### CALENDAR DATES

#### Term 2, 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Working Bee - 10.00 – 3.00 p.m.</td>
</tr>
<tr>
<td>21&lt;sup&gt;st&lt;/sup&gt; April</td>
<td>St. Johns First Aid in Schools – all students</td>
</tr>
<tr>
<td>24&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Year 1 – Walk to Damper Creek Reserve</td>
</tr>
<tr>
<td>28&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Second Hand Uniform Sale – 3.00 – 3.45 p.m. - Stadium</td>
</tr>
<tr>
<td>29&lt;sup&gt;th&lt;/sup&gt;, 30&lt;sup&gt;th&lt;/sup&gt; April – 1 May</td>
<td>Year 5 Sovereign Hill Camp</td>
</tr>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Family Life Evening - Hall</td>
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<tr>
<td>7&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Mother’s Day Breakfast - Hall</td>
</tr>
<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Mother’s Day Stall</td>
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<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Sayembara Lisan - Indonesian Language Competition</td>
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<tr>
<td>14&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>School Council Meeting – Staffroom 7.30 p.m.</td>
</tr>
<tr>
<td>15&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Indonesian Classes for Parents start (3.00-3.30 p.m.)</td>
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<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Dance Concert – Ashburton Primary School Hall – Students A - L group</td>
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<tr>
<td>20&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Dance Concert – Ashburton Primary School Hall – Students M – Z group</td>
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<tr>
<td>25&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Brass &amp; Woodwind Concert – Hall at 7.00 p.m.</td>
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<tr>
<td>27&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>Prep – Teddy Bear’s Picnic</td>
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<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; June</td>
<td>Percussion Concert – Hall at 7.00 pm.</td>
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<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; June</td>
<td>I.C.A.S. – Science</td>
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<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; June</td>
<td>Melbourne Symphony Orchestra – Year 4</td>
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<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Melbourne Symphony Orchestra – Year 2</td>
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<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; June</td>
<td><strong>PUPIL FREE DAY – Students do not attend school</strong></td>
</tr>
<tr>
<td>8&lt;sup&gt;th&lt;/sup&gt; June</td>
<td><strong>QUEEN’S BIRTHDAY PUBLIC HOLIDAY – Students do not attend school</strong></td>
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<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Keyboard Concert – Hall at 6.30 p.m.</td>
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<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Piano Concert – Hall at 7.30 p.m.</td>
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<td>15&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Strings Concert – Hall at 7.00 p.m.</td>
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<tr>
<td>22&lt;sup&gt;nd&lt;/sup&gt; June</td>
<td>Guitar Concert – Banksia Building at 7.00 p.m.</td>
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<tr>
<td>26&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Last day Term 2 – 2.30 p.m. finish</td>
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#### Term 3, 2015

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<th>Date</th>
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<tr>
<td>13&lt;sup&gt;th&lt;/sup&gt; July</td>
<td>Term 3 commences</td>
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<tr>
<td>18&lt;sup&gt;th&lt;/sup&gt; September</td>
<td>Last day Term 3 – 2.30 p.m. finish</td>
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#### Term 4, 2015

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<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; October</td>
<td>Term 4 commences</td>
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<tr>
<td>18&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>Last day Term 4 – 1.30 p.m. finish</td>
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### PRINCIPAL’S REPORT

**Welcome Back to Term 2**

Welcome back to everyone from the holiday break. I trust that you were able to enjoy time with family and friends, relaxing and recharging for the weeks ahead. I enjoyed a trip to Hobart for the first week and thoroughly enjoyed the visit. Such a beautiful city and the trips into the surrounding countryside were fantastic.

As you will note from the ‘Important Dates’ listed above, there is plenty happening and we look forward to another exciting Term at Essex Heights PS.

**Student First Aid Training – St John Ambulance**

St John Ambulance will again visit our school on Tuesday 21<sup>st</sup> April to deliver free First Aid in Schools training to all our students. Through the First Aid in Schools program, trained St John presenters will lead students from Prep to Grade 6 through tailored sessions on the importance of First Aid and what to do in the event of an emergency. Our junior students will learn about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance. Senior students...
will learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.

