



# Coral Park Primary School

## Achieving SUCCESS

145 Coral Drive, Hampton Park 3976

[www.coralparkps.vic.edu.au](http://www.coralparkps.vic.edu.au)

Email: [coral.park.ps@education.vic.gov.au](mailto:coral.park.ps@education.vic.gov.au)

Phone 9702 8398

## NEWSLETTER

Term Issue 5, 25<sup>th</sup> May 2023

### Gratitude

As I walk around the school each morning opening up doors, I have had the opportunity to see the many different ways our students are learning about, and showing their gratitude. Gratitude for their family, their teachers, their friends. Students in P9 created a class Gratitude Chain, each student drew a picture and wrote something for which they were grateful. Students in Year 1 planted their own 'Gratitude Garden', where each petal listed



something they were grateful for. Paying attention to what we have is an important part of what helps keep us happy, connected and resilient. I look forward to seeing more of these displays across our classrooms. Staff have also been encouraged to show their gratitude by using GEM cards, an initiative which will also be extended to students to use so they are reminded to regularly express their gratitude.

### The Resilience Project

Throughout 2023, we will be working closely with The Resilience Project to support the wellbeing of our school community. [The Resilience Project](https://theresilienceproject.com.au) delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience. Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.



Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude**, **Empathy** & **Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

**View the first presentation of the series here:**

**Part 1: Meet Martin and learn about The Resilience Project** - <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

We will be in touch fortnightly to share the remainder of the program, including research and wellbeing activities to integrate into day to day life. For mental health resources and support information, visit The Resilience Project's Support Page. This is a wonderful program which all of our school community will be able to benefit from!

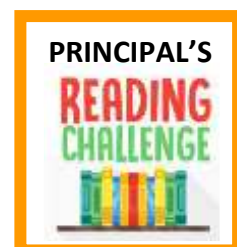


### State Schools' Relief

For many years, students at Coral Park Primary School have been accessing the vital supports of State Schools' Relief (SSR). SSR provides uniform, clothing, shoes and even travel passes for students in need across Government Schools. Next week, we will be having a special 'Pyjama Day' fundraiser. Come dressed in your warmest, most comfy PJs and bring a gold coin donation so that we can give back to this important cause. I look forward to seeing everyone in their PJs!

### 100 Nights of Reading

I am glad to share with you this week's students who have read for 100 nights this year: Zayneb from P9, Caitlyn from J1, Rani from M10, Noah from M11, Ava-Rose and Khadijah from S15 and Maryam and Deeksha from S19. Congratulations to these dedicated students, I hope you have been able to enjoy your brand new books at home with your families.



Melina Couper  
Acting Principal

# Diary Dates



## MAY

**Friday 26<sup>th</sup> May**

Senior Interschool Sport  
CPPS vs Grayling PS

Assembly in the MPC at 2.30pm  
Item by S15 &16 - All Welcome

## JUNE

**Thursday 1<sup>st</sup> June**

Pyjama Day



**Monday 5<sup>th</sup> June**

Prep Incursion  
Responsible Pet Ownership

**Wednesday 7<sup>th</sup> June**

Senior Lightning Premiership  
Sports Day

**Thursday 8<sup>th</sup> June**

Cadbury Fundraiser money due

**Friday 9<sup>th</sup> June**

Student Free Day  
NO STUDENTS TO ATTEND

**Monday 12<sup>th</sup> June**

King's Birthday Public Holiday

**Wednesday 21<sup>st</sup> June**

Prep Incursion  
RACV Safety Squad

**Friday 23<sup>rd</sup> June**

Assembly in the MPC at 1.40pm  
Item by the Band - All Welcome

Last day of Term 2  
School finishes at 2.15pm

## PREP INCURSIONS

Our Prep students are fortunate to be able to participate in some wonderful incursions this term. These include a Responsible Pet Ownership session which will help them learn about how to



behave around animals and a RACV Safety Squad presentation which will focus on being safe around cars and roads. These incursions are a great way to promote ways of staying safe and are presented in a fun and supportive environment. Notices containing details about these incursions will be sent home with Prep students closer to the date.



