



# Coral Park Primary School

## Achieving SUCCESS

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## NEWSLETTER Term 2 Issue 7, 8<sup>th</sup> June 2023

### Amazing fundraising efforts

Thank you to all the families and students who donated last Thursday to help raise money for State Schools Relief, we were able to raise \$300! Seeing everyone in their warm and comfy PJs brought many smiles and laughter throughout the day. Laughter that is much needed in our everyday lives. According to an article published by Forbes, one of the most recent studies on laughter shows that laughing with others releases endorphins in the brain—**our homegrown feel-good chemicals**.<sup>\*</sup> So let's hope that even in our school uniforms, we still see and hear more laughter in classrooms and in the school yard.



Reference: <sup>\*</sup>quote obtained from: <https://www.forbes.com/sites/daviddisalvo/2017/06/05/six-science-based-reasons-why-laughter-is-the-best-medicine/?sh=25961d3d7f04>

### Upcoming Curriculum Day

This Friday is a pupil free day, however staff will still definitely be at school! We become the learners on this day, we will all be hard at work revising and improving our First Aid Skills as well as keeping up to date with Occupational Health and Safety procedures and processes. Students are not in attendance on Friday, we look forward to seeing them back on Tuesday 13<sup>th</sup> June after the King's Birthday Public Holiday.

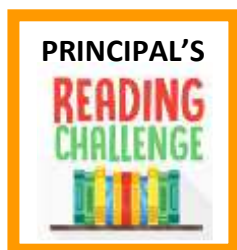
### NAIDOC Week - 2<sup>nd</sup> July – 9<sup>th</sup> July

In the library Liz Huggins has created a wonderful NAIDOC Week display, celebrating our Indigenous Books and encouraging our students to come and read some amazing texts. Liz is also running the Colouring Competition for all students, with amazing Indigenous Prize Packs available at each year level. I am sure there will be many entries across the school which will make her job of choosing some winners a tricky one. Look out for the winning pages in next term's newsletters!



### School Crossing Closure

You might remember seeing myself, Mrs Wilson or Mr Thompson manning our close school crossings recently or even last year. This was due to a shortage of Crossing Supervisors across the local area. Recently data was collected by the City of Casey, and it was decided that the School Crossing on Ormond Road will be closed. The data collected showed only 1 or 2 primary aged students were using this crossing each day, and therefore crossing supervisors are needed at busier crossings. For more information, please see the letter from the City of Casey in this newsletter.



### 100 Nights of Reading

As we progress further into Term 2, we continue to celebrate more students completing 100 nights of reading. Congratulations to the following students for reaching this milestone: Shiori P9, Mehran J4, Ayana M10, Zahra and Rozita M11, Noor, Krish and Kenul S19 and Fatima S20.

Melina Couper  
Acting Principal

**TOMORROW, Friday 9<sup>th</sup> June**  
**Curriculum Day - NO STUDENTS TO ATTEND SCHOOL**

# Diary Dates



## JUNE

**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 14<sup>th</sup> June**

Year 5 Taste Tester Excursion  
to HPSC

**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



## JULY

**NAIDOC Week**

Sunday 2<sup>nd</sup> - Sunday 9<sup>th</sup>

**Monday 10<sup>th</sup> July**

Term 3 begins

Be on time to start learning at 9!



## Arriving On Time

Occasionally, things out of our control occur and make us late in the morning. Traffic accidents and alarm clock failures sometimes cause us to run late, however the number of students arriving to school late on a regular basis is far too high. Arriving late means that your child misses important instructions and introductions to their learning and is also disruptive to the class. The first music goes at 8.55am to ensure students are inside and ready to begin learning at 9am. Please help your child reach their educational potential by making sure they arrive at school, ready to learn on time.



## BIRTHDAY BOOKS

To celebrate a student's birthday and to assist with keeping our school library well resourced, we have a Birthday Book Program. Parents can buy a book from the school for \$10 or purchase their own from a shop. They then need to give it to the office with the child's name and birth date by the Wednesday prior to wanting it presented. The book will be presented at assembly with a birthday card for the child to keep and the whole school will sing Happy Birthday. The child can share the book with their family and then return it to the library for others to borrow. Staff and parents are also invited to join in with this program.



