**CALENDAR DATES**

<table>
<thead>
<tr>
<th>Term 4, 2015</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd November</td>
<td>Cup Day Public Holiday</td>
</tr>
<tr>
<td>12th November</td>
<td>Kanga Cricket Years 5 &amp; 6</td>
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<tr>
<td>12th November</td>
<td>School Council Meeting – 7.30pm</td>
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<tr>
<td>17th November</td>
<td>Icy Pole Day</td>
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<tr>
<td>17th November</td>
<td>Prep 2016 Parent Information Evening – 7.00 p.m. – 8.30 p.m.</td>
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<tr>
<td>19th November</td>
<td>Values for Life – Lead the Way – Year 5</td>
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<tr>
<td>21st November</td>
<td><strong>Essex Heights Carnival</strong> **</td>
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<tr>
<td>24th November</td>
<td>Year 3 Excursion - Communication</td>
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<tr>
<td>25th November</td>
<td>Prep Farm Excursion</td>
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<tr>
<td>29th November</td>
<td>Music Excursion Federation Square</td>
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<tr>
<td>2nd December</td>
<td>Year 5 Media Roadshow</td>
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<tr>
<td>11th December</td>
<td>Year 6 Graduation</td>
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<tr>
<td>16th December</td>
<td>Year 6 Big day Out</td>
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<tr>
<td>18th December</td>
<td>Last day Term 4 – 1.30 p.m. finish</td>
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</tbody>
</table>

**PRINCIPALS’ REPORT**

“Showcase 2015” – Spectacular!

What a fantastic night we enjoyed at Robert Blackwood Hall last Friday night with our Showcase 2015. This annual event is a wonderful celebration of the music program here at Essex Heights and the quality of the children’s performances certainly impressed the audience as usual.

Thank you to all the parents and friends who did come and support the children on the night. Having an appreciative audience is a highlight for the children and is the major reason for their enjoyment and enthusiasm to perform.

Thanks also to all the teaching and support staff for the many weeks of hard work they put into preparation and rehearsal with the children, and for their work in supervision and carrying out key responsibilities on the night.

Thanks and well done also to our great team of professional and enthusiastic Instrumental Teachers who are the reason we have such a quality instrumental program here at Essex Heights.

A big thank you to Tanya Dolence, our talented Music teacher, for her work in preparation of the choirs and marimba ensembles and her general leadership of Showcase during the planning and on the night. Of course, Tanya was strongly supported by Lisa Carne and Alyssa Kennedy with these three staff members providing the drive and skill that ensured a successful evening.

Well done to all at Essex Heights, a great community event!
World Teachers Day

The United Nations’ (UN) World Teachers’ Day in October, annually acknowledges the efforts of teachers in an increasingly complex, multicultural and technological society. It is a day on which students, parents and community members can demonstrate their appreciation for the contributions that teachers have made to their community.

In our rapidly changing and interdependent world, teachers not only have to ensure that students acquire solid skills in basic subjects, but also that they become responsible local and global citizens, at ease with new technologies and able to make informed decisions about health, the environment and other challenges.

Our teaching staff at Essex Heights PS are passionate, dedicated, caring and committed to the learning of each and every child at this school. This is a perfect opportunity to acknowledge their hard work and determination to offer your children the best possible learning experience in their primary years of schooling. I acknowledge their exemplary dedication and enthusiasm in their ability to provide an outstanding learning environment for all students at Essex Heights Primary School.

Thanks also to the Essex Heights PFA, and coordinator Anne Choy, who provided a ‘thank you’ morning tea and amazing lunch for all staff last Friday. This is an annual event and the staff really appreciates this lovely gesture on behalf of the PFA and the whole community. It is particularly welcome on ‘Showcase’ day as this is a big day for staff.

Additional thanks to our wonderful Education Support (ES) staff who are providing the teachers with a morning tea tomorrow, as their way of celebrating World Teacher’s Day.

2016 Planning

In recent weeks teachers have worked on the challenging task of getting class formations right for 2016, creating groups that are well balanced with regard to academic abilities, social compatibility and gender. Teachers do an amazing job when working with their teams, and this task is no different. I have recently been a part of some expert and energetic conversations in regard to student placement, and rest assured that each teacher brings a wealth of knowledge when advocating for the children in their care and best meeting their future needs. I would like to thank parents who took the opportunity for input, writing to me about their child’s educational needs for next year. Due to the complex constraints on many of the wishes we will not be able to grant all requests, with current drafts catering for the majority of the requests. As we cross check all information we have, and to respect the amount of discussion and drafts, we will be unable to receive any more requests from parents regarding their child’s placement next year. Once students are notified of their class on Tuesday 16th December, changes cannot be made due to the impact one change can have on many children and possibly on other grades.

