

The Heights Happenings

Thursday 17 May 2018



MOUNT WAVERLEY
HEIGHTS
PRIMARY SCHOOL

Dates to remember

Principal's Report

TERM TWO 2018

Friday 18th May

SDSSA Cross Country Jells Park
Year 1/2 Excursion – Melbourne Zoo
Move Night

Monday 21st May

Grandparents / Special Person Morning Tea
School Assembly 2:45pm

Tuesday 22nd May

Youth Concert Hamer Hall 7:30pm

Friday 25th May

SDSSA Winter Sport R3

Monday 28th May

Year 3&4 Walking Excursion – Valley Reserve

Tuesday 29th May

Year 5/6 Camp Payment 3 due
ICAS – Science Test

Wednesday 30th May

Family/Sibling photo orders close on-line
Big Science Little Scientist Program

Thursday 31st May

School Photos

Friday 1st June

SDSSA Winter Sport R4

Monday 4th June

School Assembly 2:45pm

Friday 8th June

SDSSA Winter Sport R5

Monday 11th June

QUEENS BIRTHDAY PUBLIC HOLIDAY

Tuesday 12th June

Year 5/6 Camp

Friday 15th June

Piece Together Prep – Session Two

Monday 18th June

School Assembly 2:45pm

Monday 25th June

End of Term Assembly 9-10am



Refer to the website for Notices

<http://mountwaverleyheightsps.vic.edu.au/parent-information/>

BUILDINGS ARRIVING NEXT WEEK!

Delivery of our building is scheduled for **Wednesday 23rd and Thursday 24th of May** (subject to weather conditions). During these days of install, the carpark off Solomon St will be closed for the entire day. The carpark may also need to be closed on **Friday 25th of May**.

Pedestrian access during drop-off and pick-up times (8:30am to 9:15am and 3:15pm to 4pm) **will be** permitted. After these hours you may need to use the Huntingdale Rd entrance.

A clearance zone (red section of diagram) of 10m around the building will have to remain clear of staff and students on the days of install. The builders will ensure that adequate supervision is present on site. Yard duty teachers will also assist with supervision. During installation **Wednesday 23rd and Thursday 24th of May** the top end (Dreamspace/basketball courts) will be out of bounds to students during break times.

Also during this time Year 3-6, Preps and Year 1/2A students will be required to enter the school and walk around the back of Building E to access their classrooms. Preps and 1/2A will line up under the shade cloths between Building E and B.

1/2A & Prep line up area



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BUILDINGS ARRIVING NEXT WEEK CONTINUED

I had the opportunity to visit Grove's factory (builder) yesterday where our building is being constructed. WOW! I was really impressed. We have some terrific learning spaces for our P-2 students and a great new Art/Music room. It is really coming together and I can't wait to see the end product.

PARENT CONCERNS

Can I please remind everyone that school issues should be brought to the classroom teachers' attention and dealt with by school staff. It is not appropriate for parents to be speaking to other parents about school matters or addressing their concerns directly with the students involved. This causes anxiety for all involved and often leads to small issues becoming big issues.

If your child said something happened in the classroom or school grounds that concerns you, ask to meet with the teacher and approach the situation by saying, "I wanted to let you know that my child has reported that..... I was hoping you could shed some light for me." Remember, that you only hear one side of the story. If you are not happy with your discussion with the classroom teacher, Carolyn and I are always available.

Please let us know ASAP when a serious issue has arisen. If we don't know about it – we can't help. If it is not reported in a timely manner, students forget about the incident and it makes it difficult to follow up. It also causes undue tension when it could have been resolved there and then - reducing unnecessary stress and conflict.

We know you love your children. We (the staff), want what is best for them too. We just ask you -- to trust us, support us and work with the system, not against it. When we are all working together we will truly be able to provide the best learning opportunities whilst building your child's resilience and problem solving strategies.

