



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 4, 26th October 2023

Being 'Sun Smart' is an important part of school life. It means taking precautions to protect yourself from the harmful effects of the sun, such as UV radiation. This includes wearing sunscreen, protective clothing like hats and sunglasses and seeking shade during peak sun hours to reduce the risk of sunburn and skin damage. It is important for your overall health and to reduce the risk of skin cancer. Please see our Sun Smart policy which is at the back of this newsletter and on our website. A reminder that all students must wear a SunSmart hat when outside at recess, lunch, on excursions and at PE classes. Hats can be purchased at the front office for \$10.



Principal's Reading Challenge 2024

Calling all our young bookworms! We will have a new and improved reading challenge just for you. Find out in the coming weeks how you can participate and unlock your love of reading for 2024.

Congratulations to Tanish P9, Vedh P5, Theodore P9, Kathleen S16, Mahi J7, Hadia S19, Masam J3, and Aubree J4 for 100 nights of reading. Well done to Maryam S19, Ruby S15 and Zahra M11 for 200 nights of reading.



AI – Shaping the Future of Education

Principal's Conference AI (Artificial Intelligence)

Artificial Intelligence (AI) is revolutionising education. Learn how AI is transforming the learning experience and making it more personalised and engaging for our students.

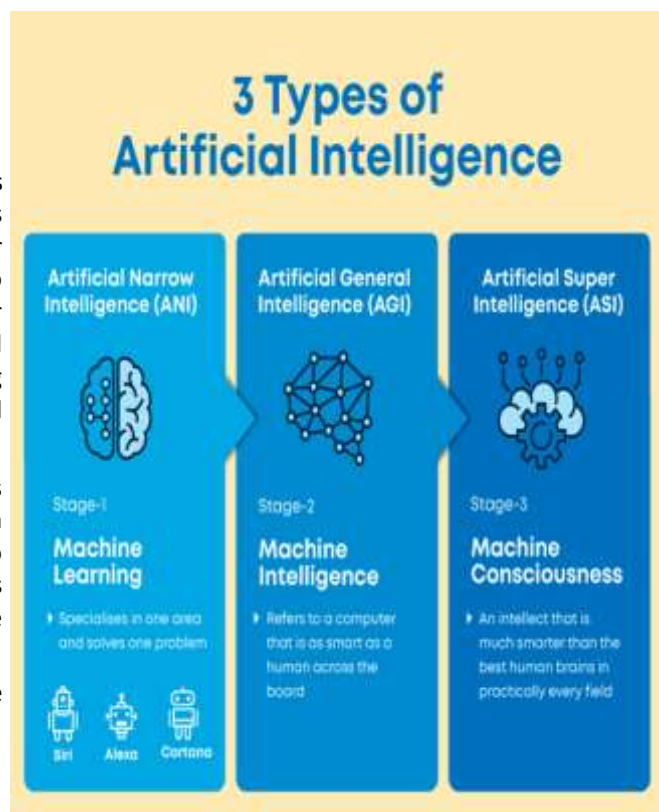
Last week Mrs Wilson and I attended the C4 network of school's principal's conference. We had two days of listening to speakers talk about leadership and how we can continue to develop our schools moving forward. One of the speakers was Morris Misel who spoke about AI (Artificial Intelligence) and the possibilities for learning. It was a fascinating presentation as to how AI will influence schools moving forward. AI is here and it is not going away, so our challenge is how we embrace it and ensure it is used in appropriate ways.

The first step is understanding what AI is. In the diagram it shows the different stages of AI. The first two stages are already in existence, the third stage may never be realised. In order to replicate the human brain, we must first understand it and at this point in time we do not have sufficient information as to how the brain works to accurately replicate it.

We are working to seek ways to use AI safely within the school. We will keep you up to date as we move into this space.

Enjoy Life!

Justin Blake- Thompson, Principal



Day for
Daniel

TOMORROW - Friday 27th October
Wear red and bring a gold coin donation



Diary Dates



OCTOBER

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

DECEMBER

Friday 1st December

Colour Explosion Fun Run

Assembly in the MPC at 2.30pm
Item by the Band - 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 fundraise as much as possible and support our school.



**Congratulations
to Ruby**

for her participation in
the Primary English
Victorian High Ability
Program during Term 3.