Suggestions for the use of Social Media

Over the past fortnight we have had some comments from parents over inappropriate use of social media by children at home. As such, we have put together a set of suggestions for families
1. Users and families should read and understand the Terms, Licences, Policies, Community Standards, Rights & Responsibilities and Legislation regarding the use of each Social Media Platform/Medium. This includes the recommended legal age of the user.

2. Users and families are encouraged to build awareness that:
   a. As a user, you own what you write/say forever.
   b. Socialisation and chat is permitted and encouraged if done respectfully.
   c. Cheeky chat is tolerated to a certain extent if you are comfortable that it may be shared with others.
   d. Gossip (something that you wouldn’t say in front of others - or your mum and dad) is not tolerated.
   e. Swearing, offensive, threatening or abusive language is not tolerated.

3. Any student and/or family who witnesses or is a victim of inappropriate behaviour:
   a. Is encouraged to email or print and hand their teacher screen shots or screen captures.
   b. Is encouraged to reply to any thread with a non-supportive response to the negative comment. The promotional line of positive behaviour we would like used here is: “It’s important to stand up for what is right, as opposed to what is popular or cool”.
   c. Is in no way to engage in the negative behaviour with comments endorsing the negative behaviour. This includes simple emoticons and abbreviations: eg LOL 😄 ;)
   d. Is discouraged to sit by and watch without action. The promotional line here is: “Behaviour tolerated, is behaviour accepted”.
   e. Is encouraged to ‘block’ those offenders as a way of excluding and isolating them and as such not condoning their behaviour.

The pervasive use of social media means that there has been an increase in the empowerment of faceless actions, comments and behaviours. The school encourages students and parents to build trust between each other, to regularly sit down and converse about social media and the behaviours users may be exposed to. To talk about issues, problems and how to deal with them. Parents are encouraged to empower their children to use social media and the Internet, to learn the intricacies and particulars of apps, social networking tools and mediums, and guide them through their use. The school does not discourage the use of such modes of communication between our children, instead encourages it’s legal, safe and responsible use.

This Australian Government website is one of many that provides additional resources to support families in these matters. https://esafety.gov.au/esafety-information

Pupil Free Days 2016

At our recent School Council meeting, the Pupil Free Days for 2016 were approved. The Department of Education and Training (DET) allows schools four days each year for staff professional development and administrative tasks. The dates approved are:

Pupil Free Days – 2016

- January 27th – First day of Term 1 for staff (Yr 1-6 children begin Jan 28th)
- February 29th – Strategic Plan Implementation and First Aid
- May 30th – Report Writing and Moderation
- July 29th – Strategic Plan Implementation
See you around the school,

Andrew

PARENTS & FRIENDS NEWS

Hi everyone

I saw some happy staff members last Friday. Anne Choy and her team – Anusha, Magdeline, Vera, Angela, Sheena, Jan, Sharon and Carmela – served the staff a delicious “World Teachers’ Day” lunch to say thanks for all their hard work. A big thank you to Anne and her helpers, and to the parents who donated food, flowers, decorations or cash to make this a successful event.

And another big thank you to Jen Hill and parent helpers who put on the secondhand uniform stall yesterday. I hope you grabbed a bargain.

23 days until the Carnival!

Have you donated some chocolate yet? We need chocolate share packs, chocolate bars, chocolate blocks, and boxes of chocolates for our Lob a Choc stall. Please drop donations to the front office. I keep buying some but then somehow it disappears before I make it to school ...

You should have received one poster for the Carnival. Please find a place in your local community to display it: at your workplace, a local shop, school or community/sports centre.

After Cup Day next week we’ll have piles of flyers for you to drop into letterboxes in your street or surrounding area. Look out for the Carnival table at the front gate.