Here is an interesting article: http://raisingchildren.net.au/articles/problem-solving_strategies_for_parents_and_teacher.html/context/591

PROBLEM SOLVING STRATEGIES FOR PARENTS

A good [relationship with your child's teacher and school](#) is a great starting point for handling any problems that come up at school.

Minor school problems: what to do

It's normal for children to have some problems at school – for example, problems with school routines, making friends or schoolwork.

The first thing is to stop and think about the problem. How big is the problem? Can you let it go? Can you sort it out at home? Or do you need to talk to the teacher?

There are some **problems that you can just let go**. Sometimes your child just needs you to listen and understand, but not to act. For example, 'I got a word wrong in my spelling test today', or 'I missed out on the student council'. You can listen, give your child a cuddle and tell your child that everyone makes mistakes or misses out on things they want.

Children can build resilience and learn to cope with disappointment by learning to let smaller problems go.



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PROBLEM SOLVING STRATEGIES FOR PARENTS continued

There might be some **minor problems that you and your child can sort out** at home. You can encourage your child's own problem-solving abilities by asking her what she could do to solve the problem.

You could also teach your child a useful strategy for handling these problems himself. For example, if your child is forgetting to bring his reading diary home, a useful strategy might be for him to put it straight into his bag after classroom reading.

Solving small problems at home builds problem-solving skills and helps your child become more independent and responsible.

Other problems **might need help from the teacher**. For example, your child might not be eating her snack or lunch at school and you might need the teacher to remind her to eat.

Persistent or complex problems: what to do

If a problem won't go away or is more complicated, you might need to work on the problem with your child's teacher. For example, your child might be having ongoing difficulties in the playground with another child and your home strategies haven't worked.

In this situation, a calm and positive approach is more likely to get a positive outcome for your child. Here's what to do.

Pause to calm down

If something has just happened to upset your child, this can upset you too. But try to take some time to calm down before you do anything. This will help you avoid doing something you might regret later, like sending an angry email.

You could say, 'I see you're very upset about this, and I'm upset too. We need to calm down so we can think about what to do'. Saying this will help your child to learn this strategy too.

Use it as a teaching opportunity

Even with a serious problem, you can model positive problem-solving for your child by being positive, thinking about solutions and talking about working with the teacher. This is better than complaining or being aggressive.

You could say something like, 'Let's ask Mr Smith if he has any ideas about how we can sort out this problem'. This kind of approach shows your child that you value the teacher's opinion.

Speak respectfully

No matter what you think, it's important to speak positively and respectfully about your child's teacher and school in front of your child. If you complain or criticise the teacher, your child will do the same.

Go through the right channels

This usually means talking directly to your child's teacher to start with. It's best to make an appointment. Going straight to the principal can make the problem bigger than it is.

PROBLEM SOLVING STRATEGIES FOR PARENTS continued

Avoid defensiveness

When there are problems, people sometimes feel defensive. For example, if either you or the teacher feels criticised, you could both end up feeling defensive.

But defensiveness can get in the way of problem-solving, so it's good to try seeing the teacher's perspective and to help the teacher see your perspective too. For example, 'I can see it's unrealistic to expect you to spend lunch time in the playground helping Ethan, but I'm worried because he's lonely and has nobody to play with. How can we both help him with this?'

LAP-A-THON –

Thank you to Leonie and all the parents involved in running the Lap-a-thon on Monday. A big thank you to all our volunteers who had taken time off work last Friday to assist with the Lap-a-thon, only for it to be washed out and rescheduled. We appreciate your flexibility.

Congratulations to all the students for their efforts. I was blown away by the level of fitness, determination and encouragements students displayed. Some of our 3-6 students were able to run 13-14 laps of the long course and our P-2 students running up to 34 laps of the oval within the hour. Even our student's younger siblings got involved (3-4 year olds) with many of them running up to 12 laps! A super effort!

