PRINCIPAL’S REPORT

Year 6 Camp – Forest Lodge

As mentioned in last week’s Contact, on Tuesday of this week the Yr 6 children and teachers travelled to Forest Lodge Farm in South Gippsland for their four day camp. I travelled to the camp on Tuesday afternoon and remained for Wednesday, joining in the activities with the children.

I particularly enjoyed:

- The Night Hike.... including our encounter with some of the local ‘Drop Bears’ 😊
- Assisting the children on the Flying Fox
- Visiting other Group Activities: Canoeing, Archery, Giant Swing
- Joining in cooking damper over the open fire which was delicious
Feeding the farm animals including meal scraps to the giant ‘Spider Pig’

The lovely food that someone else prepares and serves to you. A good system!!

I also really enjoyed the opportunity to get to know the children outside of the school context and to mix with them in a more casual environment.

My thanks to Janet McGinn for all her work in organization of the Camp. To the Yr 5/6 Teachers attending - Lauren Braithwaite, Kelvin Tang and Con Papanicolaou for their assistance and leadership. Thanks also to other staff on Camp - Ina Kuehlich, Ben Wooster, Tanya Dolence and Leanne Hare.

10 Ways to Promote Good Mental Health & Wellbeing in Kids

We subscribe to a parenting resource provided through ‘Parenting Ideas’ by Michael Grose. From time to time through Contact I will include resources that may be of interest to families.

I found this list recently and include it a good guide or checklist for families.

10 Ways to Promote Good Mental Health & Wellbeing in Kids
1. Model good mental health
2. Make sure they get enough sleep
3. Encourage kids to exercise
4. Give them creative outlets
5. Provide a space of their own
6. Talk about their troubles
7. Help them to relax
8. Have two routines – weekday & weekend
9. Foster volunteering and helpfulness
10. Bring fun and playfulness into their lives

Grandparents & Special Friends Day

A reminder about our annual Grandparents and Special Friends Day next Thursday, March 24th, 11:30am – 2:00pm including concert and a picnic lunch. This is the last day of Term 1 and details are available in the ‘Notices’ section of the website.

See you around the school,

Andrew
Our school applied to be part of the Amateur Radio on the International Space Station (ARISS) program and was successful!

‘ARISS lets students worldwide experience the excitement of talking directly with crew members of the International Space Station, inspiring them to pursue interests in careers in science, technology, engineering and math, and engaging them with radio science technology through amateur radio

Astronaut Sunita Williams, KD5PLB, talking to students from the ISS ham radio station.

Our school has been given the week 16 - 22 May 2016. At this stage we have not been notified which date or time. It may be out of school hours and may even be an evening. It will be at the school. We will not have a direct contact, instead we will be using a telebridge which means we will link with our ARISS partner, Tony Hutchison in Adelaide. http://www.electric-web.org

We would like to select 10 students from Years 3 to 6. There would be 2 students from each grade level and 2 students from between Years 3 to 6. Each student should be able to ask one question and possibly two questions during the interview. The interview should last about ten minutes. At this stage we don’t know which astronaut the students will be interviewing.

If your child is interested in being selected to be part of the team interviewing an astronaut would they please submit in writing why they would like to be selected and why ISS is important. Please handing in to Jenny Austin or place in the ISS box in 3AW classroom (Portable 2), no later than Tuesday April 12th.

Thank you

Jenny Austin
Science Coordinator
Dear Parents,

Take Home Reading Books will not be sent home from Friday 18th March. We would really appreciate you looking at home for any Home Reading Books and returning them to your child’s class. We even welcome back books that may have been missing for a few years…no questions asked!

It’s important that your child still reads at home, so maybe you could borrow books from your local library or look on your own bookshelves for books that your child can read.

Thank you
The Literacy Support Team

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**Land Downunder**  
*Prep-6 Dansical (Dance Concert)*

**Date:**  
- **Group 1 Performance**  
  - Monday May 2

- **Group 2 Performance**  
  - Tuesday May 3

**Venue:**  
- **Kel Watson Theatre**  
- **Forest Hill College**  
- **178-180 Mahoneys Rd, Burwood East**

**Time:**  
- **7.00pm start (students will be asked to arrive earlier)**

*Please note that tickets will go on sale in Term 2.*
Melbourne Symphony Orchestra presents School Holiday Music Workshops

April 4, 5
Ages 9-13

Experience an intense day of creating and music making. These one-day workshops enable participants to work with program facilitators and MSO musicians and be involved in the creation of a piece of new music. Applicants need to play their instrument to a minimum level of Grade 2 AMEB (or equivalent) and bring their instrument to the workshop.

“This program brought fun, inventiveness and collaboration to my child’s musical journey.”
MSO ArtPlay Program Parent


Regards,
Tanya Dolence
Classroom Music Teacher

PARENTS AND FRIENDS NEWS

Hello everyone

Hot cross buns will be delivered to the school on Thursday 24 March. If you can help to distribute them to the classes, please meet at the Hall at 9am. Thanks to Jess Harper for making all this happen. I can’t wait for my fresh buns. Yum!

