

Dates To Remember

Monday 15th March
Assembly - 2.45pm

Tuesday 16th March
Twilight Sports - 5.30pm - 7pm
Join us for a picnic dinner from 5pm

Wednesday 17th March
School Council AGM - 6pm
Book Club orders DUE

Thursday 18th March
Parent Helpers Course - 2.45pm in PAC

Friday 19th March
Harmony Day - Cultural Picnic

Friday 19th March
Uniform Shop Closed onsite

Monday 22nd March
SDSSA District Athletics 9.30am- 2.30pm

Monday 22nd & Friday 26th March
Primary School Nurse Visit - Prep

Wednesday 24th March
Last day for Easter raffle Donations

Monday 29th March
End of Term Assembly - 9am

Thursday 1st April
Easter Raffle Drawn
Term 1 Finishes - 2.30pm

TERM TWO

Monday 19th April
Term 2 commences 9am

Thursday 11 March, 2021

Principal's Report

ILLNESS

As you may be aware, a gastric bug has been wiping out childcare facilities and kinders. We have also had a few cases. Please keep your child at home if they are feeling ill or have any gastric symptoms, to stop the spread.

The symptoms of gastroenteritis can include:

- loss of appetite.
- bloating.
- nausea.
- vomiting.
- abdominal cramps.
- abdominal pain.
- diarrhoea.

Colds and sniffles: We have had questions from parents regarding colds and whether they can send their child to school. Due to the current climate and The Department of Education's directions, we ask that you take your child for a covid test and wait for the results before sending your child to school. To reduce the risk of transmission of COVID-19, is to ensure that any unwell staff or student remain at home and get tested even with the mildest of symptoms. I understand that this presents challenges for many families, but the consequence of not taking precautionary action is far worse for the whole school community.

PLC (Professional Learning Communities)

All government primary schools will participate in the departments PLC training program over the next four years. The PLC initiative aims to provide professional learning experiences to middle leaders to support them in improving student learning outcomes. MWHPS was selected to participate in 2020, but due to covid our training was postponed till Term 4 and continued this year.

Six of our leaders have been participating in the training which has required them to be away from their classes for 3 days. I would like to recognise our middle leaders - Melanie Johnson, Elizabeth Spurling, Alicia Geddes, Lee-Ean Teoh, Kiralee Molnar and Claire Furlong for taking the next steps in their leadership journey. Alongside PLC commitments we have also involved our staff in the review process. Whilst not ideal to have teachers absent from their class, it has enabled us to develop a comprehensive understanding of our school's practices and prepare for the next four year learning cycle.

EASTER RAFFLE

We will be holding our end of term Easter raffle on Thursday 1 April at 2pm. We ask families to please donate chocolate easter eggs or easter gifts to put towards the prizes. Donations need to be **brought to school by Wednesday 24 March**. We are also seeking some volunteers who are able to make hampers from the donations. If you are interested in assisting, then please contact Louise or Julie up at the office. Further information alongside the raffle tickets will be distributed on Monday.



TWILIGHT SPORTS

Next Tuesday we will be hosting our Twilight Sports community event. We encourage families to come dressed in their child's house colours. We also encourage you to bring a picnic along and enjoy the festivities.

UNIFORM CHANGES - MOVING TO PSW STORE

As school numbers have increased, we have found uniform storage and keeping up with orders and supplies challenging. We discussed options with PSW (our uniform suppliers). They are opening up a larger store in Glen Waverley (near Officeworks on the corner of Springvale and Waverley Roads) and would be happy to sell our uniforms from their new shop. School Council reviewed, discussed and approved these plans. It would mean that parents can purchase items through their website, order click and collect or visit the store in person. Opening hours will increase which offers working parents greater flexibility. Uniform costs will increase on average by \$5 per item. We are planning to have supplies purchased from the PSW shop from the beginning of Term 2. This means that we will need to box up our current stock in the last two weeks of term.

