February 19, 2015.

OUR 2015 STUDENT LEADERS

Our 2015 School Captains.  

Our 2015 House Captains.

Our 2015 Peer Mediators.

CONGRATULATIONS TO OUR 2015 STUDENT LEADERS.

SCHOOL COUNCIL ELECTIONS 2015
Information about the 2015 School Council Elections was distributed on Monday 16 February.
Nominations for four positions in the parent member category close at 4.00p.m. Monday 23 February. Nomination forms are available from the General Office.
VISIT FROM PIGGY
At our weekly assembly last Monday we were visited by Piggy from Bendigo Bank. If you would like further information about student banking, please see Chris in the General Office.

FAMILY FUN NIGHT
A great night was had by all who attended. Many thanks for your enthusiastic participation. Thank you also to our great staff for the time and effort they put into planning and running the night.

HOUSE SPORTS
The annual House Competition is on tomorrow. Please dress in your house colours if possible: Deem – yellow; James – green; Poole – blue; Wood – red. Remember to wear sunscreen and a SunSmart hat. Make sure that you also have a water bottle and a towel to sit on.
Remember the most important things are to be a good sport, try your best and have fun!

CHILDREN AND HOT CARS. NO EXCEPTIONS. NO EXCUSES.
On hot days, it is important to remember that children should never be left alone in a car. The temperature inside a car on hot days begins to rise as soon as the door closes and within minutes the temperature inside can be double the temperature outside.
Leaving children in hot cars – even for a moment – can result in injury or death.
Young children’s smaller body size and underdeveloped nervous system places them at a much greater risk of life-threatening heatstroke, dehydration and other serious health risks.
Victorian legislation makes leaving a child unattended in a car a criminal offence, with penalties ranging from fines of $2165 or three months in prison.
If you are travelling with a child in a car and you need to get out, make sure you take your child with you. No exceptions. No excuses.
For more information, see: Kidsafe Victoria
LUNCHTIME CANTEEN SALES COMMENCE NEXT WEEK

VAGO ADDITIONAL SCHOOL COSTS FOR FAMILIES REPORT
You may have read in the press that the Victorian Auditor-General has released a report on school costs for parents.
In response to the report's findings, the Minister for Education has asked the Department of Education and Training to review its parent payment policy.
As a result of any changes to the Department's policy, we will work with our school council to update our own policy.
We don't expect any changes until later in 2015 and we will let you know well in advance.
The Department's parent payment policy is what we use to guide us in deciding what we will ask you to pay each year.
We review our own parent payment policy, in conjunction with our school council, on a yearly basis and notify you of any changes through our newsletter.
Our aim is to ensure our policy meets parents' expectations, while also ensuring that all of our students are able to participate in the programs we offer.
Our policy sets out what we ask you to pay for to support your child's learning, such as books and stationery, and what we ask for optional extracurricular activities.
At Cranbourne Park Primary School we do not ask parents to make voluntary contributions (for example, to assist with new building and grounds works, or purchasing library and sports equipment.).
As always, if you have any queries, or would like to discuss how the school can support you in financial matters, please call 5996 1142.
INFORMATION ABOUT THE POTENTIAL CONTAMINATION OF FROZEN BERRIES WITH HEPATITIS A
A link has been found between Nanna’s brand frozen berries and a few cases of Hepatitis A. The risk of exposure to Hepatitis A is low, but the company has recalled a number of frozen berry products. Please check any of the recalled berry products at home and discard them or return them to the point of sale. If symptoms of Hepatitis A develop 15-50 days after consumption of the frozen berries seek medical advice. Information on Hepatitis A is available on the Department of Health and Human Services’ Better Health Channel.

