

PRIMARY

'A GREAT COUNTRY SCHOOL'

NEWSLETTER 3

Term 1...Week 7

Friday 11th of March

P. 53 422252

M. 0448 453 697

 [facebook.com/capeclearps](https://www.facebook.com/capeclearps)

W. www.capeclearps.vic.edu.au

E. cape.clear.ps@education.vic.gov.au

A.1539 Scarsdale-Pitfield Rd. Cape Clear Vic. 3351

CALENDAR

MARCH

Wed 17	Swim/Gym 4-6's
Thur 18	Swim/Gym P-3's
Wed 24	Swim/Gym 4-6's
Thu 25	Swim/Gym P-3's
Tue 23	Seeds for Schools Program 4-6's
Tue 30	Athletics Day - Linton
Wed 31	Earth Ed. Incursion P-3's

SPECIALISTS

Monday	Japanese...2-6's MARC Van...P-6's Maker Space...P-1's
Tuesday	Science...P-6's Chaplaincy Program...P-6's
Wednesday	Chaplaincy Program...P-6's (fortnightly) Art...P-3's
Thursday	Art...4-6's
Friday	Physical Education

2021 TERM DATES

TERM 1:	28 January – 1 April
TERM 2:	19 April – 25 June
TERM 3:	12 July – 17 September
TERM 4:	4 October – 17 December

Throughout the year, there will be Public Holidays and Curriculum Days that take place to allow for teacher professional learning, planning and reporting.

OVERDUE STUDENT INFORMATION

It is vital to the running of the school that we have accurate student information. Can you please return your signed Student Information ASAP to Janet or Peta even if there are no changes.



Cape Clear Primary School was formed on the lands of the Wadawarrung people of the Kulin Nation. We pay our respects to their elders, past, present and emerging. We also acknowledge the First Nations people throughout Victoria.

PRINCIPAL'S REPORT

Dear Parents/Carers,

Not only at Cape Clear Primary School, but across the state of Victoria it is critical to support the three priorities of learning, happy healthy and active kids and connected schools. Absenteeism and late arrivals at school are extremely detrimental to ALL STUDENTS. Late arrivals not only disadvantage student learning time, but interrupt classroom teaching programs that begin at 9.00am. With the interruptions to student face to face learning in 2020 due to remote learning periods, it is crucial that this pattern is rectified to ensure students are able to continue to develop academically, socially and emotionally at school. Regional Department of Education Specialists will be working with schools throughout the year to implement strategies to support families and students to improve these issues. As always, please remember to contact the school mobile phone prior to 8.45am if your child is going to absent from school or arriving late. If your child arrives late to school they must go to the office and receive a 'Late Pass' that they need to give to their classroom teacher. All late arrivals must be documented by law in state schools.

Athletics Day

On Tuesday 30th March our LDSSA sports day will be going ahead, taking place at the Linton oval. The program for the day will be a little different due to COVID restrictions but without a doubt our students will still have the opportunity to take part in a very enjoyable day. Our program will be running in a similar way to that of previous years with all children from prep to grade 6 competing in a sprint, hurdle, relay, long jump, shot put, discus. Some 9–12-year children will do a long distance 800m. High jump will be completed at a school level, with results being announced on the day.

Parents/carers will be allowed to attend under the current COVID restrictions but will be required to record names of all people planning to attend on the note sent home yesterday (please be aware our capacity is limited so please don't add people that won't attend). You will also be required to sign in through a QR code on the day, further information will be included over the coming weeks. Students/spectators will also be required to bring all food for snacks and lunch, along with drink bottles for the entire day as **this year the canteen will not be running.**

We are really looking forward to a day that has always been a highlight of our yearly calendar and although there are some changes this year, we are sure it will not dampen anyone's enthusiasm for a fun filled sports day.



Next Week is Harmony Week. Harmony Week celebrates Australia's Cultural Diversity. It's about inclusiveness, respect and a sense of belonging for everyone. The students will be completing activities next week about being happy with who we are, celebrating our differences and respecting everyone.