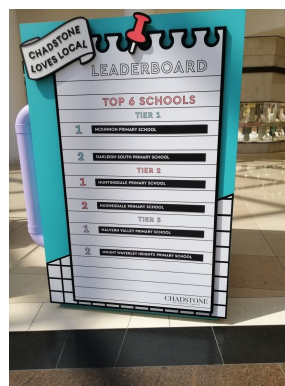
In summary..

- The **last day you can purchase uniform** from the school is **Friday March 19**
- **From Term 2**, uniforms will be purchased via PSW store or online
- Stock will be boxed up in the last 2 weeks of school
- PSW will purchase back our current stock
- Hats and satchels will continue to be sold from the office. All other items will need to be purchased from the store

CHADSTONE LOVES LOCAL

We're excited to be part of a new program that launched last weekend at Chadstone Shopping Centre, 'Supporting our local Schools'.

For every \$20 spent at Kmart, Target and participating Fresh Food retailers between Saturday 6 to Sunday 28 March 2021, customers can present their receipts at Chadstone's Concierge Desk to receive a token to contribute towards the Mount Waverley Heights School tally.



The school with the most tokens will receive the Chadstone Loves Local Grand Prize!
Further information can be found on the [Chadstone Loves Local School Portal](#), and in the flyer attached.

EVACUATION DRILL

Today we held our first evacuation drill. It was wonderful to see how orderly our classes moved to the evacuation site (basketball courts near the oval). These drills enable us to ensure that our processes are in place for any emergency situation. Well done to all our students but particularly to our new preps. The first drill can be a little frightening.



LEAVE

Next Tuesday till the end of term, I will need to take some personal leave. Mrs Carolyn Datson will step up into the Principal role in my absence. Should you have any concerns please do not hesitate to contact Carolyn or Emma. I know that I will be leaving the school in the best hands possible. I will be returning in Term 2.

Let's celebrate...

- Our SRC for organising Harmony day next Friday 19 March. Please support them by coming dressed in your cultural heritage, flag colours or by dressing in orange! As always, please ensure that you have no nuts in the foods brought to school.
- Through the Review process the review team were blown away by our school's culture (this was evident in discussions with students, parents and staff), the amazing improvements in literacy and numeracy practices and data (evident not only in documentation but by the school's results) and by the forward thinking approach to global citizenship.

Sharon Reiss-Stone

Principal

Assistant Principal's Report

Wellbeing Matters

This week the focus is on wellbeing conversations for Years 1 & 2.



Understanding emotions

Goal: Understand our emotions.

Activity: Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/feeling.

Goal: Understand situations that can trigger different emotions.

Activity: Your child asks a family member how they would feel if:

- They were starting a new school or job
- Their friend had told everyone a secret they shared with them
- They had won a prize.



Personal strengths

Goal: Describe how we use our strengths to be a good family member.

Activity: With your child, discuss what each of your character strengths are. Draw a picture of yourselves using one of these strengths at home.

Goal: Describe how we use our strengths in daily life.

Activity: With your child, watch a TV show or read a story book together and identify how a character showed any of these strengths (honesty, fairness, patience). What would the opposite of these look like?



Positive coping

Goal: Discuss ways we can cheer up and calm down.

Activity: Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

Goal: Talk about fears and how to cope with fear.

Activity: Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.



Problem solving

Goal: Build collaboration and teamwork at home.

Activity: Using items that are safe and stackable (e.g. paper cups, playing cards), make a tower as tall as you can. Once your tower is complete, remove one item at a time, trying not to make the tower collapse. Or, if you have Jenga, play it together!

Goal: Work together to solve problems.

Activity: Talk about this scenario with your child: I had a disagreement with my best friend and felt left out. What are three positive ways one could solve this situation?



Stress management

Goal: Recognise how stress can feel in the body.

Activity: With your child, tell each other about a situation when you felt stressed. How did the body respond to this stress (e.g. sweaty palms; butterflies in your tummy).

Goal: Discuss coping strategies for stress.

