

CALENDAR

October

Mon 29 State Primary Track & Field Championships

Wed 31 District T20 Blast Cricket

November

Thu 1 Showcase Rehearsal

Thu 1 Music: Count Us In 12.30pm

Fri 2 World Teachers' Day Lunch

Fri 2 Showcase 6.30pm

Mon 5 Explaining Child Safety information session

Tue 6 Melbourne Cup public holiday

Wed 7-Fri 16 P-Yr 3 Swimming Program

Mon 12 Secondhand Uniform Stall 3pm

Tue 13 Prep 2019 Information Evening 7pm

Thu 15 School Council

Sat 24 Carnival

Mon 26 Yr 2 Royal Botanic Gardens excursion

Tue 27 Yr 1 Discovery Dome incursion

December

Tue 4 Prep 2019 Orientation Day

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

Whole School Assembly

Every Monday at 2.30pm in School Hall. *All welcome*

School Banking - every Tuesday.



School Hats - every day in Terms 1 & 4.

SCHOOL TOURS

Fridays at 9.30am until the end of November.

Bookings essential - please call School Office

ENROLMENTS FOR 2019

are being accepted now - submit by end of November 2018.

2018 Term Dates

Term 1: 29 January* to 29 March

Term 2: 23 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

2019 Term Dates

Term 1: 29 January* to 5 April

Term 2: 16 April to 28 June

Term 3: 15 July to 20 September

Term 4: 7 October to 20 December

* 29 January is a state wide student free day.

EHPS student-free days: 30 January, and 2 further dates to be advised



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.

SHOWCASE

A celebration of music-making for the whole EHPS community

**Next Friday, 2nd November,
at 6.30pm**

**Robert Blackwood Hall,
Monash University**

Tickets on sale - don't miss out!



Saturday 24th November

11am to 4pm

Rides included

Animal Farm ★ Cup and Saucer ★
Jumping Castle ★ Giant Slide ★
Chair-o-Plane ★
Combat challenge obstacle course ★
Cha Cha

Ride Wristbands for Sale

Buy a pre-purchased wristband and ride all day - five hours of non-stop fun!



October

- 27th Lachlan W
Daisy D
- 30th Jeremy L
Jake S
- 31st Nadia W
Hayagriv M

November

- 1st James C
Jasmine Z
- 2nd Tihana R
Ollie S
Ajay A



This week's information on Compass:

Year/Group	Compass News
Prep	Hay fever
Whole School	Free Dress Bandanna Day

Compass Events:

Year/Group	Notice/Activity & Due Date
Prep to Year 3	Swimming Program P-3 2018 - 29 October (DATE EXTENDED)
Year 1	Discovery Dome - 22 November
Selected Students	State Primary Track & Field Championships - 28 October T20 Blast Cricket District Gala Day - 31 October

Assembly: Monday 29th October

At Assembly on Monday:

- JSC - Money Munchers
- Junior Advisory Group (JAG)
- 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 2.30pm in the Hall. All welcome. Please note that in the weeks prior to *Showcase*, Assembly will start earlier than usual, and be shorter in duration, finishing by 3pm, to accommodate *Showcase* rehearsals.

Leaving EHPS?

As advised in recent newsletters, planning and preparation for the 2019 school year is well underway. If your child is not returning to EHPS in 2019, please advise the school as soon as possible by emailing Mr Perini - [click here](#). Please advise your child's name and current class, the date of their last day at EHPS (last day of the 2018 school year is Friday 21st December), the reason you're leaving EHPS, and the school they are enrolled at in 2019.

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 to provide support for parents/carers of children with a disability or developmental delay. The Term 4 newsletter is now accessible on our school website - [click here](#). It contains lots of useful resources, including group dates, events, information, resources, and special projects.



New *Insights* articles are accessible on our school website:

- How kids develop impulse control
- How to stop your children from swearing

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

- *Developing emotional intelligence in children* - 29th October at 7.30pm; available until 29th November.
- *Preparing for high school* - 27th November at 7.30pm; available until 27th December.

Further information available on our school website - [click here](#).