Farewell

Today we say farewell to Jessica Williams, one of our valued Education Support Staff at Cape Clear. Jessica has worked at Cape Clear for over 3 years. We would like to thank Jessica for the valuable work she has completed over the years especially with the children she has supported and taught. I would also like to extend our thanks to Jessica for the assistance and help she has provided to staff and our families in our school community. I wish Jessica all the best with her appointment at Sebastopol Primary School.

Regards,
Lachlan Day
Principal

UPCOMING DATES

MARCH

- 22 – School Nurse Preps
 - 23 – Gr.4-6 'SEEDS for SCHOOLS' excursion to ECOLINC Bacchus Marsh.
 - 30 – Athletics – Linton.
 - 31-- P-3 EARTH ED incursion 'Picture Book STEM'
- ### MAY
- 4 – Gr.4-6 'EARTH ED' excursion Exploration at Mt. Buninyong.
 - 25 – Gr.4-6 ECOLINC 'SEEDS for SCHOOLS' Incursion.
 - 25 – Gr.P-3 ECOLINC 'Who's Living in the Compost Patch?' Incursion.

JUNE

- 14 – Queens Birthday Public Holiday

JULY

- 22 – Gr.P-3 'EARTH ED' Dash Robot incursion
- 22 – Gr.4-6 'EARTH ED' Maths with Dash /Sphero Incursion

OCTOBER

- 11 – Gr.4-6 'EARTH ED' "Exploring Energy" Webinar.

SCIENCE: Term 1

P/3 Science

In Science, the Prep/3's have been learning about reusing and recycling.

Reusing is much better than throwing items away. Others can often enjoy and benefit from our unwanted items.

We would like to encourage ALL students to bring a book/s from home (in good condition) that they may no longer wish to read or have grown out of. They will be given the opportunity to swap their book for a book brought by another student.

Instead of having books at home that are not being read, bring them to school, swap and keep the reading happening.

Give old books a new home!

We look forward to our Book Swap Day at the beginning of Term 2

I am also collecting plastic 2 or 3 litre milk bottles (with lids).

Thank you in advance for your help and support.
Trish Mellusco.

SCHOOL MOBILE PHONE -0448 453 697

Our mobile phone is being used for attendance, excursions and camp. The phone will be taken on all excursions and camps.

If your child is absent from school, you are required to text or phone the mobile phone by 8:45am.

You can ring or text this mobile from 8:00am to 5:00pm each weekday.

If you have an unexplained absence, the school is required by law to call parents/guardians to approve the absence.

If you are running late for collecting your children, please remember to leave a message on the school phone or on the school mobile phone.

This will ensure all staff are aware of the change of arrangements and all children make their way home safely after school.

Thanks in advance for your cooperation.

CHAPLAIN'S CHAT...

THE POWER OF 'ONE' ...

One tree can start a forest,

One spark can start a fire,

One smile can begin a friendship,

One candle can wipe out darkness,

One laugh can conquer gloom,

One hope can raise your spirits,

One touch can show you care,

One hand can lift a soul,

*One life can make the difference...**be that ONE today.***

Have a great week everyone!

Blessings,

Julie McDowell...Chaplain.

HOME READERS & DIARIES

We are asking parents/guardians to please sign the home readers and diaries. Thanks.

FOOD ALLERGY INFO

Just a reminder that nuts (including products that include nuts e.g. Peanut Butter, Nutella) and kiwi fruit are not to be sent to school. Thanks for your cooperation.

SCHOOL LUNCH ORDERS

If you want your child to have an order, they **need** to be at school on **Thursday morning**, with your child's name, order clearly written and **correct** money enclosed in/on an envelope.

The lunch orders will be delivered to school on **Friday** of each week throughout Term 1 due to Swim and Gym.

CAPE CLEAR PRIMARY SCHOOL FACEBOOK

Keep checking Facebook regularly for updates regarding our learning, reminders about notes, excursions etc and continue to invite friends and family to join as members. Sharing all the great things that happen within our school is a sure fire way to promote ourselves in the community to prospective parents.

CAPE CLEAR PRIMARY SCHOOL WEBSITE

Make sure you check out the Cape Clear Primary School webpage. It is being updated all the time and has a lot of information about our school.

