



Newsletter 14
Term 3, Week 9
08/09/23

Cape Clear Primary School

PRINCIPAL'S MESSAGE

Hello Everyone,

Wasn't last Friday a great morning. It was so pleasing to see so many people come in to enjoy breakfast with the kids. Thanks to all of you who made the time. You could see how much the kids enjoyed the morning. Again, another big thank you to Mrs Murphy for the cook up and Jessica our Chaplain for the extra hands on the day.

HAPPY BIRTHDAY to Hunter (Tuesday 5th) and Ned (Sunday 10th) who have birthdays this week. We enjoyed sharing in some delicious birthday treats. We hope you both have a great day.

With the refurbishment almost complete, next week we hope to be handed back the administration building. This is exciting with many of our current spaces cluttered with admin resources and staff not having appropriate spaces for meetings and targeted intervention programs. I really appreciate the patience of staff and students throughout this whole process. We still have the roof of the Grade 4-6 Classroom to be worked on however this project is quite complex and will take some more time to work out the best approach to repair it.

Thanks to the staff and students for a great Term 3. One week left and then holidays. Hopefully we see a few of you Monday at our last assembly for the term and we look forward to some fun on our last day with the annual 'Footy Colours Day'.

Have a great weekend.

Lynly Doherty

Respect
Confidence
Commitment
Responsibility

DATES TO REMEMBER

SEPTEMBER

Thursday 5th

-Happy Birthday Hunter

Wednesday 6th

-Final Swim and Gym session

Sunday 10th

-Happy Birthday Ned

Thursday 14th

-RUOK Day (**wear a splash of yellow**)

Friday 15th

-Footy Colours Day
-Last Day of Term (2:30pm finish)

OCTOBER

Monday 2nd

-Term 4 Starts

2023 TERM DATES

TERM 1: 30 January – 6 April

TERM 2: 24 April – 23 June

TERM 3: 10 July – 15 September

TERM 4: 2 October – 20 December

Learning Updates

Last week, the junior class completed an investigation about triangles in Maths. They were asked to see how many different shapes they could make using just four isosceles triangles. It was great listening to all of the amazing conversations that they were all having about their shapes and seeing some of the great ideas being added to our class display.



Grades 4-6



My Experience at Mt Elephant

On Tuesday the 29th of August, my class and I went to Mt Elephant to learn about the historic volcano. We left the school at 9:20 and got there at about 10:00. When we got there we went straight into the visitors centre to have recess. After we ate we got told all about some of the rocks and gems we may find. Not long after we had a chat we set off to the crater. On the way to the crater we had a challenge - who could find the most pyroxene while we made our way to the crater.

Once we got to the crater we walked up a freshly dug out path. They had to redo it because a little old lady rolled down to the bottom of the crater and broke her leg in two spots as well as her hip. We made it to the end of that path and went up a really steep path. At the top we nearly blew off the top of the volcano. We slowly and safely made our way back to the visitor centre where we had lunch and set off for home. I absolutely 100,000% loved it. **JM**

On Tuesday the 29th of August the 3/6s went on an excursion to Mt Elephant. We were then greeted by Chris and Jacq. Everyone eagerly stuck their hands up for walking up the volcano. When we started we stopped and tried to find pyroxene rocks. Then we went to the crater - it was 90 metres deep! Then Chris told us a story of an old lady that fell down a hill and broke her leg but was fine. Then we walked up the extremely steep 2km high part of the mountain. It was extremely windy and rainy. It felt like it was going to push me off. When got up there I was being pelted in the face by rain. Then we started the descent down. When we got down we had lunch and left. **KP**

At 9:30 am we left on the bus to Mt Elephant. It took 30 minutes to get there. So we had recess at the visitor centre then climbed the mountain. When we got to the crater we climbed even higher to where it was very windy. Chris, Oliver B and Oliver M all were on the side where there was no wind, but I was too scared so I walked back down and went back to Shelby, Harry and Jacq. When all of us got back to the crater most people went up to the trig point and the rest came back down to the base and ate lunch while waiting for the other kids. When they got back we left back to school. **HM**