## CADBURY CHOCOLATE FUNDRAISER

Thank you to the families who have already returned their chocolate money and for the people who have taken a second or third box to sell. We really appreciate all of your efforts! Please return money and/or unsold chocolates by THURSDAY 8th JUNE 2023. Every student who sells a complete box will go in the draw to win a prize!



## STUDENT ABSENCES



If your child is unwell, has an appointment or is away from school for any reason you must inform the school. Please ring the office and leave a message on the absence phone line, or speak to someone at the office. You can also use the Parent Portal on Sentral to report your child's absence if you prefer.

Please do not use the Seesaw app to inform the school of your child's absence, as your child's teacher does not always have time to check their emails before the attendance rolls are marked and if they are not in the classroom or are away, the school will not get the message in a timely manner. Seesaw is great for all other communications with your child's teacher and for staying involved in your child's learning.



## Breakfast Club

It's important for your child to eat something nutritious each morning to re-fuel for the busy day ahead. Eating breakfast improves alertness, concentration, mental performance, mood and memory. Skipping breakfast may affect your child's concentration or leave them feeling 'fuzzy'.

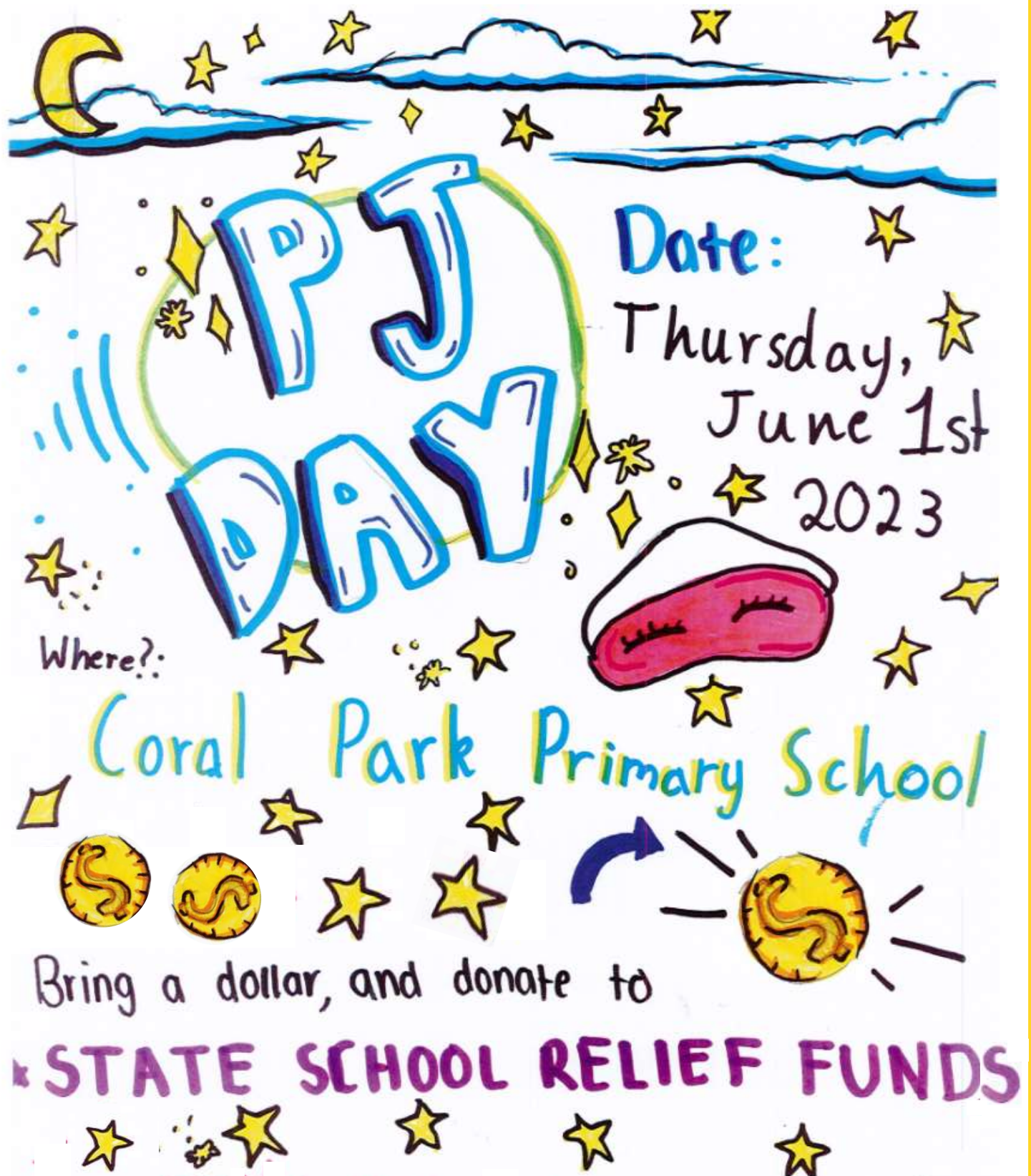


If your child doesn't eat breakfast at home, they can visit the artroom from 8.45am each morning for breakfast of toast, a fruitcup and milk.