This week in ArtSEL we are learning to control our worries or anxiety. Anxiety is the uncomfortable feeling you get when you're worried about something that might or might not happen. You can also feel anxiety in a stressful situation, like taking a difficult test. You usually feel it in your body, like feeling tight in your muscles or a sore tummy. Anxiety can also be experienced as lots of negative thoughts and trouble paying attention. When you experience this, use your calming down strategies: such as slow deep belly breathing, counting backwards and positive self-talk.

This week, we are learning to use calming down strategies when we have strong feelings. When you have a strong feeling, it's hard for your brain to think. After you use your stop signal and name your feeling, you're ready to calm down! You can calm down by doing some slow deep belly breathing, counting, or using positive self-talk. Think for a moment about your favourite Way to Calm Down. Remember to use it this week if you need to. Calming down helps you think clearly!

ArtSEL homelinks reminder

Please remind your children to complete their ArtSEL homelinks weekly (Years 5 and 6) and return their folders for the ArtSEL lesson. Please note Year 3's receive ArtSEL homelinks fortnightly.

If you have any questions, please come and see me.

Nikki Olsen

Explaining Child Safety Information Session

An Information Session to help parents explain Child Safety to their children will be held in the Hall on Monday 5th November from 9.15am to 10am. Please call the Office to register your interest to attend.

BOOK NOW!

Ina Kuehlich
Assistant Principal

Biodiversity at Essex Heights

Coordinator: Marita Steward



Aussie Backyard Bird Count

Have you been participating in the Aussie Backyard Bird Count this week? It's not too late to get involved - it ends on Sunday, 28th October. Download the app from the Apple App Store or Google Play.



So make every bird count and visit aussiebirdcount.org.au

Happy counting! #aussiebirdcount

Spring Planting

For many years Essex Heights has participated in the Planet Ark National Tree Day. We have planted over 200 plants throughout the school grounds. Many of these have been native grasses and shrubs. A recent focus has been to increase the biodiversity of native plants to support the local wildlife. In 2017 we transformed the weedy slope at the corner of Outlook Road and Tyne Court into a native garden, with a 90% survival rate.

Monash City Council's Bush Crew and Sustainability Education Officer have worked collecting seed from Damper Creek and donated 80 endemic grasses and low shrubs. This means we are developing a corridor (albeit fragmented) to encourage local wildlife.

Students from Prep to Year 6 worked together with Anna and Adam from the City of Monash to extend and enrich our school's Biodiversity Garden.

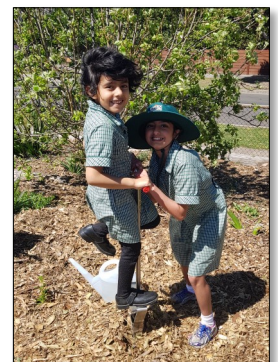
Having Anna and Adam work with the students creates a stronger community bond, and hopefully those involved take the opportunity



"It was an excellent opportunity for all the kids who were involved"
Edolie R, Sustainability Captain

"Adam from the Bush Crew taught us how to use the planting tools and how to build the guards around the seedlings." **Alyssa L**

"On Monday the 22 of October after recess, every person in each class who was chosen to be one of a spring planter went to see Miss Steward. We went down to the oval and planted some plants together. Everyone worked hard to plant about 50 plants! I was worried that Miss Steward wouldn't like but guess what! She loved it! Even though the activity was hard work and it was little bit hot, it was fun! I loved it. I am so happy I was chosen. I hope you go and have a look and enjoy our new garden." **Phileas (3WB)**



SHOWCASE

A celebration of music-making for the whole EHPS community

NEXT FRIDAY, 2nd November, at 6.30pm

Robert Blackwood Hall, Monash University

Tickets for *Showcase 2018* are on sale now

There aren't many tickets left (less than 60 remain at the time of publication) - make sure you don't miss out. Performing students do not need to have a ticket purchased for them. Children under two years of age may attend without a ticket if they are seated on the laps of their parent/guardian and not occupying a seat; please note that prams cannot be taken into the auditorium.

