

CALENDAR

September

Mon 10-Thu 20 . Life Education incursion
 Mon 17 Prep M&L Science Morning
 Mon 17 Carnival meeting
 Mon 17 Life Education parent information session
 Tue 18 Prep B&ZB Science Morning
 Tue 18 Carnival craft evening
 Thu 20 Footy Colours Day
 Thu 20 PFA Hot Dog Lunch
 Fri 21 Instrumental Music Cycle 3 payment due
 Fri 21 Term 3 ends - 2.30pm dismissal

October

Mon 8 Term 4 starts
 Wed 10 Prep 2019 Transition Session 2
 Tue 16 Yrs 3&4 Jump Off
 Thu 18 Yrs 1&2 Jump Off
 Thu 18 School Council
 Fri 19 Yrs 5 & 6 Values for Life incursion
 Sun 21 Working Bee
 Wed 24 Prep 2019 Transition Session 3
 Thu 25 Prep farm excursion
 Wed 31 District T20 Blast Cricket
 Wed 31 Showcase Rehearsal

November

Thu 1 Music: Count Us In 12.30pm
 Fri 2 Showcase
 Tue 6 Melbourne Cup public holiday

*Students do not attend school on public holidays
 or student-free days.*

Whole School Assembly

Every Monday at 2.40pm in School Hall. *All welcome*

School Banking - every Tuesday.

SCHOOL TOURS

Fridays at 9.30am
Bookings essential - please call School Office

ENROLMENTS FOR 2019

are being accepted now.

2018 Term Dates

Term 1: 29 January* to 29 March
 Term 2: 16 April to 29 June
 Term 3: 16 July to 21 September
 Term 4: 8 October to 21 December
 * 29 January is a state wide student free day.
 EHPS student-free days: 30 January, 26 April & 7 September



COMPASS PARENT PORTAL

<https://essexheightsps-vic.compass.education>

Essex Heights Primary School
 22-30 Essex Road
 Mount Waverley VIC 3149
 Telephone: (03) 9807 4944
 Fax: (03) 9888 2249
 essex.heights.ps@edumail.vic.gov.au
 www.essexheightsps.vic.edu.au

Principal: Mr George Perini

Office Hours: 8.30am to 4.30pm Monday to Friday
 during school terms.

PRINCIPAL'S REPORT

Dear parents and guardians,

Hampers and Hay for Hope

This week we really saw an example of the great EHPS community. In just a few days, the school community rallied around in various ways to produce an amazing fund raising effort for others in need. The raffles, generous food donations, our super star staff rock band were all in place, coordinated by the Junior School Council and an amazing team of parent volunteers. The afternoon concert was a resounding success and the raffle of the 22 donated hampers raised a staggering \$4,328.25. All funds raised will go to SchoolAid Trust's *Hampers and Hay for Hope* drought appeal. If you'd like to make a further donation to this appeal - [click here](#). This fundraising event, which started from a small idea resulted in an amazing show of the generosity and spirit of the Essex Heights community. Thank you to ALL concerned because this was a marvellous school event.

Please take the time to look at the photos later in the newsletter.



... continued on page 3

**Term 3 ends
 NEXT FRIDAY
 21st September**

Students dismissed at 2.30pm

*After School Care from 2.30pm.
 Vacation Care Program available - book
 with Paul Davis.*





September

15th Darsh N
 Jackson B
 Nathan V
 17th Jeremy N
 18th Dylan I
 19th Jerry Z
 Brandon L
 Shuying J
 Joshua H
 21st Olivia L

This week's information on Compass:

Year/Group	Compass News
Prep	Science Mornings Assembly
Years 1 & 2	Year 1 & 2 Jump Off Day - Thursday 18th October
Year 3	Year 3 Walk to Federal Reserve Thursday 13th September
Year 6	Graduation Meeting Minutes
Whole School	Carnival! Meeting & Craft Evenings Year 6 Graduation Lolly Guessing Competition Fundraiser Library Help: Book covering reminder Help in the Art Room PFA Hot Dog Lunch Parent Session for the Life Education Van Essex Heights Carnival Hand Made Stall Thank You

Compass Events:

Year/Group	Notice/Activity & Due Date
Whole School	Life Education incursion - asap



With the end of term fast approaching, please check our lost property boxes if you have lost any clothing at school. Four lost property boxes (green square boxes) are located around the school - outside the Eucalyptus, Banksia, and Violet buildings and the Stadium. If your child attends the BASC program, also check the Hall. Unclaimed, unnamed, items will be offered for sale at the next PFA Secondhand Uniform sale.