Activity: Write a list of actions with your child that you can take to deal with stress, fear or anger. Name this list: *Our Family's Calming Strategies*. Display this list somewhere at home.



Help seeking

Goal: Work with and support each other.

Activity: Encourage your child to help a family member with a something around the house, such as clearing the dishes after dinner.

Goal: Identify people we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.

Parent Helpers Course

The Parents Helpers Course has been rescheduled for Thursday March 18th at 2.45pm - 3.30pm in the PAC. We realise this a different day and as such are sending out a new Google form to ask for attendance numbers. If you are unable to attend on this day, please let us know and we will see if other arrangements can be made. Please use the following link to the Google form to register your attendance [Parent Helpers Course](#)

Carolyn Datson

Assistant Principal



9807 8120



9888 1921



Facebook.com/MtWaverleyHeightsPS



Mountwaverley.heights.ps@edumail.vic.gov.au



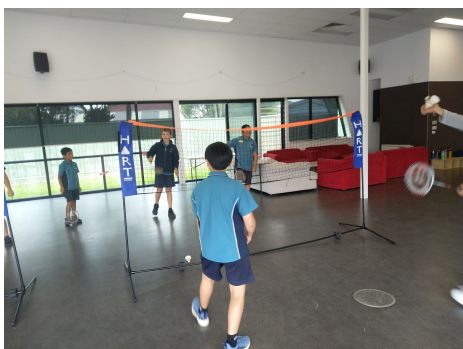
Mountwaverleyheightsps.vic.edu.au

Physical Education News

Physical Education News - Sporting Schools Funding

As a school we have been fortunate enough to receive Sporting Schools Funding in Term 1. Students from Grades 3 - 6 will be involved in a 4 week program of Badminton. Students have had two sessions of Badminton and will have two more over the coming weeks. Below are some photos of students from Grades 3/4 and 5/6 participating in the sessions.

Mrs Black



Twilight Sports

Our whole school community event this term will be the Twilight Sports. This will be held on Tuesday 16th March between 5:00pm -7:00pm, with events running from 5:30 - 7:00pm. It will involve students competing in running races, hurdles, discus, long jump, javelin, relays and novelty races in their house teams. Students will spend some class time going through these different events so that they know what to expect on the night. There will also be activities for the parents to get involved in too!

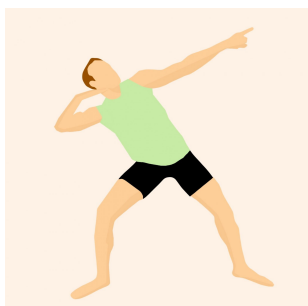
Families are welcome to arrive from 5:00pm to have a picnic prior to the events. It would be lovely to see all families join together beforehand for a picnic dinner, so please bring along your picnic rugs, chairs, drinks and food and gather together around the oval.

Each student has a designated house and it is suggested that students wear their house colours on the night.

If you have any further questions or queries please don't hesitate to ask me.

Thanks

Mrs Kate Black



SRC News

Harmony Day

Harmony Week is from the 15th -21st of March. It is all about celebrating the amazing cultures that make up our country, as Australia is one of the most multicultural countries in the world. Our cultural diversity is a great strength and brings with it a whole host of traditions, religions, languages and of course, food! The main message is that everyone belongs, which is a fantastic opportunity to encourage the inclusiveness of different cultural backgrounds that make up our school.

To celebrate, the SRC have decided to organise a **Cultural Dress Day** on the **19th of March**, where students can wear their Traditional cultural dress, the colours of their cultural background's flag, or orange. The colour orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Alongside our Cultural dress day, the whole school will also have a **Cultural Picnic**, where each student brings lunch from their own culture. The lunch is **not for sharing**, but for students to have a rich discussion around their culture and the traditional food they eat with other students of different cultures.

