

## Dates To Remember

### TERM FOUR

**Friday 27th October**  
World Teachers Day

**Monday 30th October**  
Assembly - 2.30pm


**Monday 30th - Tuesday 31st October**  
Year 3 Camp - Gundiwindi

**Wednesday 1st - Friday 3rd November**  
Year 4 Camp - Gundiwindi

**Friday 3rd November**  
Prep Transition 2 - 2.30pm - 3.15pm

**Monday 6th November**  
Curriculum Day

**Tuesday 7th November**  
Melbourne Cup Day - Public Holiday

**Thursday 9th November**  
Crazy Sock Day 

**Friday 10th November**  
SDSSA Summer Sport Round Robin Year 6

**Tuesday 14th November**  
Hooptime Final - selected year 6 students

**Wednesday 15th November**  
School Council 6pm

**Friday 1st December**  
**COLOUR RUN**

**Wednesday 13th December**  
Grade 6 Graduation

**Monday 18th December**  
Christmas Concert 5 - 7pm

**Thursday 26 October, 2023**

## Principal's Report

### TRIVIA NIGHT -

Thank you to our amazing committee members who put on a fantastic 80s themed trivia night last Saturday. A huge thank you to everyone who came along or made a bid through the auction site. **We raised \$4300-** Just incredible!

Thank you to our committee members:

Anna Rentoulis who coordinated the event and to all the committee members - Prue Wilford, Leanne Robertson, Parul Srivastava, Gill Cook, Ben Duan, Ariella Aarons, Louise Berry, Julie Gifford and Carolyn Datson. A fantastic team effort! Many hours of work went into preparing the evening.



### JAPANESE DAY

Unfortunately, I had a Principal's meeting to attend on Tuesday, but I heard that our Japanese Day was a great success. The students loved the activities and it was amazing to see our Japanese families participate on the day. A big thank you to Masa for his organisation and to all our parents who came along. I know many of them took the day off work to be involved!

Thank you to Ayako, Kyoko, Tae, Kentaro, Chiharu, Ikuko, Azumi and Kaoru.



### **WORLD TEACHERS' DAY TOMORROW**

We will be celebrating World Teachers Day tomorrow. Let's celebrate our teachers for their skilled work in educating, inspiring and supporting our students.

Our student leaders will be helping to recognise our incredible staff. Usually a highlight of their year!



### **CAMP**

Next week our Year 3s and Year 4s will be heading to camp Gundiwindi! We wish them all the best and have our fingers crossed for good weather. I am also hoping to head down to camp next week to join in on the fun!

### **PORTABLE SOON TO ARRIVE**

This weekend the brick fence entrance to Huntingdale Rd will be partially removed in preparation for our new portable. Early next week, workmen will fence off the site with the portable being delivered in Week 6. Once we have a confirmed day, we will let the community know. Huntingdale Rd car park will not be accessible on the day of installation. We will keep you posted!

### **YEAR 3-6 PLAYGROUND**

Last term our current school leaders assisted with future playground design and ideas. Utilising their thoughts, we discussed their ideas with a playground company and have recently received an initial design. Carolyn and I are gathering feedback from the Year 4-6 cohort and will make changes based on their feedback. So far the feedback has been very positive.

### **OUTDOOR TOILETS**

Last term I applied for a minor works grant to upgrade and redesign the outdoor toilets. The redesign would provide more toilets - particularly for our girls. We hope to hear back on the success of this project shortly.

In regards to toilets, we are finding that more and more children are unable to use them appropriately with urine and faeces being left on the floor. We ask that all parents have a chat with their child and practice using community facilities.

### **PREP TRANSITION - SESSION 2- Nov 3**

**TIME:** 2.30-3.15pm

**WHERE:** Register your child in the PAC (HALL). Sign in and wait for instructions

**WHAT THEN:** Parents will join myself and Carolyn for a quick chat and begin getting to know other parents in the year level.

### **FORMING GRADES FOR 2024**

Shortly, teachers will begin the process of organising next year's grades. This process takes several weeks and involves all staff in developing well-balanced classes for optimal learning. Input from class teachers, parents and children are taken into account, in conjunction with learning and social considerations. Parents with particular information, they would like considered during this process, may put their request in writing to me **no later than Friday 3 November**. Requests may relate to social, family or learning matters. Please note that requests for particular teachers will not be supported, unless there are extenuating circumstances. If you would like to discuss your request, please feel free to make an appointment to speak with me.