The best way to ensure your child has a misplaced item returned promptly, is to clearly label all items that come to school with their name, preferably first and last names.

Assembly: Monday 17th September

At Assembly on Monday:

- ArtSEL presentation by 3WB
- Prep Choir performance
- Ashwood Cricket Club presentation
- School Banking
- Student of the Week

Note: Items listed above are correct at time of publication, but may be subject to change.

Assembly starts at 2.40pm in the Hall. All welcome.

Family Statements

It would be appreciated if payment of outstanding charges can be finalised before the end of this term. Family statements were issued by email to all families with outstanding charges on 6th September. A particular reminder that Instrumental Music Cycle 2 payments are due immediately and Cycle 3 payments are due by the end of this term; these are not payable on Compass Pay. Payment by BPay (details on your statement) or Compass Pay is preferred. If you need to pay at the Office, payment can be made by credit card/Eftpos (MasterCard or Visa; minimum payment \$20.00), cash (correct amount; no change held at the Office), or cheque (payable to Essex Heights Primary School).

Resilience

Yesterday I attend a Principal's Forum and one of our guest speakers was Hugh van Cuylenburg, the founder of **The Resilience Project**. He spoke to the meeting about the importance of students building resilience, of the pivotal role of parents and the school in fostering resilient children and the invasive and detrimental effect of extended exposure to social media. In alarming statistics released yesterday on R U ok? Day, 25% of primary aged children suffer from depression. That is a staggering and unacceptable situation in our society. As you know, at Essex Heights we have introduced the ArtSEL program that has building resilience in our students as one of its primary goals. We have had strong feedback that ArtSEL is building the social and emotional skills of our students and we will continue to work with families to ensure that our school has happy, confident and resilient children. I have included an article (see below) from Michael Grose, our educational expert from Parenting Ideas, related to reducing anxiety in our children.

If you are interested, also follow the link to The Resilience Project website for great information and ideas - [click here](#).



Four reasons why your child or teen may be anxious

Michael Grose

Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.

There are four main reasons your child may be experiencing anxiety.

1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups - it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.

3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

4. Your child focuses too much on the future

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party, or who's picking them up from school at the end of the day. Worriers are future oriented, anxious about things that haven't happened yet. These type-A anxious types don't know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.

... continued on page 4

PRINCIPAL'S REPORT *continued*

There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid's lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.

The Biggest Flower in the World



Did you know that the biggest flower in the world is the Rafflesia? These Prep students do, and they were able to talk about it and draw it. These four students - Shihao, Luna, Eva and Zachary from Prep B - showed me their drawings of the Rafflesia. Great work everyone!!!!



I will be on Personal Leave next week so unfortunately I will miss Footy Colours Day on Thursday, so can I encourage all students to come dressed in their favourite football teams colours (**Red and Blue!!**) and join into the parade of champions that day.

Best wishes for the holidays at the end of next week. See you in Term 4.

George Perini
Principal

Footy Colours Day

On Thursday 20th September, Essex Heights PS will host a Footy Colours Day to celebrate our favourite sporting teams and all that sports offer individuals and our community. Sport for many is celebrated in Australia for uniting people "side by side" in participation and spectatorship. The September AFL finals offers us all the chance to come together and celebrate sport. Come to school dressed in your team colours and bring a gold coin donation which will go towards the Year 6 Graduation.



The PFA will be running their annual **Hot Dog Lunch**. Have your order in by Monday. Thank you to the PFA for organising this special lunch and fundraising event.

Parents and friends are encouraged to join students and staff in coming dressed in your favourite team colours and participate in a special assembly and team parade in the Stadium at 2.30pm on Thursday.



Working Bee

You are invited to participate in our Working Bee on **Sunday 21st October** - more details to come.



Hampers and Hay for Hope Drought Fundraiser



SchoolAid



FANTASTIC



A new *Insights* article is accessible on our school website:

- Is your child's brain ready for the online playgrounds?

