



# Coburg West Primary School

Friday 24<sup>th</sup> June 2022

DATE	ACTIVITY	DETAILS
Friday 24 <sup>th</sup> June	END OF TERM 2	Dismissal at 2.30pm
Monday 11 <sup>th</sup> July	START OF TERM 3 / Curriculum Day	Pupil Free Day
Tuesday 12 <sup>th</sup> July	Students Return for Term 3	Resume 9.00am
Monday 18 <sup>th</sup> July	BODY SAFE Parent Information Evening	6.30 – 7.30pm, Small Hall
Monday 25 <sup>th</sup> July	Traffic School Excursion	Grade Prep students
Mon 25 <sup>th</sup> to Wed 27 <sup>th</sup> July	Grade 5 Camp	Grade 5 students
Mon 15 <sup>th</sup> to Fri 19 <sup>th</sup> August	SCIENCE WEEK	Whole School Events
Tuesday 16 <sup>th</sup> August	Royal Botanic Gardens Excursion	Grade Prep students
Wednesday 17 <sup>th</sup> August	School Council Meeting	6.30pm start
Mon 22 <sup>nd</sup> to Fri 26 <sup>th</sup> August	BOOK WEEK	Whole School Events
Monday 22 <sup>nd</sup> August	Book Week Dress Up Day	Whole school
Tues 23 <sup>rd</sup> to Thurs 25 <sup>th</sup> August	Vic Parliament Excursions	Grade 6 students
Wed 31 <sup>st</sup> Aug to Fri 2 <sup>nd</sup> Sept	Grade 4 Camp	Grade 4 students
Tuesday 6 <sup>th</sup> September	Animal Farm Excursion	Grade 2 students
Mon 12 <sup>th</sup> to Thurs 15 <sup>th</sup> Sept	Gr 5/6 Swimming Program	Grade 5 & 6 students
Wednesday 14 <sup>th</sup> Sept	School Council Meeting	6.30pm start
Friday 16 <sup>th</sup> September	END OF TERM 3	Dismissal at 2.30pm
Monday 3 <sup>rd</sup> October	START OF TERM 4	Resume 9.00am
Wednesday 19 <sup>th</sup> October	School Council Meeting	6.30pm start
Tuesday 25 <sup>th</sup> October	Werribee Zoo Excursion	Prep Students
Monday 31 <sup>st</sup> October	Curriculum Day	Pupil Free Day
Tuesday 1 <sup>st</sup> November	Melbourne Cup Day	PUBLIC HOLIDAY
Wednesday 16 <sup>th</sup> November	School Council Meeting	6.30pm start
Mon 12 <sup>th</sup> to Fri 16 <sup>th</sup> Dec	Gr 3/4 Swimming Program	Grade 3 & 4 students
Tuesday 20 <sup>th</sup> December	END OF TERM 4	Dismissal at 1.30pm

Dear School Community,

With the end of Term 2, comes the end of Semester 1 and it was wonderful to see so many families attending our Parent and Teacher Meetings this week. In this extraordinary edition of our Newsletter we share some of the wonderful learning our students have undertaken and exhibited this term.

#### IMPORTANT REMINDERS

- Term 3 starts for all students at 9am on Tuesday 12<sup>th</sup> July, as Monday 11<sup>th</sup> July is a Curriculum Day.
- 2023 Enrolments are open contact the office to arrange a personalised enrolment tour.
- EOFY Tax Deductible Donations to the CWPS Building Fund or Library Fund can still be made via COMPASS. Office staff will receipt these early in Term 3.

I wish every family a restful and healthy holiday period. I will be taking leave for the first week of term and in my absence, Mr Copping will be Acting Principal, with Ms Amerena as Acting Assistant Principal.

Kind regards,

Mark COLAGRANDE - PRINCIPAL

We are **Learners** / We are **Respectful** / We are **Safe** / We **Care**



## Home Cooked Food is Better Than Takeaway



The battle between home cooked and takeaway has been raging on for a long time, so I wrote this text to show you my opinion. I don't have any strong feelings towards either side and I believe that they're both good food options. But if I had to pick which option was better for the environment and my health, I wouldn't think twice before picking home cooked food. I hope that this report will either change or strengthen your opinion.

