

Newsletter 16
Term 4, Week 8
25/11/22

Cape Clear Primary School

PRINCIPAL'S MESSAGE

Hello Families,

Happy birthday to Ruby who celebrated her 12 birthday on Friday. We are really proud of the young person Ruby is and how she represents herself and Cape Clear Primary in such a positive way. We wish you the happiest of birthdays Ruby.

Thank you to Patty, our School Council President for organising our special lunch orders Wednesday last week. Many students took up the offer of a ham and salad roll and juice box.

Today our families will be receiving School Council approved Parent Payment Letters for 2023. Our curriculum contribution fees will *remain* at \$200.00 per student and includes all curriculum materials, excursions and camps that will be provided to your child in 2023. Please review this, as it provides clear guidance regarding all payments for your child. Payments are welcome from today. 2023 CSEF (*Camps, Sports and Excursions Fund*) can be allocated towards the payment (*if eligible*), regular direct deposit payments can be made or you can contact Peta (Thursdays) in the office to discuss alternative payment arrangements. We appreciate your support.

Finally - last week the students and school community were informed that one of our long standing teachers - Trish Mellusco will be taking 12 months leave in 2023 and moving to Tasmania. The students were very sad to hear Trish will be leaving us but we know this is an exciting time for Trish and her husband John. Trish will finish up a couple of weeks early and her last day will be this Thursday, 1st of December. We will have a special assembly Thursday at 9:15am. On behalf of the staff, students and school community, we wish Trish and John all the very best for this exciting time.

Have a great week,

Lynly Doherty

Principal

Respect
Confidence
Commitment
Responsibility

DATES TO REMEMBER

NOVEMBER

Tuesday 29th
-Foundation Transition Morning
9am-11am

DECEMBER

Thursday 1st
-Assembly 9:15am
-Mrs Mellusco's Last Day

Monday 5th
-Adventure Park, Geelong (F-6)

Tuesday 6th
-Foundation Transition Morning
9am-11am

Thursday 8th
-Christmas Celebration
5:30pm start

Tuesday 13th
-Whole School Transition Day

Wednesday 14th
-Regent Theatre Movie Day (F-6)

Friday 16th
-Assembly

Monday 19th
-Staff First Aid Training
(Student Free Day)

Tuesday 20th
-Last Day of Term 4 (1:30pm finish)

2022 TERM DATES

TERM 1: 28 January – 8 April

TERM 2: 26 April – 24 June

TERM 3: 11 July – 16 September

TERM 4: 3 October – 20 December

Classroom Update

3/6 Literacy

We have been learning about life on a convict ship. We have used our senses and feelings to create these descriptive pieces of writing titled, 'My Life as a Convict / officer on a Convict Ship'. Life was far from pleasant for both officers and convicts. Here are two examples of our writing.

My Life as an Officer on a Convict Ship by Hunter

Hi, I'm Hunter and I am an officer on a convict ship. Currently, it is sunny outside and the convicts are loving life. But then dark, stormy clouds arise to tower over the ship full of convicts and officers.

We push the convicts down into the foul, cramped holds. You can barely hear the swearing, fighting and yelling over the heavy rain and crackling thunder.

Then we had to chain the convicts up so they didn't kill each other. We have to try and get some sleep because the convicts are screaming, groaning and complaining all night.

Therefore I have no mercy on them. I just do my job. We serve them disgusting salt pork, dirty water, mouldy bread and worst of all the salt beef covered in furry mould.

My Life as an Officer on a Convict Ship by Ash

Hello, I'm Hazel and I'm going to tell you about a 'wonderful' place with a bunch of whiny little brats.

Never mind, the point is that I hate my job and I'd rather live a horrible life; oh wait, it WOULD BE THE EXACT SAME.

The only good part about my job is hearing their screams, but it still sucks; the little brats! They CONSTANTLY beg for food when I'm trying to sleep. It's soooooo annoying, not to mention the rodents scuttering at night scavenging for food. At this point, I might just not go to bed. It's not like I'm going to sleep anyway.