**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.

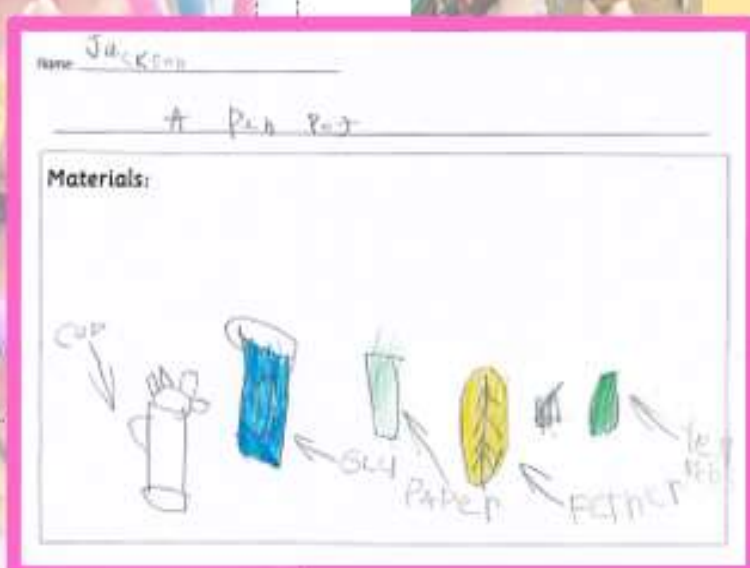
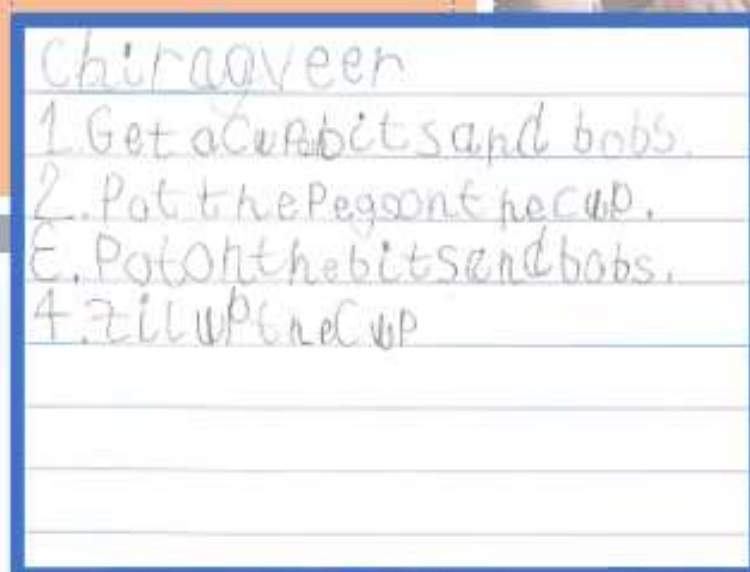
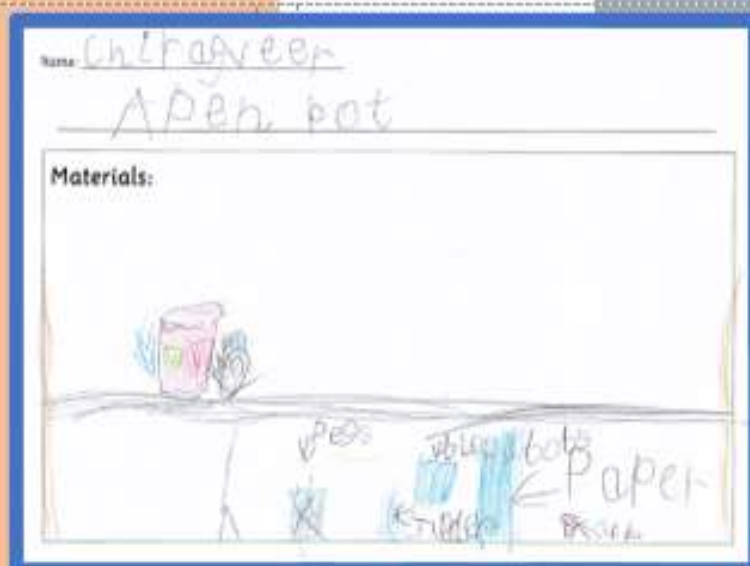
Coral Park school hats are available from the office for \$10.



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.

Term 4 in P8!