Website - www.capeclearps.vic.edu.au

**PRINCIPAL,
LACHLAN DAY.**



The advertisement features the Phoenix P-12 Community College logo on the left, which includes a stylized 'P' and 'C' with a star. To the right, the text 'VIRTUAL TOUR 2021' is displayed in large, bold, purple and yellow letters. Below this, a purple box contains the text: 'Parents and prospective students are warmly invited to enjoy a **Virtual Tour** of Phoenix P-12 Community College, via our website at www.phoenix.vic.edu.au'. A white box below that states: 'Due to COVID-19 restrictions, in 2021 the College Information Evening has been replaced with an online Virtual School Tour. Small School Tours are also available and must be booked through the College Office on 5329 3293.' At the bottom, the college's motto 'In Knowledge there is Opportunity' is written in a yellow script font, followed by the address 'Hertford Street, Sebastopol' and the website 'www.phoenix.vic.edu.au'.

The City of Ballarat Youth Services and BADAC invite all members of the Community to our:

Intercultural Youth Gathering

A Celebration of Ballarat's Young People and Intercultural Diversity through Music, Song & Dance.

Guest Appearance
Mitch Tambo

March 26th
3:30pm - 6:30pm
View Point, Lake Wendouree

HARMONY FEST BALLARAT

Featuring Young Performers, Emerging Artists, Diverse Cultures. Food available to purchase. This is an Alcohol, Drug and Smoke Free Event.

SPL SKATE PARK LEAGUES | Y | S | V | M | W | YOUTH PLAINS YOUTH

VICTORIA 2021 WESTERN REGIONAL SERIES

SMYTHESDALE SKATE PARK COMP

Saturday 20th March



11:00AM SCOOT
12:30PM BMX
1:30PM SKATE

SCOOT LESSONS

9:00AM & 10:00AM
Scooters & helmets provided. Please bring your own if you can.

55 Heales St, Smythesdale
Free entry, all abilities welcome
**Please bring your own helmet. Competitors must wear helmet during runs.*

Enrol on the day or online at skateparkleagues.com @skateparkleagues




7 ways to respond to YOUR CHILD'S NEGATIVE SELF-TALK

by Big Life Journal


1 ACKNOWLEDGE THE FEELING, NOT THE WORDS

If you can search out what your child is feeling, and name it, you can help your child to both identify what's actually bothering him and begin to separate that problem from his own self-worth.




2 USE HUMOR TO HELP THEM SEE THINGS DIFFERENTLY

Role-playing a situation, using the funniest possible circumstance. For example, if your child is worried about going to a school party, you can get dressed up in fun and silly outfits and then come back and tackle the problem as a cowboy, doctor, or puppy.



3 USE SPECIFIC PRAISE TO SHOW YOUR CHILD HOW GREAT THEY'RE DOING

Praising a child's efforts is one of the best ways to focus both your and your child's attention on the problem-solving tools they are using to get through a situation. By telling your child what you noticed about his efforts or attitude, you're allowing him to connect his own positivity to the situation.



4 TALK OPENLY ABOUT NEGATIVE SELF-TALK

Realize that negative self-talk is often a symptom of fear, and share that realization with your child. Think together about what your child might be afraid of when she says things like, "I'm dumb." By addressing the fear of being unintelligent, you can help your child to find useful strategies to deal with it.



5 TALK ABOUT HAVING A GROWTH MINDSET

Practice a growth mindset by being resilient and pressing forward on a long-term goal relentlessly. Let them see you make mistakes in reaching this goal while never losing sight of the end. Answer their questions about your next steps, and celebrate your successes with them.



6 DISCUSS YOUR "BEST FAILURES"

Ask everyone at the dinner table to share something they failed at that day. Empathize with each other openly and celebrate the combined learning that your family is achieving every day, despite setbacks and failures.



7 CREATE AN AFFECTIONATE, WELCOMING HOME

When you give your children a strong base to return to, they're able to explore and experiment because they accept that they'll be loved no matter the results of their efforts.



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