Calendar of Events

Friday 13th March
Ride2School Day
Meet at one of the designated meeting points and walk/ride/scoot to school with staff.

Friday 20th March
Harmony Day & National Day of Action Against Bullying
School Photo Day

Keyboard lessons run by Primary Music Institute will be held again next term after school each Tuesday. To ensure your child’s place, please make your booking this term.

Guitar lessons run by Jerome are held each Wednesday during lunchtime. For prices and availability of session times please contact the office.

Coral Park Primary School will be celebrating Ride2School Day on 13th March.

Beginning Friday 13th Feb we have been participating in ‘active travel Friday’ in preparation for Ride2School Day. We encourage students and their families to leave the car at home on Fridays and get a taste of the benefits, ease and fun involved in choosing to walk and wheel to school. This not only increases the amount of exercise you can do but also reduces pollutants from cars.

Tomorrow, we will be taking part in Part Way is OK! PWOK is a great initiative used by many schools to provide students the opportunity to ride or walk a portion of their journey to school in the company of others. It has an added benefit of safety in numbers and reducing traffic congestion close to the school gates. Students meet staff at designated points to walk/ride/scoot to school from meeting point distances of 800 metres to 1km from the bike shed at school.

With parent permission, students can choose to meet with Mrs Gray at the bridge in the wetlands, Bill on the corner of Coral Drive and Laura Drive or Matt and Solange at Peppercorn Park. Together we will walk, ride or scoot safely to school. Parents are welcome to join us at these meeting points also and walk or ride with us, in fact parents helpers will be great assistance with the numbers of students. All students who participate on the day will receive a raffle ticket to go into a draw to win a new bike helmet.

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The message of Harmony Day is Everyone Belongs. Our Australian Story is diverse. We come from many countries around the world. Let’s take the time to celebrate our diversity. It’s a way we can learn and understand. Everyone has a story to tell and a recipe to share.

On Friday 20th March

students are invited to come to school dressed in the clothing of their home country, the colours of their national flag or in the colour orange – the colour of Harmony Day.

Parents are invited to watch the concert performed by students in the afternoon in the MPC.

Assembly will begin at 2.35pm

TERM DATES 2015

Term 1 finishes on Friday 27th March at 2.30pm.

Term 2: 13 April to 26 June
Term 3: 13 July to 18 September
Term 4: 5 October to 18 December
NAPLAN—Standardised testing for years 3 & 5 in all schools.

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 and 5 each year. This testing will be conducted next term between 12th-15th May. Now is the time to begin preparing students for these assessments. Students will begin looking at some practice tests at school to help them to understand the format of the questions and give them the experience of completing the test in the required test conditions (eg, working silently and independently and within a time limit).

The following web address http://www.naplan.edu.au has practice exams if parents would like to have a look before the tests. You can also find some samples at http://www.studyladder.com.au/learn/naplan

There are many things that you can do to help your child perform at their best in the NAPLAN tests. These include:

- Ensuring your child reads at home each night and completes weekly homework activities. These tasks reinforce the learning done at school. Homework tasks with multiple choice questions will be sent home for students to practise on.
- Encourage your child to do their best in NAPLAN. (If you do not wish your child to sit the NAPLAN tests, you need to discuss this with your child’s teacher.
- Ensuring your child goes to bed at a reasonable time on nights before school and eats breakfast each morning. This will help to ensure that they are refreshed and can maintain concentration.

We will begin to add some sample questions to our newsletter each week. Work through these with your child to see how they are going. If you have any questions about the NAPLAN testing, please see your child’s teacher. Here are some year 3 and year 5 maths ones to get you started. Answers will be in next weeks newsletter so give them a go and see how you go!

Ali and Tony baked 25 cakes. 12 were eaten. How many cakes were left?

Write four hundred and thirty-two as a number.

Year 3 students go on a trip.

<table>
<thead>
<tr>
<th>Start time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45</td>
<td>Leave school by bus</td>
</tr>
<tr>
<td>10:20</td>
<td>Arrive at Aquarium</td>
</tr>
<tr>
<td>11:20</td>
<td>Morning tea</td>
</tr>
<tr>
<td>11:45</td>
<td>Feed the seals</td>
</tr>
<tr>
<td>12:45</td>
<td>Lunch at the park</td>
</tr>
<tr>
<td>1:20</td>
<td>See movie Under the Sea</td>
</tr>
<tr>
<td>2:45</td>
<td>Leave by bus</td>
</tr>
<tr>
<td>3:20</td>
<td>Arrive back at school</td>
</tr>
</tbody>
</table>

Which of these objects is shaped like a cylinder?

Which letter is in the square and also in the triangle, but not in the circle?

Nick made this model with cardboard objects.

Which of these shows the view from the side?

There are 121 students in Jane’s school. There are between 21 and 26 students in each class. How many classes are there in Jane’s school?

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These biscuits are sold in packets of 10. Shelley wants to give one biscuit to each of her 27 classmates. What is the least number of packets that Shelley needs?

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Senior Interschool Sport

On Friday 6 March, Coral Park hosted Senior Sport. St Francis came and visited our school. The weather was kind to us, the rain stayed away. The seniors displayed all the signs of great sports people; they were welcoming, enthusiastic, fair and supportive.

The Netball team showed huge improvements this week. They have been busy training each recess and lunch and have developed as a team. Well done girls!

