

Thursday 7 May, 2026

Dates To Remember

TERM TWO 2026

Friday 8th May

Interschool Sport Day Round 1 - 9am -11am
Year 7 2027 - Placement Applications Due

Friday 8th May

Mothers Day Event Prep, Yr 1 & 2 - 2.30pm

Monday 11th May

Assembly - 2.30pm

Tuesday 12th May

Year 1 Inform and Empower session 2
School Photos - Siblings, Specialist groups

Wednesday 13th May

Guide Dog Visit (P-2) - 2:30pm
School Council 6pm

Friday 15th May

ES Day
District Cross Country 9am - 12:30pm

Monday 18th - Friday 22nd May

Open Week - Prep 2027 tours each day
9.30am

Tuesday 19th May

Year 5 Aquarium Excursion
Prep Inform and Empower Session 2

Friday 22nd May

SRC Dress up day - Future jobs
Interschool Sport Day Round 2 - 9am -11am

Monday 25th May

Assembly - 2.30pm

SAVE THE DATE

Saturday 20th June

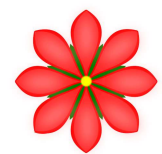
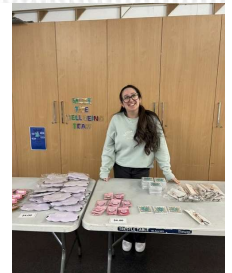
Trivia Night

Leading Teacher Report

MOTHER'S DAY STALL

Yesterday and today our Parents Association held our annual Mother's Day Stall. A huge thank you to all of our volunteers who assisted in the purchasing, setting up, running and packing up of the stall.

We hope you all enjoy opening your beautiful little gifts on Sunday morning.



MOTHER'S DAY/ SPECIAL PERSON AFTERNOON

Just a reminder that we will be hosting our Prep - Yr 2 Mother's Day afternoon tomorrow at 2:30-3:30pm.

We will begin in the PAC with some very cute performances, before heading back to the classrooms for some afternoon tea and activities. We look forward to celebrating with all of our mums tomorrow.

SCHOOL PHOTOS

Due to an issue with ordering sibling photos last week, Advance Life postponed the sibling photos until Tuesday the 12th of May.

Families are now able to order sibling photos without ordering an individual photo.

The sibling ordering is now open until midnight 11th of May. Please order from the Advance Life website.

Please enter the code - RCC Y8R QXK

On the 19th of May, we will also be taking individual shots of any students who were absent and group photos for the following clubs:

- SRC
- Sustainability
- Taiko Drumming
- Junior Choir
- Senior Choir
- Band

If your child is in any of these clubs, please send them in full school uniform.

OPEN WEEK AND PREP 2027 ENROLMENTS

The week beginning Monday the 18th of May is Open Week. Please be aware that we will be conducting school tours each morning of this week for prospective parents. If you know of anyone who might want to join our wonderful community, please encourage them to contact the school office and arrange a tour.

If you have any younger siblings who will be joining us next year in Prep, we ask that you please fill in an online enrolment form.

To register online please use the following link - <https://students.educationapps.vic.gov.au/s/>

Alternatively, please see Louise or Julie in the office if you would like a paper form or have any questions.

TRIVIA NIGHT

Our upcoming 'Trivia Night' is on **Saturday June 20th**. We would love to see as many parents attending as possible. It is held in the PAC, so it is nice and close, and it is a wonderful night out and so much fun. It is also a great way to meet other people in our community.

Tables can be booked as a group of eight, so friends can sit together, or individually, with the committee placing parents on a table with others.

This year, we are running our Trivia Night auction items a little differently. Each year level is being asked to donate items that will be combined into themed hampers. Parents will then be able to purchase raffle tickets, with the winners being drawn on the night.

See below for your Hamper theme. If you are happy and able to donate something, we would very much appreciate it. Please send all donations to the office.

PREP	Pamper Hamper: Massage voucher, nails, face masks
Year 1	Gourmet Food: chocolate, nuts, wine, biscuits (non perishable)
Year 2	Sporting Hamper: equipment, tickets to event, posters, trading cards, drink bottles, weights, exercise towels, vouchers etc.
Year 3	Kids hamper: colouring books, kids activities, movie tickets, toys etc.
Year 4	Art, Craft & Homewares Hamper: wool, paint by numbers, stamps, paper, pencils, paints, craft kits, slime etc.
Year 5	Family Night Hamper: board games, popcorn, cards, uber eats vouchers, snacks, pj vouchers, blanket etc.
Year 6	Celebration hamper: Dan Murphys vouchers etc, Winery voucher, chocolate, etc

MWHPS BEANIES - Covering Heads, Conquering Cancer - For Elizabeth



Around a third of our students have been taught by Mrs Elizabeth Deylen, either having her as a Prep or Year 1 teacher. However, we realise that we have had a lot of new families join us over the past 18 months who may not know her. As we are donating profits to her from the Beanie sales, I thought I would tell you a little about Elizabeth and why she means so much to the staff and community.

