

Thursday 5 October, 2023

Dates To Remember

TERM FOUR

Tuesday 3rd - Friday 6th October
Prep - Year 1 Swimming program

Tuesday 10th - Friday 13th October
Prep - Year 1 Swimming program

Monday 16th October
Assembly - 2.30pm

Monday 16th October
Book Club Due

Wednesday 18th October
School Council - 6pm

Friday 20th October
Prep Transition 1

Saturday 21st October
Trivia Night

Tuesday 24th October
Japanese Day

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

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

Friday 3rd November
Prep Transition 2

Monday 6th November
Curriculum Day

Tuesday 7th November
Melbourne Cup Day - Public Holiday

Principal's Report

WELCOME BACK!

We hope you all had a wonderful break. I spent time completing tasks around the house and I even managed to sand back and stain our outdoor setting! That was the level of excitement of my holidays! The kids and I did a few day trips - going to the Melbourne Royal Show was the highlight.

If you're a Pies or Panther's fan, I am sure you enjoyed celebrating over the weekend! Mrs Douglas has been wearing black and white all week continuing the celebrations! On the last day of Term 3, the kids had a fantastic time celebrating all things sport! Thank you to Kate and Kiralee for organising this event. We also managed to raise \$330 which will go towards Cameron Wales' therapy. Thank you to everyone who donated.

PREP & YEAR 1 SWIMMING

Our junior school swimming program kicked off this week with the students undertaking lessons at Monash Swimming Pool. The students have loved attending - but will be very tired (They will sleep well these two weeks - you are very welcome!).





TRIVIA NIGHT - 21st OCTOBER

Book your table ASAP! It will be a fun night out!

SAVE THE DATE

Parent's
TRIVIA NIGHT

SATURDAY, 21 OCT

MORE DETAILS TO FOLLOW SOON
BUT FOR NOW...

Please Help us collect as many prizes
as we can for the *Silent Auction*

Approach all your local service vendors!
Some ideas: meal vouchers, overnight stays,
tickets, memorabilia, local services etc.

Then, brush up on your General Knowledge
& start planning your 80's outfit for the
80'S THEME

A FUNDRAISER FOR MOUNT WAVERLEY HEIGHTS PRIMARY SCHOOL

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

KIDS UNLIMITED

Kids unlimited are offering a Soccer program for Term 4. Coaches will introduce beginner students to the skills of soccer, as well as provide drills and training to help improve those already playing. All classes will be held after school on Thursday afternoon.

Bookings can be made through Kids Unlimited. For more details, please see a larger version of their flyer later in the newsletter.



SUNSMART

In line with our Sunsmart policy, **hats must be worn throughout Term 4**. We strongly encourage students to apply sunscreen prior to coming to school each day. We do have sunscreen available to reapply, but we also encourage families to supply their own. **Did you know..**

- that melanoma is one of the most diagnosed cancers in Victorians aged 15 to 29 years and is caused by UV damage?
- Wearing both a broad-brimmed hat and sunglasses can reduce UV radiation to the eyes by up to 98%.

PHOTOS, VIDEOS AND LIVE STREAMING

Just a reminder that parents should not be posting school photos/videos which include other students from the school, on any social media platform. Permission from students' parents needs to be obtained prior to posting. Whilst it is fine to record school performances, we also ask that you do not upload these to social media sites. Live streaming at events is not allowed. Thanks for your support.

Let's celebrate...

- Our Prep and Yr 1 swimming program
- A great start to Term 4

Sharon Reiss-Stone

Principal

Assistant Principal's Report

SLEEP

Now that term has started again, it is a good time to revisit sleep routines. Sleep helps reset and revitalize physical and mental health. Sleep is essential for learning so it is important that children get enough rest so they are ready for school the next day. The Raising Children website has a lot of information on sleep, check out:

<https://raisingchildren.net.au/school-age/sleep>.

It also has some tips and ideas around making a bed time routine. Depending on the child's age the time they go to bed may be different but having structure around what they do before sleeping will help ensure a smooth bedtime routine and better sleep.

<https://raisingchildren.net.au/school-age/sleep/better-sleep/bedtime-routines>

WELLBEING

GRATITUDE

Some benefits of practising gratitude are:

- After 21 days, you start to scan the world for positives.
- After 42 days you become:
 - More optimistic, energised & focused.
 - Less likely to get sick.
- You will sleep better.
- Anxiety and depression decreases.

A few quick and simple ways to practise being grateful are:

- Journaling; each night write down 3 things that went well for you that day or purchase a gratitude journal with gratitude prompts.
- Write a gratitude letter to someone special, telling them why you are grateful they are in your life.

- Have a family discussion on the way home from school or around the dinner table about the things that went well that day or made you smile.