Firstly, I would like to state the most obvious argument, home cooked is much healthier than takeaway. We all know that the most well known type of takeaway, fast food, is very sugary and that option is usually what comes to mind when you think of takeaway, making it harder to find healthy takeaway options. But there are other reasons too. If you can't eat a specific food because you're on a diet or have intolerances than the process of ordering take away can be a real struggle. It's much harder to access the recipes and ingredients lists when getting takeaway than it is when you're cooking something yourself. And If you like a certain food but can't have one of the ingredients, you can just alter the recipe, but if you order it through take away you have to say goodbye to the entire meal just because of one ingredient. Although there are ways to make takeaway healthier, like adding vegetables on the side it's still unhealthy. Anyways, after all the money we spend on takeaway we shouldn't have to then buy extra vegetables. Many medical professionals agree with this argument too. Nutritional therapist, Hannah Braye says "In general, takeaways should be seen as an enjoyable treat to be eaten occasionally. The simplest way to make any kind of takeaway more healthy is to eat more vegetables and salads alongside it. This will help fill you up and increase the nutrient content. With takeaways becoming a more regular feature in people's diets, making smart choices when ordering will become increasingly important to limit the negative impact this way of eating might have"



Secondly, I would like to say that takeaway is very bad for the environment. Say you're getting sushi for example. You're probably happy with yourself for finding a slightly more healthy option than KFC, but what you may not have realised is the amount of plastic covering the sushi. And even if you get something packaged in cardboard, Imagine how much driving it took to get to you. How can that possibly be good for the environment! And who knows, what if your Sushi company gets their salmon from a company that over fishes.



Finally, I would like to say that homecooked is much more cost and speed efficient. We all know by now that takeaway is very expensive but that's not all. If you like a food that you get through takeaway but accidentally get the wrong flavour, you have to either eat a food you hate, or order again, which costs a lot and takes longer. And sometimes it just takes a long time for no reason. What if you had an important event like a wedding, and you needed the food to come in time, but it took too long and all the guests had no food! There

are so many tiny details that can alter the timing like, What if there was a traffic jam? Or the place you or the place you ordered from was missing one ingredient and had to get more?

In conclusion, takeaway is delicious but has a lot of down sides to, and is much better as an occasional treat than a regular dinner or lunch option. I hope that you enjoyed this report and have learnt something from reading it.

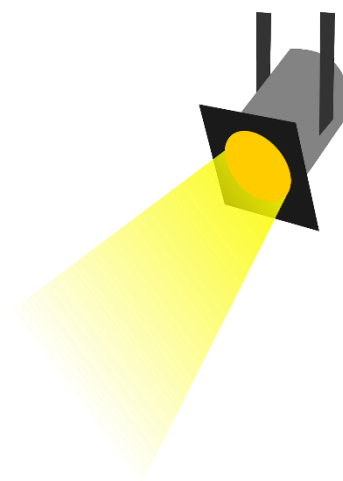
This is just my opinion so if you feel differently about this topic please don't be offended. I hope that I have changed or strengthened your opinion. But more than that, I hope you have enjoyed reading this text.

By Georgie S 5B



# GRADE 2 HAS TALENT

On Thursday the 23<sup>rd</sup> of June, Grade Two put on a Talent Show to celebrate the end of a busy semester. The students had the opportunity to plan, practice and then present their special talents or take part in very important design and planning behind the scenes. We had singers, dancers, athletes, artists, a martial artist and an air traffic controller showcase their skills in front of the audience and judges. A special shout out to our guest judge, Mr Colagrande, for getting in on the fun and joining our celebration. We were absolutely blown away by the items that the students prepared for the event!





## Northern Metropolitan Cross-Country Division 2022

Well done to our fantastic Coburg West Primary School Cross Country Running team on their magnificent effort competing at the Northern Metropolitan Cross-Country Division on Wednesday 15<sup>th</sup> June at Bundoora Park. This event is one away from the School Sports Victorian State Event!

Congratulations to the following students who qualified for the day: Emily W, Alessio A and Wilbur W. All students completed a 2km track on the day. While not all qualified, each and every participant represented our school with great positivity and displayed the school values.

A big thankyou to all the parents who transported the students and allowed this opportunity to take place.



**Awesome effort team!**

**Chris Harvey**  
Sports Coordinator  
Coburg West Primary School





# VENICE IN LOVE

This term the Grade 3 and 4 Italian students, as part of their class topic of Carnevale, attended a live theatre show called *Venice in Love*. This was a mind-blowing production with amazing characters. It was based on a style of Italian theatre

called Commedia dell'Arte, Commedia Dell'Arte is a comedy drama which had its peak in popularity in 16th century Italy. These types of performances were staged outdoors in town squares in Italy and were enjoyed by many audiences during the Carnevale festival.

