

Thursday 9th September, 2021

Dates To Remember

TERM THREE 2021

Monday 13th September
End of Term assembly **2.30pm**

Friday 17th September
Footy Day - come to your meets in your teams footy colours

Friday 17th September
Term 3 Finishes - 2.30pm

TERM FOUR 2021

Monday 4th October
Term 4 commences - 9am

Tuesday 5th October
World Teachers Day

Monday 18th October
Assembly 2.30pm

Wednesday 20th October
School Council - 6pm

Monday 1st November
Curriculum Day

Tuesday 2nd November
Cup Day - Public Holiday

Wednesday 3rd November
Curriculum Day

Principal's Report

SCHOOL DISCO

Thank you to the 150 families who joined our school disco last Friday night. DJ 'Sam I am' did a wonderful job and it was just the right amount of fun that we all needed. A big thank you to Claire who organised the event and all the teachers who got involved.

FATHER'S DAY

We hope the special men in our students' lives enjoyed their day, last Sunday. Whether it was breakfast in bed or spending time together, it all counts in keeping families and communities connected.

NAPLAN

Year 3 and 5 NAPLAN results can be collected at the office. If you are unable to collect them please contact Julie up at the office to make arrangements.

WHAT AM I GRATEFUL FOR?

My positives for this week...

- I am grateful for the school disco. I think most of my 10,000 steps were collected in 45 minutes of dancing! Woohoo!
- I am grateful that my mum is able to look after my children again, so that I can come into work!

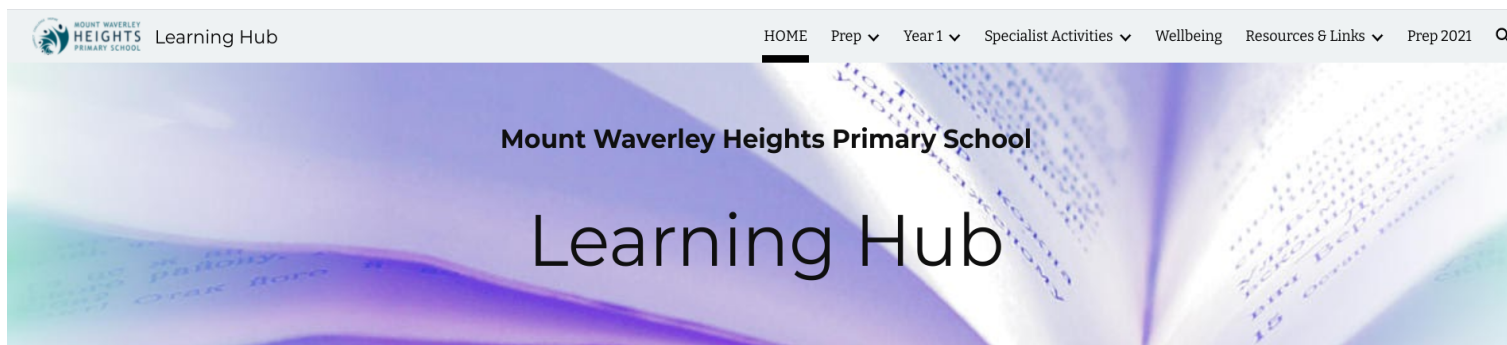
ASSEMBLY ON MONDAY

Due to online learning, our end of term assembly will be at 2.30pm. Please use link <https://meet.google.com/qcd-uvbs-xua>

ONLINE MEETS

Students in years P-2 have often been using their parents account to access their online sessions. We would like students to login via their school's email account and password. The reason for this, is that we control the settings within our domain. So there are many filters and restrictions that keep our students safer when online. If your child is using your login details and passwords, they may have access to information that is not censored and can potentially see things that you wouldn't want your child exposed to.

How to use your child's login details: Please follow the instructions on the learning hub. If you are unsure of your child's user name or password please contact your child's teacher.



To access your child's MWHPS Google account click on this button which will take you to our IT Support page.

