



Coral Park Primary School

Achieving *SUCCESS*

145 Coral Drive, Hampton Park 3976

www.coralparkps.vic.edu.au

Email: coral.park.ps@education.vic.gov.au

Phone 9702 8398

NEWSLETTER

Term 4 Issue 3, 19th October 2023

Principal's Reading Challenge

The Principal's Reading Challenge is in full swing, and we couldn't be happier with the enthusiasm and dedication our students have shown in their reading journeys. Students from all year levels are actively participating and reading books from various genres. We encourage a love for reading and hope you will too.



Reading Logs: Please remember to keep track of your child's reading progress by recording the titles and minutes read in their reading logs. These logs are essential for tracking their participation in the challenge.

Reading Recommendation: Encourage your child to check our school library for recommended books. Our dedicated library staff are always on the hunt for new and exciting books for students to read.

Encourage your child to read for at least 20 minutes every day. It's a small commitment that can have a big impact on their learning.

Congratulations to Zahra M11 and Ruby S15 for 200 nights of reading.

Thank you for your cooperation and dedication to our Principal's Reading Challenge. Together, we can foster a love for reading and ensure the safety of our school community.



Safely Use the School Crossing

We also want to remind everyone about the importance of safety when using the school crossing. Ensuring the safety of our students, parents, and staff is our top priority. Here are some important guidelines to follow:

1. Always obey the instructions of our crossing supervisors. They are there to help you safely cross the road.
2. Cross the road only at designated crosswalks. Avoid jaywalking, which can be dangerous.
3. Teach your children to look left and right before crossing the road, even when the crossing supervisor is present.
4. When using the school crossing, put away electronic devices and stay focused on the task of crossing safely.
5. Parents, please set a good example for your children by following the rules of the school crossing.



If you have any questions or need further information, please feel free to reach out to us.

Enjoy Life!

Justin Blake- Thompson
Principal



Diary Dates



OCTOBER

Friday 20th October

Assembly in the MPC at 2.30pm
Item by J1 & J2 - All Welcome

Friday 27th October

Wear Red - 'Day for Daniel'
Daniel Morcombe Fundraiser



NOVEMBER

Friday 3rd November

Legoland Discovery Centre
Middle School Excursion



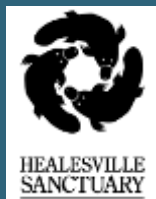
Assembly in the MPC at 2.30pm
Item by P5 - All Welcome

Friday 10th November

Ninja Warrior Incursion
Prep - Year 3 (including M11)

Wednesday 15th November

Year 2 Excursion
Healesville Sanctuary



Friday 17th November

Ninja Warrior Incursion
Year 4 - 6

Assembly in the MPC at 2.30pm
Item by P8 & P9 - All Welcome

COLOUR RUN

We are excited to announce we are holding a "Colour Explosion" Fun Run later this year... Students loved participating in this great fundraiser last year and we look forward to raising money while having a great time again this year. Notices and sponsorship booklets have been sent home so you can start your fundraising



PLANNING FOR 2024



School planning is underway for next year. Please contact the school if you are planning to move at the end of the year so we have accurate student numbers. Please also encourage any family, friends or neighbours to contact us if they are planning to enrol their children here for 2024.

Active travel to school is a fabulous start to the day and a great way to remain fit and healthy!

Please remember that you **must wear a helmet** when you ride your bike or scooter. A correctly fitted helmet helps protect you and keep you safe.



Also remember that to keep everyone safe in the school yard, you must get off your bike or scooter and walk it to the bike enclosure.



September to May

No Hat No Play



Remember your hat and water bottle each day.

Coral Park school hats are available from the office for \$10.

Coral Park Primary is a SunSmart school and is committed to ensuring our students and staff are protected from the harsh effects of the sun during the warmer months of September to May. **School hats need to be worn for all outside activities** to ensure protection from UV rays and **water bottles** need to be used to make sure students remain hydrated and ready to learn.

A LIVE PERFORMANCE THAT EMPOWERS
STUDENTS TO BUILD POSITIVE CONNECTIONS
AND THRIVE IN THE DIGITAL WORLD.



When Zanna and Eddie arrive at coding camp, they have the opportunity to create an app that will make the internet safer for everyone. They embark on a magical journey into their device to find the missing piece of code.

Through a series of exciting challenges, Zanna and Eddie experience the power of empathy, respect, kindness and resilience. When they launch the app, they discover that children all over the world can use it to be assertive, responsible and safe online.



Brainstorm
Productions

MIDDLE INCURSION



**Australian
Red Cross**

The Pillowcase Program

The Pillowcase Program helps children prepare for, cope with and respond to an emergency.

On Monday, all the grade 3 and 4 students participated in the Red Cross Pillowcase Project. Students learnt about how the Red Cross can help people in times of need. They learnt about what to do in emergency situations and discussed important items and objects that we may need to take with us if we had to evacuate our homes in emergency situations.

