

# COLLINGWOOD ENGLISH LANGUAGE SCHOOL NEWSLETTER

*The monthly school newsletter*

## KEY DATES FOR YOUR DIARY

What's coming up

**Friday 8th April** Last Day of Term 1

**Monday 25th April** Anzac Day **No School**

**Tuesday 26th April** First Day of Term 2

## Inside the June issue:

- Key dates for your diary
- Principal's Message
- Broadmeadows' Beach Excursion
- Science at CELS
- Making Friends and Learning Social Skills
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- CELS art gallery
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*Above: Students from Broadmeadows Campus learnt about beach safety at Altona Beach. More on page 2.*

## PRINCIPAL'S MESSAGE



Dear Parents and Guardians,

In our March newsletter you will see some of the learning students have been doing at CELS.

Broadmeadows, Collingwood and Craigieburn campuses have gone on excursions, taken part in art and science activities and have been talking, writing and reading about these experiences. They have also been talking and learning about friendship and social skills. These are important experiences for our students. We all know when students are active and having fun they will learn more. We also know how important life skills are for our children's future.

Last week, as part of our program at CELS, we celebrated Harmony day. Harmony day is an opportunity to celebrate cultural diversity in Australia. We want to make sure everyone feels connected and feels a sense of belonging. It is a time to talk about the respect we have for each other's cultures and share the things we have in common. So this week your children have been learning that we all belong and that we respect and celebrate our differences .



## Broadmeadows' Beach Excursion



Last month, students from the Broadmeadows Campus visited Altona Beach for a session with Lifesaving Victoria.

They got to spend some time at the park before completing some exciting water safety activities on the sand and in the ocean.

For many students it was their first experience of a beach in Australia!



# Science at CELS

## Craigieburn's Scienceworks Excursion



Earlier this month, students from Craigieburn Campus had a lot of fun learning about science at Scienceworks museum.

# Science at CELS

## Making Slime at Collingwood Campus



In Upper Primary at Collingwood Campus, students have been learning about chemical reactions. They have been conducting experiments mixing household substances to create other substances and discussing the chemical reactions. In this instance they made slime with shaving foam, soap, PVA glue and food colouring. After the experiment they wrote the steps of the process to make slime.



# Making friends and learning social skills



B41 is participating in a social skills program. They are learning new games and how to play together.

Primary students at Craigieburn Campus are joining in every Tuesday and Thursday for lunchtime activities.



Students from P1 to P4 come together to play and do crafts.







Above: Secondary students do art activities at lunchtime.  
Left: In B51, students have been learning about what bullying is and how to stop it.

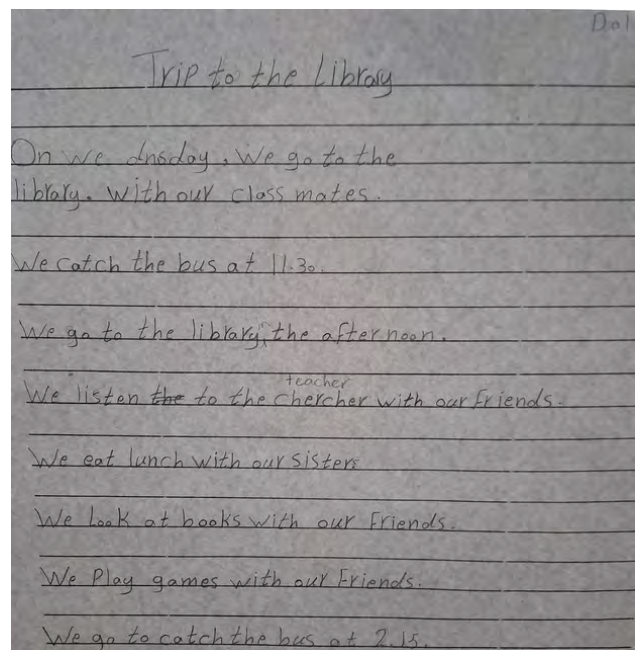
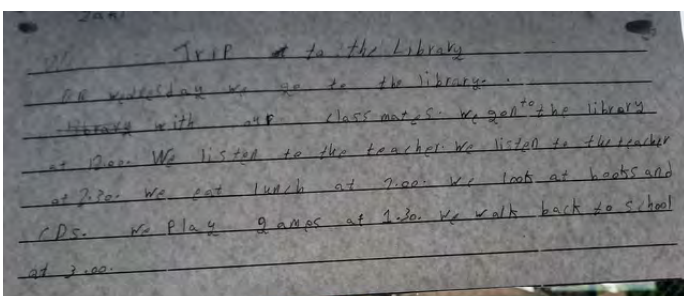
## Excursion to Hume Global Learning Centre

Last month, Secondary students from Craigieburn Campus visited the Hume Global Learning Centre. Below are some recounts of the day and group photo.



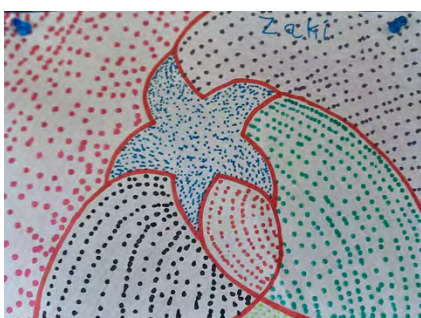
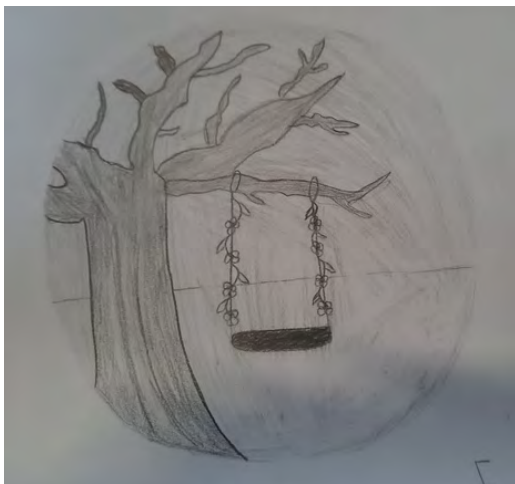
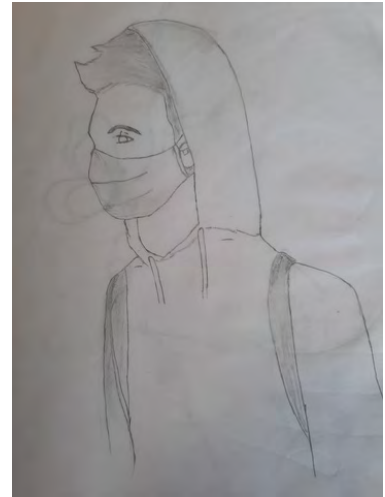
### Trip to the Library

On Wednesday we caught the bus at 12.00. We went to the library at 12. 30. Then, we ate lunch with our friends in the library. After, we looked at books and played games. Then, we listened to the teachers. After that, we caught the bus back to school.



# CELS Art Gallery

Please enjoy some of our students' artwork.  
These pictures are from Craigieburn Campus.





# Posters from the Wellbeing Team

For our new families: these posters are useful guides for eating and moving.



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





# Posters from the Wellbeing Team

For our new families: these posters are useful guides for eating and moving.



Australian Government  
Department of Health

## Have you **moved** enough today?





**SLEEP**

- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.



**PHYSICAL ACTIVITY**

Aim for 60 minutes or more per day – the more you huff & puff the better!



**INACTIVITY**

Move more & sit less in your spare time.

Find out more at [www.health.gov.au](http://www.health.gov.au)

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):  
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

