Staffing News

I direct your attention to the Parent Bulletin I distributed yesterday, informing the community of my plans for 2017. This can be found in your ‘My News’ bulletin board on Compass, or on the school website.

Assistant Principal Ina Kuehlich is taking leave for the remainder of the year. Her AP duties will be shared by Caroline Wilson (2 days), Alex Douros (2 days) and Linda Fisher (1 day). I thank those staff members for their willingness to step into the important AP role. I have written to affected classes outlining staffing arrangements.

The Indonesian Program will continue to operate with Maria Savva and Sarah Trebilcock replacing Alex on the days she is in the AP role.
Oval Improvements

Over the last weekend, the final installation of seats and plants was completed on the Oval. These works, funded by the PFA, are the last improvements to the oval surrounds that has included: chicken coop, sand pit, cubby house, fitness stations and goal posts.

We are hoping to have the works to renovate the oval surface underway by the end of the week. This will begin with the installation of an irrigation system that will be crucial in maintaining the reseeded surface. During this work the oval will be out of use for the students for periods of time, but we are lucky to still have access to the Council Oval when required.

The Importance of Sleep

I found this article last year in The Australian of interest, and share some thoughts here for your information.

An early bedtime may lead to healthier children and happier parents. A study of 3600 Australian children aged four to nine found a bedtime for younger children may be more important than a long sleep. The children who went to bed before 8:30pm had better health-related quality of life than those children who were late to sleep. The parents of the early sleepers also reported better mental health. "So mums and dads, getting kids to bed early is not just great for them. It's good for you too," said lead researcher Dr Jon Quach. "These benefits were seen in all early-to-bed kids regardless of whether they woke early or slept late."

Another study has shown benefits of early bedtimes that extend into adolescence. A University of South Australia study of 2200 children found those aged nine to 16 who went early to bed and got up early were more likely to have smaller waistlines. "The late sleepers were considerably more likely to be obese, have a poorer diet, get more screen time and less physical activity than other kids," said lead researcher Professor Tim Olds.

- The Australian, 22 Oct 2015

See you around the School,

Andrew
MUSIC NEWS

The performance of this year’s *Music Count Us In* song – **Let it Play** – is today, Thursday 3rd November at 12.30pm. The students have been listening to it and the Year 5/6s have created actions; we also had a preview at the recent Showcase event.

*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 this at home, please use the following link:

https://musicaustralia.org.au/program/countusin/the-song/submit-your-song/

or search “MCUI Let it Play” in your web browser.

Happy singing

YEAR 6 TRANSITION

We are collecting glass jars for the Year 6 graduation.

If you have any spare glass jars you can donate for this event, please deliver them to the Office.

Any size, with or without lids, but please remove the labels!!

Many thanks,
Year 6 Graduation Committee
and students
The Power of Story: Sing me, Dance me, Play me, Read me, Tell me a story …

Date: 3rd October to 25th November, Monday to Friday from 10am to 4pm, workshops on Saturdays from 1.30pm to 3.30pm

Venue: Fo Guang Yuan Art Gallery, 141 Queen Street, Melbourne

A workshop will be run on each Saturday of the exhibition from 1.30pm to 3.30pm:

5th November ............ ‘Si Kancil’ as a wayang story – Irene Ritchie
12th November .......... Weave me a Kalimantan or a Sumba story – Lauren Brand
19th November .......... Rendra and Indonesian Poetry – Professor Harry Aveling

To raise funds, MIA will raffle Illuminations: Writing Traditions of Indonesia by Ann Kumar and John H Mc Glynn at $5.00 per ticket.

For further information, please go to the website: http://www.museumofindonesianarts.org/upcoming/

FROM THE SUSTAINABILITY TEAM

for the donations of ice cream containers to collect water in the bubblers for use on the garden and those who have volunteered to put the bins out each fortnight (we now have a complete roster – thanks!).

Donations of clean 1L and 2L ice cream (or similar sized yoghurt) containers are still appreciated. Please place containers in the purple tub located in V5.

Regards,

Marita Steward and the Sustainability Captains
FROM THE JUNIOR SCHOOL COUNCIL

Dear Parent, Carers, Staff and Students,

Below is a letter of gratitude to our school for the amazing effort of raising over $1,450.00 for CanTeen. It was wonderful to see so many students and staff embrace the day, wearing bandannas and bringing a gold coin donation for this very worthy cause. We actually ran out of bandannas this year as so many students and staff supported the fundraiser!

Thank you also to the Junior School Council who did a fantastic job promoting Bandanna Day and selling the merchandise.

Maria Capsalis and Alexandra O’Connor

Wow, Friday October 28th was brilliant!

We've been absolutely blown away by the amazing efforts Essex Heights - and all of our fantastic supporters - have put in to make this year's National Bandanna Day an incredible success.

Thank you so much for joining us, and for being ... well, simply wonderful!