Our school membership of Parenting Ideas also entitles our community to access webinars free of charge up to a month after the presentation. Current and upcoming webinars are:

- *Win kids' cooperation without fears, tears and cauliflower ears* was presented by Michael Grose on Tuesday 14th August; available free of charge until 14th September.
- *Managing video games and the next digital craze* - 13th September at 7.30pm; available until 13th October.
- *Developing emotional intelligence in children* - 29th October at 7.30pm; available until 29th November.

Strengthening Parent Support Program



The *Strengthening Parent Support Program* (SPSP) is delivered by Anglicare Victoria with funding from the Victorian Department of Education and Training. The three purposes for this program are:

1. To provide parent peer support groups for parents/carers of children aged 0-18 with a disability or developmental delay (with or without a formal diagnosis)
2. To provide individual support for parents and carers, which can be answering questions or giving advice over the phone, email or in person (we have parent resource library which you can borrow from)
3. To provide information sessions for community groups or organisations about SPSP and supporting carers and/or children with a disability.



The Term 3 newsletter is accessible on our school website - [click here](#). It contains lots of useful resources, including group dates, events, information, resources, and special projects.

ArtSEL

Nikki Olsen



I am wondering if any parents are available next week to trace some templates in preparation for a Years 5 and 6 project for ArtSEL lessons. If so, please come and see me. I will be in the Art Room Monday to Wednesday, and Banksia (B1) on Thursday and Friday.

*Many thanks,
Nikki*

Art Room

Paper rolls needed please

The Art Room would be grateful for the donation of paper rolls (no toilet rolls). Please bring them to the Art Room.

*Thanks,
Jean Elliott*



Hoop Time Basketball



Hoop Time Senior Basketball

On Wednesday, 31 Years 5 and 6 students represented Essex Heights Primary School at the Mulgrave District Hoop Time Gala Day at Nunawading Basketball Stadium. Basketball is not played in the regular Friday Summer and Winter Inter-School Sports competition, so this day allowed for students to represent their school and compete at District level in this sport. This year, Essex Heights entered four teams, two each in the All Stars and Future Stars divisions.

All Stars Girls: Audrey, Avril, Ariana, Kayla, Shuying, Rashi, Ella

All Stars Boys: Dimitri, Jimmy, Luke, Gaurav, Tom F, Bihan, Tyrone

Future Stars 1: Huey, Josh, Vivian, Annabelle, Kira, Marcus, Connor, Ben, Charlie

Future Stars 2: Derek, Patrik, Brody, Oliver, Hayagriv, Nicola, Jasmine, Jayda



All teams were met with some tough competition and highly skilled and experienced players. All teams played five matches with the All Stars Boys' Team playing an extra match after successfully progressing to the semi-finals. Congratulations All Stars Boys! Despite more losses than wins on the day (and for some teams only losses), all students returned to school having enjoyed the experience and day of competition with their teams. Students displayed persistence, endurance, sportsmanship and increased skill throughout the day, and can be very proud of their efforts.

The students were coached by Mr Cavill, Ms Savva and student teachers Taylor and Taylor. Their assistance in training and on the day is greatly appreciated. Much thanks also goes to Katy Smith, Caroline Thomas, Sophie Sautner, Maria Dobradi, Melanie Brockway and Raema Ford for transporting the teams, and their assistance, support, encouragement and scoring throughout the day. Thank you also to the several other parents who attended and offered their assistance to make this day possible, including offers of support from parents throughout the school. This week the community spirit at Essex Heights has really shone through. The support of families to make these events possible is greatly appreciated by students and staff.



Thank you,
Elisha Cotterell



Life Education

The Life Education mobile learning centre arrived onsite at EHPS on Monday, and will be here until Thursday 20th September. The learning centre provides a unique learning environment and their trained educators use an innovative teaching and learning approach to engage students.

All students will be visiting the onsite van and studying a curriculum based topic, as follows:

Prep	Harold's Friend Ship
Year 1	Safety Rules
Year 2	Growing Good Friends
Year 3	BCyberwise
Year 4	Mind Your Medicine
Years 5 and 6	Relate, Respect and Connect

Information has been published on Compass. Please finalise consent and payment as soon as possible.

For more information, please visit the Life Education website - [click here](#).

PARENT INFORMATION SESSION: Monday 17th September from 2.45pm to 3.15pm. This session will be held in the Life Ed van located next to the Stadium. If parents are interested in attending, please email Natalie Zaibak - [click here](#) - as there are limited places.