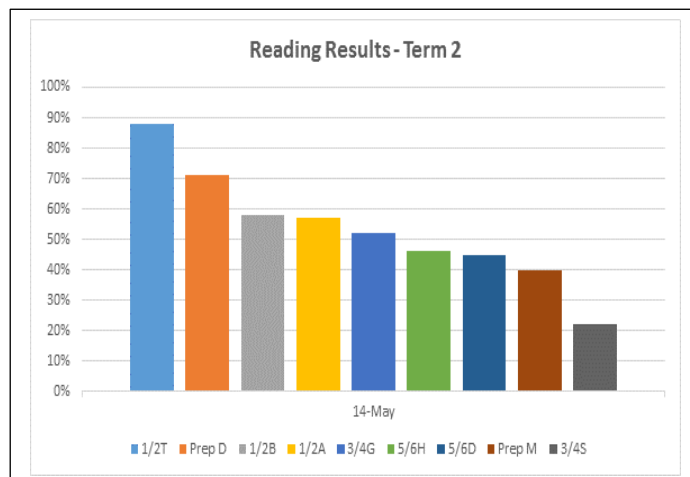
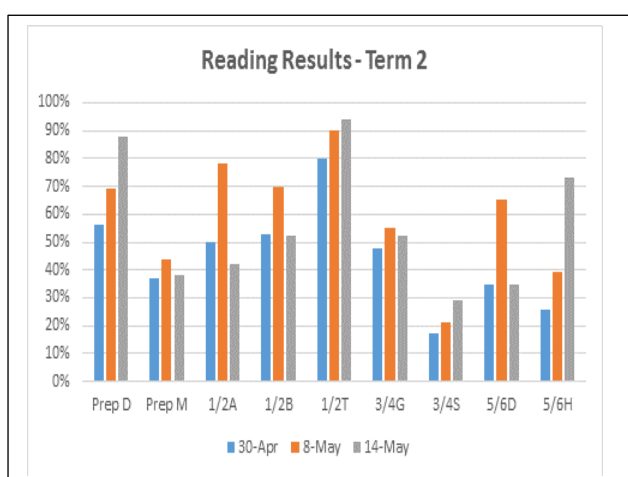
Now the final race – the first class to return their forms!

READING – PB BBQ

We are always looking at ways to encourage students to read. This term we will be continuing the reading challenge. We will be inviting the students who receive 4 or more PBs plus a P-2 and a 3-6 class who have read the most consistently over the term. Teachers will be ticking off the students in their class who have read for 5 nights. This will then be calculated as a percentage and added onto the overall score. How you can help?

- Encourage your child to read for a minimum of 5 nights
- Sign your child's reading log or diary so that we can verify that your child has read each night.

Please note that if the log/diary has not been signed, then your child's efforts won't be counted. We are encouraging student responsibility and would love to see children hassling you to read their readers and for them to ensure that everything is signed. Some children will need their parents support to get organised and to establish a good homework routine. Happy reading everyone!



EDUCATION WEEK – MAY 21-25

DON'T FORGET THE FAMILY ART CHALLENGE IS DUE THIS FRIDAY!

WHAT'S ON?

| | | |
|------------------|--|---|
| Monday May 21 | 9.15 -10.00 10.00 – 10.20 10.20 - 11 | Join your grandchild's class for a special activity. Over to the PAC – Choir performing + a message from our School Captains. Morning tea <i>Grandparents have always played an important role in family life, but over the last twenty years, many have had increased responsibility for their grandchildren due to changes in life and work commitments in families and society in general. It will be wonderful to invite them to school and to recognise their importance in our student's lives.</i> |
| Tuesday May 22 | 7.30pm | Senior School Choir performing at Hamer Hall. |
| Wednesday May 23 | 2.45-3.30 Student viewing and voting! | Family Art Challenge: An A3 piece of cartridge paper was sent home last week for families to design a piece of artwork. Any medium may be used. The most popular artwork (voted by our students and parents) will be framed and hung in our new building. Works of art are due by <u>Friday May 18</u> to put on display for Education Week. |

MOVIE NIGHT



MOVIE NIGHT – THIS FRIDAY

Don't forget our student movie night is this Friday! P-2 movie will be shown in Building E (prep rooms) whilst the 3-6 movie will be in Building B (3/4 area). Only those parents who have volunteered are able to stay for the movie. For some parents this will be the first time they will be leaving their child at an afterschool event. Rest assured the students are in safe hands and will have a fantastic night. Dropping your child off for this event helps to develop your child's resilience and independence. Carolyn and I will be present for this event.

