Calendar of Events

Friday 16 August
Assembly Item J1 & 2

Monday 19 to
Friday 23 August
Book Week

Wednesday 21 August
Middle Starlab Incursion
Parent Club Meeting
2.30pm in the Staffroom

Thursday 22 August
District Athletics Day

Friday 23 August
Assembly Item S10
Book Week Dress-up Day

Friday 30 August
Assembly Item S10
Father’s Day Stall

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Book Week

Did you know Book Week is almost here?
No…. Well it’s happening from August 19th - 23rd

The Coral Park students will be celebrating Book Week in a number of ways. These include reading the short listed books, listening to reading over the loud speaker at lunch eating time, participating in buddy activities relating to Book Week books and dressing up as their favourite book character.

Book Week Dress-Up Day
Friday August 23rd

Come to school dressed as your favourite book character.
Parents be sure to come along and see all the great costumes.
Remember awesome costumes can be created from clothes and other items you have at home. They don’t need to be specially brought costumes.

Can you HELP?????

Our buddy activity for Book Week this year is an art activity in response to the picture story book Herman and Rosie by Gus Gordon. We are going to be using lots of craft supplies to create artworks that can be displayed around the school.
This is where we need your help!
Do you have any of the items listed below that you don’t need anymore? If you do could you please send them to school as we will be able to use all the materials to create a fabulous artwork display? Any items can be brought to Rebekah Smithett’s (Assistant Principal) office.

- Wool or beads,
- scrap booking materials,
- fabric offcuts,
- buttons, thread or felt
Fruit Smoothie
Blend together: 1-cup low fat yogurt
¼ cup pineapple juice
½ cup ripe fruit of canned fruit
2-3 ice cubes.
Place in thermos and freeze overnight.
In the morning place thermos in lunch box to drink at lunchtime.

Packing a lunch for school can be a challenge. But by using different foods the children can enjoy variety, learn to try new foods, and have a healthy lunch.

Check this spot regularly for healthy tips and family food ideas.

Health tip of the week: Top 5 Tips for Healthy Eating for Kids

1. **Parents control the snack stash.** Though kids will pester their parents for less nutritious foods, parents should be in charge when deciding which foods are regularly stocked in the house. Kids will eat what's available. If their favourite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

2. **Let kids choose.** It is important for you to set limits, but also let kids have some say in what and how much they eat. This may seem like too much freedom, but your kids will be choosing from the foods you decided to buy and serve.

3. **Start them young.** Likes and dislikes begin forming even when we are babies. Offer a variety of foods, but don’t force a child to eat full servings of new foods. Encourage them to try at least one bite.

4. **Eat as a family.** Family meals provide an opportunity to talk and share parts of their day, as well as for parents to set an example on healthy eating. Meals should be a quiet time. Too much activity around the table can distract a child.

5. **Don’t force-feed your child.** Let kids stop eating when they feel they’ve had enough. Give your child small servings, about 1/4 to 1/3 the size of an adult serving. Providing a smaller portion that your child can finish will give them a sense of accomplishment. Missing one meal or just picking is okay. As parents we need to look at what kids have eaten over a few days, not meal-to-meal. But don’t allow unhealthy snacks after they have said they are full.

Book Club
This term we are once again distributing Scholastics Book Club Order forms. If you would like to take part and order books from Book Club please complete the form, place money in an envelope and return to the class teacher. For every order made, our school receives bonus points. All orders for this week’s distribution are due Friday 30 August.

Father's Day Stall
Our Fathers day stall will be held on Friday 30 August.
There are lots of lovely gifts for students to buy a special gift for someone they love.

We need parent helpers to assist at the stall, please contact the school office if you can spare some time.

PLAYGROUP
Do you have a child under school age?
Come along each Monday morning and join in with play group. Meet new people, have a coffee and chat while your children have play learning time with Linda. Meet in the Art room between 9.00-11.00 on Monday.

