

Calendar of Events

Friday 27th November

Assembly item—M14

Friday 4th December

Assembly item— S12

Friday 11th December

Assembly item—Year 6

Graduation Song

Last canteen day for the year

Friday 18th December

The canteen is not open on the last day of school.

Last Day of the 2016 school year

2.30pm finish

Every Friday

Parent's Coffee & Chat from 2.35pm in the SLC Café.

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.

Every weekend

A reminder to please check your child's hair for head lice to help stop the problem from becoming worse.

BULLYING: Sadly the number of school children bullied every fortnight across Australia could fill the MCG. 27 per cent of young people report they are bullied every two weeks or more often, while cyberbullying happens to about one in ten young Australians every two weeks. Bullying is a serious issue for everyone in a school community. We know that it can happen anywhere, anytime, and can have devastating consequences. Any child can be bullied. If it is not reported to us, there is very little we can do. We need to encourage children to stand up and speak out to stop it occurring, then we can all work together to prevent and respond to bullying behaviour.

What is bullying?

Bullying is repeated verbal, physical, social or psychological aggressive behaviour by a person or group directed towards a less powerful person or group that is intended to cause harm, distress or fear.

Types of bullying behaviour

There are some specific types of bullying behaviour:

- verbal or written abuse - such as targeted name-calling or jokes, or displaying offensive posters
- violence - including threats of violence
- sexual harassment - unwelcome or unreciprocated conduct of a sexual nature, which could reasonably be expected to cause offence, humiliation or intimidation
- homophobia and other hostile behaviour towards students relating to gender and sexuality
- discrimination including racial discrimination - treating people differently because of their identity
- cyberbullying - either online or via mobile phone.

What is not bullying?

There are also some behaviours, which, although they might be unpleasant or distressing, are not bullying:

- mutual conflict - which involves a disagreement, but not an imbalance of power. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation.
- single-episode acts of nastiness or physical aggression, or aggression directed towards many different people, is not bullying
- social rejection or dislike is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

We all need to work together to encourage everyone to find a voice—not only their voice if it is happening to them but also for someone who can't find their voice or the courage to tell others.

Ensure all incidents are reported and don't let them fester or the problem may continue.

Never approach the other child—that in itself is bullying/intimidating behaviour and never tell your child to hit back, this doesn't help solve the problem, in fact it can often make it worse.

We also need to build the resilience of all children. We all can develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time. Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts. At school, encourage children to watch out for others to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

Please make a time to discuss any issues with your child's classroom teacher, our Welfare Officer Matt Brand, Bek Smithett the Assistant Principal or myself.

Regards, Gill Gray, Principal



CONGRATULATIONS



The winning house last week!

LJ Hooker, proud sponsors of Coral Park and other local schools, are running a Christmas Colouring Competition.

The colouring competition will be split into two groups, one for preps to grade 3 and the other for kids in grade 4-6.

The prizes are \$50.00 'Toys r Us' vouchers for the winners.

All entries are due by the 18th of December. These can be left at the school office by Wednesday 16th December, otherwise they must be dropped off at the LJ Hooker office, next door to the Commonwealth Bank in Hampton Park by Friday 18th

December. Winners will be announced on the 21st December.

Colouring sheets can be collected from the school office.

Only one entry per person.

For the third year in a row, LJ Hooker is proud to have been named Major Real Estate Network of the Year. nobody does it better™ than LJ Hooker.

LJ Hooker



PLAY IT SAFE BY THE WATER

'Play it Safe by the Water' is a Victorian Government initiative that aims to increase community awareness of water safety and change Victorian's behaviour in and around water. Water Safety Week is the main feature of the campaign, running from Sunday 29 November - Sunday 6 December 2015. You can discover what you can do to make sure your children are safe around water with various community activities and events run throughout the campaign.

When you and your children are playing around water it's important to make sure that both you and they:

- Are aware and prepared for conditions
- Read safety signs to understand dangers
- Swim between the red and yellow flags wherever possible
- Never swim alone
- Children should always be in sight, (including teenagers)

Together we can ensure that Victoria's coastlines and pools are a safe and fun environment for all Victorians.