[Click HERE for Prep - 6 Google Drive Login](#)

1. Click on the Google Drive icon and then sign in with your child's MWHPS user name and password.
2. Click on the 9 dots in the top right corner (the waffle) and click on the Meet icon.
3. Enter the 10 letter meet code to join the meet. Meet codes are distributed via Sentral.

This method will work on any device including an iPad, laptop, desktop or Chromebook. Please contact your class teacher if you require your child's user name and password.

ARE YOU OK? DAY



1. Ask



2. Listen



3. Encourage action



4. Check in



9807 8120



9888 1921



Facebook.com/MtWaverleyHeightsPS



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



Mountwaverleyheightsps.vic.edu.au

This **Thursday we are celebrating 'Are you ok?' day by coming to our online meets wearing yellow.** It is more important than ever that we check in on each other. Most of us are in a state of 'languishing'. A term I hadn't really thought about, until Carolyn shared a great article: **There's a Name for the Blah You're Feeling: It's Called Languishing.** In the article I really connected with the following paragraphs...

Excerpts from the article:

'At first, I didn't recognize the symptoms that we all had in common. Friends mentioned that they were having trouble concentrating. Colleagues reported that even with vaccines on the horizon, they weren't excited about 2021. A family member was staying up late to watch "National Treasure" again even though she knows the movie by heart. And instead of bouncing out of bed at 6 a.m., I was lying there until 7, playing Words with Friends. It wasn't burnout — we still had energy. It wasn't depression — we didn't feel hopeless. We just felt somewhat joyless and aimless. It turns out there's a name for that: languishing. Languishing is a sense of stagnation and emptiness. It feels as if you're muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021.

Languishing is the neglected middle child of mental health. It's the void between depression and flourishing — the absence of well-being. You don't have symptoms of mental illness, but you're not the picture of mental health either. You're not functioning at full capacity. Languishing dulls your motivation, disrupts your ability to focus, and triples the odds that you'll cut back on work. It appears to be more common than major depression — and in some ways it may be a bigger risk factor for mental illness.

So what can we do about it? A concept called "flow" may be an antidote to languishing. Flow is that elusive state of absorption in a meaningful challenge or a momentary bond, where your sense of time, place and self melts away. During the early days of the pandemic, the best predictor of well-being wasn't optimism or mindfulness — it was flow. People who became more immersed in their projects managed to avoid languishing and maintained their pre pandemic happiness.'

Recognising this in ourselves and others helps to understand our feelings.

PLANNING WEEK

Next week is the last week of Term 3 and it is also planning week for our teachers. Planning days require all teachers within the level to utilise assessment data, review the curriculum outcomes and develop an outline for the following term. All teachers within each level are released at the same time. Planning Days are as follows..

- TUES Prep and Year 2
- WED Year 1
- THU Years 3-6

On these days work will be posted on the hub or google classroom. There will be no online meets.

FOOTY DAY

The last day of term, we traditionally celebrate footy and sports in general. We would love our students to dress up in their footy colours or sporting outfit of their choice. Remember if you don't support a team, come dressed in yellow and black!

END OF TERM

Friday 17 September is the last day of Term 3. School will finish at 2.30pm. Students who are onsite will also finish at 2.30pm.

Let's celebrate...

- R U Ok day today! A great reminder to check in with family and friends
- One more week to the holidays!