INFORMATION OR PARENTS AND TEACHERS ABOUT BACKMEUP AND CYBERBULLYING
Young people say it only takes one person to ‘back them up’ to make them feel supported and less isolated. Research shows that when a peer intervenes the bullying is more likely to stop and it often stops quickly. The BackMeUp campaign uses the strength of social media to inspire young people to take a stand and back others up if they witness cyberbullying. In the majority of bullying situations, bystanders are present and most know bullying is wrong but do not act as they don’t feel empowered. Confident and informed bystanders can take safe effective action to support victims of cyberbullying. Research undertaken by the Child Health Promotion Research Centre at Edith Cowan University, showed that young people want positive and dynamic messages communicated by their peers through social media - they don’t want to be preached at. BackMeUp provides a great opportunity for young people to get creative and to have their voices heard. BackMeUp is asking young people to:
- Support and help those in need, rather than be a bystander to bullying
- Treat those who are bullied with respect and kindness
- Encourage those who are bullied to keep records of the abuse, speak up and seek help
- Use social media for good and not for gossip and putting others down
- Inspire others to stand up

What is cyberbullying?
Cyberbullying is bullying using technology. Bullying involves someone (or a group of people) mis-using power and intentionally and repeatedly using negative words and/or actions against someone else, which causes distress and risks wellbeing. Bullying can continue over time, is often hidden from adults and will probably continue if no action is taken. Cyberbullying can occur through the internet, mobile phone or other technology like a camera. It can happen anonymously, at any hour, anywhere and reach a vast audience. Cyberbullying can include:
- Getting nasty, threatening, embarrassing or hurtful messages through:
  - Social networking sites
  - Text messages or phone calls
  - Instant messaging sites
  - Emails
It may also involve people trying to embarrass and isolate others by:
- Spreading rumours online
• Blocking someone from online networks
• Sending photos of videos of someone online without their permission
• Hacking into someone's account or creating fake accounts in their name

_Cyberbullying is serious, especially because:_
• The bullying can be seen by lots of people at once.
• People can hide online and this can make it easier to bully people.
• The internet is so large that it can be hard to remove embarrassing or hurtful messages and images.
• It occurs 24/7. Because nearly everyone has a mobile phone or a social networking profile, the cyberbullying can literally follow someone everywhere they go.

_What are the effects on young people when they are bullied online?_
Signs that someone is being bullied include changes in their sleeping and/or eating pattern or personality (e.g. they become withdrawn or aggressive), refusing to discuss what is wrong or hurting them and withdrawing from group and other peer activities.
If young people are being cyberbullied they may feel:
• Depressed and rejected by their friends and other groups of people, especially if no one is backing them up
• Hopeless, afraid and unsafe
• Ashamed that this is happening to them and no one is supporting them

_How can you help young people to back each other up online?_
Young people recognise the importance of telling adults they trust about their experiences with cyberbullying behaviour, as long as the adult responds in a supportive way. Parents and teachers can help young people to take action on cyberbullying by:
• Listening to what is happening
• Helping them to keep a record of when and where the cyberbullying is happening, and what happened.
• Encouraging them to speak to someone they trust about what is happening and get advice about how you can help stop the bullying behaviour.
• Helping to report the bullying—most online sites have ways to report bullying behaviour. Find out more in the Get Help section.
• Helping them to understand the online privacy settings

_Where can young people get further help for cyberbullying?_
Although friends and family can be very supportive, sometimes people just need that extra bit of help. If young people experience cyberbullying or have been a witness to cyberbullying and want to have a confidential chat, the following organisations have helped many teens deal with their online problems.

**Kids Help Line** is a free and confidential, telephone counselling service for Australians aged 5 to 25 year olds.
Phone: 1800 55 1800
www.kidshelp.com.au

**Lifeline** is a free and confidential service staffed by trained telephone counsellors.
Phone: 13 11 14
www.lifeline.org.au

**The Australian Human Rights Commission** has a complaint handling service that may investigate complaints of discrimination, harassment and bullying. Phone: 1300 656 419
2014 REFUND CHEQUES

If you received a refund cheque in December 2014, we would be pleased if you could now bank your cheque as a priority.

If you have lost your cheque, please contact the office for a replacement cheque. Bank fees will be deducted from the cheque amount.

Please contact the office if you have any enquiries.

BOOK PACKS

Any excess book packs are being returned to the supplier at the end of the term. If you’re planning on purchasing books through the school, please do so by the end of February.