Once we got to the mountain we met Chris and Jacq our tour guides. Chris showed us all the different types of rock that are on the mountain. On the way up the mountain we all collected black gem stones. Once we got the top it got slightly windy. Once we climbed the really steep part it was so windy we had to head back down, then we decided to go somewhere else. When we got back down the mountain we grabbed our bags and thanked the tour guides then headed back to school. **WG**

Wellbeing Update



Outside School Hours Care

OSH Club has continued to experiment with a range of science activities this term as well as learning to play some music on the keyboard. Kids have enjoyed cooking up sushi and other delights throughout the week. Making a bot robot and adventure to Mars kept the interests of all.



Chaplain's Word

Encouraging Group work

For chaplaincy we have been doing group sessions which emphasise teamwork, and social skills; like how we speak to one another. A few weeks ago we completed a group project of an excavator. This excavator was challenging, and doing it with more than one person helped to reignite a desire to complete the project. When someone would get tired and decide to stop, the next person would pick up the challenge where they left off. As the children went to each session they would see a little bit more of the project completed. If they had done it individually it probably would not have ever been finished, however doing it together they saw a great outcome.

We have also been doing group games where I use small reminders of how to speak to one another in a competitive environment, like still using respectful speech when we are passionate or frustrated. There are so many benefits to group work which we are continuing to see.

Well done Cape Clear Kids!



How to ask a friend if they're OK



We all have good and bad days

But did you know young people are **most likely** to talk to friends or family members as the first step in seeking support when they're struggling.

Asking a friend how they're going could be the first step in getting them the help they need.



You're not expected to fix someone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell a trusted adult if you're worried about them.



Learn how to ask a friend R U OK? in this guide



When to ask R U OK?

These are some of the signs or changes that can indicate a friend might need some support.

You might notice that they:

- Withdraw from their friends or their family.
- Lash out at people and get angry or upset easily, including towards the people they care about.
- Cry or become emotional.
- Lose interest in activities and things they usually love.
- Have changed their sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (like in the middle of the day).
- They could be eating more than usual, or less.



The most important thing is to trust your gut. If you notice a change or just feel that something's not quite right with your mate, take the time to ask, "are you OK?"

Before you ask R U OK?

- Make sure you're in a good headspace, so you're not distracted or stressed.
- To help them feel comfortable opening up, find a time and place that works for you both.



For more tips visit ruok.org.au

RUOK?

A conversation could change a life.



1. Ask R U OK?

- Be yourself, be genuine and start the conversation in a way that feels right for you and your friendship with them. You don't need to dive into the heavy stuff straight away. You might start by talking about general stuff. When you're ready to ask them how they're going you could ask something like:



How are you?

I'm here for you if there's anything going on you want to talk about?

My week's been rough. How was yours?

How are things going at home/ school/university/TAFE/work?

- It can help to make an observation about a change you've noticed:

You seem pretty tired. What's been going on?

I haven't seen you around as much lately. How have you been?

It's not like you to react that way. Is there anything going on for you?

- Sometimes it takes a while for someone to feel ready to open up. If they're not ready to talk, give them some time, and if there's an opportunity that feels right then ask them again.
- If they don't want to talk let them know you're always ready to listen or ask if there's someone else they'd be more comfortable chatting to.



2. Listen

- Listening with an open mind and not judging shows your friend that you're there for them and helps them feel safe being honest with you.
 - If there's silence, try and sit patiently with it. When someone's sharing for the first time it can take time for them to find the right words.
 - You can show you're listening through eye contact and nodding at what they're saying.
 - Asking open ended questions can help them open up.
- You could ask:**

How are you handling all of that?

Have you been feeling this way for a while?

What's been the hardest thing for you?



