5 November, 2015.

**Cranbourne Park Cup**

The “Cranbourne Park Cup” novelty race and “Fashions on the Field” event have been a fixture on the school calendar for many years and are very popular with students.

Thank you and congratulations to all participants in the Fashion on the Fields competition and in the actual race. The winners of the race were Denzel (M18) and Blaike (F06). The winners of the Fashions on the Field event were Lacyrus (J03) and Sunveer (J01).

Many thanks go to the following:

- Mrs. Middlebrook for her efforts in planning and co-ordinating the “Cranbourne Park Cup,”
- The staff members who made up the judging panel for the Fashions on the Field event, and,
- Mr. Pearce, our official race starter.
Leave

Our principal, Sue Jones, has commenced a period of leave. While she is absent Steve Condon has returned on a part time basis, three days a week for the remainder of the school year. We wish Sue a restful break.

Aussie of the Month

CONGRATULATIONS!

Harris deserves to be the Aussie of the Month for October because throughout his primary years here at Cranbourne Park Primary, he has consistently shown the utmost respect for his teachers, peers and his own education.

Harris is a brilliant role model for the younger students and also for those students in his own level.

Congratulations Harris on the recognition of all of your efforts both in and out of the classroom, throughout the years including this, your final year.

Congratulations Harris on being a very deserving “Aussie of the Month”

I Can Dance

Always a popular incursion, our students are having a great time honing their dance moves and working with Maria to choreograph their Showtime concert items. We are really looking forward to the performances.
Year 2 Sleepover / Year 1 Breakfast

The Year 2 Sleepover has been planned for Thursday 26 November. The sleepover serves as an introduction to the school camping program for students. Students have dinner at school, evening activities including a movie, then sleepover in the BER Building. Breakfast is taken together with the Year 1 students the following morning. A detailed notice and permission form will go home shortly.

Scary “Spooky Things” Disco

Last Thursday night we had our "Scary Disco". It was fantastic to see so many children attending in theme as “Spooky Things” and coming dressed in scary costumes such as zombies, monsters and witches. For many it was an opportunity to practice for Halloween. For many students, their efforts with costumes and makeup were so effective that teachers had real trouble working out who the person playing the character really was! Some of the teachers that attended won't be able to sleep for weeks! The students had fun dancing, playing games and doing their best "zombie" moves, and many were lucky enough to win prizes for their outstanding efforts.

World Teachers’ Day

Last Friday was World Teachers’ Day. World Teachers’ Day is a United Nations initiative and is now celebrated in more than 100 countries around the world to recognise the important role of teachers in the education and development of children. To mark the event, teachers were treated to a big morning tea in the staffroom. Again, to our great staff, “THANK YOU!”
Portable Classrooms

You may have noticed that the site of the former rooms 18 and 19 is still fenced off. We are awaiting confirmation as to whether the remaining portable, previously used as a training venue for reading recovery teachers, is still required. Once a decision is made the site will be beautified and handed back to the school.

Tips for Raising Healthy Children

I found this interesting article about tips for parents to raise healthy children. I thought it gave some valuable ideas and that they were worthwhile sharing.

Corey Pearce (Health and Physical Education Teacher)

Here are 10 key rules to live by:

1. **Parents control the supply lines.** You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

2. **From the foods you offer, kids get to choose what they will eat or whether to eat at all.** Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.

3. **Quit the "clean-plate club."** Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

4. **Start them young.** Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

5. **Rewrite the kids' menu.** Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.

6. **Drink calories count.** Soft drinks and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.

7. **Put sweets in their place.** Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

8. **Food is not love.** Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
9. **Kids do as you do.** Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

10. **Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Reviewed by: Mary L. Gavin, MD  
Date reviewed: September 2015

**Sunsmart**

![SunSmart](image)

Our school is a Sunsmart School. From September 1 until May 30, all members of our school community are required to wear an approved sunhat (broad-rimmed or bucket style) when participating in any outdoor activity. We also encourage the wearing of sunglasses to protect eyes from UV damage and the use of sunscreen.
Cyber Bullying

The best way to tackle bullying and cyberbullying is for schools, students and parents to work together. There are some great resources including *Speak Up Against Cyberbullying* available on the *Bully Stoppers* website, at [www.education.vic.gov.au/bullystoppers](http://www.education.vic.gov.au/bullystoppers)

I encourage you to learn more by visiting the website and sharing the commitment to stop bullying and cyberbullying in our school and local community.

School Enrolments

We have been very busy showing prospective parents around our school. If you have a child commencing school in 2016 and haven’t yet completed an enrolment form, please contact the office at your earliest convenience.

If you know of any other families not currently enrolled at the school who intend enrolling for 2016 please have them contact the office as soon as possible.

Dates to Remember

November 6th
November 10th
November 11th
November 26th/27th
December 3rd

The Immigration Museum Years 5 / 6
Years 3 / 4 History incursion
Remembrance Day
Year 2 Sleepover / Year 1 Breakfast
Showtime

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