Calendar of Events

Friday 4th September
Footy Day lunch orders due
Senior Sport Vs St.Kevins here at Coral Park 9-11
Assembly item with the school band
Parent's Coffee & Chat from 2.35pm in the SLC Café.

Friday 11 September
Senior Sport Vs River Gum PS here at Coral Park 9-11
Assembly item—come and see the concert finale performance encore
Parent’s Coffee & Chat from 2.35pm in the SLC Café.

Friday 18th September
is the last day of Term 3.
2.30pm finish.
Come dressed in your favourite team colours
Breakfast Club is in the MPC each morning 8.45-8.55.

Let's Celebrate

FATHER’S DAY
The Prep and Junior Students invite all Father’s and Grandpa’s in for a morning of fun and games to celebrate Father’s Day. Some of the activities include: massages, making ties, playing games, making teddy chocolate cars and of course fun with shaving cream!

When: TOMORROW — Friday 4th September
Time: 9:00am-10:00am
Where: Prep and Junior Classrooms
We hope you can make it!!

The Enchanted Woods
Concert 2015
Tuesday 8th of September
5pm and 7pm shows
*Last few tickets on sale now!
$5 per ticket (Children under 5 free if sitting on parents knee.)
School students performing do not require a ticket.
School students are to be dropped at the venue by 4.30pm and remain with teachers until pick up time at 8.30pm.

District athletics
On Wednesday the 26 August the Coral Park Athletics Team travelled out to Casey Fields Regional Athletics Centre.
The team had been practicing for the last few weeks and were all ready to do their best and have fun participating in a variety of track and field events. Every team member did very well and we congratulate them all.

Congratulations to Charlee 12/13 girl’s Discus, Teariki 11 year old boy’s High Jump, Jamie 11 year old boy’s Shot Put and Mikey 12/13 boys shot put for qualifying through to the Divisional Finals to be held on Friday 9 October at Casey Fields. These fine athletes will be training with me on Fridays ready for their next round. We wish them well.

The crowd cheered and the athletes did their best! Well done all on your fine efforts.
Don’t Rush the Brush, Brush to the Beat!

Despite the variety and advancements in toothbrushes today, kids don’t brush long enough to get the best results, reports the Academy of General Dentistry (AGD).

“Since many people brush during the morning or at night with the radio on, I tell my patients to brush for one song,” says Luke Matranga, DDS, past president of the AGD. “That’s about three minutes—the right amount of time to get the best results from brushing.”

“People will swear that they’ve brushed three to four minutes, but the average person brushes for less than a minute. This is not long enough to reach all areas of the mouth and scrub off cavity-causing bacteria,” says Dr. Matranga.

Generally, a toothbrush should have a long, wide handle with soft bristles. Be sure to brush on both sides of the teeth and the tongue. Change toothbrushes every three to four months before their bristles become frayed. Toss the toothbrush after an illness to avoid harmful bacteria harboured in the bristles.

Electric toothbrushes are a great option for those who have limited dexterity, such as older people or arthritis sufferers, and are effective for people with braces since the rotating heads can clean hard-to-reach areas.

What Foods Cause Tooth Decay in Children?

Many different types of food can cause tooth decay in children, not just lollies. Foods that are high in carbohydrates, as well as some fruits, juices and soft drinks, peanut butter, crackers and potato chips are culprits. Factors that cause tooth decay include the frequency in which the foods are eaten and the time they remain as particles in the mouth.

Are children safe from soft drink and other beverages?

Dentists believe that kids who consume too much soft drink and not enough nutritional beverages are prone to tooth decay in addition to serious ailments later in life, such as diabetes and osteoporosis. Drinking carbonated soft drinks regularly can contribute to the erosion of tooth enamel. Enamel breakdown leads to cavities. If erosion spreads beneath the enamel, pain and sensitivity may eventually result. This can cause nerve infection, which can result in the need for a root canal.

My children rarely drink soft drink. Are they still at risk for tooth decay?

Yes. Any prolonged exposure to soda can cause damage. Sipping a soft drink all afternoon is more harmful to your teeth than drinking a large soda with a meal and then not drinking any soda for the rest of the day. While many dentists advocate drinking nutritional beverages, such as milk, many agree soda should be consumed from a can rather than a bottle with a replaceable cap to discourage prolonged exposure to soda.

How can children prevent damage to their teeth?

Children at school should rinse their mouth with water after meals, leaving their teeth free of sugar and acid. Children also should seek sources of fluoridation. If you purchase bottled water, be sure that it is fluoridated. Encourage children to drink tap or fountain water. Use a straw when drinking soda to keep sugar away from teeth. Remember, bottled juices are not a good alternative due to the high sugar content. Regular dental checkups, combined with brushing with fluoride toothpaste, also will help protect children’s teeth.

How can I help my child prevent tooth decay?