This fundraiser just wouldn't be possible without the support and dedication of people across the country, just like you, selling bandannas, volunteering at street sales, holding fundraisers, sharing selfies and social posts, and talking to people about CanTeen and the importance of our work.

We hope you've had a fantastic day and that you had lots of fun while knowing you've played a huge part in helping us raise vital funds to support young people living with cancer.

When cancer crashes in and shatters everything for young Australians, CanTeen is the game changer. And you are too.

Thank you so much.

From your fellow bandanna buddies,

The National Bandanna Day Team!
### CANTEEN

**MONDAY 7th NOVEMBER**
- **11am** Jason Wang & John Pan

**WEDNESDAY 9th NOVEMBER**
- **10am** Deanne McKay & Maria Akritidis

**FRIDAY 11th NOVEMBER**
- **10am** Erica Baddeley, Amanda Kelsall & Olivia Choi

If you are unable to help, please ensure that you advise Maria as soon as possible.

**DON’T FORGET** – Please report to the Front Office to sign the Visitor’s Book and get a Visitor’s Label BEFORE proceeding to the Canteen.

Any queries phone Maria on 0409 934 573.

### BEFORE & AFTER SCHOOL CARE

Dear Parents,

The Afterscare Halloween Party was an outrageous success.

The children had an absolute ball. We had plenty of fun, food and frivolity.

Congratulations to Lilly for winning the Piñata.

I would like to thank Mat, Eric and Katie for doing such an awesome job decorating the hall. Helen for organising a month full of great Halloween activities. Rita for all her shopping, cooking and organisational skills. Betty for helping us make an amazing 3 tier haunted house Halloween cake. Without Betty’s guidance and help the cake would have never have got made. Finally thank you to all the families that supported the night.

Thank you,

*Paul Davis*
Hello everyone,

I read the notice from Andrew Crossett this week with a sinking heart, as I’m sure many of you did. Andrew has been such an important part of our great school, setting a beautiful tone for the care of our children. While we feel sad at the prospect of him leaving Essex Heights even for two years, we can console ourselves with the knowledge that he’s moving on to a role in which he’ll be finding ways to help children in dire need. Andrew, thank you for all you’ve done for our children. We wish you well.

Also we can indulge in some comfort eating with mangoes, which will be delivered to the school in late November.

Please return the money and permission slip for the Essex Heights School Disco! by tomorrow (Friday 4th). Remind the children that it may be their last chance for a dance with Mr Crossett! If you have a current Working With Children Check and can help out with supervision, please sign up at tinyurl.com/z5pt6bt.

Lastly, tomorrow is the day. Please come to school just before pickup time, at 3.15pm, to see Mr Crossett and Mr Wooster taped to a wall and subjected to the terror of water bombs thrown by the top fundraisers in our Fun Run. It’s the prize won by the children for raising over $10,000.

Hope to see you there!

Andrea J

SECONDHAND UNIFORM STALL

Tuesday 29 November in the Stadium, 3–3.45pm
Helpers needed from 2.30pm. Donations can be left at the front office or in the lost property boxes. No old logo items please and also please remove your child’s name off the donated items otherwise they may be returned to you!

THANKS TO OUR STAFF LUNCH HEROES

Deb, Jan, Maria, Sophie, Stephanie, Andrea F, Mina, Sharon, Steph, Fiona, Jen, Kaye and Tinie
CALLING ALL KIDS

Put on your dancing shoes and come to the Essex Heights School Disco!

Cordial and icy poles provided
Glowsticks for sale $1/$2

$5 per child

Friday 11 November 2016 in the Essex Heights Hall
Prep-Year 2: 6-7pm
Years 3-6: 7.15-8.30pm

IMPORTANT INFO NO PARENTS, BROTHERS OR SISTERS ALLOWED SORRY!
Parents and guardians, please sign in your child at the start of the session, and sign them out when you pick them up at the end. Only Essex Heights children in the designated year level will be allowed in the Hall. Please leave other siblings at home.

Help please! We need some adult helpers for setup and supervision. If you can lend some time and have a current Working With Children Check, please sign up online at tinyurl.com/z5pt6bt