Requests may be forwarded to the office in writing or to my email address:

[sharon.reiss-stone@education.vic.gov.au](mailto:sharon.reiss-stone@education.vic.gov.au)

Please note that **late requests will not** be accepted.

If you are planning on leaving Mount Waverley Heights at the end of the year, we ask that you also please let us know as soon as possible so that this can also be taken into account when preparing classes.

### **CURRICULUM DAY**

The Monday before Cup Day is our schools final Curriculum Day. Teachers will be busy writing reports and it will give families the opportunity to get away for the long weekend.

### **OCTOBER IS CYBER SECURITY MONTH**

<https://www.cyber.gov.au/learn-basics/explore-basics/update-your-devices>

Passphrases are the more secure version of passwords

Passphrases are made up of four or more random words making them longer than a traditional password.

This makes them harder to guess but easy to remember.

Changing your passwords to a passphrase is a great way to improve your cyber security.

Before you try out passphrases, have you set up MFA?

Multi-factor authentication (a combination of something you know, something you have or something you are) is an effective way to protect your accounts against unauthorised access. However, where multi-factor authentication is not available, a strong passphrase is your best defence.

When choosing a paraphrase they suggest to..

- Make it long - the longer the better
- Unpredictable - random words. A good paraphrase is made up of four or more random words.

**Let's celebrate...**

- Congratulations to Yui and her acrobatic gymnastics team who received three gold medals and came first in the Victorian Championships for Gymnastics Victoria
- A great result from our Trivia night. Fantastic effort from all involved
- Our community's support and involvement in making Japanese day such a success. Thank you



**Sharon Reiss-Stone**

Principal

# Assistant Principal's Report

## WELLBEING

### EMPATHY

Did you know ....

80% of our happiness is derived from:

- Friendship.
- Health.
- Work fulfillment.
- Loving relationships.
- Spirituality.

When you do something kind for someone else your brain releases the love hormone oxytocin. This makes you feel good too. Check out Martin Heppell from The Resilience Project talking about being kind and the benefits of kindness. <https://www.youtube.com/watch?v=qO-ja3h5INc>

"Kindness is the greatest wealth of all. Small acts of kindness last longer than a lifetime" - *Eddie Jaku* (Author of 'The Happiest Man on Earth').

The parent and carer hub has a lot of family activities designed to help practise G.E.M (gratitude, empathy and mindfulness)

<https://theresilienceproject.com.au/2023-parent-carer-hub-engage/>

We want to hear from you!! We would like to get some feedback from parents/ carers on our Wellbeing approach. If you can spare a few minutes to complete the form below it would be much appreciated. Your feedback will help us plan for 2024.

<https://forms.gle/ZuMzQBHzxipu2P5f7>

*Carolyn Datson*

Assistant Principal

## Empathy

### Neighbourhood Kindness Challenge

(Whole Family Activity)

As a family, **choose an act of kindness from the list below** that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hotbread, or cookies.
- Write a note to put in their letter box thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Offer to do a job for them, like wash their car or water their garden.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.

**Feel free to do more than one** and spread the kindness even further!

**Report back to each other** in one week and share how your acts of kindness were received, and how doing them **made you feel**.

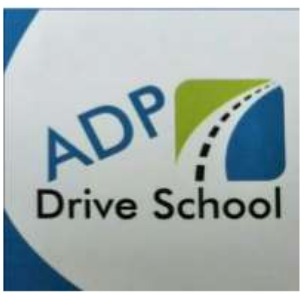


**RESILIENCE PROJECT**

Thank you to all our Trivia Night Auction sponsors.



Handcrafted Beeswax Candles



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## Colour Fun Run



We will be holding a Colour Explosion School Fun Run Fundraiser and continue to raise money towards the new playground.

The Colour Explosion School Fun Run will be on Friday 1 December from 2.30-3.30pm at school. There will be a race for each year level, and it will be a **LOT** of fun for everyone!

Students will need to wear a WHITE t-shirt and closed in shoes and will be given free sunglasses and a rainbow headband for the event. They will be covered in non-toxic, biodegradable colour powder from head to toe as they run.