Prep M Animal Museum



To celebrate and end Term 3 with a roar and squawk, you are invited to our inaugural **Prep M Animal Museum** on Tuesday 18th September from 3pm to 3.30pm in Prep M. This will give you the chance to meet the animal experts themselves and get up close and personal with the amazing exhibits (aka dioramas) that have been created.



We look forward to see you there!
Prep M and Miss Misso

Heart Foundation Jump Rope for Heart

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support! Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.



Skipping is an excellent way for children to keep fit and healthy. Over the past few weeks, your child(ren) have been learning a range of fun skipping skills and new tricks. We emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

In the second week of Term 4, we will be holding a Jump Off to celebrate the conclusion of the Jump Rope program:

Years 3 and 4 Jump Off - Tuesday 16th October from 2.30pm to 3.30pm

Years 1 and 2 Jump Off - Thursday 18th October from 2.30pm to 3.30pm

We ask students to bring a **gold coin donation** on the day of their Jump Off to raise money for the Heart Foundation.

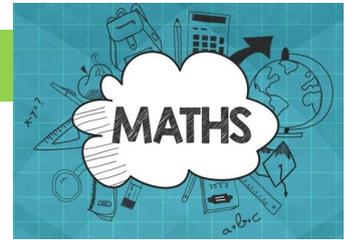


We also need **parent volunteers** to help out on the day with the fruit table and the activity stations. If you're able to help on the day your child is participating, please email Amy Hipwell directly stating which day you are available to help and she will allocate you to a role on the day.

Thank you for joining us in the fight against heart disease and we look forward to getting the school jumping!

Amy Hipwell, Kirsten Lightfoot and Con Papanicolaou

Maths



Automaticity or automatic recall in Maths is very important for our children. It is the ability to say the answer to a problem immediately after reading the fact with no hesitation. If our children don't develop it they risk that their working memory is consumed with basic mathematical computation rather than making the connections between the operations to more complex problems. (Hattie)

So, how can you help at home? An easy and fun way to develop automaticity in the junior years is to ...

- ★ Play Uno
- ★ Play snap
- ★ Play snakes and ladders (play with one die or 2!!)
- ★ Roll 2 dice and say total
- ★ Add or subtract dominos together quickly
- ★ Play a game of bowling (quick addition or subtraction facts to 10)
- ★ Add and subtract with cars, letterboxes, gumnuts, Lego, anything at all!

Enjoy your number practise!

Natalie Zaibak and the Maths Team

Berita Bahasa Indonesia

Sarah Edwards



Supported By:

MINANGKABAU FESTIVAL 2018

Siti Nurbaya Dramatic Musical And Fashion Show (Traditional Minangkabau Costume)
4:30 pm-6:30 pm
Minangkabau Handicraft Showcase
12:00 pm-4:00 pm

Minangkabau Cultural Performance
IN COLLABORATION WITH THE GOVERNMENT OF WEST SUMATERA AND MINANG SAIYO MELBOURNE

30 SEPT 2018 DEAKIN UNIVERSITY - BURWOOD CAMPUS
HC BUILDING LEVEL 2 - LECTURE THEATRE 13 -
RUSDEN LECTURE THEATRE

ADMISSION FEE
\$30
INC. MEALS & SOUVENIR

From the highland of Minangkabau we present

SITI NURBAYA. A DRAMATIC MUSICAL

Date : 30 September 2018
Time : 04:30 PM - 08:00 PM
Venue : DEAKIN University - Burwood Campus
HC Building Level 2 - Lecture Theatre 13 - RUSDEN LECTURE THEATRE

4:30 PM - Venue Opens
5:00 PM - Welcome and Greeting
5:20 PM - Welcome Dance (Tari Pasambahan)
5:30 PM - Siti Nurbaya Part 1
6:00 PM - Siti Nurbaya Part 2
6:30 PM - Break
7:00 PM - Fashion Show



Breathtaking Minangkabau traditional dance performance
Tari Piring
Traditional dance that includes dancing on top broken glass

Siti Nurbaya tells the story of two teenage lovers, Samsulbahri and Siti Nurbaya, who wish to be together but are separated after Samsul Bahri is forced to go to Batavia. Not long afterwards, Nurbaya unhappily agrees to marry the rich but abusive Datuk Meringgih as a way to pay off her father's debt. She is later killed by Meringgih. Finally, Samsul Bahri, by then a member of the Dutch colonial army, kills Datuk Meringgih during an uprising and then dies from his wounds.