Make sure you return your super-important permission slip and money by Friday 4 November
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<th>Monday</th>
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<td><strong>NOVEMBER 2016</strong></td>
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<td>1 PUBLIC HOLIDAY</td>
<td>2 LAMP Day</td>
<td>3 Prep Science Morning</td>
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<td>(Melb Cup Day) – NO SCHOOL</td>
<td>Activities</td>
<td>Count Us In 12.30pm</td>
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<td>7 Prep Edendale Farm Excursion</td>
<td>Prep Science Morning</td>
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<td>8 Yr 2 Botanic Gardens Excursion</td>
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<td>10 School Council</td>
<td>11 PFA Disco 6pm</td>
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<td>14</td>
<td>15 Prep 2017 Info</td>
<td>16 Policy &amp; Planning</td>
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<td>Evening 7pm</td>
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<td>21 Keyboard Concert 6.15pm Piano Concert 7.30pm</td>
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<td>24 OSHC Committee 5pm</td>
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<td>28 Secondhand Uniform Sale 3pm</td>
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<td>5 Transition – Whole School</td>
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<td>6 Prep 2017 Orientation Day 9.30am</td>
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<td>8 Grounds Committee</td>
<td>9 Yr 6 Graduation Lunch</td>
<td>16 Yr 6 Graduation</td>
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<td>4.30pm</td>
<td>Ceremony 7pm</td>
<td>Yr 6 Graduation</td>
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<td>14 Yr 6 Graduation</td>
<td>15 End of Term 4 – 1.30pm dismissal</td>
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<td>15 Yr 6 Graduation</td>
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<td>20 End of Term 4 – 1.30pm dismissal</td>
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<td>25 CHRISTMAS DAY</td>
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**2017 School Year**

*Term 1*: Commences Tuesday 31st January (Years 1 to 6) and Wednesday 1st February (Prep) to Friday 31st March

*Term 2*: Tuesday 18th April to Friday 30th June

*Term 3*: Monday 17th July to Friday 22nd September

*Term 4*: Monday 9th October to Friday 22nd December
COMMUNITY NOTICE BOARD

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

Joey Scouts - Prep Students

Joey Scouts is the youngest section of the Scouting Movement, targeting girls and boys aged 6 to 7.

Local groups currently have some vacancies for Prep students interested in trying Scouting. Contact one of the leaders below to arrange a three week trial.

2nd West Waverley Joey Scouts
24 Saddlebury Rd, Ashwood
Monday 7pm – 8pm
Contact Chris at chrismoara@gmail.com

1st West Waverley Joey Scouts
(also accepting 5 year olds)
Fairway Ave, Mount Waverley
Tuesday 5:45pm – 6:45pm
Contact Sarah at swestwaverleyjoys@gmail.com

Waverley Valley Joey Scouts
Valley Reserve, 2 Willis St, Mount Waverley
Wednesday 6pm – 7pm
Contact Jane at wv.groupleader@gmail.com

Adult volunteers also welcome!
Early Intervention and School Inclusion Conference - Saturday November 12th
Ringwood Trade Training Centre (Ringwood Secondary College)

Sensory Processing
Behaviour Management
Early Literacy
Sleep and Settling
Anxiety Management
Social Stories

ONLY $69

Book Now at our website:
http://akfrost.wixsite.com/raisingkidstogther

Raising Aids Together

Dr. Michael Carr-Gregg presents

Tackling Anxiety and Building Resilience in Young People

$20 entry

Monday November 21st, 2016
7pm - 8.30pm
The Bentleigh Club
33 Yawla St, Bentleigh
FREE onsite car park / Bistro open before event

BOOK your place!
Email: nick@criticalagendas.com.au
Include your name and number of tickets required.
Collect and pay for tickets on the night:
$20 each - No EFTPOS
Enquiries: 0433 616 771

For Teachers, Teacher Aides (Primary and Secondary level), Parents, Psychologists, Counsellors, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested).

This is a Community Event
Everyone welcome!

Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation one of Australia’s leading child and adolescent psychologists will discuss what is normal anxiety and what is not, what are the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

Dr. Michael Carr-Gregg is one of Australia’s highest profile psychologists. Working in private practice in Melbourne, he sits on the Board of the Australian Psychological Society, the Family Peace Foundation, Project ROCKIT and Smiling Mind as well as being a Community Ambassador for Big Brothers Big Sisters, Postvention Australia, and Playgroup Victoria. He founded the charity CanTeen 31 years ago and was the first psychologist featured on This is Your Life. He has been resident psychologist on Ch 7’s Sunrise for 11 years as well as Psychologist for the top rating Morning Show with Neil Mitchell on Fairfax Radio 3AW. He is a special Patron of the Hawthorn Football Club. He is married to Therese and has 2 sons.
We are running a community art project as part of the 2016 Family Fun Day event called Post Your Postcard - www.monash.vic.gov.au/post-your-postcard. We would like to hear your stories through text, images or photos. If you are unable to make it to the Family Fun Day, you can download a template and either post it into Council or scan it back to events@monash.vic.gov.au for us to post your postcard on the large interactive map at the Family Fun Day.


Look! There's a Dog at School
Written by Annette Van Zetten (Story Dogs volunteer)
A fun rhyming story about a dog named Summer. She would like us all to be kind to each other. Meet her friends and see them play. It’s a happy life being Summer dog, especially on a school day.

$17.95 per copy (includes $1 donation to Story Dogs & free post within Australia when purchased from my website – www.annettevanzetten.com)

Order now in time for Christmas.