

**P O B O X 2 6 1 , C O B R A M , 3 6 4 4 . P H : 0 3 5 8 7 2 1 3 7 4 F A X : 0 3 5 8 7 1 1 7 3 2****COBRAM PRIMARY SCHOOL NEWSLETTER**Email: cobram.ps@edumail.vic.gov.au Website: www.cobramps.vic.edu.au

OUR MISSION: Cobram Primary School strives for our students to become motivated and independent learners through the provision of a wide range of learning opportunities for students to demonstrate their understandings. We consistently encourage students to become lifelong learners who value themselves, others and learning. We promote a social responsibility, resilience, perseverance and independence to capably prepare our students for an ever changing world.

25th February, 2020

Hi everyone,

I hope you have now settled into the routine of the school week. Our students and teachers have certainly started the school year well. We have had many teachers and principals from other schools already come through our doors to learn from the excellence that our school provides every day. Our staff and students should be very proud of the quality of teaching and learning that is happening, as well as the hard work that goes with it.

Parent Teacher Interviews

Parent Teacher Interviews are scheduled for Thursday 5th March. Appointments can be made through Compass or otherwise contact the office to book an appointment. This is a great opportunity to meet and discuss your child's progress with their teacher.

Parents and Friends

Parents and Friends held their AGM on Tuesday 18th February. The Office Bearers for 2020 are as follows. President-Heidi French, Vice President- Michelle Sneddon, Secretary- Christie Molinaro/Belinda McPherson and Treasurer – Lee Stubbs. Any new members who weren't at the meeting and would like to join please contact the Office.

Mindfulness

Our mindfulness focus for the next few weeks is calming strategies for anxious kids. Learning how to relax and calm yourself down is so important for children with anxiety. As a Parent, you can role model and directly teach children how to calm themselves down when they feel anxious by using the following techniques:

Calming strategies for Anxious Kids

Breathing Technique: Take in a deep breath through your nose and then imagine you are blowing out a candle or blowing big bubbles that float away. Breathe out through your mouth. Continue to do this for a few minutes, deliberately slowing down the breaths each time.

Mindfulness Muscle Relaxation: 'Tense and Relax' Technique. Closing your eyes, tense and then relax each part of your body starting with your toes. E.g. tense up all the muscles in your toes by 'scrunching' them up as tight as you can. Then relax the toes by letting them 'flop'. Then move up to your feet, ankles, lower legs etc and continue up to your face and head. Take time to tense and then relax each area.

Finding something fun or relaxing to do: Encourage your child to do an activity that is naturally relaxing for them. This will be an activity that puts them in the 'flow'. Flow activities are activities where you lose track of time and are fully engaged. Flow activities are usually things we are good at or are drawn towards. Each child will be different with their flow activities and it is easy to pick what they are – just watch your child and take note of when they are fully engaged in an activity.

Have a great week!

Clay Runnalls
Assistant Principal



EMMAC

Every Minute Matters At Cobram

Absence Notice

Dear Teacher,

My child _____ was absent from school on the day of _____ due to:

<input type="radio"/> Medical appointment	<input type="radio"/> Bereavement
<input type="radio"/> Dentist appointment	<input type="radio"/> Family holiday
<input type="radio"/> Illness	<input type="radio"/> Cultural Observance
<input type="radio"/> Other: _____	

Parent signature: _____ Date: _____

COBRAM PRIMARY SCHOOL UNIFORM ORDER FORM

STYLE	GARMENT	COLOUR	4	6	7	8	10	12	14	16	UNIT PRICE	TOTAL
	Microfibre Shorts	Bottle BB									12.00	
	Gabardine SKORT	Bottle BB									16.00	
	Gabardine Shorts	Grey XX									16.00	
	4 805 DK Double Knee Trousers	Grey XX									17.00	
	Girl's Summer Check Dress	Bottle/White Checks B/C									16.00	
	Polo Shirt with logo	Bottle/Gold									18.00	
	Long Sleeved polo with logo	Bottle/Gold									17.00	
B1000	CPS Monogrammed Back Pack										32.00	
	School Hat	Bottle									9.00	
	Beanie	Bottle									3.00	
	CPS Monogrammed Windcheater										16.00	
	Polar fleece vest	Bottle									15.00	
	Micro fibre warm up jacket	Bottle/gold									31.00	
465	Girls Bootleg Pants	Bottle BB									20.00	
	Tights (New)	Bottle	S	Av	3 to 5	6 to 9	10 to 12				5.00	
											TOTAL	