Elizabeth joined our school in 2018, having worked previously in a special school setting. Over the past 8 years that she has been at MWHPS Elizabeth has been a rock star of a teacher and leader. Her knowledge on how students learn and her ability to support and grow others is phenomenal. Students love her because she is fair, kind and gives her time to truly listen and understand their perspective. Staff love her because she is non judgmental, direct, kind and supportive. Over the past 4 years, Elizabeth moved into a Learning Specialist role, where we were able to utilise her strengths. She has led a range of initiatives at the school but has been instrumental in leading wellbeing.

Last year at the age of 34 and with a one year old at home, Elizabeth was diagnosed with cancer. Chemotherapy began quickly, and in true Elizabeth fashion, she has continued to show incredible strength — even returning to

work two days a week between treatments. Never one to complain, she has quietly shown us just how real and relentless this fight is. How she continues to show up is nothing short of extraordinary.

All profits from our Beanie sales will go towards Elizabeth's Go Fund Me Page. We want to wrap our arms around Elizabeth and her family in the same way she has always wrapped her arms around others — with care, generosity and unwavering support. The reality is that while she focuses on fighting this illness, the financial pressures of everyday life do not pause. Medical expenses, reduced capacity to work, and the ongoing costs of raising a young family can quickly become overwhelming. Once we have the details of the Go Fund Me Page, we are encouraging families to post/share this fund in your social media accounts. We know the generosity of Victorians, and hope to assist the family beyond our initial fundraiser.



Our School Captains chose the Beanie Pun - 'Covering Heads Conquering Cancer - for Elizabeth' and have a range of small actions that will be undertaken over the upcoming months.

Thank you to everyone who has already purchased a beanie. We only have **57 Beanies left**, so if you don't want to miss out, I would suggest putting in your order soon. We will order more beanies, but they may take a while to come.

Don't forget to please write your child's name on your beanie!

Let's celebrate...

- Selling an amazing 243 MWHPS beanies with all proceeds going to help out Elizabeth.
- Our amazing parent volunteers who put on a wonderful Mother's Day Stall.
- All the AMAZING, BEAUTIFUL, HARD WORKING, CARING, SPECTACULAR MUMS! Happy Mother's Day. We hope you have a wonderful day on Sunday!



Emma Thomas

Lead Teacher

Around the classes

The Year 6's have been working on information reports for the past two weeks. We have tied it into our big Inquiry unit of A Better Future! Students chose a topic to research online, either Physical or Mental Health, and were tasked to research and write their report.

DOOM SCROLLING

By Orian Dsouza

Doomscrolling is something that 72% of minors do on a regular basis, with most of them doing it without even realising. Most people think it is completely harmless, but studies have shown that constant exposure to rapid short, stimulating content can lead to anxiety and a shortened attention span which can make it difficult to focus on certain activities like reading and writing.



WHEN IT STARTED

People started doomscrolling in the pandemic when people started endlessly scrolling through social media to keep up with the news or to deal with the social isolation. This caused lots more problems like depression, neckaches and backaches. Soon after people started doing campaigns to get people to stop doomscrolling but sadly people still doomscroll constantly today.

WHY IT IS ADDICTIVE

Dopamine is a neurotransmitter in the body that sends signals when something is important but dopamine can also get released when something is pleasurable and that is how some people can get addicted to drugs. Social media is a mix of the two. Doomscrolling gets addictive because of the bright lights and loud sounds which is stimulating for the brain.

If you do or have doomscrolled regularly then some good tips to limit it are to use apps like Apple Screen Time to set time limits on apps, delete social media apps or put your phone in another room or in a drawer when you want to relax to avoid automatically picking it up.


Sources: kids news, internet matters and Nationwide Children's Hospital

Spacewalk

By Romeo

Have you ever wondered what it would be like to spacewalk with zero gravity and zero oxygen? Well on October 18 2019 history was made when two NASA astronauts were done by Christina Koch and Jessica Meir

Spacewalking might sound fun, but Christina and Jessica spent 7 hours and 17 minutes just to change a battery! The battery was faulty and the battery went offline so they had to remove and replace the 110kg battery!