## CELEBRATING BIRTHDAYS

We love helping your children celebrate their birthday and are happy for them to bring small lolly bags to share with their classmates, but remind you that party poppers must NOT be included in party bags.



## JUNIOR & MIDDLE SWIMMING PROGRAM

We strongly encourage all students in Years 1 to 4 to participate in the Term 3 swimming program, as it teaches water safety and builds swimming skills. The program will commence in Term 3 and run every Friday afternoon from week 1 - 8. Please complete and return your child's permission form no later than 19th June.



## Cadbury Chocolate Fundraiser



**All money and/or unsold chocolates is  
due back now.**

If you haven't returned your money or chocolates, please do so now.  
Payment can be made by credit card over the phone - just call the office.

*Thank you to all the families who have supported this fundraiser!*





Here are some pictures of the Preps and Juniors commemorating National Reconciliation Week where we learnt about Australian history and the traditional owners of the land we live and learn on, the Boonwurrung people of the South Eastern Kulin Nation.

We explored ways we can 'Be a Voice for Generations' and some of our ideas were:

- to learn about others' culture
- to ask questions and listen to others
- learn about Aboriginal and Torres Strait Islander histories
- take care and look after Country
- say 'sorry' when we make mistakes



J3 also went around the school and picked up two garbage bags of rubbish. We talked about how important it is to care for Country and our school by putting rubbish in the bin and reminding our friends to do the same.



# Empathy

## Neighbourhood Kindness Challenge

(Whole Family Activity)

As a family, **choose an act of kindness from the list below** that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hotbread, or cookies.
- Write a note to put in their letter box thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Offer to do a job for them, like wash their car or water their garden.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.



**Feel free to do more than one** and spread the kindness even further!

**Report back to each other** in one week and share how your **acts of kindness were received**, and how doing them **made you feel**.



This next presentation from [The Resilience Project](https://theresilienceproject.com.au) is all about Empathy and Kindness.

**Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.**

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g. eating brussel sprouts)!

Research shows that practicing empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.



**View Part 3 of the series here**

**Part 3 - Empathy:** <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

Here's an activity to practise empathy and kindness:

Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.

Make a plan for who you are going to gift an act of kindness to, and what you are going to do.

If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.

Follow up with each other in a few days' time, to ask how it went!

Sources: [Psychology Today](https://www.psychologytoday.com), [UC Berkeley](https://www.berkeley.edu), [Greater Good Science](https://www.greaterscience.com). For mental health resources and support information, visit [The Resilience Project's Support Page](https://theresilienceproject.com.au/support).

**EMPATHY** is when we put ourselves in the shoes of others to feel and see as they do.



## Practise

When we practise something enough, it becomes a habit. Here's a habit builder to help you and your family embed empathy in your day, everyday:

**Each day, have each person thank another family member for something they've done or said today, or give another family member a compliment.**



When you do **something kind for someone else** your brain releases **the love hormone, oxytocin**. This makes you feel good too.

## Research & Benefits of Empathy

**80%**

of our **happiness** is derived from friendship, health, work fulfillment, loving relationships, spirituality.

## OXYTOCIN

- increase self esteem and confidence
- raises energy levels
- raises levels of happiness
- creates higher levels of positivity

## SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT (SWPBS)

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.



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

Maheen	P9	Aria	J1	Callum	J2
		Kinza	J2	John	J2
		Abid	J6	Sarah	J2
		Bonnie	M12	Ali Yasir	M12




## Coral Park STARS Awards


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


Mark	P9	For being resilient and trying his best to use his letter/sound knowledge to spell words.
Rose	J1	For her determination in numeracy sessions

# SWPBS in action...

Questions	
<b>Jacob</b> J6	
What chart did you choose?	Yellow chart
What did you do to earn the stickers?	He was resilient when he was sad
What reward did you choose?	Free icy pole for him and a friend
Why did you choose that chart?	He wanted to get an icy pole for him and Abid

Questions	
<b>Amad</b> J6	
What chart did you choose?	Orange chart
What did you do to earn the stickers?	By being respectful
What reward did you choose?	Free icy pole
Why did you choose that chart?	Because orange is my favourite colour

Questions	
<b>Azzalea</b> M13	
What chart did you choose?	Yellow chart
What did you do to earn the stickers?	Finished my work fast and by being respectful
What reward did you choose?	60 minutes on a device
Why did you choose that chart?	Because it had better rewards

Questions	
<b>Abid</b> J6	
What chart did you choose?	Orange chart
What did you do to earn the stickers?	I stayed on task
What reward did you choose?	Icy pole
Why did you choose that chart?	Because it is my favourite colour

SWPBS captains, Raeanne and Kevin visited the classrooms 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.