Tickets are \$18 (standard) or \$14 (concession). Tickets are purchased from the Monash Academy of Performing Arts (MAPA):

- **Purchase online** - [click here](#) or enter <https://tinyurl.com/y8an6o9r> into your web browser.
- **Visit the MAPA Box Office** - 49 Scenic Boulevard, Monash University, Clayton, open Monday to Friday 9.30am to 4.30pm. The Box Office will be open in the hour before the performance.
- **Phone the MAPA Box Office** on 9905 1111, Monday to Friday 9.30am to 4.30pm.

The MAPA Box Office will be open in the hour before the performance to collect pre-purchased tickets, or purchase a ticket if any remain.

The Showcase 2018 Bulletin has been sent home to all families and contains all the information you will need to know about this event.

We look forward to celebrating Showcase 2018 with you!

Tanya Dolence, Alyssa Kennedy & Con Papanicolaou



Our Experience on the JAG

On Wednesday the 24th of October we (Jayda and Michael) went to the Monash Council Chambers to talk and ask some questions about what primary school aged children want in our community. We spoke with two councillors, Josh Fergeus and Rebecca Paterson.

When we got there we were greeted by Claire Sideras the coordinator and met the other 7 JAG members, who came from three other schools. After about 25 minutes, and morning tea, the two councillors arrived and we all introduced ourselves. They had a seat in very large comfortable chairs as we began asking our questions. The councillors answered every question very precisely and with a lot of detail.

After all the questions were answered, we took lots of photos with the councillors and Claire gave us a bag relating to the environment including a tree for our school.

This was a very important opportunity for us to learn more about the council and how they make decisions. We also learnt about how they protect our environment.

We think it was a great idea to get kids involved in making decisions and a difference in our community because primary school kids should have a say with decisions that are made for us.

We thank everyone for making this opportunity possible and allowing us to speak to the councillors!!!

*Jayda C & Michael M
EHPS JAG Representatives*



Prep to Year 3 Swimming Programme

Prep to Year 3 students will be involved in an intensive eight day swimming programme run by Just Swimming at Aqualink Nunawading beginning Wednesday 7th November through to Friday 16th November. The swimming programme is part of the curriculum and all students are expected to attend.



Each session will be approximately 40 minutes.

The cost is \$105, and there will be no refunds for isolated lessons missed as the costs are set.

Information about this programme has been published on Compass, including consent, payment and the medical forms. **The date for payment, consent and return of medical form/s has been extended - BY MONDAY, 29th October:**

1. Consent and pay. Preferably using CompassPay. If paying by BPay or at the Office, remember that the consent form on Compass must be printed and completed and returned to the class teacher or at the Office with the payment.
2. Under the Resources tab on Compass you will find the Medical form (all participants) and Asthma form (for asthmatic children only). Please read these form/s carefully, and then complete and return to the class teacher. If you are unable to print the forms they are available at the Office.

CHILDREN ARE UNABLE TO ATTEND THE PROGRAMME UNLESS THE CONSENT AND MEDICAL FORM/S ARE COMPLETED AND RETURNED.





Many people across the school have been working on introducing ourselves by saying our name, likes and dislikes, hobbies and family members. We've been discussing this in class, doing a variety of activities and watching catchy songs to revise many Indonesian words and phrases. Here's one of the songs some year levels have watched: <https://www.youtube.com/watch?v=GpZQ8iMPzS4>

Below are some examples of people who have been working hard to introduce themselves. A great effort by some of our staff! Bagus sekali (Very good) Pak Perini, Pak Wooster dan Bu Ina.