SPACE

You might think why were women space walking so late in history unlike men? Well NASA states that they only made suits that would only fit men if women wore them it wouldn't fit.

While the two women were making history, the men inside the ISS were also helping, as there was a robotic arm assisting them controlled by a male inside the ISS and spacesuit management.

So would you want to make history and spacewalk? Christina and Jessica are truly amazing people and doing amazing things.

Kids news, NASA ABC news



Two Female Astronauts Make "Herstory."

Two female astronauts have made "herstory" (not history), after going out on the first all female spacewalk.



History

For the last 240 spacewalks, it's been men dominating the mysterious place. But, number 421 has made "herstory" after 42 year-old Jessica Meir and 40 year-old Christina Koch went to space to do the first all-female spacewalk.

Mission

Meir and Koch's job was to replace the broken battery charger on the ISS (International Space Station). The space walk lasted 7 hours and was 220 miles away from Earth.



Attempt 1

NASA originally wanted Anne McClain and Christina Koch for the first all-female spacewalk. But Anne said that a medium-sized hard upper torso fit her better. The problem was that the only one pre-configured medium sized fruit was available. But instead of taking the time to reconfigure the space suits, and delaying the mission, NASA decided to change the team.

They replaced McClain with Nick Hauge, which led to an argument over gender equity, so then NASA rearranged the teams again, changing Hauge with Jessica Meir.



So after months of debating and planning, NASA successfully launched Meir and Koch on the 18 of October in 2019 to the ISS for a 7 hour mission, and make history as the first ever all-female spacewalk team.



Sources- KidsNews, NASA and the Australian Broadcasting Corporation

Gender Pay Gaps Lara Alhamed

Gender Pay Gaps. Genders aren't getting treated equally. This is a very known problem, connected to gender discrimination. Here's what's happening:



In sports, women are getting paid less than men, putting in the same effort. Fortunately, Australia's major sports organisations have been working on a plan for equality. Athletes get paid for each hour they train/play, but females get paid less than men. Organisations are dedicated to making a change.



Women face disadvantages, like lower pay, and lower benefits. They fly economy, while men fly business class. This is unequal, as they work and train just as much.



"The idea of activating the entire sports ecosystem to hasten change is an approach that could be considered and replicated throughout the world." The former World No. 1 Tennis champion said.

She thinks if this plan works, the rest of the world could be inspired.

The JFA (Japan Football Association) president announced that the women's team would receive an upgrade if they win a gold medal. The way women and men live is the result of their pay.

Luckily, this is being worked on and enforced. Many people are trying very hard to change it. Many sports organisations are supporting legendary players

Sources: WGEA, Olympics Time, KidsNews, Stanford

By Gunvir Wahi

DOOMSCROLLING

Hey you have you ever wondered what happens inside your brain when you obliviously doomscroll? Well you could probably notice all the thoughts and feelings that fly across your mind when you move your thumb up and down the screen.

A respected neuroscientist has explained that doom scrolling is "reshaping" our brains and how it is affecting the development of the younger generation that is yet to come.

Associate professor Tye said that when someone went on TikTok or Instagram, they got an instant dopamine hit. Dopamine is a neurotransmitter released by the brain. When it releases something is enjoyable at acts as the reward system and when it's released when you happy/having fun it makes you want to do it again and again.

"It's capturing our attention with alot of moving pictures and bright lights and sounds." she said

to my life

But we also get pleasurable; drugs of abuse produce mass amounts of dopamine which is released into the brain and artificially "hijacks" our attention and motavation systems which can lead to addiction.

Professor Tye also said we we're "losing the chance to develop and strengthen the neural system that keeps us protected and to serve us" because they help us "think clearly and navigate" long periods of time.

Sources used: Kids News, National Library of Medicine, Pub Med Central

to my life

SRC News

SRC EVENTS Term 2

Event 1: Education Week

Week 5: Friday 22nd May

Dress up as Future Career/Job

This day is a fundraiser for the EDGE & State School who provide education and uniforms to students.



Event 2: Guide Dog Day Visits

Week 4: Wed 13th May (P- 2)

Week 7: Wed 3rd June (3-6)

Event 3: SRC Superhero Day

Week 8: Friday 12th June

Activities/dress up: Dress up as one of our Resilient

Project superheroes:

- Mindfulness (Purple)
- Gratitude (Orange)
- Emotional Literacy (Red)
- Empathy (Green).