Siti Nurbaya addresses themes of colonialism, forced marriage and modernity.

Admission Fee \$30
Payable by bank transfer to:
Acct Name: Minang Saiyo Melbourne
BSB: 063 101
Acct No: 1064 7167
Commonwealth Bank



RSVP

Lily Hasan : 0451 381 905
Susi Tarumun : 0468 650 122
Monalisa Hainsworth : 0433 614 011
Edis Saunders : 0409 796 029

Music: Count Us In

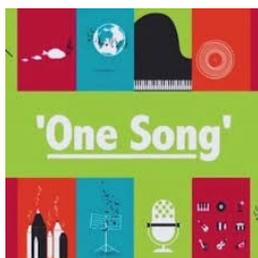
Coordinator: Tanya Dolence



If you haven't heard yet, this year's Music Count Us In song has been released. The students have been listening to it, and Years 5 and 6 have created some great actions. The song is called **One Song**, composed by five school students (no Essex Heights students this year), in collaboration with John Foreman OAM (Program Ambassador) and Justine Clarke (2018 Program Mentor). The performance date for this year falls on Thursday 1st November (the day before Showcase), and will take place in the Hall.

If you don't know about this event, here is a little info ...

The idea came about as a way of promoting music in schools; each year, one song is written and thousands of schools across Australia sing the same song on the same day at the same time as a way of joining students, teachers, parents and friends nationwide to celebrate the importance of music and community.



If you would like to listen to the 2018 song at home, click the 'One Song' image, or you can also find it by searching for "MCUI One Song" in your web browser.

Happy singing!

Regards,
Tanya Dolence

ONE SONG. YOUR SCHOOL. MORE MUSIC.



Instrumental Music

Coordinator: Alyssa Kennedy

Cycle 3 payment now due

The Instrumental Music payment for Cycle 3 has been applied to family statements and advised in the email sent on 6th September. Payment of Cycle 3 is due by the end of term. Any outstanding Cycle 2 payments are due immediately.

Chess Club

Chess Club commences in Term 4 on Wednesday 10th October. The Term 4 program is for ten lessons, from 3.40pm to 4.40pm. The cost is \$13 per lesson or \$130 for the term, payable by the third week of term. Registration forms are available in the Office or on the school website; complete and return with payment to Chess Ideas or contact their office by phone on 9532 8370.



Sustainability Team

Coordinator: Marita Steward



Recycling Bin Roster

Thank you to our volunteers who put the yellow lidded recycling bins out:

Sunday 16th September Millan family

Sunday 30th September **VOLUNTEER NEEDED**

We are **looking for volunteers** who are able to put our yellow lidded recycling bins out on Sunday evening ready for the fortnightly collection on Monday morning from 30th September. If you can help, please put your name down on the roster in the Office.

If you have any queries, please see Marita Steward (56A).



Munch & Crunch Canteen

Canteen Roster

Monday 17th September - 11.15am to 1.45pm Sandy Shen

Wednesday 19th September - 9.30am to 1.45pm Angela Millan & Vicki Milevski

Friday 21st September - 9.30am to 1.45pm Amanda Kelsall & Erica Baddeley

Please remember to sign the Visitor's Register in the Office before coming to the Canteen.

If you are unable to do your rostered duty, or you have any queries, please contact Maria as soon as possible on 0409 934 573.



Maria Vlahos
Canteen Manager

Before & After School Care

September Vacation Care Program

vacation care The September Vacation Care Program is out now. Please enrol early if you need this program.

A note regarding cancellations for Vacation Care Program bookings: Vacation Care cancellations can be made prior to 6.00pm on the last day of term. Any cancellations after 6.00pm on the last day of term will incur full charges unless there is a medical certificate verifying a child's illness.

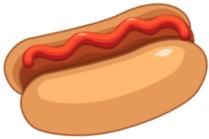


Halloween



Next month we will be starting our Halloween month. If you have any Halloween ideas, pass them on to program staff. Do not forget the huge Halloween Party on Wednesday 31st October.

