

Dates To Remember

TERM FOUR

Friday 9th October

Year 6 Parliament Process Incursion

Monday 12th - Thurs 15th October

Yr 6 Prep, 3 & 6 swimming program

Monday 12th October

Yr 6 Tennis Division Finals

Tuesday 13th October

Yr 6 Softball Division Finals

Friday 16th October

Yr 6 Cricket Division Finals

Monday 19th October

Assembly Year 3 - 6
Dental van week

Wednesday 21st October

Book Club Orders DUE

Friday 23rd October

Firefighter Incursion

Monday 26th October

Assembly P-2

Wednesday 28th October

School Council 6pm

Friday 30th October

Firefighter Incursion
World Teachers Day

Monday 2nd November

Curriculum Day - NO SCHOOL

Tuesday 3rd November

Melbourne Cup Day - NO SCHOOL

Thursday 8 October, 2026

Principal's Report

WELCOME BACK

We are super lucky as teachers to have holidays with our children. I know that for many of you it is a juggle between fun activities and work. I hope there was some time available over the past couple of weeks to simply slow down, spend time together and enjoy being with your children. And if that wasn't possible - I hope you are enjoying having your children back at school and settling into the new term! It was lovely to see so many happy faces on Monday- parents and students alike!

SWIMMING

Our preps, 3s and 5s have been participating in swimming lessons this week. Everything seems to be running smoothly and Carolyn and I look forward to seeing them in action next week.

SPORTING SUCCESS

We have quite a few teams off to Division after winning at the District level. Best of luck to the following teams:

- Tennis (Mon Oct 12)
- Softball (Tues Oct 13)
- Cricket (Fri Oct 16)

I would also like to recognise our students who competed in the Division Athletics Carnival yesterday. Well done to...

- **Siddy K** 6D - 12/13 Boys High Jump - 12th place
- **Jax B** 4C - 10 Boys Long Jump - 10th place
- **Jenny T** 6D - 12/13 Girls Long Jump & Triple Jump - 12th place & 13th place
- **Miller S** 3M - 10 Boys Triple Jump & 10 Boys 200M - 2nd place & 5th place
- **Pippa S** 6G - 12/13 Girls Triple Jump - equal 8th place



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- **Veera B** 5M - 10 Girls 1500M - 10th place
- **Harry C** 5D - 11 Boys 1500M - 1st place
- **Taliya N** 5M - 11 Girls 1500M - 3rd place
- **Eko C** 4C - 10 Boys 80M Hurdles - 8th place
- **Aidan N** 5M - 11 Boys 80M Hurdles - 13th place
- **Harry C** 5D, **Beau S** 5D, **Rickson L** 6G, **Guranjas** 5M - 11 Boys 4 x 100M Relay- 11th place

A huge congratulations to Harry C and Miller S who will now go through to the Eastern Metropolitan Region Athletics Carnival on 22nd October. Harry will compete in the 1500m and Miller will compete in the triple jump.

FOOTY DAY

A big thank you to Kate and PA for organising Footy Day activities and a special lunch on the last day of Term 3.



ASSEMBLIES

Just a reminder, that there will be no assembly on Monday, due to swimming. The next assembly will be on **Monday Oct 19 for Years 3-6**. Parents are welcome to attend.

For those unable to attend here is the link: [Assembly Link](#)



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FORMING GRADES FOR 2027

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 30 October**. 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

If you have already spoken to me about a request or consideration for 2027, please still email the details through. While I do my best to keep accurate notes of our conversations, circumstances can change, and I want to ensure that I have the most up-to-date information when finalising plans for 2027.

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.

Let's Celebrate:

- PA for organising our end of Term 3 BBQ and for Monday's pizza lunch! Thank you
- Congratulations to Oliver, Harry, Marcus, Fung and Ryan, who won their U12 Section 10 Basketball Grand final over the holidays- 26 -12!
- Our students who are now competing in Division Sporting competitions
- Alice (a former student) who has qualified for the **Junior Olympics** in gymnastics!
- Some sunny weather! After the downpour last week, I thought we were back in the trenches of winter!



Sharon Reiss-Stone

Principal



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Assistant Principal's Report

WELLBEING

Choosing a gratitude mindset means noticing and appreciating the good things around us every day!

It's easy to get caught up in life's little hiccups, like sticky spills, tricky homework, or missing the bus. Our brains naturally tune into what goes wrong. But when we practice gratitude together, it helps us slow down, share a smile, and notice all the good things that fill our day.