SCHOOL CROSSING

We have been in further discussion with the council regarding the school crossing. The monitoring will occur indefinitely at this stage and I encourage everyone to please use the crossing as much as possible over the coming weeks. In the past, we have not had enough traffic (nor pedestrian traffic) to qualify for a lollipop person. The more people that use the crossing the greater chance we have for the crossing to be manned.

UPCOMING DATES TO REMEMBER

Movie Night – Friday May 18

Education Week – May 21-24.

Grandparents Day - Monday May 21

SCHOOL PHOTOS – Thursday May 31

Let's celebrate....

- A wonderful Mother's Day stall last Thursday and special breakfast for our Prep to Year 2 mums. Thank you Charmaine Bacon for organising the gifts for the stall.
- The weather clearing so that we could run our Lap-a-thon on Monday.
- The number of parent helpers that assisted with the Lap-a-thon.
- The incredible efforts of our students – congratulations to all who ran that little bit further this year.
- The incredible fashion style of the Principal and Assistant Principal



Until next week,

Sharon

Sharon Reiss-Stone



Curriculum Update

Last week the Year 1/2 classes participated in a healthy eating incursion run by Zoe A's mum, Ariella. The students learnt about how easy it is to make healthy meals and snacks. Ariella also introduced the students to a variety of foods such as the super food, chia. Having a balanced diet and encouraging your child to eat a variety of healthy foods sets them up with healthy habits for life. Eating well gives students the fuel they need to concentrate at school and have the energy to participate in their sports and activities. Thank you to Ariella for providing such a wonderful opportunity for students to learn more about healthy food choices. Below is Ariella's recipes from the incursion and if you are looking for further information try the Raising Children website. http://raisingchildren.net.au/articles/healthy_food_school-aged_children.html/context/1773



Curriculum Update continued

Zoe Aarons and Ariella's yummy yummy berry parfaits.

Chia Gel

Chia is magic! - add liquid and it puffs up and forms a gel.

Use the gel in parfaits, puddings, smoothies, add to cereal or as an egg substitute in vegan baking.

Ingredients

½ cups Chia seeds

1.5-2 cups water (this will depend on the brand and how fresh the seeds are)

Method

In a container add the Chia seeds then water, whisk with a fork to combine.

Wisk every 5 to 10 minutes till the gel is thick it may take 20 minutes. Seal the container and put in the fridge. It can last about a week in the fridge.

You can also make the gel with coconut milk or any other milk but it won't last as long in the fridge.

Chia Parfait

This is a quick recipe, have all the ingredients prepared in containers the night before. In the morning the kids can get creative making the parfaits.

Busy? Need breakfast on the go? Make the parfait the night before and mix it up and put it in a sealed jar, you now have a **Chia Pudding**.

Ingredients

Chia Gel

Rolled oats

Natural full cream yoghurt (unsweetened)

Berries fresh or frozen (defrost the night before)

Other suggestions, you can use mango, passionfruit, banana

Optional – honey, vanilla

Method

In a *fancy* glass, bowl or jar layer the parfait. (Everything tastes better when its fancy!)

You can use whatever quantities you like no need to measure.

Try this order.

Oats, chia gel, yoghurt, berries. You can repeat the layers and add extra fruit for a garnish.

Enjoy!

Chia seeds are the highest combined plant source of omega 3, fibre and protein, and are high in vitamins, minerals and antioxidants. Chia offers essential nutrition often missing in modern diets.

Oats are a natural energy food helping to fuel your body, they are also a whole grain, and are minimally processed.



