

Dates To Remember

TERM THREE

Wednesday 26th - Friday 28th July
Year 5 Narmbool Camp

Wednesday 26th July
Book Club **DUE**

Friday 28th July
100 Days of Prep 🎉

Monday 31st July
Assembly - 2.40pm

Monday 7th August
Hooptime - selected Year 3 and 4 students

Monday 7th - Friday 11th August
ICAS - Digital Technologies

Tuesday 8th August
Year 1 excursion - Museum of Play and Art

Wednesday 9th August
Prep Incursion - Toys in Motion

Wednesday 9th August
School Council 6pm

Monday 14th August
Assembly - 2.40pm

Monday 14th - Thursday 17th August
ICAS - English

Friday 18th August
Curriculum Day

Thursday 20 July, 2023

YEAR 5 CAMP TO NARMBOOL

Our Year 5 students will be heading to camp Narmbool next week. We would like to wish the students, teachers and parents attending all the best. There will be some very tired children next Friday!

LOCKDOWN PRACTICE

Each term we practise an emergency drill to prepare students and staff in case of a real emergency. On Tuesday we undertook a lockdown. The students are always brilliant at this drill. You literally couldn't hear or see any child within our school. After each drill we reflect on the process and make appropriate changes.

NAPLAN

We are still awaiting delivery of student results. Once we have received these documents we will send them home. Please note that previous school results cannot be compared to 2023 results as a different assessment approach has replaced the previous numerical bands.

DET message.....

Changes are being introduced nationally by the Australian Curriculum Assessment and Reporting Authority (ACARA).

NAPLAN will continue to measure student achievement in numeracy, reading, writing, spelling, and grammar and punctuation but the results will now be presented in 4 proficiency levels:

These are:

- exceeding
- strong
- developing
- needs additional support.

This change will give schools, parents and carers clearer information that details student achievement against new proficiency levels.

Students' NAPLAN reports will continue to show how they are tracking against their peers and provide an indication of their skill levels against national averages and where we would expect them to be in order to get the most out of schooling. This provides valuable information to teachers about how we can continue to support your child.

Each set of NAPLAN results is an important milestone but it's also important that students know that one result does not define them – these results are about making sure every student gets the support they need so they can continue to get the best from their learning.

When we provide you with your results, you will also receive information about what the new proficiency levels mean.

As always, you're welcome to speak to me, or your child's teacher with any questions about these changes or your child's results.

CURRICULUM DAY

On **Friday August 18** we will be having our 3rd Curriculum Day. On this day our focus will be on Wellbeing and Writing. We will be continuing on with our new Writing approach and exploring 'School Wide Positive Behaviour' elements.

INQUIRY SHOWCASE

Our Year 3-6 students have been busy working on their big inquiry units. Our student showcase will be held on **Tues Aug 22 from 6-8pm**. Please keep this date free. This showcase is not one to miss!

CLASS AWARDS

Congratulations to this week's award winners -

Prep D - Samar A & Akshara K	3D - Ryan Y & Harry L
Prep K - Maybo L & Dyattyan K	3J - Phoenix RZ & Charli M
Prep M - Riyan C & Mia B	3M - Kamal A & Hugh M
1D - Harvey C & Yana G	4K - Farida A & Steven C
1G - Ethan G & Evan G	4R - Harvey B & Kayden N
1M - Maia R-D & JaydenC	5D - Nathan J & Jake M
2E - Jordan G & Jennifer N	5S - Emma L & Kivain E
2F - Lucas F & Arjun V	6M - Bella X & William H
2T - Elaine C & Damian D	6V - Alrazza M & Robert H

Art - Mika S & Bella X
Music - Cash M & Hiyori O
PE - Patrick K & Max D

LEAVE

Currently we have Masa Yamazaki on Long Service Leave for the next four weeks. Masa is travelling back to Japan to spend time with family. Something he hasn't been able to do for many years.