Why Gratitude Matters

- **Lowers stress:** Reduces stress hormones and calms the body.
- **Improves sleep:** Helps quiet the mind before bed.
- **Boosts mood:** Releases happy brain chemicals like dopamine and serotonin.

Remember how far you've come. Thinking about past challenges reminds us of our growth and strength.

Make it a daily habit. Share what you're thankful for during everyday routines, like meals or morning commutes.

Focus on others. Caring for others' happiness brings peace and brings us gratitude and joy.

Practicing gratitude keeps us grounded, helps us stay connected, and brings us joy when spending time with the people we care about.

Carolyn Datson

Assistant Principal

THE RESILIENCE PROJECT.

Choosing a Gratitude Mindset

SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

@theresilienceproject...
 The Resilience Project
 The Resilience Project
 theresilienceproject.com.au



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PE News

Monash Waverley Division Athletics

Congratulations to all those students who competed in the Monash Waverley Division Athletics Carnival yesterday. You all did an amazing job and tried your best. A huge thank you to the parents who drove them to the event. Good luck to Harry & Miller who made it to the next level competing at Regionals on the 22nd October.

Monash Waverley Division Interschool Sports

Good luck to the three teams competing next week in the Monash Waverley Division Finals. We have the Hot Shots Tennis team competing on Monday at Tally Ho Tennis Club. We have the Softball team competing on Tuesday at Jells Park. We have the Cricket team competing on Friday at Lum Road Reserve.

These teams have made it through as they finished 1st in Gardiners District during the weekly sport and Gala Day events.

Swimming Program

The first week of the swimming program was completed today. Students have become familiar with the water and are now learning strokes and refining their swimming skills. Next Thursday 15th October is water safety day. Please see the flyer below. There are also a few photos from the pool this week. Look out on Compass for photos coming over the coming week.



Water Safety Day



During Water Safety Lessons, all students will perform simulated water survival activities to replicate real life aquatic scenarios.

A clothed swim will be included during your lesson, so it is important you wear additional clothing over your swimwear. We request goggles not to be worn during these sessions.

What to wear in your lesson:

Suggested items:

- T-shirt
- Shorts

Items not permitted:

- Jeans
- Leggings
- Goggles

 **MONASH Sport** monash.edu/sport



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Parent Association News

Term 4 - Welcome Back!

Welcome back everyone! We've kicked off Term 4 with a very successful Pizza Slice Day, and anything that makes packing school lunches a little easier gets a big thumbs up from me!

A huge thank you to Anna B for all her hard work organising the fundraiser, and to her amazing team of helpers who helped make the day run so smoothly. Thanks so much Anna B, Amy C, Tenele C, Mina P and Lisa W.

And of course, thank you to everyone who ordered pizza and supported the fundraiser.

Refund Raffle

Our Refund Raffle is still open, and we've decided to extend it for an extra weekend to give everyone one additional weekend to return their cans and bottles.

The raffle will now close Monday, October 19.

Keep collecting those unwanted cans and bottles, return them through CDS Vic and donate the refund to the school. You'll also go into the draw to win some fun prizes!

Feel free to split your deposits across multiple children.

The winner will be selected using a random number generator and announced by Sharon the week of October 19.

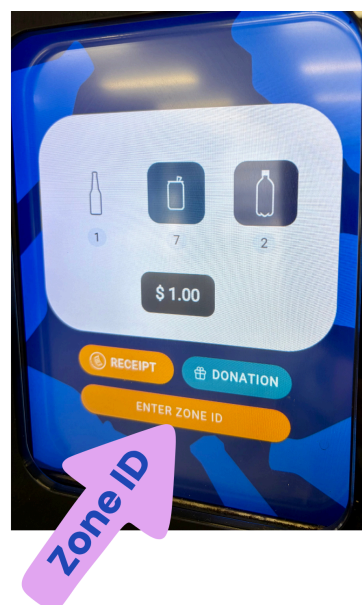
How to enter:

Return eligible containers to a CDS Vic location near you.

Donate your refund by selecting "enter zone id". This is where you enter the unique school code : **C2000010735**

Keep your receipt and register your returns via the Google Form link. [Refund Raffle Register](#)

1 eligible container = 1 raffle ticket!



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Mangoes are back!

It's one of our favourite times of the year, and pre-orders for delicious Bowen Special Mangoes (Kensington Pride) are now open!

Each tray is \$32, approximately 7kg and contains around 12–20 mangoes.

Orders open: Now through Compass > Canteen

Orders close: Tuesday, October 27

Delivery: Early December, with the exact date to be confirmed

Get in early so you don't miss out on these delicious summer favourites! No late orders can be accepted.