I know you were devastated to be unable to read the date for the Essex Heights Trivia Night 2016 in the newsletter last week. So put Saturday 4 June in your diary today and look out for more information at the beginning of next term.

Andrea J
Prep-6 Dance Concert: Costume List

March 11th, 2016

The Essex Heights Dansical ‘Land Downunder’ will be held over two nights. Please note that your child will only perform on one of these nights.

Monday May 2\textsuperscript{nd}: \ Group 1

Tuesday May 3\textsuperscript{rd}: \ Group 2

Below is an outline of what students will need to wear on the night. If you have any concerns please let your classroom teacher know well before the concert.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Costume</th>
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<tbody>
<tr>
<td>Prep ZR &amp; Prep B Amazing</td>
<td>Girls: White leggings, white singlet and white canvas shoes. A yellow skirt will be provided on the night. Hair: Piggy tails with yellow ribbons. Boys: White T-Shirt and white canvas shoes. Orange shorts will be provided on the night.</td>
</tr>
<tr>
<td>Prep L &amp; Prep C Crocodile Rock</td>
<td>Girls and boys: Black pants/shorts/skirt, black shoes and a white T-Shirt. Girls Hair: Piggy tails with a green ribbons. Children will be given a calico crocodile to paint at school. This crocodile will be sent home and you will need to sew the crocodile on to the FRONT and in the CENTRE of the T-Shirt.</td>
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<tr>
<td>1T &amp; 1J Gotta Feeling</td>
<td>Girls: Black leggings, black singlet and black flats. Hair to be worn out. A skirt will be provided on the night. Boys: Black pants and black top. A headband will be provided on the night.</td>
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<tr>
<td>1W &amp; 1C Go West</td>
<td>Girls: Black leggings, blue denim skirt or shorts and a white T-Shirt with black flat shoes. Hair: High pony tail with a blue ribbon. Boys: Blue denim jeans with a white T-Shirt and black shoes. Children will be given a calico shark to paint at school. This shark will be sent home and you will need to sew it on to the FRONT and in the CENTRE of the T-Shirt.</td>
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<tr>
<td>2S &amp; 2O Can You Feel It?</td>
<td>Girls and boys: Black pants/shorts/skirt/leggings. No shoes. Please wear a pair of thongs or slip on shoes to wear before performing. Girls hair to be worn out. White T-shirts will need to be sent to school. Please name clearly. Students will be decorating this T-Shirt at school.</td>
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<tr>
<td>2LB &amp; 2B I'm So Excited</td>
<td>Girls: Black leggings, white singlet and black flat shoes. A red skirt will be provided on the night. Hair: High pony tail with a red ribbon. Boys: Black pants, black shoes and a red singlet.</td>
</tr>
<tr>
<td>3AW &amp; 3F Run To Paradise</td>
<td>Girls and Boys: Wear bright beach style clothing. Board shorts, singlets, dresses, sunglasses, zinc cream etc. No shoes. Please wear a pair of thongs or slip on shoes to wear before performing.</td>
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<tr>
<td>3C &amp; 3CW Crazy</td>
<td>Girls: Black leggings and a white singlet with black flat shoes. A blue skirt will be provided on the night. Hair: Free choice. Boys: Black pants and a navy blue singlet (bonds chesty style) with black shoes.</td>
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</tbody>
</table>
4L & 4O
Cold As Ice
Girls: Black leggings, black singlet and black shoes. A blue skirt will be provided on the night. Hair: Free Choice.
Boys: Black pants with a black T-Shirt and black shoes. A blue tie will be provided on the night.

4G & 5/6B
Livin’ On A Prayer
Boys: Black pants, white singlet and black shoes. A black headband will be provided on the night.

5/6M & 5/6P
Holiday
Girls: Black leggings and a black skirt with black flat shoes. Hair in a high ponytail with a pink ribbon.
Boys: Black pants and shoes. Students will need to bring a white T-Shirt to school. Please name clearly. Students will be decorating this T-Shirt at school.

5/6T & 5/6R
Song 2
Girls: Black leggings, black singlet and black flat shoes. A red skirt will be provided on the night.
Girls Hair: Teased.
Boys: Black clothing. A red headband will be provided on the night.

Make up is optional but recommended. Brown eye shadows, blush, black mascara and eyeliner and a red lipstick.

Thank you,
Georgia Lombard
Alex Douros
Dance Teacher
Dance Program Co-ordinator

CANTEEN

Rosters have been sent home. Let me now if you don’t have yours.