We are looking forward to celebrating the rich diversity in our school with our Cultural Dress and Cultural Picnic on the **19th of March!**



If you would like to learn more about Harmony Week, this website provides some history and how you can celebrate Harmony week further. <https://www.harmony.gov.au/about>

Sustainability News

Hello, writing to you is the 2021 Sustainability team. Each week, we will update you or give you some information.

Did you know, the earth has more than 20 000 species of edible plants! So remember to take care of the environment, and it will reward you with all you need.

If you have an interesting idea for how to be more sustainable, please write it down and give it to your Sustainability journalists, Ryiah, Stephanie and Alexis. The best ones will get published in the newsletter. Thank you!



Volunteers Needed Thursday 18th March 1.20pm

The sustainability committee are getting ready to work on the Vegetable patch but we need some adult volunteers to help with some of the harder labour. If you have an hour to spare it would be greatly appreciated.

You don't need to have a green thumb, you just have to be physically able to do some light digging and weeding.

You must have a Working With Children's Check and have signed the Childsafe Code of Conduct at the office.

This is a nice way to meet other parents in the school community.

For more information and to let us know you are coming please email Ariella ariellathetaylor@gmail.com (parent- Zoe 3/4T)

Thanks

Mrs Geddes Sustainability

Around the Classes

Year 1 & 2 Incursion!

Last Thursday, the Year 1 & 2 students had a wonderful time at our incursion, *Toys Over Time*.

Students learnt about the origins of many new and old toys, and were able to experience what life was like for their parents when they were young!



John Monash Science School visit

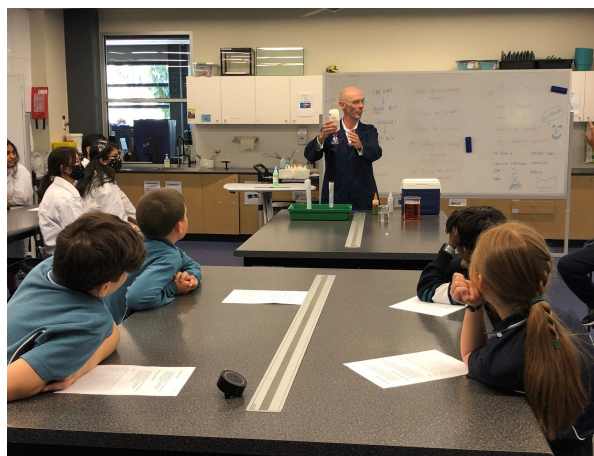
Our third week at John Monash was probably the best week so far.

We focused on Chemistry and measured PH levels. We created a red cabbage indicator to test whether liquids were acids or bases. Some of the liquids we used were orange juice, milk, hydrochloric acid and sprite.

The liquids turned different colours when mixed with the cabbage indicator, and each colour corresponded with a ph level.

At the end of the experiment we watched a dry ice demonstration, and our hands smelt like cabbage!

By Ameer, Christian, Mia and Theo.





DIGIMAKER
Programming for young Makers

COMPUTER PROGRAMMING CLUB!

@ Mount Waverley Heights Primary School

In a world where technology touches every aspect of our lives, it is crucial that our children understand how it works. To accomplish this objective, there is an exciting coding club running at the school.



DEVELOP SKILLS

- Creativity
- Logical thinking
- Problem solving



LEARN

- Computer Science Concepts
- Fundamentals of programming
Loops, Events, Randomness and more

PROGRAMMING LANGUAGES

- Scratch
- Python
- Javascript
- .. and many more



MAKE

- Games
- Web pages
- Apps

The club will run for 8 to 10 weeks each term (depending on the length of the term) and is charged on a per-term basis. Students will use school computer during the lesson.

9 WEEK TERM PROGRAM

Program for **Term 2 2021** is as follows:

Year levels: 3 to 6

Term Fee: \$171 + GST

AFTER SCHOOL

3:40pm – 4:40pm

BATCH

Tuesday's 20th Apr to 15th Jun 2021

Fill out the form online by

Wednesday 31st March 2021



www.digimaker.com.au/enrol

Digimaker will confirm your child's spot via email**

** All important emails from Digimaker will be sent from info@digimaker.com.au. Please ensure this address is whitelisted in your Junk Email filters or added as a Trusted contact.