I will be taking Long Service Leave from tomorrow. I will be returning on Thu Aug 3rd. I will be heading to Bali (with my family) to enjoy some warmer weather. Carolyn Datson will be Acting Principal in my absence.

GOODBYE & GOOD LUCK TO MRS MELANIE JOHNSON

On Monday, Mrs Melanie Johnson informed me that she has accepted a teaching position at Box Hill Tafe and will be finishing up at MWHPS on Friday July 28. I have advertised a teaching position and we are currently using everyone's contacts to try to find a suitable replacement. We would like to wish Mel all the very best.

Let's celebrate...

- Mrs Sandra Douglas who was recognised for 35 years of service in education last night. Not many people can say that they have stayed in the same industry and at the same school for their entire career. Thank you Sandra - You have had an amazing influence over our school's journey and the many students and families that you have taught. An incredible career and an incredible teacher. We are so lucky to have Sandra as part of our team.



Sharon Reiss-Stone

Principal

Assistant Principals News

PROJECT +

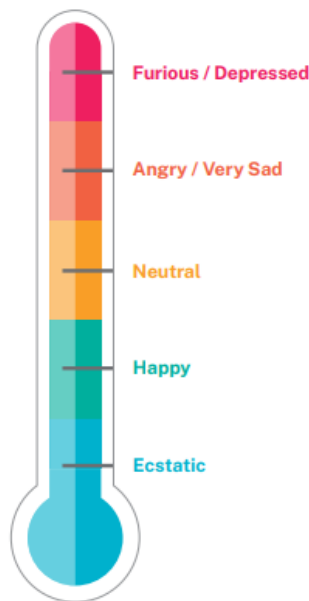
Parents & Carers



Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively**. Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousity, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, **'the imperfects'**.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, **'the imperfects'**. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Carolyn Datson

Assistant Principal



PE News



Year 3/4 Round Robin



During the last couple of weeks of last term the Year 3/4 students have started an extra sport session each fortnight. These sessions are focused on the interschool sport games that are played in grade 5/6.

The students have learnt how to play kickball and then we had a mini round robin for house points. The results are as follows.

4th position - **Wallabies** - 73 runs

3rd position - **Kookaburras** - 74 runs

2nd position - **Dolphins** - 87 runs

1st position - **Opals** - 88 runs

Well done to all students who competed. These points will be added to the house points.

Year 5/6 Round Robin

This term the Year 5/6 students are also competing in a round robin as part of their sports practice. They are playing each house in a different sport. The sports that they are playing are AFL 9's, Kickball, Netball and Volleystars. Good luck to all houses.

Division Athletics

Congratulations to Nela (6M), Katarina (5D) and Kivian (5S) who have been selected for the Division Athletics team. The event is not until the first week of Term 4 but we wish these students all the best.



Art News

This week in Art, Prep have been working on their sculpting skills. We have been learning about animals and have created "pocket pets" from magic clay.

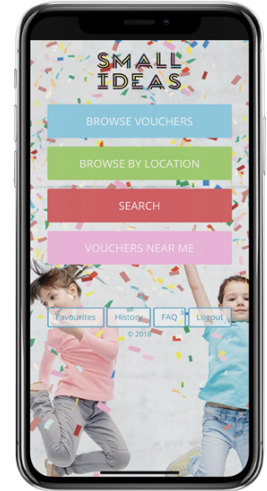


PA News

SMALL IDEAS – HUGE FAMILY SAVINGS

Small Ideas is the best way for you and your family to have hours of FUN and ADVENTURE all year long.

For just \$34.95 you can get hundreds of discount vouchers to use at venues, for activities and products and services all over Melbourne, making eating out, birthday parties, school holidays, sport/art classes and other Melbourne attractions affordable for everyone. Some of the vouchers include discounts for Village Cinema, 3 Park Theme park pass on the Gold Coast, Funfields, Gumbuya World, Lollipops, Boost Juice, and plenty more.