# Thursday 1<sup>st</sup> June - PJ Day



**Join in the fun and wear your PJs to school!**

Bring \$1 to support State Schools' Relief, who provide assistance for Victorian students



# Maths is FUN

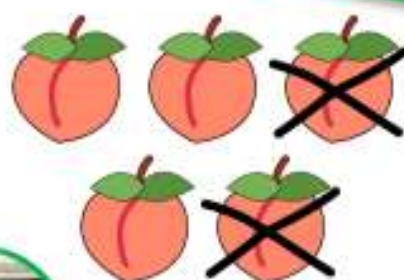
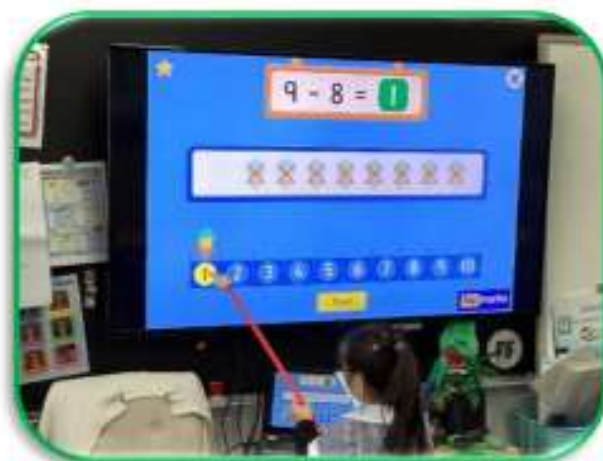
P5 students are curious, active and keen learners. This week in Mathematics, we have been focusing on subtraction. Solving takeaway problems as a concept is significantly more complex than addition. Therefore, to address this challenge, lessons are structured to be fun and engaging to help children understand the content. The planned activities are meaningful and enjoyable because we know that students learn maths best when they approach the subject as something they enjoy.

Throughout the week, we embarked on various activities that made learning subtraction an adventure. For example, we used stories, vertical tens frames and colourful animal counters to visualise subtraction problems, collaborated in small groups to create subtraction stories, and even played balloon popping math games reinforcing the concepts learned. These experiences facilitated a deep understanding of subtraction and created lasting memories and a positive attitude towards mathematics.

## P5 Students and Mrs. Gardonyi



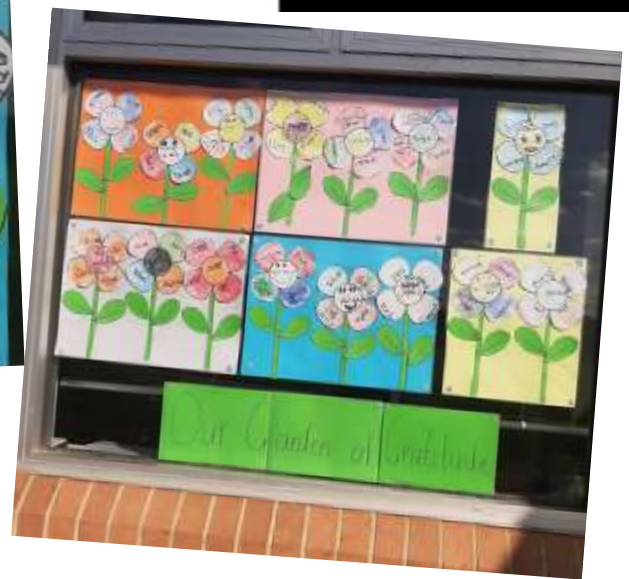








Year 1's Gratitude Garden



*'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'*

William Arthur Ward, American Motivational Writer.