Students had the opportunity to decorate their own pillowcase so that if they were ever in a situation where they had to evacuate their household, they could pack their belongings in it.



SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

Congratulations to the following students who have demonstrated our school values and completed their reward charts...

Rose	J1	Muhammad	J6	Aria	J1	Jasmine	M12
Noyan	J1	Jett	J2	Noyan	J1	Saly	M12
Cooper	J1	Udaya	J2	Max	J1	Naaz	M12
Aubree	J4	Beau	J2	John	J2	Krish	S19
Ayden	J4	Ali	J7	Sidra	J4		
Leroy	J4	Haliya	J7	Asma	J6		
Shafiyah	J4			Momina	J6		
				Trav	S19		



Coral Park STARS Awards

Congratulations to the following students for earning classroom awards...

Skye J1 For her great attitude towards her learning this term

Sarah J2 For showing determination to achieve her personal learning goals. Keep it up!

Help your child learn to the best of their ability by ensuring they have a healthy, nutritional snack and lunch. Children who have lunchboxes full of healthy food to eat while at school are able to concentrate better and remain focused for longer.

Parents are respectfully requested to avoid dropping off take away lunch to their children at school. Take away lunches should be saved for school holidays and on the weekend.



Dietary guidelines: children 4-8 years



Suitable for
4-8
years

Daily dietary guidelines for children 4-8 years



Children need a **wide variety of healthy foods** from each of the 5 food groups. How much food children need depends on body size and activity levels.



Children aged 4-8 years should aim for 1½ serves of fruit; 4½ serves of veges; 1½-2 serves of dairy; 4 serves of grains; and 1½ serves of lean meats, eggs, nuts, seeds or legumes.



Children need plenty of **water** – the cheapest, healthiest and most thirst-quenching drink. They need more water on hot or humid days, or if they sweat a lot. Avoid soft drinks, fruit juices, flavoured milk or water, sports drinks and energy drinks.

Food groups: daily serves of fruit, vegetables, cereals and grains



Fruit: 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit (no added sugar). Offer 1½ serves a day.



Vegetables: 1 serve = ½ medium potato (or sweet potato or corn); or ½ cup cooked veges (like broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad veges; or ½ cup cooked, dried or canned beans or lentils. Offer 4½ serves a day.



Cereal and grains: 1 serve = 1 slice of bread; or ½ cup cooked rice, pasta, noodles, quinoa or polenta; or ½ cup porridge; or ¾ cup wheat cereal flakes; or ¼ cup muesli; or 1 crumpet or small English muffin. Wholegrain is best. Offer 4 serves a day.

Food groups: daily serves of dairy, protein and healthy fats



Dairy: 1 serve = 1 cup (250 ml) pasteurised cow's milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices of cheese; or ¾ cup (200 gm) yoghurt; or ½ cup ricotta cheese. Choose mostly reduced-fat dairy. Offer 1½-2 serves a day.



Meat, fish, poultry, eggs, nuts, seeds, legumes: 1 serve = 65 gm cooked lean beef, lamb, veal or pork; or 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 30 gm (1½ tablespoons) peanuts, almonds, sunflower seeds or sesame seeds. Offer 1½ serves a day.



Healthy fats: you can include 1 serve of unsaturated fat per day in cooking, baking, pastes or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of olive, canola and rice bran oil or margarine made from these oils; or 1-2 teaspoons (5-10 gm) of nut or seed pastes; or 1 tablespoon (20 gm) of avocado.

Avoid foods like cakes, biscuits, chips, lollies, processed meats, and fried or takeaway foods. They're high in saturated fat, sugar and salt.

Proactivity is coming to Coral Park Primary School

When? Prep to Year 3s (incl M11) - Friday 10th November
Year 4 to 6 – Friday 17th November

Where? MPC and Outside

Cost? Free

Ninja Warrior Program Overview

The Ninja Warrior competition has become a worldwide phenomenon. Their program creates a fun and engaging way to get fit and challenge the body. The courses aim to:

- Develop teamwork and communication
- Develop coordination and enhanced movements
- Improve focus and problem solving skills



Make sure you return your permission slip so you don't miss out!

TEAM BUILDING FOR SCHOOLS

Proactivity love the fact that they can bring people together and build relationships. After all, it is the ability to be able to work together with others that builds strong communities. The activities range from short problem solving activities, to station rotations that engage, excite and empower students. Activities include: agility courses, inflatable slides, giant ball etc.



