Calendar of events 2014

October

Friday 17th October
Assembly item M17

October 23rd & 24th
Middle School Camp

Friday 24th October
Zone senior sport finals
softball and basketball here
at CPPS

NO ASSEMBLY

Friday 31st October
World Teachers’ Day

Monday 3rd November
Curriculum Day

Tuesday 4th November
Melbourne Cup Public Holiday

Tuesday 11th November
Prep excursion to Collingwood
Children’s Farm

Saturday 22nd November
Family Photo Fundraiser

Saturday 29th November
State Election Day, Make
your vote count here at the
school and buy a sausage.

Tuesday 16th December
Year 6 Graduation Evening

Thursday 18th December
Whole School End of Year
Celebration Fun Day

Learning time begins at 9
so be in class by 8.55!

Coral Park’s Recipe Book, ‘From My Country to Your Plate!’ is arriving soon. During Cultural Week this year, families were invited to submit their favourite family recipe for the book, along with a brief snippet of their journey to Australia or life in Australia. Thank you to the many families who put in some fabulous recipes. We hope you buy a copy of the book, we only have 100 copies for sale at a cost of $10 per book. These will arrive soon, you can pre-order your book at the school office.

Kid’s Club Making Music.

We’ve started the term out with a musical theme this term. Our kids are playing drums, maracas and bells as well as singing to create great songs. We’ve been playing all kinds of games, from limbo to turtle racing as well as making paper toys to keep or give as gifts.

Session times:
Before Care- 6:30am-8:45am
After Care- 3:30pm-6:00pm

Come along and join in the fun.
Breakfast is provided in the morning programs and afternoon tea in the afternoon sessions.

Jess is the Kids Club Coordinator
Do you need tips on what to pack in your child's lunchbox?

Healthy eating has a long-lasting and positive impact on a child's growth, development and health. Please DO NOT bring junk food in to school for your child's lunch. McDonalds, KFC and other fast food are banned.

Students are also not to bring noodles to school for adding hot water for eating.

Healthy eating has a long-lasting and positive impact on a child's growth, development and health. Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.

You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:
- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in school lunches include:
- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks

It is important to let your child's school principal know if your child is allergic to particular foods.

Healthy education initiatives

We actively promote healthy eating and physical activity and support a whole-school approach to health education through the following initiatives:

Healthy Canteen kit - a kit developed to support students making healthy food choices at school and in life.


Food ideas for home and school - the Healthy Canteen Kit provides lots of great ideas for healthy, tasty, attractive foods. While ideas in the canteen manual have been provided to help school canteens create interesting food choices at school, these suggestions can also be used at home to provide healthy food choices.


Resources to help you make the right food choices


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**Bully Stoppers: Speak Up Against Cyberbullying**

Students achieve their best at school in safe and supportive environments, where they are free from bullying and disruptive behaviour.

We put a big emphasis on making sure we provide a great environment for our students - one that promotes patience and tolerance and is inclusive, harmonious and free from bullying. We can work towards this goal through education in the classroom, intervention in the playground and a focus on promoting positive behaviours.

With the rise of social media, bullying now occurs online, as well as in person. Cyberbullying is just as harmful as face-to-face bullying, and it can occur at any time of the day.

Cyberbullying is an increasing issue in the wider community - and the best way to tackle it is for schools, students and parents to work in partnership.

Our school is supporting the Victorian Government’s Bully Stoppers campaign - which has just launched a new series of tools and resources for parents and students to support students in preventing cyberbullying. These resources, called Bully Stoppers: Speak Up Against Cyberbullying, are available on the Bully Stoppers website, at [www.education.vic.gov.au/bullystoppers](http://www.education.vic.gov.au/bullystoppers) - visit the site to find out more.

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**Birthday Books**

Thank you to Alicia, Matt, Kaelin and Brandon for donating birthday books to our library. We hope you all had a wonderful birthday.