4. Check in

- Remember to check in a few days later to see how your friend is doing.
- Ask how they're going and if they've found a better way to manage the situation. They may not have taken any steps yet as it can take time for someone to be ready to get help. Be positive about the role of professionals and accessing support in managing tough times.
- It's important to stay in touch and show them you've got their back. Your ongoing care and support can make a difference.

3. Encourage action

- Things that could help include talking to a family member, friend or trusted adult or connecting with a health professional or support service.
- You could say:**

"What do you think might help you right now?"

"What can I do to help you?"

"Have you talked to anyone else about this? It's great you've opened up to me, but it might be good to get advice and support from a health professional."

"Your doctor can actually help you with this stuff. I can go along with you, if you want?"

"Did you know that you can get free and confidential support online or over the phone from places like Kids Helpline and ReachOut.Com? These services are confidential and can help you figure out what's going on for you and where you can find the right support. If you're looking for some face-to-face support I've heard headspace is great."



Useful contacts for someone who's not OK

Kids Helpline
1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5-25.

headspace
headspace.org.au

Support and information for young people 12-25 for mental health and what's going on in their life.

ReachOut.COM
au.reachout.com

Help with tough times for 14-25 year olds and their parents.





Woody Yaloak Scarsdale Campus

Monday, 18th September to Friday, 29th September 2023

NOTICE - ALLERGY - Please ensure all food is nut free

EXCURSION **EXCURSION**

Monday 18 September

ZOMBIE PARTY

IN-SERVICE
It's time to party! Come dressed in your spookiest costumes as we have a frighteningly good time dancing and playing with our friends!
Get spooky at OSH with icy slime, a game of zombie tag, and take out the enemy with your zombie catapult!



Monday 23 September

AUSSIE ART ATTACK!

IN-SERVICE
Get your paintbrush and canvas ready! Discover the talents of Aussie Artists and learn incredible new skills.
Gather natural materials to make an Aussie animal, play around in splat art and make a textured painting!



Tuesday 19 September

PAPER CREATION DAY

IN-SERVICE
So many things can be made from a little piece of paper. Many of the things we create today will be made only of paper.
Race to build the longest paper chain, make your own paper, and enter your aeroplane in the competition!



Tuesday 26 September

SUPERHEROES UNITE

INCLUSION - FOOTBALL AUSTRALIA
Wear your favourite sports colour as you show your skills and participate in a fun football skills and friendly game session.



Wednesday 20 September

PET PARTY

IN-SERVICE
Do you love pets? Then you'll love today's Pet Party, where we'll be celebrating all our hairy, furry, scaly and fluffy friends!
DIY your own collar, make a pet carrier and take home your new pet rock! What will its name be?



Wednesday 27 September

MINI INVENTORS

IN-SERVICE
Ever dreamed of being an inventor? Today's your chance, with all the tools you need to bring your creative ideas to life!
Get your thinking cap as we design our own puppets, make a box vehicle and drop eggs from various heights!



Thursday 21 September

OLD SCHOOL HTS

EXCLUSION - EXTREME BOUNCE
Take it to the Xtreme limits today as you bounce, dodge and challenge your friends on the battle beam.



Thursday 28 September

JURASSIC GARDEN

IN-SERVICE
Become a paleontologist today as we look into the world of fossils and take an adventure into our own Jurassic Garden.
Play Tag like a T-rex, stomp like a dinosaur to create some art, and hatch some fizzy dinosaur eggs!



Friday 22 September

LEFT IT GROW

INCLUSION - SELF GUIDED DIY GREENHOUSE AND GROW
Grow your own garden and reap what you sow! Today we will construct a mini greenhouse for you to plant in and keep.



Friday 28 September

PUBLIC HOLIDAY

SERVICE CLOSED



Junior Adventures Group continues to pioneer the OSHC sector, building stronger communities and brighter futures for more than 70,000 children, 50,000 families and more than 450 schools across Australia.

Our Values

- Considerate - Be there for others
- Passionate - Bring energy and determination
- Courageous - Challenge ourselves

The values we share guide our behaviour as we work towards our vision to build brighter futures together.