Students will be given a special piece of homework for parents to complete. I encourage you to “do your homework” and go online with St John to see how much you know about First Aid. Are you First Aid READY? More information about the St John First Aid in Schools program can be found at: www.stjohnvic.com.au/schools

**District Sport Results**

During the last weeks of Term 1 we had two teams competing in the District Finals for our Interschool Sport Competition. This was a great achievement for the children and teachers of Yr 5 & 6 and we are very proud of their efforts.

The results were outstanding for both teams with Boys & Girls Softball winning the Premiers Pennant.

The Boys Softball Team has now qualified for the Regional/Zone Finals and we look forward to supporting them at this next level of competition.

Thanks to Ben Wooster and all the Yr 5/6 teachers and parents who trained, coached and supported all the teams throughout Term 1. Particular thanks to Yr 5 Teacher, Con Papanicolaou, who has worked with the Softball Teams and coached them to this terrific result.

**Well Done Lynn**

We were very proud of Yr 5 student, Lynn N who was one of only four students selected nationally to form the song writing team for this years ‘Music – Count Us In’ song. Lynn won this honour by writing (lyrics and melody) her own song which certainly impressed the judges. We all had the chance to appreciate Lynn’s efforts when she performed for all our visitors at last Term’s ‘Grandparents and Special Friends Concert’.

Lynn’s prize was an all-expenses paid trip to Sydney (with her Mum), during the recent holidays, to join in a song writing workshop with Marcia Hines and the other finalists. We will all hear the results of their work in October when we again join with schools around the country for the ‘Music – Count Us In’ song day.

![Picture of Lynn and the finalists with Marcia](image_url)

**Smoking Ban**

As of the beginning of the new school term on April 13th, the Victorian Government has introduced smoking bans across a range of areas. Included in these bans is a 10m exclusion zone around playgrounds and sporting fields and a 4m exclusion zone from any entrance to primary or secondary schools. The new legislation effectively makes smoking around our school a fineable offence, given the number of entrances, sporting fields and playgrounds in and around Essex Heights PS. This legislation has been brought forward from June 1st to April 13th to coincide with the beginning of Term 2.

**Family Life Sessions**

The PFA have organised a visit from ‘Family Life Victoria’ for interested families. These are interesting and informative sessions targeted to Yrs 1 & 2; Yrs 3 & 4; Yrs 5 & 6 children and parents. Family Life visit us every two years and offer these evening forums on health and
sexuality, conducted in the Hall. Please note the date in your diary, Tuesday May 5th, and look for the flyer that will come out shortly with booking details.

**Pupil Free Days**
Please note that School Council has approved the following date for our final Pupil Free Day allocated by DET. It will be on **Friday, June 5th** as a Reporting and Assessment Day.

See you around the school,

Andrew

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**BEFORE & AFTER SCHOOL CARE (B.A.S.C.)**

Next week at Aftercare we will be making "Maria's Famous Pizza's." We will be cooking on Tuesday night the 21st April.

Maria’s Pizza’s are something to behold. Each bite is a mouth watering taste adventure. So come along help make but more importantly eat pizza.

Then on the 30/4/15 we are having a Magic Show. It is going to be spellbinding entertainment. More details will come out next week so stay tuned.

Remember if you want to come you must be enrolled in the Essex Heights Before and After Care Program.

Thank you

Paul Davis

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**PARENTS & FRIENDS ‘NEWS’**

Welcome back to Term 2. I hope you had a good break, with some relaxation and some excitement and a bit of chocolate too.

The lovely Raema and Jen will run a **Secondhand Uniform stall** on Tuesday 28 April from 3.00 pm until 3.45 pm in the Stadium. Helpers would be greatly appreciated, from 2.30 pm. Donations for the stall are gratefully accepted and can be left in the lost property boxes or at the office.

If you can, please join Sharon on Tuesdays in the Stadium between 2.00 pm and 3:15 pm for some **card making**. We’ll be selling the cards at our upcoming Carnival.

The new **Entertainment Book** is now available for 2015-16. You get great discounts to lots of local businesses, and the school raises funds through your purchase. Order yours today at entbook.com.au/187402c, or email us at ehpspa@gmail.com for more information.