Dates to Remember:
February 20th
February 23rd
March 11th
March 13th

Sports Day Grades 3-6
Nominations for School Council close at 4pm
Foundation students commence full time
Curriculum Day – no students required at school

African Communities Foundation Australia
You & Your Kids Matter
Calling all African Mums, Dads & Carers,
Come along to discuss experiences, ideas and learn new strategies in a relaxed, friendly environment.

Topics:  
- Ages & Stages of Learning
- Transitional stages from Primary to Secondary
- Communication
- Better understand kids behaviours
- Learn how to cope with stress, emotions and self-care.

When:  
- Wednesdays: Time: 11:00 am to 1:00 pm
- 11th, 18th, 25th March and 1st April 2016

Where:  
Paddy O’Donoghue Centre, Main Hall,
18-34 Buckley Street, Noble Park, 3174

Facilitator: Jasbir Singh Duroopa of Parentzone Anglicare

For more information call Christa on Ph: 03 9548 0244 or Email: christa@aficounfoundation.org.au
CALLING ALL GIRLS

Casey Comets Football is looking for new Players to join our Women’s Premier League Pathway. The Club has several girls only teams from juniors upwards and all will receive training under the direction of the Women’s Head UEFA Licence Coach. We are especially looking for girls aged 8 - 12

Casey Comets is the only Soccer Club in the area that can provide the highest Club level football to girls from juniors through to Women’s Premier League.

Casey Comets players have represented A league Clubs and also played at National level

Female soccer is one of the fastest growing sports in Australia.

Forward your interest to dawnstone@caseycomets.com.au

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Cook it with Dad

Dads Matter
(it's a family thing)

- Dads and children spending quality time and strengthening relationships
- Families learning and eating healthy meals
- Children learning life time skills and building confidence
- Meet other Dads

The Cook it with Dad program is an opportunity for fathers and children to experience cooking together.

When: Every Saturday (during school terms)
Where: Selandra Family and Children’s Centre
        45 Haftinger Avenue, Clyde North
Time: 10.30 am – 12.00 pm
Cost: FREE

Registration is essential: To register contact City of Casey on 9705 2000 or email dadsmatter@casey.vic.gov.au

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DINNER IN THE DARK

Please join us for an evening of fun at:

Afghan Rahimi Reception Centre

23-29 Walker St Dandenong. VIC. 3175 6pm to 10pm
SATURDAY 21/2/2015

Tickets $40 available from: Vision Australia 45 Princes Hwy, Dandenong or phone (03) 8791 0201

Ticket price includes an amazing Afghan banquet, door prizes and show bag.

Silent Auctions and raffles

Venue is BYO –

Vision Australia Dandenong is hoping to raise enough money from the evening to purchase a Tandem bicycle and Perkins SMART Brailler.

The Perkins SMART Brailler features audio output so that the user can hear exactly what is being brailed as well as a large visual display. The display allows a user with partial vision or a sighted parent, teacher of friend to see what is being brailed. Thus the process of learning braille is opened to all and sped along by instantaneous, multi-sensory feedback.
Dads Matter

(It’s a family thing)

- Share stories, activities and games with your child
- Meet other dads
- Help your children learn through play

When: Every Wednesday
Where: Cranbourne Library
66 Service Drive - Cranbourne Road, Cranbourne
Time: 6.00pm - 7.30pm
Cost: FREE

Registration is essential: To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au

Leapin’ Lizards

Dads Matter

(It’s a family thing)

- Engaging fun for families and their children aged 3-6 years
- Specialised program which develops movement
- Experience a new way to play
- Meet other families in the community

When: Every Monday (during school terms)
Where: Hunt Club Family and Children’s Centre
40 Oxford Drive, Cranbourne East
Time: 1.15pm - 2.15pm
Cost: FREE

Registration is essential: To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au

YMCA

Dad’s Little Builders

Dads Matter

(It’s a family thing)

- Share fun times with your children
- Build side by side
- Meet other Dads

The Dad’s Little Builder program has been designed to encourage dads and children to connect through creating and building.

When: Every Monday (during school terms)
Where: Bridgewater Family and Children’s Centre
45 Bridgewater Boulevard, Berwick
Time: 6.00pm - 7.30pm
Cost: FREE

Registration is essential: To register contact City of Casey on 9705 5200 or email dadsmatter@casey.vic.gov.au