



# COORARA PRIMARY SCHOOL NEWSLETTER

TERM 3 WEEK 4

2025

## 2025 DIARY DATES

### AUGUST

#### Friday 15

Assembly Rm 18  
Children's Uni Gowning

#### Monday 18

Book Week commences

#### Tuesday 19

'Bring me Magic' Incursion  
R-3 9am - 10am  
Yr 4-6 12:40pm

#### Wednesday 20

Festival Choir Rehearsal  
12:45pm - 4pm

#### Thursday 21

Book week Parade 9:00am  
Commence from Red unit up the  
pathway to the hall.

#### Monday 25

Whale Excursion Rm's 18 & 20

#### Thursday 28

Onkaparinga Athletics Carnival

#### Friday 29

Assembly Rm 5  
Basketball Carnival

### SEPTEMBER

#### Thursday 4

Father's Day Stall

#### Friday 5

Father's Day Stall  
Parliament House Excursion  
Yr 4-6

*I acknowledge the Aboriginal and Torres Strait Islander people as the Traditional Owners of this country throughout Australia and their connection to land and community. I pay my respects to their Cultures and to the Elders both past and present.*



Government of South Australia  
Department for Education

## Message from the Principal - Steph Tulloch

Hi Families,

We have had a lovely start for our 17 new reception students who are in Room 7. Welcome to our school. It is great to see you out enjoying the play spaces during break times. It is wonderful to see you learning in the classroom also.

**Illness:** There is a lot of illness going around, affecting staff and students alike. If your child is ill, please keep them home and let the office know. Not only is it colds and flu, but also Chicken Pox. Hopefully we are at the tail end of it all, however, keep monitoring your children.

**Fundraising:** Thank you to our fabulous fundraising team for their efforts this year. They bring so much energy and new ideas to the role.

**Book week Parade:** Our Book Week Parade will be held on Thursday 21 August at 9:00am. This year's theme is "Book an Adventure" all costumes need to be PG appropriate and should be related to a book. The parade will commence from the Red unit, walking up the path to the hall. Parents may line the pathway as students walk to the hall.

**Book week lunch order:** There will be a book week lunch order day on Friday 22 August. Forms have come out to families. Place your child's order with payment for a Hotdog lunch by Monday 18 August.

**The next fundraising** activities are Father's Day Stall (Thursday 4 - Friday 5 September), and Colour Explosion (26 September). Our fundraising is going towards our playground redesign. The first of the four stages of this will be happening shortly. Look out for the swings in the senior playground.

If you are able to help on any of these events, no matter how big or small, please let me know, or email [coorarafundraising@gmail.com](mailto:coorarafundraising@gmail.com). Many hands make light work, and we appreciate your support.

**Colour Explosion** - this is approaching fast. Your child has been given the login details to start fundraising for our school. All children at Coorara Primary can participate.

- Students who raise \$5 will be given sunglasses and a rainbow headband to wear on the day.
- Students who raise over \$10 are eligible for the prize pool.
- White T-shirts = cover me in powder / slime, Black T-shirts = I am participating but do not want powder / slime.

This is our biggest fundraiser for the year - we have reached \$2,500 already.

**Trips and Excursions:** You will be receiving information through Edsmart about upcoming trips and excursions, including swimming and 2026 camps for senior students. Please make sure you keep up to date with these so there are no surprises. We have been so fortunate to have received funding this year through Variety Club to support buses for trips, however there will be a small fee from now on.

Steph Tulloch  
Principal



## Coorara Basketball



Well, done to our Year 2/3 boys basketball team who had a fantastic 21–8 win this week! The boys played with great teamwork and showed excellent sportsmanship. It's been a tough season with strong competition, but they've never given up. We're so proud of their effort and spirit!

## Book Week 2025

Our Book Week Parade will be held on Thursday 21 August at 9:00am. This year's theme is "Book an Adventure" all costumes need to be PG appropriate and should be related to a book.

The Parade will commence from the Red unit, walking up the path to the hall. Parents may line the pathway as students walk to the hall.

### Who are you dressing up as?

## The 2025/26 VACSWIM Block Dates Are Here!

We're excited to announce the official dates for the upcoming VACSWIM season. Mark your calendars and start planning ahead!

Block 1: December 15 to 19, 2025

Block 2: January 5 to 9, 2026

Block 3: January 12 to 16, 2026

Block 4: January 19 to 23, 2026



## Term 4 – Swimming Dates – Save the Date!

### R–Yr 2 Water Safety at Westminster College pool

Monday 13 – Thursday 16 October (week 1 Term 4) \$30.00

### Yr3–Yr 5 Water Safety at Glenelg Beach

Wednesday 3 December \$15.00

**Year 6 Aquatics – Friday 21 November 2025 \$25.00**

## Is it our job to make our children happy?

I need to preface this article with the fact that, at school, we like happy children and we do not do things to deliberately make them upset. However, is it our job as parents/caregivers and as teachers to make our children happy? Think about it. Can I make you feel an emotion? I might do something that causes you to feel that emotion, however your response is totally up to you.

Have you ever provided your child with something, thinking that it would be a great experience only to have them grumpy and argue with their sibling/s the whole time? That is because, as parents/caregivers, we choose superficial things to attempt to make them happy. If they feel unhappy, we are then quick to jump and do all that we can to make them happy. Living in a constant state of happiness is superficial and not normal.

Having our children experience other feelings is ok. Happiness should be a by-product of a stable, predictable normal life, not the goal. It also sets our children up to think that it is other people's responsibility to make them feel happy and I am scared to imagine the dangers of this thinking when they become adults.

### So what can we do to help?

- 1) Teach them to find their own happiness.
  - 2) Help them understand their own emotions. If they are feeling sad or frustrated, speak with them about that feeling rather than rescue them out of it.
  - 3) Teach them to have positive relationships. Coach them through dealing with conflict, managing and controlling issues and how to repair relationships. As our children develop these skills, they become happier. Due to social development, they WILL NOT BE HAPPY ALL THE TIME and that is normal. This is because they are learning... just like the friend they are having issues with.
  - 4) Do something hard with your child. It needs to challenge them, for example, music, sport or art... and they will probably complain, but help them through it. What they will feel is happiness once they achieve something. This is called intrinsic motivation as opposed to extrinsic motivation. Their happiness will not revolve around you giving them something. It will be created by showing resilience.
  - 5) Teach them that they are in charge of their own emotions. If they are upset and sulking in their room because they wanted chocolate cake for tea, acknowledge their feelings and say "You look like you are upset but you cannot eat chocolate cake for tea. It is now your choice whether or not you stay upset because you are in charge of your emotions".
- Life is hard and will throw us many curve balls. Having our children experience challenges is only preparing them for the future. "To only participate in the things that I am good at, will rob me of the opportunity to do things that are good for me" – Wilson McCaskill.

#### REMINDER

**Assembly Rm 18  
Friday 15 Aug**

#### REMINDER

**Festival Choir Rehearsal  
Wednesday 20 Aug**

#### REMINDER

**Book Week Parade  
Thursday 21 August**