Thanks

Carolyn

Carolyn Datson
Assistant Principal



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MWHPS Lap-a-thon

Congratulations to all students for completing the lap-a-thon.

Though the event was re-scheduled, all students were very eager to get underway on the Monday.

Good luck to the students who have been selected from the lap-a-thon to represent MWHPS at the SDSSA Cross Country. These students will be representing the school tomorrow (Friday) at Jells Park in the afternoon from 12pm. If there are any parents interested in attending please contact me either in person or via school phone. Any students in grade 3 or 4 that have been selected need to return their permission forms!!

Thanks-you

Kate Black – P.E. teacher

School banking day is FRIDAY.



Remember, **FRIDAY** is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, students will receive a silver Dollarmite token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

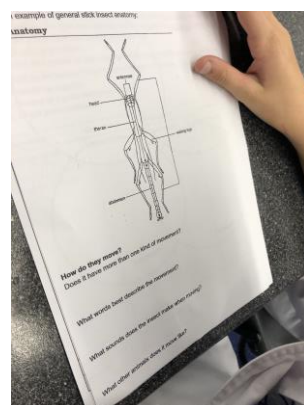
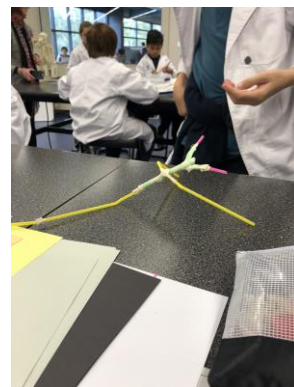
If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program at **MOUNT WAVERLEY HEIGHTS.**

If you would like to know more about School Banking, please ask for a 2018 School Banking program information pack from the school office or visit commbank.com.au/schoolbanking



Big Science Little Scientists experience May 16th 2018



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Dear Students and Parents,

Reading and sharing stories can:

- help your child become familiar with sounds, words, language and the value of books
- spark your child's imagination, stimulate curiosity and help their brain development
- help your child learn the difference between 'real' and 'make-believe'
- help your child understand change and new or frightening events, and also the strong emotions that can go along with them
- help your child develop early literacy skills like the ability to listen to and understand words.

Reading stories with children has benefits for grown-ups too. The special time you spend reading together **promotes bonding and helps to build your relationship**. This is important for your child with developing their social and communication skills.

Remember the link to check reading challenge books is:

<http://www.education.vic.gov.au/about/events/prc/Pages/booklist.aspx>

If you have any questions please don't hesitate to ask!

PRC Coordinators

Mrs. Amy Morris and Louise Berry.

Parents Association

A very BIG thank-you to everyone who helped on the Mothers' Day Stall and to Charmaine Bacon for organising the event. There was an amazing assortment of gifts and I'm sure all mums were very spoilt on the day!

The approximate profit from the stall was \$800 – an amazing effort.

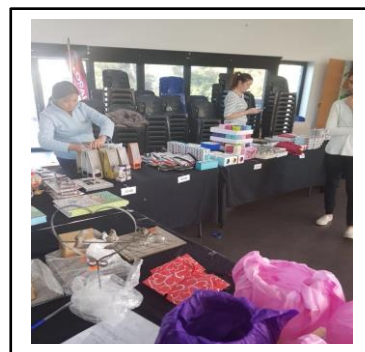
A reminder to donate to the Feed Melbourne

Appeal during May 1st to June 30th.

There is a box for donations of penne pasta, plain flour or tin tomatoes at the school office.

Thank-you

Alison Thornton



Extend OSHC at Mount Waverley Heights Primary School Kid tested, Parent approved

Hi everyone!

We had such a busy week last week at Extend. Monday was our curriculum session, where we became artists for the day, and made all sorts of creative things, from a keyring for our school bags to canvas paintings.

As always we really enjoyed our cooking activity this week. This week we made mini pizzas, using English muffins and a range of different toppings. This is a favourite recipe at Extend.

