

Thursday 23 February, 2023

## Dates To Remember

### TERM ONE 2023

#### Friday 24th February

SDSSA Summer Sport Round Robin Year 6 & selected Year 5's

#### Tuesday 28th February

School Nurse Forms due - Prep

#### Wednesday 1st March

Year 4 Ceres excursion

#### Wednesday 1st March

School Council - 7pm

#### Thursday 2nd March

Prep & Year 1 Responsible Pet incursion

#### Monday 6th March

Assembly - 2.40pm

#### Wednesday 8th March

Sports Day at the Track - Whole School

#### Monday 13th March

Labour Day Public Holiday - No School

#### Wednesday 15th - Friday 17th March

Naplan Years 3 and 5

#### Thursday 16th March

Light and Sound incursion Year 1

#### Monday 20th March

Naplan Years 3 and 5

#### Monday 20th March

Assembly

## Principal's Report

### ATTENDANCE

Congratulations to 3J & 3M for winning the first award for being at school on time. They received Quelch zooper doopers on Tuesday for their efforts. The score board has been reset and we will announce the next winners at the March 6 assembly. So far this week..

1st place = PM, 1G, 1M, 3J, 5s

2nd place = 6M

3rd place = 2F, PK

### MULTI-CULTURAL DAY CELEBRATIONS

We will be running our first big multi cultural day celebration on Thu April 6. We are encouraging students to **come dressed in clothes that represent their culture and heritage on this day**. Students will participate in a range of activities from different countries/cultures. These countries have been selected based on our communities' make up. We have also selected countries from different continents and looked at a range of organisations to help contribute in making it a great day.

The community sub committee, of the School Council, is assisting with the day's organisation, but we do need your help. We are looking for the following....

- People who would like to assist with a Greek dancing activity
- Members of our Korean community who might like to run a cultural experience for our Year 3-6 students. You won't be alone - teachers will be present.
- Are there any henna artists within our community?
- Are there any groups in our community who would like to perform during our lunch break in front of students and parents? e.g. Dancing, singing, etc

If you are able to help, please either email/phone the school or send me a Sentral message.

### **SMART WATCHES**

As per our Technology policy, all smart watches are to be brought up to the school office and switched to silent mode or turned off. Students who are texting or messaging friends/family during school hours will have their device confiscated.

### **PARENT - TEACHER CHAT**

Thank you to all who attended our parent-teacher chats this week. We like to hold these early in the school year to discuss your child's academic, social and emotional needs and the expectations you have for the 2023 school year.

### **PARENTS ASSOCIATION**

First meeting for the year is today @ 2:45pm, Thursday 23rd Feb. All parents are welcome. Details are included on page 8.

### **CLASSROOM CONTACT LISTS**

Julie is busy updating our class contact lists. Class contact lists allow families to easily get in contact with one another to arrange catch ups, birthdays etc. Parents' details are only included if you have filled in the form and ticked 'yes' to being listed. This agreement is in place for as long as your child is at MWHPS. All prep and new families received information on Monday on how to join. If you did not receive an email and would like your details included, please use the following link - [Prep and New family contact details](#)

If you are a current parent who did not take up this offer last year, but would now like to be included or your details have changed, please let Julie know ASAP.

### **CLASSROOM REPRESENTATIVE ROLE:**

Mount Waverley Heights Primary School encourages the active involvement of parents and guardians in the functioning of the school through a Class Representative Program.

**The primary role of the Class Representative involves:**

- **Organising social functions e.g. morning teas and dinners for the parents, class play dates for the children.**

**Here are some minor role requirements:**

- Supporting the class teacher when and if required.
- Providing administrative support through coordination, facilitation and communication to the class parent group.
- Where requested by teachers, organising parent helpers for class activities and programs like camp, reading, sports events etc.

- Encouraging and supporting the members of the class group to get involved in school community activities and events.
- Supporting and organising others to assist with school events. Your details will be shared with the PA President so that they can directly link into different year levels.
- Welcoming new families to the class and arranging appropriate introductions with other parents of the class.
- Meeting with the Principal online 1 - 2 times a Semester to discuss how things are going.

If you would like to be a classroom rep please let Julie know ASAP.

**Let's celebrate...**

- Preps first assembly
- 3J and 6M for being at school on time!
- Nam for finishing 2nd/3rd at SDSSA Swimming trials.

***Sharon Reiss-Stone***

Principal

# Assistant Principal's Report

## ASSEMBLY

Well done to our school leaders on a wonderful assembly! They did an awesome job and we look forward to them developing their leadership skills over the year.