OR wear an accessory of a super hero (cape, mask, t-shirt, badge)



Term 2 Lunch time:

Staff vs Students (Yr 3/4) - Trivia

WHEN: TBC

Music News

JUNIOR CHOIR
• TUESDAY 1.40PM

SENIOR CHOIR
• THURSDAY 1.40PM

BAND
• FRIDAY 1.40PM



Japanese News

FIRST PRIZE RAFFLE:
More than 40 Prizes

**A pair of return JAL Economy class tickets
MEL to TOKYO**

■ George Kamikawa on Main Stage
■ Free Face Painting ■ Many Performances,
Demonstrations, Food & other Stalls and more!

FREE ENTRY Outside and ...
Children up to 5 years old / Disabled Persons (+1 Carer) /
Pensioners / Persons in Kimono, Yukata or Full Cosplay

Ages 12 & above \$5, Ages 6-11 \$3,
Seniors Card Holders \$3

www.jcv-au.org/japanfestival

**Kimono,
Cosplay
& Etegami
Contest**

Japan Australia

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JAPAN

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SUPPORTERS City of Whitehorse / The Japanese Language Speech Contest Victoria Inc.
Victorian Multicultural Commission / The Monash Japanese Club

We support
Guide Dogs Victoria.

Parents Association News

Mother's Day Stall

A heartfelt thank you to Lauren R and Kaye K for planning and managing such a wonderful Mother's Day stall this year. It is always a lot of fun watching the children put so much thought, care, and excitement into choosing something special for the important people in their lives.

Thank you also to our amazing volunteers. Lauren and Kaye were supported by PA members Anna B, Tenele C, Lynn P, Mina P, Leanne R, Lisa W, Van D and school community members Ange B, Jennifer C, Justin C, Samantha D, Kanchini D, Maria G, Sophie H, Nisha J, Adele L, Alison L, Greeshma N, Sophia P, Juliana S and Lai Yan T. Your time, energy, and support make events like this possible, and they are truly appreciated.

The Parents Association wishes all mums, stepmums, grandmothers and carers a very happy Mother's Day, and we are also thinking of those for whom this day may feel difficult.



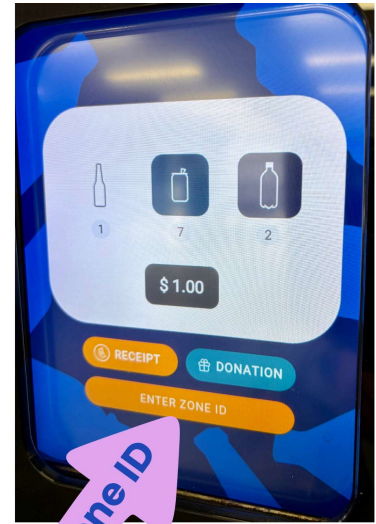
Can Recycling - Turn Your Cans into Cash for Our School!

Did you know your empty drink containers can help raise funds for our school?

Victoria's container deposit scheme, CDS Vic, allows you to return eligible drink containers (like cans, bottles, and cartons) and receive a 10-cent refund for each one.

How to support our school:

1. **Collect** eligible drink containers at home (look for the "10c refund" mark).
2. **Return** them to a CDS Vic refund point [Click Here For Your Closest Refund Point](#). (37-41 Oxford St, Oakleigh is close)
3. **Deposit** drink containers into the machine. The machine will tally your donations.
4. **Donate your refund** by selecting "enter zone id". This is where enter the unique school code : C2000010735
5. **Collect** your receipt.



you

Recycling Challenge coming soon!

The Parents' Association will be launching a fun Recycling Challenge later this year. You're welcome to start keeping proof of your donations from now on (a photo or copy of the receipt), as all donations from this point will count towards the challenge. Full details will be shared at a later date!

Every can and bottle adds up quickly, and it's an easy way to contribute to school programs and resources.



10c

Mount Waverley Heights Primary

CONTAINER DEPOSIT SCHEME ... HAS ARRIVED!

Zone ID: C2000010735

CDS NUMBER

School Beanie – Covering Heads, Conquering Cancer - For Elizabeth

Beanies are out and about in the wild!

Thank you to everyone that has purchased a beanie. If you would like to contribute a photo wearing the beanie, please feel free to add your photo to the google beanie album. [Beanie Photos](#) We will be sharing some of these photos through the newsletter and with Ms Deylan. If you are unable to submit photos using the google photos link, please feel free to forward them via the PA email below.

We will also take this opportunity once again to remind parents to ***please ensure your child's name is clearly written on the beanie before wearing the beanie to school.***

Beanie Details:

- Purchase through Compass via the “Canteen” tab
- Size: One size fits all
- Price: \$20
- Delivery every Friday



With thanks,

Kerry Tan

PA President

mwhpspa@gmail.com

A promotional poster for school beanies. It features a dark blue background with a red 'NEW' banner, the school logo, and a photo of the beanie with a '\$20' price tag. Text includes 'SCHOOL BEANIES', 'PRE-ORDER NOW THROUGH COMPASS!!', and 'Covering Heads Conquering Cancer - for Elizabeth'. It also states that proceeds will go towards supporting Ms Elizabeth Deylan.

