**ACTIVE PATHWAYS**

Earlier this month Coral Park received the good news that we are to receive a $3,000 grant from Ride2School to install Active Pathways. Active Pathways is signage on pathways around and outside the school area to help and encourage our community to walk, ride or scoot to Coral Park. Ride2School are planning to launch the signs early next year. As well as conducting a running, walking, bike club and bootcamp Coral Park staff meet with students and families at Peppercorn Park and the bridge in the Wetlands to join together to walk to school each Friday morning at 8.40am. New participants are always welcome! Below is a recent article from the local newspaper.

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Most apps are great, but there are some, particularly social apps like Instagram, Facebook and Snapchat that present some problems when not used correctly. So as teachers and parents of young people using these apps, it pays to know the basics.

### Instagram

Instagram is a photo and video sharing app. Popular among young people and used by businesses to advertise and endorse products. Users can like, comment or share posted photos or videos and search based on popular #hashtags.

**What is hashtagging?**

A hashtag is a type of label or tag used on a social network which makes it easier for users to find messages/images with a specific theme or content. By hashtagging, users are linking their posts with others using the same hashtag – for example if you use the hashtag #sunrise alongside your post of a picture of a sunrise, your image can be seen by anyone searching #sunrise – unless your account is set to private. Using hashtags in your posts is often done to increase people viewing your posts and to gain more followers.

If you don’t want people seeing your posts – set your account to private before hashtagging or simply don’t hashtag your photos.

**Contact:** Setting your account to “Private” means you can accept and reject “Followers”. Only followers can see your photos even when using hashtags. Users are able to block others from viewing their profile. Locations can be set when posting pictures.

[https://vimeo.com/136155547](https://vimeo.com/136155547) - watch this video to show how to change your Instagram profile to private.

**Content:** Profile pictures are never private - any Instagram user can view them. Despite photos not being able to be saved, screen shots can be taken and there are a number of Apps available that can “regram” or re-post a picture or video that has been posted on Instagram. If not set to private, users photos or videos can be searched for by hashtags or on the popular pages, which shows what your Followers have liked or started following. There is also a search function for searching for users and hashtags. The “Discover People” tab shows people you may know that are not on private accounts based on existing followers. Followers can tag others in their photos or videos, if a user is not set to private anyone can see it. You can remove tags from posts.

**Conduct:** Inappropriate posts or cyberbullying can be reported to Instagram for removal. Users should think before they post photos of themselves that are provocative and/or provide personal information.
Challenging Behaviours

Do your kids argue with each other?

If you have a family then sibling rivalry may well be a problem for you. In a family of two children, it can be hard to escape your brother or sister so the rivalry can be intense.

After the birth of the second child you may think you are bringing a playmate home for the first born, but in his or her eyes you have brought someone into your home who is a rival for your affection and attention. This is not how you see the situation, but then it’s your child’s private logic that matters. It seems that rivalry is most intense between children adjacent to each other in the family tree. Kids don’t grow out of their rivalry. It often gets worse as they get older unless parents put strategies in place to minimise it.

Competitive Kids

Parents need to contain the competitiveness within their kids. There is a time and a place for competition just as there is a time and place for cooperation. In many ways, it is the true test of family leadership where parents develop a sense of ‘we’ within their family while welcoming some of the competitive elements in their kids.

Here are some ways to reduce sibling rivalry in your family:

- **Accept children’s individual differences.** Your acceptance of differences will determine the degree of competitiveness between children.
- **Focus on the deed not the dude.** High praise families usually experience more sibling fighting than high encouragement families. So focus your positive comments on the process rather than the results, the act not the actor, the performer rather than the performance.
- **Put them in the same boat when they misbehave.** Be willing for all children to experience the consequences of a child’s misbehaviour. For instance, if one child is noisy in the car then they all miss an activity if you return home.
- **Focus on solutions not the fight.** When children fight and argue give ideas and strategies to resolve their problem rather than sorting out the fight.
- **Introduce family meetings at age five.** This can be as simple as a discussion together at the dinner table. Through regular meetings teach children a conflict resolution process. You can also give children an opportunity to impact on family decision-making through meetings.

Want more ideas to help you raise happy families?

You’ll get plenty of great ideas to help you build strong, happy families at Parentingideas Club at http://www.parentingideasclub.com.au/

BUDDY GRADE ACTIVITIES WITH M15 & J6

The middles (M15) hosted their buddy grade (J6) for a digital literacy session this week.

We watched a short movie that encompassed the life cycles that the preps have been studying and weather which is part of the middle inquiry focus.

We then discussed with our buddies which part of the story was fiction and non-fiction. Finally we sat and read to each other. Everyone had a great time and we all learnt something new.
Suggestions for addressing children and young peoples’ responses in relation to traumatic events such as the terrorist attacks in Paris.

Graphic images have been brought into our living rooms and onto our devices via the media over the past week and will continue to do so for the immediate future. Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015. The authorities in France and countries around the world will help to support the people who have been impacted by this event. Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

Most children and young people will experience normal reactions to something that is distressing and with support from trusted adults around them these reactions will subside. Routines are important when an event like this occurs. School can be very useful to support all children and young people. Remember sometimes teachers and parents feel like we don’t have the answers. It is helpful to remind children and ourselves that there are people working hard to make the current situation better.

Advice for Parents

- It is wise for you to monitor your child’s exposure to television coverage, print media and social media.
- Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard.
- Other children will avoid any discussion around the events and will be reassured by routine and normality.
- Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

- Acknowledge that the event was distressing.
- Reassure children that they are safe. The consistency of the images can be frightening for young children who don’t understand the notion of distance. Let them know that while this event is certainly happening it will not affect them directly.
- Look for signs of distress (e.g. some children/young people might be scared). Be available and let children know it is OK to discuss the events but stick to the facts.
- Normalise responses - typical response will range from anger to general upset or sadness. Help them process what they have seen and heard.
- Maintain a normal routine - keeping the structure at home or at school in place
- Allow children to express feelings as they arise.
- Telling stories about how people manage during difficult times can be helpful.
- Separate fact from fiction e.g. children may express fears about unrelated events.
- Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).
- Speak in hopeful terms – children and young people will often take their cues from their parents’ reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.
- Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.

Thumbs up to all those parents who have already paid for the Essential Booklist items.

Don't forget—2016 Booklist payments are due to the office by Thursday 10th December 2015. Parents may pay 50% by that date and the remaining 50% by Wednesday 27th January 2016. Thank you to the many parents who have paid already, well done on getting this out of the way before the Christmas rush.
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. All bookings, cancellations and account changes must 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.

Camp Australia would be happy to run school holiday programs here at Coral Park—we just need the numbers. If you may be interested in accessing a program in the holidays, please leave your name at the office.

Jess, Kids Club Coordinator

Contact Us
Kids Club Direct: 9799 6182

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

REMINDER
September to May
No hat = No outside play

Parent Feedback
We aim to please so would love more feedback on how we can improve. We often ask for feedback via the Coral News or our website, we have even prepared online surveys to try and get responses from parents as to how we can improve.

Now, our School Councillors & Parent Volunteer Group would like to give you more opportunity. Each Friday, Parent members will be in the SLC Café from 2.40pm, before assembly for you to meet and chat with. There will also be feedback forms that you may complete, if you don’t wish to stop and chat, these can be placed in the red letterbox labelled Parent Feedback which is in the MPC. They can also be left in an envelope at the office.

Please, come and chat or drop us a note, we would love to hear your thoughts and help make Coral Park the best it can be.

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