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<thead>
<tr>
<th>Day</th>
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<th>Staff</th>
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<tr>
<td>FRIDAY</td>
<td>18 March</td>
<td>Jan Mattrow, Esha Pillay, Lingyan Cao, Doreen Lai Mun Lim</td>
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<tr>
<td>MONDAY</td>
<td>21 March</td>
<td>Michelle McFarlane, Helen Stephanou</td>
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<td>WEDNESDAY</td>
<td>23 March</td>
<td>Rebecca Turner, Gayani Wanigasoorie</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.
### MARCH 2016

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| 2<sup>nd</sup> | 9<sup>th</sup> | Prep Science Morning 9-11am | 3<sup>rd</sup> |                     |          |        |
| 8<sup>th</sup> | 10<sup>th</sup> | School Photos              | 11<sup>th</sup> |                     |          |        |

| 15<sup>th</sup> | 16<sup>th</sup> | Yr 6 Camp                 | 17<sup>th</sup> |                     |          |        |
| 22<sup>nd</sup> | 23<sup>rd</sup> |                      | 24<sup>th</sup> |                     |          |        |

| 25<sup>th</sup> | Easter |                      | 26<sup>th</sup> |                      |          |        |

### APRIL 2016

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| 11<sup>th</sup> |        | ARISS forms due in to Jenny Austin | 13<sup>th</sup> |          | 14<sup>th</sup> | 15<sup>th</sup> |

| 18<sup>th</sup> | 19<sup>th</sup> | District Tennis Carnival (Selected 5/6 Children) | 20<sup>th</sup> | 21<sup>st</sup> | 22<sup>nd</sup> |        |

| 25<sup>th</sup> |        | Anzac Day Public Holiday | 26<sup>th</sup> | 27<sup>th</sup> | 28<sup>th</sup> | 29<sup>th</sup> |
### MAY 2016

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### JUNE 2016

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COMMUNITY NOTICE BOARD

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

KARATE
Training from beginners to advanced, all ages - Males - Females

We are members of the international martial arts alliance and kyudo international, with fully qualified and experienced instructors. The instructors are passionate about their martial art and sharing their knowledge and ability. Lion Bushido is a school built on professionalism, camaraderie, discipline and respect. With separate classes for adults and juniors we ensure quality instruction for all students.

FIRST CLASS IS FREE
PH 9887 4098
VISIT US AT WWW.LIONBUSHIDO.COM

ASHBURTON PRIMARY SCHOOL
GRAND FAIR
Visit the Ashburton Primary School Grand Fair on Sunday 20th March 10am - 4pm
A great family day out - with over 30 stalls, fun rides and lots of activities.
A huge 2nd hand goods stall with toys, clothing, books and lots more.
Check out our fantastic silent auction, great food and drinks, live entertainment and lots of other activities to keep the children entertained!
UNLIMITED Rides wristbands can be purchased through TryBooking.
Book online now at www.trybooking.com.au/CPU
Contact 9885 2590 or www.ashburtonps.vic.edu.au/grand-fair
Like us on www.facebook.com/APSGrandFair

Hi, I'm Bruce!
Come and meet me on Sunday 20th March 2016 between 10am - 4pm
FAKENHAM RD, ASHBURTON - www.ashburtonps.vic.edu.au

BOOK FAIR
TIME TO CLEAN OUT YOUR BOOKS?
GIVE THEM TO US!
St. Scholastica’s Kindergarten
Drop off points: Kinder (Phrantzi St Harrow) Church Office (opposite Church) School Reception (Startline St Harrow)
For our Annual Second-hand Book Fair
Saturday 23rd April 2016
9:00am – 4:00pm
Monash University Juniors Hockey
presents
Juniors Intra Club

Thursday Nights 5.30pm-6.50pm
14th of April - 12th of May
At Monash University Hockey Pavilion, Clayton
Ideal for beginners aged 11 and under.
Register your interest at monashjuniors@gmail.com

Only $20!!

Easter at St Luke’s
94-96 Essex Road, Mt Waverley

Join us as we journey through death and welcome new life.
Holy Week devotions:
Monday 21st March 10am
Tuesday 22nd March 1.30pm Communion
Wednesday 23rd March 7.30pm
Easter Services:
Maundy Thursday 24th March 7.30pm
Good Friday, 25th March 9.30am
Easter Sunday, 27th March 7.00am
with breakfast to follow
Easter Sunday, 27th March 9.30am.
A Kids Konnections Program

I Speak I Move I Am

Program of Theatre Sports, Drama, Free Expression
Free afternoon tea
Qualified Drama Tutors
Primary School aged kids Yrs 4-6
Safety assured - Child safe and Working with Children

**WHEN:** 4pm - 6pm, Mondays
Weekly Sessions during School Terms 2 and 3

**WHERE:** Craig Family Centre
Samarinda Ave, Ashburton

**BOOKINGS:** Phone Norman or Jennifer Elliott at the Salvos on 9889 2468

**ALL WELCOME** **SPONSORED BY:**
INFORMATION AND REGISTRATION SESSION

A MUST ATTEND:

- a glimpse of the program
- meet the Team
- Check out the location
- Hear from past participants
- Ask Questions
- Enjoy free afternoon tea
- Register for the Program
- Pay Term 2 Fees
- ($10 per session per student) or
- Apply for a Scholarship

WHEN: Monday 21st March

TIME: 4pm

WHERE: Craig Family Centre,
Samarinda Ave Ashburton

CALL: Norman on 9889 2468, or
Email: norman.gale@aus.salvationarmy.org
ALL WELCOME