This term in Prep we have been learning how to write a procedure. As part of our learning about double consonants, P8 read our mentor text 'Less Mess,' and everyone got to make a pen cup to keep our stationary nice and tidy! We have been working on labelling the materials and steps involved in making something, and last week, we began to learn how to publish our writing on an iPad. Our drawing, labelling, and writing skills have gotten better and better as the year has gone on! It's been an exciting start to our final term in Prep and our work is certainly showing that we are ready for Grade 1 next year.



Senior Skateboarding Session

YMCA came out last week to teach the Grade 5 and 6 students how to ride a skateboard. Students learnt how to jump onto the board by flipping it over and how to use their balance by playing fruit salad on the skateboards. The students had a great time!



Australia's largest child safety
education and awareness day

DAY FOR DANIEL TOMORROW

Friday 27th October, 2023

Students are invited to **wear red** and **bring a gold coin**
to donate to the Daniel Morcombe Foundation.



Day for Daniel

Keeping kids safe!

WEAR RED

Educate

DONATE

Friday 27 October 2023

Join Australia's largest child safety education and awareness day.

It's all about keeping kids safe!

Register your school or early learning centre today!

DanielMorcombe.com.au



IMPORTANT information on keeping kids safe

RECOGNISE

"I feel yucky"

REACT

"Run to find help"

REPORT

"Tell someone"

You have the right to be **SAFE** and you can get **HELP**

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

Daniel Morcombe Foundation
Keeping kids safe!

Held annually on the last Friday of October, Day for Daniel honours the memory of Daniel Morcombe. We ask all Australians on this very special day to Wear Red, Educate and Donate.

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.

Students were excited to be awarded with books and certificates at assembly in recognition of great reading.

100 Nights



PRINCIPAL'S

**READING
CHALLENGE**



200 Nights

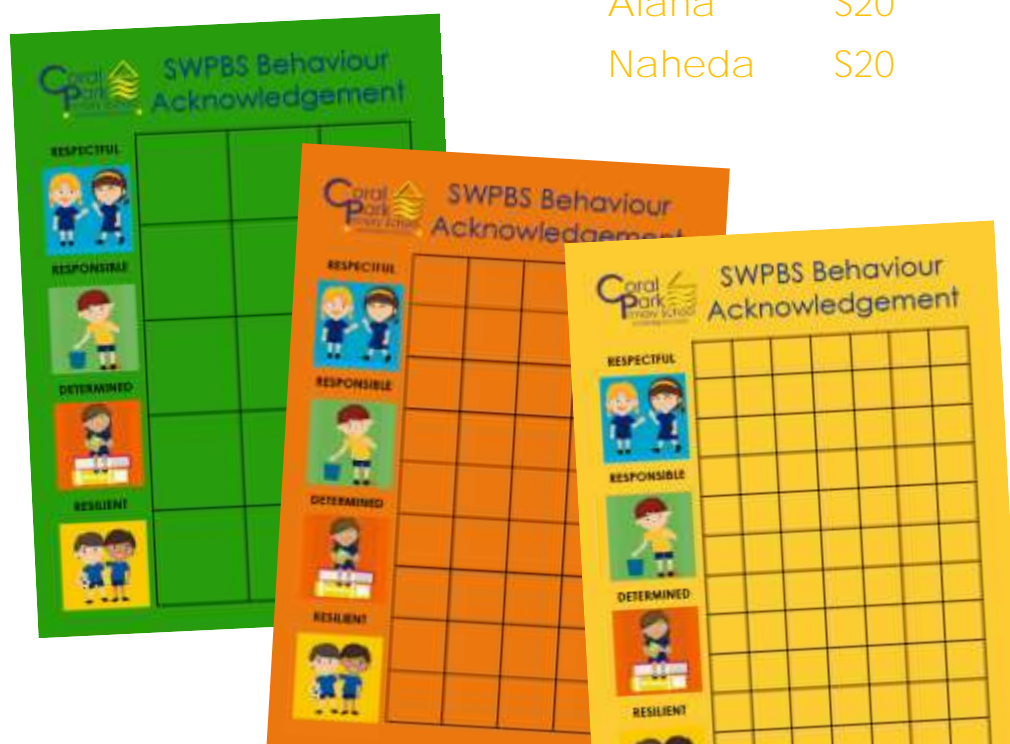


Keep up the great reading....

