Calendar of Events

Friday 21st August
Unfortunately Narre Warren Sth have cancelled sport with us—seniors will do training.
Assembly item with the school band
Parent’s Coffee & Chat from 2.35pm in the SLC Café.
Sheridan from Nit Free For Me visiting

Friday 28th August
Senior Sport Vs St.Kevins here at Coral Park 9-11
Assembly item with S11
Parent’s Coffee & Chat from 2.35pm in the SLC Café.

Book Week Dress Up Day

Don’t forget—Breakfast Club is in the MPC each morning 8.45-8.55 for toast with Tony in case you didn’t find the time for breakfast.

Coral Park Presents
The Enchanted Woods
Concert 2015
Tuesday 8th of September
5pm and 7pm shows
*Tickets on sale now!
$5 per ticket (Children under 5 free if sitting on parents knee.)
School students performing do not require a ticket.
Tickets for the 7pm show are limited to 4 per family.
Tickets for the 5pm show are unlimited.
Audience are asked to remain seated during performances.
School students are to be dropped at the venue by 4.30pm and remain with teachers until pick up time at 8.30pm.

Next FRIDAY come dressed as your favourite book character

Co med r essed upon Fri day 28th August as a character from a favourite book that ‘Lit up your life’ and helped you enjoy reading!

Activities throughout the week include;
Sharing and reading a selection of book week books, buddy grade activities, daily reading over the PA during lunch eating time, visit the Book Fair and make a lighthouse as part of the whole school art activity related to the theme ‘Books light up my world’.
Don’t forget to visit the Book Fair in the library 8.30-8.55am or 3.30-3.45pm.

2016 Prep Enrolments
Do you have a child beginning school in 2016?
Enrolments are being taken now.
A tour is the best method to decide which school is right for your child. This provides the perfect opportunity for you and your child to see the school in operation and for you to ask many questions as you walk through.
Please call the school to book in for a tour.

CONGRATULATIONS
Scorpions
The winning house last week!
As Coral Park continues to become more advanced with its use of technology the students have begun using iPads in Physical Education to help with their physical development and acquisition of skills. Students can instantly view their skill practice and see where they can improve their technique. This has been especially fantastic when I have been teaching gymnastics using the vaulting horse. The students and I have also uploaded these videos to each student’s individual portfolios on Sentral parent/student portal. I encourage all parents to share these videos with their children and to support their learning in physical education with words of praise to help build physical confidence.

Students are now tracking their progress in physical education digital portfolio work and are striving to win both class awards and individual awards for their ICT adoption in physical education.

The athletics team has been chosen and training for long jump, triple jump, hurdles, shot put and discus will be in the MPC at lunchtimes. The District athletics is on Wednesday 26 August at Casey Fields Athletics complex. Parents are very welcome to attend to cheer on all the students.

Regards, Bill Hains.

RESILIENCE—What is it? Do your children have it?
Everybody’s life has ups and downs
Adults sometimes look back on their childhood as a time when they were always happy, but life’s ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life’s ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Children need to develop resilience and healthy coping skills to deal with life’s ups and downs. Life’s downs may include emotionally painful experiences such as feeling loss, rejection, disappointment or humiliation. It takes time and a lot of practise to develop any skill and learning coping skills to manage life’s ups and downs is no exception.

Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

Skills and qualities that help children cope with life’s ups and downs

- Trust - that the world is safe and that there are caring people to help them.
- Belief - in their ability to do things for themselves and achieve their goals.
- Feeling good - about themselves and feeling valued for who they are by their parents and carers.
- Optimism - that things generally turn out well.
- Regulation - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

How are your child’s resilience skills developing?

Resilience is the ability to cope with life’s ups and downs. Children's resilience is enhanced when they:
- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

Feeling optimistic and hopeful are key parts of mental health and wellbeing.

For more information on how to support your child building their resilience visit https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/resilience-keeping-a-balance
Coral Park has been inundated with books! This year we have spent over a thousand dollars updating the books in the school. All classrooms have the start of their new classroom libraries with many more books to come. They have arrived just in time for the last few weeks of the Premier’s Reading Challenge. Some students have already returned their Premier’s Reading Challenge sponsorship money, even though the challenge hasn’t yet finished. Keep up the reading and don’t forget, ask mum, dad, nanna, pop and aunts and uncles to just sponsor you an easy $2 for completing the challenge. If all students get 5 sponsors they will easily raise $10. If all 416 students raise $10 that puts $4,160 dollars into the school for more books BUT Don’t Forget—we said we would double the amount raised—that would equal over $8,000 worth of books!! SO, keep up the reading as there are now lots of great new books to choose from and read, and don’t forget to get some sponsors! There’s so much reading happening at CPPS!