The City of Casey regularly reviews its school crossing service to identify improvement opportunities to benefit Casey's growing community. While the crossings are operated by Council, the rules around how they operate are set by the *Road Safety Act (1986)* and apply to all crossings across the State.

Council assesses each crossing to track the average number of people that use it, identify those that are rarely used or where there are alternative road safety measures already in place, and consider areas where more resources need to be directed.

The following criteria must be met to qualify as a designated supervised school crossing site under the *Road Safety Act (1986)*:

- School crossings for primary school children – the number of children (minimum 20) multiplied by the number of vehicles in the hour (minimum 100) must exceed 5,000.
- School crossings for secondary school children – the number of children (minimum 20) multiplied by the number of vehicles in the hour (minimum 250) must exceed 25,000.
- Pedestrian operated signals (Including the pedestrian crossings at signalized intersections) – more than 20 primary school children per hour.
- Other crossings – where the Council determines a need for supervision on account of special needs or other factors affecting safety.

A review of the school crossing on Ormond Road near The Parkway, Hampton Park, showed that it does not meet the VicRoads criteria to retain a supervisor at this location. Given the very low pedestrian numbers using this crossing, Council has made the decision to remove the crossing at this location, effective from the end of Term 2, 2023.

The School Crossings Education team, who manages the Safe Around Schools Program, has a range of educational information that can be located at <https://www.casey.vic.gov.au/safe-around-schools>.

**Web:** [casey.vic.gov.au](http://casey.vic.gov.au)  
**Email:** [caseycc@casey.vic.gov.au](mailto:caseycc@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)

**Narre Warren:** Bunjil Place, Patrick Northeast Drive, Narre Warren  
**Cranbourne:** Cranbourne Park Shopping Centre, Cranbourne  
**ABN:** 43 320 295 742







# It is Winter It is wet... Kids love mud!

Please make sure your child has a **spare change of clothes** (including socks and undies) in their bag in case they slip over in the playground or 'accidentally' fall in a puddle.

We have very limited spare uniform in the sickbay, but unfortunately our supply has almost run out.



**We always welcome donations of uniform** your child has outgrown.  
Please wash and **return any borrowed items** as soon as possible.



The canteen is open each Thursday for snacks, lunch orders and over-the-counter sales. Thank you for ordering lunch for your child from the school canteen on Thursdays or allowing them money to buy a snack from school, rather than the milk bar or service station. Your support will help ensure the canteen remains open.

*Check out the menu on our website...*



**School lunches matter.** Children who lack proper nutrition have trouble focusing in school. Research shows that children who eat nutritious meals every day and lead active lifestyles tend to excel.



A good snack and lunch benefits students by providing them with the energy to remain alert during class time. When children don't eat a healthy lunch, it's harder for them to concentrate and focus.

Studies have shown children who eat more fruits, vegetables and protein and fewer calories from fat, perform better on literacy tests compared to children with a high-fat, high-salt diet. Proper nutrition is also tied to better academic performance, so kids who eat unhealthy lunches are more likely to score lower on tests and have a harder time with schoolwork. There are long-term effects too. Not getting



enough essential nutrients at meals may lower kids' IQ scores, memory capacities, fine motor skills, social skills and languages skills into early adulthood and beyond. A child's poor dietary habits can even influence their sleep patterns, which may have an effect on cognitive behaviours and academic abilities. Children who are micronutrient-deficient may exhibit more aggressiveness, less mental endurance and lower intelligence test scores.



