

Last week, students in Grade 5/6 participated in a Cyber Conference entitled ‘Being a good Bystander’. Students really enjoyed this session and as a result, approached Mr. Prendergast about Pink Shirt Day.

We are happy to announce that on Wednesday the 25th February; Coburg North Primary School will be participating in Pink Shirt Day. Pink Shirt Day will see students and teachers wearing a pink shirt/t-shirt to stand up against bullying in all forms.

Bullying can be common place in our schools, workplaces, homes and over the internet. Please help us raise awareness on these issues and wear a pink shirt to show your support. A gold coin donation will NOT be required on this day.

Thank you in advance. We look forward to seeing everyone wearing pink!

(JSC Coordinators) Courtney and Sarah
Ciao a tutti!

Questa settimana (this week) Grade 3 started **matematica in italiano**. As well as learning numbers to 100, we are doing addition and subtraction in l'italiano and playing number games.

For details and photos see the “**Questa Settimana**” section of our Italiano@CNPS website: [http://cnpsitaliano.weebly.com/questa-settimana.html](http://cnpsitaliano.weebly.com/questa-settimana.html)

**Italiano@CNPS** is a new website for the students, teachers and families of Coburg North Primary School. Here you’ll find: the songs, video clips, online games, activities and websites we have been using in class. You can use the site to practise your Italian at home.

Information on the site is organised into the following sections:

- **Questa settimana**: here you’ll find the things we are learning in your class this term.
- **Giochi e attività**: links to games and activities.
- **Canzoni ...**: links to our favourite canzoni (songs), filmati (clips), poesie (poems) and racconti (stories).
- **Soggetti**: Here you’ll find all of the songs, clips, websites organised by topic.
- **Site**: links to other websites and blogs.


Grazie,

A presto,

signora Jackie
## RESPONSIBLE STUDENT AWARDS

**WEEK ENDING: 13/2/15**

<table>
<thead>
<tr>
<th>STUDENT</th>
<th>GRADE</th>
<th>RIGHT/RESPONSIBILITY</th>
<th>AS DEMONSTRATED BY:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Esme</td>
<td>1/2D</td>
<td>Personally responsible - as much work as possible</td>
<td>using lots of wonderful adjectives in her acrostic poem</td>
</tr>
<tr>
<td>Eden</td>
<td>3/4B</td>
<td>Personally responsible - as much work as possible</td>
<td>creating a very persuasive JSC speech.</td>
</tr>
<tr>
<td>Jasmine</td>
<td>PC</td>
<td>Personally Responsible - Safe and Comfortable</td>
<td>Helping others when they are hurt</td>
</tr>
<tr>
<td>Rishi</td>
<td>PC</td>
<td>Personally Responsible - as much work as possible</td>
<td>Encouraging others to stay on task</td>
</tr>
<tr>
<td>Clara</td>
<td>3/4C</td>
<td>Personally Responsible - as much work as possible</td>
<td>Always following teachers instructions and remaining on task.</td>
</tr>
<tr>
<td>Merched</td>
<td>5/6B</td>
<td>Personally Responsible - as much work as possible</td>
<td>Always being engaged with his work and showing great improvement in Numeracy.</td>
</tr>
<tr>
<td>Amy</td>
<td>5/6B</td>
<td>Communally Responsible - as much work as possible</td>
<td>Using her initiative and assisting others when they needed help.</td>
</tr>
<tr>
<td>Eartha-Mai</td>
<td>5/6B</td>
<td>Personally Responsible - as much work as possible</td>
<td>Using descriptive vocabulary and imagery in her myth 'How the World Began'.</td>
</tr>
<tr>
<td>Aaron</td>
<td>5/6B</td>
<td>Personally Responsible - as much work as possible</td>
<td>Using a range of strategies to solve number problems.</td>
</tr>
<tr>
<td>Tilda</td>
<td>Prep B</td>
<td>Personally Responsible - as much work as possible</td>
<td>Helping others finish their work</td>
</tr>
<tr>
<td>Lelah</td>
<td>1/2A</td>
<td>Personally Responsible - safe and comfortable</td>
<td>Showing kindness and being aware of others' feelings</td>
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</tbody>
</table>