In the show there were stock characters who wore detailed masks. The performers wore these masks to make them look like an animal and this helped them act out their character. For example, there was a monkey mask and the character of Arlecchino wore this mask. He was cheeky and liked to play tricks like a monkey. We enjoyed the show.

(Rosie, 4R, Italian Student)

The Grade 3 and 4 Italian students this term attended the theatre show *Venice in Love!* This type of theatre forms part of a festival in Italy called Carnevale. Carnevale is a celebration for the ending of winter and Lent. People celebrate this festival wearing beautiful masks and costumes. They also enter a contest to see who has the best costume and mask.

They go on a stage and do an act for the judges and show them their costumes and mask. The play at our school this term was an example of the plays performed during Carnevale in Italy.

(Ava N, 4 R Italian Student)



The Grade 3 and 4 Italian students this term watched the theatre show *Venus in Love!* This type of theatre forms part of a festival in Italy called Carnevale. Carnevale is a celebration for the ending of winter and Lent. People celebrate this festival wearing beautiful masks and costumes. They also enter a contest to see who has the best costume and mask.

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Ava N 4 R Italian Student





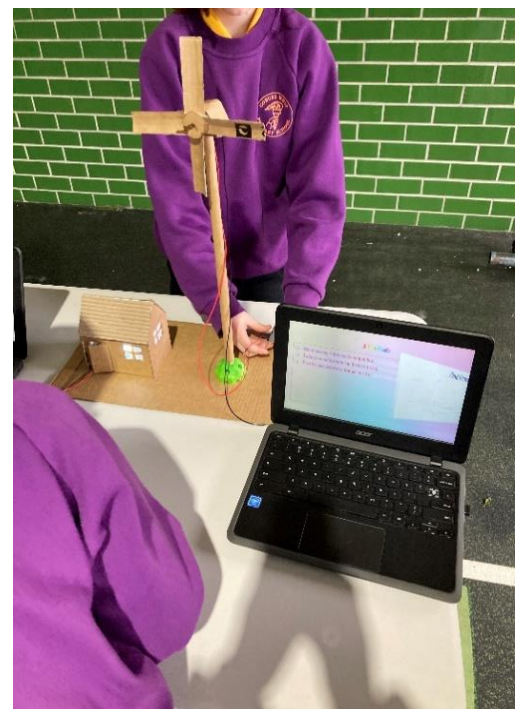
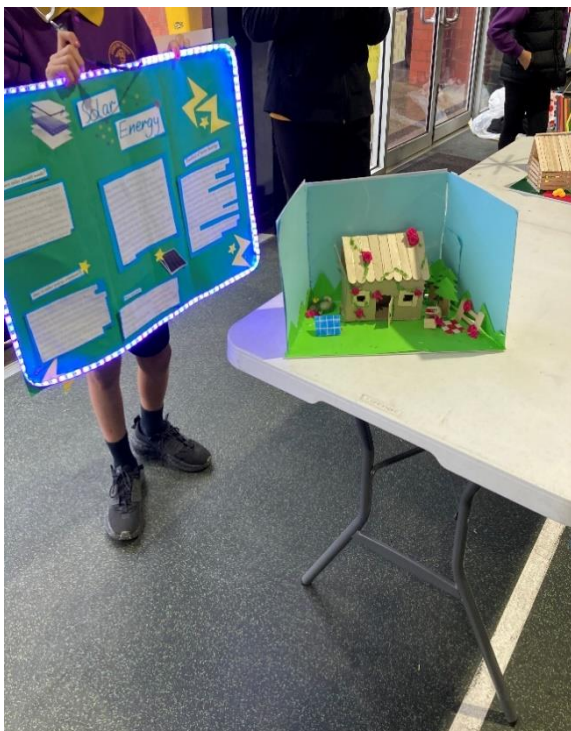
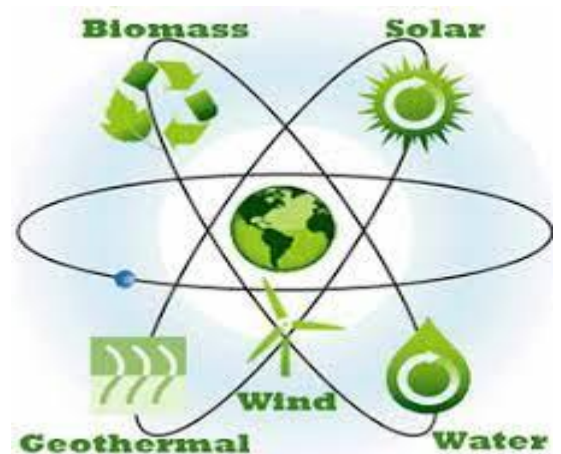
# Gr 5 Renewable Energy Expo 2022



