

Dates To Remember

TERM THREE

Monday 14th August
Assembly - 2.40pm

Monday 14th - Thursday 17th August
ICAS - English

Thursday 17th August
Nara Preschool visiting

Friday 18th August
Curriculum Day

Monday 21st - Friday 25th August
ICAS - Science

Monday 21st - Friday 25th August
Book Week

Friday 25th August
Book Week Dress up day

Monday 28th August
Assembly

Monday 28th August - Friday 1st Sept
ICAS - Mathematics

Wednesday 30th - Thursday 31st August
Fathers Day Stall

Thursday 31st August
Hoop time Years 5 and 6

Friday 1st September
Fathers Day Afternoon Prep - Year 2

Thursday 10 August, 2023

Principal's Report

THANK YOU

A huge thank you to Carolyn who was Acting Principal in my absence. Knowing that Carolyn was leading the school with the support of the rest of the staff, meant that I was able to relax and enjoy my Long Service Leave. The school was left in great hands. Thank you Carolyn.

Bali was fantastic! The best thing about it, was the beautiful warm weather! We loved the people, culture and countryside. We had the opportunity to visit an elephant sanctuary and Monkey Forest, which were definitely the highlights of our trip. Snorkelling, quad bike riding and Waterbom park were also fun!

YEAR 5 CAMP

A huge thank you to Mrs Douglas, Mr Sandy, Bek (ES member) and Catherine Collins (parent) who attended our Year 5 camp to Narmbool. Without parent support, we are unable to run these programs, so we very much appreciate all our parents who attend camp. On all accounts it was enjoyed by all. The students were excellent representatives of our school. Thank you to all involved.

NATIONAL TREE PLANTING DAY

Thank you to Datacom and HP who gifted \$1000 to our school to plant trees, in an effort to continuously support sustainable practices. We used this money to add plants to our sensory garden. Thank you to our Sustainability team and Datacom reps who planted the trees last Friday.





BOOK WEEK - DRESS UP DAY

Week 7 is Book Week. The CBCA Book Week theme for 2023 is "Read, Grow, Inspire".

On Friday 25th August, we are encouraging everyone to come dressed up as their favourite book character.

"DONATIONS WANTED"

KIDS BOOK STALL

PICTURE BOOKS - NOVELS - NON-FICTION BOOKS

MONDAY 4 SEPT 2023

ALL BOOKS \$2

ALL MONEY RAISED TO GO TO THE SCHOOL

BOOK SWAP - Monday 4th September

To celebrate Book Week, we will be hosting a Second Hand Book Stall. All books will be \$2 each and each class will have time to browse the book stall so students can choose some new books to read. All money raised will be donated to the school.

To start, we are asking for any donations of pre-loved kids' books. Please ensure books are suitable for our Preps to Grade 6 students and in good condition. Donations can be dropped to the Office. We are also needing parents who are able to help us run the Book Stall during the day. We'll have details to sign up soon.

EDUTECH CONFERENCE

As Carolyn mentioned in last week's newsletter a few staff will be attending the upcoming conference. The great news is that we will also be taking 12 students on each day of the conference. They will be showcasing their tech skills at the Datacom exhibition whilst also having the opportunity to attend presentations and see the latest tech innovations.

INQUIRY SHOWCASE

On **Tuesday Sept 5**, we will be hosting our Inquiry Showcase. We are inviting all our Year 3-6 parents to view the projects which were based around the global goals below. Students were able to select the goal that interested them most. After months of work, this event is not to be missed. More details to come next week.

Years 5 and 6 Global Goals - Life Below Water and Affordable and Clean Energy.

Years 3 and 4 Global Goals - Life on Land and Sustainable Cities and Communities

REMINDER - CURRICULUM DAY

Just a reminder that this coming Friday (August 18) is a Curriculum Day.