Art

This week in Art we experimented by making our own scratch art templates. To create our scratch art we coloured in the background of our paper using oil pastels and then painted over the top using a mix of black paint and some dishwashing liquid. After letting them dry we chose a theme such as underwater, Christmas or a landscape and we scratched our ideas into our artwork using skewers.



Cape Clear Primary School—Christmas Hamper



Thank you to those who have made donations towards our school Christmas hamper. We will be raffling off the hampers at the end of the year with prizes drawn at our end of year Christmas Celebration. Mince pies, Christmas puddings, chocolates, biscuits, crackers, fudge, jams, chutney, small trinkets, tree decorations etc are all suitable items. We

really appreciate your support. Raffle tickets have been sent home—If you require more, please contact the front office

**please note—we cannot accept home made food unless clearly labelled with ingredients*

Marc Van Reminder

It is now that time of year when we start returning any borrowed books from the MARC Van. Can all families please have a look at home and check for any borrowed books and return them to school as soon as possible. There will be no borrowing from the MARC Van after 1st of December. Thank you in advance.

- Mrs Munson



WALK ON COUNTRY

Council invites the community to join proud Wadawurrung man Barry Gilson as he shares stories about country, connection to the land and the local history of first nations people.

Date: Saturday 26 November
Time: 9.30 - 11.30am
Place: Meet at the Meredith Truck stop
Transport: Available from Bannockburn

Morning tea provided
***BYO water bottle**

Registration is essential. To book, contact Council's Youth team:
e: youth@gplains.vic.gov.au
p: 5220 7196

Golden Plains Youth



COMMUNITY CHRISTMAS PARTY

SUN 11TH DEC

11am - 2pm
Rokewood Rec Reserve

FACEPAINTING & GIANT BUBBLES
COFFEE VAN | MILKSHAKES
BBQ LUNCH | FAIRY FLOSS
GIVEAWAYS & GIFTS
PHOTOS WITH SANTA | JUMPING CASTLE
+ MORE

Golden Plains
WIND FARM MANAGEMENT PTY LTD



Register here





Cape Clear Fundraiser

This year we are partnering with Routley's Bakery to raise funds for our school. When you order through their website (<https://fundraising.routleysbakery.com.au>) 25% of your order total goes directly back to our school. When ordering, at checkout select Cape Clear Primary School. Orders can be made up until Tuesday 6th of Dec. (Delivery will be made to school that week).

Mental Health and Wellbeing


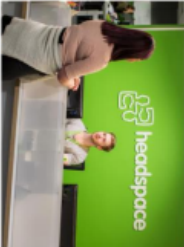




As we move closer to the end of the year, many exciting events are happening across our school. It is also an incredibly busy time for the whole community and a time when families *can be* quite vulnerable. Attached to our newsletter this week is a flyer outlining supports available through Headspace. Please utilise these supports should you need individual support and/or Family/Carer support. As always, If you have anything you wish to discuss or support with, in which I can help, please don't hesitate to contact me.



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.

		
Local Supports: All have current availability Also checkout Home Ballarat Mental Health Support		
		
Mental Health and Wellbeing Hub Coorinda – 10 Learmonth Road, Wendouree PH: 5338 4500 We offer: <ul style="list-style-type: none"> • Service Navigation • Individual support • Family/Carer support • After Hours appointments 	headspace Ballarat 28 Camp Street Ballarat (03)5304 4777 info@headspaceballarat.org.au headspace Ballarat has immediate walk in appointments available from 1-4:30pm every day. We offer parent sessions and secondary consults to professionals. Services are provided to suit the needs of the young person - face-to-face, telehealth and phone consults can be arranged. eheadspace is available after hours We do not offer crisis management, all young people who require immediate care or Risk Assessments should be directed to attend A&E or call 000	headspace Digital Services offer: <ul style="list-style-type: none"> • One on one support for young people via phone or chat Calling is the fastest way to connect with a clinician Available 9am-1am AEST every day 1800 650 890 <ul style="list-style-type: none"> • To access chat online go to click this link https://headspace.org.au/online-and-phone-support/connect-with-us/talk-about-mental-health/ • Available 9am-1am AEST every day We also offer group chats where: <ul style="list-style-type: none"> • young people can chat to other young people • parents and carers can chat with each other https://headspace.org.au/online-and-phone-support/join-the-community/
Head to Health Call 1800 595 212	12-25 years	12-25 years Parents and Carers
All ages		