WOW! You could feel the ENERGY in the room! This term the Gr 5 students learnt about renewable and non-renewable energy types. The students were then given the opportunity to explore an energy source in detail, including building a prototype and attaching an explanation text to show how the electricity is produced. We invited the Preps, Year 1s, 2s, 3s, 4s and 6s to visit our exhibits in the hall to learn about the different renewable energy sources. Thank you to all the families that attended - it brought many smiles to our faces – the

students were thrilled to see the turnout! Our Grade 5 students enjoyed being scientists for the session, answering questions and explaining their research to our younger grades and even some of the older ones. Here are some of the models that were part of our expo. A huge thank you to all families for supporting your child with this project.

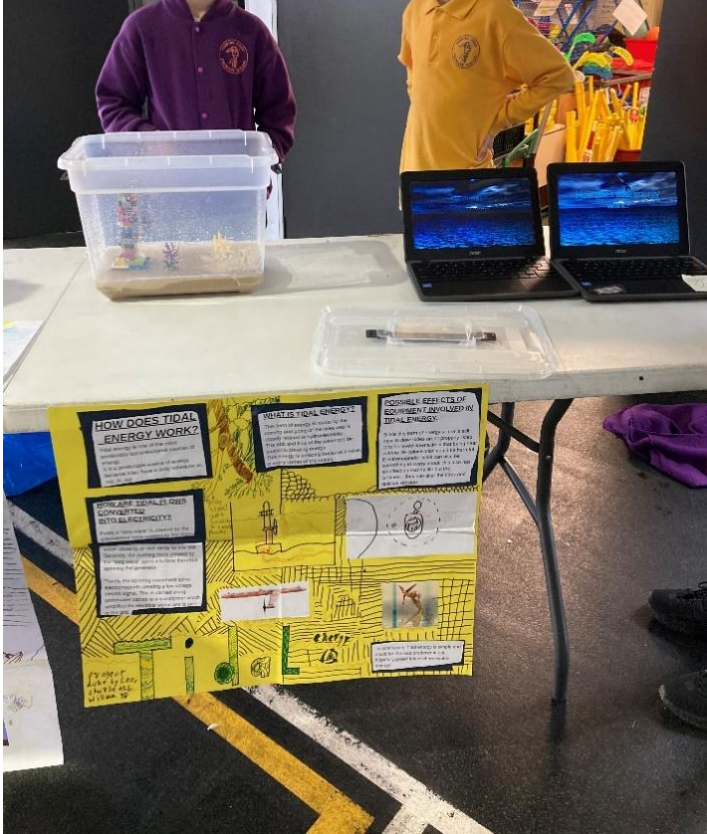
Ms A. Blatti (Learning Specialist-Science)



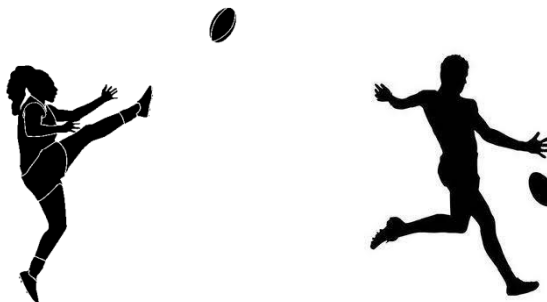












## **\*\* SHORE RESERVE SHOWDOWN 2022 \*\***

**2pm, Sunday 11<sup>th</sup> September 2022**

**Australian Rules football (AFL) match between:**

**COBURG WEST P.S. WARRIORS** vs **PASCOE VALE SOUTH P.S. PANTHERS**

After a 2-year break the popular community fundraising event is back at Shore Reserve, Pascoe Vale South!