Thank you,
Paul Davis
Coordinator



Hot Dog Lunch

The Hot Dog Lunch is on Thursday (20th September). Orders (including payment) must be received by Monday (17th September). We **need lots of helpers** to cook and package the 600+ Hot Dogs between 11am and 2pm. If you can assist, [click here to register](#) - or email ehpspfa@gmail.com.

Carnival Meeting

On Monday 17th September at 9am we will be having a Carnival Meeting. If you would like to hear how everything is progressing, or help with the preparations for the Carnival we would love to see you. The Carnival Committee can be contacted on ehps.carnival@gmail.com.

Carnival Craft Evenings

On Tuesday 18th September from 7pm to 9pm we will have our first craft evening in the Hall. We will have some tasks to do for all abilities, or bring along your own projects and have a chat as you work. These evenings will continue in Term 4.

Father's Day Stall

A belated thank you to Stef and Heather and everyone that helped out on the Father's Day Stall; from all reports, the Dads were spoilt and the children enjoyed their shopping experience.



The PFA can be contacted via email on ehpspfa@gmail.com

*Have a great week,
Andrea Fyfe
(Mum to Caitlin, 4CB)*

Taite's Promise Challenge



Be Prepared...
for new adventure!

I am Taite from 2G, and I am a Joey Scout at 1st Bennettswood. I am working on my Promise Challenge Badge, which is the highest achievement in the Joey Scout section. I will be **collecting household items** that will be donated to Uniting Care East Burwood to give to people in need. Suggested items include shampoo, soap, toothpaste, toothbrushes, toilet rolls, disposable shavers, deodorant, sanitary items, and baby care items.



Boxes for the collection will be in V2 in the Violet building and in the Office. Donations can also be made at 1st Bennettswood Scout Hall on Wednesday and Thursday evenings.

*Thanks,
Taite B*



kids' discount



50% DISCOUNT

on attendance fees for school students aged 17 years and under.

To check that your school has registered for this **EXCLUSIVE** offer, visit:
www.cabrini.com.au/EDdiscount.

Saving

\$205

8am-6pm weekdays and

\$240

weekdays from 6pm-8am and all weekend

Why choose Cabrine Emergency Department (ED)?

- **Be seen faster:** Cabrine ED is open 24 hours a day, 7 days a week.
- **Real time waits :** to check current ED waiting time in a click, www.cabrini.com.au 
- **Specialist paediatric care:** Cabrine ED is a specialist team, supported by modern imaging and treatment services for kids.
- **Personalised call back service:** calls offered to every patient within 48 hours' of discharge.

- The discount of 50% applies to the attendance fee only and would not include any further out of pocket expenses such as X-rays and blood tests
- Cabrine is a private, Catholic, not-for-profit healthcare service that does not rely on funding from government or the Catholic Church. Therefore, they must charge fees for emergency medical care. Unfortunately health insurers do not cover emergency attendances, so they rely on these fees to cover our costs

Cabrini Emergency Department . . .
Your private alternative!



COMMUNITY NOTICEBOARD

Products & services advertised in Contact are placed on a paid basis and are not necessarily being promoted by Essex Heights Primary School.





Register Online
www.waverleylac.com.au

Information Morning
Saturday 22nd September 2018
10am – 12noon

Waverley Little Athletics Centre Inc.

The Season begins
Saturday 6th October 2018
8:45am start

Be part of the
2018/19
Little Athletics
Season at
Waverley!

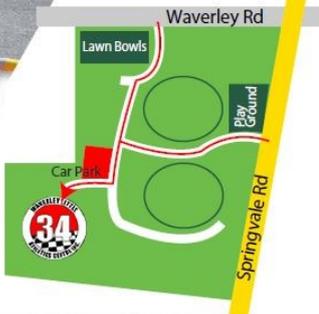
1 free
Come & Try registration is available

Full Season Membership \$170
Early Bird Registration \$155 before Sept 30th
Family Discount Available

Little Athletics is for
children aged
5–15 years old (U6 to U16)