Cheers, Andrea J

Early Bird Ride Tickets now available. Book and pay for your wristbands today at;

http://www.trybooking.com/JMZW

Canteen

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>30th October</th>
<th>Alex Pavlovski-Pascua, Huong Nguyen, Jessica Cheng</th>
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<tbody>
<tr>
<td>10.00 a.m.</td>
<td>2nd October</td>
<td>Betty Ciorciari, Sonya Sampieri</td>
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<tr>
<td>MONDAY</td>
<td>11.00 a.m.</td>
<td>Glyanthi Samarweera</td>
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<tr>
<td>WEDNESDAY</td>
<td>4th November</td>
<td>Kaly Smith, Natalie Murphy, Xiana Yu</td>
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<td>10.15 a.m.</td>
<td>6th November</td>
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DON’T FORGET –
Please report to Front Office to sign the Visitor’s Book and get a Visitor’s Label BEFORE proceeding to the Canteen.
# School Transition Sessions Program

**for children commencing Prep in 2016**

<table>
<thead>
<tr>
<th>Parent Evenings</th>
<th>Prep Transition 1</th>
<th>Prep Transition 2</th>
<th>Prep Transition 3</th>
<th>Information Evening</th>
<th>Orientation Day</th>
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</thead>
<tbody>
<tr>
<td>Tuesday 28&lt;sup&gt;th&lt;/sup&gt; July, 2015</td>
<td>Wednesday 16&lt;sup&gt;th&lt;/sup&gt; September, 2015</td>
<td>Wednesday 14&lt;sup&gt;th&lt;/sup&gt; October, 2015</td>
<td>Thursday 29&lt;sup&gt;th&lt;/sup&gt; October, 2015</td>
<td>Tuesday 17&lt;sup&gt;th&lt;/sup&gt; November, 2015</td>
<td>Thursday 3&lt;sup&gt;rd&lt;/sup&gt; December, 2015</td>
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<td>7.00 – 8.30 p.m.</td>
<td>11.45 a.m. – 1.15 p.m.</td>
<td>11.45 a.m. – 1.15 p.m.</td>
<td>11.45 a.m. – 1.15 p.m.</td>
<td>7.00 – 8.30 p.m.</td>
<td>9.30 a.m. – 1.00 p.m.</td>
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This evening is for interested parents of children who will be commencing Prep in 2016. We will explain the Curriculum for the first years of school and visit the Prep Classrooms.

Child Care will be available.

Please RSVP by 27/7/15

**MORNING SESSIONS** – Whilst the children are participating in these experiences, you will have the opportunity to meet other parents and members of the school community.

On **Wednesday 16**<sup>th</sup> September, Julie Zuk, our school First Aid Officer, will outline some important matters related to the health and wellbeing of children starting school.

On **Wednesday 14**<sup>th</sup> October, staff experts in the development of Literacy and Numeracy will speak to parents outlining what you can do to help prepare your child for learning in Prep.

School Community members will be available to join with you on **Friday 30**<sup>th</sup> October over a cup of tea or coffee.

**Bookings are requested for ALL sessions**

To register your attendance, please ring the school Office on 9807 4944 or email the school

essex.heights.ps@edumail.vic.gov.au

**ESSEX HEIGHTS PRIMARY SCHOOL**
Essex Road, Mount Waverley. Vic. 3149
Phone: 9807 4944
Email: essex.heights.ps@edumail.vic.gov.au
Web: www.essexheightspsp.vic.edu.au
### OCTOBER 2015

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<tr>
<th>Monday</th>
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<td>7TH</td>
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<td>9TH</td>
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<td>Term 4 starts</td>
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<td>Insects &amp; Mini beasts Yr 1</td>
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<td>22ND</td>
<td>23RD</td>
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<tr>
<td>PFA Meeting 7.30pm Staffroom</td>
<td>Music Showcase</td>
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<tr>
<td>Second Hand Uniform Sale</td>
<td>Prep 2016 Transition 3</td>
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### NOVEMBER 2015

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<td>2ND</td>
<td>3RD</td>
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<td>5TH</td>
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<tr>
<td>PUBLIC HOLIDAY Children do not attend</td>
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<td>21ST</td>
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<tr>
<td>Icy Pole Day Prep 2016 Parent Info Evening</td>
<td>Values for Life Year 5</td>
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<td>Carnival</td>
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<td>23RD</td>
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<td>Prep Farm Excursion</td>
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### DECEMBER 2015

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<tr>
<td>Year 5 Media Roadshow</td>
<td>Prep ’16 Orientation Day</td>
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<td>7TH</td>
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<td>Year 6 Graduation</td>
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<tr>
<td>Year 6 Big Day Out</td>
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<td>LAST DAY TERM 4</td>
<td>1.30 P.M. FINISH</td>
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COMMUNITY NOTICEBOARD

PRODUCTS & SERVICES ADVERTISED IN ‘CONTACT’ ARE PLACED ON A PAID BASIS AND ARE NOT NECESSARILY BEING PROMOTED BY ESSEX HEIGHTS PRIMARY SCHOOL

HILLTOP MARKET
SATURDAY
14 NOVEMBER 2015
9am - 2pm

CAKES
CRAFT
PLANTS
BOOKS
JEWELLERY
WHITE ELEPHANT
GOURMET FOODS
CHRISTMAS GIFTS
SAUSAGES/BURGERS
JUMPING CASTLE
FRAMES & PAINTINGS
LOTS OF FUN!

