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## CCSC News - Term 2 Week 3 2020

1 message

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CENTRAL  
COAST  
SPORTS  
COLLEGE

## The Newsletter

Term 2 Week 3 11 - 15 May

### Whole College News



#### Jump Rope for Heart

This year our college is participating in Jump Rope for Heart – a fantastic physical activity and fundraising program run by the Heart Foundation that has been operating for over 35 years. Students will be skipping at the college during sport sessions and break times between 11/05/2020 and 03/07/2020.

Our Jump Off Day will be held on 30/06/2020. This is the final day of the program and the whole school will come together to celebrate and put on some great skipping displays. Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

To make fundraising fun and easy, you can create your own secure webpage at [jumprope.org.au](http://jumprope.org.au)

Sign up here [www.jumprope.org.au/parents](http://www.jumprope.org.au/parents) to share your child’s progress and let the funds roll in. Your child can earn virtual badges along the way and your page will highlight the prizes up for grabs.





video - lots of chat, drawing and dancing made it fun for everyone. Please contact Peta Fell at [pfell@ccsc.nsw.edu.au](mailto:pfell@ccsc.nsw.edu.au) if you're wanting more information on our Pre Kindy Club or our next event. If you're thinking about Kindergarten for 2021 for your child we strongly suggest you contact Peta soon as there are only 9 places remaining.

**Cafe**

**Cafe Menu**

Next week's cafe menu, accompanied by the usual array of wonderful salads, fruit and vegetables, is as follows:

Pasta Carbonara

Sticky chicken with coconut rice

Curried fish with rice

Beef stew with mashed potato

Sausage sandwiches with fried onion

Please note that the menu can change depending on produce availability.



**Sport**

**Coaches Challenge**

The CCSC football department's 'Coaches Challenge' for week 2 will take a bit of practice. [Take a look at the video here](#), record your best attempt at the skill and send through to your coach on google classroom. We look forward to seeing your efforts.



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