For more information about the campaign see: '[Play it safe by the water](http://www.aquaticsandrecreation.org.au/watersafety)' - [Aquatics & Recreation Victoria](http://www.aquaticsandrecreation.org.au/watersafety) at

<http://www.aquaticsandrecreation.org.au/watersafety>

and <http://www.watersafety.vic.gov.au/>



Physical Education in Term 4

This term has seen the middle and senior students focus on the game of Softcrosse. This is the modified version of the adult game of Lacrosse. The students have been learning how to pass the ball to each other and how to make long throws. After students have developed and practiced their skills they play an indoor game to further develop their skills under defensive pressure.

The Junior students have started their Hot Shots tennis program and I have really enjoyed rallying with them during lessons. A big thank to Tennis Victoria for their continued sponsorship of our program with a grant of \$3000 worth of tennis equipment along with a new T-shirt for all students. Tennis is a wonderful social sport and a game that all the family can play together during the warmer months.

Don't forget there are courts to hire in Narre Warren South for a fun family game.

Regards , Bill Hains



Haiku Poems by Junior students

Haiku poems have a syllable pattern

Line 1 - 5 syllables,

Line 2 - 7 syllables, Line 3 - 5 syllables.

We counted the syllables in each line.

Winter by Juliana J4

Makes me cold and freeze

Shivering and slippery

It's snowing today.

Sheep by Destiny J9

Fluffy, woolly, white

Eating grass all day and night

Giving wool to us.

Cows in the Farm by Jonathon J9

Mooing in the farm

Big and brown or black and white

Give us milk to drink.

DOGS by Kyana J4

Dogs go roof, roof, roof

Some dogs are annoying now

Dogs are big or small.

CATS by Naomi J1

They are scared of dogs

The girl said her name is

Strip

Big, small black or white

FLOWERS by Chantelle J2

Red, pink and blue too

Really very pretty too

Swirling in the wind.

BULLS by Taunuu J2

Tough as a boulder

Bulls sound really loud

sometimes

Bulls are really big!



What does your child have in their lunchbox today?

Many of our students come to school with a sandwich, fruit, crackers, biscuits, yoghurt, etc. Sadly, many of our students come to school with a lot of 'junk food' in their lunchboxes. Some have nothing but packets and packets of chips, crisps, biscuits, noodles, etc., etc.

Eating well is needed for your mental health just as much as your physical health. The brain requires nutrients just like the heart, lungs and muscles do.

The ability to concentrate and focus comes from the adequate, steady supply of energy—not sugar!

Please consider carefully what goes into your child's lunchbox.

A number of parents regularly drop their children's lunch at the office during school time. I am simply astounded in the amount of processed junk food that is in these, no sandwich, just junk! Therefore I insist that these children have a welfare sandwich of just bread and butter to ensure they are getting some simple carbohydrates and not just sugar, along with a piece of fruit. Children cannot concentrate when full of sugar!

Every class has 'fruit time' every day—please make sure your child brings at least one piece of fruit to school each day to help with their brain function and boost their learning.