Kind regards,
Kerry Tan
MWHPS Parents' Association

MWHPSPA@gmail.com



\$32 PER TRAY

Order yours now!

FRESH MANGOES

THE TASTE OF SUMMER

Bowen Special Mangoes · Direct from the farm in QLD.

Each tray contains between 12 and 20 mangoes (7kgs)

Please pre-order through Compass via the Canteen tab.

(Delivery · Early December)

FINAL ORDERS: TUESDAY, OCT 27



MWHPS PARENTS' ASSOCIATION

REFUND RAFFLE

Turn your cans into prizes!

1 can = 1 raffle ticket

COLLECT · RETURN · ENTER · WIN!!

How to enter:

Option 1 – Return bottles and cans: 1 x 10c refund = 1 ticket

- Return eligible drink containers to a CDS Vic refund point.
- Deposit containers into the machine.
- Select "Enter Zone ID" and enter our school code: **C2000010735**
- Collect your receipt.
- Enter your details using the Refund Raffle Google form.

See school newsletter and compass messages for google form link.

Please note that no physical ticket for the raffle will be issued. Raffle will be drawn using random number generator.

VICTORIA'S CONTAINER DEPOSIT SCHEME

RAFFLE CLOSING DATE · FRIDAY, OCTOBER 16

Prize Menu:

1st Prize - Choose 3 items
2nd Prize - Choose 2 items
3rd Prize - Choose 1 item

- Grab a friend & BYO lunch with Mrs Reiss-Stone and Mrs Datson
- *Choose the morning school music for the week
- VIP seating for you and a friend - 2 x assemblies - No floor for you!
- Choose where you sit in class for the week
- Invite a friend from another class to join your class for the day!
Must be from the same year level
- 30mins free time for your class
- House colours day - your whole house wears it's house colours
- 100 points for your house
- Front of line for a week
- Class helper for a week
- Help the office make PA announcements
- Free dress for your class for the day
- Walk Mrs Reiss-Stone's dog at recess or lunch
- 5 x free icy pole vouchers
- Teacher takeover - run the class for 15 mins
- No homework for the week - reading excluded
- Outdoor lesson - let's take it outside!
- Playtime pass - extra 15 mins recess or lunch for the class - location at teachers discretion
- *Choose a new name for yourself for the day. Hello Optimus Prime
- *Winners wish - What would you like to win?

*Requires prior approval from Mrs Reiss-Stone

MWHPS PARENTS' ASSOCIATION

REFUND RAFFLE

GOOD LUCK!



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Team Kids News

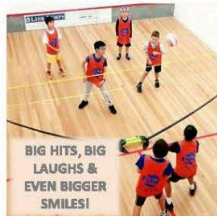
Mount Waverley Heights P.S

NEWSLETTER

Team Kids

WHAT'S BEEN HAPPENING

Spring Holiday Program was filled with fun, creativity & adventure! 🌸 We loved welcoming familiar & new faces, from bouncing around at Flip Out 🏊 to creating Balloon Squishies 🎈 & erupting Paper Mâché Volcanoes 🌋. It was wonderful to see children try new things, make new friends & create happy memories together! ❤️



IMPORTANT DATES

Friday 16th of October

World Food Day @ Before & After School Care

Monday 2nd of November

Join Us for the Curriculum Day @ 7am-6:30pm

Thursday 3rd of December

Term 4 Eco Engineers Challenge!
The Great Gingerbread Build Off Due

TEAMKIDS CLUBS

BSC & ASC WEEK: 2

MONDAY

BSC – Playground & Boardgame
ASC – Aboriginal Game & Sustainability

TUESDAY

BSC – Epic Game & Community
ASC – Playground & Boardgame

WEDNESDAY

BSC – Sport & Fine Motor
ASC – Group Game & Community

THURSDAY

BSC – Aboriginal Game & Cooking
ASC – Sport & Art

FRIDAY

BSC – Group Game & Art
ASC – Epic Game & S.T.E.M



Service Mobile: 0402 188 077

Office Phone: 1300 035 000

Service Email: MountWaverleyHeightsPS
@teamkids.com.au

Office Email: info@teamkids.com.au



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ANNUAL PLANT SALE

CNR SPRINGVALE & WAVERLEY ROADS
GLEN WAVERLEY

9AM TO 3PM

25 OCTOBER 2026

SPECIAL GUEST CELEBRITY GARDENER
VASILI KANIDIADIS 9AM -12 NOON



Mount Waverley Heights Primary

CONTAINER DEPOSIT SCHEME ... HAS ARRIVED!



Zone ID: C2000010735

CDS NUMBER



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