P9's Gratitude Chain



GEM Cards

What is Gratitude?

- something you are grateful for
- spending time with family or friends
- spending time with my teacher and learning
- having fun
- appreciating what we have or people who take care of us
- being happy

Person	Place	Thing
• Brother	• Bumper cars	• Roblox ✓
• Friends	• Beach	• Games
• Mum/Dad	• swimming pool	• Mine Craft
• Son (Haceo)	• Snow	• Movies
• sister	• Water park	• Birthday
• Cousins	• School	• Water gun
• grandparents	• park	• drawing
• teacher	• visits to your house by friends	• riding bike or scooter
	• Fiji	• hugs
	• Home	



**Gratitude**

Paying attention to what I have.

**Empathy**

Understanding how other people feel

**Mindfulness**

Being calm and present in any given moment

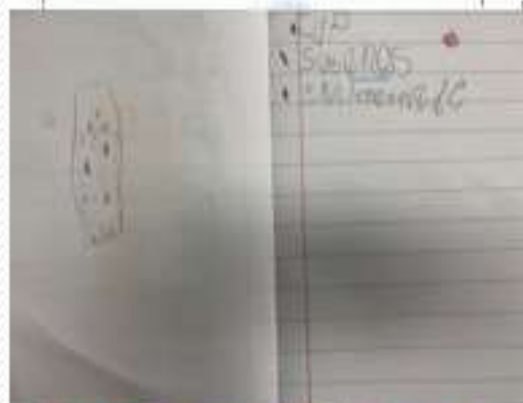


## Week 5 in P8!

This week in P8, we were introduced to Daisy Dog, who loves all things that begin with the /d/ sound. As part of our learning, we conducted a mini-experiment to see if we could make some DRIED grapes (better known as raisins) do something that Daisy loves to do – DANCE! The experiment was a success, and afterwards we practiced our writing skills, recounting the experience using pictures and words that we came up with together, to describe the materials and processes involved in the experiment. P8 has been working hard on their recounting using recognizable images this term, and as you can see in Toa and Chiragveer's work here – our efforts are paying off.

### All about Me and My Community


This Term in Prep, we have been learning about our bodies. It was great to see some students showing independent interest in their learning. They created models of themselves during this week's fine motor activities, focused on developing important muscles in our hands and wrists that we use to help us become better writers! Real consideration was given to the various parts of the body we've discussed – our arms, legs, eyes, lips, hair. Thank you to Violet, who volunteered herself for a portrait with 'herself,' and to Monica and Afroza for sharing their self-portraits as well! Ali crafted his name, showing his learning by using an uppercase letter at the start of his name, with the rest 'written' in lowercase.



# SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

School Wide Positive Behaviour Support (SWPBS) is a framework which we use across the whole school to model, acknowledge and reward positive behaviour. Everyone in the school community is aware of our behaviour expectations, as listed in our Behaviour Matrix, and using the SWPBS framework is an effective way of reducing negative and unwanted behaviour. By focussing on good behaviour choices, students are encouraged to gain attention by doing the correct thing, rather than getting attention for doing the wrong thing.

Students are given clear details of what positive behaviour looks like and there are posters and banners throughout the school as reminders of our school values and how to display them. Students choose a reward chart and gain stickers for positive behaviour and displaying school values, then when their chart is full of stickers, they can select a reward of their choice.