Have you got a trip planned to Bali? Small ideas have got you covered!!!

Everyone who buys Small Ideas loves it and more importantly \$10 of each one sold goes towards our schools fundraising efforts. Why not ask friends and relatives if they would like one, too? The more we sell the more money we make.

Please make sure you purchase one from the Link provided below and you'll receive an email instantly so you can start saving and having fun!

<https://smallideas.com.au/fundraisers/support/?id=30493>

Thank you for helping us raise money and supporting local business'.

A promotional banner for Small Ideas. At the top, the 'SMALL IDEAS' logo is displayed. Below it is a red navigation bar with 'MENU' and 'LOGIN' options. The main part of the banner features a photograph of a young girl with a flower in her hair, giving a thumbs up. Overlaid on the photo is the text 'BIG SAVINGS FOR SMALL PEOPLE'. At the bottom, it says 'AUSTRALIA'S NO.1 MEMBERSHIP FOR FAMILIES!' and includes a white 'ORDER NOW' button.

Recycle your Bread bags!!

Collection date extended, so keep sending in your bread bags!!

Send in your empty bread bags and place them in our Wonder Pink collection box. The more we collect, the more points we earn to redeem new sports equipment! We have a Pink box collection point in the office.



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www.mountwaverleyheightsps.vic.edu.au



[Facebook.com/MtWaverleyHeightsPS](https://www.facebook.com/MtWaverleyHeightsPS)

Extend News

EXTEND IS LANDING INTO TERM 3 WITH EXTRAORDINARY FUN!



Term 2 has been a wild ride! Now it's time to strap in and continue the extraordinary journey with Term 3! Join Extend and land into the new term with style!



With a few materials and a splash of imagination, you can create a beautiful bouquet of colourful flowers!



Try your hand at making a rainbow themed artwork with water paints and a trusty palm!



Make the most of those colourful fallen leaves in the winter time and design your own nature craft project!

Drop into a new fun-filled term with Extend!
Make your bookings today at extend.com.au

GENESIS MUSIC SCHOOL

MUSIC LESSONS

Want to learn how to play an instrument? Sign up now!

CALL 0421 426 674 FOR ENQUIRIES

ENROL
GENESISMUSICSCHOOL.COM.AU

Learn at your own pace and improve your skills in playing various instruments under the guidance of our expert musicians.

Extra-Curricular Activities at Mt Waverley Heights Primary

ENROL ONLINE NOW!

CHESS

- Mon, 1:30 - 2:30 pm
- Starts on 17 Jul
- Run for 8 sessions
- For Years 1-6
- Room: Year 4 classrooms

SCIENCE

- Wed, 3:30 - 4:30 pm
- Starts on 19 Jul
- Run for 8 sessions
- For Years 1-6
- Room: Art room

Chess is the original and enduring "thought sport" played throughout the world and has many benefits for young people. These include improved cognitive skills as well as self confidence and resilience. With coaches who rank among the best players in the country our chess programs are tailored to suit the needs of all abilities.

For curious minds only, the science program is a way to extend young people outside of the classroom. Our passionate coaches will engage and enthuse students with a range of exciting science based lessons ranging from astronomy to chemistry and physics. The hands on approach to learning will ensure a memorable experience.

CONTACT US FOR TRIALS

Scan or click the QR code to enrol online!

Kids Unlimited
 info@kidsunlimited.com.au
 www.kidsunlimited.com.au
 1300 424 377

vida tennis

Kids Hot Shots Lessons

For kids of all ages and adults

Book in for Term 3 tennis with us!

REGISTER NOW

Term Dates
 Monday, 10th July 2023 to Friday, 15th September 2023

FREE Intro Lessons Available For Kids and Adults

<https://www.vidatennis.com.au/free-intro/>

Contact Us
 Angelo
 angelo@vidatennis.com.au
 0407 477 798

MCC Glen Iris Valley Tennis Club
 260 High Street Rd
 Mount Waverley, VIC