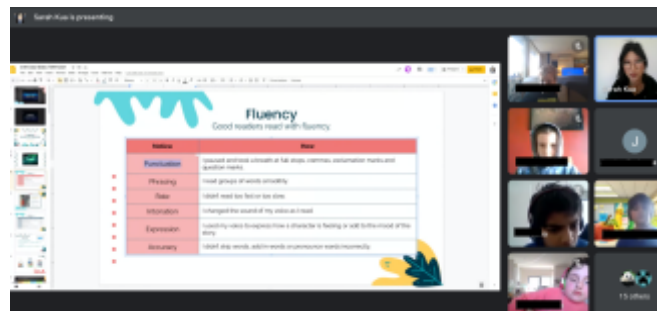
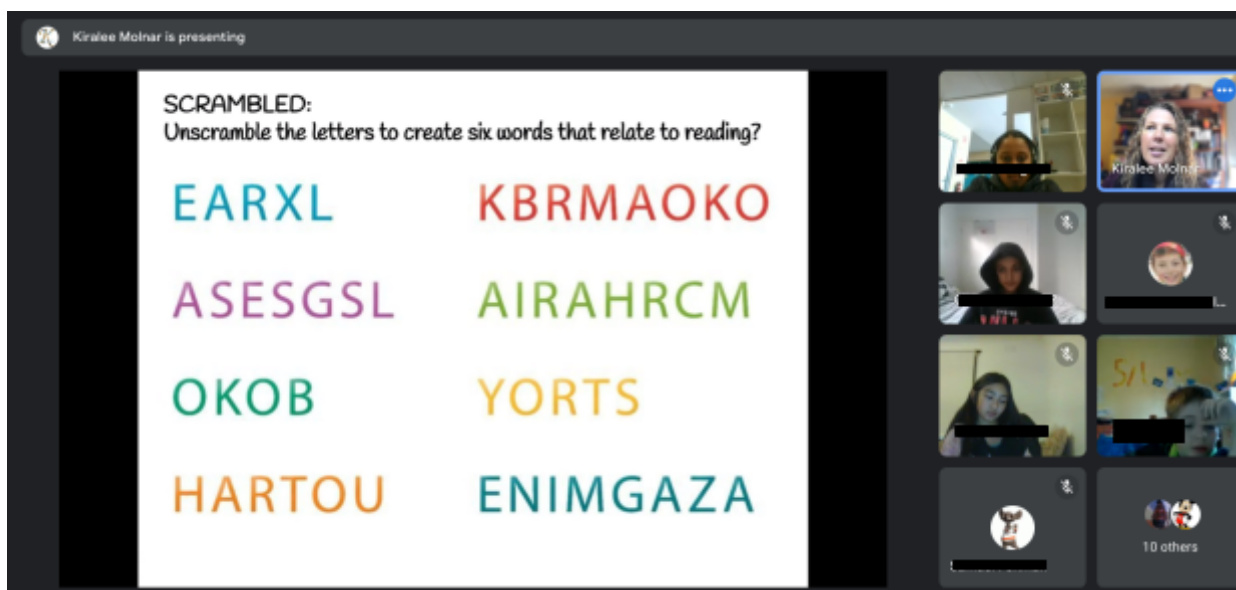
Sharon Reiss-Stone

Principal

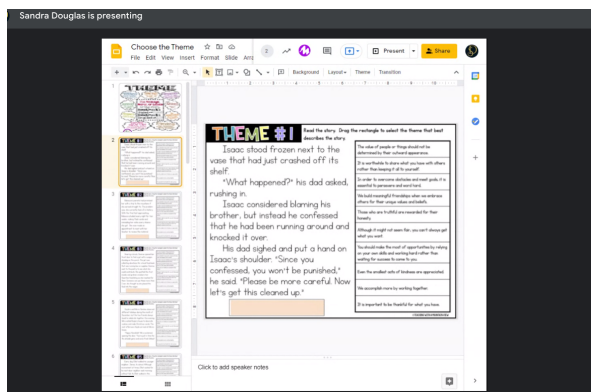
Assistant Principal's Report

ONLINE LEARNING AT MWHPS

Another week almost done and another week of fabulous learning. This week the 3/4 students looked at fluency when reading. They have also started to record themselves using wevideo and then use the video to analyse how fluent they are and what skills they need to work on next. I also played a very tricky word game with the 5/6 classes....can you unjumble the words below? They all have to do with reading!



Carolyn Datson
Assistant Principal



Premiers Reading Challenge



Premiers' Reading Challenge

Days remaining: 8

Students completed challenge: 48

Books read: 2791

Challenge ends: 17th September



Reader's Review Competition

There is an optional competition running in conjunction with the Premier's Reading Challenge. Students can write, draw or film a creative review of their favourite book for the chance to win some great prizes.

How to Enter

Students can review any book that they have read for the Premiers' Reading Challenge.