Have you always wanted to pull on a pair of football boots? Or are you interested in pulling on your old pair of football boots?

We welcome all interested male and female players, irrespective of skills, fitness and experience to come join us on the football field at the Shore Reserve Showdown.

This match is a **modified game of AFL footy between Mums, Dads and carers** of the Coburg West Primary & Pascoe Vale South Primary schools, bringing our two communities together to encourage fun, community participation, fitness and raise funds for both schools.

We would love to have you, regardless of your skill level. Please know this is a modified game of AFL footy (**Auskick Rules; no tackling, no kicking off the ground.**)

Training schedule @ Shore Reserve, Woodlands Ave PVS
<b>*Joint trainings with Pascoe Vale South PS*</b>
Sunday 19th June 3-4pm
Sunday 17th July 3-4pm
Sunday 14th August 3-4pm
<b>*Separated trainings* (CWPS only)</b>
Sunday 21st August 3-4pm
Sunday 28th August 2-3:30pm
Sunday 4th September 2-3:30pm

If you are interested, don't hesitate, fill in our player registration form for more details

<https://forms.gle/xMr9EJ6Kujf8e3VM9>

We are also looking for volunteers to assist in various tasks in organising the event, as well as volunteers on game day itself i.e. BBQ, stalls, kids activities, setting up/packing away, cheering...

Please contact the organisers [vlad.jotic@gmail.com](mailto:vlad.jotic@gmail.com) and [joshuaeholloway@gmail.com](mailto:joshuaeholloway@gmail.com) for details

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# CWPS Community Group News

We're thrilled that the fundraising efforts in Term 2 have raised over \$11k for our school! From our **Mother's Day Stall**, to the wonderful mums that we met at the **Festival of Mum**, the amazing turnout for the **Kid's Disco**, **Election BBQ**, **Pie Drive** - it really is humbling to see so many families getting involved. Thank you again to all our wonderful volunteers who have made this happen. See below - there are lots of opportunities to get involved in Term 3!

**Community Group Meeting: ALL WELCOME!**  
**Wednesday 3rd August @ Post Office Hotel 7.30pm**

## What's happening in Term 3?

### June

Beanies pre sale on Qkr for delivery in Term 3 - *selling fast!*

### July

Italian Food Drive

### August

Bunnings BBQ (TBC)

### September

1st Sep - Father's Day Stall

11th Sep - Shore Reserve  
Showdown

## Volunteer call out!

### Pie Drive

Volunteers needed next Thursday 23rd June (am) to help pack pies ready for collection.

### Shore Reserve Showdown

Our parent's football match between Coburg West PS and Pascoe Vale South PS is a great community event to get involved in. This year CWPS are hosts, which means we need volunteers for the cake stall, BBQ, face painting and more!

**Email address below to register.**

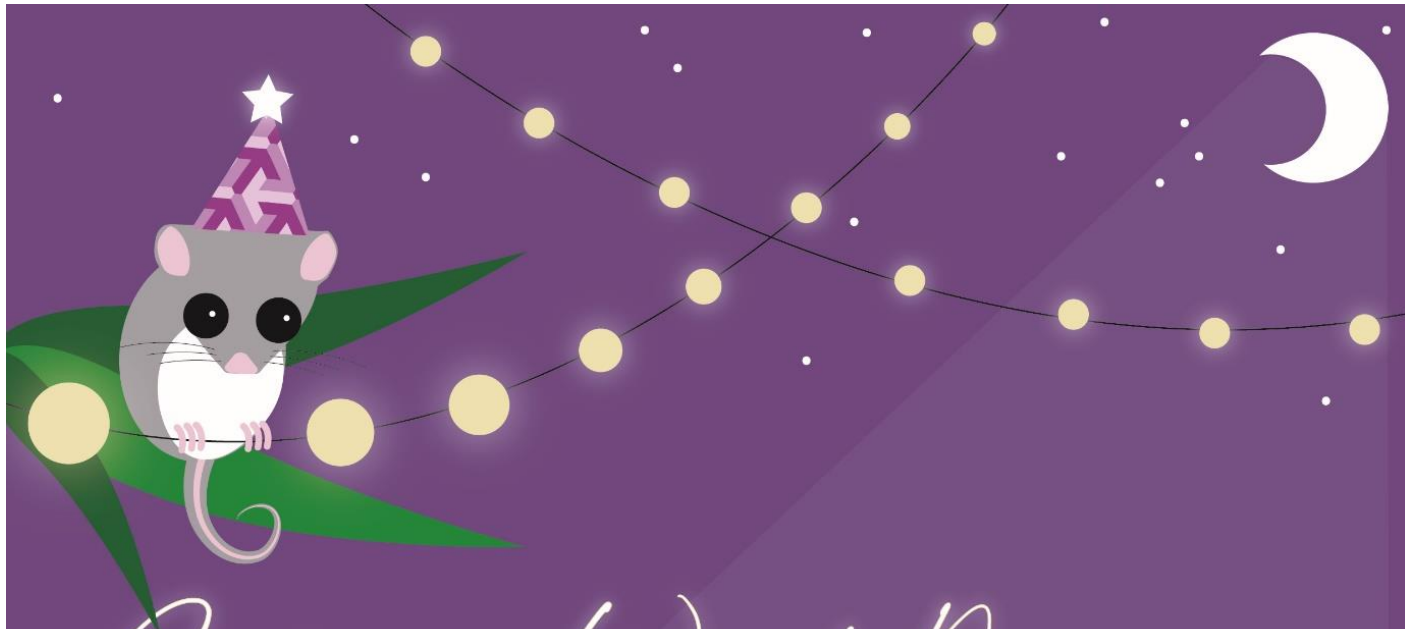
## Dates for the Diary Community Meeting