You can purchase 21 day, 6 month and family journals from The Resilience Project website, if that is something you're interested in.


<https://theresilienceproject.com.au/shop/>

Carolyn Datson

Assistant Principal






Kids Unlimited



Extra-Curricular Activities

at Mt Waverley Heights Primary

ENROL ONLINE NOW!

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- 
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CHESS

- ✔ Tue, 1:30 - 2:30 pm
- ✔ Starts on 10 Oct
- ✔ \$170 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.

SOCCER

- ✔ Thu, 3:30 - 4:30 pm
- ✔ Starts on 12 Oct
- ✔ \$180 for 8 sessions
- ✔ For Prep - Year 6
- ✔ Room: Oval

Why try out one of the fastest growing sports in Australia? Football or soccer is truly a world sport loved by fans all over the globe. Coaches will take the time to introduce students to the sport or provide drills and skills to improve established players, all in a supportive environment.

TRIALS AVAILABLE!
PLEASE CALL TO BOOK ONE IN



Scan or click the QR code to enrol online!

Kids Unlimited

- ✉ info@kidsunlimited.com.au
- 🌐 www.kidsunlimited.com.au
- ☎ 1300 424 377

Japanese News

Join Sensei this weekend at the Olivia Newton-John "Walk for Wellness", Alexandra Gardens. Sensei will be joining with other members and playing Taiko drums along the route.

There are lots of things happening on the day to be involved in. Please click on the following link to see some of the events happening -

<https://www.walkforwellness.com.au/importanteventdayinformation>

Olivia's Walk for Wellness

Olivia's
Walk for
Wellness

Bring love & light to
those with cancer.

Join us virtually or live at
Alexandra Gardens, Melbourne on
Sunday 8 October 2023

Year 6 Icy Poles

What for?

For graduation!

When?

Tuesday and
Thursday
lunchtime!



ICY POLES!

How much?

one dollar

Extend News



★ TERM 4 IS COMING ★ ★ LET'S GET EXCITED! ★

We're preparing our Outside School Hours Care service for a sparkling new term that'll have you jumping for joy! When you walk into our service on site at school, you'll be greeted with a team who excel in making children feel safe, comfortable and happy!

LOOK FORWARD TO THE NEW TERM WITH...

Dramatic Play

Creative Learning

Arts & Crafts

Sports & Active Games

Reading & Relaxation

★ And so much more! ★



Make your bookings 14 days in advance and receive the Early Bird Rate for Term 4 at extend.com.au

9807 8120



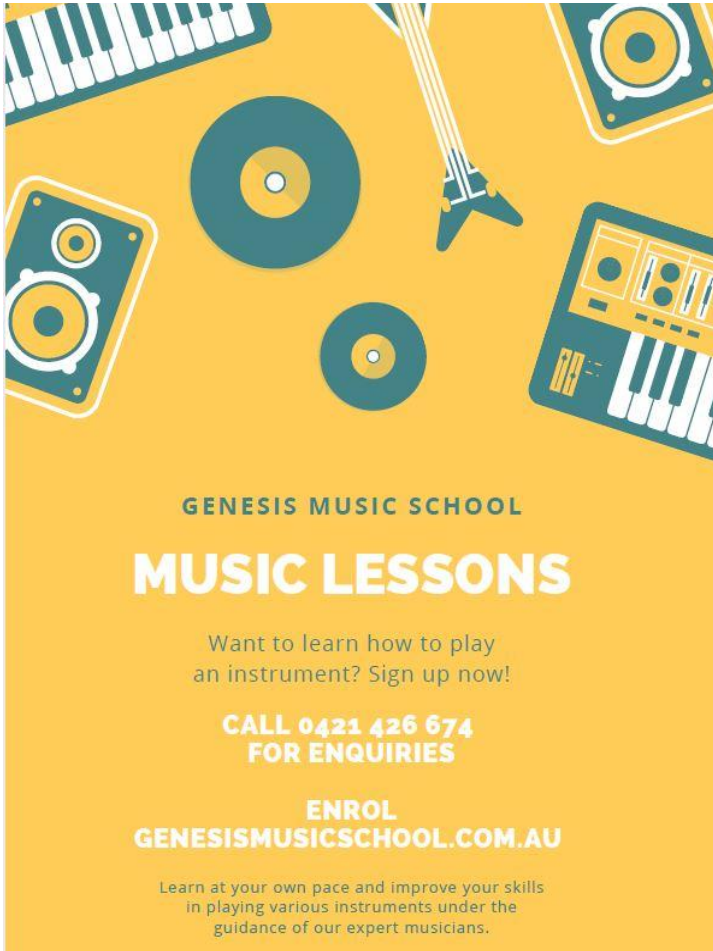
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vida^{tennis}

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