TRIVIA NIGHT - SAVE THE DATE - 21st OCTOBER

The Community Sub Committee on School Council are organising a parent only Trivia Night in Term 4. We are looking at running a silent auction alongside some other fun activities. If you or you know someone who is able to donate items we would love to hear from you. Items could be overnight stays, bikes, books, signed memorabilia, etc. Please see Julie or Louise up at the office or feel free to email the school.

Let's celebrate...

- The wonderful Jayde (from Extend), who will be getting married in a couple of weeks time. Enjoy the 3 weeks away from work for this very special event. We can't wait to see photos.
- Fantastic NAPLAN results. Congratulations to both Year 3 & 5 who did extremely well. We will be sharing these results shortly.

Sharon Reiss-Stone

Principal

Assistant Principal's Report

As part of our involvement in the Resilience Project, classes have been practising G.E.M. chats as part of their Wellbeing sessions. G.E.M. stands for Gratitude, Empathy and Mindfulness. These simple, evidence-based strategies are being taught in the classroom and we encourage you to give them a try at home.

Each week I will be looking at each aspect of G.E.M, this weeks focus is Gratitude. Practising gratitude helps us to be thankful and appreciate what we have in our lives, rather than focussing on what we don't have or what we want.

Ready to have a GEM CHAT? Try this question to practise gratitude in your next conversation.

Research & Benefits of Gratitude

21 days

is what it takes for you to start **scanning** the world for positives.

After 42 days you become:



More **optimistic, energised** and **focused**.



Less likely to **get sick**.

Practise

When we practise something enough, it becomes a habit. Here's a habit builder to help you and your family embed gratitude in your day, everyday:

Every night at dinner, have each person talk about their favourite thing about that day.

The Resilience Project for parents includes lots of inspirational stories. For example, Emily attributes GEM as the source of her strength and the reason she is able to remain grateful and positive, even on the hard days.

<https://theresilienceproject.com.au/at-home/wellbeing-hub/everyday-gem-emily-quinlan/>

Carolyn Datson

Assistant Principal

Save the Date



Father's Day Afternoon Friday 1st September 2:30-3:30pm

The Preps, Year 1's and Year 2's invite their dads/special person to spend the afternoon with them at school.

The dads will enjoy entertaining performances and be involved in some fun classroom activities.

Please be on the lookout for the online invitation on Sentral next week and ensure you RSVP in advance.



Please note: Due to limited space in our classrooms, we can preferably only accommodate 1 adult per child. Please see your classroom teacher for further enquiries.

School Crossing

We have been asked to remind parents to do the right thing around our school crossings. Please be aware around crossings for the safety of your child, other children, parents and the community.

What you can do

Supervise children in or near traffic.
The best way for children to learn to be safe on the roads is under your guidance, in real traffic, in everyday situations. Until children are about 10 or 11 years of age they do not have the necessary skills and physical abilities to be safe on their own so providing supervised practice is important.

Walk or cycle to school with your child.
Take the healthy option. If you can't walk the whole way, consider parking a few streets away and walking the rest of the way. Children under the age of 12 are allowed to ride on footpaths and so can adults riding with them.

Respect the road rules and parking signs.
It is important that parents park legally to provide a safer environment for children.

- Double parking restricts the view of drivers, forces children onto the road and obstructs the flow of traffic.
- Parking within 20 metres before a designated school crossing or 10 metres after is illegal.

Wait on the same side of the road as your child.

- Meet your child at the school gate to avoid your child dashing across the road.
- If picking up your child from the bus stop, wait on the same side as the bus.

If you need to drive to school, get your child into the habit of using the car's kerbside doors and ensure your child is using a booster seat or correctly adjusted seatbelt.
The safest doors are kerbside doors, away from traffic. For information about Victoria's child restraint road rules, visit vicroads.vic.gov.au/ChildRestraints

Participate in the development of a safe drop off and pick up strategy for your school.
Raise this issue with your school council and participate in the development of a 'safe to school' strategy. Visit vicroads.vic.gov.au/safetoschool for more information.