1. Students can either write a review (see word limits below based on grade) or draw us a picture of their favourite part of the story. If they are in Years 3-6 they can record a 30-second video as their review.
2. Download and complete the Reader's Review entry form for your child

[2021 Readers Review entry form.docx](#)

Don't forget to read the terms and conditions [2021 Readers Review Competition Terms and Conditions.docx](#)

3. Email the review and the completed and signed entry form to readingchallenge@education.vic.gov.au

Entries close 5 pm Friday 17 September 2021.

Categories

The winners will be chosen by a panel of judges and there will be one winner selected from each of the following 8 categories.

Prep to Grade 2	Grade 3 to 4	Grade 5 to 6
-Drawing -Written review (50 words max)	-Drawing -Written review (150 words max) -Video review (30 second video)	-Drawing -Written review (300 words max) -Video review (30 second video)

Prizes

The winners will receive:

- a virtual visit from an Australian author, for their whole class
- a prize pack containing three books from Penguin Random House
- the winning book reviews will be published on the Department's website and social media platforms along with the winner's first name and school

If you have any questions about the reading challenge or the review competition, please contact me over Sentral portal messaging.

Happy reading!

Mrs Amy Morris (Reading Challenge Coordinator)



SRC News



Do you know how anybody in your life is going? They may say they are ok, but you have to ask if they are really okay.

On Thursday, September the 9th, it will be R U OK DAY 2021! On this day, it is all about asking the people around you if they are really okay.

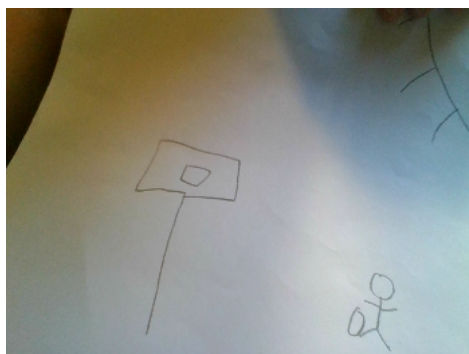
This year, we are asking students to celebrate R U OK DAY by **dressing up in yellow**. The R U OK DAY national colour is yellow, so dress in yellow to show that you care!

A fun activity for all the students to do is draw a picture of what makes them happy in this lockdown! Make sure you include colour and submit it to either Miss Jom (Tracy Jom) or Miss Kua's (Sarah Kua) gmail to have it included in a collage of every class! We have included some examples below.

Join us through this hard time in all of our lives, as you would not just be helping yourself mentally, but others too!

Now please join us this Thursday to help spread the joy! If you want to donate, just go to the RUOK website and click donate. That is it for this week!

By the SRC.



Sustainability News

Sustainability Challenge!

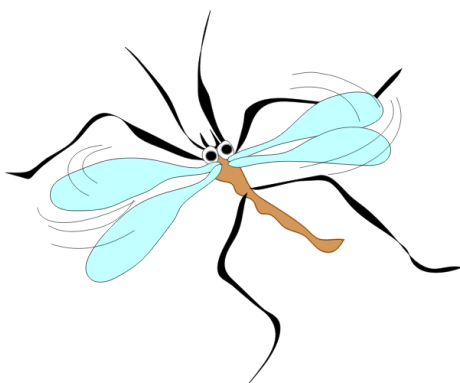


Hello everyone, sustainability has a challenge for you. We are asking all students to take a picture of yourselves gardening or planting to promote sustainable living in our world. We'll make a collage of them and put them in the newsletter in the last week of term!

Please email your photos to:

mountwaverley.heights.ps@education.vic.gov.au

Thank you - The 2021 Sustainability Journalists



Around the classes



Filippe, 3/4T

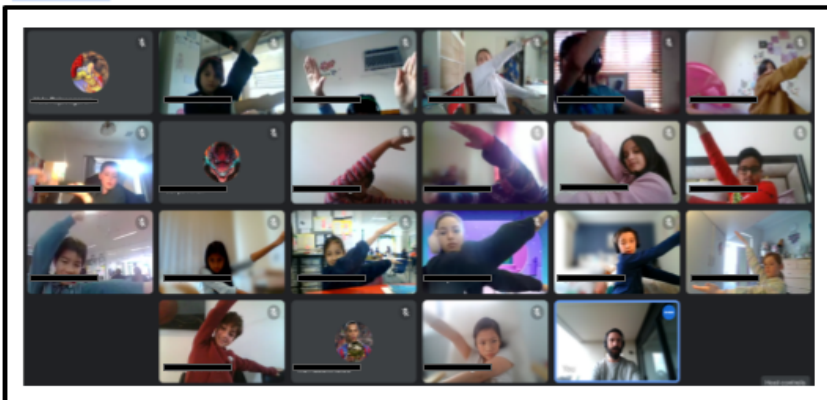
SYMMETRY

Zoe, 3/4K



The Year 3 and 4 students learnt about symmetry this week. We tried to create symmetrical images with our class, as well as cut snowflakes to show that objects can have more than 1 line of symmetry.

3/4M



Bella, 3/4K



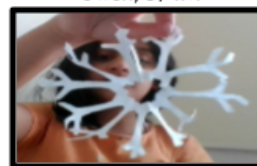
Alrazza, 3/4T



Nicolas, 3/4T



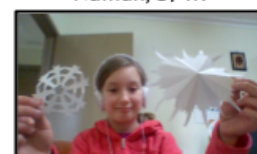
Owen, 3/4M



Aarohi, 3/4M

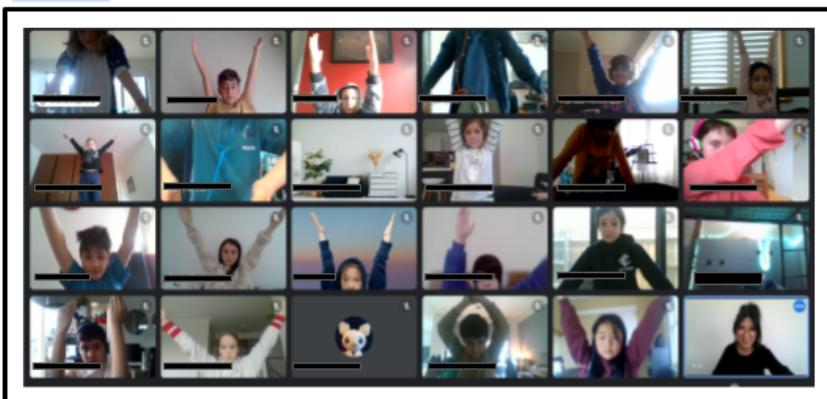


Nathan, 3/4K

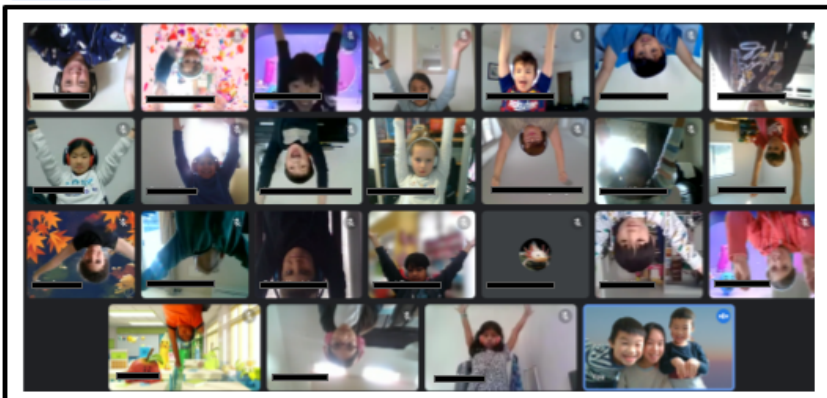


Lila, 3/4T

3/4K



3/4T



Extend News

ESSENTIAL CARE SERVICES

EXTEND REMAINS OPEN FOR AUTHORISED WORKERS AND VULNERABLE CHILDREN

We offer fun, COVIDsafe programs for permitted children. Our priority is keeping everyone safe during this latest outbreak. Please remember:

- Wear your mask when dropping off or picking up your child.
- Wipe down the sign in/out tablet before and after each use.
- Please maintain a distance of 1.5m for all people in the service.

