

CALENDAR

June

Fri 9	Yrs 5&6 Interschool Sport
Mon 12	Queen's Birthday public holiday
Tue 13&Wed 14	Prep Science Morning
Tue 13	Percussion Concert 7pm
Thu 15	Yr 4 Maritime Explorers excursion
Thu 15	Strings Concert - 6.30pm at St Faith's Anglican Church
Fri 16	Yrs 5&6 Interschool Sport
Sun 18	Working Bee 10am-2pm
Mon 19	Prep Firefighters incursion
Wed 21	Guitar Concert 7pm
Fri 23	Yrs 5&6 Interschool Sport
Mon 26	Yr 3 Engineers Without Borders incursion
Mon 26	Brass & Woodwind Concert 7pm
Tue 27	Yr 1 Melbourne Museum excursion
Tue 27	Prep Firefighters incursion
Fri 30	Last day Term 2 - 2.30pm dismissal

July

Mon 10-Tue 18	Singapore International Choral Festival
Mon 17	First day Term 3
Wed 19	Yr 4 Engineers Without Borders incursion
Thur 20	Yrs 5&6 Engineers Without Borders incursion
Thur 20	District Cross Country

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 TOURS

Thursdays & Fridays at 9.30am

Bookings essential - please call School Office

ENROLMENTS FOR 2018

are being accepted now—please submit by the end of Term 2.

2017 Term Dates

Term 1: 30 January* to 31 March

Term 2: 18 April to 30 June

Term 3: 17 July to 22 September

Term 4: 9 October to 22 December

* 30 January is a state wide student free day.

EHPS student free days: 31 January, 29 May and 18 August.

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,

Memorial Garden

Following months of perseverance from Con P, the memorial garden project started this week. With the very generous assistance of Bunnings with both material and construction, this new addition to the front of the school has instantly transformed the area between the Office and the Art Room. The Friendship Chair has been a great hit with the children and families. Many children have had their picture taken sitting on the chair. We expect that this garden will develop over the next few months and other interesting features are planned and will be added shortly. This memorial garden will provide a quiet and safe place for children to sit and talk. It will be a natural extension of our existing garden. Thank you to Con P and Carolyn W for their planning and persistence as well as a huge thank you to Bunnings for their great support.

Australia's new Antarctic Ice Breaker competition

Over the past three weeks, three groups of Year 6 students have researched and prepared three different entries for submission into a national competition to name Australia's new Antarctic



vessel. With the mentoring of Jenny Austin (who is still on leave) and Ina K, each team prepared a different entry for the competition. The results were three very unique entries; the first a persuasive written piece, another a short play that was filmed and the last one an animated clip. Each made a case for the name that they proposed based on sound research and historical facts. We wish them all well. The national winners will spend a day in Antarctica.

Huge thank you to Jenny and Ina. Good luck to our three teams.

... continued



**Queen's Birthday
Public Holiday
on Monday,
12th June**

No students at school.

Children need sleep

Sleep is very important to children's wellbeing and behaviour. We know as adults that lack of sleep can make us feel tired, lack energy and perform below our best. The correct amount of sleep may vary for individuals but we know that children need far more than adults do. Recently I read an article that I thought may be relevant to share with you on the benefits of a good night's sleep for school-aged children. The author contends that primary school aged children should be getting up to 11 hours sleep per night in order to maintain their focus during class, improve attendance records and achieve their best possible academic results. Sleep-deprived children can become hyperactive or irritable, and may have a hard time paying attention in school. Further to this study, it was noted that sleeping habits that affect obesity in childhood lead to ongoing issues as an adult.

Clearly, we all know the benefits of forming good habits for life and with sleep patterns it is no different. In an age of endless social media and access to "screen time" via ipads, computers, interactive television and the like, more and more children are staying up late, leading to poor habits.

As parents, it is essential that we set clear guidelines for bedtime and the use of technology and social media. Many parents tell classroom teachers of their battles to get their children to bed on time. Some students tell me that because they "get away with" going to bed at 9.30pm or 10pm that they are somehow privileged. In the end, any primary school student going to bed that late, is not giving themselves the best opportunity to develop healthy life long habits. When we factor in the need to ensure enough time for breakfast and walking to school, in order to get the recommended 11 hours sleep per night, a child needs to be asleep by 8.30pm, perhaps a little later for Year 6 students occasionally.

Getting a good night's sleep will then lead to less irritability, greater focus, increased cognitive functioning and better results all round, which in turn leads to an increase in long term quality of life.

As a baseline for success at school, experts recommend the following for primary school aged children:

- Establishing and maintaining a regular bedtime routine, including on weekends and during school holidays.
- The routine should include:
 - no screen time after the evening meal and bath time,
 - story time/wind down time for up to one hour before tuck in time;
- A calm and excitement-free home environment after evening meal time;
- Avoid drinks containing caffeine (e.g. Coke and energy drinks) because caffeine takes approximately nine hours to leave the system and affects the quality of sleep.
- Between 10 to 11 hours sleep each night for children 5 to 12 years of age.
- Tuck in time between 7.00pm -8.30pm.