The fundraising for our Colour Explosion School Fun Run is entirely online. Each student (with their parents help) needs to set up their own online profile page at [Australian Fundraising - Profile Page](#) (instructions can be found in your child's sponsorship booklet to be sent home).

Share your child's fundraising page with your friends and family to get them sponsored for the run. With it all being online you won't need to collect cash and the (safe and secure) link can be shared easily via email, text message or even on social media!

There are great prizes for all students who raise money!

Thanks for your support for this really fun event!

# Japanese News

On Tuesday we had Japanese Day to promote cultural enrichment, language exposure, and global citizenship while providing a fun and engaging educational experience for students. It was great to see so many students come dressed up as Japanese characters like Mario and Pikachu.

The senior students enjoyed both a Taiko and Samurai performance and workshop with A.YA and RIN from Rin-Pa. Our Prep - Year 3 students had a Yakult incursion and made a Kokeshi Doll with a Yakult bottle. All students played with some traditional Japanese toys and had the opportunity to make their own traditional toys. They also had an opportunity to try mochi and pounding mochi as well. With lots of parents' help, students were able to dress up in Japanese style, Yukata and Happi.

Thank you to the following parents who gave up their time so generously - Mia's mum Ayako, Aurelia and Max's mum Kyoko, Sawa's mum Tae and father Kentaro, Hiyori's mum Chiharu, Manami's mum. Mrs. Nishimura, Akira's mum Azumi, Yui's mum Azumi and Owen's mum Mrs. Kawahata.

## Sensei

From our Year 5's -

- On Japanese Day we -
- Dressed up in Kimonos
- Ate Mochi
- Played with all the fun toys
- Sushi Lunch was a hit
- Use Samurai swords
- Learn Origami
- Watch a great performance

Japanese day was so much fun, we participated in lots of activities. We watched a Japanese music group performance to begin our Japanese cultural day. We then moved into our activities groups, we learnt to make a traditional Japanese toy and we followed the instructions to make origami flowers. We worked with Rin and learnt some Japanese dance moves with the Samurai swords. The sushi lunch was delicious thank you to all involved who organised the day, it was enjoyed by all.



# Crazy Sock Day!!

**When:** Thursday November 9th

**Why:** We achieved 25000 Dojo points last term!!

**Wear your weirdest socks!**



## Parent's Association News

### Big discounts for the family!

Enjoy great savings on 500+ attractions and fun activities for your family, all year round across Victoria (and abroad)!

For just \$38.45 you can get an annual, digital membership for the family which offers **hundreds** of discount vouchers which makes eating out, birthday parties, school holidays, sports/art classes and other Melbourne attractions affordable for everyone. Some of the vouchers available include Village cinemas, Gold Coast theme park pass, Funfields, Gumbuya World, Lollipops, Boost Juice, and plenty more are added on a regular basis.



The best thing is if you use the link below then the school will get \$10 per membership purchased which makes for a great fundraiser. It won't cost you extra either. **Why not ask friends and relatives if they would like one, too or purchase one as a (Christmas) gift? The more we sell, the more money we make for our school and the kids benefit too.**

You can start using it immediately once signed up and have fun!

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

*Pro tip: Join their Facebook page to see the latest offers as they are regularly adding more.*

### For existing Small Ideas members:

Before you are due to renew your membership, please cancel the auto-renewal and rejoin with the school's link above so we reap the rewards. You can find your renewal date at the bottom of the homepage when logged in.

To cancel, please contact them via email or phone.

Phone: 1300 88 10 15

Email : [info@smallideas.com.au](mailto:info@smallideas.com.au)

A big thank you for helping us raise money and supporting local businesses.

*Parent's Association*

## Year 6 Icy Poles

**What for?**  
For graduation!

**When?**  
Tuesday and  
Thursday  
lunchtime!



**ICY POLES!**

**How much?**  
one dollar

# Christmas Card Competition



Dear Principal,

I am delighted to invite all the Primary Schools in the Chisholm electorate to participate in an art competition for my Christmas Card.

I am asking students to prepare artwork to be featured on my Christmas Card which will be sent to around 64,000 households in the Chisholm electorate. The artwork should reflect students' vision of what Christmas means to them.