Get your Tickets for the 2015 Victorian State Schools Spectacular!

Is your child interested in the performing arts, working in the music industry, or simply loves to dance or sing to music? Take them to see the 2015 Victorian State Schools Spectacular: What’s Your Story at Hisense Arena on Saturday 12 September – with two shows at 1pm and 6:30pm – to see what educational experiences are open to them through this government initiative. The three-hour Spectacular will also be filmed for broadcast by Channel 7. Talented young circus performers, skaters, musicians, dancers and singers will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience. This program, run by the Department of Education and Training, helps to develop each student’s performance skills, discipline, perseverance, cooperation and confidence under the training of industry professionals.

Tickets

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<th>General Admission tickets</th>
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To purchase tickets, visit www.ticketek.com.au or phone Ticketek on 132 849.

For more information about the program and event, go to the Spectacular Facebook and website page:

https://www.facebook.com/performingartsunit

http://www.education.vic.gov.au/about/events/Pages/spectacular.aspx
Remember the Zones!

This is a strategy that helps students to identify their emotions and regulate their own behaviour through using a visual guide and colour.

**The Blue Zone** is the zone you are in when feeling: sick, tired, sad, bored or lack motivation.

**The Green Zone** is when you are feeling: happy, calm, OK, focused and ready to learn. We aim to be in this Zone most of the time.

**The Yellow Zone** is when you are feeling: frustrated, worried, silly, excited, loss of control.

**The Red Zone** is when you are feeling: mad, angry, terrified, yelling, hitting, elated or out of control. This is a zone we try not to get into too often.

This strategy may be helpful for you at home too, so we thought we would share. When talking to your child you could say “I can see you are in the Green Zone, good on you!” Or “that behaviour is making me feel like I am going into the Yellow Zone, how can you help me get back into the Green Zone?” It is great to remind your children that even as adults we also need to self-regulate. Feel free to try this if you wish. Ask your children about the Zones and see what they say!

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**Birthday Books**

Thank you to Juliana & Charlotte for donating great new books to our library. We hope you had very happy birthdays.

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**The Arts ROCKS!**

Well done to the members of the Coral Park Band who performed at the very first Casey Arts Festival last week. The girls put on a great performance of two songs, Magic and I'm a Believer. The band performed alongside other schools in our network who also had choirs, dance groups or a band themselves. Our band was one of only two primary school bands.

Some great art work was also on display which included our terrific fireflies. Well done to the band members and a big thank you to Mr Tilley and Kelly our Arts teacher who both assisted with organisation of this great night.

Come along to assembly this week to hear their great musical talent with band master Mr Tilley.

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**Out of School Hours Care**

To enrol your child into the Coral Park OSHC Program, complete a Registration Form which is located on the Camp Australia website - www.campaustralia.com.au.

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**Session times**

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

**Contact Us**

Kids Club Direct: 9799 6182
School office phone: 9702 8398

Sheridan from NFFM will be at assembly tomorrow in the foyer before assembly starts to answer any head lice questions you may have.

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**Kids love it! – Lice hate it! – Mum approved! Nothing Artificial! Naturally Good!**

**NFFM – Complete Daily Hair Care Spray** is an all-in-one hair care product, specifically formulated for both boys and girls. We have two different fragrances. Both smell divine! There’s the fresh lavender scent for girls and the candy-cane peppermint for boys.

If you can’t pronounce the ingredients don’t use it on your kids!

Also available – Licenr Treatment - COMBING not required!
The Wet Brush - glides through all hair types without pulling or grabbing

**Nit Free For Me – Melb SE Suburbs**
Sheridan Hopgood
www.facebook.com/nitfreeformemelbsesuburbs
www.nffmmelbsesuburbs.exwid.com
Email: nffmmelbsesuburbs@gmail.com
Ph: 0423 375 412
Michaela Close, Cranbourne West, Victoria

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**REGISTRATION DAY**

**SATURDAY 22 AUGUST 2015**
OUTSIDE SAFEWAY HAMPTON PARK
1pm - 5pm

**FRIDAY 28 AUGUST 2015**
ROBERT BOOTH RESERVE
HAMPTON PARK CLUB ROOMS
5pm - 7pm

**CONTACT:**
Nick Williams (President) - 0438 007 953
Gayle Saly (Junior Coordinator) - 0400 148 847
hamptonpark@ddca.com