50 YEARS

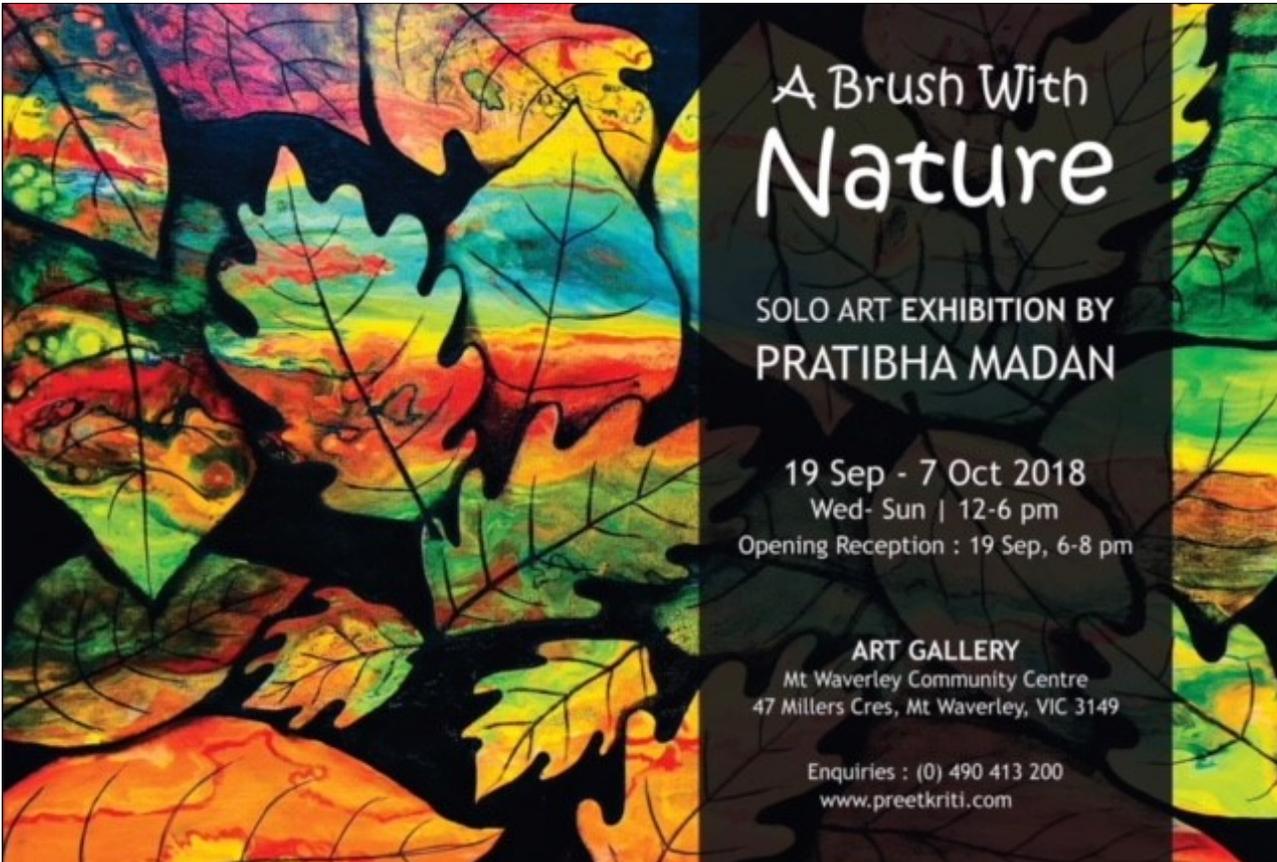
Central Reserve
Glen Waverley



www.waverleylac.com.au
or email:
info@waverleylac.com.au

We are based at Central Reserve, Glen Waverley





A Brush With Nature

SOLO ART EXHIBITION BY
PRATIBHA MADAN

19 Sep - 7 Oct 2018
Wed- Sun | 12-6 pm
Opening Reception : 19 Sep, 6-8 pm

ART GALLERY
Mt Waverley Community Centre
47 Millers Cres, Mt Waverley, VIC 3149

Enquiries : (0) 490 413 200
www.preetkriti.com

JOIN THE FUN

PLAY CRICKET AT YOUR LOCAL CLUB AND LEARN NEW SKILLS WHILE PLAYING AUSTRALIA'S FAVOURITE SPORT



JUNIOR BLASTERS AGES 5-7 | 60 MINS

- Learn new skills including catching, throwing and teamwork
- Make new friends or organise a group to learn together
- Wear the colours of your favourite Big Bash heroes in a personalised t-shirt
- All equipment supplied, parents join in the fun

SIGN UP NOW TO GET YOUR JUNIOR BLASTERS PACK!