If we try to follow these good habits then our children will be more focussed at school and have a great opportunity to develop their full potential.

For further information, you can refer to the following web sites:

<http://www.sleepeducation.net.au/sleep%20facts.php>

<http://kidshealth.org/en/parents>

<http://www.parentingscience.com/sleep-requirements.html>

I look forward to seeing you around the school.

George Perini
Principal

2018 ENROLMENTS

Do you have a **child starting school in 2018?**

If you do, please submit your child's enrolment by the end of this Term (by 30th June). This will assist with our planning and preparation for the 2018 Prep intake, and ensures that your child can benefit from the Prep Transition Program that starts in Term 3.

Please collect an enrolment pack from the Office and return by 30th June.



TERM 3 SWIMMING PROGRAM

Prep to Year 2 students will be participating in our school Swimming Program which takes place at Syndal Swimming School. The children will safely participate in a range of swimming activities over an 8 week program.

- The **Prep** program will be on Tuesdays, beginning on 25th July.
- The **Years 1 and 2** program will be on Fridays, beginning on 21st July (except 18th August).

Please start encouraging your child to get themselves dry and dressed after a bath/shower! This gives them a confidence boost and is a big help in the dressing rooms after their lesson! Also show them how to pack/fold their own clothes in a bag.



THE VICTORIAN STATE SCHOOLS

SPECTACULAR
2017 / ANYTHING IS POSSIBLE

We are proud and excited to have 16 of our students participating in the 2017 Victorian State Schools Spectacular: *Anything is Possible*. If you're on Facebook, spot our students at this week's regional rehearsal.

This year's Spectacular will be held at Hisense Arena on Saturday 16th September, with two shows at 1pm and 6.30pm.

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure discounted tickets.

Discount Early Bird tickets for the Spectacular are available through [Ticketek](#) until next Monday, **12th June**. Standard ticket prices will apply after this date. No discount code is required.

Essex Heights students will be closest to Door 1 (North West) so the seated Sections closest for purchasing tickets are: 19, 20, 46, 47, 49, 50, 68, 69, 70.



WORKING BEE



A **Working Bee** will be held on Sunday 18th June from 10am to 2pm.

All families are invited to participate. Come and join in the fun as we beautify our school together.

Please complete the reply slip on the Working Bee notice and return to school by Friday 16th June.



SUSTAINABILITY TEAM



Recycling Bin Roster

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

Sunday 11th June Richards family
Sunday 25th June Ziv family
Sunday 9th July McKindley family
Sunday 23rd July McKindley family

If you'd like to put your name on the roster, please call in to the Office.



June

8th Camryn R
Bowen P
Eliza B
9th Dieter H
10th Neve A
11th Sharon K
12th Jasmine Z
15th Lilly Z
Coco S
Noah S
Celina W
Ruby M
Sky L

HEALTH CENTRE

Please be aware there appears to be a few cases of **Slapped Cheek Disease** in the school.

Read the link below for symptoms and management of this.

Things to remember:

- Slapped cheek disease is characterised by bright red cheeks, a cold-like illness and, sometimes, an itchy rash on the torso and limbs.
- It commonly affects primary school children and is not dangerous for most people.

Pregnant women, people with haemolytic blood disorders and those with compromised immune systems need to see a doctor if exposure to the slapped cheek virus is suspected.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/slapped-cheek-disease>

Also, following on from my article the other week about **head lice**, a parent sent in this glowing recommendation of a product that she has had success with in treating her children for head lice. Again, regular checking and tying back long hair is effective in helping prevent the spread, but I am always keen to hear of success with a product so I can share with you to help manage these pesky creatures:

"I highly recommend [Nyda](#) - it's a newish treatment that doesn't use insecticides (so it doesn't smell awful or irritate skin). It's got lightweight silicone oils which smother both the lice and eggs, just comb it in, leave for a few hours and the job is done. I've tried everything else and nothing is as simple or effective as this. It does take a couple of washes to get all of the oil out."

Julie Zuk
First Aid Officer

MUNCH & CRUNCH CANTEEN

Monday, Wednesday and Friday - lunch orders only.
No over the counter sales. 2017 menu available in the Office.



Canteen Roster

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

Monday 12th June Queen's Birthday public holiday

Wednesday 14th June at 9.30am Sophie Sautner

Friday 16th June at 10am Natalie Murphy & Katy Smith

If you are unable to do your rostered duty, please contact Maria as soon as possible.

If you have any queries, please call Maria on 0409 934 573.

BEFORE & AFTER SCHOOL CARE

Before School Care: 7.00am to 8.45am Monday to Friday

After School Care: 3.30pm to 6.00pm Monday to Friday

Vacation/Holiday Care & Student-Free (Curriculum) Day: 7.00am to 6.00pm

The **July Vacation Care Program** will be out this Friday.

The program requests that all **accounts** are settled by the end of term. Accounts statements are sent out weekly via email. If you do not receive these accounts please contact the program.

Activities planned for **next week** are:

Monday Abstract Designs

Tuesday Dance/Drama

Wednesday Dream Catchers

Thursday Lego Robotics

Friday Indonesian 3D Coloured Pattern

Thank you,
Paul Davis