### Six key elements that are important to wellbeing

## WELLBEING

The Education Department website has a great wellbeing page, including a booklet on wellbeing activities and conversation starters for parents of primary aged children. There are a range of activities that can help build and maintain your child's wellbeing. Most of them are short and require very few materials. The activities cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude, as well as breathing exercises that promote calm.



#### Understanding emotions

Understanding emotions helps your child to understand themselves and other people.

We can do this by focusing on recognising, expressing and managing emotions.

Understanding emotions is key to building empathy and self-awareness.



#### Personal strengths

Help to build your child's ability to recognise and understand positive qualities in themselves and others.

This will help to build your child's self-confidence and the capacity to face and manage challenges.



#### Positive coping

Provide opportunities for your child to discuss and learn different types of coping strategies.

This will increase your child's ability to manage stress, control impulses and overcome obstacles.



#### Problem solving

Your child can develop their critical and creative thinking skills to explore different types of problems.

This can build your child's ability to make responsible decisions that consider the likely consequences of different ways of solving problems.



#### Stress management

Learn about different calming strategies to deal with stress.

This can help your child to cope with challenges they are facing now and in the future.



#### Help seeking

In these challenging times, it is important to normalise asking for help.

Your child will learn to recognise situations in which to seek help, identify trusted people in their lives to ask for help and practice asking for and providing help.

## INFORMATION NIGHT FEEDBACK

Just a reminder that we would love to know what you thought about the info nights.

[Prep Feedback form](#)

[Year 1 & 2 Feedback form](#)

[Year 3 & 4 Feedback form](#)

[Year 5 & 6 Feedback form](#)

*Carolyn Datson*

Assistant Principal

## Department of Education and Training



# School Nursing Program

Your VISITING PRIMARY SCHOOL NURSE is

**Hayley Beeston**

Mobile No: 0412 161 473

[Hayley.Beeston@education.vic.gov.au](mailto:Hayley.Beeston@education.vic.gov.au)

The School Nursing Program will continue to provide:

- Distribution of a confidential **School Entrant Health Questionnaire (SEHQ)** to all parents of **prep** children. (The questionnaire provides parents/guardians with the opportunity to raise any concerns they may have about their child's health and development with the school nurse.)
- Response to parents/guardians concerns as identified in the SEHQ.
- Assessment of children in Grades 1-6 whom have been **referred by teachers** to the school nurse.
- Assessment of children who are **newly arrived from overseas**.
- **Follow-up of children** where school nurse intervention is required.

The prep SEHQ continues to cover general health and development, dental, speech, hearing, vision, behaviour, emotional wellbeing and family stress. It provides a clinical tool to assist nurses to prioritise those children who may require further assessment and support early in the school year, and enables teachers and nurses to work collaboratively with families to improve outcomes for children.

Referral forms for Grade 1-6 and newly arrived from overseas students are available from the school office and online:

<https://www.education.vic.gov.au/documents/school/teachers/health/psnpreferallform.pdf>

If you have any questions or concerns please contact me via email [Hayley.Beeston@education.vic.gov.au](mailto:Hayley.Beeston@education.vic.gov.au) or mobile 0412 161 473.





## PE News



# PE NEWS



Our House Athletics day will be held on March 8th at Duncan Mackinnon Reserve. The students are looking forward to showing off their skills that they have learnt during PE sessions. This week students have been introduced to, or are continuing to develop, their athletic skills. For the year 3-6 students we have been practicing high jump, hurdles, triple jump, discus, and shotput. We have been focusing on learning to scissor kick over the high jump and with landing on their feet or their backside. The Prep-Year 2 students have been working on learning to throw the foxtail and working on their hurdles. This week they are also working on their skill for high jump.

Looking forward to a great day on Wednesday March 8th. Please make sure that your child has a wide brimmed hat and a drink bottle for PE days.

If you are able to help out at athletics day or any other sports days this year, please please complete the google form -

[PE Parent Helpers Form](#)

Thank you

Mrs Molnar



# PE NEWS



Congratulations to Nam from 6V who competed in the SDSSA Swimming trials on Wednesday. Nam swam in 2 races, Freestyle and Breaststroke. He was very competitive with his swimming coming 2nd in Freestyle with a time of 37.00sec and 3rd in Breaststroke with a time of 39.00sec. We are now waiting to see if he goes onto the next round. Fingers crossed!



## FOR SALE

Do you love throwing and catching at home? Well come and buy a ball at the office for \$10 cash. All money goes towards new sports equipment. First in best dressed!