High Street Road Uniting Church
Mount Waverley
482 High St Road Mt Waverley - Cnr Stewart St
Melway 61 G12

2015/16 Little Aths season has begun
more info or register online
www.wlac34.org

Waverley Little Athletics Centre Inc.

COME & TRY
BEFORE YOU BUY

1 free
Come & Try registration is available

Little Athletics is for children aged 5 - 15 years old
WMS in 2016
Be part of the

2015/16
Full season memberships from $160
Little Athletics
minus $10 per additional child.
Season at
Waverley!

Contact: Gino Marrone
Waverley Rd

We are based at Central Reserve, Glen Waverley

TALKING TEENS
AN OPPORTUNITY TO CALL IN, ASK QUESTIONS, MEET OTHER PARENTS AND SHARE IDEAS THAT WORK!

- Do you wonder why they aren’t listening to you or how to deal with their anger?
- How do we talk so they will listen?
- Do you want to maintain a connection with them?
- Take some time out for parents

WHERE: Mulgrave Neighbourhood House, 38-42 Mackie Road, Mulgrave
WHEN: Wednesday’s Nov 11 - Dec 9
7pm – 8pm (5 sessions)
WHO: Dads, Mums & Carers of teenagers 12-18 years
COST: FREE (bookings essential)
CONTACT: Helena at Parentzone 9735 6134 or 0486 501 204

SURVIVING SEPARATION
ARE YOU A SEPARATED PARENT IN ONGOING CONFLICT WITH YOUR CHILD’S OTHER PARENT?

DO YOU WANT TO...
- Better manage your parenting arrangements?
- Develop skills to better manage the emotional chaos you experience?
- Learn how to best support your children?
- Build new skills for you and your children’s future?
- Have the chance to talk to other parents in similar situations?

A Post Separation course will be held over two Saturdays that will address the above and further issues.
The course is recognised as a Post Separation Parenting Program with the attendance certificate, recognised by the Family Court.

WHERE: Anglicare Victoria
7-11 Shipley Street, Box Hill
TIME: 10am - 3pm
COST: FREE (BOOKINGS ESSENTIAL)
CONTACT: Kim Pedler 9735 6146 for further information and bookings

anglicarevic.org.au
What to say when kids become anxious

Anxiety has a way of making everyone feel helpless - those experiencing anxiety and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's important to be a strong, steadying influence. You may not be able to take their anxiety away, but your emotional support and your calmness make a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxieties.

When you see anxiety take hold here are some things that you can say that will help your child cope:

"You're okay. I'm here and I won't be going anywhere."

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

"You don't have to do anything right now. Just breathe."

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiety, but let it pass. The less children fight

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tension, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiety. You might say:

"I'd like to understand what your worry feels like for you. Can you teach me?"

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

"What would you say to a friend who was going through what you go through?"

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiety."

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiety you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiety threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

parentingideas.com.au

© 2015 Michael Grose
ASD FOR DADS

ONLINE TRAINING

WED 04 NOV 7.30PM – 7.30PM

This webinar delivers a no-nonsense, easy-to-follow explanation of ASD in bloke’s language. This innovative Autism webinar is specifically for men with an ASD child in their life.

You’ll learn about:

- the characteristics of ASD
- brain processes during meltdown
- what your partner needs from you after they’ve had a rough day and
- ASD specific parenting strategies

You’re invited to join this down-to-earth training session, delivered from one parent to another, to help you better understand and connect with your child.

Enjoy learning about this intricate condition from the comfort of your own lounge chair! Have a cuppa or a bevy while you gain understanding from someone who’s walked in your shoes.


DIGITAL eSAFE

Keeping families secure online

Concerned about what your child can see on the internet?

✔ Safe Internet Environment for Families
✔ We come to you and setup on-site
✔ Technical support for Peace-of-Mind
✔ Training for Parents
  - Safe Web Browsing
  - Flexible Internet Time Limits
  - Customised for each child
  - Protection while roaming @ friends, cafes, school

For more information:
0458 234 737
info@digitalessafe.com
www.digitalessafe.com