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

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

Yusna	J6	Jaden	P5	Mahdi	J1
Alistair	J6	Zephy	J7	Skye	J1
Matiullah	P9	Adin	J7	Marli	J2
Ava	P9	Vanessa	S20	Sahil	J2
Arhum	P9			Alana	S20
Darnell	P9			Naheda	S20
Raha	P9				
Tanish	P9				
Zayneb	P9				
Anson	P9				
Maheen	P9				
Xavier	P9				
Kawsar	P9				
Anita	P9				



Coral Park STARS Awards

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

Cooper	J1	For his determination when writing his 'Mario' narrative.
Ezrah	P9	For your resilience and determination while settling into Coral Park PS.
Heder	P9	For always being a determined learner and trying your best to achieve.

THE RESILIENCE PROJECT™

PROJECT +

Parents & Carers

Mindfulness

is about **purposely paying attention to the present moment** in ways that are helpful for you. **Looking after our mind** can have great positive benefits, both physically and mentally, such as a **reduction in anxiety and stress**. You can practise mindfulness in a formal way by completing meditations/breathing exercises, or in a more informal way by being mindful engaged in your day's activities.



Habits are automated behaviours that we have learned from experience.

Developing daily wellbeing habits will positively impact your mental health and create a sense of wellbeing. They will further develop your resilience skills to help you cope with life's ups and downs.

Creating new habits can be challenging, you need to train your brain. Think about your current daily habits. Do you have a morning routine? What about a pre bedtime routine? **Where could mindfulness fit in?**



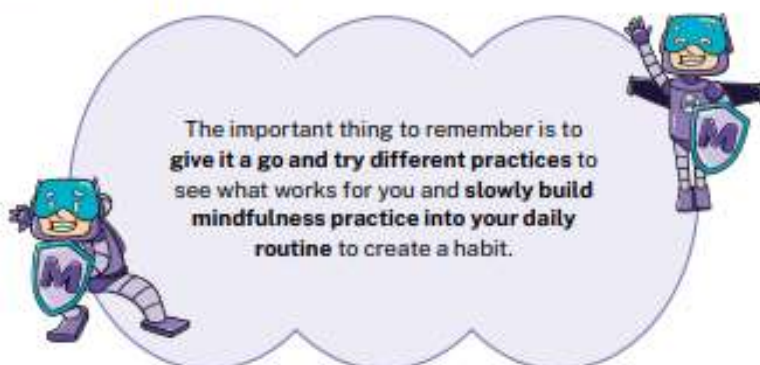
Month Of Mindfulness



Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information**.



Not all of the activities suggested are considered **formal or traditional** mindfulness, but they **encourage an attitude of mindfulness** which will help you to improve your ability to be present or focused, this aids in the practice of more formal pursuits.



The important thing to remember is to **give it a go and try different practices** to see what works for you and **slowly build mindfulness practice into your daily routine** to create a habit.



Listen to Martin from The Resilience Project talk about the **importance of Mindfulness**. Something to think about...

- Do you or your family practise mindfulness?
- If so, what do you do?
- If not, how could you incorporate mindfulness into your life?



TRP@HOME



SUPPORT YOUR CHILD'S EDUCATION WITH 12 MONTHS FREE INTERNET AT HOME

The Australian Government has established the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 eligible families with school-aged students.

The initiative aims to boost education opportunities. NBN Co is leading the rollout of this initiative across the country.



How the School Student Broadband Initiative can help your child

Children who can access online learning at home as part of their education are more likely to engage in classroom activities.

Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and take part in a world that is more reliant on digital technology.

Eligibility

To be eligible, families must:

- have a child living at home enrolled in an Australian school in 2023

- not have an active National Broadband Network internet service at their home* (having a mobile internet service does not affect eligibility)

- live in a premises that can access the National Broadband Network through a standard connection. NBN Co will check this for you after you apply

- register interest with your school and complete a consent form to be assessed for eligibility.

*If an address has been disconnected within 14 days prior to an eligibility check – the address will be classified as ineligible. There may be cases where exceptions can be made, please contact the School Student Broadband Initiative team at SSBI@education.vic.gov.au to discuss further.

How the School Student Broadband Initiative works

If you are eligible, your home internet service will be provided at no cost for one year with a participating internet provider over the National Broadband Network. Each internet provider has its own step-by-step process to get you connected, which may involve you providing identification.

Once you sign up, the internet provider will help you set up your connection. The initiative does not include devices such as a computer or tablet. Other members of your household can use the internet service provided through this initiative.

