Calendar of Events
Don’t forget, every Friday the Student Leaders host Parent coffee & chat in the MPC from 2.35pm. Come along and meet with other parents.

Friday 6th May
District Cross Country
Assembly item M17

Wednesday 11th May
Prep Taskworks excursion day

Friday 13th May
Senior Interschool Sports
Lightning Premiership Day

10th—12th May
NAPLAN testing for all year 3 & 5 students.

DATES FOR YOUR CALENDAR:
Monday 23rd May
is a Curriculum Day.
Monday 13th June
is the Queen’s birthday public holiday.
Tuesday 21st June
is a Pupil Free Day for Student Led Conferences.

After school activities:
Homework Club
Each Wednesday in the library with Tony, Leanna & Mandy
3.30-4.15pm.
Parents must collect students by 4.15pm from the library.
Kelly Sports Tuesdays
Awesome Autumn Sports
In the MPC 3.30-4.25pm
Bookings via the office
$10 per session
Keyboard sessions:
run by Primary Music Institute each Tuesday after school. For prices and availability of session times please contact the office.

Is your child in Prep? Do you qualify for Camps, Sports and Excursion funding?
As part of the Victorian Government’s Affordable Uniform Program, every Prep government school student who is a recipient of the Camps, Sports and Excursion Fund (CSEF) automatically qualifies for a uniform pack voucher. Each year, State Schools’ Relief (SSR) provides tens of thousands of children with school clothing, shoes and other essential items. For the first time SSR has received government funding so that it can help more families needing financial assistance, and ensure no one is left behind. Eligibility requirements for CSEF can be found at www.education.vic.gov.au/csef
What uniform support is provided?
SSR will provide:
A basic windcheater and tracksuit pants OR one of the following
A bomber jacket, rugby top, hoodie or zip jacket
How can parents apply for the uniform?
Parents must apply for CSEF by the closing date listed at www.education.vic.gov.au/csef before they approach the school to apply for uniform. Once approved, the voucher will be dispatched electronically to the school, uniform shop or uniform supplier. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR). Our uniform retailer is PSW (Primary School Wear) located on the South Gippsland Hwy in Lynbrook.

Have you seen the KidsMatter space?
Every Face has a Place in our school.
Come and view the collage of all of our students on display in the library.

Every Face has a Place

Have you had breakfast today?
BREAKFAST CLUB
Your mind finds it very difficult to concentrate if your body doesn’t get its morning food source. Don’t forget, free breakfast is available in the art room each morning between 8.30am and 8.55am. Come along and see Tony or Sam for some morning fuel to energise your body, just in case you ran out of time to eat at home or forgot to have breakfast.
Proudly sponsored by FoodBank.

DON’T FORGET:
Have you changed your address, medical details or phone numbers recently? If so, it is vital that you provide updated details to the school.
Melbourne Storm Visit Coral Park Primary School

This week the prep grades and some of the grade one and two grades were lucky to experience the Backyard League Program run by the Melbourne Storm. The preps were very excited and had a great deal of fun while learning new words like TRY, TAG, TOUCH ETC. The students quickly adapted to the new skills necessary to complete the modified drills and activities. Each student will receive a book about how Backyard League was created. In term 3 the senior and middle students will have the Melbourne Storm back to teach Rugby League to our students.

We have many students who enjoy the game of rugby both at school and on weekends. An important reminder to all of our students is that there is no tackling allowed at school. If caught tackling, students will be given time off the oval until they can play safely. This rule is simply about student safety and teaching correct game technique.

Is your child getting enough sleep?

Many students are coming to school very tired. This impacts their learning greatly.
Sleep is highly under rated. It is one of the “pillars” of optimal health - just as important as diet and exercise.
A good night’s sleep is incredibly important for health.
Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well. It turns out that perhaps the single biggest contributor to our collective sleep problems, is the use of artificial lighting and electronics at night. These devices emit light of a blue wavelength, which tricks our brains into thinking that it is daytime.

Numerous studies suggest that blue light in the evening disrupts the brain’s natural sleep-wake cycles, which are crucial for optimal function of the body. The problem is that modern light bulbs and electronic devices (especially computer monitors), also produce large amounts of blue light and “trick” our brains into thinking that it is daytime. When it gets dark in the evening, a part of the brain called the pineal gland secretes the hormone melatonin which signals to our bodies and brains that it is time to get tired and go to sleep. Blue light, whether from the sun or a laptop, is very effective at inhibiting melatonin production.

This means that our bodies don’t get the proper signal that it’s time to go to sleep, reducing both the quantity and quality of our sleep. This problem has a simple solution, ensure your child is not on a computer, tablet or smart phone for up to 2 hours before they should be sleeping. Take control, turn them off and don’t allow them in your child’s bedroom.

Sleep is also important for various aspects of brain function. This includes cognition, concentration, productivity and performance. All of these are negatively affected by sleep deprivation. Good sleep has been shown to improve problem solving skills and enhance memory. Poor sleep has been shown to impair brain function.
Good sleep patterns also improve your immune function. Even a small loss of sleep has been shown to impair immune function. One large 2-week study monitored the development of the common cold after giving people nasal drops with the virus that causes colds. They found that those who slept less than 7 hours were almost three times more likely to develop a cold than those who slept 8 hours or more. If you often get colds, ensuring that you get at least 8 hours of sleep per night could be very helpful. Eating garlic can help too. Bottom Line: Getting at least 8 hours of sleep can improve immune function and help fight the common cold.

Sleep affects emotions and social interactions and sleep loss reduces our ability to interact socially. Several studies confirmed this using emotional facial recognition tests. One study found that people who had not slept had a reduced ability to recognize expressions of anger and happiness. Researchers believe that poor sleep affects our ability to recognize important social cues and process emotional information.