Obey these signs

SCHOOL ZONE
8-9 AM
2:30-4 PM
SCHOOL DAYS

40km/h sign
All school speed limits across the State are clearly signposted. Look out for the speed signs near schools and slow down to improve safety for children.

CHILDREN CROSSING

Children crossing
When the flags are displayed at a children's crossing, you must stop for pedestrians who are waiting to cross or who have started crossing. You must remain stopped until the crossing is clear. These rules apply even if there is no crossing supervisor.

No parking
It is important that you don't park in any area where this sign is displayed.

No stopping
No stopping means you must not stop at the kerb for any reason.

Bus zone
Take extra care and be on the lookout near school bus stops as children may be trying to cross the road nearby.

SRC News

19th August - 25th August

Read Grow Inspire

Get ready to celebrate Book Week 2023!

Come dressed as one of the characters from your favourite book on Friday 25th August.

The SRC will be organising other events happening throughout the week so stay tuned!



 9807 8120



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



www.mountwaverleyheightsps.vic.edu.au



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

PE News



PREP - YEAR 2

This week students have continued with our Soccer unit. We have been focusing on using the inside part of their foot when dribbling and kicking a soccer ball. When goal kicking and kicking to another person they have been taught to step forward with their opposite foot, turn their foot out to point their toes to the side and then swing through with their leg to kick the ball. The students have also had an opportunity to play a mini (3 on 3) soccer game.

Prep & Grade 1 Swimming Program Reminders

Students will have the opportunity to attend the swimming program at the start of Term 4. Please ensure that permission and payments have been made via Sentral. Also swimming ability and medical forms need to be filled out. (See the links below)

Swimming Ability - <https://forms.gle/ADXpN8gXk4cg1UeX8>

Medical - <https://forms.gle/8Kmh2XCLbeEr1f4K6>

To ensure this program runs smoothly here are some helpful tips to try at home.

- Buckling and unbuckling a seatbelt.
- Getting dressed and undressed
- Tying shoelaces
- Packing bags

Footy Day

Footy day is coming up on September 15th. We will be having special footy related activities and a footy parade so get your team colours organised. We are organising a footy day lunch which students will be able to choose from pies, sausage rolls or mini quiches. Information will be on Sentral tomorrow.

Please note that all ordering will be done through Sentral only.





PE NEWS (cont'd)



Year 3/4 Hooptime

At 3/4 Hooptime we had two teams - the Wasps (Future Stars) and the Wombats (Rookies). The Wasps had 8 players - Jacob L, Ariana, Cleo, Theo, Anthony, Audrey, Kayden, and Zoe O. The Wombats had 7 players - Josh, Mishika, Jessica, Love, Elle, Farida, and Samhith. At 8:50 all the students arrived at school, at 9:00 the students went to their designated car groups, and at 9:20 the students arrived at the Knox Basketball Stadium. At 9:30 the Wombats had their first game. At 9:40 the Wasps had their first game.

The Wombats Played 5 games and won 2, lost 2 and had 1 tie. The Wombats had a tough loss in one game, but they kept persisting throughout the whole day. It was great to see the improvement from the first game to the last. They were very supportive of each other and made sure that everyone got the ball.

The Wasps won 5 games and made it to finals. It was a tough final and at the end of the 12 minutes it was a tied game. So we played 2 minutes overtime. We won by one point so off to the grand final we went. There wasn't a lot of time between games but we tried our best against the Eagles.

Unfortunately we lost by 7 but we tried our best. We all had a good day, were proud having made it to the finals.

A very big thank you to our two amazing parents Mr Chee and Mrs Organtzidis, who drove us to the venue and supported us during the day. We also had some parents drop in and support us which was great to see.

By Cleo and Josh.



Around the Classes



Year 1 Excursion to MOPA

On Tuesday, the Year 1's went to the Museum of Play and Art as part of their Inquiry learning. They had so much fun building, experimenting and being experts in the art of play! Thank you to our parent helpers Lisa, Sam, Joanne, and Mina.