Friday 27th October, 2023

IMPORTANT information on keeping kids safe

RECOGNISE



"I feel yucky"

REACT



"Run to find help"

REPORT



"Tell someone"

TALK

to the five grownups on your safety network until you get the **HELP** you need

Kids Helpline
1800 55 1800
Emergency
000

Check out our FREE videos and resources at **DanielMorcombe.com.au**

#DayForDaniel #KeepingKidsSafe #RecogniseReactReport



Day for Daniel is the Daniel Morcombe Foundation's biggest fundraiser each year. Support through fundraising helps the Foundation continue developing free resources and programs for parents, carers, and educators to teach children how to stay safe. Funds also contribute to supporting young victims of crime.

SAFE AROUND SCHOOLS



Active Travel = Healthy Minds

Studies show that regular exercise and fresh air helps children:

- ✓ Increase physical activity
- ✓ Build confidence and life skills
- ✓ Increase academic performance
- ✓ Connect with family, friends & neighbours
- ✓ Contribute to a healthier environment



Keep up those healthy habits

Children that walk, ride, scoot, or skate to or from school are probably already feeling healthier and happier. Try starting a new physical routine and keep it in place until the end of the year. Even one day per week can make a difference. And part way is ok too, you don't have to walk all the way between school and home – try a nearby park as a start/finish point.

Be a role model for your children

Being active is just as important for adults too! Make walking and riding part of your day with your children or on your own. If your children see you doing exercise they will often copy. Exercise lowers your risk of health issues, boosts your mood, helps you to connect with friends and family and assists a better night's sleep.

Take a couple of minutes to watch our new Active Travel Animation to see how you can incorporate Active Travel into your week: [Active Travel - Reduce your car trips to school](#)

Contact the City of Casey:

Web: www.casey.vic.gov.au/safe-around-schools

Email: Safearoundschools@casey.vic.gov.au

Phone: 03 9705 5200

Post: PO Box 1000, Narre Warren VIC 3805

NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive

Cranbourne: Cranbourne Park Shopping Centre

ABN: 43 320 295 742



TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 聯絡電話 03 9705 5200

CASEY.VIC.GOV.AU

FREE CHILDREN'S WEEK EVENT SPRING INTO PLAY



Families with children 0-6 years are invited to celebrate Children's Week at 'Spring into Play' in the beautiful grounds of the Old Cheese Factory! Families can enjoy a morning of entertainment and interactive activities including Japanese drumming, Bollywood dance, Myuna Arc Animal Farm, messy play, and much more.

Date: Thursday 26 October 2023

Time: 9.30 am – 12.30 pm

Location: Old Cheese Factory, 34 Homestead Rd, Berwick

Cost: Free

Public Transport: Bus route 834 and 835

Bring a picnic lunch (food is not available onsite)

No bookings required.

This Children's Week activity is presented by City of Casey in partnership with the Victorian Government



Department
of Education



Contact the City of Casey:

Web: casey.vic.gov.au

Email: casey@casey.vic.gov.au

Phone: 03 9595 6200

Post: PO Box 1000, Nare Warren VIC 3805

NRS: 103 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Nare Warren: Bungal Place, Patrick Northeast Drive, Nare Warren
Cranebourne: Cranebourne Park Shopping Centre, Cranebourne

ABN: 43 320 286 743

TTY: 131 446 (Translating and Interpreting Service) 03 9595 6200

CASEYVIC.GOV.AU

Stage
School
Australia

“

One of the best things we
have done for our children.

- Stage School Parent

Join Us in the Spotlight in 2024

Performing arts classes for young people aged 4-18

24 Locations across Melbourne

Enquire Today



Sing, Dance
and Act
Ages 4 - 7



Musical Theatre
classes
Ages 8 - 18



Drama & Acting
classes
Ages 8 - 18



Boys Dance
classes
Ages 6 - 18



Industry
Representation
Screen Acting

Developing young people through
the performing arts for 40 years.

(03) 8199 8344
stageschool.com.au



KINGS SWIM CLUB

Competitive and fitness swim squad.

Are you nearly finished your learn to swim lessons?
Would you like to try competitive swimming?

Join us and bring a friend, see what we do!



Training in two locations:
Dandenong and Berwick



Bring bathers, a towel, and goggles.



For any questions, about training, sessions and when
you can join us, please contact our President Amy:

0427 733 326



Parents Building Solutions Term 4 2023

**FREE 6 Week program for mums who've been impacted by family
violence to talk about their kids.**

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

DATES: Tuesdays - 17th October to 28th November (not Cup Day)

TIME: 9.30 - 11.30am

WHERE: Dandenong Location - Details provided at time of booking

COST: Free!



MISSION
AUSTRALIA

Please scan the QR code to see
Commissioner for Children Greater
Sunderland's Facebook page

<https://www.facebook.com/greatermissionaustralia>

All enquiries contact -
Sandra Phillips - 0438 161 844
Sandra.Phillips@anglicarevic.org.au

Erin Surrey - 0438 459 891
Erin.Surrey@anglicarevic.org.au

The Communities for Children Initiative is supported by the Australian Government

PARENTZONE