Have a lovely weekend

Andrea Jordan

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Have you enjoyed the benefits of having an **Entertainment Book**? I’ve had the digital version for the past year, and it’s been great. Not only are all the savings vouchers in my phone, but my husband can access them as well. **Would you be able to manage this school fundraiser?** The amazing Linda Cornell has been running it for the past few years, but it’s time for her to pass it on. It’s a time commitment of a couple of hours a week for a few weeks, less after this with just keeping an eye on orders and responding to any queries. If you think you could take it up, or help Linda with it, please email Stef at ehpspa@gmail.com.
**Splash of Colour**

**Dance Concert**

**Tuesday May 19th** and **Wednesday May 20th**

A list of costume requirements for the concert has been sent home this week with students. There is also a copy below. Please speak to your child’s teacher (early) if you have any questions or difficulties regarding the organisation of any costume pieces.

Thank-you, we look forward to two amazing nights of performances!

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**Money Munchers - Collection for Timor Leste**

**A request for help please**

Our ‘Money Muncher’ collection tins are quite empty at the moment and we are looking for spare change to start filling them!

All collected money throughout term 2 will be going towards buying pencils, books etc... for underprivileged children living in Timor Leste.

Canteen days could be a great time to donate spare change!

Thank you for your support,
The Junior School Council

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**Berita Bahasa Indonesia!**

Just a reminder that the ‘Indonesia Street Festival’ is on this Sunday!

Details: www.visitvictoria.com/regions/Melbourne/Events/Multicultural/Indonesia-Street-Festival

Some interesting reading......

‘Why Learn Indonesian’


Some more of our parents, grandparents and special friends may decide to join us for language classes after reading this article!

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**Sayembara Lisan: State-wide annual Indonesian Oral Competition**

It has been great to have so many children who have expressed interest in participating this year!

Notices with final details have gone home with children this week. Please return the attached permission slip and payment by no later than **Wednesday April 22nd** (please note that late entries cannot be accepted as I will be registering students online).

**Date:** Friday May 8th  
**Venue:** Melbourne University Private  
422 Auburn Road, Hawthorn 3122  
**Cost:** $10.00

Please encourage/assist students with their practices at home 😊

Song/poem links for Years Prep-4 are below.
Prep/Year 1/Year 2 song links
Balonku – https://www.youtube.com/watch?v=bLSxWEmhTc
Pelangi – pelangi - https://www.youtube.com/watch?v=H3wMjOihvuE

Year 3/Year 4 poem links
Hai Becak – https://www.youtube.com/watch?v=kveyDKwSTgY
Kapal Api - https://www.youtube.com/watch?v=v3dpiGXXKqvY

Tanggal Penting: Important Dates/Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday April 19th</td>
<td>Indonesia Street Festival</td>
<td>Details: <a href="http://www.visitvictoria.com/regions/Melbourne/Events/Multicultural/Indonesia-Street-Festival">www.visitvictoria.com/regions/Melbourne/Events/Multicultural/Indonesia-Street-Festival</a></td>
</tr>
<tr>
<td>Friday May 8th</td>
<td>Sayembar Lisan – Statewide Indonesian Language Competition (open to all children in Years Prep-6)</td>
<td></td>
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</tbody>
</table>

INDONESIAN (BEGINNER) CLASSES FOR PARENTSs

Classes for parents (grandparents/special friends) will be on offer again during Term 2 (Fridays 3.00-3.30 pm) beginning Friday May 15th for 4 weeks.

If you are interested, please return the Slip in this Newsletter to the office by Friday April 24th (2nd week of Term 2).

Intermediate classes will also be on offer for any interested parents.

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 (in the Stadium).

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>FRIDAY 17th April</td>
<td>Jenny May, Sonia Mattingley, Anna Duri, Rosy Tang</td>
</tr>
<tr>
<td>MONDAY 20th April</td>
<td>Grace Kim, Mami Kojima</td>
</tr>
<tr>
<td>WEDNESDAY 22nd April</td>
<td>Esha Pillay, Renata Sedlacek</td>
</tr>
<tr>
<td>FRIDAY 24th April</td>
<td>Amanda Kelsall, Erica Baddeley, Jo O’Mara</td>
</tr>
</tbody>
</table>

SCHOOL BANKING

Welcome back to school banking in term 2. Participation in term 1 was fantastic. We now have about 190 students banking on a weekly basis and the school received $1,140 in commission from the Commonwealth Bank (we receive 5% of a child’s deposit up to deposits of $200 in commission from the bank).