Questions	
Mia M11	
What chart did you choose?	Yellow chart
What did you do to earn the stickers?	Helped people
What reward did you choose?	To be the teacher's assistant
Why did you choose that chart?	For fun

Levi J2

Marli J2

Beau J2

Addy J2

Luke J3

Tino J3

Sidra J4

Kian P5

Daniel P5

Inaya P5

Farhad P5

Alexia J7

Paige J7

Noah M11

Roya P5

Jayden P5

Veronica J7

Zahra M11

Debbie M12

Sam J3

Mehran M11

Mia M11

Aariz S19



## Respectful



We are quiet.  
We leave work displays on the walls  
We hold the door open for others.

## TRANSITIONS

### Responsible



We walk.  
We stay together.  
We walk our scooter or bike

### Determined

We stay with our partner.  
We look where we are going.  
We stay in designated areas



## Resilient


We wait at the door for teacher directions.  
We join at the back of the line.  
We stay in our place in the line






# SWPBS in action...

Questions	
<b>Sidra</b> J4	
What chart did you choose?	Green chart
What did you do to earn the stickers?	Listened to the teacher
What reward did you choose?	To eat with my sister
Why did you choose that chart?	I liked the rewards

Questions	
<b>Addy</b> J2	
What chart did you choose?	Green chart
What did you do to earn the stickers?	I cleaned up the Lego even though I didn't play with it
What reward did you choose?	Sit in the teacher's chair for a day
Why did you choose that chart?	Because it is my favourite colour

Questions	
<b>Cooper</b> J1	
What chart did you choose?	Green chart
What did you do to earn the stickers?	For behaving
What reward did you choose?	Spending lunch with my favourite teacher
Why did you choose that chart?	Because I first did the yellow, then the orange so then I did the green

Questions	
<b>Marli</b> J2	
What chart did you choose?	Green chart
What did you do to earn the stickers?	Helped people
What reward did you choose?	15 minutes on a device
Why did you choose that chart?	Because it was easy to fill

SWPBS captains, Raeanne and Kevin visited the Year 2s this week to ask some of the students how they were able to fill their charts and what rewards they received in acknowledgement of such positive behaviours.

### Questions

**Zahra**  
M11



What chart did you choose?

Orange chart

What did you do to earn the stickers?

Helped out people

What reward did you choose?

To be the teacher's assistant

Why did you choose that chart?

For fun

### Questions

**Noah**  
M11



What chart did you choose?

Green chart

What did you do to earn the stickers?

I did a good job at maths

What reward did you choose?

To be the teacher's assistant

Why did you choose that chart?

Because it wouldn't take long to fill

### Questions

**Mehran**  
M11



What chart did you choose?

Yellow chart

What did you do to earn the stickers?

I was in a group doing work and I did a good job

What reward did you choose?

60 minutes on a device

Why did you choose that chart?

It had good rewards

### Questions

**Debbie**  
M12



What chart did you choose?

Orange chart

What did you do to earn the stickers?

Did what the teacher asked

What reward did you choose?

15 minutes extra play time

Why did you choose that chart?

Wanted to start off easy

Raeanne and Kevin also visited some of the Middle classes to ask about how students from there filled their charts....





## Gratitude

Practising gratitude is the ability to notice things in your life (big and small) and appreciate them, rather than thinking about the things you wish you had, or might be missing out on. Making this a daily habit rewires your brain to scan the world for the positives rather than default to our negative bias. Over time, this leads to **increased levels of energy, happiness, and self-esteem.**

### Gratergories

#### You Will Need

- Get your family together.
- Paper for each player.
- Pencil/pen for each player.
- Timer.

#### How To Play

- This game can be played individually or in teams.
- Choose a letter of the alphabet at random (you might use an alphabet chart, sing the alphabet song, put all the letters of the alphabet in a container like a raffle or you might have a letter dice at home).
- Place a timer on for one minute.
- In that one minute, each player/team writes down as many things they can that they are grateful for starting with that letter.
- Winning player/team scores a point.
- Play again with a different letter.
- Play continues for as long as you like.
- Winner is the player/team who has the most points at the end of your game.

**'It is not happiness that brings us gratitude. It's gratitude that brings us happiness.'**



Scan the QR code to listen to Dr. Kiran Martin on the imperfects podcast. She says that gratitude should be our **fundamental orientation of life** and that we need to wear glasses that have gratitude lenses.