The artwork can be scanned and sent to me at [carina.garland.mp@aph.gov.au](mailto:carina.garland.mp@aph.gov.au) or delivered in hard copy to my office at 257 Blackburn Road, Mount Waverley. **Please send the artwork by the 15<sup>th</sup> of November and identify the artwork with the first name of the student, their age, and the name of the school.**

The winner of the art competition will receive a Gift Card for \$75 and runners-up will receive a Gift Card for \$25.

I hope this will be a fun activity for your students and look forward to receiving some wonderful artwork!

With kind regards,

Carina Garland



DR CARINA GARLAND MP

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MEMBER FOR CHISHOLM

DR **CARINA**  
Garland

 9807 8120



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## Extend News



**UNDER THE SEA**

DISCOVER. LEARN. PLAY. **SUMMER**

**EXTEND SQUAD**

FANTABULOUS school holiday experiences!

Explore the sea these school holidays with the Extend Squad!

Prepare for aquatic adventures these summer holidays with amazing activities, incursions and excursions!

Create a memorable and extraordinary holiday for your children this summer with Extend. Book today so you don't miss out!

**SHOW OFF YOUR TRICKS AND FLIPS**

**PLAY SPORTS WITH YOUR FRIENDS**

**GET MESSY WITH SLIMY SEA CREATURES**

**BOOK 14 DAYS IN ADVANCE TO RECEIVE THE EARLY BIRD RATE.**

For FANTABULOUS FUN book your School Holidays at [extend.com.au](http://extend.com.au)

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## MOUNT WAVERLEY HEIGHTS PRIMARY SCHOOL

Monday 8 January to Monday 29 January  
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.



### DISCOVER. LEARN. PLAY. SUMMER EXTEND SQUAD

FANTABULOUS school holiday experiences!

PAY FROM JUST \$9.10 AFTER CCS!

\*CCS is applied to the full fee, including incursion and excursion costs, making it affordable for all families!

 <p><b>TABLOID SPORTS &amp; PAPER ROLL SEAHORSE PUPPETS</b> Get ready for the tabloid olympics! Compete in a range of challenges and games to see who wins!</p> <p>Session Fee Only</p>	 <p><b>LEGO COLOUR HUNT &amp; FRIENDSHIP BRACELETS</b> Treasure hunt with a twist! Find the missing LEGO blocks and match them with the correct colors, collect them all and you win!</p> <p>Session Fee Only</p>	 <p><b>FLY A KITE &amp; BUTTERFLY CHROMATOGRAPHY</b> Gather your supplies and create your own beautiful kite, once it's complete, head outside and take to the skies!</p> <p>Session Fee Only</p>	 <p><b>SLIMY SEA CRAFTS</b> Explore the ocean depths with the gooey goodness of slime and let your creativity flow by creating layered sand art!</p> <p>Session Fee + \$15</p>	 <p><b>KIDS CLAY PINCH POTS &amp; SURVIVAL TAG</b> Grab a fistful of clay, it's sculpting time! Create your very own pinch pot for home!</p> <p>Session Fee Only</p>
 <p><b>LEGO STAMPING &amp; PANCAKE SPAGHETTI</b> Dip straight into the paint with your Lego pieces and make your best art work!</p> <p>Session Fee Only</p>	 <p><b>BACK TO SCHOOL</b> Start the school year in style! Bring your creative flair and design a lunch box, sustainable sandwich wrap and bag tag!</p> <p>Session Fee + \$15</p>	 <p><b>RACE TRACKS &amp; YARN CRAFT</b> Make a car ramp! It's an amazing STEM activity that teaches through play.</p> <p>Session Fee Only</p>	 <p><b>INFLATABLE WORLD</b> Join us for a day at the Biggest Indoor Inflatable Playground in Australia! It's all about having fun with your friends.</p> <p>Session Fee + \$45.25</p>	 <p><b>GLITTER PAPER &amp; GUITAR CRAFT WORKSHOP</b> Glitter makes everything special. Create your own glitter artwork with the help of your fantastic Educators!</p> <p>Session Fee Only</p>

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FANTABULOUS school holiday experiences!

PAY FROM JUST \$9.10 AFTER CCS!

\*CCS is applied to the full fee, including incursion and excursion costs, making it affordable for all families!