Terima Kasih,
Bu Sarah

Tentang Saya!

nama saya: Pak Perini

umur saya: 5 6 7 8 9 10 11 12 13 14 15 16

saya memelihara: [pet icons]

saya lahir bulan: Januari Juli Februari Agustus Maret September April Oktober Mei November Juni Desember

saya punya: laki-laki perempuan ibu bapak kakak adik

saya mau bermain: [activity icons]

saya suka warna: biru kuning merah hijau ungu

rambut saya: berwarna panjang pendek

mata saya: berwarna

saya suka makan: [food icons]

saya suka minum: [drink icons]

Tentang Saya!

nama saya: INA

umur saya: 5 6 7 8 9 10 11 12 13 14 15 16

saya memelihara: [pet icons]

saya lahir bulan: Januari Juli Februari Agustus Maret September April Oktober Mei November Desember

saya punya: laki-laki perempuan ibu bapak kakak adik

saya mau bermain: [activity icons]

saya suka warna: biru kuning merah hijau ungu

rambut saya: berwarna panjang pendek

mata saya: berwarna

saya suka makan: [food icons]

saya suka minum: [drink icons]

Tentang Saya!

nama saya: Pak Wooster

umur saya: 5 6 7 8 9 10 11 12 13 14 15 16

saya memelihara: [pet icons]

saya lahir bulan: Januari Juli Februari Agustus Maret September April Oktober Mei November Juni Desember

saya punya: laki-laki perempuan ibu bapak kakak adik

saya mau bermain: [activity icons]

saya suka warna: biru kuning merah hijau ungu

rambut saya: berwarna panjang pendek

mata saya: berwarna

saya suka makan: [food icons]

saya suka minum: [drink icons]

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entry: Adult \$3
Child \$2 Family \$8

PERWIRA THE INDONESIAN SOCIETY OF VICTORIA www.perwira.org.au

T20 Blast Cricket District Gala Day



Selected students will participate in the T20 Blast Cricket Gala Day on Wednesday 31st October (*note: change of date from that published last week*) at Mulgrave Reserve in Wheelers Hill. T20 Blast is a modified version of cricket and is a great way for primary aged students to be introduced to cricket.

Participating students are to meet at the Stadium Foyer at 8.50am ready to depart by bus at 9am. Matches will begin at 10am and are expected to conclude by 2pm. We are due to return to school by 3pm.

Information about this event has been published on Compass. Further event details, including the draw, can be found under the Resources tab. Consent and payment is due by 31st October.

We welcome family and friends to come along on the day to assist and support our teams.

Music Count Us In



Music Count Us In is on next Thursday, 1st November, and will take place in the Hall at 12.30pm.

This year's Music Count Us In song is called **One Song**. The song was 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 students have been listening to it, and Years 5 and 6 have created some great actions.

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.



Munch & Crunch Canteen



Canteen Roster

Monday 29th October - 11.15am to 1.45pm Rebecca Protheroe & Allan Garner

Wednesday 31st October - 9.30am to 1.45pm Angela Millan & Vicky Milevski

Friday 2nd November - 9.30am to 1.45pm Erica Baddeley, Amanda Kelsall & Eliza Koro

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

Parents & Friends News



World Teachers' Day Lunch

On Friday 2nd November we will be providing a special lunch for the Teachers to say thank you for all that they do. Further details to come early next week.



Secondhand Uniform Stall

Monday 12th November from 3pm to 3.45pm in the Stadium.

Helpers needed from 2.00pm.

Donations for the secondhand uniform stall can be left at the Office or in the lost property boxes at any time - please mark the bag "donations". Donated items should be clean, have names removed, and be in good condition (no "old" logo, stained or torn items)! Thank you.



HELP - Signage

We are looking for locations for our BUXTON Real Estate signs to promote the Carnival. Ideally we would like locations on main roads, prominent corners or with lots of traffic passing by. If you think your location would be ideal, please email Lubina at lubina.rohila@gmail.com with your name, address and phone number as soon as possible.

Ride Tickets

Book your early bird ride tickets at <https://www.trybooking.com/YJAW> now and SAVE:

★ **Early-bird price (until midnight Monday 19th November): \$30**

★ Standard price (from Tuesday 20th November, and on the day): \$35



Like [Essex Heights Carnival](#) on Facebook to keep up to date with the latest information.

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

Have a great weekend,

Andrea Fyfe
(Mum to Caitlin, 4CB)

Before & After School Care

Afterscare Halloween Party

Remember next Wednesday, 31st October, is the Afterscare Halloween Party. It is going to be a soiree of the highest order. There will be plenty of treats for everyone. Feel free to dress up in your Halloween costume.

