



# COPMANHURST PUBLIC SCHOOL

## Newsletter

Thursday August 7<sup>th</sup> 2025



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### Principal's message

#### Athletics

Our athletics team had a very successful day at the Clarence District Athletics Carnival last Friday at Junction Hill, competing as part of the Clarence Small Schools team. Clarence Small Schools were the overall winners on the day! Congratulations to the following athletes who will be representing the Clarence District at the Mid North Coast athletics carnival in Coffs Harbour on August 19<sup>th</sup>:

Hailey (Discus, Shotput), Lyla (1500m, 800m, long jump, Shotput, 100m), Logan (1500m, 800m, High Jump, Long jump), Callan (Long jump), Frankie (800m), Alexis (800m) and our Junior boys relay team – Bailey, Callan, Logan and Ronnie. Once again, our great Copo sportsmanship was on display.

#### Superhero day

Next Wednesday is the day for kids to dress up as their favourite superhero as part of the National Week of Action Against Bullying. A superhero could be someone like Batman or Superwoman but could also be a sporting hero, idol, or family member who is a hero to them. Bring along a gold coin donation to go towards the Bully Zero campaign which provides resources for schools and support for young people. The kids will be participating in lessons in all classes aimed at increasing awareness around the prevention of bullying. Check out some of the information our classes have already been engaged with on the next page of this newsletter.

#### Jeans for Genes Day

Yesterday after school Ashley told me how she was doing 120 skips a day during August as part of the Jeans for Genes Day project which raises money for the Children's Medical Research Institute. Thank you to our very generous community who sent kids along in jeans with a few bucks to go towards this worthy cause at such short notice. Sometimes we don't have a lot of notice. This was a last minute opportunity to play a part and it is good for our kids to learn the value of helping others. If the message didn't get to everyone and kids didn't wear jeans – doesn't matter. Thanks to our wonderful community, we will be passing on \$150.00 to add to Ashley's sponsorship.

#### P&C annual general meeting

Our P&C annual general meeting will be held in the staffroom at school next Thursday, August 14<sup>th</sup> starting at 1:45pm. Come along and see what is happening at school and how you can support our kids. Our P&C is vital in providing resources and opportunities for all children in our school. Did you know money raised by the P&C will this year enable all senior students to attend our Brisbane excursion at a reduced cost? It will also provide a \$20 book voucher for every child on their birthday, provide inexpensive gifts for children to buy for Mothers and Fathers days and greatly reduce the cost of buses for excursions to surfing, Red Rock and other events. Come along and join in!

Cheers,  
Andrew

# SCHOOL NEWS

## CANTEEN ROSTER – TERM 3

**11<sup>th</sup> August – Clare & Chrissy**  
**18<sup>th</sup> August – Kristy & Lisa**  
**25<sup>th</sup> August – Narelle & Laurelea**  
**1<sup>st</sup> September – Jess**  
**8<sup>th</sup> September – Vashti**  
**15<sup>th</sup> September –**  
**22<sup>nd</sup> September – Jaimee & Melissa**

## COMING EVENTS – TERM 3

**Wed Aug 13<sup>th</sup> – Superhero Anti-bullying day**  
**Thurs Aug 14<sup>th</sup> – P&C AGM 1:45pm**  
**Fri Aug 22<sup>nd</sup> – Book Character Activity Day**  
**Tues Aug 26<sup>th</sup> – Friday Aug 29<sup>th</sup> – Year 5/6 Brisbane excursion**  
**Thurs Sept 11<sup>th</sup> – Small Schools Big Impact concert**

### Rude, Mean, Bully or Conflict?

**1 RUDE =** bad manners, being inconsiderate or thoughtless BUT not INTENDING to be mean

Examples:

- Bad manners: not thanking someone when they help you
- Being inconsiderate: forming a circle and not making enough space for someone else to sit in there
- Thoughtless: taking the biggest piece of cake and not leaving enough for everyone else



**2 MEAN =** purposefully being unkind. Trying to hurt another person.

Examples:

- Saying something nasty about a person's appearance, speech, smell or clothing
- Laughing at someone and not with them
- Telling people not to play or talk to someone



### Rude, Mean, Bullying or Conflict?

**3 BULLYING =** Bullying is when someone is trying to hurt you over and over again. It is a repeated act of unkindness.



Examples:

- A person tells you that you are ugly. You tell them to stop but they do it again and again, at different moments in the school day, week or term

**Bullying involves a power imbalance** – that means that the person doing it has more power than you which makes it hard to stop

Bullying is not an accident, it is intentional. Someone is purposely trying to hurt you.

**4 CONFLICT =** An argument, a fight, a disagreement, a difference in opinion!



**Conflict is a normal part of every friendship.**

We can be **respectful** in the way we have conflict  
We can be **harmful** in the way we have conflict

**Respectful looks and sounds like:** Using I feel, when sentences, giving each other space, not getting others involved to take sides. Giving a heartfelt apology.

**Harmful looks and sounds like:** name calling, threatening, using physical or verbal insults



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