NEW

MOUNT WAVERLEY HEIGHTS PRIMARY SCHOOL
BELIEVE COLLABORATE INSPIRE

SCHOOL BEANIES

PRE-ORDER NOW THROUGH COMPASS!!

\$20

MWHPS

We're excited to introduce a winter beanie as a new and ongoing addition to our school uniform.

♥ Covering Heads Conquering Cancer - for Elizabeth ♥

All proceeds from beanie sales this year will go towards supporting Ms Elizabeth Deylan.

Mount Waverley Heights Primary School
Parents' Association Fundraiser



Team Kids

Mount Waverley Heights P.S NEWSLETTER



WHAT'S BEEN HAPPENING

Busy bee's over here as we prepare Mother's day cards, gifts & banners.
Mum's! If you're attending BSC this Friday don't forget to sneak a snack from our grab & go station. Delicious treats & drinks provided as promised!



IMPORTANT DATES

-  **Friday, 8th of May**
Mothers Day 'Grab & Go' Breakfast @ 7-9am
-  **Monday 8th of June**
Public Holiday – No Care Provided
-  **End of Term Two**
Winter Wonderland Party Celebration

TEAMKIDS CLUBS ASC WEEK: 4



- MONDAY**  
Adventure Club & Boardgame
- TUESDAY**  
Musical Game & Art Attack Club
- WEDNESDAY**  
Cooking & Indigenous Game
- THURSDAY**  
S.T.E.M Club & Epic Games
- FRIDAY**  
Sport & Sustainability



Service Mobile: 0402 188 077	Service Email: MountWaverleyHeightsPS@teamkids.com.au
Office Phone: 1300 035 000	Office Email: info@teamkids.com.au

Term Two Activities

SCHOOL SOCCER CLASSES

AFTER-SCHOOL SESSIONS



**TERM 2 TUESDAYS
3:45-4:45PM**



**MT. WAVERLEY HEIGHTS PS,
SCHOOL OVAL**



PREP - GRADE 6

WHAT YOU'LL LEARN:

**Teamwork & Leadership
Fundamental Soccer Skills
Fun Games & Drills
Building Friendships**

**SCAN THE QR CODE AND CLICK
"BOOK NOW" TO REGISTER
FOR TERM 2**

**FREE TRIAL
FOR NEW STUDENTS!**



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ONCE WE RECEIVE YOUR DETAILS, WE WILL CONTACT YOU.

IF YOU HAVE ANY QUESTIONS, FEEL FREE TO CONTACT US VIA EMAIL OR PHONE.




info@genesismusicschool.com.au



Mount Waverley Heights Primary

CONTAINER DEPOSIT SCHEME ... HAS ARRIVED!



Zone ID: C2000010735

CDS NUMBER

We belong ART COMPETITION 2026

Deaf Children Australia's annual Art Competition supports, promotes, and celebrates the creative pursuits of young deaf and hard of hearing people. This year's theme is 'We belong'.

Submissions open now.

SUBMISSION DEADLINE 22 JUNE 2026

Exhibition in September, details to be announced.

CATEGORIES & ART GRANTS

8 to 11 Years

1st Prize \$500
Runner Up \$250

12 to 17 Years

1st Prize \$700
Runner Up \$300

18 to 23 Years

1st Prize \$1000
Runner Up \$500

Early Education

Group Project (0 to 11 Years)
1st Prize \$800
Runner Up \$450

For more info go to:
deafchildreinaustralia.org.au
or email us with any questions:
events@deafchildren.org.au



Deaf Children Australia.

AMS Music Centre

15 Hamilton Place
Mt Waverley Victoria 3149
Telephone: 03 9888 1433

700 Centre Road
Bentleigh East Victoria 3165
Telephone: 03 9041 7007

Learn Music at AMS Music Centre

AMS Music Centre in Mt Waverley offers high-quality music education for students of all ages and levels.



With over 56 experienced and qualified teachers, we provide lessons across a wide range of instruments including piano, guitar, vocals and more, in a fun and supportive environment.



Learning music helps build confidence, creativity and focus, while giving students the opportunity to develop their skills through individual or group lessons, as well as theory, aural and ensemble programs.



Classes include individual and group lessons, theory, aural training, choir and ensemble programs.



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