Parents should take their child to the dentist just after the first tooth appears. Brushing teeth after meals, regular flossing and fluoride treatments are the best ways to prevent tooth decay. Children should also be supervised as they brush. A good rule of thumb is that when children can dress themselves and tie their own shoes, then they are ready to brush unsupervised. Children should be supervised in proper flossing techniques until the age of 10. If you have any concerns about your child’s dental health or want some tips on preventing tooth decay, ask your dentist.

How Do I Care for My Child’s Baby Teeth?

Though you lose them early in life, your primary teeth, also called baby teeth, are essential in the development and placement of your permanent teeth. Primary teeth maintain the spaces where permanent teeth will erupt and help develop proper speech patterns that would otherwise be difficult; without maintenance of these spaces, crowding and misalignment can occur, resulting in more complicated treatment later. Baby teeth also are primers for teaching your child good oral care habits. It is important to take care of your child’s primary teeth. Even though primary teeth last only a few years, decay, cavities and infection can take its toll and may require expensive treatment to repair.

When do baby teeth come in?

Your child’s primary teeth generally make their appearance when he or she is 6 or 7 months old, though it can occur as early as birth. There are 20 primary teeth, followed by 32 permanent teeth that will eventually replace them. Your child should have all his or her primary teeth at age 3 and will keep them until age 5 or 6, when they begin to loosen and fall out. This process usually lasts until the child is 12 or 13. Primary teeth fall out because permanent teeth are pushing them, and by about age 14 children have 28 permanent teeth, plus four additional teeth, called wisdom teeth, that grow behind the permanent teeth in late adolescence.

Should loose primary teeth be pulled?

Losing primary teeth before they are ready to fall out can affect the proper positioning of the permanent teeth. If a baby tooth is lost too early, other teeth may tip or fill in the vacant space, forcing permanent teeth to come in crooked. If a baby tooth is knocked out, see your dentist, who may recommend a space maintainer to reserve the gap until the permanent tooth comes in. In instances where a primary tooth is loose because of the emergence of a permanent tooth, have the child wiggle the tooth or eat something hard, such as an apple, to help it along. Once the shell of the tooth is disconnected from the root, the discomfort in extracting a loose primary tooth is minimal.

For more dental care and oral health information from the Academy of General Dentistry visit

http://www.knowyourteeth.com/

Early Dental Visits May Help Prevent Problems Down the Road

Many parents may not know their 1-year-olds are ready for their first dental check up, but more and more dentists agree that the earlier children visit the dentist, the better. The Academy of General Dentistry (AGD) and the American Dental Association (ADA) are just two of the organizations that recommend bringing children to the dentist six months after they get their first tooth, usually sometime between 1 year and 18 months of age.

“When teeth start to come in, we need to teach parents about nutrition and the growth and development of the child and their teeth,” says AGD spokesperson Cynthia Sherwood, DDS.

While age 1 visits are recommended for all children, they could prove especially beneficial for children who drink liquids other than water. Acids and sugars in juices, formulas and breast milk can all lead to decay. Visiting the dentist at age 1 helps spot early signs of decay and cavities in baby teeth. It could also help put a major dent in childhood oral disease, which affects an estimated 2.5 million children nationwide and often results in lifelong problems that are painful, expensive and not just limited to the mouth.

“There’s a common misconception that they’re just baby teeth, and they aren’t important,” says Dr. Sherwood. “But really, it’s about establishing good oral care habits.”

The age 1 visit won’t just involve the child – parents also participate, typically holding the child while the dentist takes a look inside the child’s mouth. The dentist will then spend time discussing proper eating and tooth-care habits with parents to help head the child in the right direction, so future dental visits aren’t so scary.
TERM DATES 2015
Term 3: 13 July to 18 September
Term 4: 5 October to 18 December

Birthday Books
Thank you to Marcus for donating a great new book to our library.
We hope you had a very happy birthday.

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

Saver Plus Program
Would $500 assist you with education costs?
You could receive up to $500 to help pay for your child’s or your educational costs including:

- school uniforms
- text books
- excursions
- laptops
- sports equipment, uniforms and lessons
- music tuition and instrument hire
- TAFE, traineeship and apprenticeship costs!

The Brotherhood of St Laurence delivers Saver Plus in your local area and is looking for new participants.

To be eligible you must:

- have a Centrelink Health Care or Pensioner Concession Card
- are at least 18 years old and not participated in program previously
- have some regular income from work (you or your partner), and have a child at school, or study yourself.

To find out more contact Karmen Dayal, Saver Plus Worker at the Brotherhood of St Laurence
0459 190 144 or kdayal@bsl.org.au

Saver Plus is a matched savings and financial education program, developed by Brotherhood of St Laurence and ANZ and delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services, with ANZ providing matched savings for participants.

Out of School Hours Care

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

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.