Currently over 300 children are banking through the school which is more than half of the school population. We would like to encourage all bankers to join in weekly. Remember, once your child achieves 25 deposits through the school in 2015, he/she will have a chance to win a trip to DISNEYLAND California for your family.

Regular participation gets your children into the habit of saving at an early age and you also help raising funds for the school. Furthermore it teaches the children to correctly count their money and fill out their own deposit slip.
Please remember that your child will only get the bonus interest if they make at least one deposit every month. If you would like to join the banking program please open a Commonwealth Youth Saver account for your child or contact Stef on sscanning10@gmail.com if you are unsure about the procedure.

I would like to say a BIG THANK YOU to all the volunteer helpers that make time every Friday to help run the banking program.

Stef Wendler-Canning

**CREATIVE DANCE CLASSES**

*After School Dance* classes are offered at Essex Heights Primary on **Mondays** and **Wednesdays** for students in Prep to Year 4. Classes take place in the **Stadium**. Class begins at **3.40pm** and finishes at **4.25pm**.

The Term 2, 2015 Dance program commences on the following dates:

<table>
<thead>
<tr>
<th>Prep /1</th>
<th>9 sessions</th>
<th>$90</th>
<th>Monday 20th April</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 2-4</td>
<td>9 sessions</td>
<td>$90</td>
<td>Wednesday 15th April</td>
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</table>

*(No class on Wednesday 20th May or Wednesday 17th June)*

Payments must be made in full by the 2nd session by cash or cheque. Cheques to be made out to, **Creative Dance and Drama**.

The program provides children with the opportunity to:

- Learn basic warm up routines
- Learn a choreographed dance routine
- Create their own movements
- Perform the dance for a small audience at the end of the term

If you wish for your child to enrol in these classes please complete the registration and medical forms and return to the school office in an envelope. If you have any queries please contact Georgia Lombard on **0402024891** or visit creativedanceanddrama.com and go to the contact page

**RECYCLING AT ESSEX HEIGHTS**

We would like to take this opportunity to thank the families who participate in and support the recycling at Essex Heights by taking the bins out every fortnight.

Regards,
Marita Steward

**FAMILY ROSTER** MONASH COUNCIL RECYCLING AREA A

Please collect the bins from driveway behind art room. If the gate is locked please use alternate gate. Please space the bins out for the driver. The bins **need to go out Sunday night** as collection times vary on the Monday morning.

PLEASE NOTE, unfortunately, they **cannot go out on Saturday** as we may receive a fine or worse still, the bins may fall over!!

<table>
<thead>
<tr>
<th>DATE</th>
<th>FAMILY</th>
<th>Special Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 2    Sun 19th Apr</td>
<td>Linda S</td>
<td>Lucas - 5M</td>
</tr>
<tr>
<td>Term 2    Sun 3rd May</td>
<td>Katelin M</td>
<td></td>
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<tr>
<td>Term 2    Sun 17th May</td>
<td>Yun L</td>
<td>Ariya - Prep L</td>
</tr>
<tr>
<td>Term 2    Sun 31st May</td>
<td>Caroline T</td>
<td>Imogen – 5H</td>
</tr>
<tr>
<td>Term 2    Sun 28th June</td>
<td>Andrea F</td>
<td>Caitlin Dow - 1C</td>
</tr>
</tbody>
</table>
**Indonesian Language Classes Term 2**

Name: ___________________  Parent/friend/relative of (student) ____________

Class: __________

Yes! I wish to participate in the Indonesian Language classes.

I would be interested in ........ (please specify)

☐ Beginners lessons  ☐ Intermediate lessons

Signature: __________________________
Discover real value...

"With hundreds of offers to choose from, we've enjoyed more than $1,000 of value in just one year!"

"I love my Digital Membership! Now I always have my Entertainment offers with me, wherever I go."

The entertainment Book OR The entertainment Digital Membership

We're fundraising with the Entertainment™ Book! With thousands of up to 50% off and 2-for-1 offers, here's a taste of what's in it for you:

185+ OFFERS!