It will be these small contributions that will make the biggest difference!
We are all in this together.

extend
BEFORE & AFTER SCHOOL CARE

Enquiries 1300 366 437
Book online today extend.com.au

DISCOVER. LEARN. PLAY. **SPRING**

EXTEND SQUAD

FANTABULOUS school holiday experiences!

IMAGINE A BRIGHT AND CHEERFUL HOLIDAY PROGRAM THIS SPRING!

Enjoy thriving experiences, non-stop entertainment, and blissful activities these holidays with Extend Squad!

Book 14 days in advance to receive the early bird rate.

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Book online today extend.com.au
Enquiries 1300 366 437 support@extend.com.au

2021 SPRING HOLIDAY PROGRAM

MOUNT WAVERLEY PRIMARY

Monday 20 September
Friday 1 October
8.00am – 6.00pm
Session Fee \$78.75*
Pay from \$11.81 after CCS.

* Early Bird Rate – Book 14 days in advance.

20 Monday
Hip Hop
Get down with the latest move that encourage expression, creativity and improvisation!
Session Fee + \$20

21 Tuesday
ARTVO
Interact with the beautiful artwork and take selfies with your favourite place - or all of them! Drop of by 8.30am.
Session Fee + \$25

22 Wednesday
Cat in the Hat Biscuits & Dodgeball
Havent you heard? Didn't you know? We are making Cat in the Hat biscuits!
Session Fee Only

23 Thursday
Bubbles & Drama Games and Activities
"Happiness is blowing bubbles." Let's enjoy this Autumn by blowing slime bubbles. It's not messy, it's amazingly slimy and stretchy!
Session Fee Only

24 Friday
PUBLIC HOLIDAY

27 Monday
Games Galore & Mini Experiments
Neverending fun with these games...which is your favourite? Duck, Duck Goose? Line Tippy or Ship Shark Shore? You choose!
Session Fee Only

28 Tuesday
Soccer & Confetti Biscuits
Let Steve teach you some tricks and soccer skills that will put you to the test and discover your inner soccer legend!
Session Fee Only

29 Wednesday
The Big Goose
From tiny fluffy chicks to greedy geese and cheeky lambs, we've got so many animals for you to see.
Session Fee + \$28

30 Thursday
Mad about Science
An awesome combination of crazy chemical reactions and mad science fun. Fun for mad scientists of all ages!
Session Fee + \$20

1 Friday
Party Games & Float a Boat
Ready, Set, Freeze! Hop along to the groovy tunes at the Extend Disco and show off your best moves with a variety of party-themed games.
Session Fee Only

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Enquiries 1300 366 437 Book online today extend.com.au



INSTRUMENTAL MUSIC LESSONS AT SCHOOL

enrolments available at
genesismusicschool.com.au
0421 426 674



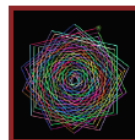
COMPUTER PROGRAMMING CLUB! @ Mount Waverley Heights Primary School

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 (in the event of school closure, lessons will be held online)



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 4 2021 is as follows:

Year levels: 3 to 6
Term Fee: \$171 + GST

AFTER SCHOOL	BATCH
3:40pm – 4:40pm	Tuesday's 5 th Oct to 7 th Dec 2021 (2 nd Nov – public holiday)

Fill out the form online by
Thursday 16th Sept 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 filter 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/>



LITTLE DRIBBLERS

TERM 4 BASKETBALL CLINICS

FOR 5-7 YEAR OLDS ON FRIDAYS

COMMENCING 8TH OCTOBER

4:00PM-5:00PM

@ WAVERLEY BASKETBALL STADIUM



FOR 5-7 YEAR OLDS ON SUNDAYS

COMMENCING 10TH OCTOBER

3:00PM-4:00PM

@ PENPRAZE PARK GYM



FOR 8-11 YEAR OLDS ON TUESDAYS

COMMENCING 12TH OCTOBER

5:00PM-6:00PM

@ WAVERLEY BASKETBALL STADIUM



REGISTER NOW VIA THE QR CODES
FOR MORE INFORMATION HEAD TO LITTLEDRIBBLERS.COM.AU



#WEAREWAVERLEY