"I liked making the pizzas, I like being able to put on my own ingredients. On my pizzas I had tomato paste, cheese, spinach and mushrooms, it was delicious"- Caitlin

A highlight of the week was making soap on Thursday. We shredded unscented soap, and melted it into milk, and poured it into moulds and adding different ingredients.

"I liked putting different ingredients in the soap, I put rolled oats and cinnamon in mine"- Dwayne.

"I love making everything at Extend, my favourite thing was making soap this week."- Saffron.

Coming up next week:

Monday: Specialist Activity: Paper Weaving, Sports Clinic by Jake G

Tuesday: Imagination Creation, Ball Sports

Wednesday: Cooking: Rice Paper Rolls, Group Games

Thursday: Science: Mini Green House, Revenge


Friday: Yoga with Jocelyn, Playground

AND OUR EXTEND SUPER-STAR OF THE WEEK IS.....

Jocelyn K 3/4S

For taking on leadership responsibility and doing such a great job at running yoga on Friday's. The other children absolutely love it.

From Caitlin and the kids at Extend :)



**DISCOVER. LEARN. PLAY. WINTER
EXTEND SQUAD
FANTABULOUS school holiday experiences!**

Extend's school holiday programs are a fantastic opportunity for your child to do fun and engaging activities with friends. Book 14 days in advance to receive the early bird rate.

Bookings open now!
Find your local Extend Squad: extend.com.au

2018 Photo Day Envelope and Order Instructions

Dear Parents and Students,

Mount Waverley Heights Primary School PHOTO DAY IS 31-05-2018

School photo order envelopes have been or will be distributed to every student and it is important that the order instructions (below) are followed.

**** IMPORTANT PLEASE NOTE – ONLINE ORDERING FOR SIBLING PHOTOS WILL CUT OFF ON 30-05-2018 ****

ONLINE ORDERING Your child's school photos are now available for secure online purchase, please note if you are ordering online, you do not need to return an envelope to the school

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- Step 1: [Easy Access Link: Click Here](#) - Click on this link if you are using a supported device
- OR - Go to www.advancedlife.com.au before photo day and enter your school code [RCC Y8R QXK]
Step 2: Enter your student's details
Step 3: Choose the package that best suits your needs (all orders will be returned to the school for collection)
Step 4: Pay for the photos via the shopping cart (upper right corner of the page)

**** Online Orders will attract a \$1 service fee**

Please Note: Late fees will apply once orders are closed (5 days after photo day)

FAMILY / SIBLING PHOTOS No envelope required if ordering online

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- Go to www.advancedlife.com.au before photo day and enter your school code [RCC Y8R QXK]
- Family/Sibling photo orders online close on 30-05-2018
- Orders can be placed by returning an envelope up until photo day with cash or cheque enclosed

ORDERING USING AN ENVELOPE

ENVELOPES WILL BE HANDED TO EACH CHILD, PLEASE SEE THE SCHOOL OFFICE IF YOU HAVE NOT RECEIVED ONE

Step 1: Student Details: Complete the student details section on the front of the order envelope.

Please use black or blue pen.

Step 2: Purchase Details: Complete the purchase details on the front of the envelope.

Step 3: Payment Method: Select your payment method.

Credit Card – Online Only at www.advancedlife.com.au

Cash – Please enclose correct money – no change is given under any circumstances

Cheque – Make payable to Advancedlife Photography with your name & address on the back of cheque

Please allow 60 days for your cheque to be finalised - a \$25 fee will apply to any dishonored cheque payments

Please Note: A portrait and a class group photograph will be taken of every student at the school, regardless of purchase. Photographs of your children taken as part of a class group are only permitted to be distributed within their own class. Your child's name will appear on the class group photo. If you **Do Not** wish your child to be photographed, please contact your school office with your instructions prior to Photo Day.

Please feel free to contact us via email or phone should you have any queries in regards to your child's school photo order.

info@advancedlifevic.com.au or 03 9852 1133

Advancedlife Team



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