### DIARY DATES
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2015</td>
<td></td>
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<tr>
<td>FEBRUARY</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>INTERSCHOOL SPORT V MORELAND Home</td>
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<tr>
<td>28</td>
<td>FARMER’S MARKET 3/4B</td>
</tr>
<tr>
<td>MARCH</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>FOUNDATION HOME READING SESSION</td>
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<tr>
<td></td>
<td>FOUNDATION FAMILY BBQ</td>
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<tr>
<td>6</td>
<td>INTERSCHOOL SPORT VCOBURG Home</td>
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<tr>
<td>9</td>
<td>LABOUR DAY HOLIDAY</td>
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<td>12</td>
<td>2015 FOUNDATION INFORMATION SESSION</td>
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<td>13</td>
<td>INTERSCHOOL SPORT V ST FIDELIS Home</td>
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<tr>
<td>14</td>
<td>FARMER’S MARKET 3/4C</td>
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<td>AGM SCHOOL COUNCIL</td>
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<td>SCHOOL COUNCIL MEETING</td>
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<td>19</td>
<td>TWILIGHT SPORTS</td>
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<td>27</td>
<td>LAST DAY TERM 2.30 DISMISUAL</td>
</tr>
<tr>
<td>28</td>
<td>FARMERS MARKET 5/6A</td>
</tr>
</tbody>
</table>

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**Sisters’ Market**


Saturday 21st February
10am - 4pm

HOMEWARES BODY PRODUCTS JEWELLERY TOYS
FASHION ACCESSORIES ARTWORK STATIONERY
COFFEE & TREATS

FREE ENTRY

Brunswick Town Hall
233 Sydney Road
Brunswick
Dear Coburg North Primary School,

Nuts are a nutritious food we highly recommend are included in the diets of children. We understand however that for some nut allergy is a real concern. It’s estimated that around 3 in 100 children have a peanut allergy¹, and another 1 in 500 are allergic to tree nuts².

While schools and families implement important allergy awareness policies and protocols, there can still be confusion about nuts and the role of nuts in a balanced diet among parents and school staff.

That’s why Nutrition Australia has teamed up with Nuts for Life (an education initiative of the Australian tree nut industry) to develop some handy information for schools and parents, to clear up some misunderstandings about nuts and nut products, and promote a healthy handful every day to those who are not nut allergic.

- Nuts, health and kids (for parents)
- Nuts in schools (for schools)
- Frequently asked questions: Nuts in schools
- Newsletter insert (with recipe)

If you would like to stay up to date with the latest news, events and resources from Nutrition Australia, subscribe to our mailing list. And for all things nuts visit www.nutsforlife.com.au.

Yours in good health,

Nutrition Australia


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Preston (Darebin) BLUE LIGHT

FRIDAY, 27 FEBRUARY

PRESTON TOWN HALL
274 GOWER ST, PRESTON

6.30 - 9PM (8 - 14 YEAR OLDS) | COST: $7

CONTACT: JO PARISSIS 0418 144 446

PRESTON (DAREBIN) BLUE LIGHT DISCO
ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13

BLUELIGHT_VIC
Music for the People | FREE EVENT

Saturday 14 March 2015 | 4 pm to 8.30 pm
Shore Reserve, corner Melville Road and
Reynard Street, Pascoe Vale South

Come and celebrate the closing of this year’s
Brunswick Music Festival with this free family
event.

Event program includes:
• MC: Captain Ruin
• Mesopotamia
• Lehenda Ukrainian Dance Company
• Oscar Jimenez
• Black Sea Dancers
• Noriko Tadano and George Kamikawa
• Outer Urban Projects
• Wassawumba
• Kylie Auldist and the Glenroy All Stars

Visit moreland.vic.gov.au | 9240 1111
Brunswick South-West Primary School

TWILIGHT FETE

FRIDAY 27th Feb 3.30 - 8.30pm

rides  fresh produce  bbq  live music
pre-school adventure zone  sideshow games  handmade crafts
busking  sumptuous food
trash n treasure  cake stall
and lots more...

live auction

South Daly Street West Brunswick

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