What we offer

- A healthy, safe, respectful and engaging environment
- Caring, enthusiastic, fun and friendly team
- New and popular excursions, Inclusions and theme days
- Stimulating experiences tailored to children's interests, abilities and current trends
- OSHClub endeavour to link each fun experience to key learning outcomes

We are a child safe organisation



What Does My Child Bring?

Please bring breakfast, morning tea, lunch, afternoon tea and a refillable drink bottle. If bringing food please make sure it's nutritious and doesn't require heating or cooking.
Please be mindful of the planned excursion/excursion and ensure your children are dressed appropriately. Don't forget your sun smart hat, comfortable clothes, enclosed shoes and a drink bottle.
To avoid loss or disappointment, please leave your valuables, money and electronic toys (including tablets and smartphones) at home.



Healthy Eating

OSHClub follows the Australian dietary guidelines for children. For more information visit <https://www.eatforhealth.gov.au>

Activity Changes

If an excursion or inclusion (if applicable) is cancelled, an alternate activity of equal value will be provided where possible.



Before making your booking & cancellations

Enrol your child with OSHClub prior to booking via our online booking system. Bookings are held on hold for 14 days before the session commences. To make a booking after this time, please contact our Customer Experience team on 1300 395 735. Late bookings will incur an additional \$4.00 fee. To avoid any out of pocket costs, cancellations must be made at least 7 days before the session commences. Cancellations within this period will incur the full fee, less any applicable CCS.

Child care subsidy

All our services are CCS approved. To find a participating provider, please contact the Centrelink Family Line on 13 61 50. CCS is applicable to both the base fee and additional inclusion and excursion surcharges.

Children with additional needs

We support all children including children with additional needs. If you would like to provide additional information about your child and his/her needs or require inclusion support funding, please contact us 6 weeks prior to program commencement on 0428 539 330 for staffing purposes.

Book now at oshclub.com.au | be quick as places are limited

Customer Service 1300 395 735

'SUPERCHARGED URBAN CIRCUS'
 ★★★★★
 SCENESTR

360 ALLSTARS

THE WORLDWIDE SMASH HIT

**SATURDAY 16TH SEPTEMBER
 CIVIC HALL BALLARAT**

BOX OFFICE 5333 5888
hermaj.com

SEEN BY OVER 1 MILLION PEOPLE WORLDWIDE!

360 ALLSTARS

BMX, BASKETBALL, BREAKDANCING, BEATBOXING, ACROBATICS & DRUMMING!
 The worldwide smash hit returns!

A phenomenal physical performance exploring all forms of rotation, 360 ALLSTARS connects the street with the elite to deliver a supercharged urban circus. Boasting a stellar international cast of World Champion and World Record holding athletes and artists, 360 ALLSTARS is a spectacular fusion of the extraordinary artistry that emerges from street culture.

BLINDINGLY TALENTED
 ★★★★★ BROADWAY BABY

DESTINED TO BE A SELL-OUT
 ★★★★★ TV BOMB

ONYX

DELACOMBE CRICKET CLUB

Cricket Blast-
 Ages 6 - 10 yrs old
 8 week Program
 available 9/10/23 -
 27/11/23

CRICKET AUSTRALIA

SUPPORT YOUR LOCAL TEAM!

PLAY CRICKET

JUNIOR MEMBERSHIP IS FREE!

VRI Delacombe Cricket Club are looking for players of all ages!
 Junior players 9 to 17 years old.
 Seniors players of all abilities, Att: Jordan Wilkes
 Please email - vridcc@gmail.com for more details

Adroit
 Insurance & Risk

MINERS JUNIOR CAMPS

MEET AND LEARN FROM ALL YOUR FAVOURITE BALLARAT MINERS PLAYERS

Register now and be a part of all the fun

BALLARATBASKETBALL.COM





Cape Clear Primary School was formed on the lands of the Wathawurrung people of the Kulin Nation. We pay our respects to their elders; past, present and emerging.