FOR A HEALTHY LUNCHBOX PICK & MIX SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND-CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mango Orange or citrus Pineapple halves (with spoon) Watermelon, honeydew, melon Iceberg lettuce Phosphate sticks Carrots Pumpkin, beets Apricots Strawberries Cherries Soft fruit halves (with spoon) Rice <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried nut, nut, popcorn mixes* <p>THINED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not sweet) 	<p>FRESH CRUNCHY VEGES</p> <ul style="list-style-type: none"> Carrot sticks Celery sticks Cucumber sticks Green beans Cucumber sticks Celery sticks Broccoli Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> Hummus Tomato sauce Tofu Beesoft dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (avoided for allergy) Mexican bean, tomato, lettuce and cheese salad Pasta potato salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Oiled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (in small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (open overnight) Cheddar <p>Tip:</p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> Cheese cubes, sticks or slices Collage or ricotta cheese Cheddar cheese Tutti fru <p>Can serve with either:</p> <ul style="list-style-type: none"> Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Roasted tuna or salmon in springroll Lean beef or ground meats (e.g. beef, chicken, kangaroo) Roasted beef Lean meat or chicken, poultry Roasted tuna or salmon (canned) Lean pork Lean beef meats (e.g. ham, steaks, chicken) Roasted eggs Roasted beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebabs sticks Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap (with salad) Rice and corn cakes Wholegrain wheat crackers Slice salad <ul style="list-style-type: none"> Vegetable fritters Nutless chicken dumplings Vegetable muffins or scones (e.g. lean ham, cheese and potato) Homemade pizza with lean beef or pork, cheese and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> Slice salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, kamut, spelt, flat, corn, mountain, wheat, white, rice-enriched, soy and flaxseed, hery, rye, bagels, focaccia, nut bread and English muffins.</p> <p>Can serve with:</p> <ul style="list-style-type: none"> Pasta dishes Real (unflavoured) soups Roasted chicken Sauces <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizza Wholemeal savory muffins or scones (e.g. ham, cheese and corn muffins) Vegetable baked muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit roll Wholemeal nut based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Chips/crisps Rice cakes Corn flake Wholemeal scones Pretzels Cupcakes Hot dog buns (no long) 	<ul style="list-style-type: none"> Take a water bottle for refilling throughout the day <p>Tip:</p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli, fruit/nut bars, biscuits, chips, cakes, muffins, scones) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

Birthday Books

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

Present this coupon and get 10% OFF

- Kids Program
- Teen Program
- School Holiday Program
- Lessons
- Bush Trail Rides
- Beach Trail Rides

The best place for Kids & Teen activities this summer!

GUNNAMATTA TRAIL RIDES

Cnr Truemans Rd & Sandy Rd, Fingal (Rye) VIC 3939
 03 5988 6755 | www.gunnamatta.com.au

A Summer of Colour

For program details collect a flyer from the school office.

Lynbrook Primary School
Patterson Drive, Lynbrook, Vic
0402 354 879

www.campaustralia.com.au/holidayfun

Daily Requirements: Children must bring their own lunch and refreshments and eat products please, wet weather gear, sun smock and suitable clothing for and active and summer day. An afternoon snack will be provided.

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.

CORAL PARK P.S. PLAYGROUP
Playgroup is on each **TUESDAY** and **Friday** between **9-11am**. **Come along and join in. It's fun and it's free!**

Kids Club - 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. 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



SECOND-HAND BOOK & UNIFORM SALE

Is your child attending Hampton Park Secondary College next year? Would you like to purchase some of the following books and current uniform at a little over half price?

Blueback (novel), Schoolmate dictionary, Rowan Of Rin (novel EAL), Tapis Volant 1 (French text) (save \$25.00 on the cost of the French text alone), also lots of school uniform available

The Second-hand Book/Uniform Sale will be held in A7/8: enter via the gate near the school crossing in Campbell Drive on:

Saturday 12th December
8.00am – 10.00am

**** CASH ONLY ** (NO CHEQUES OR EFTPOS)**
Please choose carefully - NO refunds or exchanges

Help STOP the Violence. Speak Out!

White Ribbon Australia



Parent Feedback Needed

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.



Parents, for the sake of our students, please model good road user behaviour especially around the school.

Children and young people will copy the example you set!

PSW 25 YEARS QUALITY APPAREL

Coral Park Primary School

***UNIFORM SALE!**

5% OFF UNIFORMS

25% OFF ALL SCHOOL SHOES

FROM MON 9 NOV TO FRI 18 DEC 2015

Plus Extended Lay-by until 27th January 2016

Your school uniform is available online and at the PSW store in **HAMPTON PARK.**

2016 Uniform Price Lists are available from the school office.

Unit 3, 10-12 South Ln, Dandenong South VIC 3175
Phone: 0321 9768 0343

SUMMER TRADING HOURS* (5th Oct - April)
Mon to Fri: 8:30am - 5:00pm, Sat: 9:00am - 5:00pm