

# Clifton Creek Primary School

# newsletter



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Issue 37

Monday 16 November, 2015

## Calendar– Term 4 5th October to 18th Dec

### NOVEMBER

Tues 17	PLAYGROUP Tuckshop Tuesday Special Religious Instruction
Wed 18	Transition Day
Thurs 19	Kitchen Garden ResourceSmart
Friday 20	Mystery Tour -
Sat 21	Bunnings Sausage Sizzle
Wed 25	School Council Mtg

### DECEMBER

Friday 4	Pupil Free Day Report Writing
Saturday 5	Bairnsdale Parade
Thursday 17	Concert
Friday 18	Final Day of Term

### Secondary Transition visits.

The comments from our three grade 6 students who will be attending Bairnsdale Secondary College next year has been extremely positive. The girls each met a Year 8 buddy who will be a 'go to' next year. On Wednesday morning they attended a food tech class. Today they have another full transition day at the Secondary College.

### Fang

Well done to Naomi and Amity who prepared our Friday Fang this week. The sushi are certainly very popular and are enjoyed by many. Well done also to Ashley for another successful Tuckshop on Tuesday morning.

## SUNSMART

A reminder that the CCPS Sunsmart policy requires all of our school community to have sun protection from **September to April**—hats are essential! Sunscreen is in classrooms for student use and PROTECTIVE clothing is required. Download and check the Sunsmart App for daily sun protection times—this week from ***9.10am to 4.50 pm.***



There will be no Friday Fang this week as we are away on our mystery tour. Please see attached forms. (SHH it is a secret, please do not tell the children where we are going!)



### **Rotary Awards**

Last Tuesday evening Naomi, Sommer, Steph and Amity received their Junior Rotary Award. They each gave a short speech reflecting their experiences. We are all very proud of you girls. Well done!

### **Bunnings Sausage Sizzle this Saturday.**

Many thanks to those who pledged their help for this Saturday's Sausage Sizzle at Bunnings : Rachel, Dianne, Nyrie, Jo and Mitzi. Faith has offered to co-ordinate the day and will be contacting you to confirm the exact times you will be needed. Let friends and family know to go along and support our school.

### **Kitchen/Garden**

It was lovely to have extra guests for lunch on Thursday. We welcomed Angela (Iylah's grandmother), Danielle and Haylo. We enjoyed a meal of Lentil and Vegetable soup, Soda bread, Three Pea Risotto, Kale chips, Austrian grostl, fried artichoke, garden salad and Loukoumades (Greek honey balls) for dessert. Yummo!

### **Class News**

This week in literacy we continued with literacy circles, soundwaves, individual spelling and watched some short YouTube clips by Andy Griffiths about narrative writing. The children also watched a program called Spirits of the Ice Forest (Walking with Dinosaurs series) as a lead into Information Report writing they will begin this week. The prep students were introduced to a recount organiser and used these to plan their writing. In Maths we continued with our quick maths, fractions, mapping and locations and problem solving. In art this week the children made fish using recycled plastic milk containers, ping pong balls and paint.



## Do more with LESS Conference

We had a wonderful day at the 'Do More With LESS' conference - LESS stands for: Leaders in Environmentally Sustainable Schools, and that is what Ashley, Amber, Steph, Rhys and Sommer are - our leaders. They gave some brilliant speeches about what our school does to be Resource Smart.

During the day we participated in a range of activities which taught us all about renewable energy, ways we can reduce consumption in our homes, carbon and climate, as well as how energy is created and the huge losses and waste of coal power before it reaches our homes. We discussed the solutions to these problems and even had a play on an energy bike that powered different appliances such as a fan, light globes, and a kettle.

Everyone did a brilliant job at bringing a nude food lunch - we were waste free!

At the end of the day we were asked to make some action plans about what had inspired us during the day and what we wanted to implement at our school. Our ideas were inspired by 754's veggie selling program - we thought it would be a good idea to reduce our waste by putting a veggie order form in the newsletter for parents to buy our excess produce. We also loved walking through 754's koorie garden and thought it would be fun to plant our own edible and medicinal native plant garden, or even just learn a bit more about the plants that are growing in our own school yard. The last plan we want to put into action is to learn a bit more about the solar panels that we have on our classroom roof.

Thank you to Jill, Bree and John who accompanied the students.

### Extracts from their presentation:

We are a small environmentally friendly school with seventeen students.

So far we have completed four out of our five ResourceSmart modules and are waiting for the last one to be certified.

Over the years the students have been busy making our school a friendly and happy place for plants, animals and kids.

Ashley

*Our Stephanie Alexander Kitchen Garden program is a program where we grow and harvest plants, take them into the kitchen and make them into delicious meals to share with the whole school. All the kids like or love it, and I absolutely love it.*

*We have learnt about bees, plants, planting, seed saving and cooking in the kitchen. Amber*

We do many things in our schoolyard to help and encourage biodiversity.

We built a small fenced off pond that we call the 'Frog Bog' It's a safe place for frogs in the area to live and lay their eggs. We planted some native trees and bushes in our newly extended frog bog to provide a protective habitat. Steph.

*Our school has 18 solar panels, and we have a sunny boy inverter. It's a 4.5 KW System. This means it can produce 4.5 KW each hour which is the same amount of power that could run nine air conditioners or forty five fridges for a day. Rhys.*

Our school is doing a really good job at recycling. The Planet Protectors decided that our rubbish free lunch days will happen on a Wednesday and we have been tallying up our rubbish so each week we can try to do better. We still have some room for improvement but are trying hard. Sommer

## **Struggling with high electricity bills?**

An independent energy helpline has been set up for families and businesses in East Gippsland - for those wanting to learn how to reduce their electricity and gas bills (or even address problems with solar systems). Make sure you have an electricity bill handy, then call **Positive Charge on (03) 9385 8555** to make a call back appointment. The helpline has been extended for residents until the end of the year. Normal cost is \$50 but if you live or work in East Gippsland Shire, it's free. For more information please contact the Sustainability Officer at East Gippsland Shire Council (or just call Positive Charge).

## **Suggestions for addressing children and young peoples' responses in relation to traumatic events such as the terrorist attacks in Paris.**

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

We cannot underestimate the impact of this event on students of all ages. Being exposed to the images on television and through social media can cause vicarious trauma in adults as well as children. Being open to discussion and ensuring that routines are maintained support children to make sense of their world.

### **Advice for Parents**

It is wise for you to monitor your child's exposure to television coverage, print media and social media.

Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard.

Other children will avoid any discussion around the events and will be reassured by routine and normality.

Remember the importance of routine, sleep, exercise and healthy eating.

## **There is a range of things you can do to assist your child during events such as this, including:**

Acknowledge that the event was distressing

Reassure children that they are safe

Look for signs of distress (e.g. some children/young people might be scared)

Normalise responses - typical response will range from anger to general upset or sadness

Maintain a normal routine - keeping the structure at home or at school in place

Allow children to express feelings as they arise

Telling stories about how people manage during difficult times can be helpful.

Separate fact from fiction e.g. children may express fears about unrelated events.

Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).

Speak in hopeful terms – children and young people will often take their cues from their parents' reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.

***Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.***