Ballarat parent/carer information session: supporting the mental health of young people experiencing grief and loss

headspace National are hosting an information session for parents and carers in the Ballarat community

This session will cover:

- Understanding the grief and loss responses of young people
- Build skills and strategies to support young people and their mental health
- Signs that may indicate your young person is at risk
- Intentional self-compassion, and looking after yourself
- Accessing additional mental health support services.

When:
Monday 28th November 2022,
6:30 pm – 7:30 pm AEDT

Where:
Online via Zoom.

How do I register?
[Click here](#) to register via Eventbrite, by selecting a suitable session, or copy the URL below into your web browser: <https://www.eventbrite.com.au/e/ballarat-parent-carer-information-session-tickets-444444444444>

All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:
For more information email: programsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

NOTICE - ALLERGY - Please ensure all food is nut free

EXCURSION

INCURSION

Monday 16 January

NEW YEAR, NEW ME

IN-SERVICE

It's a brand New Year. Join us as we kickstart the new year with a bang!

It's celebration time! Make incredible time capsules, confetti poppers, firework art and make instant hot ice.



Monday 23 January

COMIC BOOK HERO

IN-SERVICE

Who is your comic book hero? Come dressed in your favourite character as we explore the world of comics and cartooning.

Make super hero masks and flip comic books. Compete in superhero dodgeball tournament and comic book quiz.



Tuesday 17 January

COLOUR SCIENCE

IN-SERVICE

We will transform into a science lab bursting with colour today as we experiment with all the colours of the rainbow.

Experiments include: texta tie-dye, rainbow density experiment, colour mixing spinning top & chalkboard slime.



Tuesday 24 January

JUNGLE JITTERS

INCURSION - SELF GUIDED DIY BIRD HOUSE

Get creative while learning to use wood work tools safely and build a bird house for your garden.



Wednesday 18 January

IN + \$15.00

CRAZY CONSTRUCTION

INCURSION - SELF GUIDED TIE DYE SLING BAGS

Today you will create your own tie dye sling bag in bold and bright colours! Get groovy, and do some tie dye that will make you happy! Let's get colourful!



Wednesday 25 January

HAWAIIAN LUAU

IN-SERVICE

Aloha! Get set to head to our tropical island paradise of fun. There will be beach-inspired games, music and activities!

Join hula hoop chain race! We will be limbo, dancing & baking pizzas.



Thursday 19 January

OLD TOWN ROAD

IN-SERVICE

Welcome to the Wild, Wild West! We are off to a different time and land of cowboys, miners and horses. Saddle up for an adventure!

Create wanted posters. How many tin cans can you knock down? Mine for gems and enjoy a balloon stampede.



Thursday 26 January

PUBLIC HOLIDAY

SERVICE CLOSED



Friday 20 January

SUMMER COOKOUT

IN-SERVICE

Bring your chef hat and show off your culinary skills as we cook up a storm!

Activate your BBQ skills. Make delicious kebabs and jelly cups. Have fun in our water balloon games.



Friday 27 January

PIRATES OF THE OSHC

IN-SERVICE

Ahoy there matey! Dress up as a swashbuckling pirate today for a treasure-hunting adventure on the high seas! Don't walk the plank though...

Make exploding cannonballs, Hard Tack and 'meat', jewellery and treasure chests. Join our Treasure hunt!



Mon - Fri 7:00am - 6:00pm
Woody Yaloak Scarsdale Campus - 0428 539 330
Pitfield Road Scarsdale VIC 3351

Daily price: \$65.00 | Excursions and incursions are an additional cost to the daily fee and are charged for each child that attends whether they choose to participate or not.

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

Customer Service 1300 395 735