The one-year period will start from the day your service is activated with your chosen provider. At the end of the one-year period, you will not be placed onto a paid service by your internet provider without your consent. The Australian Government is considering options beyond the one-year free period.

How to apply

- Ask your school for a copy of the School Student Broadband Initiative consent form.

- Complete the consent form and return to the school.

- NBN Co will use student address details on the consent form to confirm eligibility.

- If you are eligible, NBN Co will issue a voucher for your family to use to sign up with a participating internet provider. This will be provided to you by your school.



Please note: NBN Co will review the home address for eligibility. No personal information other than your main home address will be shared with NBN Co. Please see the consent form for details about how personal information will be used.

Find out more

For more information about the School Student Broadband Initiative, visit <https://www.infrastructure.gov.au>

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.

Sunsmart Policy

PURPOSE

The purpose of this policy is to encourage behaviours at Coral Park Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Coral Park Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Coral Park Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for snack and/or lunch
- the canteen
- outdoor lesson areas
- popular play areas
- sand pit

When building works or grounds maintenance is conducted at Coral Park Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform

Coral Park Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

At recess and lunch times from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

Staff and students must wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students who are not wearing appropriate protective clothing or a hat will be asked to play in the library.

Sunscreen

Coral Park Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily (at a minimum) from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

At Coral Park Primary School, students have access to sunscreen either in their classroom or in the sick bay for them to apply to themselves. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged bring their own sunscreen from home and a note explaining their allergies. An allergy management plan would also be required. Staff and families should role model SunSmart behaviour as above.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Coral Park Primary School will address sun, UV safety and Vitamin D education as part of daily incidental teaching.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

Engaging students, staff and families

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Coral Park Primary School may provide families and staff with information through newsletters and on the school website.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

Evaluation

This policy will be reviewed every 3-4 years as determined by the Department of Education and Training, or earlier as required.

Review Cycle

This policy was last updated on 2nd June 2020 and is scheduled for review in March 2024.

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



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.



SAFE AROUND SCHOOLS



Active Travel – How to fit a helmet safely.

As a community, we always love seeing children being active by riding, scooting, or skating in our neighborhood.

It is important your child always wears a helmet while on a bike, scooter, or skateboard to ensure they are not seriously injured. Wearing a helmet reduces the risk of head injuries by up to 74%.

Here is the correct way to fasten your helmet.



- ✔ Ensure your child's helmet is approved and carries the Australian standard AS/NZS 2063, which means it has been safety approved, legal and meets standards.
- ✔ When helmet is on ensure the helmet sits 2 fingers widths above the eyebrows
- ✔ Helmet straps must be correctly adjusted with no twists. The straps should form a V shape around the ears – see picture.
- ✔ Once the buckle is fastened, ensure you can place 2 fingers under the chin strap.
- ✔ If the helmet moves out of position easily, then your helmet is too loose and must be adjusted – either your straps are too loose, or your helmet is not the correct size.



Helmets must be worn when riding:

- ✔ On roads and road-related areas
- ✔ On bike or shared paths in bike lanes
- ✔ In recreational parks
- ✔ In carparks
- ✔ On footpaths

This short video demonstrates how to fit your bicycle helmet correctly. Take the time and watch this with your children <https://youtu.be/VyCNRc8RZDI>

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 مترجم شفاهي 電話 03 9705 5200

CASEY.VIC.GOV.AU

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
f i t t

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

**ENROL
TODAY**

**Learning
comes to life**



See a change in your child's
abilities and confidence



Be delighted when your child
starts to enjoy nutritious,
healthy recipes



Childcare tailored to fit into
your busy schedule



BOOK A TOUR

The Fern Early Learning Centres
Hampden Park
185 Napier Rd, Hampden Park
VIC 3074

thefernclc.com.au

1300 00 FERN (3376)

The Fern EARLY
LEARNING
CENTRES

Join us for the
**Best
Night Ever!**

Children's Week Disco **FREE**
Ages 3 to 7 years

Thursday 26th October 4:30pm to 6pm
28-47 Gunns Rd Hallam

Places limited - Book your child's spot
on the dance floor today
9703 1688 or
admin@hallamclc.com.au



Children's
Week 2023
21-29 October

THE EDUCATION
STATE

VICTORIA
Department of Education

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 مترجم شفاهي 97878787 80888 0000000000

CASEY.VIC.GOV.AU