We would love for you to join us.

It’s time to find your hats and ensure they are washed and ready to wear!
I know it’s a bit tricky to believe or even think about with this crazy, mixed-up weather but UV levels are on the rise so ‘hats on’ time is back! Please don’t wait until term four.
When we know about a risk, we need to act on it and from September we know UV levels can be risky.

So make sure your dig out your hat from wherever its been hiding over winter. Check it’s nice and clean and have it ready to wear from Monday 2 September, 2013.

From September, 5 things to remember
1. Slip on covering clothing. If you can see skin, UV can reach it.
2. Slop on SPF 30+ or higher broad spectrum sunscreen. One application isn’t enough so set up strategies for reaplication during the day.
3. Slap on a hat that shades the head, face, eyes, ears and neck.
4. Seek shade.
5. Slide on sunglasses if practical. Make sure they are labelled AS 1067.

Please call the school office on 9702 8398 to explain your child’s absence before 9.00am.
All late arrivals need to report to the office for a late pass into class.
How to raise healthy & active kids!
How can I get my child to be more physically active?

With participation in all types of physical activity declining dramatically as kids get older, it is important that physical activity be a regular part of family life. Studies have shown that lifestyles learned as children are much more likely to stay with a person into adulthood. If sports and physical activities are a family priority, they will provide children and parents with a strong foundation for a lifetime of health.

Parents can play a key role in helping their child become more physically active. Following are 10 ways to get started:

1. Find a fun activity. Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely it is that she will continue. Get the entire family involved. It is a great way to spend time together.
2. Choose an activity that is developmentally appropriate. For example, a 7- or 8-year-old child is not ready for weight lifting or a 3-mile run, but soccer, bicycle riding, and swimming are all appropriate activities.
3. Sit down with your kids & work out a Fat Activity Timetable (FAT) for winter.
4. Choose a safe environment.
5. Around the house have plenty of active toys such as balls, Swiss balls for kids or skipping ropes.
6. Play with your child. Help her learn a new sport.
7. Learn how to play and have 100% attention on your child for at least 15 minutes a day. So how about turning off the TV, computers, Gameboy’s and Wii’s for at least 60 minutes a day?
8. Make time for exercise. Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.
10. Be a model for your child. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

Remember:
There is a powerful relationship between childhood obesity and lifelong weight and related medical problems. Exercise along with a balanced diet provides the foundation for a healthy, active life. One of the most important things parents can do is encourage healthy habits in their children early on in life. It is not too late to start.

Homework Club—join Linda in the library each Wednesday 3:30 to 4:15pm. Get some help with your homework or use the computers to complete your homework. Don’t forget, all homework is due each Monday.

Coral Park Primary School After School Care
With Government subsidies such as the Child Care Benefit and Child Care Rebate, after school care has never been more accessible!

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Join your friends at Camp Australia and have fun after school with arts and crafts, sports, exciting group games and a whole lot more!

BOOK NOW! 1300 105 343 or Register online: www.campaustralia.com.au/parents

SUMMER SEASON 2013/2014 JUNIOR BASKETBALL
REGISTRATIONS ARE NOW BEING TAKEN FOR AFTER SCHOOL AND SATURDAY COMPETITION

IF YOU ARE BETWEEN THE AGES OF 5 TO 16 AND LOOKING TO JOIN A TEAM WE CAN HELP YOU FIND A LOCAL CLUB. PLEASE CONTACT JODIE AT CASEY BASKETBALL ON 5996 6033 OR EMAIL YOUR DETAILS TO development@caseybasketball.com.au

AFTER SCHOOL ACTIVITIES TERM 3
Homework Club—join Linda in the library each Wednesday 3:30 to 4:15pm. Get some help with your homework or use the computers to complete your homework. Don’t forget, all homework is due each Monday.

House Points Tally Week 4

- Scorpions
- Pegasus
- Phoenix
- Lynx