The final scores were:
- **Netball**: A Team; Coral Park 10 goals to St Francis 6 goals  B Team; Coral Park 20 goals to St Francis 3 goals.
- **T-Ball**: A Team; Coral Park 22 Runs to St Francis 20 Runs  B Team; Coral Park 21 Runs to St Francis 23 Runs.
- **Football**: St Francis forfeited
- **Kickball**: A Team 18 Runs to St Francis 37  B Team 31 Runs to St Francis 14.
- **Badminton**: Coral park 27 to St Francis 9.

Well done to all the Seniors!

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A Healthy Start to School - Keeping Healthy

Healthy eating

The food your child eats at school can have a major influence on their eating habits, growth, energy, concentration levels and ability to learn. When schools and parents work together to promote healthy eating habits, it can have a life-long positive impact on children's growth, development and health.

What parents can do

**Breakfast is important.** Food in the morning gives your child their fuel source for the day. It helps your child to stay active and concentrate at school. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family. We know that children need to eat plenty of fruit and vegetables every day, as well as wholegrains, milk products (including cheese and yoghurt), meat and meat alternatives and water. You can include all of this in your child's lunch box and still make it fun and interesting to eat.

“*I found that when I got Jane to help with making her lunches she was more likely to return an empty lunch box at the end of the day!*”  Catherine, Jane’s mum

School lunches - foods and drinks to include

A packed lunch from home is a great way for your child to learn about healthy food. Stick to fresh, unprocessed foods as much as possible, and water or a tetra pack of milk (frozen in the warmer months). By planning ahead, you can make sure that your child's lunch box has each of the six key elements of a healthy lunchbox. These elements are:

- fresh fruit
- washed and cut up raw vegetables
- milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like calcium fortified soy or rice drink, or soy yoghurt.
- a meat or meat alternative food like some lean meat (for example, chicken strips), hard boiled eggs, hummus or peanut butter. (Please be aware if there are others in your child's class with nut allergies, if yes, peanut butter and other nuts should not be included in your child's lunchbox.)
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- fresh tap water.

Try some of these 'everyday' combinations and take the hard work out of deciding what to put in your child's lunch box. Why not prepare lunch the night before to save time and get the kids to help?

School lunches - foods and drinks to limit

Highly processed, sugary, fatty and salty foods or drinks should only make up a very small part of your child's diet. Avoid confectionery (including chocolate), crisps and sweet drinks in school lunches. Many supermarkets have products that seem conveniently packed and are marketed for school lunches, but sweet drinks, biscuits, fruit straps, chips and other products can be high in sugar, salt and fat. Check the labels carefully as these products are often packaged to appear ‘healthy’. Fast foods / take away items are NOT to be brought to school.

Remember that not all children go to school with lunch boxes filled with chips and lollies, despite what your children might think and say. Changing children's food preferences and habits can take time, but children will learn to eat what is familiar to them, so it is important to keep offering different healthy lunch box choices. It may take a little while, but with time, your children can learn to love eating a healthy lunch every day.

Session times

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

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 Kids Club Coordinator on 9799 6182 or drop in for a visit and see the programs in action.

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

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

I hate to sound like a broken record but some students absences or number of late arrivals are far too high already.

Absences: It is a legal responsibility for schools to keep track of student absences. Please remember to call the school before 9am on the morning of your child’s absence or send a note prior to the absence (if planned) or upon the student’s return. This will minimise the need for us to follow up with families. Student absences are on the rise. The average number of days missed already is half a day to one day. Sadly, one child has already missed 13 days—don’t let it be your child missing so much of their learning time.

School Start Time: A reminder that school officially starts at 9:00am and students are expected to be in class by 8.55am ready to begin learning time right on 9am. After the roll has been taken, students who arrive late are expected to sign in at the office so they are legally accounted for. Likewise, if a student needs to leave early they are required to be signed out at the office and a slip presented to the classroom teacher before they will be released. Please ensure you arrive on time. At the gate each morning I am often telling at least 12 students/families to run to class as the music is either playing or about to. It’s not hard to be here right on time, if you need a wake up phone call each morning to ensure you are on time, just let me know, I do have two families that I call each day. Do you need to be a third? It is a legal requirement of parents to ensure their children are at school everyday and arriving on time. If you really value your child’s education, don’t make excuses, just make it on time.

Gill Gray—Principal

Are our Best Intentions in the Best Interests of our Students?

Learn more with Dan Haesler

As parents, we all want what’s best for our children. But what if what we’re doing is actually holding our children back? What if our very best intentions aren’t necessarily in the best interests of our offspring? In this talk, Dan Haesler will explore parenting strategies that will help your child create the necessary mindset and skillset for life in the 21st Century.

Wednesday 15 April
7.30-9.00pm
Nossal high School
Cost: $20 per person
All bookings through Trybooking at http://www.trybooking.com/HBLE

EASTER RAFFLE

Don’t forget to sell your raffle tickets to family and friends.
3 Tickets for $1.00 or 50 cents each.
Donate an Easter Egg for our raffle and receive a free raffle ticket.
The raffle will be drawn on Thursday 26th March during Coral STAR News.
This gives us time to follow up with the winners.
Please return all tickets and money by Monday 23rd March.

Congratulations
These children won a prize in the Playground Raffle:

Lilyanne, J3 for playing nicely.
Yazan, J2 for helping pack up.
Lukijana, M15 for helping the teacher.
Sharni, M15 for helping the teacher.
Karuna, S13 for keeping the yard clean.
Joy, S11 for keeping the yard clean.