

Bakewell St.

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NEWSLINK

www.cranbourne-ps.vic.edu.au

The teaching and learning pedagogy at Cranbourne Primary School is developed on a

RECIPE (Relevant Engaging Challenging Innovative Personalized Enjoyable)

based curriculum that supports the members of the school community to develop intrinsic

PRIDE (Persistence Responsibility Independence Discipline Enthusiasm) *in their learning.*

Issue 26

29th August 2018

CALENDAR

UPCOMING EVENTS



Month of August

Thursday, 30th August

Fathers' Day Stall-all gifts
\$5

Friday, 31st August

Mad on Music concert
Lightning Prem \$7 due by
4pm

Month of September

Tuesday, 4th September

Lightning Prem

Wednesday 5th September till Friday 7th September

Wombat Corner Camp

Thursday, 13th September

I Sea, I Care Warneet
Excursion

Friday, 21st September

Last day of term 3:15 finish

PRINCIPAL'S NEWS

Congratulations to our School community!

Thank you to everyone who attended our Community Breakfast on Friday 24th August. This was a huge success, and it was exciting to see so many of our students and their families coming to join in the event.

A special thank you to the staff who came in early to set up, cook and serve breakfast to everyone!

It was also great that so many of you stayed for the Book Week Parade later that morning. This is an annual event at CPS and we love to see how creative our students and families can be with their costumes.

Some sad news for our community -

Phil and Maureen have been our School Crossing Supervisors for many years. They have decided it is time to move work closer to home, so they are no longer our "Lollipop People"! I am sure you join us in wishing them all the best in supporting their new school community.

Di Fernand
Acting Principal

Quote of the Week

Happy Father's Day -

To all the dads, step dads, grandpas, carers and special people in our students' lives—we hope you have a special day on Sunday, and get to spend some special time together with your children!



HAPPY BIRTHDAY TO OUR AUGUST BABIES!

RALPH T
NATHAN R
CHRISTIAN F
AMELIA K
FAYTH F
ANDREI K
ASHLEY M
GEORGIA D
MARIO M
KOBY W
VICKY DENG

*Happy Birthday to
those students who
are celebrating
their special day!*



Stars of the Week

These students have demonstrated intrinsic

PRIDE (**P**ersistence, **R**esponsibility,
Independence, **D**iscipline, **E**nthusiasm)

Learning Community	Home Group	Student
FOUNDATION	FA	Annie S
	FB	Marcus O
	FC	Agastya Y
JUNIOR	JA	Sami B
	JB	Jenny A
	JC	Eva O
	JD	Rishik S
MIDDLE	MA	Dan M
	MB	Siena N
	MC	Jaylan
	MD	Lauren S
SENIOR	SA	Sukhan
	SB	Fouad
	SC	Manik
	SD	Sally
ICT	FB	Angus P
MUSIC	JD	Natali T
ART	MB	Amelia K
PE	JA	Matthew J
Assistant Prin Mrs C		Travis S
Acting Prin Mrs F		Taylah M

FROM THE OFFICE

Please note that Lightning Prem payments are due this Friday.

No payments can be accepted after 4pm on this day.

Thank you

CPS BANK DETAILS

BSB 013 593

Account Number
499102494

*Please put your
child's name in the
subject line.*

Golden Bin Awards

Well done to the following
Students for demonstrating
PRIDE in helping keep our school
clean and tidy.



Josh K, Lillie R, Emily
& Sammie

School Banking day is Thursday





Persistence Responsibility Individuality Discipline Enthusiasm

HOW IS YOUR WELLBEING??

“How are you today?” How often have you been asked that question and automatically replied, “Fine, thanks”. Do we honestly know how good our sense of wellbeing really is? Do we even understand what is meant by ‘wellbeing’ in the first place?

Wellbeing covers six key areas of your work and home life. To properly assess your wellbeing, consider how you feel about each of the following:

1. Your physical wellbeing

When you feel positive about life, you are able to tackle trickier tasks with greater ease

We all have coughs, colds, aches and strains from time to time, but they can often affect us more than we know. Looking after your health, eating properly and getting enough exercise all help you to stay fit and focused.

Physical wellbeing also entails recognised physical disabilities and, in order to be able to work to our best, it is important that you feel able to talk about these so that reasonable adjustments can be made to support you at work.

2. Your emotional wellbeing

Everyone has days when they feel a bit down and find it harder to cope. When things are not going well emotionally, you get anxious, work can get on top of you and normal pressure can turn into stress.

Crucially, emotional wellbeing also involves recognising, acknowledging and supporting mental illnesses such as depression and anxiety. It is important to get wellbeing right in these areas, as being able to talk about how you feel and especially about mental illness can help you feel more confident in your role.

3. Your environment

We spend the majority of our day at work or at home and so a good working environment and home environment are important to us all. This means not just having a pleasant and safe place to work or rest but also enjoying the company of our family, colleagues, manager, team and ourselves.

A good working environment means everyone should feel that they are given equal treatment, irrespective of marital status, colour, race, nationality, ethnicity, religious belief, political opinion, disability or age. Be conscious of your colleagues varying sensibilities; treating them always as you yourself expect to be treated. Feeling respected allows us to participate more openly and regularly, thus increasing the overall team efficiency.

4. Your financial wellbeing

Finances are one of the biggest causes of emotional stress, so feeling confident about them allows you to stop worrying and to start focusing more on your work. Employers often offer lots of benefits that can help you manage or save your money. Research whether your employer offers discounts at certain shops, look into how you might be able to save from employer share schemes and perhaps most importantly, make provisions for your retirement (ensuring you investigate whether your company might be able to make extra financial contributions). Many companies also have free employee information lines and assistance programs – these are confidential and can help point you in the right direction if you have financial worries, so reach out

5. Your personal development

Everyone wants to try and reach their potential. If you enjoy your job and feel fulfilled then you are more likely to be engaged and give your best. Find out what learning and development opportunities your employer offers – many courses are now online and easy to access at home or at work.

Think about what interests you and then find out whether your employer might be able to help you fulfil them. A job is what you make of it – you can either do enough to get by or you can be inquisitive, expand your horizons, learn, develop and, subsequently, have fun working!

6. Work-life balance

Finally, wellbeing is about getting that work-life balance right, and that means different things to different people.

All work and no play can lead to burn out, meaning you're unable to perform properly. Good rest (physical wellbeing!) and making full use of your holiday entitlement will help you to feel refreshed, positive and competent. Many employers also support their people with flexible working policies that allow you to mix home and work life in a way that makes you appreciate both; maximizing productivity.

Many companies also encourage volunteering, charitable donations, support for local schools and environmental sustainability (i.e. recycling and energy saving initiatives). See what you can find out about the issues that are important to you.

So there we are – If you strike the right balance of the above wellbeing factors, you'll be better able to cope with the day to day pressures of life and, if you're able to do that, then you'll be able to focus better and perform to the best of your ability.

Fathers Day Stall



All gifts \$5

THURS 30TH AUGUST