Name of person placing order: Phone

Student: Class: Date



For more information www.education.vic.gov.au/protect or www.cobramps.vic.edu.au



Could you be a permanent care parent?

There are a number of children supported by the Department of Health & Human Services who require a *family for life* as they are unable to live with their birth families. We are seeking committed and motivated people who would be interested in learning more about providing a permanent family for a child.

Assistance payments are made to the Permanent Care family to assist with the day to day expenses of caring for a child/young person. Assistance payments are considered to be a reimbursement for expenses and not an earned income.

We are also keen to speak with families who are particularly interested in caring for children aged between 5 and 10 years.

Information sessions are being held on:

Wednesday 4th March 2020 at 6:00pm
Department of Health & Human Services
43-47 Rowan Street, **Wangaratta**

Thursday 5th March 2020 at 6:00pm
Department of Health & Human Services
163-167 **Walsford** Street, **Shepparton**

Bookings are not essential. For further information please contact:
Permanent Care Program
☎: 5832 1552




Cobram Junior Soccer Association 2020 Season Registrations Now Open



Registrations are now open for the 2020 Cobram Junior Soccer Association competition, to be played at grounds in Cobram, Finley and Yarrawonga on Saturday mornings from April 18.

2020 age groups will be:

- U5 mixed program (born 2015) - Limited places available*
- U7 mixed (born 2013 & 2014)
- U9 mixed (born 2011 & 2012)
- U10 girls (girls born 2010, 2011 & 2012)
- U11 mixed (born 2009 & 2010)
- U12 girls (girls born 2008, 2009)
- U13 mixed (girls turning 14 also eligible) (boys & girls born 2008 & 2007 and girls born 2006)

Notes:
*U5s must be turning 5 in 2020. Limited places available, registrations accepted on first in first served basis.

Season cost is \$95 per player. Family discount of \$45 applies to the 3rd and any subsequent child registered. Players will be allocated to a team from Cobram, Finley or Yarrawonga, with weekly training sessions held at each of these locations (training nights & times TBC).

Team shirts will be provided for the duration of competition. Players will need to supply their own soccer boots, shin guards and shorts.

2020 CJSA Season Dates:
Registrations are now open via <https://www.playfootball.com.au/>
Registrations Close: Tuesday 17 March, 2020.

Meet the Coach: Cobram: 5:30 pm Friday 27 March, Apex Park. Yarrawonga & Finley both 9:30am Saturday 28 March (Yarrawonga: Stan Hargreaves Oval (Victoria Park), Finley: Finley Showgrounds & Sporting Complex).

First Game: Saturday 18 April, 2020. Competition runs until mid-August.

If you would like further information, please visit or leave a message on our Facebook page [Cobram Junior Soccer Association](#) or email the CJSA Secretary: cobramjsa@gmail.com

The Cobram Junior Soccer Association provides a fun and safe environment for boys and girls ages 4-13 to enjoy playing the world game.



For more information www.education.vic.gov.au/protect or www.cobramps.vic.edu.au



WHAT'S ON AT CPS

DATES ARE SUBJECT TO CHANGE
MORE INFORMATION WILL BE SENT OUT PRIOR TO EVENTS

DECEMBER

- **18th:** Swimming Program
- **18th:** Xmas Concert
- **19th:** Swimming
- **19th:** Last day of the year
3-20pm Finish

JANUARY 2020

- **30th:** Students Return

FEBRUARY

- **7th:** Swimming Carnival
- **25th:** Division Swimming

MARCH

- **5th:** Parent /Teacher Interviews
- **27th :** Last Day of Term 1