PA News

Volunteers required

“We Need Your Help”

After last year's huge success and popularity with the students, the Parents' Association (PA) is planning the Father's Day Stall event again this year. It will be on the 30th and 31st of August, where students will be able to purchase gifts for their loved ones. We need your help to make this event successful for the kids.

Please spare some time and help us from **29th - 31st August 2023**. The tasks will include setting up the stall, arranging the stock/gifts, assisting the students, taking payments, and tidying up.

To sign up, kindly go to the link below to fill in your availability, and a member of the PA will be in touch. It only takes a few seconds to do.

[Father's Day Stall Volunteers link](#)

Thank you for volunteering!

Movie bookings now open!



Get ready to see TMNT on the opening weekend - Sat, 9 September!

To book your seats, please go to this link: [TMNT booking form](#) by 1st September.

Cost per person (3+ yrs): \$12 movie only, \$18 combo (small popcorn & small drink)

- Date - Saturday 9th September
- Start time - TBC (approx 3pm) - *this will be confirmed ASAP by the cinema*
- Venue - Showbiz Cinema, Pinewood Shopping Village, Blackburn Rd, Mount Waverley
- Rating - PG
- Duration - 1 hr 39 min approx

Cash payment is required at the school office by 1st September. Unfortunately card payment is not possible for this event. We look forward to seeing you there!

Lunchtime Clubs

Lunchtime clubs are back for Term 3 with a new addition - Dance Club!

Activity	Day	Time
Wellbeing Club	Every Day	Lunchtime
Basketball Club Year 3 - 4	Monday	recess
Art club all years	Monday	1st half lunch
Chess - run by Kids unlimited	Monday	lunchtime
Basketball Club Year 5 -6	Tuesday	recess
Music Club Years 4 - 6	Tuesday	1st half lunch
SRC	Thursday	1st half lunch
Sustainability	Friday	1st half lunch
Dance Club - Prep - 2's and 3 -6's alternate weeks	Friday	2nd half of lunch



Extend News



MOUNT WAVERLEY HEIGHTS PRIMARY SCHOOL

Monday 18 September to Thursday 28 September
8.00am – 6.00pm
Session Fee \$90.95*

Please provide morning tea and a healthy, nut free packed lunch for your child.
*Early Bird Rate Book 14 days in advance.






PAY FROM \$9.10 AFTER CCS!

MONDAY 18 SEPTEMBER	TUESDAY 19 SEPTEMBER	WEDNESDAY 20 SEPTEMBER	THURSDAY 21 SEPTEMBER	FRIDAY 22 SEPTEMBER
<p>Learning With Leaves & Marshmallow Igloo Create creatures from leaves and learn all about flora and fauna!</p> <p><small>*Session Fee Only</small></p>	<p>Wildlife Party Our Wildlife Wonders show includes a variety of native wildlife such as reptiles, birds and amphibians!</p> <p><small>*Session Fee + \$12</small></p>	<p>Totem Tennis & Fruit Smoothies Grab your rackets and prepare for high-speed swinging action in this game of Totem Tennis!</p> <p><small>*Session Fee Only</small></p>	<p>Royal Botanic Gardens Melbourne Melbourne Gardens extends over 38 hectares and houses a collection of more than 8,500 species of plants. Explore the gardens and enjoy a picnic lunch with your friends. <small>*Session Fee + \$19.95</small></p>	<p>Floating Art & Catch the Dragon's Tail Combine a bit of floating/sinking science with a creative and challenging way to get arty!</p> <p><small>*Session Fee Only</small></p>
MONDAY 25 SEPTEMBER	TUESDAY 26 SEPTEMBER	WEDNESDAY 27 SEPTEMBER	THURSDAY 28 SEPTEMBER	FRIDAY 29 SEPTEMBER
<p>Sock Puppet & Musical Statues Why does a sock go on a hand? Well it's a puppet of course! Create your own little buddy with some crafting skills!</p> <p><small>*Session Fee Only</small></p>	<p>Movement Chain & Ring Toss Let's follow each other and make cool movements. It might even create a cool dance!</p> <p><small>*Session Fee Only</small></p>	<p>Karaoke Disco Learn funky dance moves and channel your inner pop star at the disco and karaoke party!</p> <p><small>*Session Fee + \$15</small></p>	<p>Chesterfield Farm From milking the cows to handling the baby animals, from feeding the deer, goats, camels and emus to tractor rides, there is plenty to enjoy!</p> <p><small>*Session Fee + \$36.95</small></p>	<p>PUBLIC HOLIDAY</p>