If you would like to donate a birthday book to the school, please see Linda in the library.
Term 4 Lunchtime Clubs

Mondays—Bike Club for grades 3–6 students
Bike Club is aimed at increasing student’s confidence on bikes, road and traffic awareness and fitness levels. We go outside the school grounds on local paths without crossing roads. You can bring your own bike to school or ride one of the school’s bikes. Helmets are a MUST! Permission forms are needed for this activity and numbers are limited. Students must be able to ride without the need for training wheels.

Mr Tilley’s Maestro Music Clubs
Tuesday – Guitar Club in the Performing Arts Room
The school has seven acoustic guitars, an electric guitar, a bass guitar and several amplifiers. The students learn to play by way of musical notation, guitar tablature and chords. Along with this, there is one student in the group who is learning ukulele.

Wednesday – Recorder Club in the MPC foyer
Students work their way through levels and are taught to read music as well as play their instrument. Three students from this club have graduated to playing with the school band.

Thursday – Piano/Keyboard Club in the Performing Arts Room
Students, who attend, learn to read music as well as play some simple songs that are introduced in a structured step by step process. Initially they learn to play with the right hand and then incorporate some chords or notes with their left hand. Students who are at a more advanced level practise their own pieces. We have seven keyboards in the school for use.

School Band
The School Band was formed from a group of students who chose to come together to play and practise on a Monday lunch time. This year the band has travelled to Victoria University to have workshops with trainee music educators, performed at the school Arts Expo and perform at assembly every week. The school band is made up of students who play guitar, keyboard, drums, ukulele and recorder. There are a number of vocalists as well. The primary aim for all of these clubs is to ensure students enjoy themselves, learn some valuable musical skills but also learn to work cooperatively with others to achieve individual and/or group objectives.

Friday—Maths Games in S11 for grades 4 and 5 with Ms T.
A bit of transitioning into senior school for grade 4 students and getting to know grade 5 students whilst playing a range of group maths games including Krypto, Hexagon, Deal or No Deal and much more. Develop your maths thinking, earn some house points and have lots of fun.

Tuesday is indoor soccer for juniors.
During lunch on Tuesdays, all junior school students can come along and play round robin, indoor soccer in the MPC.

Thursday—Skipping and Duplo for juniors.
Come to the MPC and construct something with Duplo or get fit and join the skipping club every Thursday lunchtime in the MPC.

Thursdays—Running/Walking Club for Grade 2–6
Anita, Gill and Katrina will be out walking/running a track through the wetlands and helping kids get fitter. Ensure you have brought back the permission form so you can join us on a track that leads us outside the school and around the wetlands. What a perfect way to improve your fitness whilst taking in the local flora and fauna. If any parents would like to join in, you are most welcome. Please let us know.

Thursdays—Senior Blogging in S12
The Senior Blogging Club is held each Thursday in S12. The Senior students log onto the Coral Park Primary School website and spend time reading the Blogs of the Senior school and other parts of the school. The students upload items to the blog and spend time reading others blog posts or comments and approve or edit them so they can be read on the blog. The students must have admin rights to approve other students posts.

Professional Guitar Lessons with Jerome (cost $14.30 per week)
The school has a professional guitar teacher who works at lunch time for half an hour on Wednesdays. The students are taught in a group and pay a fee for this program.
Congratulations

These children won a prize last week in the Healthy Food raffle:
- Aaliyah, J8 for eating a sandwich, apple and water.
- Zaidyn, J1 for having a ham and salad wrap, carrot sticks and a banana.
- Anna, J8 for having a sandwich, apple and water.
- Andy, M17 for eating a turkey roll, apple and banana.
- Tjayse, M17 for having fried rice, apple and water.
- Tamara, S10 for eating a sandwich, mandarin and water.
- Monika, S10 for having a sandwich, apple and water.
- Tateana, S14 for eating yoghurt, an orange and an apple.
- Jack, S10 for eating 2 rolls and drinking water.

Healthy Lunchboxes are GREAT!
- Sandwiches
- Fruit
- Water
- Sultanas

REMINDER
September to May
No hat = No outside play
Hats are available at the school office for $10