 <p><b>ATHLETICS &amp; WACRIES</b> Unleash your inner athlete in the ultimate test of fitness with events such as hurdles, running races and much more!</p> <p>Session Fee Only</p>	 <p><b>AFL</b> Take after your favourite footy stars and join your friends for an exciting game of AFL!</p> <p>Session Fee + \$22</p>	 <p><b>BOUNCE</b> Bounce is the perfect playground to develop your freestyle tricks these school holidays!</p> <p>Session Fee + \$49.45</p>	 <p><b>HULA HOOP RELAY &amp; IN THE GARDEN</b> Grab some hula hoops and head outside! We're having a relay race.</p> <p>Session Fee Only</p>	 <p><b>PUBLIC HOLIDAY</b></p>
 <p><b>HEADS, SHOULDERS, KNEES AND TOES ACTIVITY &amp; SPONGE BOATS</b> Put your brain and body to the ultimate test with this game of reaction and fitness fun!</p> <p>Session Fee Only</p>				

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## WHAT DO I NEED TO KNOW FOR SUMMER VACATION CARE?

DISCOVER. LEARN. PLAY. SUMMER  
**EXTEND SQUAD**  
FANTASTIC school holiday experiences!

### What food should I pack for my child?

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.

Please ensure a refillable water bottle is packed for your child.

### What should my child wear to vacation care?

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).

If the children are doing art or a messy activity, please wear old clothing or pack an art smock.

### What if I have a question about Child Care Subsidy?

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.

If you have questions about Child Care Subsidy please contact Services Australia on 136 150.

### Can my child attend services in a different state?

If you are enrolled with Extend, you can attend an Extend service anywhere in Australia where a service is available.

You do not need to regularly attend the school itself to attend a holiday program. All primary school aged children are welcome.

### Where do I find excursion bus times?

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'.

If you are booking a session, follow the usual booking process. You will find the information under 'Service'.

### How will CCS help you save money during vacation care?

CCS covers up to 90% of the session fee, incursion fee and excursion fee based on the household income.

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!



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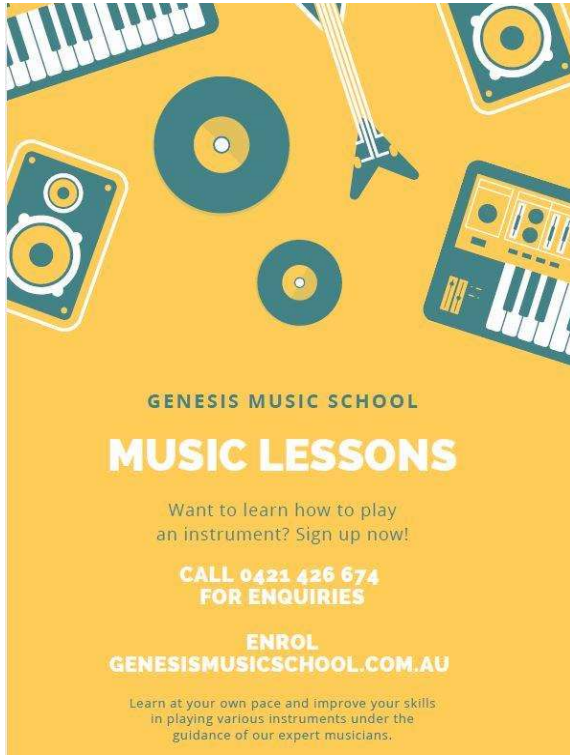
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## MUSIC LESSONS

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



**vida**<sup>tennis</sup>

## FREE INTRO LESSON

*Book in for Term 4 tennis with us!*

**Term Dates**  
Monday, 2nd October 2023 to  
Wednesday, 20th December 2023

260 High St Rd, Mount Waverley, VIC 3149

Angelo - 0407 477 798  
[angelo@vidatennis.com.au](mailto:angelo@vidatennis.com.au)




  
**The Social Domain**  
Skills For Life

## SOCIAL SKILLS HOLIDAY PROGRAM

Run by Speech Pathologists

<b>Group 1</b> 5-7 years	<b>Group 2</b> 8-11 years
-----------------------------	------------------------------

**Dates:** Wednesday 10th and Friday 12th of January

 **64 Glenferrie Road, Malvern**

**Topics Covered**

- Conversation Skills
- Perspective Taking
- Forming and Maintaining Friendships
- Handling Teasing and Bullying
- Problem Solving and Reasoning
- Resilience and Managing Feelings

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