# Icy poles!

For  
graduation

Icy poles will be sold  
every Thursday lunch time  
for 1 dollar each at the  
PAC! All the money will go  
towards graduation.

how you  
can pay:



or



BY LAUREN :)



## Extend News

### JOIN US FOR TERM 1 AND MAKE EXCELLENT MEMORIES WITH EXTEND!



Extend is the home of unforgettable fun and fantastic adventures!

Join Extend for a group game of Bingo; where friendships are easily formed and smiles are guaranteed.

Have a spoonful of creative excitement by making your very own crafted spoon characters!

The fun you'll experience at Extend will be one for the scrapbooks, so come join us today!



Drawing and Painting!



Group Bingo!




Wooden Spoon Characters!



### UNLOCK YOUR CHILD'S FULL READING POTENTIAL WITH THE READING SWITCH!

Find out more about this exciting new opportunity for your family with The Reading Switch at [extend.com.au/the-reading-switch](https://extend.com.au/the-reading-switch)



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PERFORMANCE

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**CALISTHENICS**  
at Emmanuel



ALL CLASSES HELD  
AT OUR CUSTOM  
DESIGNED STUDIOS

44 DOWNING ST  
OAKLEIGH

TINY TOTS (3-5 YEARS)\*  
SATURDAYS 9:45 - 10:45AM

TINIERS (7 YEARS & UNDER)\*  
SATURDAYS 9:15 - 10:45AM

SUBBIES (10 YEARS & UNDER)\*  
SATURDAYS 11AM - 2PM

JUNIORS (13 YEARS & UNDER)\*  
WEDNESDAYS 5 - 8PM

\*AGE AS AT 31 DECEMBER 2023



CONTACT ADMIN@EMMANUELCALISTHENICS.COM.AU  
OR CHRISTIE 0403 313 990



Start playing now!

**FREE MT. WAVERLEY HEIGHTS PS SUPERCLINIC**

Sunday 26th of Feb: 1.45 – 2.15 & 12.15-2.45pm

@Mayfield Park Tennis Club

Bookings Essential

**TOP HIT TENNIS COACHING**



Mayfield Park TC 34 Mayfield Drive, Mt. Waverley  
Prices: Group - \$19, Semi private - \$25, Private - \$45

The Top Hit Tennis Coaching Program has been running since 1996 and caters for all ages and standards of tennis players.

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

Tennis Australia CLUB PROFESSIONAL

Call Brad to book on 0417327880 as each class limited to 4 pupils



9807 8120 9888 1921 Facebook.com/MtWaverleyHeightsPS

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





## 2<sup>nd</sup> / 7<sup>th</sup> WEST WAVERLEY SCOUT GROUP

You are invited to come and join the fun, vacancies now.

**Joey Scouts:** Monday 6.30 to 7.30pm. Enrolled at school to 7.6 or 8 years.

**Cub Scouts:** Wednesday 7pm to 8.30pm. Age 7.6 years to 11 years.

**Scouts:** Thursday 7.30 to 9pm. Age 11 years to 15 years.

Venturers and Rover positions also available.

Join the Scouting Adventure. Activities encouraging teamwork and friendship in a fun filled program. You are welcome to give it a try.

Scout Hall: laneway access Salisbury Road, Ashwood (between houses 22 and 24). Contact: Glenys mobile 0425825725

**Bring out the best in your child with singing.**



Enrolments for 2023 with the **Australian Youth Choir** are now open to boys and girls from 8 years of age.



A great opportunity to develop singing, build confidence, self-esteem and make new friends in 2023.



Weekly rehearsals in Canterbury during school Term with concerts included in the year.

**AUDITION NOW FOR 2023**  
**EMAIL OR CALL TO LEAVE MESSAGE**

[office2@niypaa.com.au](mailto:office2@niypaa.com.au) or **98362877**

**Take your child's singing from the shower to the stage!**

Visit our website [www.niypaa.com.au](http://www.niypaa.com.au)

The Australian Youth Choir is a division of National Institute of Youth Performing Arts Australia (NIYPAA)  
ABN 28 007 124 629

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**TWILIGHT**

**CARNIVAL**

**2023**

**SATURDAY 4TH MARCH**  
**2PM-9PM**  
Malvern Valley Primary School  
Abbotsford Ave, Malvern East

**FEATURING**

RIDES | MUSIC & ENTERTAINMENT  
FOOD TRUCKS | BEER & WINE  
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