HOLIDAY E-LEARNING PROGRAM

2 HOURS OF FUN FILLED CODING
FULLY SUPERVISED OVER ZOOM
(5 DAYS A WEEK!)

<https://www.digimaker.com.au/events/school-holiday-coding-program/>



9807 8120



9888 1921



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Mountwaverley.heights.ps@edumail.vic.gov.au



Mountwaverleyheightsps.vic.edu.au

VOTE FOR YOUR SCHOOL TO RECEIVE UP TO \$20,000 IN PRIZING!

CHADSTONE LOVES LOCAL

SPEND AND VOTE!

VOTE FOR YOUR SCHOOL TO RECEIVE UP TO \$20,000 IN SCHOOL SUPPLIES!

Saturday 6 to Sunday 28, March 2021

For every \$20 spent at Kmart, Target and participating Fresh Food retailers, present your receipt at Chadstone's Concierge Desk on the same day to receive one token to vote for a participating local school of your choice.

The schools with the most tokens will receive the Chadstone Loves Local prize of \$20,000 to spend on school supplies at Chadstone • The Fashion Capital.

Get behind your school community, each vote counts!

1 vote per token per qualifying purchase. Max 10 votes per day. Winning schools announced on chadstone.com.au on 12/04/2021. To see list of participating local schools, visit chadstone.com.au/chadstone-loves-local.

#ChadstoneLovesLocal

PARTICIPATING CHADSTONE RETAILERS

ALDI • BAKER'S DELIGHT • COLES • COLONIAL FRESH • FRESH • K-MART • TARGET • THE ASSIAN STORE • THE BUTCHER CLUB • WISHBONE • WOOLWORTHS.

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CHADSTONE
THE FASHION CAPITAL



Start playing now!

FREE TENNIS DAY AT MAYFIELD PARK TC

Sunday 14th of March — 3pm to 5pm

Register <https://play.tennis.com.au/mayfieldparktennisclub/Events>

TOP HIT TENNIS COACHING

Mayfield Park TC 34 Mayfield Dve, Mt Waverley
Prices: Group - \$17, Semi private - \$23, Private - \$40

Free Tennis for all ages, please register at link above
or text Brad on 0417327880

Fun and fitness with some tennis skills, games and matchplay.

Tennis Australia CLUB PROFESSIONAL

CONTACT: Brad Hasler on 0417 327 880 or brad_hasler@yahoo.com.au



Australian Government
Australian Sports Commission



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Dancing - Acro - Ballet
Acting - Apparatus
Games - Teamwork
Fun - Performance

TINY TOTS (AGES 3 & 4)
SATURDAYS 9.00AM - 10.00AM

TINIERS (AGES 5-7)
WEDNESDAYS 4PM - 4.45PM
SATURDAYS 9.45AM - 11.15AM

SUBBIES (AGES 8-10)
SATURDAYS 11AM - 1.30PM

JUNIORS (AGES 11-13)
WEDNESDAYS 5.00PM - 8.00PM

44 DOWNING ST.
OAKLEIGH

FIRST TWO CLASSES FREE!

INFO@EMMANUELCALISTHENICS.COM.AU
CHRISTIE: 0403 313 990

LITTLE DRIBBLERS CLINICS 2021

FOR 5 - 7 YEAR OLDS:

FRIDAYS COMMENCING 23RD APRIL

4:00PM - 5:00PM

@WAVERLEY BASKETBALL STADIUM

REGISTER HERE: <https://www.trybooking.com/712289>

FOR 8 - 10 YEAR OLDS:

WEDNESDAYS COMMENCING 21ST APRIL

5:00PM - 6:00PM

@BATESFORD BASKETBALL STADIUM

REGISTER HERE: <https://www.trybooking.com/715207>