STEER $60 value $60 value

Bed Space & Food $40 value $40 value

The Point Albert Park $50 value $50 value

Trail Kitchen $50 value $50 value

Ennels Restaurant $65 value $65 value

Crown Metropol $85 value $85 value

340+ OFFERS!

FRIDAYS $40 value $40 value

Hoprahaus Melbourne $40 value $40 value

Portsea Hotel $50 value $50 value

The Groove Train $50 value $50 value

Fraser’s Emporium $50 value $50 value

Mt Buller Ski School $50 value $50 value

220+ OFFERS!

2 for 1 2 for 1

Event Cinemas 25% off 25% off

McDonald's 2 for 1 2 for 1

Prominent developers: The Crown, Hyatt, Emirates

1,600+ OFFERS!

Up to 50% off Retail, Travel, Leisure and Accommodation

We receive $13 from every Membership sold, so order yours today!

Essex Heights Primary School

Contact: Linda Cornell Phone: 03 5907 2493 Email: ehpsfa@gmail.com

Order your Book or your Digital Membership securely online: www.entbook.com.au/187402c

Alternatively, please clearly complete your details:

Name: ___________________________ Phone: ___________________________ Email: ___________________________

Child’s Name: ___________________________ Phone: ___________________________ Email: ___________________________

Melbourne Edition $65 including GST: #__ Book(s) #__ Digital Membership(s) $______

Geelong Edition $55 including GST: #__ Book(s) #__ Digital Membership(s) $______ TOTAL ENCLOSED $______

Child’s Name: ___________________________ Class ___________________________

Payment type: □ Cash □ MasterCard □ Visa □ Cheque (payable to Essex Heights Primary School)

Credit Card number: ____________/_________/_________/_________ Expiry date: _______/_______ CVV*:

Cardholder's name: ___________________________ Signature: ___________________________

Thanks for your support! 20% from each Book sold contributes to our fundraising.
Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance. REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more.

We develop greater independence in our kids a job at a time. Recently I gave my 22 year old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

WE EASILY TAKE ON CHILDREN’S RESPONSIBILITIES

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give those jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them. And as I discovered, it is easy to still do the basics of life for adult-aged children.

TIP NO. 1 for developing independence:

Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child’s teacher and gain an understanding of their approach and aspirations for your child’s class.

TIP NO. 2 for developing independence:

Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

The school holidays provides a good opportunity to reflect on the whole notion of job-sharing. It’s also a good time for kids to increase their job load when they are not burdened with schoolwork and extracurricular activities.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.
# April 2015

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<td>Term 2 begins</td>
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<td></td>
<td>St. Johns First Aid</td>
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<td>Yr 1 – Walk to Damper Creek</td>
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<td></td>
<td>2nd hand uniform sale</td>
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# May 2015

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<td></td>
<td>Family Life Evening</td>
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<td>Mother’s Day Breakfast</td>
<td>Mothers Day Stall</td>
<td>Indonesian classes for Parents begin</td>
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<td>School Council</td>
<td><strong>15</strong>th Indonesian classes for Parents begin</td>
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<td><strong>18</strong>th</td>
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<td><strong>22</strong>nd</td>
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<td></td>
<td>Dance Concert A-L</td>
<td>Dance Concert M-Z</td>
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<td><strong>28</strong>th</td>
<td><strong>29</strong>th</td>
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<tr>
<td>Brass &amp; Woodwind Concert</td>
<td>Prep – Teddy Bear’s Picnic</td>
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# June 2015

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<th>Monday</th>
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<td>Percussion Concert</td>
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<td>I.C.A.S. Science</td>
<td>Yr 3 - MSO</td>
<td><strong>PUPIL FREE DAY no school for students</strong></td>
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<td><strong>8</strong>TH</td>
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<tr>
<td>PUBLIC HOLIDAY</td>
<td>Keyboard Concert 6.30 Piano Concert 7.00 pm</td>
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<td>Strings Concert</td>
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<tr>
<td>Guitar Concert</td>
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<td>LAST DAY TERM 2 – 2.30 P.M. FINISH</td>
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**26**TH **L**AST **D**AY **T**ERM 2 – **2.30** **P.M.** **F**INISH
Essex Heights Working Bee
Sunday 19 April 2015

All families of Essex Heights Primary School are invited to participate in our Working Bee on Sunday 19 April 2015 anytime between the hours of 10.00 am to 3.00 pm. Please bring your gardening gloves. It will be a fun day for parents and children to join together and enjoy beautifying the school grounds, planting and gardening, generally tidying the school grounds and playground areas. A BBQ sausage sizzle will be provided for lunch with hot and cold drinks and icy poles. The more the merrier.