*Get kids involved in food preparation as early as possible. This is a life long skill that will support their health and independence in the future. Children can help make their own lunch from the time they start school.*





## Financial Hub

### assistance with budgets and bills plus free threads

#### What will be offer:

- Order brand new free clothes for you and your family
- Energy bills support + debt support
- Get information and support with tenancy and fines
- Build your financial skills and develop long lasting savings habits

**DATES:** Monday, 26 June 2023

**TIME:** 12.00 p.m. to 3.00 p.m.  
(refreshments provided)

**WHERE:** The ParentZone Hub  
75 Army Road Paikemham

To register,  
scan QR code  
or [click here](#)



For bookings & enquiries contact:  
[CECCardinal@anglicarevic.org.au](mailto:CECCardinal@anglicarevic.org.au) or 0457 825 076



Cardinal Commission for Children is funded by the Australian Government Department of Social Services. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.

#### Who will be available:



#### Anglicare Victoria - Energy Assistance Program

The Energy Assistance Program provides support to apply for the \$250 Power Saving Bonus from the Victorian Government and free energy assistance support to: talk to energy retailers and get help with debt, access extra financial support, check and apply eligible concessions to bills, find and move to an affordable energy plan, understand bills and fix possible errors and advice on how to save money by changing the way you use energy around the home. All you need is a copy of your most recent bill.



#### ECHO - No Interest Loans (NILs)

Is a safe alternative to pay day lenders, supported by not-for-profit, Good Shepherd Australia New Zealand. NILs helps parents and carers on low incomes (including Centrelink) to buy school uniforms, laptops, books, and other education essentials with NO interest, NO fees, and NO charges ever. What you borrow with a NILs loan is exactly what you pay back - not a cent more!



#### South East Community Links - Financial Counselling

Financial counsellors are nonjudgmental, qualified professionals who provide information, support and advocacy to people in financial difficulty. Financial counsellors can help you skirt your options and provide information regarding debts and advocate and negotiate with creditors on your behalf. We can support you on the day to access our financial counselling service.



#### Thread Together - online order

Thread Together collects end-of-line brand new stock from fashion retailers around the country. Volunteers sort clothes ready for distribution to people in need through networks of charities and social services agencies. You will be supported in making an order from Thread Together for you, and your family. Orders will be sent to the ParentZone Hub and you will be contacted with your order has come in, ready for collection.



#### Services Australia - Centrelink Access Support

Provide outreach services to families in the following areas: supporting Centrelink customers with access to Centrelink when having concerns, assistance in navigating myGov system, supporting linguistically diverse customers understand and navigate Centrelink and myGov system. Services Australia will not be able to support with routine income reporting on the day.



#### Peninsula Community Legal Centre

Peninsula Community Legal Centre will provide an initial triage and assessment and potential referral into the Centre for further advice/assistance if required. Topics include Tenancy (for people in private rentals, rooming houses & Caravan Parks) & Fines (including WOP). PCCLC is not able to assist consumers with material aid, money or finding a rental property.



#### Good Shepherd - Financial Capability Coaching and Workshops

A financial capability worker can help you build skills and knowledge in managing your money and become more confident about your financial future. The one-on-one coaching service draws on your strengths and is tailored to your needs and may include financial goal and budget setting, changing money behaviours and developing money skills. Workshops are activity-based, interactive sessions that encourage peer support and learning tailored to meet the special needs of the group and may include budget, credit options & debt management, understanding your utilities and the costs of housing.



## Moonlit Sanctuary

the best way to see Aussie animals

### GO WILD THESE SCHOOL HOLIDAYS!

## JUNIOR KEEPER CLUB



#### ENVIRONMENTAL ACTIVITIES, ANIMAL ENCOUNTERS AND NATIVE ANIMAL CARE

Includes interactions with kangaroos, pythons, feeding animals, food prep and animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

#### Winter Holiday Program

Week 1: Monday 26th, Tuesday 27th, Wednesday 28th, Thursday 29th, Friday 30th June

Week 2: Monday 3rd, Tuesday 4th, Wednesday 5th, Thursday 6th, Friday 7th July

Cost: \$99.00 per day | Small groups of 16 | 10:00am start - 3:00pm finish



Moonlit Sanctuary Wildlife Park  
550 Tyabb-Toradale Rd, Pearcedale | Phone 5978 7935  
[www.moonlitsanctuary.com.au](http://www.moonlitsanctuary.com.au)  
Open daily between 10am and 4pm. Keeper Club runs from 10:00am-3:00pm.



## 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)