The big message here is; Along with nutrition and exercise, good sleep is one of the pillars of health. You simply cannot achieve optimal health without taking care of your sleep. Reduce the amount of blue light in your eyes prior to bed, this includes no TV for an hour before bed, instead make it a low light and curl up with a good book.
(For further information visit www.authoritynutrition.com)
THUMBS UP to the following Coral Park STARs:

Our wonderful Parent Club members who were busy putting together many gifts for the Mother's Day stall today.

The wonderful parents who volunteered their time to run the Mother's Day stall. THANK YOU!

All our super stars running in cross country tomorrow.

Everyday English
FREE English Classes

Learn Local
Need help with your English?
You can improve your spoken and written English by enrolling in an English language class at a Learn Local organisation in your community.

These classes are designed to help everyone improve their English, including newly arrived migrants and refugees settling into Australia. They also offer adults the English language skills they need to live and work in the community; get or keep a job (paid or voluntary); gain entry into further study or complete a qualification.

Improving your English language skills can also help you to communicate with others in your community and to build your language and life skills.

Book in early as the number of places are limited.
Classes begin Wednesday 4th May and run every Wednesday afternoon between 12.00pm—2.00pm at Coral Drive Kindergarten Community Room

For further details contact Elena on 9547 2647 or visit http://learnlocal.org.au/wycl/languages/

NAPLAN is coming for all year 3 and 5 students.
The National Assessment Program for Literacy & Numeracy (NAPLAN) is a national assessment and reporting program in the areas of numeracy, reading, writing and language conventions (spelling, grammar and punctuation) for students in Years 3, 5, 7 & 9 each year. This testing will be conducted next week, between 10th—12th May 2016.

Please ensure you arrive at school on time and eat a good breakfast to help fuel your brain for thinking and give you stamina for the tests. Students who miss a day of testing will need to make up the test the following day so please try your best to limit absences.

We wish all our students well and remember, this is just a snapshot of what you can do. Believe and you will succeed, all you can do is try your best.

Hampton Park Football/Netball Club
Invites you to
Come and try netball FREE
Tuesday 10th May and Thursday 12th May
5-6pm
Catering for all Junior and Senior age groups.
If you are thinking of playing sport and keeping fit, then why not look at starting in the most participated sport in Australia. Netball is something we can help you get into.

For further information, please contact:
Mel on 0418 318 370,
Neil on 0425 738 807 or
Jo on 0448 233 763.
Located at Robert Booth reserve,
Hampton Park.

Help us SAY NO to violence.
Every day in every school there are incidents of unrest and students behaving inappropriately. Generally, these are small incidents that are easily resolved. At times, they become bigger and some students react with violence. Violence will not be tolerated in any way, shape or form. We are a White Ribbon School, helping to promote the importance of stopping domestic violence and violence against women. We do not condone any type of violence. There is no space for violence in our school. Please help us to ensure students understand this message.

Birthday Books
Thank you to Cristhel, Adam, Xavier, Monika, Masha, Dhanjot, Christia, Prayag, Clinton and Cameron for donating birthday books to our library.

We wish you all a very happy birthday.

If you would like to donate a birthday book to the school, please see Linda at the school office or Tony in the library after school.
To enrol your child into the Coral Park OSHC Program, complete an OSHC Registration Form which is located on the Camp Australia website - www.campaustralia.com.au.

All bookings, cancellations and account changes can be done through the Parent Portal located on the Camp Australia website. Once enrolled be ready to get involved in FUN, QUALITY and ENGAGING experiences in a SAFE and HAPPY ENVIRONMENT.

If you have any queries please call Jess, the Camp Australia Coordinator on 0415 335 241 or drop in for a visit and see the programs in action.

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

Pancake Fridays!
Do you like pancakes? We do too, which is why every Friday morning we will be serving pancakes at Before School Care.

Thursday is Cooking Day at OSHC
Every Thursday afternoon the kids at Afterschool Care get crafty in the kitchen. Last week we cooked up a storm with our Healthy vs Unhealthy cooking challenge. The healthy team made a yummy peach and orange scone and the unhealthy team made a wicked chocolate brownie. Yum, Yum!

Our Before School Care kids don’t miss out either. Every Friday we cook up pancakes in the mornings. And everyone who comes on a Friday morning gets to take a slice of what we cooked on Thursday night to school for Snack.

If you would like to learn more about our program come and see Jess in the MPC. Or visit www.campaustralia.com.au to enroll.

**NAIDOC WEEK**
NAIDOC Week items can be pre-ordered from the office for delivery before the end of term.
Items that can be ordered include:
- Mini footballs for $2,
- Respect Bands for $2,
- Pencil Cases for $2.50,
- Wrist Watches for $4,
- Koori Kids beanies for $3 & NAIDOC Week pins for $2.50.

Please place your order at the school office with money included by Friday 27th May.

**Short Story Competition**—Entry is open to all students in years 3—6.
Write a fictional short story with illustrations and photographs titled: ‘The Day I Met My Indigenous Role Model.’ this could be a musician, politician, athlete, sportsperson, etc.

**Junior Colouring Competition**—Entry is open for all students in P-2.

Entry forms can be collected from the school office. There are some great prizes to be won.


**Dads Matter Campfire Night**
Calling all Dads, Grandfathers and father figures.

Enjoy some fun, food and games.

**Dance Struck**
RAD Classical Ballet | Contemporary | Lyrical | SFD Jazz | SFD Tap Hip Hop | Funk | Urban Jazz | Angelina Ballerina Partner Studio
Come and Try a Free Class During our Open Week! 2016 Enrolments Now Open!

Ph: (03) 9558 7227  www.dancestruck.com