#### Gratitude Walk

As a family, go for a walk around your home, local neighbourhood or favourite park and imagine you are wearing 'Gratitude Glasses'. Point out all the things you see that you are grateful for.



Jump onto TRP@Home on the The Resilience Project website. Here you will find a range of **free resources and activities** you can do at home.



**TRP@HOME**

Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

**TONIGHT!**

Hampton Park Secondary College  
*presents*

*Multicultural  
Showcase  
Evening*

Thursday 25th of May at 6pm  
FREE ENTRY!

Tickets are available from  
[TryBooking.com](https://www.trybooking.com)

Find the link on Compass or on  
Hampton Park's Facebook page!



**TONIGHT!**



# Pyjama Day!

Thursday, 1st of June 2023



This is the first day of Winter so therefore we will be celebrating by having a Pyjama Day!

- On that day you will be allowed to wear pyjamas to school. If you do not have any pyjamas you may wear winter/warm clothes.
- If you want to wear Pyjama's on that day you have to bring a gold coin to school and hand it to your teacher.

@ Coral Park

Gold Coin  
Donation

State School's  
Relief Fund

NATIONAL  
Pyjama Day

# 2023 LANDSCAPES OF CASEY Photography COMPETITION



Prizes  
up for  
grabs!

Be part of recording the City of Casey as it is now, for future generations!

Enter the "Landscapes of Casey" photography competition this Autumn and help us collect images of the City of Casey current landscapes, for tomorrow's history.

Photos submitted will be kept in our Local History Archive and used for historical projects in the future.

## Theme:

Landscapes of Casey

**Competition Opens:** Wednesday 1 March 2023, 9am.

**Competition Closes:** Wednesday 31 May 2023, 4pm.

## Age Sections:

**Children:** Under 16\* years.

**Adult:** 16\* years and older.

## Prizes:

**1st:** \$75 Visa gift card.

**2nd:** \$50 Visa gift card.

**3rd:** \$25 Visa gift card.

Prizes will be awarded to both sections.

\*age at time of entry

Enter now  
[ccl.vic.gov.au/  
competitions](http://ccl.vic.gov.au/competitions)



Wonder are turning  
**BREAD BAGS** into  
**PLAY EQUIPMENT  
FOR SCHOOLS.**

Collect your bread  
bags to help earn  
prizes!

## WHAT'S THIS ALL ABOUT?

In Australia, only 18%\* of plastic packaging is recycled.

That's why we created **Wonder Recycling Rewards** - a fun and easy program for Aussie schools to recycle bread bags that might otherwise go to landfill, and earn rewards points to redeem on new sports equipment for their efforts. All the collected plastic will be used to create wonderful new things like school play equipment! **PLUS** all registered schools are in the draw to **WIN** one of five exercise circuits made from the recycled plastic we collect.

Sustainability Victoria Community Connection, 2019-2020



Coral Park Primary is participating in the  
"Wonder Recycling Rewards for schools"  
to earn sports equipment.

Collect your **bread bags** (any brand) and put them  
in the recycling box in Breakfast Club.

The more we recycle, the more equipment we can earn!



## Detox your Home is coming to Berwick

**Saturday 24 June 2023 | 9.00am to 3.00pm**  
Akoonah Park, 2 Cardinia Street Berwick

Household chemicals such as bleach, pesticides, weed killers, cleaning products, cosmetics, cooking oil and fuels should never be put in your rubbish bins or poured down the drain.

Safely dispose of unwanted household chemicals at Sustainability Victoria's **free** Detox your Home event, without harming your health or the environment.

For a full list of chemicals accepted, visit  
[sustainability.vic.gov.au/accepted-items](http://sustainability.vic.gov.au/accepted-items)

Detox your Home events are drive-through and contactless.



To register to attend simply scan the QR code or  
visit [sustainability.vic.gov.au/detoxyourhome](http://sustainability.vic.gov.au/detoxyourhome)

Sustainability  
Victoria

TOURNA  
2023