The Height spenings



Thursday 10 August, 2023

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

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.





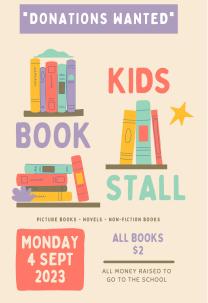




BOOK WEEK - DRESS UP DAY

openings

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.



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

opening

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





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Assistant Principal's Report

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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



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

After **42 days** you become:



Less likely to **get sick**.



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





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Save the Date



sening

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.



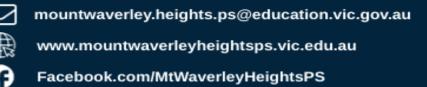
Please note: Due to limited space in our classrooms, we can preferably only accommodate 1 adult per child. Please see your classroom teacher for further enquiries.

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	Obey these signs	
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.	SCHOOL ZONE 8-9% 2 ³⁰⁻⁴ 5×050 5×05	
Valk or cycle to school with your child. ake the healthy option. If you can't walk the whole way, consider parking a few streets way and walking the rest of the way. Children under the age of 12 are allowed to ride on potpaths and so can adults riding with them.	Children crossing CHILDREN When the flags are displayed at a children's crossing, you is stop for pedestrians who are waiting to cross or who have	
Respect the road rules and parking signs. t 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	CROSSING started crossing. You must remain stopped until the crossin clear. These rules apply even if there is no crossing supervi	
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.	No parking It is important that you don't park in any area where this significant displayed.	
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	No stopping No stopping means you must not stop at the kerb for any reason.	
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.		
	Bus zone Take extra care and be on the lookout near school bus sto children may be trying to cross the road nearby.	













PE News

opening

<u> Prep - Year 2</u>



This week students have continued with our Soccer unit. We have l 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 - <u>https://forms.gle/ADXpN8gXk4cg1UeX8</u> Medical - <u>https://forms.gle/8Kmh2XCLbeEr1f4K6</u>

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.







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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.

openings







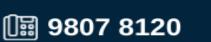
Around the Classes

appenings

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

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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!



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

To book your seats, please go to this link: <u>TMNT booking form</u> 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

<u>Cash</u> 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!





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Heights

appenings

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









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Extend News

Happenings