Please complete the form below to indicate your availability for the day and hand in to the classroom teacher or school office before Friday 17 April 2015.

Thanking you & in Appreciation

Essex Heights Primary School
School Council Grounds Committee

We will be attending the Working Bee on Sunday 19 April 2015 between the following hours:

____________ - __________

Family Name: __________________________ Contact telephone No: __________________________

Children(s) Classroom No(s): __________________________
A STORY FOR EVERYONE.

To a child a book is not just a book; it’s a journey to wherever their imagination wants to take them.

The Lions Club of Wheelers Hill invites you, as parents, to take your children on a journey of excitement to their Book Sale at Blackflat Community Centre – Cnr. Waverley and Springvale Roads in Glen Waverley on 16th and 17th May.

There will be 100’s & 100’s of books for children of all ages, from infants through to teenagers.

Prices for these books range from $0.50 to $2.50 and the doors will open at 8.00am on Saturday and at 9.00am on Sunday. Oh yes, we also have 1000’s & 1000’s of books for adults as well.
50% off Ladies Tennis

Fun, Fit, Friends
- Starts May 5th
- Ends June 5th
- Tues, Wed, Fri options
- 930am to 1030am.
- Call Angelo 0407 477 798
- angelo@vidatennis.com.au

FREE KIDS INTRO LESSON
Free Intros throughout the term,
Weekdays 4 - 5:30pm and weekends..
Groups lessons with similar kids
Ages 4 and up
Fun and educational
Call 0407 477 798 info@vidatennis.com.au
www.kidstennislessons.com.au
YOUR CHILDREN ARE AMAZING ALREADY. WE JUST HELP THEM PROVE IT.

From Prep to Year 10, NumberWorks’nWords after-school tuition brings out the best in Aussie students by:
• tailoring lessons according to each individual’s needs
• setting achievable goals and monitoring their progress
• developing our own programmes using only qualified Maths and English experts

Maths & English FREE ASSESSMENT BOOK NOW!

Balwyn 9888 4396
Glen Waverley 9574 9964
numberworksnwords.com

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Australia needs more than 27,000 blood donations each week.

Mt Waverley Blood Donor Centre, 43 - 45 Centreway

Monday 12.00 pm – 7.30 pm
Tuesday 12.00 pm – 7.30 pm
Wednesday 7.30 am – 7.30 pm
Thursday 7.30 am – 7.30 pm
Friday 7.30 am – 3.30 pm
Saturday 8.00 am – 3.30 pm

*Mid-week plasma donations needed at Mt Waverley Blood Donor Centre

Call 13 14 95 or visit donateblood.com.au

Australian Red Cross BLOOD SERVICE
CREATIVE MINDFUL POSSIBILITIES FOR CHILDREN

A WORKSHOP TO INSPIRE ADULTS:
Enabling teachers, parents, grandparents and health professional to share the precious gift of mindfulness with children. The focus is the 10 core ‘Capsules’ of Janet's book: ‘Meditation Capsules: A Mindfulness Program for Children’. Heart/Mind/Hands-on practices, props and resources will be explored.

CONTENT:
Theoretical background to mindfulness and meditation • Awareness of the body Stress and its implications for young bodies and minds • Discovering the world of the senses Observing feelings & thoughts • Creative approaches to meditation

DETAILS:
SATURDAY 2 MAY 2015
0.45am Registration • 9am - 5pm Workshop
Kew Library • Phyllis Hore Room • Cnr Coatham Road & Civic Drive Kew VIC
(Melway Ref 45 D6)
*Morning & afternoon tea supplied, byo lunch.

BOOKINGS & FEES:
EARLY BIRD RATE $160 (PAID BY MONDAY 20 APRIL 215) $190 THEREAFTER.
Bookings via website: www.meditationcapsules.com
*Fees are non-refundable & early booking is encouraged as places are limited.