**Wednesday 3rd August**  
7:30 @ Post Office Hotel

## Get involved with the Community

email us on  
[cwpscg@gmail.com](mailto:cwpscg@gmail.com) or join the  
[Facebook group](#)





# *Coburg West Primary* **TWILIGHT MARKET**

Market Stalls | Food Vans | Live music | Bar  
Raffle prizes | Gold coin entry



**SATURDAY 22<sup>ND</sup> OCTOBER 3PM-8PM**

# Twilight MARKET



BRUNSWICK  
SECONDARY COLLEGE

**FRIDAY October 7 2022**

**5.00 pm to 9.00 pm**

**Stall Holders wanted**

**BSC Twilight Market 2022 - CALLING ALL STALLHOLDERS!**

**The Annual Brunswick Secondary College Twilight Market is scheduled for October 7 (5.00pm to 9.00pm).**

***This is one of the most anticipated events on our school calendar, is always well attended and makes for a fabulous and fun community celebration.***

The SRC Twilight Market Committee are currently seeking stallholders who would like to take part and who can use this fabulous opportunity to reach our community.

Beginning at the low flat fee of \$25, businesses or individuals can secure a stall space, and secure exposure of their business to hundreds of attendees - an absolute bargain!

If you (or someone you know) would like to participate, please complete the [Expression of Interest](#) online form as soon as possible, and spread the word if you can. **Spaces are limited, so be quick!**



# *Mercy Creative Arts Holiday Program Term 2 Holidays*



## **Years 4 to 6 Girls Holiday Program**

If you love to read, write and perform, come along to  
our Creative Workshop and ignite your passion for  
Literacy and The Arts!

**10.00am - 3.00pm Monday 27 June 2022**

**First Monday of Term 2 Holidays**

**Mercy College**

**760 Sydney Road, Coburg 3058**

**Morning Tea and Lunch will be provided**

**Register online at**

**<https://www.trybooking.com/BZVRB>**

**Cost \$20**

**If you require any further information please contact the College on  
9319 9299**



# BOOK NOW TO SAVE 30%\*



## USE CODE **ASC30**

TO REDEEM ADD THIS CODE IN THE COUPON SECTION TO SAVE \$99\*

- HIGH QUALITY PROGRAMS FOR 5-15 YEAR OLDS
- 9AM – 3PM EACH DAY
- EXPERT & QUALIFIED COACHES
- FOR CHILDREN OF ALL SKILL LEVEL'S
- BRING FRIENDS AND WE WILL GROUP YOU TOGETHER!



**BRIGHTON | BULLEEN | CANTERBURY**  
**MARIBYRNONG | MENTONE | DONCASTER | KEW | HAWTHORN |**  
**MOONEE PONDS | HAMPTON | CAMBERWELL**



1300 914 368

[admin@australiansportscamps.com.au](mailto:admin@australiansportscamps.com.au)

<https://australiansportscamps.com.au>

\*NOT APPLICABLE TO PARTNER PROGRAMS\*

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