If your child wants to attend the party, can you please RSVP by putting their name on the RSVP sheet. This will be out during program hours.

I would also like to thank Betty Ciociari for making the Halloween Cake for the day.



New Menu

The program is currently trialling a new menu. We have scrapped the winter and summer menu for the one menu. I have consulted 'The Australian Dietary Guidelines', and 'Healthy Eating in the National Quality Standard, Nutrition Australia'. We would like your feedback on the current menu. Please drop us a line at davis.paul.d@edumail.vic.gov.au

You can obtain copies of the menu from the program during operating hours.

Activities for After Care:

- Monday Monster Bookmarks
- Tuesday Paper Up Spiders
- Wednesday **Afterscare Halloween Party**
- Thursday Movie: *Hotel Transylvania 3*
- Friday Halloween 3D Images

*Thank you,
Paul Davis
Coordinator*

Sustainability Team

Coordinator: Marita Steward



Recycling Bin Roster



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 28th October. 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).



kids' discount



50% DISCOUNT

on attendance fees for school students
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for this **EXCLUSIVE** offer, visit:
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- 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

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For more information - [click here](#).

Community Noticeboard

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



**Blessing of
the animals**

Sunday 28th October
9.30 am.
St Luke's Uniting
Church
(94 Essex Road)

Come, give thanks for and celebrate
the animals in our lives.
Bring your pet (or photo or even a toy)
to receive a blessing and certificate.

(please keep your pet safe with a leash or carrier)



Transform your room!



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INSTAGRAM: [CREATIVEMOTION.NET.AU](https://www.instagram.com/creativemotion.net.au)



Be Prepared...
for new adventure!

What is your 5, 6, 7 year old doing outside school?
How do you keep them off those screens?

Try Joey Scouts

Joey Scouts are boys and girls aged 5, 6 and 7. They meet at the 1st Bennettswood Scout Hall on Wednesday evenings from 6.00 p.m. to 7.00 p.m.

ALL are welcome to come and try for 3 weeks for free

1st Bennettswood Scout Group

21 Station St Burwood (opposite Leonard St). Melway Ref : 61 C7

For further details contact Sue Henley (Group Leader) on 0417 379 498 or email gl.1stbennettswood@scoutsvictoria.com.au



Dear Parents,

Your Essex Heights Neighbourhood Watch areas MON 021/022 will be holding a special information meeting at which our guest speaker will be Victoria Police Senior Constable Josephine Pokiri who is the Crime Prevention Officer for the City of Monash.

Jo will talk about ways to protect person and property and Police support for sufferers of domestic violence. This meeting is open to members of the public.

Date: Tuesday 20th November at 7.30pm

**Venue: St Luke's Uniting Church
98 Essex Road, Mount Waverley**

We will also be inviting our zone leaders and partners to thank them for their community service.

The evening will conclude with a light supper and time to mingle.

If you have any questions about the event, please ring me on 9807 9215.

Your attendance would be most welcome.

Graham Lawrence

Assistant Area Manager MON 021/022
Neighbourhood Watch



Saturday 24 November, 11am to 4pm

Essex Heights Primary School
Essex Road, Mount Waverley

BUY YOUR RIDES WRISTBAND HERE

<https://www.trybooking.com/YJAW>

A pre-purchased wristband allows you to ride all day.
That's five hours of non-stop fun!

Early-bird price (until midnight Monday 19 November): \$30

Standard price (from Tuesday 18 November, and on the day): \$35

Rides included

- Animal farm (all ages)
- Cup and saucer (all ages)
- Jumping castle (all ages)
- Giant slide (3+ years)
- Chair-o-plane (3 to 12 years)
- Combat challenge obstacle course (4+ years)
- Cha cha (must be 1.2m tall if riding alone
or 1.1m if with an adult)

Please PRINT YOUR TICKET to swap it for a wristband.

Pre-purchased wristbands will be available for collection from the school in the week before the Carnival (times to be confirmed), and at the rides ticket booth on the day.