WHAT DO I NEED TO KNOW FOR SPRING VACATION CARE?



<p>What food should I pack for my child?</p> <p>Please pack a healthy, nut free morning snack and lunch as you would for a normal school day. The service will provide a delicious and healthy afternoon snack.</p> <p>Please ensure a refillable water bottle is packed for your child.</p>	<p>What should my child wear to vacation care?</p> <p>Your child should wear long pants (trackies or leggings), a shirt that covers their shoulders (no singlets), a hat and a warm jacket if it is cold. Your child must also wear closed shoes (no thongs or sandals).</p> <p>If the children are doing art or a messy activity, please wear old clothing or pack an art smock.</p>	<p>What if I have a question about Child Care Subsidy?</p> <p>We are approved to process your Child Care Subsidy payments from the federal government. However, we are not in control of how much subsidy is paid by the government to each family.</p> <p>If you have questions about Child Care Subsidy please contact Services Australia on 136 150.</p>
<p>Can my child attend services in a different state?</p> <p>If you are enrolled with Extend, you can attend an Extend service anywhere in Australia where a service is available.</p> <p>You do not need to regularly attend the school itself to attend a holiday program. All primary school aged children are welcome.</p>	<p>Where do I find excursion bus times?</p> <p>If you have already booked your vacation care sessions, log in to your LookedAfter account, go to your booking calendar and click on the excursion session. Information regarding the session will pop up and you will find the bus time listed under 'Service'.</p> <p>If you are booking a session, follow the usual booking process. You will find the information under 'Service'.</p>	<p>How will CCS help you save money during vacation care?</p> <p>CCS covers up to 90% of the session fee, incursion fee and excursion fee based on the household income.</p> <p>For example, a family eligible for 64% CCS will only pay 36% of the remaining session fee. This means for a 10 hour session costing \$100, the family will pay the gap fee of \$36 with the remaining \$64 covered by CCS. That's \$3.60 per hour!</p>

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

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.

SCIENCE

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

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

Sydney's number 1 coaching college, CS Education is Now Open in Oakleigh!! Free Trial class, Free Assessments and 20% discount on Term 3 tuition fees!! Enrolments are still open. Contact us now to book your seat!!

- * We design, print and provide our own high-quality books.
- * VCE based curriculum.
- * 4 Subjects covered - Writing, English, Maths and General Ability (WEMG course). For High-school, GA is replaced by Science).
- * NAPLAN, Scholarship, Selective exam preparation.
- * Face to Face classes (weekday and weekend batches).
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Contact us now to book your seat!!
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Address – 3/6 Atherton Road, Oakleigh, Vic 3166

Now open in Oakleigh

TERM 3 ENROL NOW!

COMPREHENSIVE COURSE
Year 1 – Year 10

- Writing
- English
- Mathematics
- General Ability

TRIAL TEST COURSE

- Scholarship Trial Test
- Year 9 Entry
- Year 7 Entry
- Selective Trial Test

20% off

FREE ASSESSMENT for Maths and English (see 1 to 10 list)

7 steps Learning System

1. Assessment Tests
2. Learning
3. Self-Directed Study
4. Homework & Topic Tests
5. Individualised Study Plans
6. Coaching
7. Evaluation - Semester Assessment

CS Education Oakleigh Campus 0481 841 415
3/6 Atherton Road, Oakleigh, VIC 3166
oakleigh@cseducation.com.au

