



Newsletter 19
Term 4, Week 9
1/12/23

Cape Clear Primary School

PRINCIPAL'S MESSAGE

Hello Everyone,

And welcome to December! Scary thought I know.

Students and staff have been working hard in the classroom to finish off assessments and formal learning for the year. Preparation has begun for our Christmas Celebration next Thursday. As always this is a fun evening where we acknowledge the wonderful efforts of our students and school community and celebrate our graduating Grade 6 students. We may even hear a Christmas carol or two.

We are excited once again to have an end of year raffle, with some excellent prizes once again donated. Thank you to those staff and families who have donated an item. Tickets are due back by Thursday please.

As you can see in our events calendar, we still have 5 excursions organised for the remainder of the year. Please ensure notes are signed and returned so your child doesn't miss out.

This week our 2024 Parent Payment plans go home to families who will be with us in 2024. Parent Payment Arrangements for 2024 have been discussed and approved by School Council at our last meeting. Please read over these carefully and make sure you understand the changes. Of note that Curriculum Contributions remain voluntary, Extra-Curricular Items and activities will be 'pay as you go'. There is more information in the plans which have gone home this week.

There are some great resources included in the newsletter this week for those who may be experiencing feelings of stress and anxiety at this time of the year. It can be a challenge to live up to the pressures society put on the holiday season. If you or someone you know are struggling, please reach out. There is support available.

Have a great weekend,

Lynly Doherty
Principal

Respect
Confidence
Commitment
Responsibility

DATES TO REMEMBER

DECEMBER

Monday 4th

-Grade 6 Big Day Out

Thursday 7th

-Christmas Picnic 5:00pm

Friday 8th

-Mini Golf Excursion 4-6

Monday 11th

-Bounce Excursion F-3

Tuesday 12th

-State Wide Transition Day

Wednesday 13th

-Whole school fishing day

Thursday 14th

-Whole School Movies Excursion

Wednesday 20th

-Last Day Term 4 (1:30pm finish)

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

Grade F-3

Last week we were lucky enough to have a visit from Healthy Harold from the Life Education Van. During this session the junior students were learning all about what to do in an emergency. We focused on important safety messages, considered what is and is not an emergency and how to call 000 if needed. We watched a video about a character called Boots who twists her ankle and Harold who goes through the right steps, teaching students to know what to do if there's an accident. We then discussed the different ways we can stay safe in the community and why certain rules may be in place at a variety of different settings.



Learning Updates

Grade 4-6

The students have been enjoying several excursions and incursions lately that have really engaged them and enhanced their learning. Last week the senior class participated in a Hand Brake Turn Mobile program where they had the opportunity to work on a training vehicle by jacking up the car, changing tyres, checking oil and learning about the parts in a car and how these parts work. They also participated in an exciting and educational Mad About Science program. In this program the students experienced toilet paper flying using Bernoulli's principle, made super static electricity using a Van de Graaff Generator, saw giant smoke vortices and learned about the fire triangle and how flour can burn under the right conditions. It was a fantastic morning and we were pleased to host the senior students from Linton PS at our school. We're very appreciative of the Ardoch Organisation, an Australian Children's Education Charity, who we had connected with at the Learning Through Lunch excursion to ACU earlier in the term, and who organised and funded last week's incursion for us.



Learning

We value the power of education to change lives, and continually learn from research, students, partners, communities and each other.



Wellbeing Update



Outside School Hours Care

OSHCLUB had a pirate day where children made a treasure map and buried their treasure. They gave their maps to assigned children and they followed the maps to find the following, a telescope, eye patch, cutlas, moustache and a claw. We are now entering the Christmas period and will be making decorations, snacks and cakes and the option of playing Christmas games. We have continued to provide the children with a variety of arts and crafts, STEM activities including a laser beam game, and many other games. Positions available for next year available.

Heather - Coordinator Cape Clear OSHClub

Food!

The Big Catch Fishing Funday



Parents of the Cape Clear PS community, you're invited to attend a fun-filled fishing morning at **Rokewood Reservoir** on **Wednesday, 13th December** from **10:00—1:00 pm**.

Prizes!

Organised by the winning team of the DASH program. Includes fishing rod, bait etc. provided for each student and lunch of sandwiches, slices and fruit for everyone, catered for by the Bannockburn Bakehouse.

Games!





THE BIG CATCH FISHING FUNDAY

**Wednesday 13th
December
10am - 1pm
Rokewood Reservoir
Food provided**

Join students from Cape Clear Primary School's DASH program for a fun filled day of fishing, games and connecting with the community.

DASH is a Blue Light Victoria program which enables empowerment and community connection for primary school students.

DASH received grant funding from the Australian Federal Government.



Mental Health Services and Support

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am to 1am daily)</p> <p>For webchat, visit: headspace.org.au/ ehespace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800 RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (3pm to midnight daily)</p> <p>qlife.org.au (online chat 3pm to midnight local time, including over holidays.)</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>13YARN</p> <p>24/7 crisis support for Aboriginal and Torres Strait Islander people</p> <p>13 92 76 13yarn.org.au</p>	

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



Although we are coming into the festive holiday season, for some, the holiday season can be one of the toughest times of the year. Missing loved ones who are no longer with us, being unable to travel to join family and friends, financial pressure, illness or not being able to meet seasonal expectations and demands. For some it can also be the challenges of engaging and spending extra time with our kids and family whilst on school holidays.

There are many websites and helplines to support families who are experience these feelings. <https://www.ruok.org.au> and <https://beyou.edu.au/> are two great places to start. Below are some tips and suggestion which can help in this challenging time.

- Develop and maintain some family routines
- Acknowledge it can be hard
- Check in with others who may be struggling
- Stay connected
- Team up with friends (play dates)
- Reach out if you need help (friends, beyond blue)

'Tis the *season* to be *asking*
RUOK?TM

Free holiday connection tips and resources

Learn more