Includes t-shirt with your name on it and bucket hat in your choice of Big Bash team colour, bat & ball, personalised bat sticker sheet & progression tracker



MASTER BLASTERS AGES 7-10 | 90 MINS

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join the fun

SIGN UP NOW TO GET YOUR MASTER BLASTERS PACK!

Includes player cap in your choice of Big Bash team colour & progression tracker



JUNIOR CRICKET AGES 9-17 | 2-4 HOURS

- Play junior cricket at your local club
- Short, action-packed games
- Enhanced game formats allowing for greater skill development
- Develop teamwork in a fun and competitive environment
- Join an existing team or join with a group of friends

SIGN UP NOW TO ALL-GIRLS LEAGUES

Ashwood Cricket Club

Essex Heights Reserve

Contact Jim Curnow - 0418 608 319

jim.curnow@optusnet.com.au

Register at playcricket.com.au (search Ashwood)

JOIN THE FUN AT YOUR LOCAL CLUB
REGISTER AT PLAYCRICKET.COM.AU

PROUDLY
PRESENTED BY



Sport
Fitness
Confidence
Self Defence
Discipline
Fun
Friendship

Karate Classes

Free Uniform – Book in early!!

Thursdays:

Essex Heights Primary School
Essex Road, Mount Waverley

Juniors, 7 to 13 years, 6:30pm to 7:45pm
Teenagers & Adults, 6:30pm to 8:15pm



LION BUSHIDO KARATE ACADEMY

www.lionbushido.com

LBKA Centers:

Forest Hill – Wantirna – Rowville – Glen Waverley – Mount Waverley
Dandenong - Doncaster East
Fountain Gate – Narre Warren South – Patterson Lakes

FREE Trial Class – Phone 9887 4098

In memory of Mr Andrew Crossett

An answer to cancer Trivia Night

A night of laughs, memories,
& fundraising to fight cancer

Saturday 15 Sept 2018

7pm at Essex Heights Primary School,
Essex Road, Mt Waverley



★ ★ ★ **TICKETS ON SALE NOW** ★ ★ ★

★ \$20 per adult | Tables of 8-10 people ★

★ Book at trybooking.com/413685 ★

★ Get a table together, or we can find you some friends ★

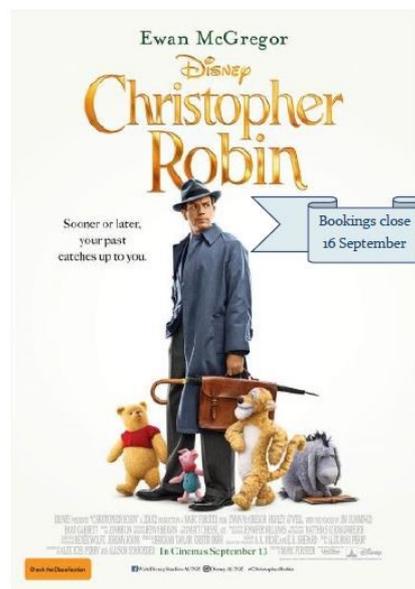
★ BYO drinks and nibbles ★ Tea and coffee provided ★

★ Bring some gold coins for games on the night ☺ ★



Funds raised help Cancer Council Victoria
in the fight against cancer

★ Can't come? Donate any time at bit.ly/ACTrivia ★



SATURDAY 22 SEPTEMBER FUNDRAISER FOR CRP BANGLADESH

Buy tickets online <https://www.trybooking.com/XSAN>

All proceeds of this event will go to supporting CRP - Centre for the Rehabilitation of the Paralysed in Bangladesh.

CRP is a not-for-profit organisation established in 1979 to provide treatment, rehabilitation and reintegration into the community for disabled people in Bangladesh, particularly those in financial need.

\$15 per ticket

Includes small
water or juice and
small chips

Movie starts
between 2-4 pm
Exact time to be
confirmed week
prior to the event

Waverley Cinema
Pinewood Shopping
Centre
Blackburn Road
Mount Waverley

All funds raised
donated to CRP
Bangladesh

Monika, Daniel, Oliver, Reuben
and Clara Hasnat would love
to see you at this event. We
will be based at CRP
Bangladesh from October
2018 to January 2019